

# The M Man.

Living one day at a time

Vol. 1 Issue 13  
Free edition



Love is in the air



Online LOVE



Tom Misch

**LOVE**  
*Edition*

# The M Man.

**EDITORIAL OFFICES**

31802 Argyle Ave  
Los Angeles, CA 90028

The Minimalist Man is published by  
A' Louest Company

**TheMinimalistm.com**

# The Minimalist Man.



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Mindful Love

# The M Man.





**The M Man.**



**Editor's Note**

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

**LOVE is a mystery, LOVE is an amazing  
energy that comes from within us.  
LOVE is a growing up ♥**

**Ricardo Teco Adame**  
Editor-in-chief



# THE MOST ROMANTIC CITIES

There are a heap of the most romantic cities in the world to visit; so much so that it can be tricky to nail down a few that really shine. Not only that, each country and then continent seem to have their favourites that are incredible to visit.

This exactly why I wanted to share some most romantic cities in the world that you'll love. Now, rather than include just traditional list of firm favourites, I've included a fair few curveballs that'll hopefully intrigue you, too.

**The M Man**

Each of the most romantic cities in the world has a totally gorgeous, romantic element to them. Some are paired with a flair of adventure, history or just great places to chill with a loved one.

## PARIS

Could there be a list of romantic destinations without the City of Light?

Paris is ever-changing and yet always true to its lovers. Bike through Le Marais and try as many of the city's legendary patisseries as you can. However touristy, the staples never disappoint.

In Paris, you can describe an entire neighbourhood (like Montmartre) as romantic. You can't miss the Arc de Triomphe, the Pont des Arts Bridge, a show at the Moulin Rouge, the Eiffel Tower, the Jardin du Luxembourg, and the great Haussmann-style architecture found throughout the city.

Get yourself a bottle of wine, some camembert, a baguette, and a blanket and you're set for a romantic picnic along the river bank.









## VENICE

This is the city of Casanova – so you know you’re in for romance in a big way. Kisses on a gondola ride, a stroll along the canals and over hidden bridges, people watching in the piazzas, and getting lost in narrow lanes are just some of what makes Venice magical.

There are also several islands near the city where more adventure can be had. One that stands out is Giudecca, which has fantastic views of the lagoon. When you’re done, enjoy an evening waltz in St. Mark’s Square and wake up to breakfast overlooking the Canal Grande.

## PRAGUE

The old town in Prague is perfectly preserved. The fairy-tale architecture and European atmosphere combine to make romance come alive. Tour castles, roam Old Town Square, and then cross Charles Bridge for a beautiful view of the river.

This is an old city filled with cobblestone streets, church spires, and winding alleys. The city comes alive at night and has a magic feel that completes this marvellous and romantic package.

## SEVILLE

Spain is a beautiful country, and one of its most beautiful cities is Seville. There’s a bit of the exotic here thanks to the cultural combination of Moorish and Mediterranean influence.

And it’s small enough that you feel its cosy while still having plenty to do. Enjoy flamenco dancing, check out a traditional bullfight, or take a carriage ride around the city. In the evening, try any of the dozens of fantastic tapas restaurants. It won’t take long until you understand that this is an incredibly soulful city. Don’t miss Alcázar castle or the Giralda bell tower.

**Above**  
**PRAGUE**

**The old town in Prague is perfectly preserved. The fairy-tale architecture and European atmosphere combine to make romance come alive.**













## KYOTO

In stark contrast to Jaipur is Kyoto. A tranquil oasis filled with romantic spots. Visit in the spring when the city is overflowing with cherry blossoms, enjoy a tea service, visit Zen temples, walk in extravagant gardens, or take the Sagano Romantic Train. Everyone falls in love with this 25-minute tour of the lovely Kyoto country side as it follows the Hozu River. The most popular temple is the Kiyomizu-dera. The waterfall that streams through the temple is said to be pure. Myth holds that anyone who jumps from the temple platform and survives will be granted one wish.

## DUBLIN

Here's a little known fact: Saint Valentine himself was laid to rest in Dublin. You can visit his relics at the White Friar Street Church.

After that, enjoy the many cathedrals and castles that give this capital city its romantic vibe. Plenty of restaurants, galleries, cafes, and concert venues around to craft your perfect romantic getaway. And Dubliners are known for their friendliness which makes it even easier to fall in love with the place.

**Everyone falls in love with this 25-minute tour of the lovely Kyoto country side as it follows the Hozu River.**









## SYDNEY

Outdoor lovers will definitely find Sydney a romantic spot. Fabulous beaches, top quality wineries, and a buzzing nightlife all ensure that you'll never run out of things to do.

For a little more seclusion, visit nearby Blue Mountains or Hunter Valley – both popular as romantic getaways. The warm weather makes it a perfect destination spot – for whatever you're looking for. Enjoy a romantic sunset on Sydney Harbour Bridge or take a ferry ride to really enhance the ambiance.

## CHARLESTON

Three-time winner of "America's Favourite City," Charleston really has it all. Perfect weather year round, colourful locals, rich history, gorgeous scenery, and a slow romantic southern pace.

Walk around the downtown shopping district, or neighbourhood streets lined with huge jasmine trees, visit tons of art galleries, and eat low-country cuisine in award winning restaurants.

You can sail around the harbour or take a charter boat to any of the many islands nearby – many of which are designated nature preserves with few to no inhabitants. You can find your own private beach that way! Look for a great B&B in the French Quarter and enjoy a carriage ride through many of the historical parts of town.





