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Mind, Body, Spirit Collage

Fall 2021

ART2602C

Research Phase

Word Association Lists

MIND / Intellect

Through avenues of thought

- CREATIVE
- THOUGHTFUL
- SYMPATHIZER
- E.S.P.
- ↓
UNDERSTANDING
W/ SAVING.
- CEREBRAL
- BATTLING
- OVERTHINKER
- ABSTRACT
- IDEAS, influence,
DRAW OF WONDEROUS
- WITTY
- INTERPERSONAL
- PHILOSOPHICAL
- ↑ CONNECTIONS w/ STRANGERS
- NEED TO KNOW"

BODY

Experiences, muscle memory

- WEATHERED
- STAKY
- SCARRED
- TIRED
- TOUGH
- DISTRACTED
- FIGHT
- BURN
- ENDURED
- STRONG
- NOT CHISELED,
BUT SUSTAINED
- SEASONED

Through various moments, experiences.

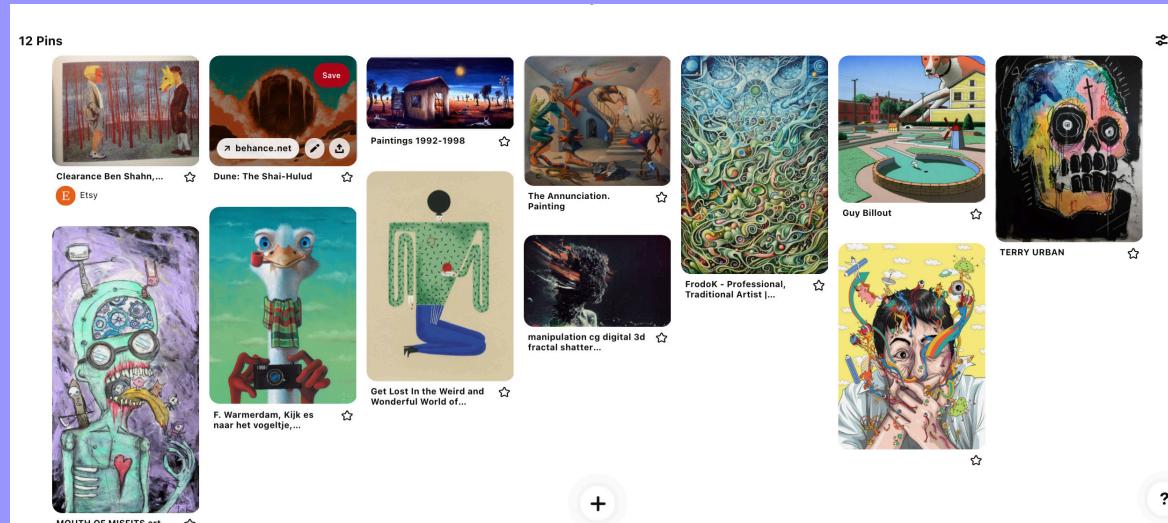
SPirit / Emotional

Openness or
↑ feelings

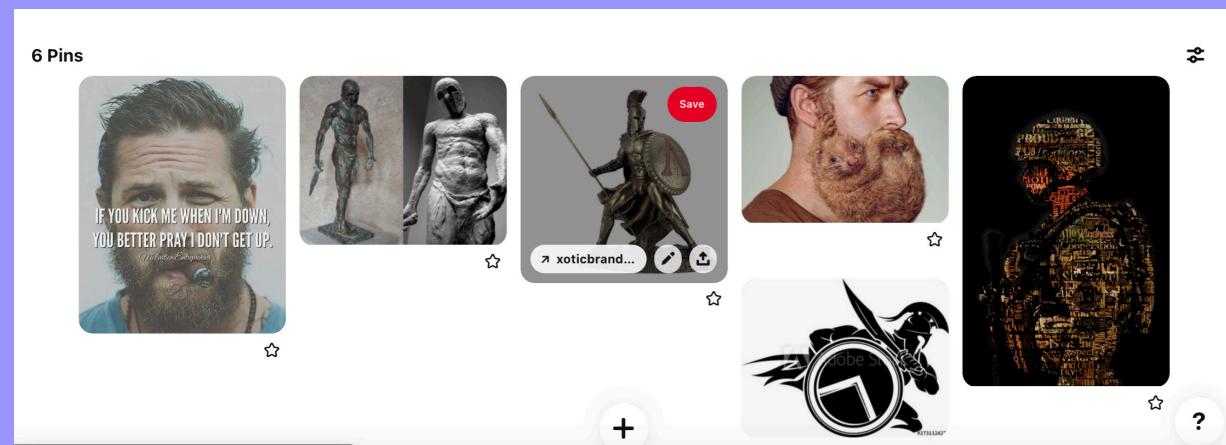
- EMPATHETIC
- GID - SOUL
- FRIENDLY
- ACCEPTING
- RECOGNITION
- OPEN
- INTROVERT
- SENSITIVE
- PASSIONATE
- AFFECTIONATE

