

July 2025

TIME

MAGAZINE

STORE

**Mental
Health**
MALFUNCTION

Body Layering

BUZZIN' ITEMS

COMIC
Majesty

**WINTER
WATCH**

CINEMATIC

Antendres

LYRIC TAVERN

IRREVERSIBLE

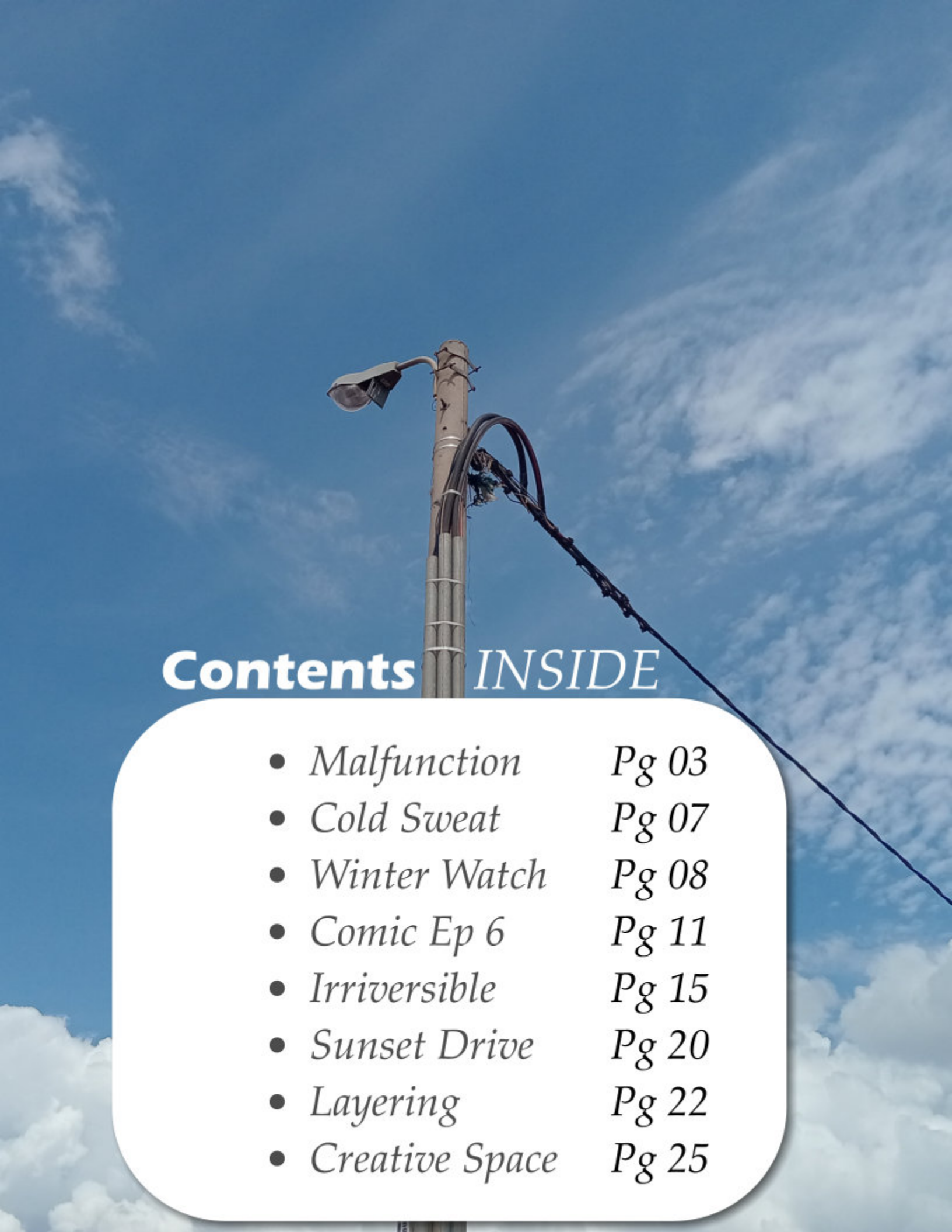
ORIGINELLE

**SUNSET DRIVE
PLAYLIST**



A tall, modern skyscraper with a large arched window at the top, surrounded by scaffolding and a brick building in the foreground. The building has a light-colored facade with many windows. The scaffolding is dark and complex, with many cross-braces. The brick building in the foreground is reddish-brown and has several windows. The sky is clear and blue.