## MONTE CARLO

For a dose of romantic Hollywood glamor on the French Riviera, look no farther than Monte Carlo. Its extravagant hotels, stunning coastal views, and some of the best restaurants and spas in the Mediterranean make Monaco a staple on our list for romantic destinations every year. Fly in via helicopter (just a seven-minute ride from the airport) for the most memorable views, and stay at the lavish Hotel Hermitage (its glass cupola was designed by the Gustave Eiffel).

Get your heart racing at the racetrack, or take a chance on a good hand at the famous Casino de Monte Carlo. And if you rent a classic car to drive along the Grand Corniche, we promise you'll feel like a famous couple plucked from the silver screen.

## CAPE TOWN

Picture a romantic horseback ride along Noordhoek Beach, or a cable car ride to the top of Cable Mountain – where you'll find the most unbelievable views no matter which way you turn.

That's just a taste of the beauty and romance that Cape Town has to offer. You absolutely can't miss an open air cinema. There are several in the city and shows often sell out – especially on Valentine's Day. If you prefer water, book a sunset boat cruise out to Table Bay of Clifton 4th Beach. Enjoy a remarkable sun set with oysters and champagne. And one last suggestion? Enjoy a sunrise in a hot air balloon followed by a fabulous breakfast at one of the city's excellent restaurants.









# TOM MISCH

**ABOVE**  
Tom Misch

Artist and producer Tom Misch began his musical career at the tender age of four with the introduction of the violin. At age nine, he learned guitar, and the rest was history. "I spent all of my time jamming over chords and building layers," he says. "That's what gave me the appetite for making beats and music production."

Inspired by bands the Red Hot Chili Peppers, Nirvana and John Mayer, he discovered boom bap hip-hop as a late teen. He credits legendary producer J Dilla and R&B singer Erykah Badu as major influences on his style.

**"THAT'S WHAT  
GAVE ME THE  
APPETITE FOR  
MAKING BEATS  
AND MUSIC  
PRODUCTION."**





Photo Credit: Tom Misch

After taking the musical ingredients of the above mentioned artists, guitar lines and neo-soul and putting them through his very own musical blender, the then 17-year-old began putting his homemade beats on SoundCloud. Influential Berlin beatmaker Iamnobodi shared one of his tracks on Soundcloud, leading to the first spurt of widespread interest in his music. He later worked with a cluster of new London artists who share his sensitive, soulful, deeply melodic and emotive approach to music.

### BEAT TAPE 1

Beat Tape 1 marks Tom Misch's first official release of his instrumental beats, which combine elements of jazz, soul and grooves all heavily inspired by Toms love for J Dilla. Composed, Performed and Mixed by Tom Misch. Spanning over 19 tracks, the mixtape also includes a brand new, never heard before track Marrakech.

### BEAT TAPE 2

Beat Tape 2 marks Tom Misch's progression as a producer and song writer since beat tape 1. This extended release contains a mixture of instrumentals and vocal collaborations with various artists created throughout 2015.

### GEOGRAPHY

Made largely in his bedroom, the 13-track effort blends jazz, hip-hop and electronica into new and exciting combinations. 'Before Paris' kicks things off gently with jazzy chords and some smooth vocals, before blues romp 'Lost In Paris' showcases Misch's nifty fretwork and retro-tinged production. Known previously as a top-notch beatmaker, recent projects have seen the 22-year-old branch out into songwriting, earning him legions of new fans online.

But what should he focus on — the funk-tinged instrumentals that made his name or the soulful tunes racking up millions of views on YouTube? 'Geography' is both the product of and solution to that problem.

### WHAT KINDA MUSIC

Tom Misch & Yussef Dayes What Kinda Music is a masterful collaboration between two artists of very different disciplines, and one of the most unique and seamlessly original projects of its ilk to date. Moving fluidly through sleek electronica, progressive jazz, vintage hip-hop and so much more, Misch and Dayes take their listener on a ride that is by turns surprising and spontaneous, heady and head-spinning, and nothing less than compelling — a singular vision that fuses the DNA of both musicians with spectacular results.



Photo Credit: Tom Misch

FOLLOW TOM MISCH ON SOCIAL MEDIA



| LISTEN TO 'Night rider'





Throughout the record, there is an utterly joyful feel of two musicians at the top of their game sparking off one another, picking up ideas and running with them – zigging where the other zags, ebbing where the other flows, with Misch producing the majority of the record and both having a hand in the overall sound and feel of the record.

In fact, Dayes says that the intentions of the record go even deeper than just music. “Both our parents who’d never met each other before, are now best friends as a result of this – they now see each other more than we do! I’d like to think, in some small way, that this album has a similar impact for people too – everything feels so divided these days, it would be nice for people to hear the record and hear two very different musicians coming together and realize it doesn’t have to be that way”.



