

Soul-Food



by **M & M**

*Michelangelo Aveta & Manuel
Delgado Meroño*



EMBAJADA
DE ESPAÑA
EN EL REINO DE BÉLGICA



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Prelude

So what's this. This is a pill. Do you dare to take it? Maybe just to taste it?

We can assure you: once you step into our world, you'll barely walk, in the sense of moving from nowhere to nowhere, passing by for living, living as a mere act of feeling.

Again, do you really wanna try? Ok then. *Soul Food* is a punctual moment of pilgrimage. A three-movement liturgy based on a statement, a poem and a song, regarding a philosophical reflection. Each time different, each edition tastier. We invite you to experiment through them in that order, and eventually those words will ferment through you, or not.

Soul Food is an invitation to think, to evade yourself, to yell, to cry, to do the **** you want. It is an act of revolution against our fact-based society, against our stereotypical pre-defined lives, against the average alienation.

Please take the pill, but don't trust us 'cause, in the end, we're drug dealers offering deeper thoughts to the non-thinkers.

Do you wonder who we are? That's not necessary but, anyway, we (Manuel & Michelangelo) are the makers. Manuel had the idea and Manuel writes the poems while Michelangelo developed the idea and Michelangelo chooses the statements and the songs. The photos are alternatively selected between us, serving as a first visual flavour to your taste buds. Be it the equilibrium.

This is *Soul Food*, a philosophical pure pill for the superfluous lifestyle. The dopest and the simplest combined. For you.

Be aware of the hangover.

pill

Green-Yellow



Statement

«I hope for nothing. I fear nothing. I
am free»

Nikos Kazantzakis

Poem

«For all seasons are but colours
fermented lights within your eyes
I shall see no one, for blind I am free»

Manuel Delgado

Song

«Yellow Gold»

Rondo Brothers

pill

Sky-Blue

Sky-Blue



Statement

«Look closely. The beautiful may be small»

Immanuel Kant

Poem

«May atoms gather, solely felt,
being seeds of life, upside-grown,
may you finally believe, big is small»

Manuel Delgado

Song

«Island Summer Breeze»

Coyote Hearing

pill

Sunrise-Orange



Statement

«Man is a substantial emigrant
on a pilgrimage of being, and it
is accordingly meaningless to set
limits to what he is capable of
being»

Ortega y Gasset

Poem

«You were not born, by that time,
but still you were – flourishing – from before
or now, you are not, you are being»

Manuel Delgado

Song

«Unrest»

ELPHNT

pill

Dark-Purple

Dark-Purple



Statement

«Genuine tragedies in the world
are not conflicts between right and
wrong. They are conflicts between
two rights»

Hegel

Poem

«are we free? nations wondered
aware of nature – only if scared
preys are predators, thus states»

Manuel Delgado

Song

«Monroe»

Text Me Records

pill

White

White



Statement

«No man ever steps in the same
river twice, for it's not the same river
and he's not the same man»

Eraclito

Poem

«I am the farewell of tomorrow's Summers...
I am the welcome of yesterday's Winters...
...for I am being all – me's mountains, rivers and seas»

Manuel Delgado

Song

«Write You»

Joey Pecoraro

pill

Juniper-Green



Statement

«My heart is at ease knowing that
what was meant for me never
missed me, and that what misses
me was never meant for me»

Iman Ash-Shafi'i

Poem

«Plato's ideal state: I am a poet.
Trees towards the sun. Me towards myself. Free.
Do not know yet how to read, but I am destined to be»

Manuel Delgado

Song

«The Temple of the Mind»

I Think I Can Help You

pill

Cerulean-Dandelion



Statement

«May you live every day of your
life»

Jonathan Swift

Poem

«Your path is made of crossroads. Sun.
sand of dunes – dunes of desert
Oasis for your feet, if you keep moving. Enjoy»

Manuel Delgado

Song

«Frenchman Street»

Otis McDonald

pill

Wine-Red



Statement

«When Life does not find a singer
to sing her heart she produces a
philosopher to speak her mind»

Khalil Gibran

Poem

«Our mouths were shut. Our eyes were folded.
They thought Truth was light, because it shines.
But it was a whisper for our ears, to desperately find.»

