

Internal vs External Control

What's popping people—it's Dante, getting my morning started here in **Fairmount Park, Philadelphia**. Check it out—I got a sword! Sword or shield, which one?

Hopped off the bus, and as it rains, I've been reflecting on the **external world** and the things that are out of our control.

The External World

A lot of what happens in the external world is out of our control—events, moments, even conversations. The things that **penetrate the air** and enter your ear canal or the things you perceive with your eyeballs—none of it is truly in our hands.

What we *can* control is **how we position ourselves** in the world. You can stand in front of a tree. You can listen to the sound of birds. But if you walk through the city, you'll hear the chaos—the screaming, the shouting.

For example, the other day, a friend texted me about a shooting at **Dilworth Plaza** during the Christmas Village. A 14-year-old shot someone. It's crazy out here.

What We *Can* Control

While these events are out of our control, we are always responsible for **how we respond**.

- I could live in fear.
- I could cower down, stay inside, and avoid the rain because I don't want to feel

the cold.

- I could avoid City Hall because something terrible happened there.

But I believe our **mind** is the ultimate guide.

"Our mind is the ultimate guide in life, responsible for how we feel and how we experience our everyday lives."

The power of the mind is phenomenal. Thoughts come to us, but they don't necessarily originate from us. They might arrive via someone texting you, talking to you, or even from the **ether**. Sometimes, they're memories or worries about the future.

Living in the Eternal Now

When you shut down your mind and exist in the present, that's where true empowerment lies.

"To feel bliss as an individual, recognize what's in your control and how to respond to it."

It's a lesson: detach from the external and reclaim **power over your mind**.

When I practice **street photography**, I go out with no preconceived notions of what I'll find. I let life flow toward me and respond with my intuition. I can't control the people on the street, the light, or the moments.

I can only control being there—on the **front lines of life**.

"The ultimate feeling of bliss comes through movement, walking, and existing in the moment, allowing life to flow naturally."

Alignment with Nature

To align with nature, there needs to be a connection between the **mind, body, and spirit**.

I remind myself daily:

- I am responsible for my thoughts.
- I am responsible for where I position my body.

External influences will always be there—people, circumstances, events. But the ball is in *your* court.

"Reclaiming the power over your mind and spirit is empowering. The ball is in your court."

Changing Perception

Rain, bad weather—these things can get people down. But is there really such a thing as bad weather?

"There is no such thing as bad weather. There is only your perception of it."

When you shift your perception, you reclaim your internal state. The external world may be out of your control, but your mind, body, and spirit are yours.

Final Thoughts

Brush off the pettiness, the drama, and the chaos of the external world. Reclaim your spirit.

Take a walk in the rain, as I'm about to do. Whether it's sunny or stormy, **nature's beauty** is all around.

Pro tip: Get a raincoat that goes down to your ankles—it's a game-changer!