

**THINK
CLEARLY**



Annual Report 2013

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Personal growth & Paradox

Welcome to my annual report for 2013. The past three years it's become a tradition that I look back on my year, reflect and debrief with myself and then publish a little report with some of these reflections.

Every year I try to ask myself, why am I doing this? Why spend time debriefing? Why spend time sharing it? It's a way for me to share a little bit of my world and what's going on inside my head. It's written to my family and close friends, but it's available to anyone who is interested. However, this year I realized that I had become a little too focused on the sharing element, and I felt that I put a lot of pressure on myself to produce an amazing report. I wanted to write a story to someone else, and had somehow forgotten the value of splitting the process in two and simply debriefing with myself first and then writing a report later.

There are two main themes that seem to have been particularly important for me this year: personal growth and paradoxes.

Personal growth includes all my worries and fears and obstacles and challenges to overcome and grow through. Personal growth is also about a continual strive for ever more freedom. Freedom of expression. Freedom of mind and body. Freedom from dogma. And personal growth is a perspective that helps me go beyond success or failure. What looks and feels like failure becomes a challenge to overcome. An opportunity to grow. This leads me to meaning and happiness.

Paradox for me, is about all the things that seem self contradictory. When I do things that to me feel so ultimately selfish it seems to also do the most for other people. When I bake bread it is entirely for me. I baked the bread I want to eat. The only reason I bake more than I can eat on my own is because I enjoy the baking process more when I work with larger quantities. Paradox, is when I ask myself "what is enough?" and I realize that I already have enough – I am enough. Enough love. Enough freedom. Enough money. And at the same time I know that I never have enough. And that I never will have enough. And that this is a good thing because it drives me do continue to grow. Always enough and never enough somehow coexist in my life. I can also be afraid of failure and equally afraid of too much success. I can be afraid of failure and at the same time (sometimes) feel completely at ease with it and just sit. I can be afraid of too much success and yet pursue it relentlessly. Having good routines and habits seem to liberate me yet they also can become prisons of my mind. I make routines. Keep them. Break them. And it all makes perfect sense to me without making much sense at all.

Welcome to my world.

Mathias





**An interface
to my mind.**

THINK
CLEARLY

Debrief

REFLECTION FIRST. THEN REPORT.

• ENJOY PROCESS

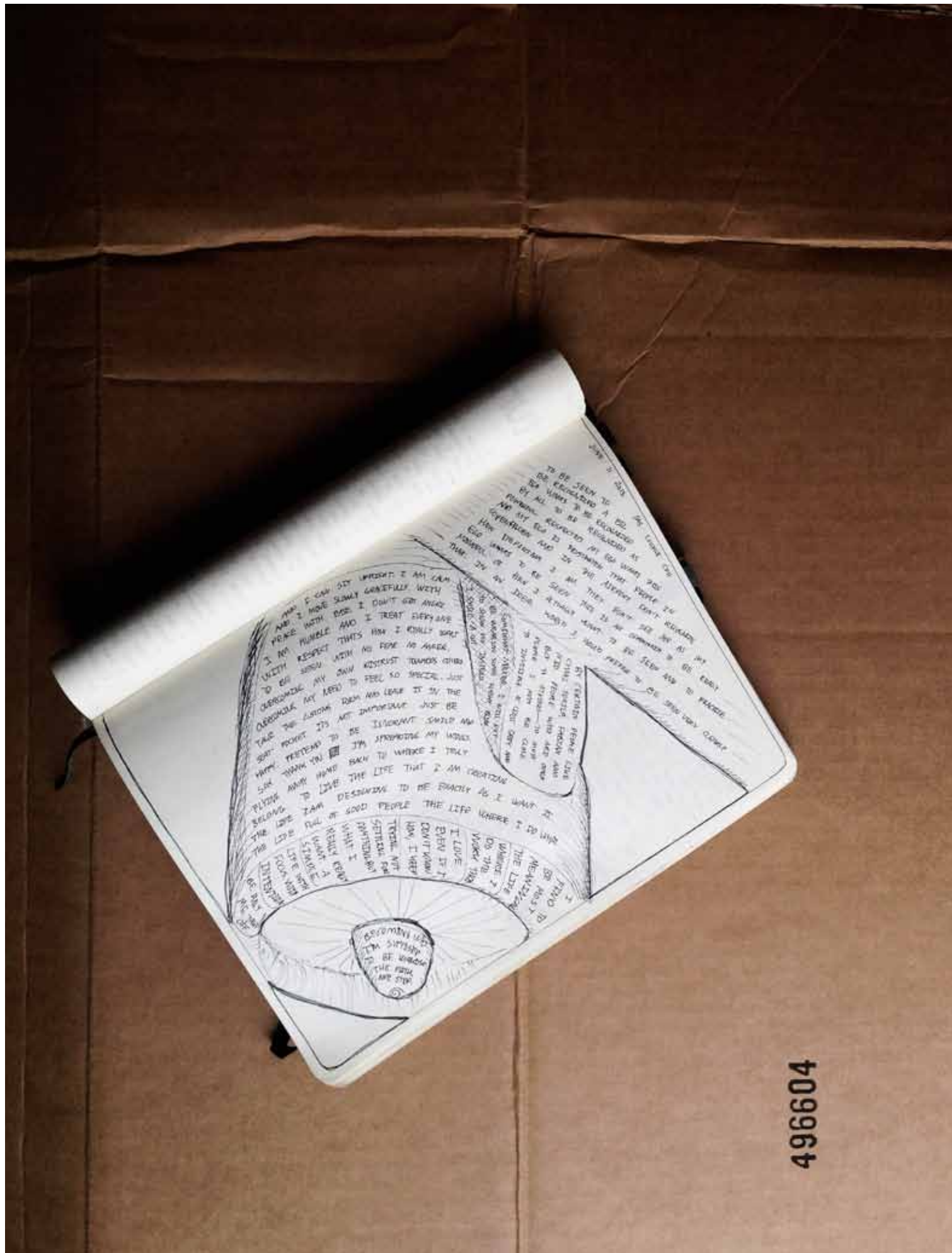
• APPRECIATE

WHY?

• REFLECT

THEMES

- SELLING
- THE WILDERNESS
- DENMARK — MY RELATION TO....
- SAYING 'NO' — WEB PROJECTS — FOCUS
- SELF-LOVE — KINDNESS
- EFFORT, DISCIPLINE & AVOID SELF-PUNISHMENT
- SLOWING DOWN — LONG TERM VIEW
 - LOOK AHEAD + LOOK BACK
- iPHONE
- SOCIAL MEDIA AND TECHNOLOGY
 - ↳ RE-ENGAGE WITH REALITY
- IDEAS ARE NOTHING → THINK CLEARLY
- OUT OF BETA — BUSINESS
- LLC → SERIOUS.
- MENTAL MODELS PAPER
- ★ A GOLD!
- HYPER ISLAND
- TRAVEL — AAR, LAX, CPH, AFD, LHR, STL
- NEW TOOLS BOS, DCA,
- POEMS
- PROJECTS; RTFC, MURPHY, BOOMGEN/TECHS
- READING PLAN BOOKS → MAC/PAPER
- WHAT IS MY JOB? MY WORK?
- FINDING A SOLID CORE
- LIFE AS AN ONGOING ART INSTALLATION
- TRACKING GOALS IN NOTEBOOKS
- FATHERHOOD
 - TABOOS — GROWTH
 - PURPOSE — CHALLENGE
 - THE DAD (WHY) TO BE
- RELATIONSHIPS
 - MY DAD
 - PERNILLE
 - FRIENDS
 - ↳ TOM
 - ↳ SARAH G.
- TEACHING AGAIN
 - ↳ INSTITUTE
 - ↳ COMPASS
 - ↳ PRATT (WHARTON, CBS)
- MINDFUL AROUND BELIEFS / ILLUSIONS
- PLAY — MOVED HOME — NOW: INWARDS + UPWARDS
- KNOWING THAT IT WON'T STOP.
 - NEW CHALLENGES WILL COME
 - ↳ GOOD THING
- BEAUTIFUL WOMEN — IN ABUNDANCE.
- THOUGHTS ABOUT QUITTING EMAIL
 - ◆ DIAMOND HATCH → ENGAGE
 - ↳ OBLIGATIONS
- REALLY LEARNING ABOUT VULNERABILITY.
- DEFINING MY OWN SUCCESS
- CLEANING UP BANKING — SHARED ECONOMY
- 2014 FOCUS: GIVING



496604

THINK CLEARLY

I'VE DONE A DEBRIEF OF MY LIFE IN 2013. COMPARED TO THE PAST TWO YEARS I'VE MANAGED TO SPLIT THE PROCESS AND REFLECT FIRST AND THEN FIGURE OUT WHAT TO COMMUNICATE AND HOW.

