

Voting Beyond the Ballot: Choosing What We Stand For Every Day

What's poppin', people? It's Dante, out here on a morning walk, reflecting on voting as today is election day here in Philadelphia, the birthplace of America. November 5, 2024, the day we cast our votes, but I'm thinking about voting on a deeper level. Beyond ballots and politics, what if voting isn't just something we do once every few years but something we do every single day?

The Real Vote is in Our Time and Money

Let's start with a simple truth: **how we spend our time and money is the ultimate vote.** When we choose where to put our dollars, what to pay attention to, and how we invest our energy, we're casting a vote for the kind of world we want to live in.

"I believe that what we spend our money on, what we spend our time doing, what we spend our attention on, is ultimately the vote."

This isn't just theory. For me, it's personal. I'm supporting a local Amish farm here in Lancaster, Pennsylvania. When I buy directly from them, I'm cutting through the middlemen and going *farm to fork*. To me, that's as much a vote as anything. It's a decision to support local, to know where my food comes from, and to stay connected to the land.

Pay Attention to Your Daily "Votes"

So, how do we actually "vote" with our time and attention? Every choice matters. Here's a breakdown:

- **Where Your Money Goes** – Think about every dollar you spend as a vote for the kind of world you want. Buying local? You're voting for a stronger community. Supporting big corporations? That's a different vote entirely.

- **What You Pay Attention To** – This is huge. Every moment we spend on celebrity gossip, politics, or mind-numbing media shapes how we perceive reality. **What you consume will consume you.** If we’re constantly plugged into the “telescreen” of mainstream media, we’re allowing it to define our perspective. Instead, I try to pay attention to what truly matters to me – art, health, creativity, nature.

“If you're spending time on celebrity gossip, bonehead politics, or mainstream media, this ultimately determines how you'll perceive your reality.”

Health is the Ultimate Wealth

For me, wealth is about feeling full and alive, not just financially but physically and mentally. When I’m *satiated from eating red meat, getting deep sleep, and feeling strong in my body*, that’s what I consider true wealth. I vote for my health every day by prioritizing what nourishes me.

“The sense of wealth that I feel is when I’m full of abundance, when I’m satiated from eating red meat, when I feel good and get deep sleep. This, to me, is what it's like to be wealthy.”

In a world obsessed with material wealth and status, health is my anchor. This is my way of voting for a life that’s full, grounded, and free from the distractions of consumerism.

We Vote Every Day – With Our Attention

Every single day, we’re casting votes with our attention, whether we realize it or not. It’s easy to get caught up in the noise – politics, social media, divisive arguments. But *what if we chose to focus on what truly matters?* Here’s what I strive to vote for every day:

1. **Art and Creativity** – Making videos, capturing photos, writing, thinking deeply. These are the things that feed my soul.

2. **Physical Strength** – Lifting, eating right, getting stronger. My body is a vessel, and I vote to take care of it.
3. **Nature and Solitude** – Spending time alone in nature, connecting with my surroundings, and grounding myself away from the noise.

“I vote by working on myself. I vote by spending time alone in nature. I vote by paying attention to my soul and my body.”

Living on the Front Lines of Life

Life is meant to be lived on the front lines, in real, physical experiences — not through screens or filtered by Hollywood, news media, or social feeds. **This “front line” is where courage lives.** Every day, I strive to be present, to stay in the real world, and to keep my soul intact.

“My soul is the ultimate vessel, driven ultimately by courage, putting myself on the front lines of life each day.”

Bombarded by the endless cycle of social media, the soul becomes dampened, heavy with distractions. When we start to pay attention to the right things — our health, our creativity, our connection to nature — we reclaim our soul from this bombardment.

Shift Your Focus: Voting for What Truly Matters

It’s so easy to get lost in the divisions — politics, media-fed debates, opposing sides. But here’s the truth: **real voting goes beyond politics.** It’s about what you choose to focus on every day. This election matters, yes, and we should use our rights to vote and speak freely. But **also remember that every single choice you make, every dollar you spend, and every moment of attention you give is a vote.**

“Think about what you’re supporting and what you’re paying attention to, what you’re spending money on. That’s the vote.”

My Two Cents: What I'm Voting For

At the end of the day, I want my life to reflect the things that matter most to me:

- **Art and Creativity** – My passion for photography, writing, and capturing life is a daily vote for beauty and expression.
- **Physical Health** – By focusing on nourishing food, movement, and good rest, I'm voting for a healthy, strong vessel.
- **Connection to Nature** – Time in nature, solitude, and grounding remind me of my place in the world.

“Spend your time wisely and pay attention to the right things.”

Every action we take, every dollar we spend, every bit of attention we give, that's the real vote. **Let's vote for what feeds our souls, not just what keeps the system going.**