Mood boards

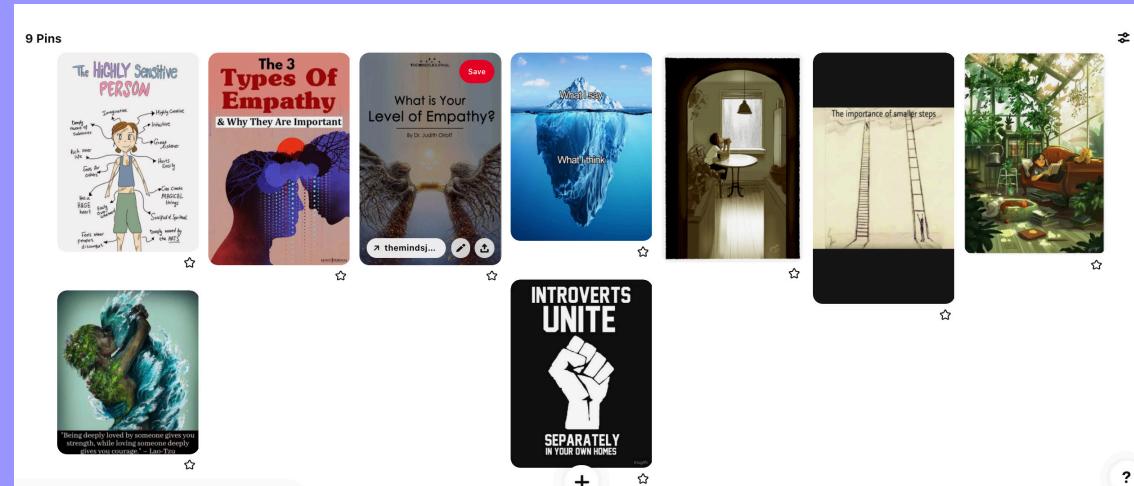
Mind



Body



Spirit



Body Images



This image was an easy one for me. I consider myself a true patriot, and have paid dearly for that through the tolls I have undergone during my time in service of the Marines. I am a libertarian by nature, and believe in withholding and protecting the rights of every human that forms our great country.

For me, the flag isn't just a symbol I see around town or flown outside of some buildings, It is something I swore an oath to protect, and something that I embody to the core. It directly relates to my body by showing directly what I have fought for, shed blood for, and lost brothers under. The flag of the United States of America.



Bamboo might seem a little odd, but have you tried to break it? Have you tried to cut it, even with a knife? You might make a mark, if you really put some elbow grease into it. By nature, bamboo is EXTREMELY durable, and can & has been used in a wide variety of structural settings, as well as manifested into weapons. It is almost unlike any other tree, shrub, plant, root, or stem you will come across. You can barely break it over your knee, actually, I can't, I have tried. Yet, it is beautiful. I chose bamboo as a Body photo because for everything I have gone through in my life, I feel like an old weathered piece of bamboo. I might have some dings and scuffs and cuts, even breaks. But I stand firm and have many uses.

Body Images



This here is “Bill the Butcher” from the movie “Gangs of New York”. I chose him because regardless of the things he has done, he has a sort of principle that is not carried by all, or many for that matter. He is seasoned in battle, clearly has issues throughout the movie, and yet, attempts to put his energy into many different facets of life.

