

Why Physical Strength Makes You a Better Street Photographer

Welcome to the Centennial Arboretum.

Today we got a rainy day here in Fairmount Park, Philadelphia, and I'm just going for my morning walk. Got the rain gear on—the REI Co-op stuff. **Rain pants**, my favorite store. Get all your survival goods—water filters, rain pants, Yeti bottles. Yeah.

Today's Vibe: Progression, Evolution, Transformation

I think ultimately **one must increase their physical strength** first in order to grow *mentally, spiritually, or even artistically*.

If you think about it, **the physical body is an outward representation of the internal soul**.

Ancient Statues, Modern Role Models

When you look at somebody like **Achilles, Hercules**, or any of these ancient Greek heroes displayed in the piazzas of Florence or Rome, you'll see this incredible physique—this youthful body shaped by war and myth. There's a power in those sculptures.

But today? Who do we look up to?

- The Rock?
- Iron Man?

- Spider-Man?
- Superman?

Even in photography:

- Maybe you're a fan of *Alex Webb*.
- Or *Larry Towell*.
- Or *Joseph Koudelka*.
- Or *Henri Cartier-Bresson*.

“There’s something missing in the modern world—a complacency, a mediocrity, where everything is equal, and everything is fair. But to become great, to become excellent, one must leave the herd.”

Why Physical Strength Matters

The goal? **Become as physically capable as possible.**

We are **biological beings**. Our physiology matters. And if you want to create—*really create*—you have to move. You have to do. You have to be.

“Ultimately, the only thing we really have is ourselves. Our physical body is our vessel.”

So:

- Get good sleep
- Eat good meat
- Lift your weight on a pull-up bar
- Do pushups
- Use gravity to strengthen your biology

Just like a character in a video game—*increasing your stats*.

When I played **Blitzcrank** in *League of Legends*, I'd max out my defense stats and charge through the turrets. Let the minions shoot me. That's the point—**becoming overpowered.**

“Once you become physically insanely strong, everything else is effortless.”

Growth Through Pain

“To grow, one must increase their ability to tolerate pain.”

Micro-tears in your muscles. Sweating. Suffering. All of it is part of the process. The modern world is too soft—too sedentary.

We're raised to be obedient, docile laborers. But **to free your body is to free your mind and spirit.**

The Realness of the Physical

I don't see demons. I don't see angels.

I see this moment.

I see this body.

I feel the pain when I bleed.

I feel the strain when I lift.

This is **real.**

The Strong Photographer

And so what does this have to do with photography?

“The stronger you are, the better your photographs will be.”

Why? Because:

- You can walk endlessly
- You can tolerate discomfort
- You can stay in the moment
- You can endure the banal

“The strong photographer creates in the mundane. The strong photographer articulates the present moment.”

Weak leaders = weak minds.

Weak minds = degeneration.

So rise above the culture.

Flourish.

Thrive.

A Call to Action

Maybe you don't like this message. That's okay.

But if you want to:

- Be a better photographer
- Be a better artist
- Be a better thinker

Then think about *how you can grow, how you can evolve, how you can transform—physically, mentally, spiritually.*

Seek Higher Sources of Inspiration

It's hard to be inspired by what's in the media today.

It's hard to be inspired by another photo book.

It's hard to be inspired by movies.

But when you go back—to the **ancient myths**, to the **sculptures**, to the **architecture**—you strive upwards.

“Find yourself striving to be excellent in a world that is striving to be mediocre.”

Give Birth to the Übermensch

“I think it's time for us to give birth to the Übermensch.”

“Through physical vigor, physical vitality—everything else will fall into place naturally.”

And that's what I wanted to share today.

If you want to create better art,

If you want to become something more,

Start with the body.

Then let the mind follow.

Then let the spirit rise.

And the art—**will come.**