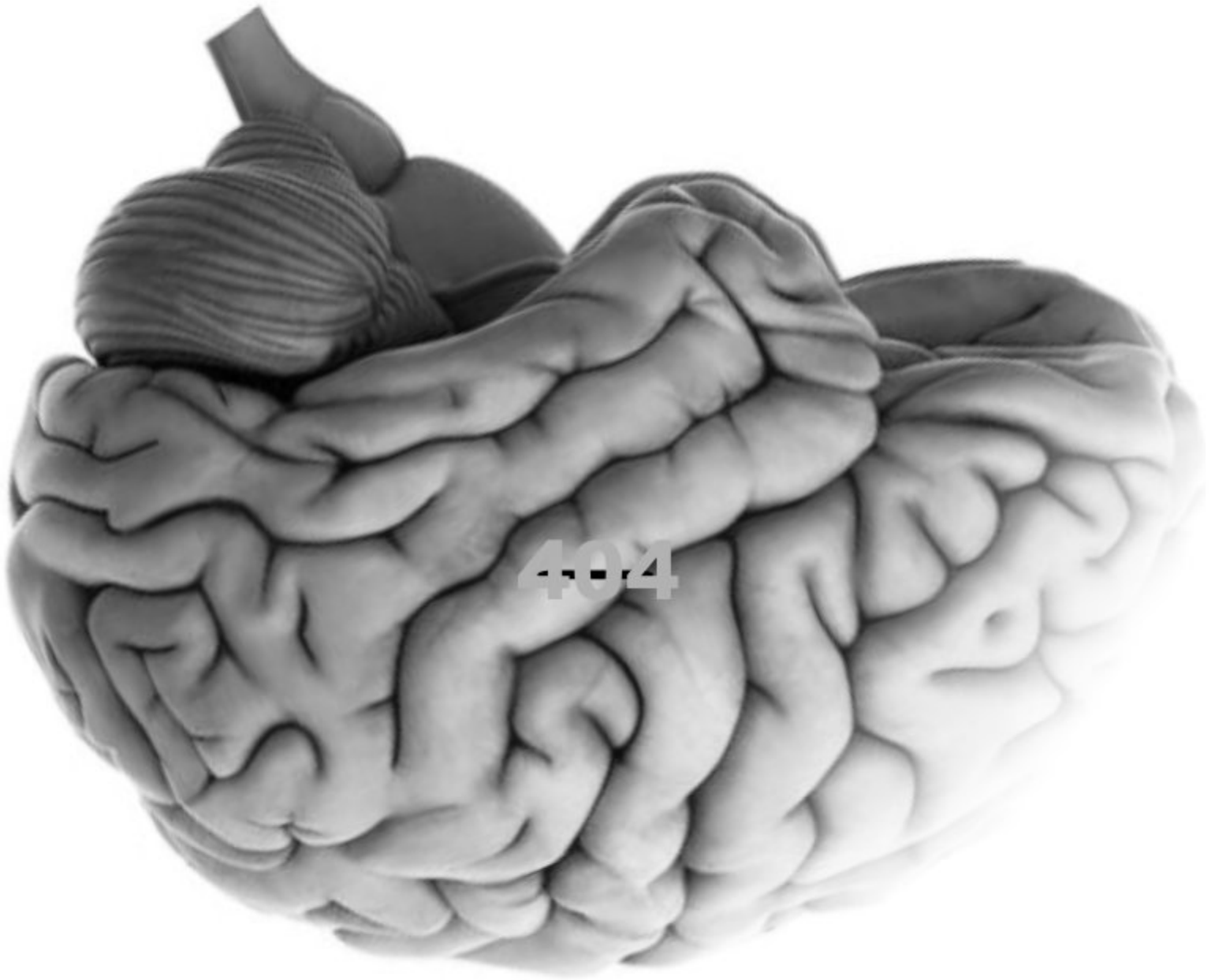
JULY
2025



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Mental-Health



MALFUNCTION



*Get to know and understand
how can your brain may
malfunction in certain ways
and how to deal with it.*

WHAT?