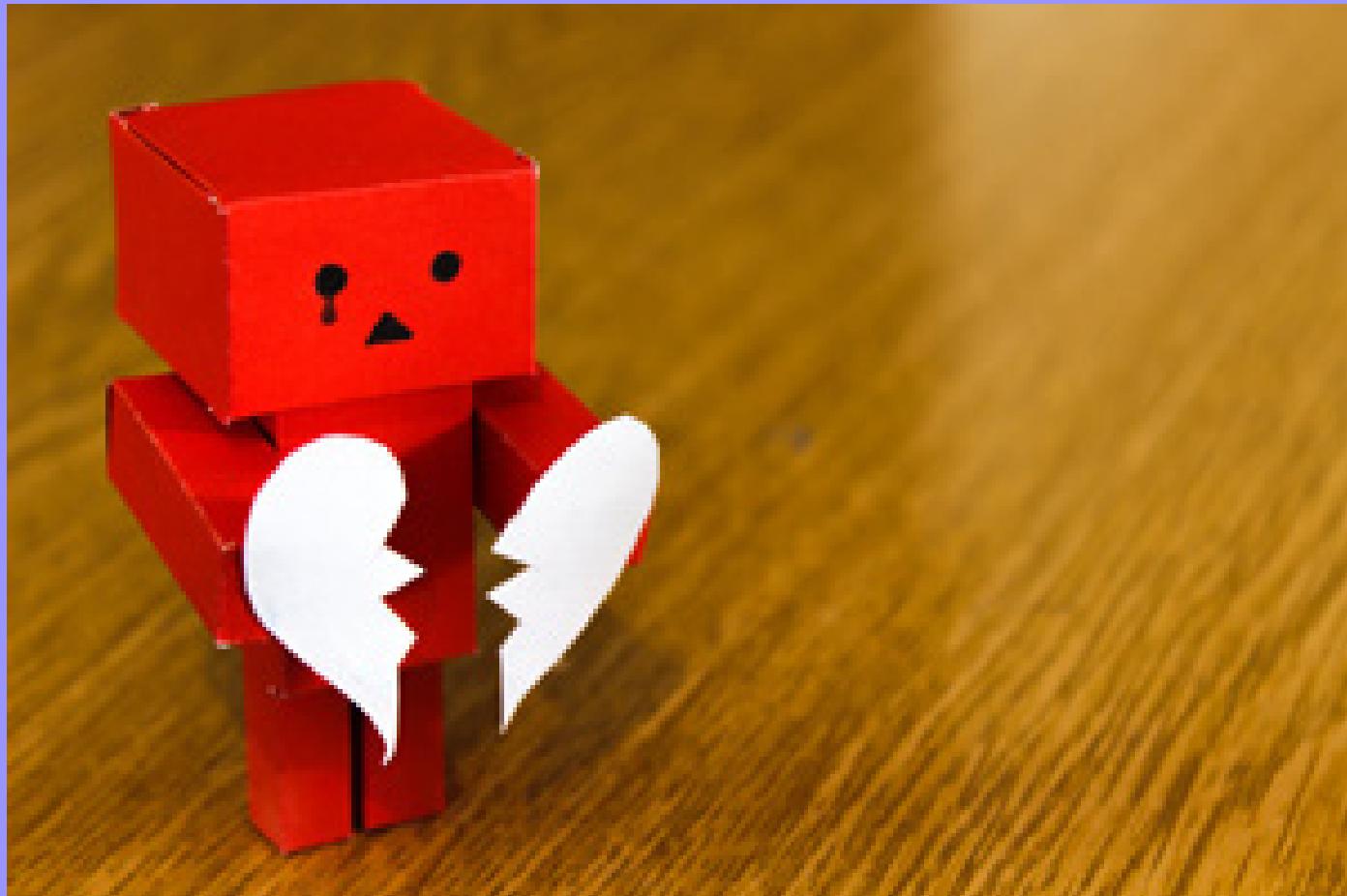
He is a perfect example of what going from 0-100 looks like in my mind. He has been beaten and bruised to near death countless times. He is sort of my body’s soul “character”, If i would have to give image to it. I also chose this specific image for the type of media that distorts it.



I chose this setting of a boat washed ashore, beaten and weathered, resembling an “Ark” if you will, because this is truly how I feel my body not only feels at only 32, but realistically is. Yet, somehow, I still have maintained to be able to keep most of my framework together.