WHY? MAKE A REPORT? IT'S SELF PROMOTION - ISN'T IT? MAYBE SOMEONE WILL SEE IT THAT WAY. BUT IT'S ALSO A GIFT. IT'S BOTH. GIVING IS MY BUSINESS STRATEGY.

HOW? WRITE TO A CLOSE FRIEND / FAMILY. DISTRIBUTE BROADLY. FILTER BASED ON WHAT IS A REAL GIFT - IF POSSIBLE!! ALSO: MAKE IT FUN TO MAKE. PLAY!!! AVOID LOCKING MYSELF INTO A FORMAT.



JANUARY 2 2014 AF CAFE



**I was confronted
with my former
life as a fine art
photographer.**

My friend Bjørn has this photo
hanging in his living room.
Turner Rode The F-train.
From Signs Of Time (2010)

Pan Books

ILLUSIONS

The Adventures of a
Reluctant Messiah



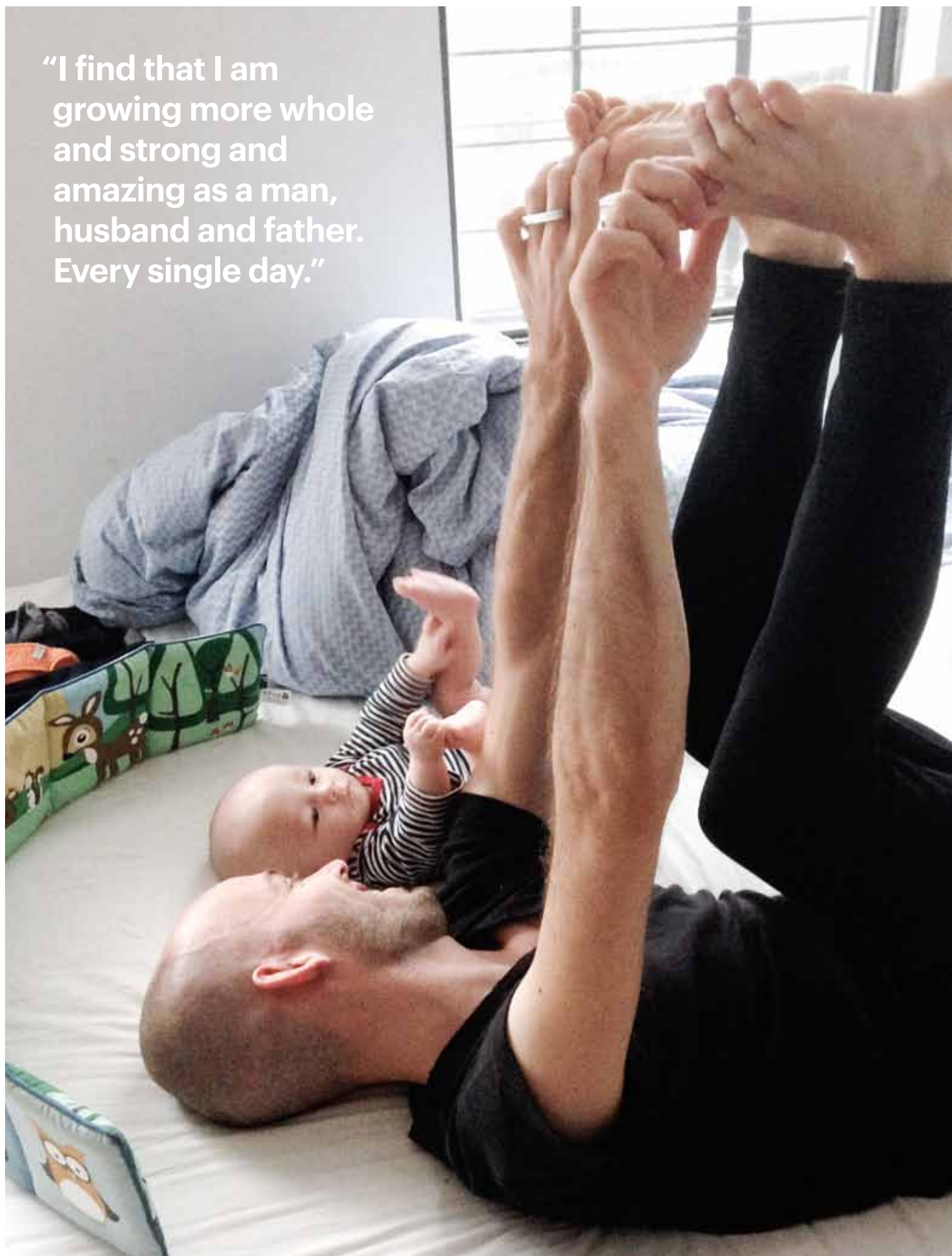
Richard Bach
author of Jonathan Livingston Seagull

Illusions & fatherhood

One of the books that has most significantly shaped my thinking this year is *Illusions* by Richard Bach. I have not met many people who have even heard about it, let alone read it. Some people have, however, heard about *Jonathan Livingston Seagull*, Richard Bach's first book, which topped the New York Times best seller list for 38 weeks in 1972. While I really liked *Jonathan Livingston Seagull*, which I read in 2011, I found *Illusions* to be even more profound. The story is about a man who meets a retired messiah. The ex-messiah had gotten tired of all the crowds that would inevitably form whenever he performed any of his wonders. I love this setup because it so radically flips our reality around. It's easy for me to think that if I just had magic powers and could help everyone, then there would be no more struggle, and all would become great. But at least for Donald, the ex-messiah, the crowds become too much and I find myself in sympathy with him. Maybe it's similar for the modern day celebrities—Beyonce and Jay-Z come to mind—that they seem to be able to do some form of magic and they become enormously successful, but the success comes with the price of never being able to be let alone. Imagine having lost the opportunity to simply walk down the street without worrying if anyone will see you. This is something I treasure! I'm not saying I will stop striving for success—that's not the point at all. But it reminds me that there's no point for me in thinking that life will be better if I was more successful. Then other struggles and limitation simply arise. And that's a good thing.

But back to the actual book. Through the encounter with the ex-messiah, the narrator learns about the world and how the messiah does his wonders. The main lesson that Donald teaches in the story is that life is not much different from a movie—it can be entertaining and engaging and it's easy to get very caught up in the emotional drama—but like a movie, it is all just an illusion. One that feels very real. If it is a good movie, the illusion can be quite worthwhile. But nonetheless, an illusion. This implies that we always have complete freedom of choice in a very radical way. We can choose to watch our life/movie, but we can also learn to look through the illusion. We don't have to watch if it's a horror movie that is playing. We don't have to get caught up in the emotional drama all the time. We can believe in one truth, e.g. God or maybe science. Or we can choose to accept many different truths. We can engage in endless debate about which truth is more right than another. Or we can let them coexist. I'm still wrapping my head around this and what it means for how I live my own life, and I'm not done yet. But I want to share two examples of what I have done in order to bring this perspective into my life.

"I find that I am
growing more whole
and strong and
amazing as a man,
husband and father.
Every single day."



One day I went to a little park close to our home and I sat down on a bench with a notebook. I split my page into two columns by folding the paper down the center. In the left column I wrote "illusions" and in the right I wrote "My world". And then I picked a phenomenon of this world: rain, and I wrote how most people seem to believe that rain works: something with clouds and vaporization and cold and hot air. I wrote this in the left column—as if this is merely an illusion. I'm not saying that it IS an illusion, but on that day I at least allowed it to potentially be just an illusion, just as Donald taught the narrator in the book. Then in the right column I wrote my own version of how rain happens. I want to believe that it would be possible for me to make it rain by sheer willpower. I tried for a while, without ever getting more than a very slight drizzle going, but I felt that it was a good start. I added to my belief that it does take practice for anyone to make rain by will. That made it more believable.