Scientifically it is defined as: Any impairment in the normal functioning of the brain, which can result from various causes such as injury, illness, or congenital disorders. It can manifest as cognitive, emotional, or physical symptoms that affect an individual's ability to think, feel, and to interact with the surrounding environment



It is very imperative to recall and review events that are happening to you on a daily basis, and plan for future tasks to have a good trail of memorable memories. Our brain works as a sort of receiving device, so what ever it will be exposed to it will absorb what it can for as long as it can, and no matter how harmful it is or good it is. When the brain is exposed to illnesses or injured, it makes the process difficult to function smooth consequently reduces itself to absorption. Other ways a brain can go through such atrocious predicaments, is PTSD, where an individual may have triggers that reminds the brain from past traumatic experiences, will also somewhat result in brain -

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- malfunction. It can be also dangerous in other cases, where an individual can harm themselves or people around them.



For brain malfunction there is no cure, however, there are ways to deal with it, depending on the severity of it.

Here are possible ways to treat:

- **Medication**
- **Rehabilitation Therapy**
- **Surgery**
- **Supportive care**



FITNESS

COLD SWEAT



While we are stuck in the midst of icy cold weathers, our bodies can still look hot and sexy. Get on with these fitness tips to shape your body according to your desires, whether you want to loose few KGs, chiselling or for health purpose. Follow these exercises brought by: EXPRESS WORKOUTS

Push-Ups

MAKE A DAILY ROUTINE OF PUSH UPS TO BUILD STRONG ARMS (15 PUSH UPS X2 /DAY)



Side Palates

IN BUILDING YOUR CORE, THIS IS ONE THE EXERCISES TO INDULGE IN. (EACH SIDE 5 MINS X2/DAY)



Planks

IT DOESN'T MATTER WHAT TYPE OF PLANK THERE IS, PREFERABLY FORWARD PLANKS ARE THE BEST. BUILD YOUR CORE AND FIRM BALANCE. (10 MINS X2/DAY)



Weight Lifting

WE ARE NOT TRAINING FOR WAR HERE, ANYTHING THAT CAN BE USEFUL TO YOU TO USE AS A LIFTING WEIGHT, DUMBBELLS PREFERABLY CAN BE USEFUL IN FLEXIBILITY OF THE ARM IN ALL EXERCISES.



Squats

TO WORK ON YOUR LEGS, SQUAT EXERCISES ARE THE BEST IN BUILDING FIRM LEGS. (10 MINS X2/DAY)



CINEMATIC WINTER WATCH

For these gruesome cold weathers keeping us indoors, creates a perfect time to make popcorn and watch your favourite movie, or you can watch our movies suggestion list. We come up with a list of movie that you will enjoy this winter.

- **Good Will Hunting (1997)** Comedy/Romance

Will Hunting, a janitor at MIT, is a mathematical genius, but circumstances force him to join therapeutic sessions, where he confronts his past, re-evaluates his present and thinks of his future.



- **Pirate of the caribbean: Dead Men Tell No Tales (2017)**

Action/Adventure

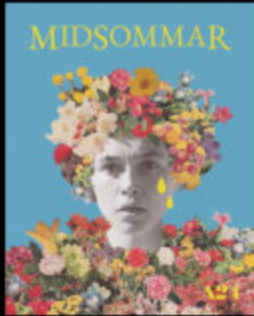
To break the curse of the Flying Dutchman, Captain Jack Sparrow and Henry Turner embark on a mission to find the Trident of Poseidon. They also try to stop Captain Salazar who intends to rule the seas.



Cinematic WINTER WATCH

- **Midsommar (2019)**

Horror/Mystery



Dani's psychological trauma affects her relationship with Christian, her brother. However, when they visit their friend's ancestral commune in an effort to mend things, it changes their lives forever.

- **Green Room (2015)**

Action/Horror



After a punk band member learns about the crime of a club owner, the latter decides to kill him and his members to protect himself. However, the members successfully foil his plan.