I think it resembles the simple fact that no matter the storm to be weathered, that something/someone can still make it to their final destination and remain something to be looked upon. I have many holes in my metaphorical ship, but I still roam the seas. I think this image captures the weathered feel, and works nicely as a background.

Body Images



This little guy was something I fell in love with the moment I came across him. I think the fact that he is made out of boxes, almost cardboard like, reflects a sort of simplistic nature of myself as him. Here he holds a broken heart, much of something I and many will endure over the years of life.

This might be too deep...but, I really think the fact that he is holding a white heart, and he is all red, almost makes it look like he is holding on to his own heart that is without fullness or color, or someone else's that has left him. I think this works for a dramatic effect that counteracts how small I intended to place him in my work. He also stands out, and gives a clear message.

Mind Images



So originally, I intended to use the “fields of Elysium” image that is seen on the movie “Gladiator” as the background of my Mind board, but I couldn’t find a high res enough image to work. This is pretty close in terms of setting the mood, one of which I aimed to be sort of eery, desolate, and neverending. Something like infinity.

My mind races constantly, because I have such a weird persona built into my human, but how I picture a place that is neutral, something where all my varying thoughts can get rid of themselves, is somewhere like here. Where I could just walk, endlessly.



This here I really wanted to stand out more than it does in the final Mind image. Although, I believe its subtleness is of the most importance as to telling a story about what I was trying to capture in the scene.

This image here is my mind. It sort of gives that good/evil half n half people talk about struggling with, but mostly for me, One half is barren and dead, the other, flourishing. I became very desensitized at a young age by going to war, and the other half, the greener half, is still the innocent kid that's left when I joined at 18.

Mind Images



This image here, speaks volumes in itself. 4 years and 2 combat tours later, you don't come out clean. I won't elaborate, but I struggle, daily. I have for a long time, and all you can do is increase the positivity that flows through your mind rather than turning things negative or asking questions that don't have answers, especially philosophical ones.

This is the dead tree side of me, and I believe it shows it point blank and easy.



This photo is supposed to resemble the part of me that does what I just said to the left, the part of me that strives daily to carry well groomed thoughts, ideas, positivity, moods, and creativity. I chose this specifically because the guy looks a little younger, like that side of me is, and is carrying with him a sparratic cloud of spewing colorful smoke, which to me is perfect for embodying happiness and life rather than depression.

It is the reason i'm here today, and me every morning when I wake up. I run for happiness, towards, or away sometimes, of the bad side of me.

Mind Images



Here I wanted to capture the fierce side of me, that is always waiting, always ready. The strong effort of perseverance throughout my life that keeps my family safe, keeps me on my toes, and is why i'm here today. The warrior aspect of my mind.

This picture is used well in “defending” the bad thoughts of ptsd and is shielding itself from those sorrows. This worked perfectly to embody the willpower necessary to keep such demons at bay. A stone sculpture, at the ready.

Spirit Images



Regardless of how complex and diverse any struggles have been throughout my life, I have remained one thing for certain. Friendly, accepting, welcoming, and aware of how important treating other human beings with kindness, truly is.

I believe the outreached hands/arms, coming together to join one another, is very symbolic of this. I think this shows that I am open to friendship, and love. I used these exactly how I envisioned, coming from the edges of the frame to join together in the middle.



The butterfly is extremely symbolic for growth, and maneuvering itself through different stages of life to become something beautiful, no matter how they currently may appear. I wanted to use such a strong representation to make clear my intent.

I think this was the easiest way to convey that my spirit is constantly evolving, changing, growing, and being tested.

Spirit Images



The cross was a no-brainer. I am a christian man, and I believe in god. I wanted to use a wooden cross to symbolize the fact that being a christian isn't always easy, straightforward, or unwavering.

Something like a metal/bronze/glass/or any other firm material used on a cross might seem more solidified and never changing, but in my experiences, good christians question and seek answers that might have them feeling unsure at many times in their life, affecting their faith. I think the wooden cross does a good job of this.



This image represents my interpersonal spirit. By this, I mean a spirit that is extremely magnified and in tune with others, even those that I have never met. Whether I'm in a room full of people, or in a room with just one, if I have never met them, I find it very easy to not only sympathize or deeply connect with them, but I almost find a sort of ESP aspect in my senses that lets me be able to sense or collect emotional data from people that doesn't even have to be said.