Manuel Delgado

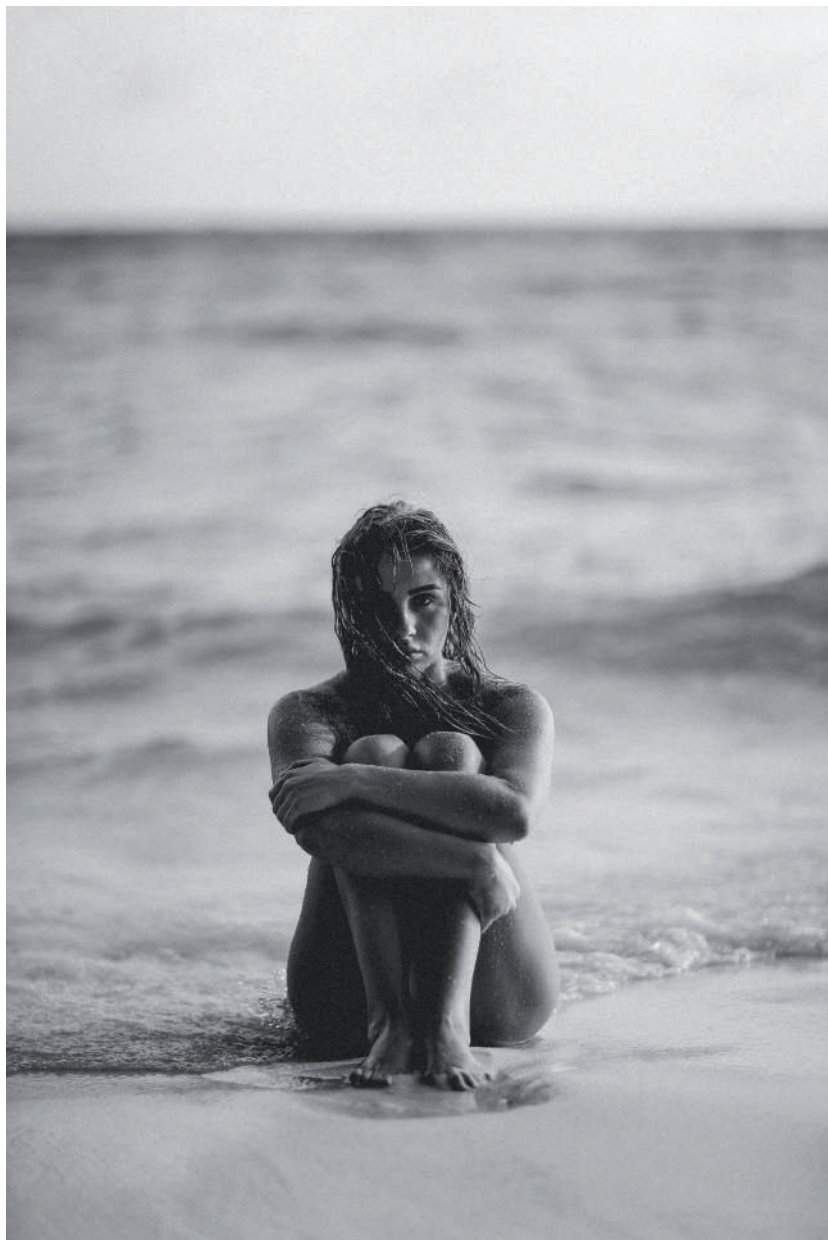
Song

«Memory Rain»

Yung Logos

pill

Orchid-Purple



Statement

«I am my own muse. I am the subject I know best. The subject I want to better.»

Frida Kahlo

Poem

«She needed shelter from the stereotypes.
She looked up and down. The sky. The sea.
Both reflected a precious shell. And so she found herself.»

Manuel Delgado

Song

«Distant Love»

Causmic

pill

Black-White



Statement

«You could not be born at a better period than the present, when we have lost everything.»

Simone Weil

Poem

«A mother loved her garden. Hibiscus. Jasmine. Lavender.
Then the storm spread fire and thunder. Tears for years. Away.
Now a daughter is born. She dreams of rising her jungle. Home.»

Manuel Delgado

Song

«A Quiet Thought»

Wayne Jones

pill

Brown



Statement

«The greatest happiness of the
greatest number is the foundation
of morals and legislation»

Jeremy Bentham

Poem

«everyone is a colour, no one tags itself
society is a canvas of pigments, a sky of lights
be them black, be them white, happiness is a palette»

Manuel Delgado

Song

«Manhattan»

Dyalla

pill

Honey-Orange



Statement

«Once you label me, you negate me»

Soren Kierkegaard

Poem

«Looking up, the red fox said:
'do not hide, monkey, you cannot fly'
the baboon, then, jumped over the sky»

Manuel Delgado

Song

«The Six Realms»

I Tink I Can Help You

pill

Coral-Red

Coral-Red



Statement

«Not what we have, but what we
enjoy, constitutes our abundance»

Epicurus

Poem

«There is no status quo for lovers,
living – rocks raise castles – doing
love is loving»

Manuel Delgado

Song

«Ticker»

Silent Partner

pill

Metal-Black



Statement

«Because war does not decide who is right or who is wrong, but simply who is strongest»

The Arbitrator

Poem

«we've come to shoot ourselves, against the sky
we've reached the sunset of our souls, for bottled scars.
ours or theirs the destiny may be, but it is the blood»

Manuel Delgado

Song

«Passed»

Riot

pill

Paper-White



Statement

«The world is not given from our fathers, but borrowed from our children»

Wendell Berry

Poem

«a canvas to be painted, not displayed
though dawn or sunset may be its frame
usufruct of Earth, that is our legacy»

Manuel Delgado

Song

«Stars and Constellations»

Sarah, The Illstrumentalist

M & M

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Editorial Design by
Irene Rubio Pérez (irup)