- **Speak No Evil (2022)**

Horror/Drama



A dream holiday morphs into a horrific ordeal for an American family as their idyllic weekend at a British country estate spirals into a terrifying living nightmare.

- **Extraction (2020)**

Action/Thriller



While battling his own demons, Tyler, a ruthless mercenary, accepts the offer to rescuing an Indian crime lord's teenage son from Bangladesh. However, when he arrives, a gruesome blood bath ensues.

- **The Dark Knight (2008)**
Action/Crime



Batman has a new foe, the Joker, who is an accomplished criminal hell-bent on decimating Gotham City. Together with Gordon and Harvey Dent, Batman struggles to thwart the Joker before it is too late.

- **Airplane (1980)** Comedy/Drama



Ted Striker, a former pilot who has a fear of flying, finds himself burdened with the responsibility of landing a plane safely when most of the crew and passengers fall sick due to food poisoning.

🔗 In-Links 🔗



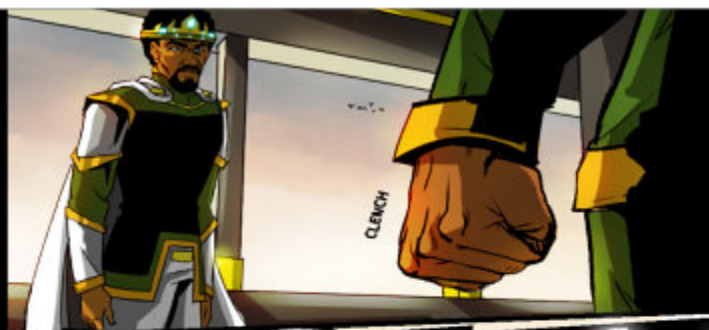
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MAJESTY





