

The M Man.

Living one day at a time

Vol. 1 Issue 1
Free edition



Copenhagen

Welcome to wonderland!

Benny Sings
Pop perfection.



Fighting your fears during
quarantine.



Creating beautiful
photos with VSCO.

The M Man.

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Fighting your fears during quarantine.

The M Man.



Editor's note



Since I was a kid I was obsessed with music, art and magazines.

I didn't have internet back then and my only scape to my reality was my old music tapes and my magazines.

I spent a lot of time reading over and over magazines about music and videogames while I used to play my cassettes in my old boombox.

My life is really different now but at the same time I still enjoy reading magazines and listening to some music.

2020 has been a challenging year for all of us, to be honest I felt lost for a long time until i start writing again.

The idea of this digital magazine is to bring inspiration to readers around the world during these uncertain times.

Maybe it's not the solution to all the problems, but you can get inspired while you're reading The Minimalist Man.

Ricardo Teco Adame
editor-in-chief

 [mr.teco](https://www.instagram.com/mr.teco)

KØBENHAVN

WELCOME TO WONDERLAND!

Words The M Man
Photography Ricardo Teco

Beautiful, youthful, raucous and refined, Copenhagen can mean many things to many people.

According to the WORLD HAPPINESS REPORT, Copenhagen is located in the no. 5 of this rank, just behind Helsinki, Aarhus, Wellington and Zurich.

The city has an amazing transportation system based on bicycles. Yes! If you don't like to drive, you'll be more than happy to know that you can commute to work using a bicycle.

Cycling is one of the best ways to explore the city, and you can take bikes on trains.

The City is famous for Nyhavn, this place was a busy commercial port where ships from all over the world would dock.

The famous Hans Christian Andersen, used to live in no. 20. This is where he wrote the fairy-tales 'The Tinderbox', 'Little Claus and Big Claus', and 'The Princess and the Pea'.
The M Man





**"Just living is not
enough... one must
have sunshine,
freedom, and a little
flower."**

HANS CHRISTIAN ANDERSEN

Photo courtesy of Gallery of Hans Christian Andersen.



Above
Streets of Copenhagen

You'll love this city if you're an architecture lover like me.

Copenhagen has some of the most interesting architecture in the world; this city encourages architects to create buildings that aren't just mesmerizing, but also eco-friendly.

What makes Copenhagen so special is its willingness to be adventurous and grounded at the same time.

For the music lovers, the Royal Danish Opera House is the perfect place to spend some time.

The place is a donation from the A.P. Møller and Chastine McKinney Møller Foundation to the Danish people.

It totals 41,000 square metres. Five of the fourteen storeys are subterranean.

It was designed by Danish architect Henning Larsen, and many other artists contributed among them Per Kirkeby who has created four bronze reliefs, and Olafur Eliasson.

Børsen is other of the hot spots in this city. It is the oldest stock exchange in Denmark and one of the oldest buildings in Copenhagen.

Constructed at the request of King Christian IV in the early 17th century, the building is considered one of the finest examples of Dutch Renaissance architecture in Denmark.

At the top of the building there spire formed from the entwined tails of four dragons.

How cool is that?

What makes Copenhagen so special is its willingness to be adventurous and grounded at the same time.



Another beautiful building is the Christiansborg Palace.

The Christiansborg we see today is the third palace and it dates from 1928. It was built and laid out in such a way that it could accommodate the Royal Family, and the two houses of the Danish parliament.

The palace was named after Christian VI who tore down Copenhagen Castle and built the first Christiansborg in 1740.

The second Christiansborg was inaugurated in 1828, but another devastating fire destroyed the palace again in 1884.

Talking about palaces and royalty, guards with bearskin hats and blue ceremonial uniforms parade every day through the historic city center before they go on duty in one of Denmark's most majestic palaces.



Every day at 11.30 am the Royal Guard parade in the streets of Copenhagen's city center before arriving at the royal family's winter residence in Amalienborg Palace.

The Royal Life Guards provide a permanent guard at the Amalienborg Palace, Kastellet Rosenborg Castle and the garrison of Høvelte.

No matter if you travel for business of tourism purposes, Copenhagen is always a good idea.

Every day at 11.30 am the Royal Guard parade in the streets of Copenhagen's city center before arriving at the royal family's winter residence in Amalienborg Palace.

BENNY SINGS



Photo: Instagram

Tim van Berkestijn is well known for his amazing talent making music.