Then I continued with other phenomena. Airplanes. What if they are living creatures? Money. What if money is not actually scarce? Sitting up straight. I don't think that merely writing out these things as illusions and writing my own chosen belief makes this true. I still act as if rain is a scientifically predictable phenomena whenever I check the weather forecast. I still end up worrying about running out of money. I think the next step will be to implement these beliefs and begin acting on them as if they are real, until they feel more real than what others believe. I know that this may sound like silly nonsense to you. When I tell people about it, I am often met with blank stares. If the above made no sense, you may also not like the book so much.


Another example of how I am trying to implement this illusion/belief-choice mindset in my life, is in how I finally felt ready to become a father. This happened before I read Illusions, but it's easy to explain what I did using the language from the book. Here's what happened: For a long time my wife talked about having kids and I knew that I wanted kids but I didn't feel ready just yet. However, I also didn't know why I wasn't feeling ready or when it might change. First I realized that if I ever were to get ready I would have to find out exactly why I wasn't ready. What was holding me back? I realized that I would have to dedicate time and effort to answer this question. I did. This is what I found: one of my highest priorities in life is my work. Through my work I grow and develop myself. I become better, stronger and more successful in whatever way I find most meaningful. Some people call this 'career'. Having kids looked like a detour from this. An obstacle. A delay. And I wasn't ready to take a detour away from what feels like one of my highest senses of purpose.

Second, I realized that I would only be ready to have kids if I could either change my priorities or change my understanding of kids as a detour from success and career. My priorities felt extremely grounded in my deepest sense of self, but my understanding of 'kids as a detour' might simply be an illusion. What if I could change this illusion and replace it with something else? Another illusion? Which one?

Third step happened a few months later: I realized that one of the biggest obstacle in career was my own lack of self-confidence. What could I do to build confidence? Maybe I could run a marathon or climb mount Everest. And then it dawned on me: becoming a father might take a lot of time and effort (away from career—just like running a marathon or climbing Everest), but it also seemed to be one of those life transforming experiences that turn boys into men, because there is no quitting. The only thing that was holding me back was fear, and I decided that I would no longer let my life be limited by fear. Within minutes I felt my mind turning upside down. Suddenly what before was a ‘kids detour’ in my mind suddenly looked like an express way to confidence. Having kids was suddenly a potential boost to success, growth and work. Without fully realizing it, I had managed to reprogram my mind. I had let one illusion go and replaced it with another one. My world looked different. And I was ready to start a family. This was August 14th 2012. A few months later my wife was pregnant and on July 31st 2013 she gave birth to our beautiful boy Noah. I don’t think it matters if kids are in fact a detour from career and success or if kids are an express way to confidence and personal growth. What matters to me is that I was able to consciously choose a different version of reality—a different movie if you will—one that included a family. And now I live and act that way. The illusion feels real. Is it easy? Not at all. Being is father has been immensely challenging for me and I don’t expect that to change. But through these constantly escalating challenges of sleep deprivation, making money, finding focus and inner calm, staying physically active (getting up 5:30 to find time for that morning run), eating properly, boredom (yes, it can be immensely boring), I find that I am growing more whole and strong and amazing as a man, husband and father. Every single day. And at a pace that makes my dreams of climbing Everest seem so narrow minded.



**This is my father.
He has taught me a
lot by how he lives
his own life.**



One thing prospective fathers should not worry about (in my opinion) is the diaper change. Why? For a masculine man it is a clear problem with an obvious solution: a rehearsed and efficient procedure with unambiguous feedback and immediate punishments of mistakes – something in which a sense of flow and skill, mastery even – will quickly lead to an innate satisfaction once the job has been successfully completed. Changing diapers in challenging circumstances (tiny public bathrooms etc.) simply adds depth to the practice and the joy of mastery. That's all

FAST COMPANY

sandbox

HYPER ISLAND

COVINCEN
STUDIOS

BRANDS

Pratt

carrot

A VICE
COMPANY





Collaboration with other people.



Lego jet

Last year I showed drawing of how I wanted to build a Gulfstream jet in LEGO. This year I built it. It's about a meter long. The drawing is on p. 11 in my report from 2012.

This year I have often
found myself feeling lost,
confused and scared.
Afraid about the future.
Unsure if I'm on the right
path. If I'm doing the
right thing. This place
has a name.

The Wilderness.

JAN 19 2013 BUSHWICK

THE WILDERNESS

THIS IS MY LIFE.

THIS IS MY LIFE.

ALTERNATIVE BY THE HOUR.

FEELING OPTIMISTIC. TOUCHED TO TEARS.

FLYING FROM COPENHAGEN TO AARHUS ON A CLOUDY DAY.

SUNSHINE. SUDDENLY FEAR. DARKNESS. TENSION.

STARTING AT A PICTURE OF MEGAN FOX. DISTRACTED.

UNFOCUSED. STRUGGLING TO MAKE MONEY. A HEAVY BURDEN.

DESPITE MAKING 300 USD/HK DREAMING OF LIVING. PRIVATE JET.

FLYING ECONOMY. ON A WHIM. FOUR DAYS IN DENMARK.

THIS IS MY LIFE. BECAUSE I CAN. BECAUSE I CAN

AND I KNOW MOST OTHERS CAN'T. I FEEL GUILTY. ASHAMED.

WHAT CAN'T I JUST BE NORMAL? HAVE A JOB. GO TO WORK.

COME HOME. BE A NORMAL DAD. I HAVE INVESTED MY ENTIRE

LIFE IN LIVING ON THE EDGE. OUTSIDE THE BOX. DREAMING BIG.

BIGGER THAN BIG. DONE WHAT MOST PEOPLE DON'T EVEN DREAM

OF. BECAUSE I KNOW THE RULES DON'T APPLY TO ME.

I LIVE ON ANOTHER PLANET. I WILL NEVER BE ABLE TO FULLY

UNDERSTAND. CERTAIN THINGS. LIFE CONDITIONS. AM I DOING GOOD?

OR JUST PLAYING THE SYSTEM TO MY OWN BENEFIT? I WILL

NEVER KNOW FOR SURE BUT THIS SEEMS TO BE MY PATH. TO

WALK THIS WAY. TO REMIND PEOPLE THAT ANOTHER WORLD IS

POSSIBLE. THAT RULES. LAWS OF PHYSICS. CAN BE BENT OR BROKEN.

TO CHALLENGE PEOPLE TO THINK ABOUT WHAT COULD BE. AND NOT

ABIDE TO WHAT HAS BEEN EVERY DAY. I WALK THIS PATH.

LOVELY IT CAN FEEL. IT'S A PATH LESS TRAVELED. BUT IT IS

MY PATH. LEAVE JUDGEMENT TO OTHERS. YEAH - MAYBE I AM CRAZY.

YEAH - THE ODDS DON'T ADD UP. MAYBE I WILL FLY TOO CLOSE TO

THE SUN AND MY WINGS WILL BURN AND SO BE IT. SOMEONE

HAS TO DO THAT. THE DARKNESS IS STEAK. I SEE THE SUN. A

GLIMPSE. I WALK WITH FEAR. WHAT AM I AFRAID OF? TO FAIL.

TO BE PULLED OUT OF MY ALTERNATIVE REALITY. LET IT BE.

THIS CHAOS IS HERE TODAY. TOMORROW IT MAY BE SAME.

My body shaking. "I really look forward to look back on this!" I'm thinking to myself. Panic. I can't shake this fear and now it is threatening to ruin my ability to work tomorrow. Spiral out of control. I can't breathe. Can't cry. I want to scream. Loud. But my mouth is silent while my mind shatters.

Until I finally recognize it. The wilderness. I've not been here before but I've been in the Wilderness. It doesn't help to run in panic. Best is to calm down. I'm growing right now. Stronger. Sharper. This is the most valuable thing, even though it is so uncomfortable. All my fears are here. Tax. Money. Rent. The future. Listen to them. Feel them in my body. Fear of not being good enough. Not being able to take care of myself or anyone else. That I'm living in a fantasy where I will be rich and happy and without the struggle. But what about everyone else? I'm here to make a difference with my humanity. So let me start with myself as a human. To sit here in the darkness. Alone. Let me live through this experience fully alive. Maximizing my chance to grow. To feel. To be.