**'Your love'**

**Available Everywhere**



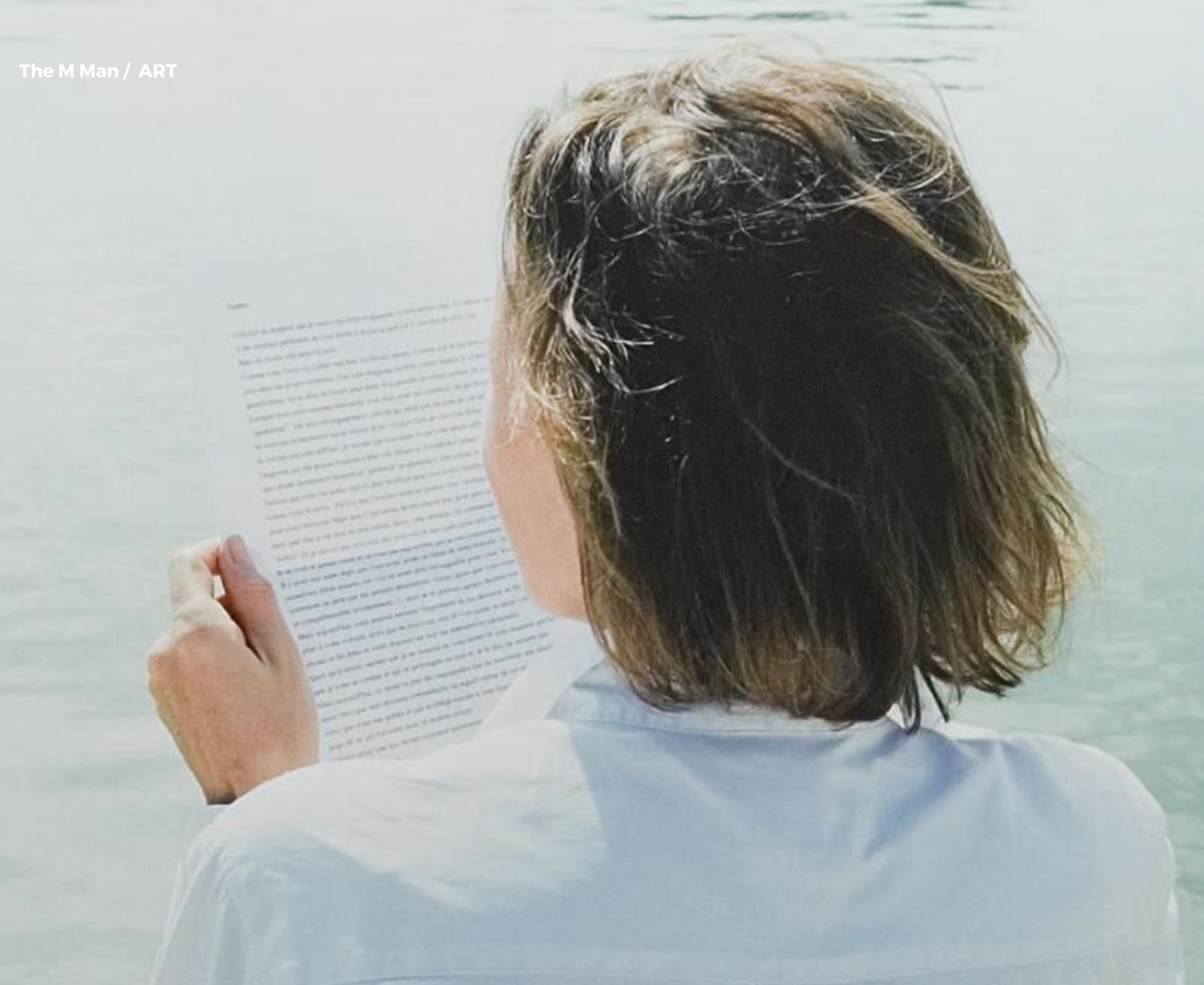


Photo Credit: Sophie Calle



Great art about love, in all its messiness and splendour, requires an artist who is willing to be vulnerable and to risk embarrassment – an artist like Sophie Calle.