Tim aka 'Benny Sings' has gained popularity since many of her songs were used for tv ads and for Netflix's shows.

City pop, his latest album, is a mix of pop, lo-fi funk, and soul.

Most of the lyrics were written by Tim, talking about his experiences with love, loneliness and professional life.

CITY POP

City Pop is his first album with Stones Throw, most famous for releasing hip hop artists like J Dilla, Madlib and MF DOOM.

The album was inspired by the cityscapes of New York, Paris, Tokyo and Benny's hometown of Amsterdam.

Benny comes from a musical family. His sister played the piano while he played the clarinet. He used to play the piano at his family's house since he was really young.

Benny studied Sonology, which is the study of sound, focusing in 60's and modern art music. Maybe that's the reason why his music is really interesting, because most of his songs are like a piece of art.

From Mayer Hawthorne to Fabryayo to GoldLink, Benny Sings has often joined forces with other singer-songwriters.

His collaboration with Rex Orange County has more than 22 millions of views on Youtube!

Benny studied
Sonology, which is
the study of sound





'Sunny afternoon' could be his omen for better days to come.

I can say that Benny is a multi-tasking guy, he records, produce, write and sing most of his songs.

Amsterdam is one of his inspirations when he makes music.

His studio is located in a really beautiful area of the city.

That's the place where magic begins when he writes songs.

In City Pop, Benny worked with different sounds, and the result for this experiment stands as one of the easiest listens I've heard this year.

I was amazed with Benny's incorporation of funk in his music on tracks like "Not Enough" and "Duplicate (feat. Mocky)."

This album demonstrates a wonderful balance of sounds and styles.

City Pop is pure perfection from beginning to end, there are no skip songs on this album, every song has it's own magic.

His most recent single 'Sunny afternoon' was written with PJ Morton.

Maybe that's Benny's 'Omen' for better days to come.



KRISTIE MARTIN

Living between two cultures

Photos courtesy of Kristie Martin

When people ask me, “who is Kristie?”
Do you know that is one of the hardest
questions to answer?

I constantly ask myself why that’s such a
hard question for me and I came to the
conclusion that it’s hard to answer that
because I have been so many different
versions of myself my whole life.

I keep evolving as a person, as one
should I think?

I constantly change. I swear!
The Kristie I was yesterday is probably not
the Kristie she is today.
Kristie is the name my parents gave me
but...is that really **WHO I AM?**

Does my name, where I was born, (i was
born and raised in LA by the way, in
INGLEWOOD to be exact) you know that
saying, “Inglewood up to no good”

Yup there my social security number in
the system, what business I have,
what talents I was born with really make
me who I AM?

I guess to answer that question, I am a
living being with a creative soul that is
always evolving :) And who knows, maybe
tomorrow I’ll be Kristie haha but for
today

I am a walking spirit on this earth.





I was born and raised in LA by the way (in **INGLEWOOD** to be exact) you know that saying, “Inglewood up to no good”

Right now I'm currently in LA but was living in between Mexico City and Tulum. Truly wish I was in quarantine in Mexico and not in LA but that's life isn't it? You just never know we're you'll be.

If you ever get the chance to live in Mexico even if it's just for a couple of months, **DO IT!**

And no! It's not dangerous haha because I know that's what you're thinking. Mexico is one of the most beautiful countries and truly with the best food I love living between Mexico and Los Angeles, but Mexico City holds a special place in my heart.

Mexico City was one of the first places I lived alone and rebelled against my parents and just left! Mexico City took me with arms wide open and was the City where I recorded my first EP and the city that changed my life forever. Met some of the greatest people there and had some of the most incredible experiences.

BECOMING INFLUENCER

I started YouTube literally like 15 years ago but never took it serious and deleted it.

I always had a passion for being in front of the camera, whether it was for my own music video or my YouTube channel.

I just love the camera!

It's a place of comfort for me. I truly enjoy it. 3 years ago I had my camera in my hand, on my birthday in the middle of Disneyworld in Florida and I promised myself I would never stop filming again!

That this time I would take it seriously!

