

How to Embrace Change Through Photography: A Philosophy of Flux

What's poppin, people? It's Dante, getting my morning started here in the Centennial Arboretum.

Just going for a very brief morning walk.

And today I'm thinking about **change** — how to photograph change, why it matters, and what it means to me.

Finding Inspiration in Nature

Ultimately, I find that *inspiration in nature* is all about recognizing divine creation — the most pure form of art.

The flowers.

The trees.

The plants.

All the things surrounding me in this beautiful, historic green park.

“God created all of this beauty, and we’re here to behold it.”

When I'm around trees, I'm not just perceiving beauty.

I'm *breathing it in*.

Fresh air sinks deep into my lungs — the breath of life.

Inspirare: To Breathe Into

The word *inspiration* comes from the Latin *inspirare* — to breathe into.

God breathed the Spirit into you. Into the trees. Into the flowers. Into all living things.

And that breath?
That's the **purest form of inspiration.**

Nature Is in Constant Flux

Nature is change.
Look at these trees. They've been competing, stretching their limbs to the sky,
roots sinking into the earth.

Some of these giants have been here a **century**, maybe more.

"The branches echo the shapes of arteries and veins within my lungs."

There's something wild about how the forms of trees, our lungs, even the gut and
brain — *they all resemble one another.*

And this connection between mind and gut?

It's critical.

Change in the Body

Through fasting, I enter autophagy.
Dead cells clear out.
Muscles tear and rebuild as I lift.
Each day, I evolve.

"Through change, I find happiness."

Change isn't just inside me.
It's *all around me.*

Drawing with Light

When I photograph, I evoke change.

I've returned to the **essence** of photography:

Light.

- *Phos* = light
- *Grafe* = writing or drawing

I'm literally **drawing with light**.

"The way light casts on surfaces will never be the same twice."

Like a river, always flowing.

I too am flowing — snapshotting my way through life.

Always carrying the camera, letting it ride with me.

It becomes a **visual diary**.

Time Stops When You're Walking

When I'm out walking, moving...

"I exist outside the passage of time."

Not past.

Not future.

Just now.

I might not live forever — but I can make a photograph.

A Thought Experiment: The Mortal Soul

If you assume the soul dies with the body —
Then life becomes sacred.
You **champion your everyday** with vitality:

- Eat good meat
- Breathe deeply
- Walk upright
- Sleep well
- *Create endlessly*

Through photographing from the **gut** — from **intuition** —
Maybe you can reflect your soul in the image.

Each Morning Is a Mini-Birth

I treat each morning like a **mini-birth**.
Each night, a **mini-death**.

This keeps me sharp.
Focused.

Every day is a finite timeline.
Each click of the shutter is an affirmation of life.

“We say yes to life with each click of the shutter.”

Childhood Curiosity and Courage

When I was a little boy in the Wissahickon:

- I built teepees out of sticks
- Sharpened spears
- Climbed trees
- Explored the unknown
- Built stone bridges over broken streams

Curiosity and courage.

That's what photography should be about.

Photography Has Nothing to Do with Photography

“Photography has everything to do with how you engage with humanity on the front lines of life.”

Wake up like a child again.

Exuberant.

Playful.

A child plays voluntarily.

But as we age, we're conditioned to dread the alarm clock.

But with a camera in hand?

We return to play.

We photograph for the **sake of it**.

The Autotelic Photographer

We make photos not for results or likes or recognition.

We do it because we **love** it.

- Detached from outcome
- Detached from validation
- Driven by curiosity

This is how we evolve.

How we grow.

How we *return to day one*.

Seeing Beyond the Veil

When I crank my Ricoh GR screen to high contrast B&W,
I feel like I've got **x-ray vision**.

I see **beyond** the veil.

Want to Learn My Process?

If you're curious, I created a full slideshow presentation.

On my [Start Here](#) page at dantesisifo.com, you'll find:

- An hour and 20 minute Ricoh GR street photography guide
- Complete setup, philosophy, technique, and mindset
- A downloadable PDF you can keep on your phone

I encourage you to check it out.

Become a Vessel

“We are no longer chasing our next best photo. Our next photo is our best photo — because we are embracing change.”

We don't care about having a “style.”

We don't even care if people recognize the photo as ours.

We are vessels.

Empty yourself.

- Fast
- Let go
- Photograph with your gut

Through intuition, we reflect the **truest version of ourselves** in the images we make.

Final Thought

This isn't a technique.

It's a *way of being*.

Photography becomes a mirror for life.

A chance to affirm it.

And maybe — just maybe — *something deeper* can live on in our work.

So yeah.

Embrace change. Embrace flux.

Set your body in motion and see what you find.

“The future photographer no longer cares about recognition. We simply become a vessel for the medium.”