PRISMACOLOR
ART MARKER



NEULAND
FINE ONE
OUTLINER

COPIC
CIAO



COPIC
MULTILINER SP



SHARPIE
ULTRA
FINE
POINT

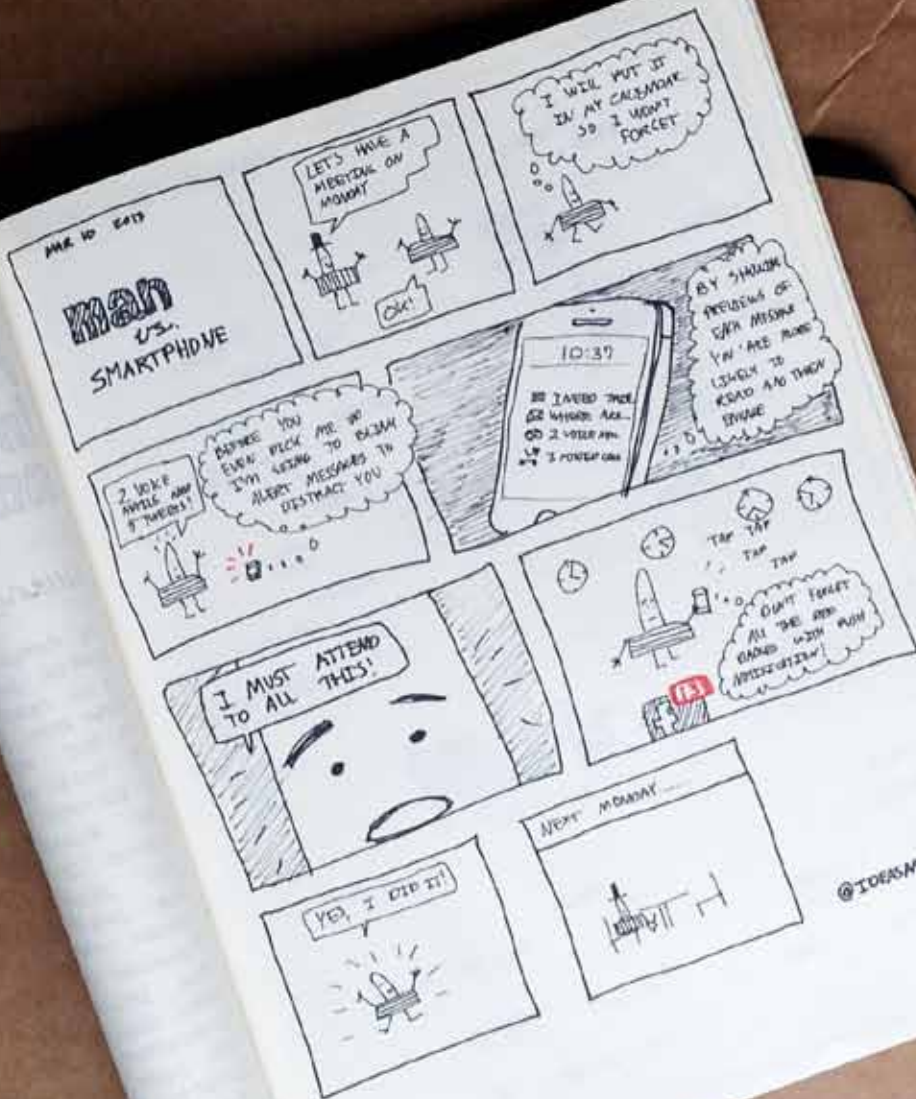


PRISMACOLOR
FINE-LINE
MARKER



STAEDTLER
TRIPLUS
FINELINER





@IDEASMYNOTHING

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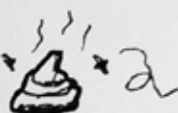
THINK CLEARLY

#108

HANDWRITTEN
WEEKLY GOODNESS



FAN



SHIT

HELLO WONDERFUL!

"WHAT WILL YOU DO WHEN SHIT HITS THE FAN?" MY DEAR FRIEND HAVE ASKED ME AFTER I HAD SHARED MY WORRIES OF FAILING IN MY BUSINESS AND RUNNING OUT OF MONEY. I DON'T WORRY ALL THE TIME, BUT WHEN I DO, IT GETS IN THE WAY OF DOING THINGS AND ENJOYING IT WHILE I DO IT. HAVE REMOVED ME THAT THERE ARE PEOPLE OUT THERE WHO WILL HELP ME IF I ASK. DO YOU EVER WORRY ABOUT STUFF IN THE FUTURE?



THE
SCARY
CLIFF

WHEN WILL
YOU REACH
THE EDGE?

WHAT
HAPPENS
HERE?

YOU WILL NEED

- NOTEBOOK + PENS
- 15-20 MINUTES
- A GOOD CAPPUCCINO

SET THE FRAME

DIVIDE THE PAGE IN TWO. ON THE LEFT SIDE DRAW THE LITTLE CLIFF DIAGRAM AS ABOVE. ON THE RIGHT MAKE A PARACHUTE LIKE BELOW. LEAVE ROOM FOR NOTES.

QUESTIONS

- ① WHICH CLIFF IS THIS? GOING BANKRUPT WITH YOUR COMPANY? LOSING YOUR JOB? DEFINE WHICH CLIFF YOU'RE ON.
- ② WHEN WILL YOU REACH THE EDGE? MAYBE YOU WILL HAVE TO DO A LITTLE MATH. BE PRECISE.
- ③ YOU MAY NOT KNOW EXACTLY WHAT WILL HAPPEN BEYOND THE EDGE BUT TRY TO DESCRIBE WHAT YOU IMAGINE. WHAT ARE YOU AFRAID COULD HAPPEN? THIS IS NOT EASY!

MENTAL PARACHUTE



- ④ ON THE RIGHT SIDE OF THE PAGE, MAKE A LIST OF THE TEN PEOPLE YOU WOULD ASK FOR HELP.
- ⑤ OPTIONAL: WRITE A SHORT LETTER TO ONE OF THESE TEN, AS IF YOU HAD HIT THE EDGE.

IF YOU FIND THESE NEWSLETTERS TO BE VALUABLE, YOU CAN USE THE PAY-WHAT-YOU-WANT BUTTON BELOW TO MAKE A CONTRIBUTION. I WILL LOVE YOU REGARDLESS.

HUGS AND LOVE UNTIL
NEXT WEEK MATTHEW

DARINGLY REALLY ARE

How the
Courage
to Be
Vulnerable
Transforms
the Way We
Live, Love,
Parent,
and Lead

**BRENÉ
BROWN,**
Ph.D., LMSW

Author of
*The Gifts of
Imperfection*
and *I Thought It
Was Just Me*

Daring Greatly

Another book that really changed me this year was Brene Brown's *Daring Greatly*. She researches what it means to be vulnerable as a human. I watched her wildly popular TED talk a few years ago but never understood what she meant. It seemed interesting but I was unable to apply it to my own life. Reading the book finally gave me the details and context I needed to understand. Here's what I learned.

The story begins before I had read the book. In early 2013 I was asked to do some work with a couple of friends on the west coast. They flew me out there and we began working, collaborating, discussing. During a break it suddenly hit me really hard: I'm living my biggest dream right now. My biggest dream is essentially happening right in this moment. Doing the work I love, with people I love, and flying on an airplane to get there. It was so overwhelming and I heard myself breathing weirdly, panting a bit, almost crying. I had stepped outside so I was alone when it happened. It was amazing. And so I made a choice: I wanted to share this experience with the others—knowing that just telling them about it would probably make me quite emotional again. I didn't care. I was so happy and grateful to them for bringing me into this project. I was a bit afraid of what might happen, but I had already made up my mind.

When we reconvened I said I wanted to share something. And I even asked that they turn on the video recorder that we had been using to document some of our conversations. And then I did it. I told them about it. I really felt vulnerable and open and I cried. But the response I got was mostly just a blank stare. The next was a bit of a blur. I'm not sure how we actually moved on but we just sort of went back to work. It was so awkward and I just tried to put it behind me. I couldn't figure out what had happened. What had I done wrong? Had I violated some unwritten rule? I was frankly quite ashamed of the incident and I didn't dare to bring it up with any of the others. It kept coming back to me a few times, but eventually it slid to the back of my mind.