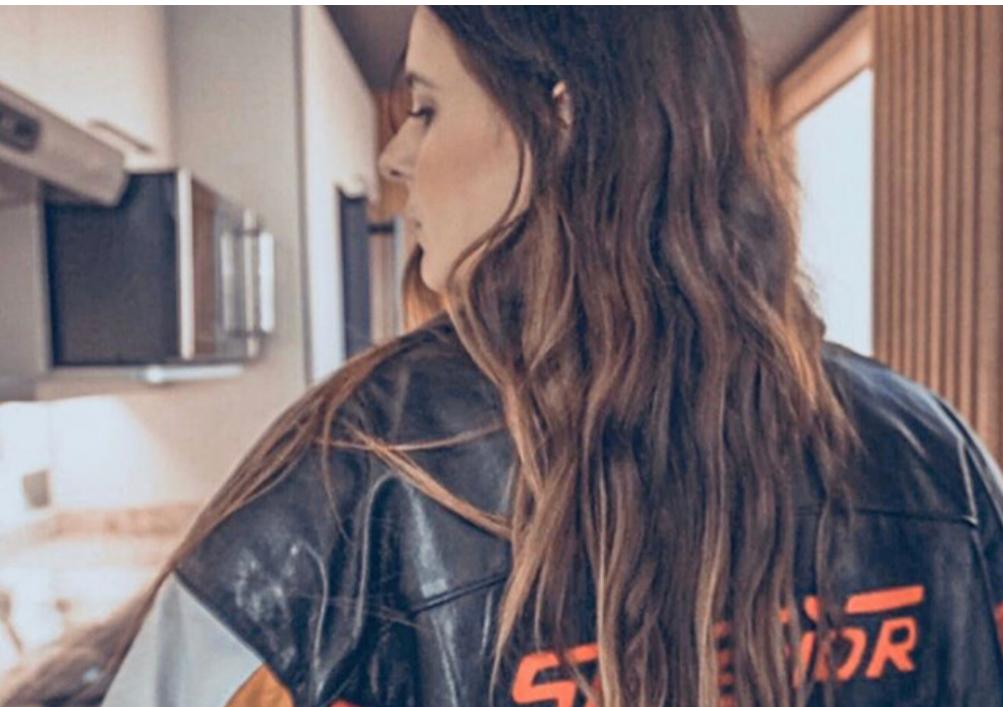
And here I am, 3 years later with a growing channel in Spanish.

My advice here is just to keep going. No matter what your dream is, **JUST KEEP GOING.**

Even when my videos only had 12 views I pretended like I was talking to a huge audience, visualization and believing in yourself is all it takes.

I still have SOOO much to grow and to learn but I am on my way :)

I always knew that I wanted to inspire people. I wanted to always do it through my music but now I want to do it through both music and my channel.



I always knew that I wanted to inspire people.

I wanted to always do it through my music but now I want to do it through both music and my channel.

Hmm, what inspires me?

TO BE ALIVE

As cheesy as that sounds, fuck, we take for granted that we are on this earth one more day.

Everyday I try and do something that gets me more closer to my goal.

I try to have a clean space because a clean space is a clean mind and that is very important for me!

Music, being creative and being behind a camera all inspires me so I try and make time for that every single day.

QUARANTINE LIFE

It's funny because you would think that in quarantine I would be more relaxed and having more "ME TIME" but it's actually the exact opposite ugh!

Lololol I think because we have more downtime we try and give ourselves more tasks in order to feel more productive because in our mind if we are not productive.

You start to question yourself, What am I doing with my life?

And... that's not good either but that's truly how it's been for me this quarantine.

A lot of filming for YouTube, a lot of writing and a lot of thinking!

I'm trying to practice slowing down because I also think that is SO important especially for your own mental health.

You start to question yourself,

“What am I doing with my life?”

TRAVEL LOVER

Omg I LOVE traveling!! I don't know who I would be or where I would be if I wouldn't travel.

If I could recommend anyone to do just ONE thing it would probably be to travel!

Makes you see life in a different perspective. Also, I can't remember a time where I have regretted a trip. My best memories have been traveling.

Travel, travel travel people!! Also, I ALWAYS say, the day I have kids, they will be homeschooled because their crazy parents are going to be traveling with them everywhere!

Ain't nobody got time for calculus classes they don't understand haha! Traveling is truly the best school!

THE FUTURE

Where do I see myself in 5 years? I don't like to plan because planning truly scares me.

I mean, I have a goal of where I kinda want to see myself but I don't plan out my life you know?

But I hope I'm healthy, with at least one baby lol and living in my dream home, and truly truly truly... DOING WHAT MAKES ME HAPPY!



I don't know who I would be or where I would be if I wouldn't travel.