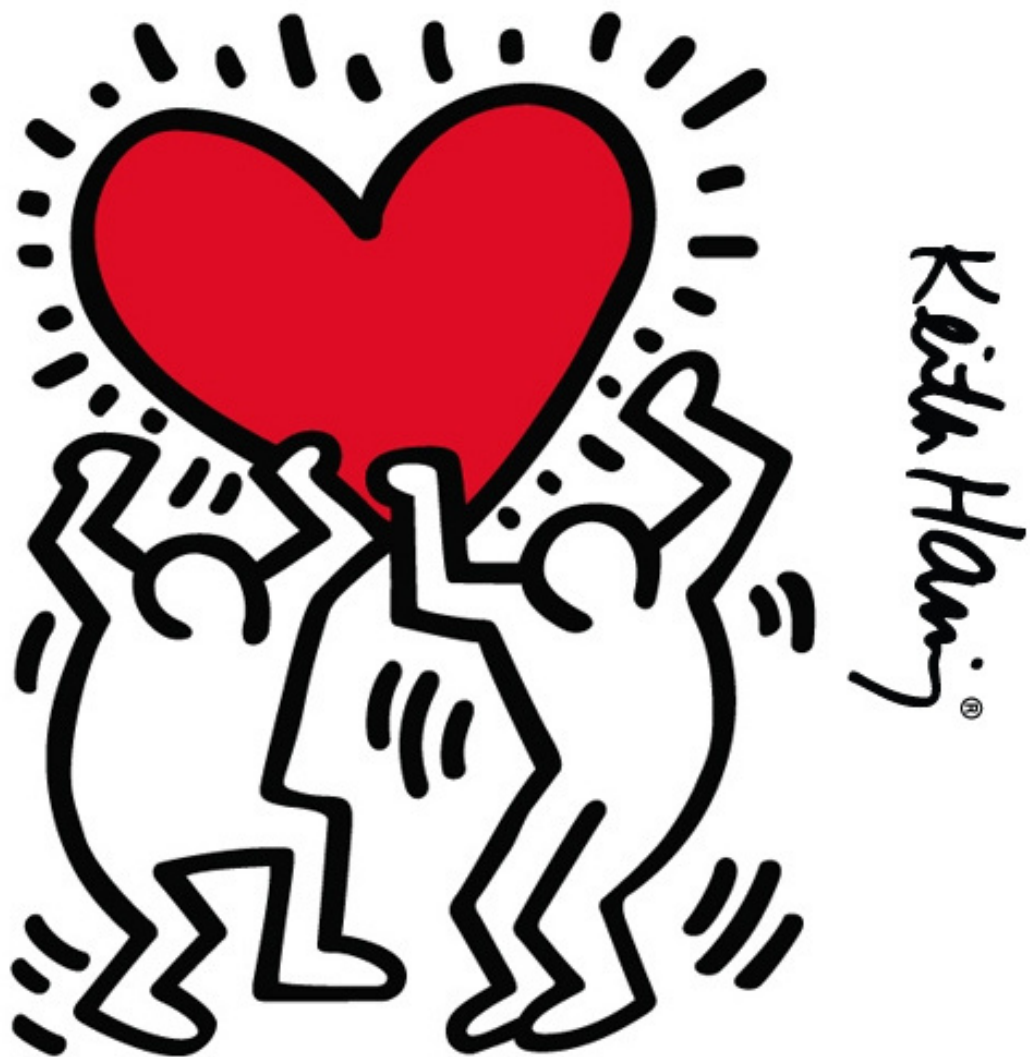
### TAKE CARE OF YOURSELF

Take Care of Yourself (2007), her greatest work, began when she received a breakup email from her boyfriend, identified only as 'X' in the project. The tone of the email was cold and mechanical, and Calle couldn't make sense of it

so she showed the text to a close friend and asked her to explain it. Then she showed it to another woman, and another: 107 women in total.

Calle's work stands as a reminder that art with a conceptual bent – so often thought of as drily intellectual or distantly ironic – is actually just as capable of expressing the intensity of love as more customary representational modes.





Keith Haring®

Photo Credit: Keith Haring Foundation



## DEAR YOKO

The Japanese avant-garde artist, peace activist and singer was John Lennon's obsession up until the iconic songwriters assassination in December 1980. During their time together the two were inseparable; in fact, many fault her attachment to John as one of the main reasons for The Beatles' break up. This cheery, celebration of a song from Double Fantasy was written about John's adoration of his love.

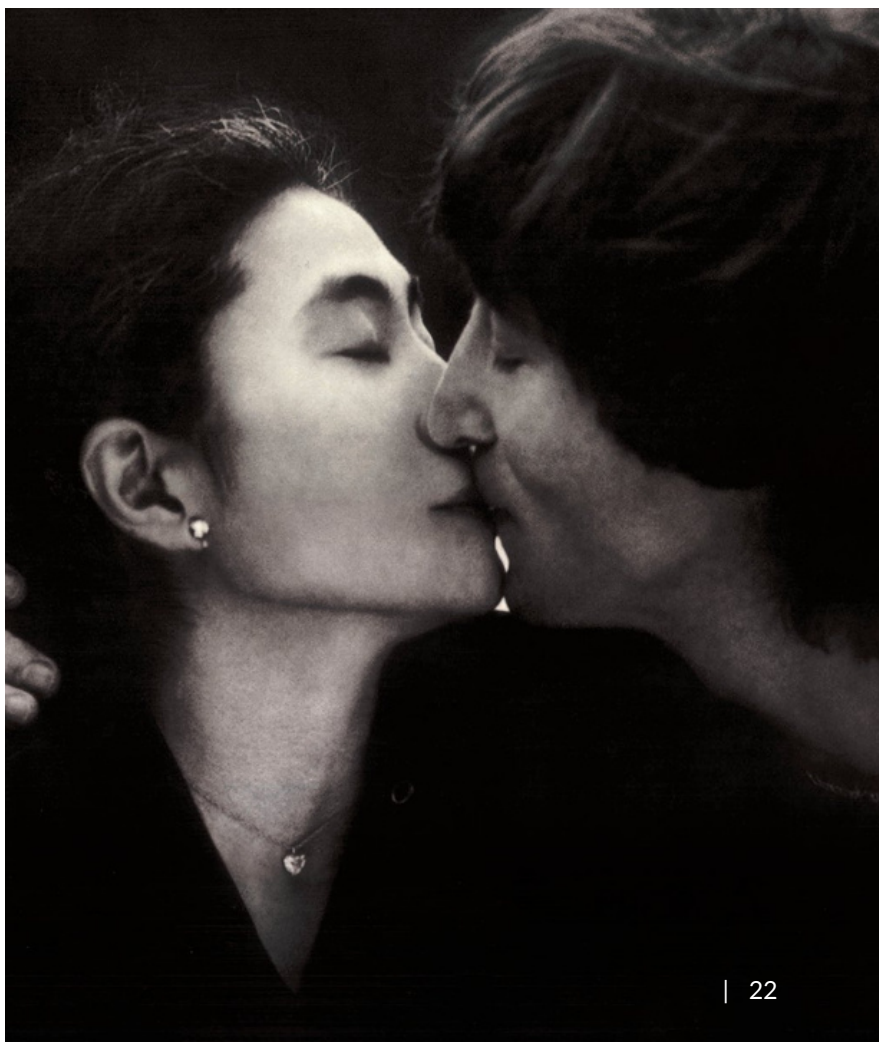
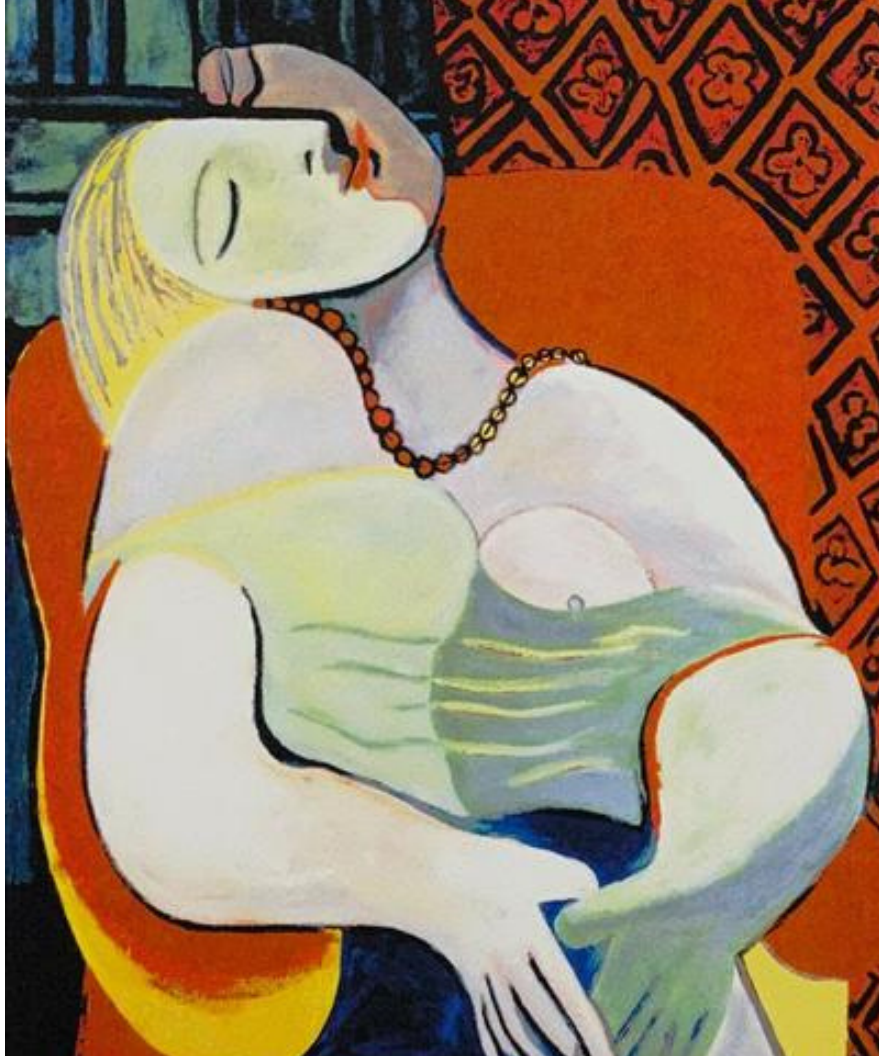
## THE DREAM