This is something I have felt since I was a teenager. This image intertwines two opposite folks, red and blue, into one, like they are known and okay.

Spirit Images



This image reminds me of, and very as well may be Ireland. Much of my ancestry links back to these lands, or to other lands alike. It is somewhere I have always yearned to travel too, and to stand on the edge of practically a world drop off like this one, that opens up into the ocean.

It is somewhere in my mind I have created when I have meditated or take things slow. I also felt it is very symbolic of the end of the line, and ideal resting place where the soul can relax. Nobody present, nobody around.

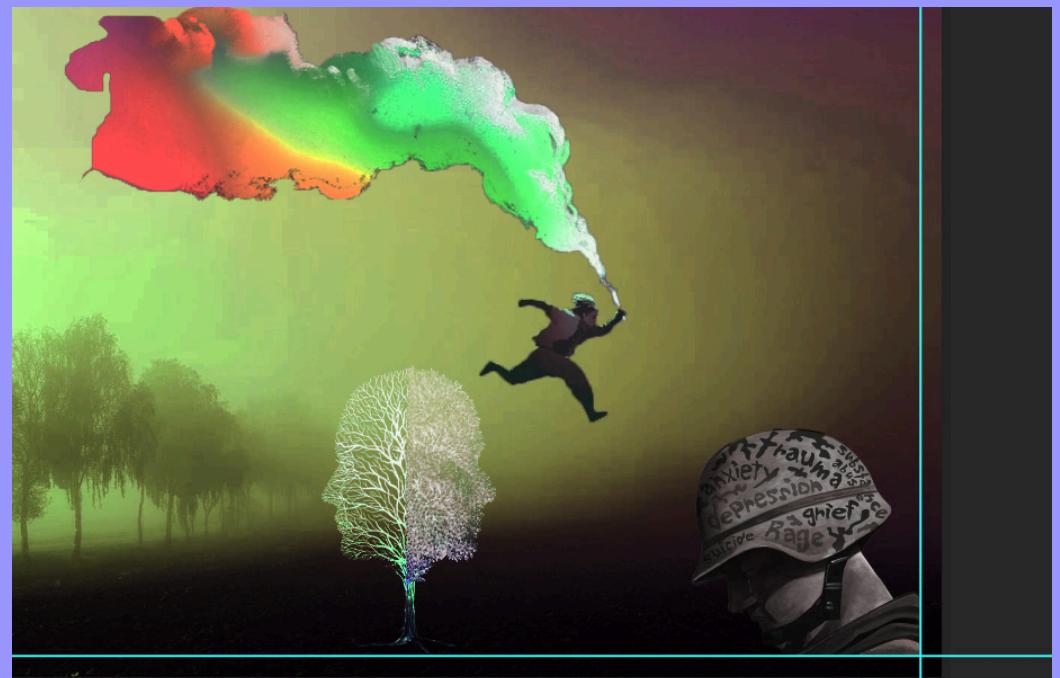
Ideation Phase

Working Images



Here I wanted to show how the image appeared initially when placed against the background. While it contrasted well, I just didn't want it too. It almost blended in, and that isn't how I wanted the tree image to appear. I wanted it to stand as something noticeable, odd, and to be achieved.

This is why later I came back and did color alterations to it to where it almost appears crispy white in the bottom right hand corner of the piece, like it is yearned for by the sprinting boy that holds the colorful clouds (of thoughts).