FOLLOW KRISTIE ON SOCIAL MEDIA

 [kristiemartin](https://www.instagram.com/kristiemartin)

 [xokristiemartin](https://www.youtube.com/xokristiemartin)

Fighting your fears during quarantine

Uncertainty can be dangerous during this crazy time; it's important to be aware that you can take control of your situation.



Above
Fighting against FEAR during quarantine.

Uncertainty can be dangerous during these crazy days.

It's all about bad news everywhere, every time that you listen to the radio or turn on the TV, all that we receive is bad news and for bad news I mean bad energy.

It's true what is happening outside and sadly we can not control everything around us.

The good news is that we can control how this situation affects us and how we react to it.

One thing that I learned many years ago was that when we're in a bad situation, where fears is all around us, one thing that can help us to elevate about all that b«sh"t is to be active and for active I mean start doing everything you want to do'.

People use to watch tv and eat all day during this quarantine, and that's perfectly ok, but you have to be aware that you have the opportunity to transform this weird and sad situation into something different.

One day this will be over and you'll realize how much of this time was good or bad for you, how much time did yo spent becoming a better version of yourself or how much time did you waste watching tv and eating.

Maybe the 'FEAR' to the unknown is not letting you start new projects.

If that's the case, you can simple follow some steps to fight back the fear:

- 1.-Acknowledge it
- 2.-Write it down
- 3.-Feel it
- 4.-Ask yourself: what's the worst thing that can happen?
- 5.-Just do it
- 6.-Prepare yourself for battle
- 7.-Be in the moment
- 8.-Small steps
- 9.-Celebrate every success

Maybe the FEAR to the unknown is not letting you start new projects.



The problem is that most people cling to their fears, because they believe it's a part of who they are.

Remember, you're not your fears. Fears are an illusion, they're like a ghost, and I use the word ghost because they're not real.

It's really important to be aware about what exactly you're afraid of. Pay attention to the pictures you have in your head about the situation. What are you really scared of? Become an observer of your inner space.

One thing that really helps to overcome fear is to be in the moment. We tend to be in the past or in the future, we're always thinking about what we have to do the next week or we spent a lot of times thinking about situations from the past.

Be in the moment can clear your mind, be in the moment can heal our soul and heart.

One of my favorite books is 'The Power of Now' by Eckhart Tolle. In this book Eckhart introduces readers to enlightenment and its natural enemy, the mind.