Marie-Thérèse Walter, the troubled muse of Pablo Picasso, was the artist's inspiration during his surrealist period. The genius Spaniard painted some out-there portraits of her, including this one "The Dream." Obviously, they had a different kind of love, but their bond was strong; four years after Picasso's death in 1974, Walter hung herself.

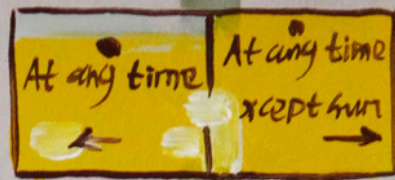
## UNTITLED

This famous Keith Haring's art of two men in love is mild in comparison with Haring's later sexually explicit images., but the boldness of representing homosexual love at this point in time was already a significant statement and a marked achievement in the larger cultural realm.

As his art career unfolded, and his confidence grew, it gave him the courage to generate more sexually explicit images of gay figures and scenes.







1

Tom





Photo Credit: Frida Kahlo

In the above image, two people are depicted in love, with Haring's often-used lines of energy emphasizing this euphoric state as much as the kinetic movement of these figures' bodies in space. This image in many ways distills the optimistic attitude of Haring, who was, at heart, in many ways a Romantic, believing in humanity and the power of love.

## GAY BOBBIES

Banksy's world-famous, controversial depiction of two British cops kissing passionately first popped up on the wall of a Brighton pub in the UK in 2004, where it shocked and amused locals in equal measure.

The iconic image has been featured in Alfonso Cuarón's *Children of Men* and came number one in a poll to determine which artwork best encapsulates British identity in 2012, beating works by artists such as Damien Hirst and Tracey Emin.

The kissing coppers keep tradition with Banksy's quintessentially cheeky and rebellious oeuvre, adding political and social commentary to the urban landscape and in this case challenging viewers' perceptions of masculinity and the law.

## THE EMBRACE OF THE LOVE OF THE UNIVERSE

The Embrace of the Love of the Universe is one of many of Kahlo's paintings featuring Rivera in a work that celebrates ancient Mexican mythology and explores the complexity of the relationships between men and women on canvas.

A motherly Kahlo nurtures a Rivera who sports the third eye of wisdom in his forehead, illustrating their dependency for each other as both are embraced by the Aztec Earth Mother, Cihuacoatl, and the Universal Mother. All the while, Xolotl, a dog-shaped being and guardian of the underground world rests peacefully on the foreground.









## J'ET AIME...MOI NON PLUS

The title of what became known as one of the most erotic and romantic songs in history, J'et aime...moi non plus ('I Love You... Me Neither') was inspired by Salvador Dalí, who once said: 'Picasso is Spanish. Picasso is a genius, me too. Picasso is a communist, me neither.' The song was initially written and recorded with French siren Brigitte Bardot, who had asked her lover, pop icon Serge Gainsbourg, to pen the most beautiful love song ever heard. The saucy tune ended up upsetting Bardot's husband at the time forcing the actress to revoke its release. speak with one voice."