EPISODE 06

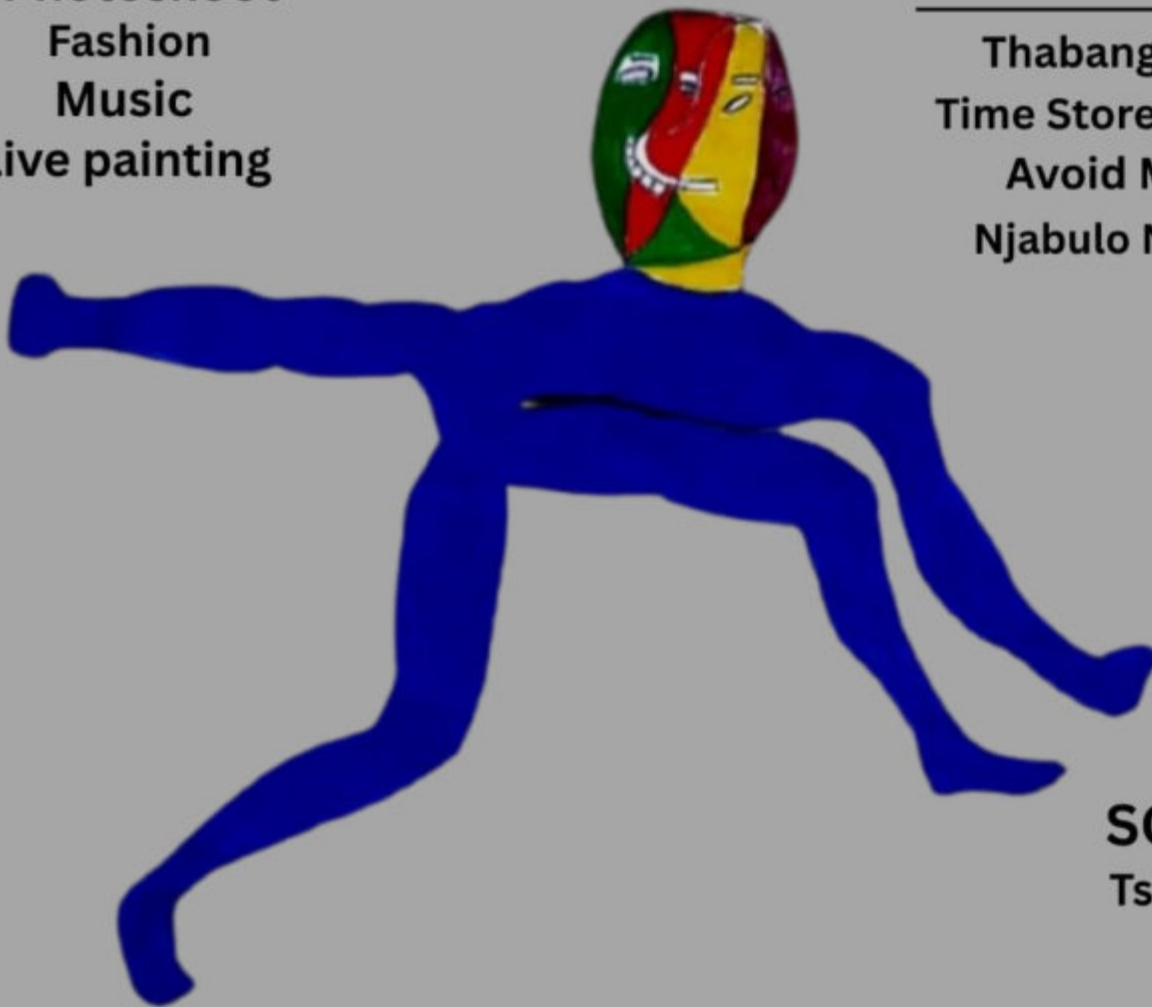


Amukelani
Presents

Group exhibition

Ubuntu Nge Sintu

Photoshoot
Fashion
Music
Live painting



D/M/Y

24-

08-25

Sun

24 sep

2025



2PM-

5PM

Guest

Thabang Phiri Art
Time Store Magazine
Avoid Mabotse
Njabulo Ngwenya



Location

SOMOHO
Tshabuse str
Chiawelo
Soweto

IRRIVERSIBLE

Zoom-in to an exuberant musical journey about compassion, storytelling and overall, boldness.

Article By: Inno Josh

Photographed By: @dante4real_



B Binge listening to Oriiginelle's decorative catalogue in this seemingly everlasting cold weather, bridges the gap between solitude and fulfilled satisfaction adjacent to happiness. How it all began, it wasn't a matter of luck nor coincidence, but fate - an irriversible decision that sets her in the direction to be one of the greatest to ever live.

Music has always been part of her life, even growing up as a child back in the day: she recalls Gerald Levert's song echoes through her father's car speakers. At that moment she understood the importance of music and the storytelling behing the sweet melodies of R&B music. Her mind was instantly flooded with possibilities of things to discover about life in general. Years after her first epiphany, she fell in love with the whole culture of hip hop: the street fashion, the diverse groups and the poetry behind evey struggle turned into golden sentences. She went on to do a thorough research on the subject and discovered a 2001 rap flm, 8 Miles, starring the rap God Eminem. At this time it was the same time where her sister was also into rap: Makhosazana once heard her sister rapping, and she thought she could do that also and much better.

Looking back now, realising that choosing music as a form of emotion chaneling devise, in a way that it was an escape from social stereotypes towards certain groups or lack of hip hop literature background. It's a big responsibility to be able to voice your opinions out to everyone, a creative contrast that divides a good artist from a bad one.





ORIGINELLE
“MUSIC IS
VERY SPIRITUAL
FOR ME”

The burning question was, why Oriiginelle, it comes from the original idea of; in a tribute to feminine power ('Elle' translated from french word meaning "her") her admiration for art, beauty and resilience of women. With the two 'I's in the name, and the answer was undoubtedly lifting as each 'I' represents her in the past, present and future. And the past is dotted with good and bad highlights and one of the awesome ones was when Oriiginelle went to studio sessions and be the only girl in the presence of guys all recording. Her mother later discovered about her endeavors and worry of her safety and believe it or not and put someone to guard her whenever she went to record, a thoughtful mother for sure.



Along her journey after she made it official that she will pursue music, Umuti (formerly known as Mozaik The Producer) was introduced in her life and helped in shaping the artistry in her to what it is today and also a huge shout out to Lindelwa Mafa (Eswatini's Iconic Radio host). She would volunteer at the MTN Bushfire event in helping behind the stage and understanding the setup of the sound system for such event.