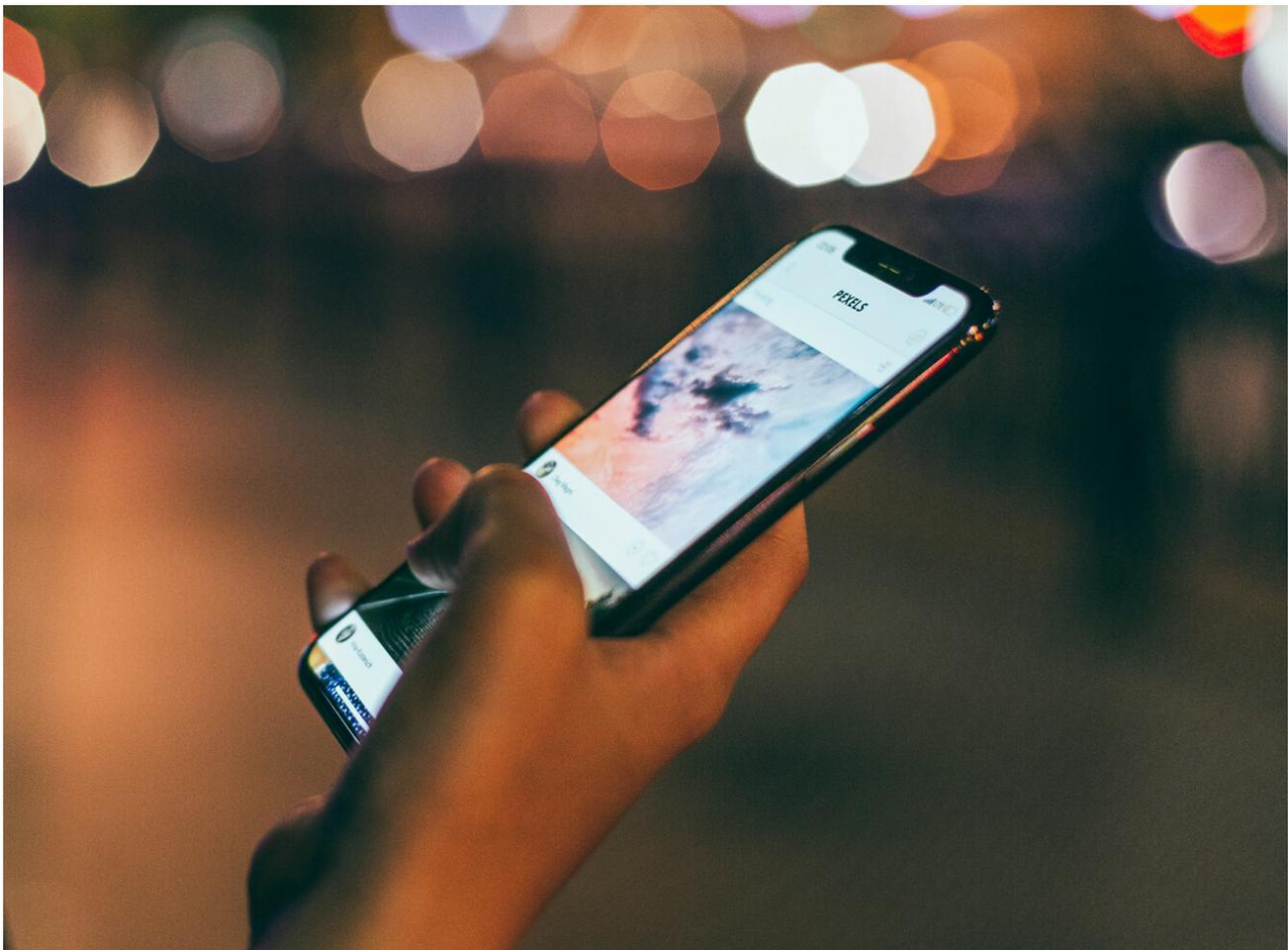
Our mind can be our ally or our enemy, it's all up to us. Another weapon to erase the fear from our minds is to practice gratitude.

Whenever you feel fear, switch it over to what you are grateful for instead.

You'll be amazed by how easy your life and mind will change.

**Remember,
you're not
your fears.**

**Fears are an
illusion,
they're like a
ghost.**



FANTASY PHOTOS WITH VSCO

I remember when I was a kid and my family used to take photos with big cameras. You had to wait days to get your photos just to see that you closed the eyes when the photo was taken.

Well, nowadays thanks to technology we can capture special moments with our cellphones or tablets and we can make the photos look perfect adding filters and some effects.

There are many apps that transform

There are many apps that turn regular photos into extraordinary photos.

VSCO is one of my favorites APP to edit photos, it has tons of options to correct color, balance brightness, add sharpness and many others.

Before this development, VSCO made high-quality Photoshop filter plug-ins for pro photographers, but the company has abandoned those products in favor of this social app.

VSCO

VSCO's minimal, intuitive interface belies powerful photo-shooting and photo-editing tools. It also offers great looking web galleries for your images.

One really cool option is that you can browse feeds curated by VSCO staff in the Discover section. These include Editorial, Selects, Humankind, Style, Beach, and more.

You can also search based on tags and usernames on the Discover tab.

If you're ready to make magic with this app, you just need to take a photo with the app or you can work with photos already in your camera roll or shoot picture in the app's Studio mode.

Photo credit: VSCO



VSCO LETS YOU PUBLISH IT TO INSTAGRAM, INSTAGRAM STORIES, SNAPCHAT, OR DIRECTLY TO VSCO PHOTO FEED

VSCO offers manual setting of ISO, exposure, white balance, and focus. The app also can save images in raw camera file format, just as Lightroom's mobile app can.

Shadow and highlight adjustments are buried under the Tone button—these are essential for anyone serious about photo editing, or just those who need to bring a face out from the shadows.

VSCO lets you publish it to Instagram, Instagram Stories, Snapchat, or directly to VSCO photo feed which is amazing.

If you're the kind of person that loves photos and you're looking for an app that allows you to edit your photos with beautiful filters while you get inspired by other people's feed...VSCO is the best option for you.

THE MINIMALIST MAN

OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>



Photo by Ricardo Teco Adame
Location MOMA PS1

The M Man.

Living one day at a time

 [theminimalism](https://www.instagram.com/theminimalism)