Until I read *Daring Greatly* and learned that what I had done was probably not actual vulnerability but simply an act of over sharing. Over sharing is when someone almost forces a conversation into a territory where you normally need much more accumulated trust before you can go. It's like telling a random stranger about your most intimate body issues or whatever else there can be shame in. I had seemingly misunderstood the level of trust in the room or maybe

I thought that I could rapidly build trust by throwing myself head first and share such an intimate experience. Reading all this and understanding, of course made me even more ashamed of my mistake. How could I be so stupid? Why did I have to make the thing about me (by focusing on my personal experience instead of the project I had been invited to help them with)? Why had I not read the book just six months earlier? Then all of this could have been prevented. But it did happen.

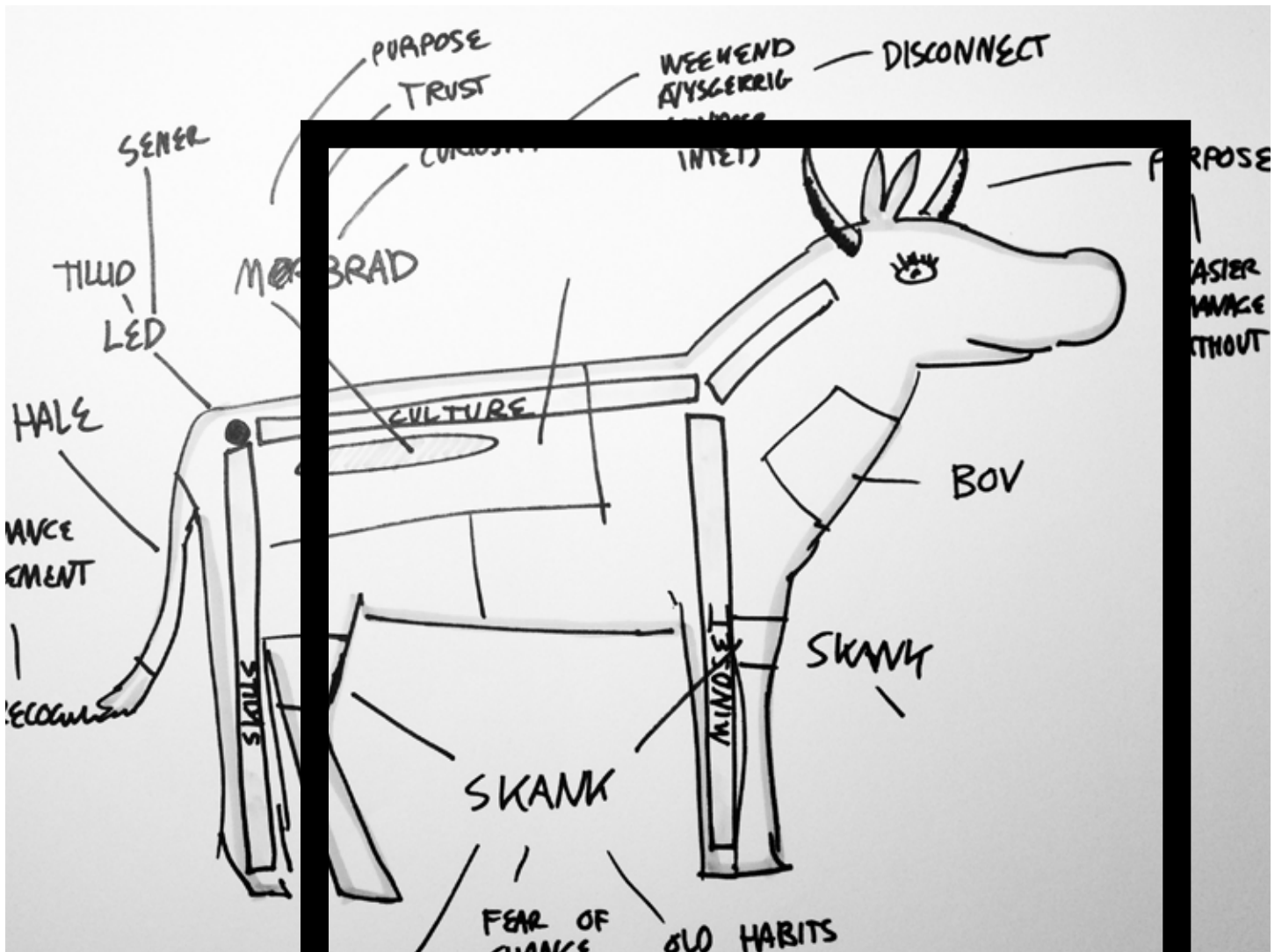
Luckily I also learned from the book that each time I'm ashamed of something it can actually be an opportunity to grow more resilient to shame, if I can overcome it and deal with it. And when one of my friends from the project reached out and asked me if I wanted to properly debrief the whole thing, I built up the courage to say yes, and we setup a phone call. I was still too ashamed to bring it up myself, and the phone call was cut short because I was boarding an airplane, but we resumed the conversation the following week and I was finally ready to bring up the incident. Man! It wasn't easy, but once we started talking it wasn't so bad. And now that I'm writing about it here, it feels quite alright. I'm proud that I made a big mistake (if I hadn't shared my experience and caused the awkward incident I wouldn't have learned this lesson so well) and I'm even more proud that I managed to work up enough courage to deal with the shame after.

These sculptures
at Tate Modern
made me cry.