**“NOTHING IGNITES
THE FIRE IN ME,
THE WAY MUSIC DOES”.**

ORIGINELLE

Different popular artists did play a huge role in her music, she had her Lil Wayne era and went on to listen to Mariah Carey to assimilate her writing abilities and how captivating it was, and followed Britney Spears for her fashion too and her choreographing skills. The exposure of different sound and colours have given her the ability to understand various languages, hopefully hyroglyphs. To stamp that music was the right decision, she even explicate how music is the only thing that lights up the fire in her. The message in her music is mostly about hope in having to give back something to the her younger self the oppotunities she might create for others coming up in the future and see the picture she's painting.

At some point she took a break from music oppositely to be present in her personal life and became fruitful for her to experience life in a normal perspective point of view and enjoying all that in a snowball ball of beautiful song song title 'Nguwe' featuring Jay Jordy. At this time she will continue supply and decorate her catalogue with small projects and singles until she is able to put out an album. Originelle's goal is clear; to inspire young minds and healing power and continue making music whenever she wants and however she want.



PLAYLIST UPDATE

Sunset Drive



Winter afternoons drives, in a season where the sun gets saturated in colour looking as if it was splashed with honey over it. It would be even more heavenly with some tunes in the background. We have compiled a nice relaxing funky playlist to go along with the sunset drive vibes. Enjoy the music.

Travis Scott

4x4

Mash Reaper

*I know
You*

Oriiginelle

Nguwe

Playboi Carti

Long Time

Quavo

*Hotel
Lobby*

Tyla

*PUSH
2
START*

Jimi Hendrix

Purple Haze

Young M.A

Petty Wap

SZA

Snooze

Drake

*What Did
I Miss*

A-reece

*Angelz
And
Demonz*



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BUZZING ITEMS



LAYERING

This winter we experience extreme harsh weahters and yet, style is hanging on point. Fashion has no boundaries, it is a limitless spectrum of various communities and style to pick from. On this issue we focus on comfort and warmth against the cold. The only way to look good and warm is basically layering and colour matching. These are the buzzin' items selected for this month of July:



Loose Fit Hoodie



Unisex Sweater



Puffer Jacte Ladies



Loose Fit Sweater



Puffeer Jacket Men



Earphones



Loafers



Cargo Pants Men

Jewel Beauty Studio

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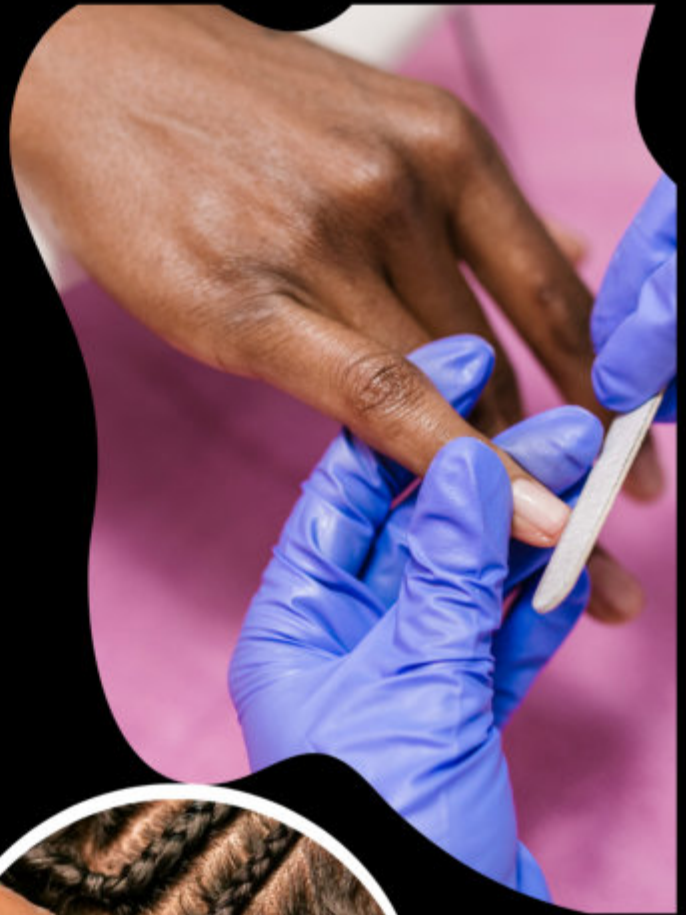
- Braiding
- Manicure
- Pedicure