The lyrics are an explicit dialogue between lovers during sex reflecting 'the desperation and impossibility of physical love.' Since then, the original Bardot recording has also been released and artists such as Donna Summer and Madonna have covered the tune, which has also inspired duets from the likes of Brian Molko of Placebo with Asia Argento, and Cat Power with Karen Elson.

## THE KISS

One of the most recognised artworks in the world, The Kiss by August Rodin had a rocky start. Considered inappropriate for public viewing by those intent on looking after the morals of the nation, it caused considerable controversy when it was first unveiled. To add to the scandal, the couple are Francesca and Paolo, the adulterous lovers from Dante's Inferno.



## THE LOVERS

The Lovers, which hangs in New York's Museum of Modern Art (MoMA), is the first of a series of 4 variations by one of the leading lights of the surrealist movement, René Magritte. A simple picture of a kiss between lovers is subverted by the hoods over their heads.

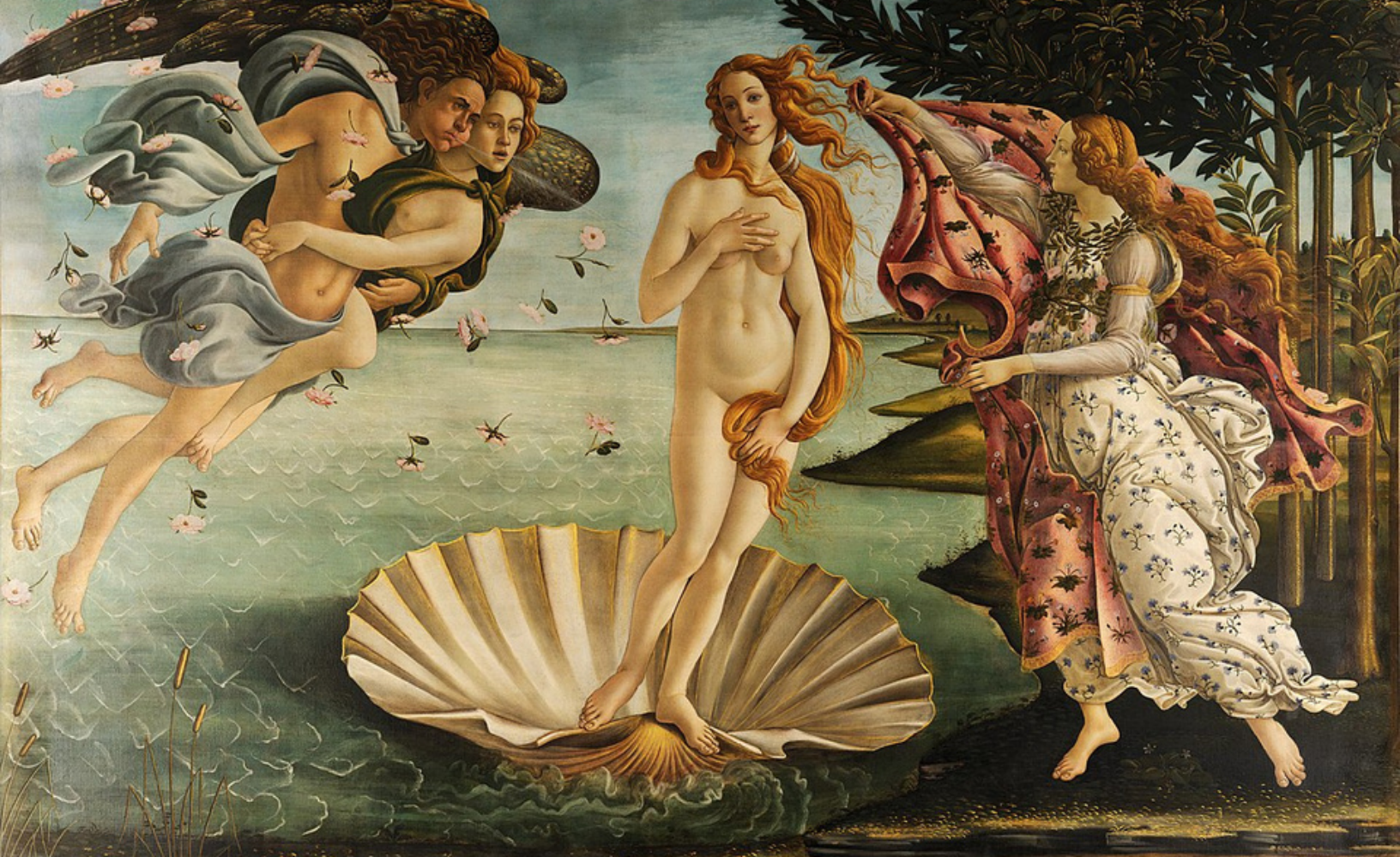
## LOVE SCULPTURE

A simple, striking artwork that says all that needs to be said, Indiana's LOVE first became famous as a Christmas card design for New York's MoMA in 1965. LOVE was immediately co-opted by the hippie movement of 1960s America and has retained something of that idealism as a concept, perhaps because of its very simplicity.









## THE BIRTH OF VENUS

Venus was the Roman goddess of love, sex, beauty and fertility. This heady mix puts her in the top flight for artistic interpretations and none is more famous than Botticelli's incredible painting. This was a first on canvas in 15th Century Tuscany and used new techniques which made the colours sing.

Reputedly commissioned by the Medici family, it symbolises the birth of love and spiritual beauty as a driving force of life. It is a sensuous and beguiling picture with the shy Venus about to be clothed after being blown ashore by Zephyr, the god of the west wind. Notice the violets in the meadow; these were a symbol of modesty but were also used in love potions!

This amazing painting is housed in the Uffizi Gallery in Florence.

