

FLUX ACADEMY · A SCHOOL FOR SEEING

MODULE 2 · THE INNER GAME

Authenticity: Shoot for Yourself

BY DANTE SISOFO

LESSON 009



Be the Master of Yourself

- Authentic = self + mastery
- Shoot the things that resonate with your soul
- Not for anyone else



What You'll Walk Away With

- Photograph from your own vision
- Detach from validation entirely
- Build a true visual diary



Authenticity Is Rare Now

- News, noise, algorithms everywhere
- One photo trends, a thousand copy it
- Authenticity is needed more than ever



Validation Runs Dry

- Trends, gear hype, likes — none of it is yours
- External validation never satisfies
- Your way of seeing is yours alone



Do It for the Act Itself

- Driven by the act, not the outcome
- No expectations, no hopes, no attachments
- The doing is the reward



Let Go of the Photograph

- Release the alchemy, the outcome, the image
- Stop hunting and desiring
- Let life flow toward you



The Visual Diary

- Photograph your way through life
- A simple diary of your day
- Honest documentation over masterpieces



Let Go of Good and Bad

- Drop the binary of "good" vs "bad"
- The contests flatten everything
- Authenticity dissolves the judgment



Trust the Intuition

- Follow childlike curiosity
- Follow your gut, your intuitive eye
- Snap when it feels right



Shoot What Moves You

- Drawn by feeling, not by a "subject"
- Press the shutter because it stirs you
- Don't think about the result



Detach From Outcomes

- No book, zine, gallery in mind
- Not hunting decisive moments
- Improvement lives in the process



Delete the Feed

- The contests and festivals? Junk
- "Delete your Instagram account"
- Photograph your way through the day



Become Who You Are

- Nietzsche: "Become who you are"
- Found in silence, contemplation, solitude
- Walk, wander, read, think, create



Create Your Own World, Simply Be

- "I create my own world" — abstract reality
each click
- Drawing with light — phos + graphe
- "Stop doing and simply be"



Embrace the Rawness

- The raw, the visceral, the imperfect
- Perfection is somebody else's standard
- Your soul reflected back at you