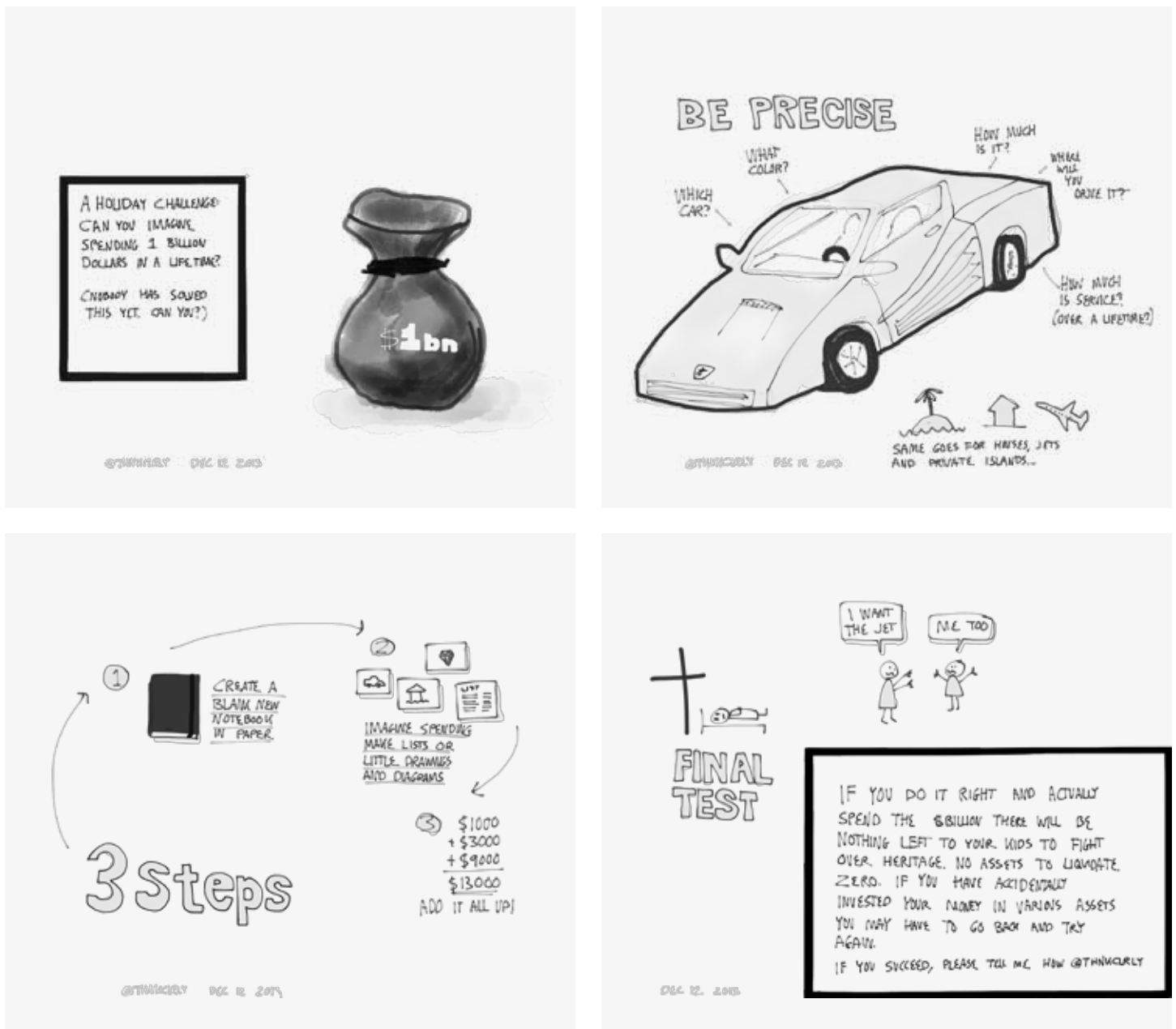


THINK CLEARLY

In 2013 I finally feel that I nailed my new personal brand. After having worked as Mathias Vestergaard Corp. for about four years, mostly in Denmark, I had begun to shift towards using the phrase Ideas Are Nothing. For a while I used ideasarenothing.com and I was tweeting as @ideasarenothing. When I finally established my business this year it was as Ideas Are Nothing LLC. I thought that was it. But my friend Nico kept telling me that it wasn't quite clear enough and eventually I realized that he was right. He suggested that I should do something around thinking clearly and eventually the imperative Think Clearly emerged. I got www.thnklrly.com and moved my social media to @thnklrly. And I worked with the most incredible Peter Sunna to begin hatching out a visual identity to fit with it.



**How to slice
an idea for a
book about
leadership with
[@leadershipabc](https://twitter.com/leadershipabc)**



Paper by FiftyThree

I love my notebooks and pens. It's the most flexible, unobtrusive and enjoyable interface for my mind. The joy I get from working with my mind on a piece of paper, so far surpasses the experience of any computer or device I have tried. However, when FiftyThree, the company who built the multiple award winning Paper app for the iPad, asked me if I wanted to experiment with their software, I decided to put my device scepticism on hold and jumped in. My notebooks remain, but it is the most enjoyable piece of software I have used. On this page you can see a remake of one of my newsletters, adapted to four slides.

Meeting you similarly uplifted my spirits. You seem so filled with kindness and light. I'm very glad we met this morning. :) For tonight, max would be four friends, likely not all will join. Hugs to you and those you love!

And ps: what you said about being "full of kindness and light" is probably one of the nicest compliments I have gotten in a long time. Means a lot to me. M

Mathias, even just meeting you for a short time, I can tell that you're an amazing person. What I said before is true. You seem to have this inner light that shines out and fills the people around you with happiness. Your family is so lucky to have you at its center! Looking forward to crossing paths again someday.

There are many things in my life that I am proud of. However, my perhaps proudest moment this year was when a person I had only just met the same morning described me as being "filled with kindness and light". Knowing that at least one person saw me like this makes me really proud of who I am and how I am and less concerned with what I do or how successful I am.

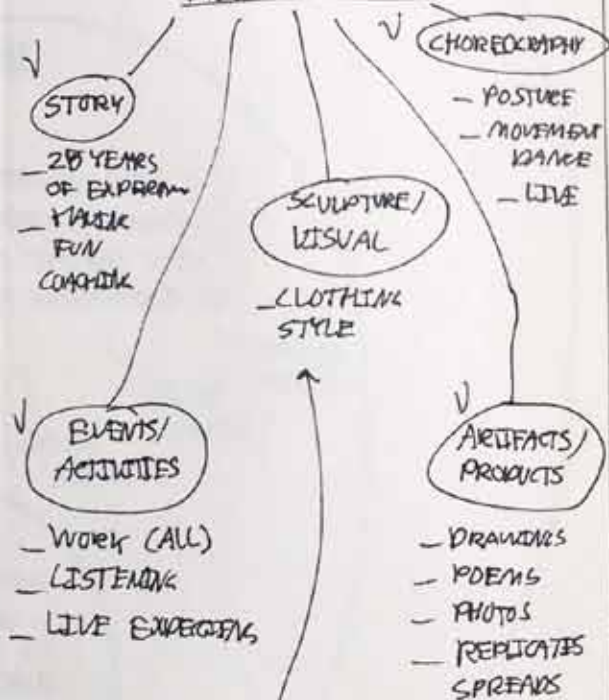
**Your friends
will know you
better in the
first minute you
meet than your
acquaintances
will know you in a
thousand years.**

the
U.N IMPOSSIBLE

LIFE

AN INSTALLATION

1985 — ONGOING

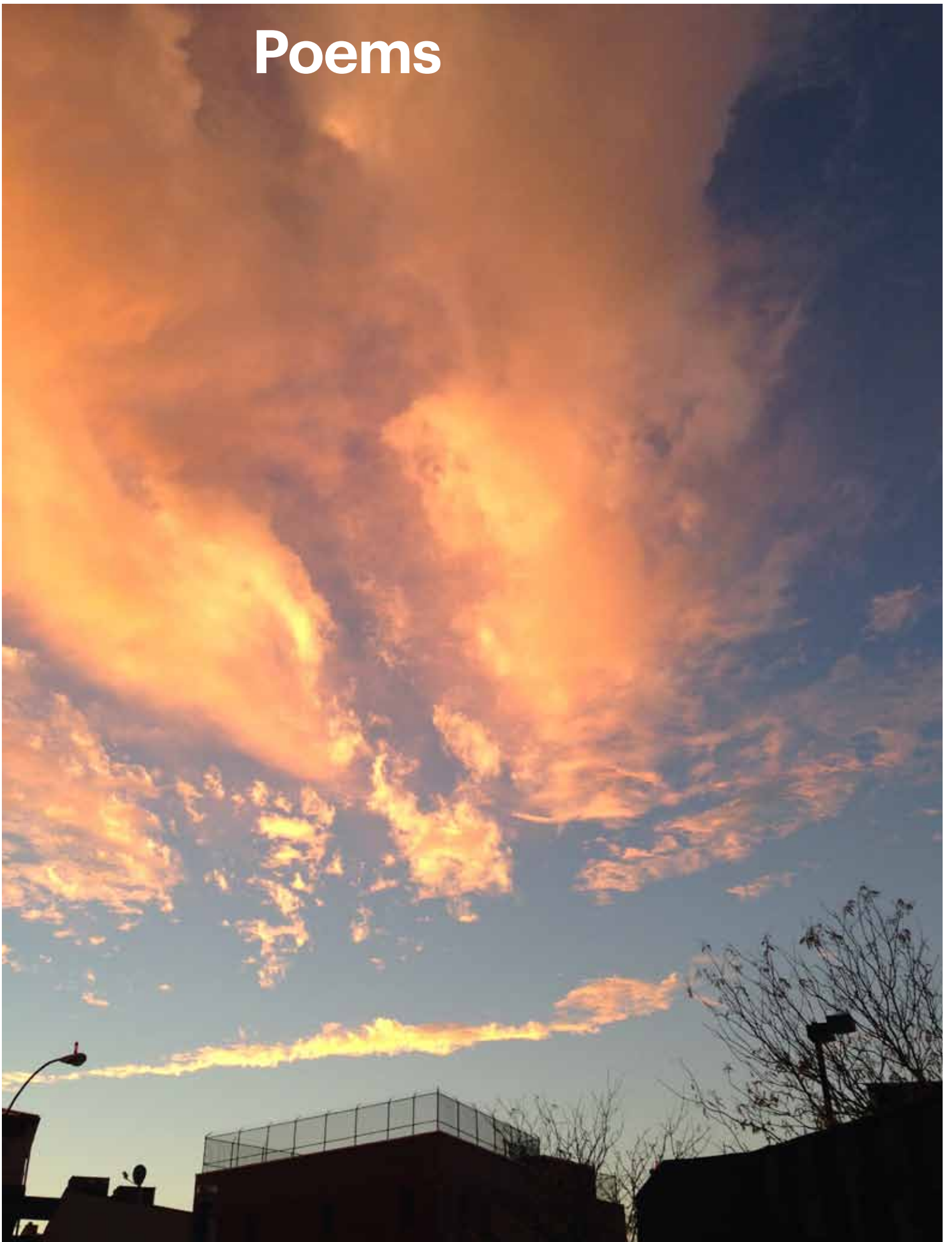



NEEDS ATTENTION!!

