

## The Only Life Worth Living Is a Life Full of Vitality

*Oh, it's gonna be a good life. It's gonna be a good life. Good life for sale.*

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

I just heard this song that reminded me of my childhood — *Good Life* by OneRepublic. Heard it on the radio yesterday in a shop with a friend. It got me thinking this morning:

#### ***What is the good life? And how do we actually live it?***

If you're anything like me, you're probably a photographer, an artist, someone who likes to create. The most simple way I can frame what a good life looks like for an artist is:

***Be in the flow state of production. Create more. Go out with your camera and just click that damn shutter.***

This is where I thrive. Through producing. Through creating.

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### **Vitality Is the Core**

A good life is a life *full of vitality*. One thought I had:

***The only life worth living is a life full of vitality.***

We're in our heads too much. One thing I thought this morning:

***Thinking is for idiots.***

When you're overanalyzing, relying on ChatGPT or some external source to guide you, it can paralyze you. It clutters your mind. Leads to anxiety. Maybe even depression.

But when you're *clear* — clear of mind, clear of body — everything sharpens. For me, that clarity comes from fasting.

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## **Fasting for Clarity, Not Calories**

I don't fast for autophagy or health metrics. I fast because:

***When I'm fasted, I'm not thinking. I'm just being.***

It's like autopilot. I respond to life with my gut and my intuition. I believe fasting brings you closer to God. It realigns the soul.

When I think of the soul, I see it in three parts:

- **Mind** – reason, logic, analyzation
- **Gut (Thumos)** – courage, spirit, vitality
- **Desire** – hunger, lust, pleasure

***My philosophy: align with thumos.***

Cut through the noise of mind and body. Move forward with instinct. With spirit.

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## **Not in the Matrix**

You can sit and think forever. Plug into the matrix. Strap a VR headset to your brain and drift into some digital soup. But:

***If you're not out in the world expressing your will to power, your soul will die.***

You need to move. You need courage. You need thumos. You need *life*.

***I thrive on the front lines of life.***

Any time I'm inside too long, I feel my soul wither. But outside — through fresh air, through texture, through nature — I come alive.

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## **Barefoot and Grounded**

I wear barefoot shoes. Vivo Primus Lite All-Weather for work. They give me the same feeling as Vibram FiveFingers but don't look ridiculous.

***When you remove your shoes, you return to a primal way of being.***

Your legs, back, posture — they all strengthen. You sense more. You *feel* more.

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## **Like a Hunter**

Think of a hunter. He doesn't stuff his face before tracking prey. He fasts. He marches barefoot. Like an ancient warrior in *Agoge* training.

***By simulating a primal life in the modern world, you unlock more vitality.***

It's not about being primitive. It's about aligning with how we're meant to be. Physically, mentally, spiritually.

## Upward, Not Outward

When you have vitality, your energy increases. Curiosity follows. Creation follows. You walk more, see more, *do* more.

***The good life is physical, mental, and spiritual vitality.***

Align your body, mind, and soul — and it points toward God.

All the modern distractions? The chase for money, status, attention?

***That's just noise. Chatter.***

When you walk alone in nature, when you sit in silence and listen, you hear something deeper. You hear your *conscience* — or what I like to call **Christ**.

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## Christ as the Inner Voice

When you align with God:

***Everything else becomes effortless.***

Negative comments, physical pain, life's burdens — you're above them. Not in an arrogant way. But in a way where:

***You want everyone to thrive. Not just survive.***

The modern world wants us to survive through bureaucratic loops. But when you break out of that mental cage — and align with God — you *thrive*.

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## **Play, Sweat, Engage**

Get good sleep. Eat good meat. Train. Join a gym. Be social. Do stuff.

I recently joined a boxing gym. Did a technique class yesterday. Sparring with a partner. Threw punches. Sweated together. It's physical *and* social.

***You can't live in the wilderness forever. We need both solitude and society.***

In the morning, I work alone in the park. In the evening, I walk the city, do street photography, talk to strangers. That's balance.

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## **Don't Label Yourself**

People ask if I'm introverted. I'm not. I'm not extroverted either.

***Putting labels on yourself is foolish.***

I retreat into the woods just as much as I charge into the streets. There's no one-size-fits-all. You gotta find your own good life.

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## **Final Thought**

These are just raw morning thoughts on what I believe the good life is. For me:

***It all starts with vitality.***

Increase your strength by 1% each day — and your curiosity will grow with it. Live with instinct. Trust your gut. Seek God. Embrace reality.

***I don't want us to just survive. I want us to thrive.***