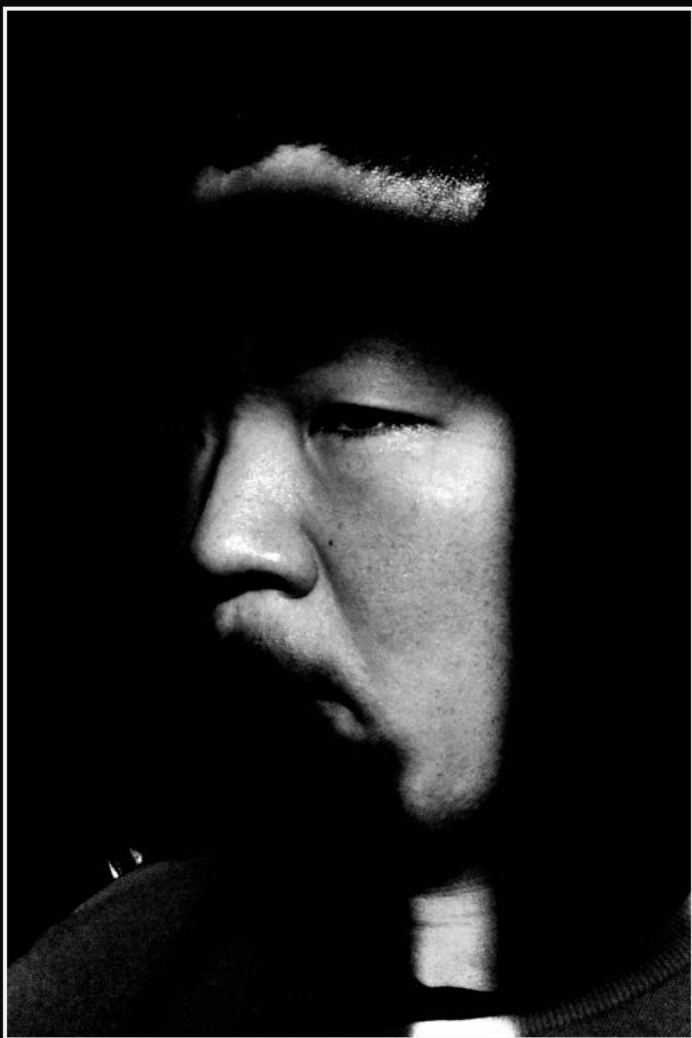
Shoot a Visual Diary

- Camera in your pocket, all day
- Photograph whatever unfolds
- No theme, no agenda — just your day



The Validation Detox

- Don't post for a set stretch
- No likes, no metrics, no audience
- Notice what you are drawn to



Follow Your Intuition Out

- Let your gut choose the direction
- Go where you're drawn, not where's "good"
- Press the shutter when it feels right



Shooting for the Masses

- Copying what's trending
- Chasing contests, gear hype, likes
- It quietly erases your vision



Clinging to the Outcome

- Attached to the book, the zine, the "great frame"
- Hunting kills the flow
- The grip strangles the joy



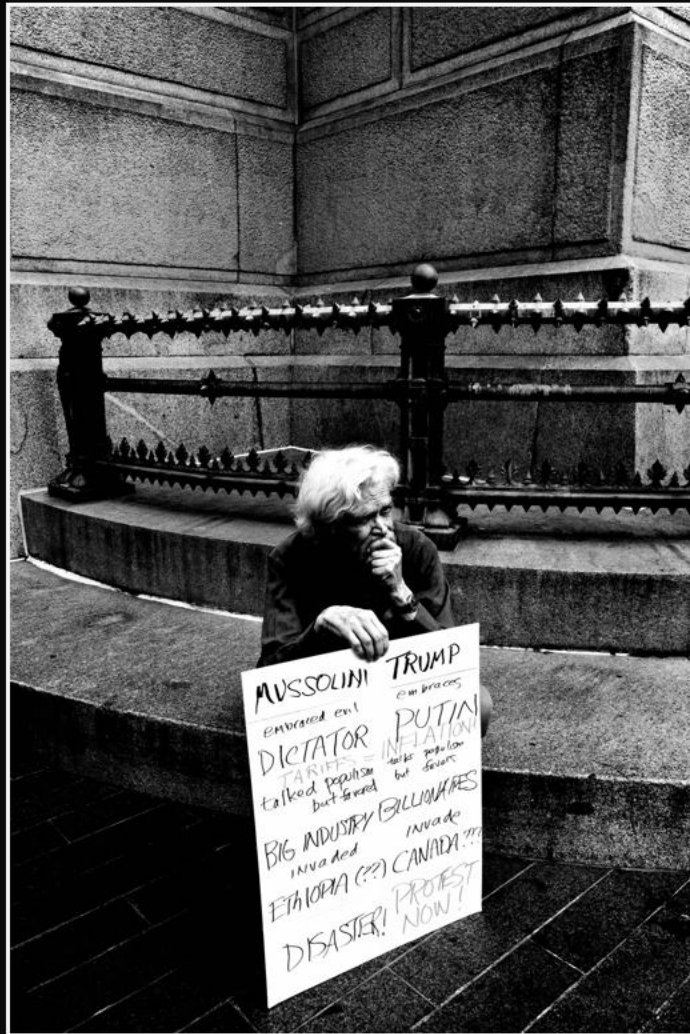
From Chaos to Self

- Lesson 008 taught surrender to chaos
- Same move, turned inward
- Let go outside and in



Confidence Comes Next

- Next: Conquer Fear on the Street (Lesson 010)
- Shooting for yourself dissolves the fear
- Courage from authenticity



Become Who You Are

- Be the master of yourself
- Shoot for you, not the masses
- Let go, simply be, become who you are