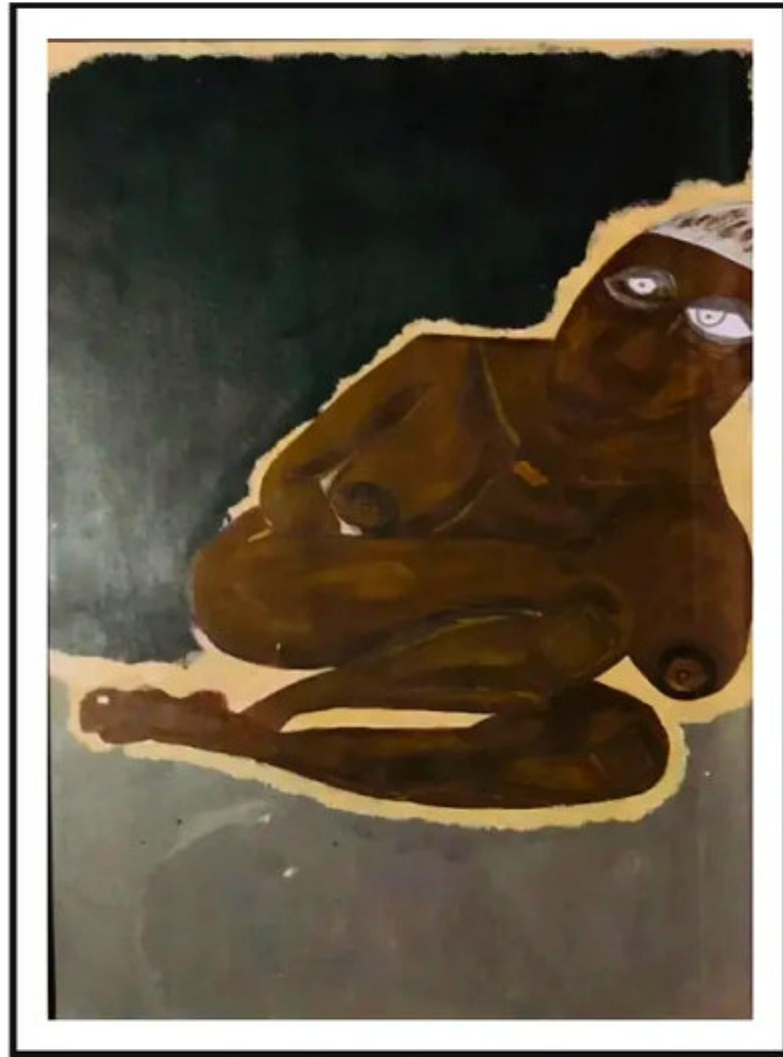
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Next to the Park