I'M GETTING A BIT BORED
WITH MY STYLE. MY LOOK.
NEW SNEAKERS. BUT WHAT'S
THE BIG IDEA? JEDI?
NINJA? FIT IN? PRACTICE?
COMFORTABLE? DIFFERENT?

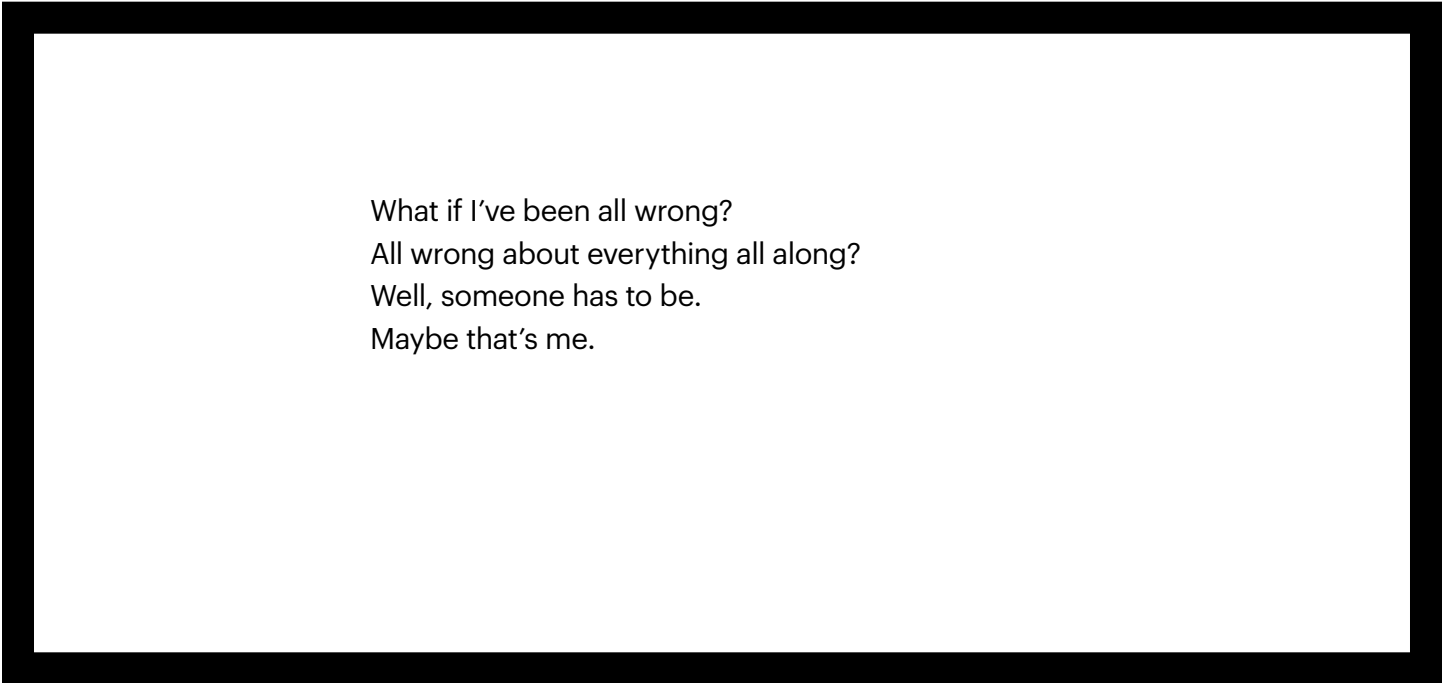
IT STARTS WITH RELATIONSHIPS

Poems





It's better to write
poems that suck than
to not write any
at all



What if I've been all wrong?
All wrong about everything all along?
Well, someone has to be.
Maybe that's me.

Afraid to spend
Over budget
Not taking proper care of myself
Is there not enough?
In what perspective is anything
better for anyone
by my suffering?
My self-inflicting misery.
Ask father nature and he will answer
Abundance. Abundance of
Everything—Love, money, resources
Nature's way is abundant
Ask the waterfall
The tree—the ant
Ask the sun and the stars
Abundance of joy
Abundance of danger
Abundance of challenge
Time.
I notice the scarcity in me
The smaller tip
The diminishing joy of eating
something that feels too expensive
And it overflows into other parts
Scarcity of skills
Am I even questioning my own worth?
What is my value?
Unlimited by exchange
Released from relative
Real and unrealized
Absolute and abundant
Human—Nature

We sit next to each other
at Roasting Plant reading
Nico and I
We had coffee – his treat
It's grey and overcast
We get up and leave
walking across town talking
It dawns
on me that this is my
life right here in the
streets of New York City
My home
overwhelmed with joy
feeling lucky and appreciating
that I get to be me
walking the 23 minute path
to Gramercy Park East
The mundane and the extraordinaire
with all my suspended worries
co-existing with a deep sense
of knowing
everything is going to be ok

Books I have enjoyed in 2013

The Island at the Center of the World, Russell Shorto

The Amazing Adventures of Kavalier & Clay, Michael Chabon

The Prince, Niccolo Machiavelli

Light Boxes, Shane Jones

The Shallows, Nicholas Carr

How To Get Filthy Rich In Rising Asia, Mohsin Hamid

Command & Control, Eric Schlosser

The Alienist, Caleb Carr

Poetry As Insurgent Art, Lawrence Ferlinghetti

Selling To The VP of NO, Dave Gray

Einstein, Walter Isaacson

Steve Jobs, Walter Isaacson

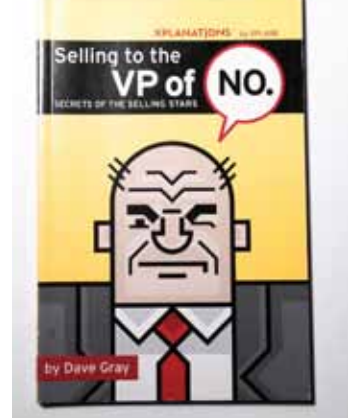
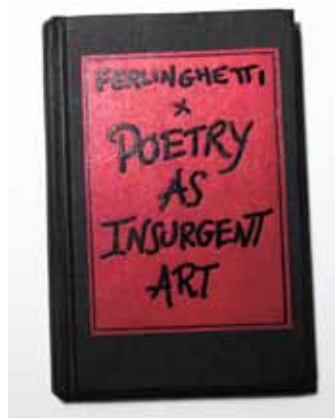
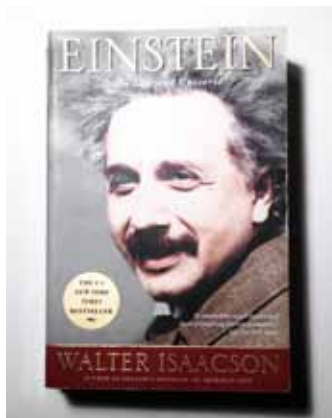
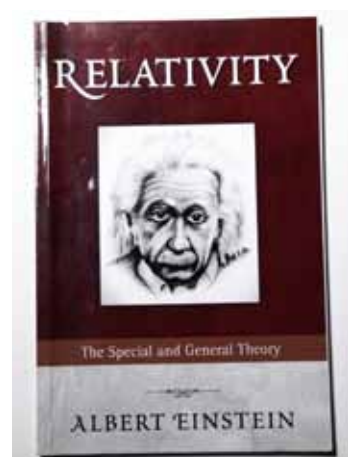
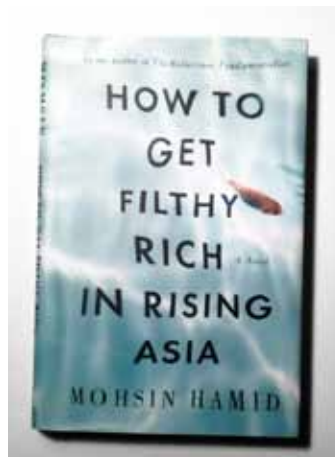
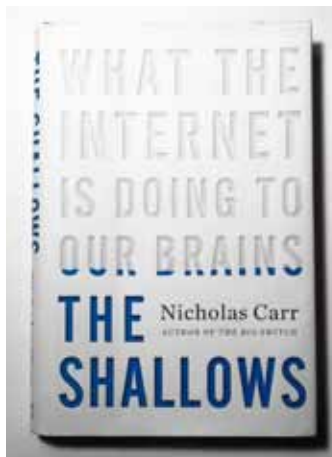
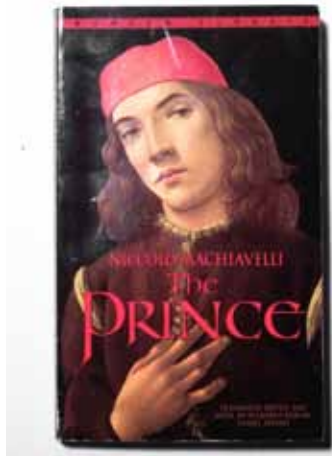
Introducing Quantum Theory, J.P. McEvoy & Oscar Zárte

Relativity, Albert Einstein

Illusions, Richard Bach

Daring Greatly, Brene Brown

In addition to books I have also enjoyed a weekly newspaper in *The Economist* and a few issues of *The Travel Almanac*.