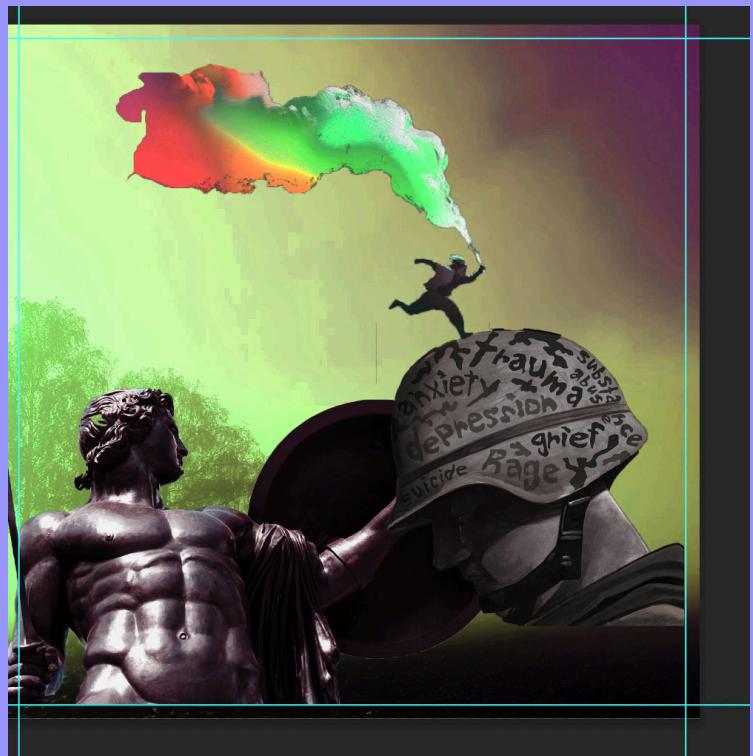


Here is sort of what the tree looks like at the end, with extra tweaking to it and the contrast/saturation of the background (woods). I also had been trying to place it into the foreground and middle of the scene, but it didn't make sense with the boy running to the right, that is why I later switched it to the bottom right hand corner of the scene.

Here I also had the soldier in the bottom right hand corner, after testing it, it made sense to move him up to signify that his struggles hang over the head of everything else in the scene.

Working Images

Continued



I wanted to show further ideation on this since I spent the most time deliberating on this scene of the three. I really wanted to drastically increase the size and play with filling up the screen with the images, but it just didn't convey the same sort of message that I achieved in the end.



This is about halfway through my body scene, and I was trying to figure out how to better incorporate the bamboo. I ended up basically duplicating the layer to connect them, so they would run up the entire left side of the image.

Also, here, I had the box guy on the left, and then later, moved him to the right of the boat after I shifted it slightly, sort of using that little rock to accent him.

Working Images

Continued



Here I had moved over the butcher to the lower left corner, playing with composition. I wanted to mount the flag on the boat, but later decided to use it as sort of a hat of brains, for bill the butcher, flowing upward, I kinda love it.

You can see the small box guy moving slightly to the right here. From here the boat gets shifted back to the left, and the butcher the right, along with lowering some opacity of his layer.

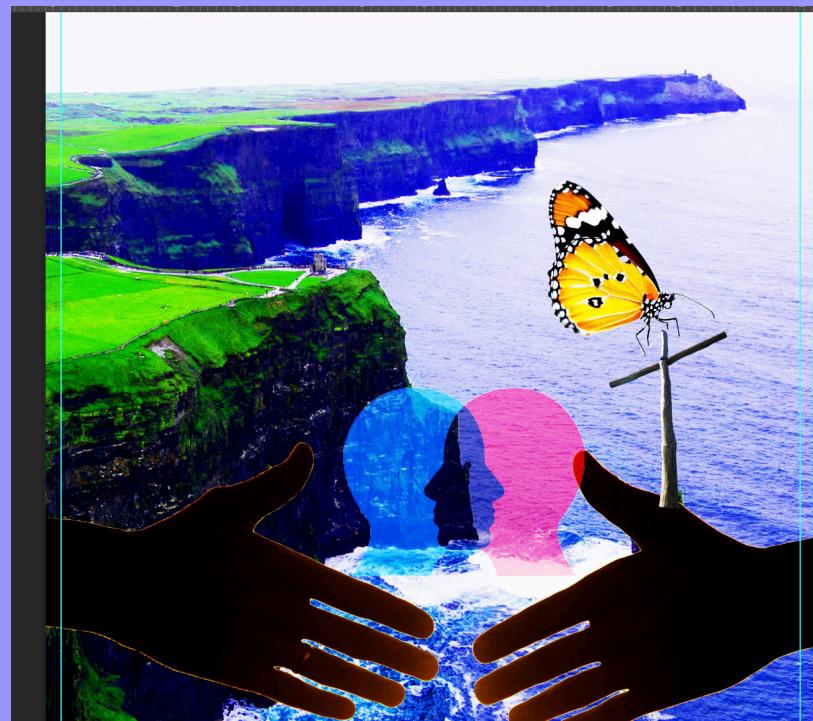


With my welcoming hands, I was trying to figure out how to have them appear. They were very dark at the beginning from the stock photo, so I began playing with the lighting, saturation, and hue. The outcome was a lightening of the hands at the fi

ngertips to portray the energy between the two beings shaking or welcoming each others hands.