CREATIVE SPACE

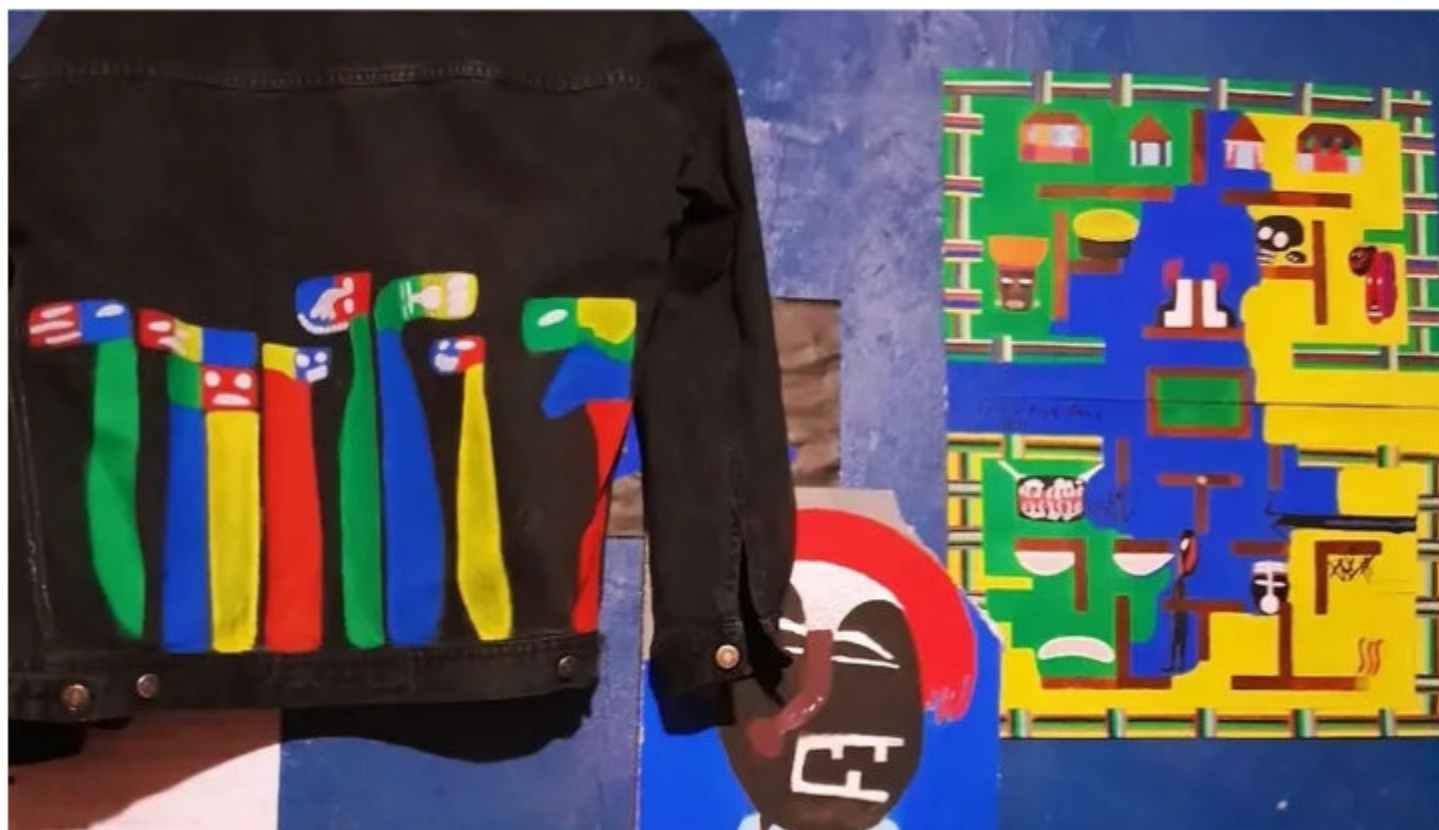


A SPIRITUAL PAINTER

Freedom occupies the mind when one is optimistic to what they desire to create -

For this month of July, Creative Space previews the work of Amukelani - A Spiritual Painter. Liberty begins to reveal itself when artist' curiosity intensifies along with the need to express one self's emotional journey and physical or spiritual experiences on canvas. Innately every individual lived, living and future generations, resonates with an idea accompanied by the need to create something, anything - a form to subconsciously communicate or to connect with others that also feel the same way.

Amukelani, a member of visual arts community from South of Johannesburg, South Africa. A spiritual painter, mainly because his work is greatly inspired by the spiritual aspect of African culture and knowledge behind it. His will is to re-install and to embrace African history with its teachings. The truth about history is in our genes and to be able to access such data without being plugged on, requires a calm mind and a creative one at best



He began his artist life at zero years - born with a mindset of a creator decided to follow his heart in translating his thoughts to canvas or any surface he can. Uninterrupted by the daily avalanche of unavoidable vile aspects of life brought to us, his focus is to bring his vision to light and reality. The main subject of his work is the importance of the audience on how they will assimilate the messages from the spiritual realm - A place he mentioned that he dwells in, whenever he goes to sleep and recieves ideas and inspiration.





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