YOU HAVE HEARD THAT IT WAS SAID 'LOVE YOUR NEIGHBOR
AND HATE YOUR ENEMY' BUT I TELL YOU:

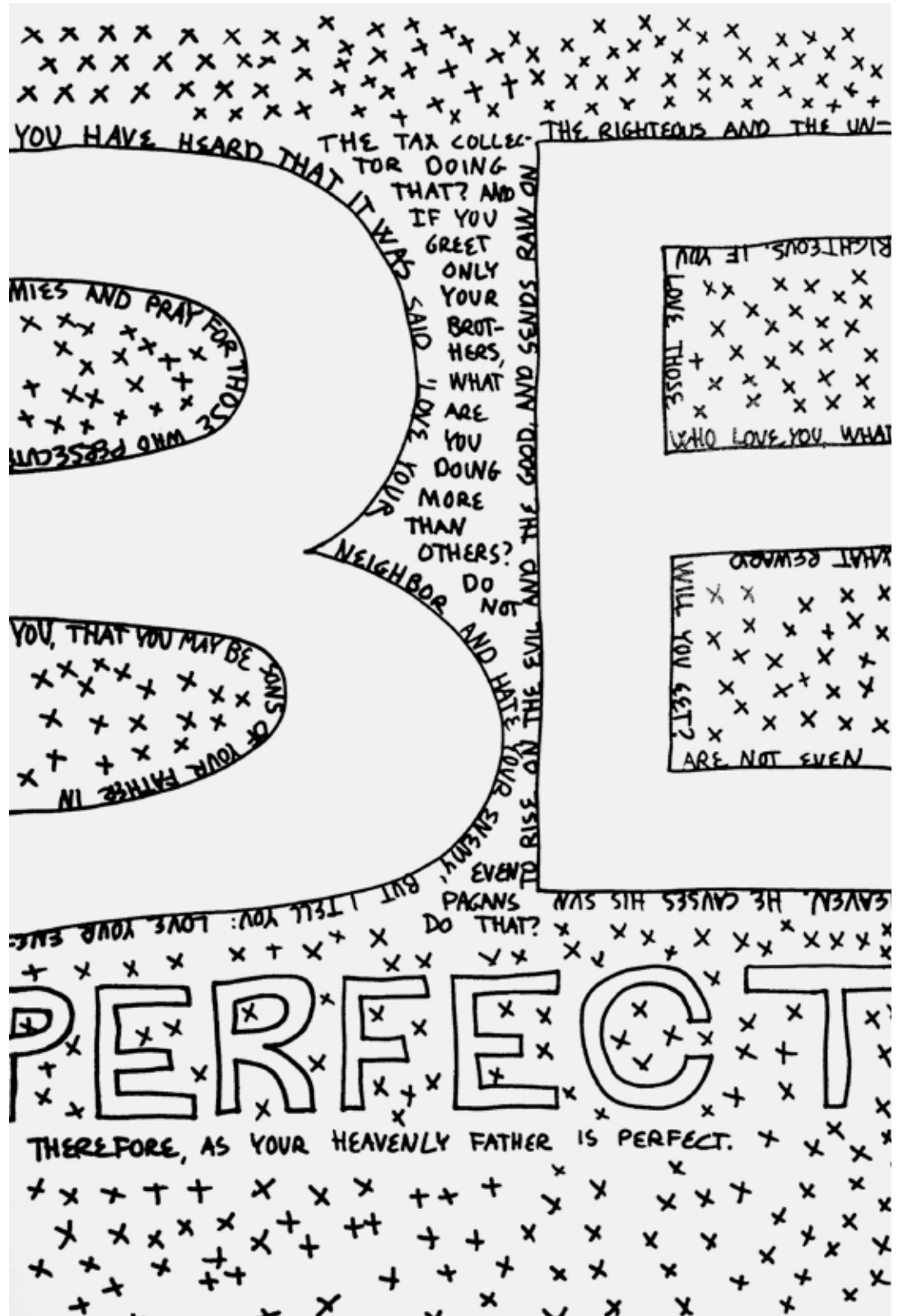
LOVE YOUR ENEMIES AND PRAY FOR THOSE WHO
PERSECUTE YOU, THAT YOU MAY BE SONS OF
YOUR FATHER IN HEAVEN. HE CAUSES HIS SUN TO
RISE ON THE EVIL AND THE GOOD, AND SENDS RAIN
ON THE RIGHTEOUS AND THE UNRIGHTEOUS.

IF YOU LOVE THOSE WHO LOVE YOU, WHAT REWARD
WILL YOU GET? ARE NOT EVEN THE TAX COLLECTOR
DOING THAT? AND IF YOU GREET ONLY YOUR
BROTHERS, WHAT ARE YOU DOING MORE THAN
OTHERS? DO NOT EVEN PAGANS DO THAT?

BE PERFECT

THEREFORE, AS YOUR HEAVENLY FATHER IS PERFECT.

When I visited Dave Gray in St.
Louis, MO, November 2013, he
told me that he wanted to write
passages from various religious
texts. I wanted to do something
like it so I picked one of my
favorite paradoxical passages
from the bible and wrote it out.
Brooklyn, NY
December, 2013





**I baked loaf #214
this year**

THINK
CLEARLY

HAVING ENOUGH

CULTIVATING A DEEP SENSE OF
KNOWING THAT I WILL ALWAYS
HAVE ENOUGH AND USE IT TO
OVERCOME MY ~~SEE~~ THE
PREVAILING SCARCITY MINDSET
IN THIS WORLD

PATIENCE

KNOWING WHAT I WANT,
GOING FOR IT, DARING
TO ASK FOR IT BUT
WITHOUT UNNECESSARY
URGENCY. PATIENTLY WALKING
ONE STEP AT A TIME.

GIVING

FIRST AND FOREMOST
IT SHALL BE MY
AMBITION FOR 2014
TO GIVE. TO GIVE ALL
MY GIFTS TO THE WORLD,
WITHOUT HOLDING BACK,
WITHOUT BEING DISCOURAGED
BY RESISTANCE FROM THE
WORLD — CANCELLED MEETINGS,
LACK OF GRATITUDE ETC. —
AND JUST KEEP SMILING
IT OUT. IN LOVE AND
IN HELPING OTHERS. NOT
SACRIFICING MYSELF. NOT
TO EXHAUST MYSELF. TO GIVE
TO OTHERS AND TO GIVE TO
MYSELF.

2014
AND BEYOND



VULNERABLE + SOLID CORE

I WANT TO BECOME
MORE AWARE OF
HOW I CULTIVATE
WHOLEHEARTEDNESS
BOTH AS A
HUSBAND, FATHER
AND FRIEND.
AND I WANT TO
DEFINE AND

- GIVING AS A BUSINESS STRATEGY
- GIVING AS A FRIEND
- GIVING AS A HUSBAND

DECEMBER 2013 31 BUSHWICK

**Don't be dismayed
by good-byes.
A farewell is
necessary
before you can
meet again. And
meeting again,
after moments
or lifetimes, is
certain for those
who are friends.**

**Thank you for being part
of my incredible life.**

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