

## Photography Has Nothing to Do With Photography

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

This morning I want to talk about the somatic experience of photography. Photography as a way of being.

I believe photography has nothing to do with photography.

At its core, photography is a physical experience. It's downstream from the body. Vitality precedes vision. Before seeing clearly, before intuition, before making photographs, there has to be life in the body.

When I'm out in the world photographing, I'm walking. I'm moving. I'm observing the sights, the sounds, the smells of the street. Photography happens while the body is in motion. The click of the shutter releases dopamine. There are real physiological effects to making pictures.

Walking is the foundation of the practice.

Motivation comes from movement. The word motivation comes from *movere*, meaning to move. Motivation doesn't come from some external force. It comes from your legs. It comes from vitality. When you move your body, you move your mind. Your mind connects to your eyes, and that allows you to photograph.

The more you hone in on the physical nature of the practice, the sharper your mind becomes. The sharper your eyes become. Intuition follows.

The body is the temple. I treat my body like a vessel, like it doesn't belong to me. Like it belongs to God. The body is the cathedral.

On a practical level, I photograph in a fasted state. When there's nothing digesting in your gut, there's a clarity that follows. There's a direct connection through the nervous system that allows you to perceive deeply. When the body is aligned, thought falls away. And when thought falls away, intuition takes over.

I'm not interested in overthinking scenes. I'm not interested in photographing from the rational mind. Of course, understanding composition matters. But at the end of the day, photography is a physical act. It requires vitality first.

The more you walk, the more you see.

The more you see, the more you photograph.

The more you photograph, the more curious you become.

If you lack vitality, you won't cultivate curiosity. If you wake up sluggish and tired, how are you going to pick up the camera and walk?

Photography is a bodily experience. It's presence. It's the sun on your skin. It's the sensation of clicking the shutter. It's responding instead of thinking. When my gut says shoot, I obey it.

Don't think. Just shoot.

Eliminate the noise. Gear debates. Outcomes. Good photos versus bad photos. When you engage your senses—seeing, feeling, smelling—everything aligns. Bliss and freedom are found when decisions are eliminated.

The biggest issue I see is decision fatigue. Left or right. This scene or that scene. This camera or that lens. It clouds the mind. It drains the body.

Cultivate a strong body and a strong spine. A strong soul will follow. Strength creates clarity.

I treat photography like weight training. You make small efforts every day. You break things down. You recover. You come back stronger. Each day I photograph, my curiosity increases just a little bit. Over time, the practice compounds.

A vital photographer makes stronger photographs. Energy overflows into the work.

Photography and composition are physical. Where you stand matters. How you move matters. When you click the shutter matters. The body knows where to stand.

Beauty feeds the soul. I walk in nature. I listen to birds. I visit libraries. I look at architecture. I curate what I feed my body and my senses. That cultivation influences how I see.

I focus only on what I can control: walking, moving, being present. I detach from outcomes. I detach from whether I'll make a good photograph or not. That detachment frees the inner child.

Photography isn't a mindset. It's a bodily experience.

Photography puts me in the now. The past and future aren't in my control. Presence is. When you ground yourself in the moment and respond intuitively, authentic expression follows.

I'm not thinking. I'm responding.

Photography, for me, is a way of being. I move through the world as an empty vessel and allow life to come to me. I don't take it too seriously. I engage with life physically.

Remove thought. Engage the body.

Walking feels good. Shooting feels good. Vitality creates joy. Joy fuels curiosity. That's the loop.

Those are my thoughts on the somatic experience of photography.

Thank you for watching.  
I'll see you in the next one.  
Peace.