**VENUS WAS THE  
ROMAN GODDESS  
OF LOVE, SEX,  
BEAUTY AND  
FERTILITY.**





# MINDFUL LOVE

BY THE M MAN

Love is such a sought-after feeling that entire industries are built around it. Love is a TV genre, a movie genre, a book genre. Magazines obsess over and feed the ideal of romantic love.

And yet so much of what passes for love leads to disappointment and pain. It's these two sides of love—the joy of connection and the pain that comes from attaching and clinging—that meditation works with.

When we fall for someone or something we feel pulled in the direction of the love object.

When it's a person, we feel a little lightness in our head, and warmth in various parts of our body. We can literally become weak in the knees. We are pulled out of ourselves and want to connect, so we flirt or touch or dance or more.





The connecting part seems so natural. We form bonds with all sorts of people with degrees of connection varying from the mildly warm to the wildly passionate.

From songs and poems to novels and movies, romantic love is one of the most enduring subjects for artworks through the ages. But what about the science? Historical, cultural and even evolutionary evidence suggests love existed during ancient times and across many parts of the world. Romantic love has been found to exist in 147 of 166 cultures looked at in one study

But sometimes the power of the passion can be so great that we don't just want to play and interact with the object of our love. We want to possess it, and own it. We grasp and cling, and we become uncomfortable—in the worst case scary.

We are stalking prey. When the game of love is played for keeps, it can take everyone involved into some unpleasant emotional territory.





## AWARENESS OF FEELINGS

The main meditative practice for love—as with anger—is to shine the light of awareness on your thoughts and feelings, so you can discern the differences between openness and clinging. Keep noticing, without judging, what’s happening in your mind and body.

## WISHING EVERYONE

~~WELL~~ Another beneficial practice is to broaden our love and caring to encompass more people. This kind of “Universal Love” is beneficial to our own well-being and to those around us. It can also reduce clinging in all kinds of relationships—from the love for a child,

sibling, or parent to the passionate love for a sexual partner—because it takes the focus off of me...me...me.

## PRACTICE APPRECIATION

Every night before we go to sleep we ask each other: “What are the three things that made you happy today?”. This simple question reveals a lot about yourself and your partner. It points out the values and qualities that they appreciate and helps you understand their perspective of life. It opens doors for example to discover a hobby, to plan a surprise or to engage in another conversation.





## AFFECTION

Affection comes from the word “affect” or feeling. As humans, we need emotional, spiritual and physical affection.

Affection includes the three keys of attention, acceptance, and appreciation, but it also requires some direct behaviors that show us the proof of these things. Affection is often a code word for sex, but there can be sex with no affection whatsoever. Does your relationship feel intimate, caring, warm, safe, magnetic, and loving? If so, then affection is going to be included. Many people have relationships that feel distant, inconsiderate, unkind, and manipulative.

In those instances, loving affection will be missing, and no amount of sex can make up for the missing intimacy.

## ALLOWING

Allowing means letting yourself and the other person be who you are. Too many rules, requirements, and expectations push us into becoming who others need us to be rather than being ourselves. Allowing means that we don’t try to control the other person, and we don’t allow the other person to control us. We don’t deny the individuality of either person. Allowing has many similarities to acceptance.



# online LOVE

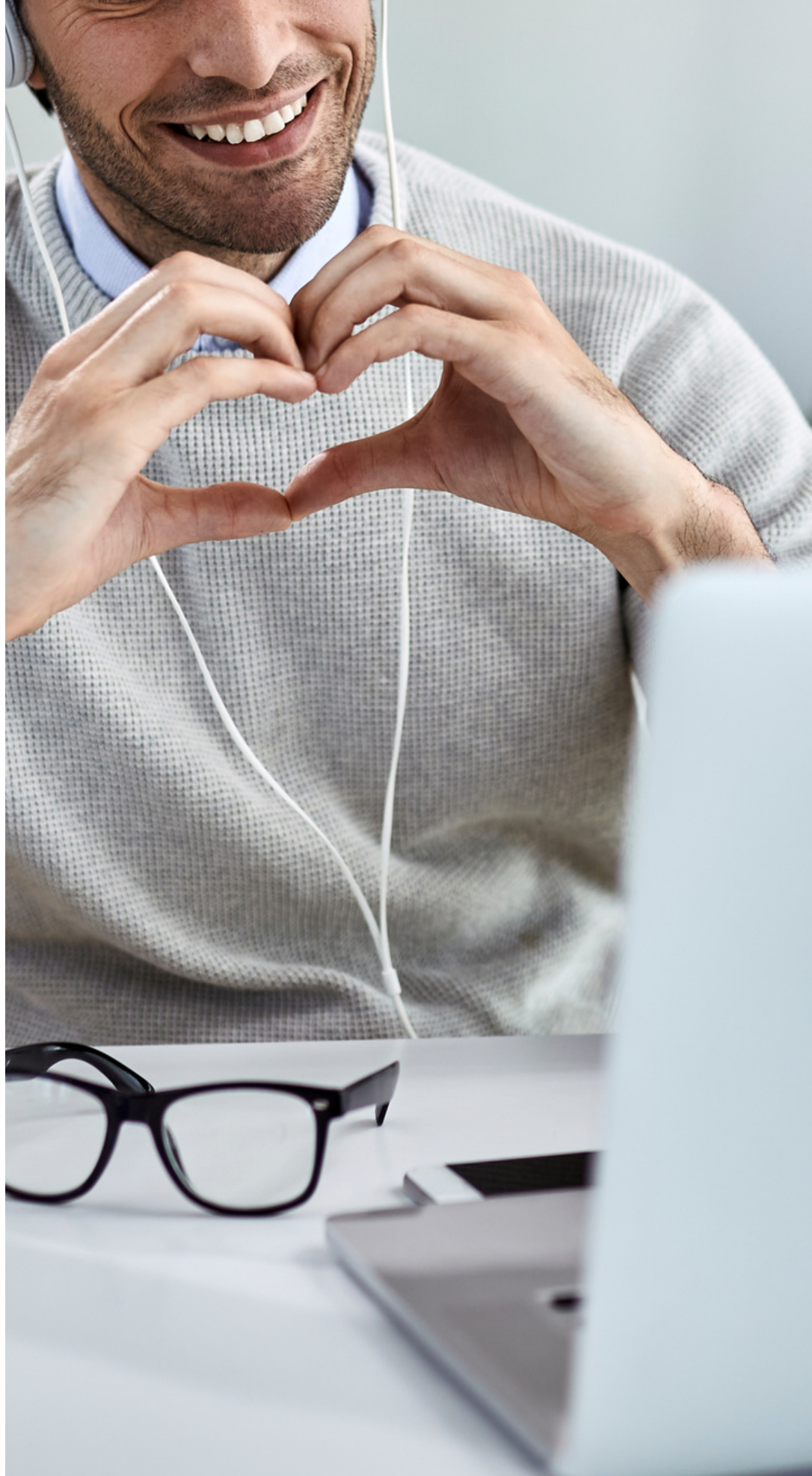
Nowdays you can find love just swiping right each time that you like somebody.