Working Images

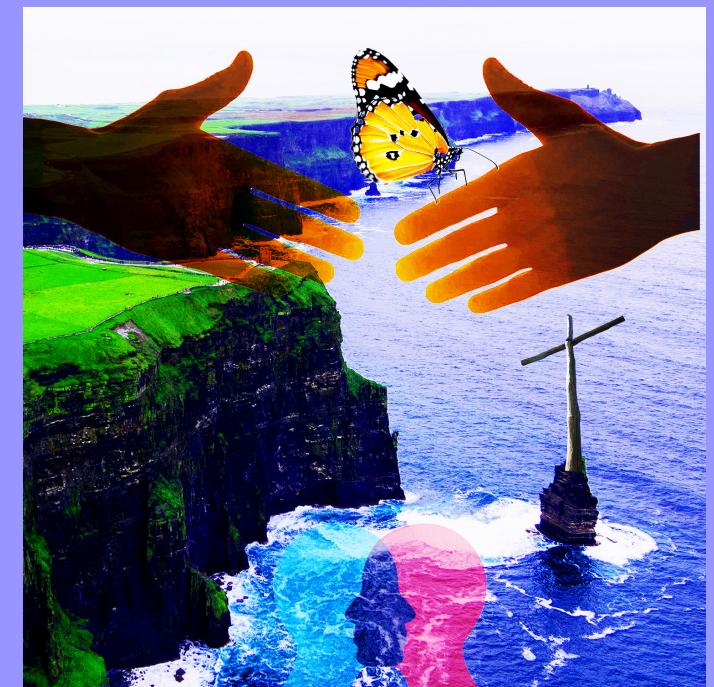
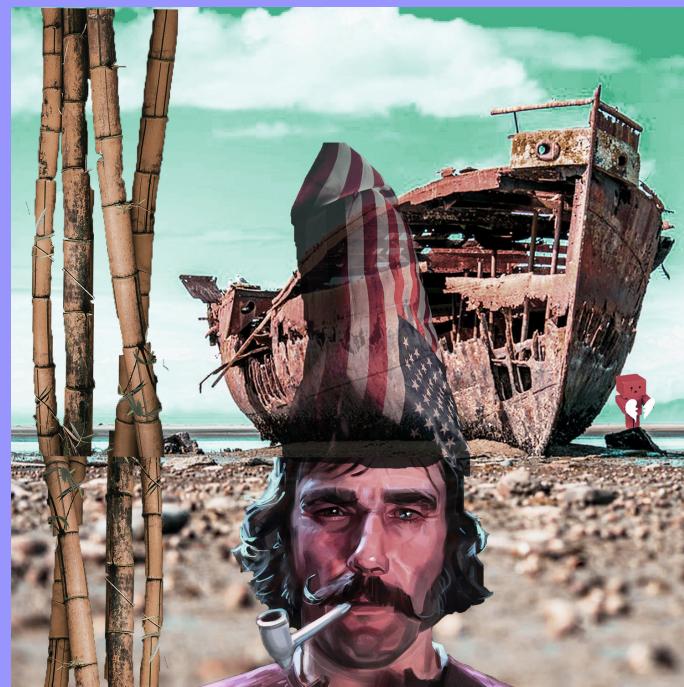
Continued



I ended up leaving the interpersonal touching faces in sort of the ocean to be almost lost, intentionally. Here though, I was playing with the idea of them being intertwined into the moment of friendliness and shaking of the hands.

I also had the butterfly posted on the top of the cross, but when I attempted both of these compositions, it just felt like each intention was being taken away from, to be misunderstood.

Final Documentation



A side note referencing the final three pieces positioned in presentation mode beside each other, shows me what I knew from the beginning. My mind, body, and spirit, are all extremely different, yet completely coincide with one another simultaneously. I realize some might say that they aren't a complete cohesive piece because of color variations and contrasting styles, but for my personal self-portrait, this is extremely accurate.

