

Flux is happiness

flux, change, evolution, this is true happiness. To do the same thing repeatedly for the rest of your life is insanity. But to embrace new things, to go forward into the unknown, you find clarity. There's something special about embracing the uncertainty, serendipity, and mystery of life, and so when I consider change, I consider it as pure happiness, pure joy because it's through trying to things, new places, eating new people, changing internally, that you thrive.

I don't wanna survive. I wanna thrive

The dragon of time is a bitch. It seems like we're either in the past, dwelling on something that we did wrong or an experience that we had that was uplifting, or anxious about the future, hoping for some distant idea, an idealized version of your life, what you should be doing or could be doing. But this to me is what creates hell on earth. Hell is a mindset, it's being caught up in a story in your head. Paradise is removing the head, and being early present in the physical body.

Metabolic evolution

When you sleep, and your cells replenish, and your muscle fibers tearing grow, and you nourish your body with satiating food, you evolve. And so when you consider evolution, perhaps we should think more about how we can evolve, upwardly, and move onwards, and to grow into expand, rather than deplete our energy, to lose our muscle, and to grow weaker. Of course, we are flesh, we cut and bleed, and are inevitably going to die, but while we are alive, to thrive, is to grow larger, to grow stronger, and to do everything in your physical power to evolve physically. Because I find that the physicality of life, perhaps influences your mindset and your state of being more than anything.

All is mind

And so while all really is mind, everything that we think feel and see is merely a projection of our mental experience in reality our physical body is with determines. I've meant mental state. Just think about your gut health. Have you ever had poor gut health, or you feel cramping, like you have to shit, or like that feeling that is unsettling where you have to sit down and your digestion is poor? This is where depression is born. Depression is born in the body come through your body being pressed down, through your gut health being well, and so your physical body is the temple that influences the mind.

Just switch it up

I recently have been switching up my process. I'm giving myself more creative constraints. The more constraints, the more freedom. and so now I stick to one street per day. I don't go left. I don't go right, I don't debate on color or black-and-white. I just simply pick a location and I start moving my body and shooting. And every single day I make a scene of 36 photos and updated digital archive, GPS tagging every photograph that I make. And so each day, I see the progress page update on my flux website working on Philly influx, or I'm trying to conquer the entire city, barefoot. And so when I see the map light up with new locations, I unlock, when I see the miles rack up in the hour spent photographing and the digital archive increasing in size, I'm evolving, I'm transforming each day, I'm seeing an ex experiencing new terrain and eating new people and embracing flux and change. And so the ultimate goal for me as a Photographer working in this way is to systematically document with space and time look like. I'm curious about creating an archive of the city of Philadelphia, the birthplace of America, and capturing this pivotal change in history where the storefronts, the businesses, the signs, the infrastructure, the Street, life, the homes, everything is in flux and changing, and so I'm returning to the purest way of using photography as a way to simply document with space and time look like. When I consider Mr. Neipce who created the chemistry and invented photography, in the first image of that view from the window, or even the work of Eugene at J, lugging around his large format camera documenting what Paris look like in the 19th and 20th century, I feel inspired. I feel inspired by the act of using the media as a way to preserve what something looks like. When you look back at an image from the streets of Paris, it's like looking back

at a lost world or even looking at photographs from the archives here in Philadelphia. It doesn't even feel real like when you look back at the pictures it feels extremely surreal and abstract and interesting and mysterious, and the Photographer had no idea that these images would even evoke this kind of feeling. And so now Photographer, who understands these visual sensitivity of strong composition, and has an understanding of how to make an impactful image, perhaps I can play with a systematic approach of documenting space and time, and what Philadelphia looks like, while simultaneously playing along the fine line of abstraction and artistic expression in the medium. I'm trying to discover something new, I'm trying to seek more creative breakthrough, I need to surprise myself. And so the simple idea I have is, the more limitations, I oppose upon myself, the more creative breakthroughs I can have. I think about my time in Tokyo, I literally walked the same exact street and stood at the same corners every single day at the same exact time and even ate dinner at the same exact space at the same time every single day on repeat like a machine, like a machine. But by eliminating all these decisions and things, I was able to create new work that surprises me.

Just switch it up

What I'm learning about walking these strange streets in Philadelphia where there's really not much energy or people walking, is that we should not allow the external circumstance to determine our ability to create. And so no matter what location I am walking through, I'm trying to find a ways to articulate the Monday nature of life and to put order to it in my frame. I'm finding that by walking extremely mundane locations and forcing myself into these unfamiliar spaces, I find more joy and meaning in life itself. Because the infinite possibility that lies within the mundane is novelty. Novelty isn't going somewhere exotic or somewhere interesting, but it's recognizing the power of your mind and the way that you interpret everything is it ultimately will influence your ability to create. And so I think that tapping into imaginative spirit, the childlike wonder that we have, is our ultimate amen duty as an artist. It's to simply wake up in the morning, enthusiastic for the sunrise for the day itself, to sort of just treat each moment and treat each photograph you make like it could be your last. And so once you have this kind of gun to the back of your head, which is the inhibit ability of your death and you recognize the finite nature of everything, it forces you to be in the moment to seize the day to embrace what's in front of you and to start creating.

The Uberman Photographer

Beyond the image. Beyond the basic notion that the photograph needs to be poetic and interesting on a viewer. Beyond the active self expression. What if we simply used photography and the medium itself and the click of the shutter as pure life affirmation. It's just a way of being for me at this point. Being completely unattached to the outcome of the photo and the validation I received from it, is reminding me of why I practice photography. I practice for photography because it makes me feel alive. It requires me to be an embodied reality, walking, moving, experiencing my senses and doing things. Because photography is real it's physical it requires you to move out there in the world and the front lines of life experiencing humanity with courage and curiosity. Photography is the ultimate way to experience life because it takes you outside of the passage of time and through the creation of images perhaps you can live on forever. The creation of an image, the active extracting from time itself, and that feeling is powerful. That feeling is what it feels like to become the over man. The over man conquers time itself. The over man is within the now. The over man is childlike and curious and playful and simply saying yes to life. The over man is not seeking anything from the world. The over man simply has so much vitality within the physical body that gives you then the mental clarity to start to articulate the world with your camera. And the act of pressing the shutter, the active clicking the button, is simply reminding you and God, and the world, that you exist, that you witnessed this, that your hardest pumping, your hormones are firing, and your body is moving, that you are changing, evolving, and perpetually seeking meaning of joy through the stream of becoming and embracing flux