During these pandemic times it's easier to meet people online. There's plenty of options, these are just some of our favorites.



According to a 2016 study of relationship apps, 32% of OkCupid users who matched with a partner made it to at least the one-month mark in their new relationship. What's the secret to their long-term success? It's simple: Women have to message first.

All you need to do is set up a bio, fill out a few questions about your lifestyle and dating habits so the algorithm can find you a few compatible humans, set up your parameters (age demographic, sexual orientation), then start chatting. If it's not safe to meet in person, try a virtual date.







The famed dating app is usually well-known for its quick hookup potential with others in a user's surrounding area, but right now Tinder is taking swiping global. Tinder announced it's now offering its premium Passport feature, typically between \$9.99 and \$19.99 per month, free to all of its users. The feature offers the option to swipe left or right on anyone on the app anywhere in the world. "Our hope is that you use the Passport feature to virtually transport yourself out of self-quarantine to anywhere in the world," the company said in a statement. "You can check in on folks in their hometown, college town, or sister city, and find those across the world who are going through the same things. If nothing else, you can learn how to say 'hey' in another language." Who knows, maybe you'll meet the love of your life now and go on a global adventure together later.

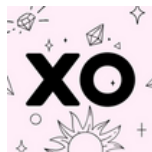


Bumble bills itself as more than a dating app. It's a way, the company explains, to build "healthy relationships" and a way for users to feel "empowered" while making connections. And not just romantic ones.

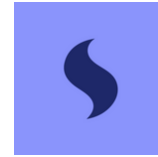
The dating app is also a space to connect with new friends and grow your professional network.

Personally this is our favorite app, it's really easy to use and most of the users are really friendly.

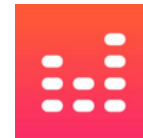
The app is free but does offer in-app upgrades like Bumble Boost, which extends matches for an additional 24 hours, and Bumble Coins, which allows users to send a "super swipe" to make an even better first impression.



According to Forbes, users sign up, fill out their own profiles, and fill out a series of match preferences. Once the user finds a match the first "date" begins. That means entering the XO game room for an ice breaker game, which can include word games, puzzles, or drawing challenges. The games are meant to act as a soft introduction, as well as a shared bonding experience so users can eventually take it offline and already have a shared memory to discuss over dinner.



Users sign up and set up their profile—either as a dater or a matchmaker—and then invite their friends to join their "crew" so they can swipe for prospects. They're all put together in a group chat within the app where they can share profiles. Of course, Ship still requires the single person and the potential match to like each other before they can chat, so in the end, it's always up to the dater, not the matchmaker, to decide if they're down or not.



The Tastebuds dating app lets you chat with people who share your love for music. In fact, it's one of the few sites that cares less about the actual dating aspect and focuses more on matching people who have the same affinity in regards to songs, bands, concerts, and more. If you're an old school romantic, there's even an option to send your match a mixed tape.





The first words that come up on The League's website are, "We know your time is valuable, so tell us your preferences and we'll handle the scouting — and the vetting — for you."

The League launched an option that might just change the dating app game forever—especially in the time of Coronavirus. Now, you can hop on three video dates in nine minutes with other users who match your preferences. "As sparks typically fly in just moments, these mini-dates save users time and energy—all from the comfort of your couch," the website reads.



"As the world moves towards practicing social distancing, our social lives don't have to suffer," the website states. "Whether you are looking for love or just interested in finding new friends, OKZoomer is here to connect you."

"The service, started by Yale University juniors Ileana Valdez and Patrycja Gorska, started as a joke on the meme page Ivy League Meme Consortium, Rolling Stone reported. However, the duo quickly realized that OKZoomer could be the real deal."

Users sign up with an accredited university email (yes, you must be a current college student to join), fill out the website's form, and get ready to match.





# THE MINIMALIST MAN

THE OFFICIAL PLAYLIST IS AVAILABLE ON

<http://fanlink.to/TheMMan>



Photo by Ricardo Teco Adame  
Location The Met

[www.theminimalistm.com](http://www.theminimalistm.com)





# The M Man.

Living one day at a time