

## Why Vitality Is the Key to a Beautiful Life

### What's poppin people? It's Dante.

Welcome to the **Centennial Arboretum**, where I spend eight hours of my day in *paradise*.

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### Why Beauty Matters

Today I was thinking about **beauty**—what it means to maximize it, and how that connects to **vitality**.

***"Maximizing vitality is an expression of your beauty."***

Think about it. If the *body* is a manifestation of God, then *you* are divine creation. You're not random. You're not small. You are **the apex of creation**—conscious, aware, expressive.

- We can think
- We can write
- We can create
- We can speak
- We can express

Among all the animals, *we're the supreme ones*.  
We have the capacity to shape the world.

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## The Artist's Role

As an artist, I'm here to **maximize beauty**.

Not just in the way I look.

But also in the way I **see**.

The way I **observe the world** with my eyes.

I want:

- To see beautiful things throughout the day
- To feel the sunlight fueling my cells
- To witness blooming flowers and wiggling leaves
- To hear the birds and the sound of the wind

***"Life is beautiful. But the modern world tries to flatten everything out."***

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## The Trend Toward the Ugly

Modern architecture is a symptom of a bigger issue: **mediocrity**.

- Big gray buildings
- Fluorescent lights
- Boxed in
- Spiritless

They're not inspiring. They're not beautiful.

Compare that to:

- **Fairmount Waterworks**
- **Philadelphia Museum of Art**
- **The old libraries**

These places *feed your soul*.

The modern office just boxes you in—physically, mentally, spiritually.

***"Working in a box, boxing yourself in for the day... that's a problem for the artist."***

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### **Solution: Live & Work in Beauty**

My answer?

**Work in the park.**

- Walk freely
- Think deeply
- Wonder physically
- Surround yourself with beauty

Because **beauty** isn't a luxury. It's *essential*.

***"To create, to read, to write, to surround myself in beauty—this is the priority."***

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### **The Body Is a Temple 🏛️**

The physical body = **cathedral of God**.

How to keep it beautiful:

- Fast
- Undergo autophagy
- Sleep deeply

- Walk upright
- Lift heavy
- Eat satiating, nourishing food (*meat*)
- Avoid toxins—physical *and* mental

Because ugliness doesn't start in the body. It starts in the **mind**.

***"With a poisoned body comes a poisoned mind. With a poisoned mind comes a poisoned spirit."***

A poisoned spirit loses its love for life.

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## **Strip It All Down**

Let's get minimal:

- Shelter
- Food
- Clothing

Remove the noise:

- Money chasing
- Lust
- Fake success
- Material distractions

Then comes **freedom**. Then comes **clarity**.

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## Create Your Own Paradise

***"Ignore modern success. Stop distracting yourself. Create your own paradise."***

Then you become:

- *Full of vitality*
- *Mentally clear*
- *Beautiful in body, thought, and spirit*

Because through vitality, you awaken to beauty.

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## Beauty vs. Productivity

Modern design prioritizes **productivity** over **beauty**.

Glass boxes = cheap labor = efficiency

And the people in them? Also seen as **replaceable**.

***"That's the scary part. We're living in this life of mediocrity without even questioning why."***

These artificial spaces:

- Drain your vitality
- Flatten your spirit
- Cage your imagination

I won't participate in that system.

I choose **beauty**. I choose **vitality**. I choose **freedom**.

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## Final Thought: You Are the Cathedral

***"Your body is the ultimate cathedral. The ultimate manifestation of God."***

So by prioritizing your vitality:

- You become radiant
- You become powerful
- You become free

Let everything else fall into place.

That's the thought of the day.

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