Artist Statement

This piece is provoked by the intention to look inward of ones self, and gather images strictly from the web to portray in my own eyes, my mind, body, & spirit, separately onto 3 artboards, respectively. The goal is to use these images to create a meaningful composition and message of ones self, by creating a photo collage of images used. They are all very different and not as cohesive as others might have as a set, but this is accurate in the sense of my own self image.

Speaking to the Mind artboard, this is probably the most dramatic scene of the 3. The background is an eery setting with a repeating treeline, that might seem to go on forever. This setting is sort of supposed to convey a “battleground” of the mind. There is a special tree to the right, that is two faced, one side alive one side dead. The dead side is the half of my mind that is desensitized by war at a young age. The boy running with the sort of colorful smoke, is symbolizing the more positive side of my mind, that is constantly running for grasp of the “greener side”. Without him, there is no effort. Hanging over head, are the emotions of a soldier plastered on his helmet with his head hung, this is ptsd in a nutshell. PTSD, is being fended off by the strong or resilient side of my mind, the sculpture with sword & shield, that never falters. If he does, there is no survival in this world.

Speaking to the Body artboard, bamboo signifies strength, toughness, and plentiful uses. “Bill the Butcher” from the movie “Gangs of New York”, is included to portray the sort of 0-100 aspect of my personality, the seasoned and well experienced warrior with an intense demeanor. The american flag sits atop his head, giving notion to my patriotism, and the fact it is attached to bill in the image, a nod that I embody the flag for more than a symbol. It is something I have fought, and nearly died for many times. The background is seen with a giant torn apart boat, symbolic of my weathered body that has undergone countless traumatic events over time. Then you have a small box man holding a torn heart right under the boat, he is shown holding a heart that is torn in half, this is a message to show the pain of losing people, and myself at times.

Speaking to the Spirit artboard, outreached hands show the need and love of kindness, friendship, and acceptance toward all human beings. They are enlightened at the fingertips to show energy being transferred from one person to another, and on top, sits a butterfly. This is showing growth and the stages of my spirituality that all endure when figuring out faith for themselves. My mind is ever evolving, like a butterfly. At the bottom sits intertwined faces, this resembles my interpersonal aspect and senses I share with human beings, whether I have known them for years, or seconds. I feel that I somewhat understand them and easily sympathize with folks on an extremely emotional level, based off small cues, energy, and ESP sort of senses. The cross is a direct symbol of my belief in god, and the setting is a backdrop of Ireland-like drop off to the sea, a view I have always found most peaceful and soothing to the soul.

Project Reflection

This project was diverse as it was straight forward. The open ended-ness of creating a collage based on your own self portrait is a really great prompt, and encourages students to go deeper with meaningful material, rather than to find a few images and slap them together. I really appreciated this prompt in that sense. I think that creating this process book was the most helpful aspect of it all though. I have about 3 other process books due in the coming weeks, and this one I was forced to complete first, and not only first, but the most detailed.

This experience is going to aid me well in my future endeavors for my other classes. Learning to create thumbnails and how to use the interface “save for web (legacy)”, was pretty interesting and surprisingly simple. I think this is a good project for photoshop beginners, because that is what I am, and by simply just getting in there with a good reason/purpose, eases the intimidation factor. I did not like the aspect of trying to make these a cohesive 3 piece set.

My mind, body, and spirit are completely different, and in no way, shape, or form, would they be depicted with almost any similarities through a set of images. Also, one thing that really blew me away, was getting familiarized with image sizes, in general. Some images that I thought would work very well, when I got them into Photoshop, they weren’t even close. This had me going back and forth a while before I even started, but it was a nice “aha” moment in terms of understanding high res images, how to find them, then considering community terms.

Getting comfortable in PhotoShop at a beginner’s level is probably the most enjoyable thing for me during this project. I have intermediate abilities in other CC programs, but photoshop I am lacking. Thank you for this project, and all of the information!

URI LIST

LIST FOR MIND

Warrior Sculpture - <https://www.itstactical.com/intellicom/mindset/is-political-correctness-suppressing-the-warrior-spirit-of-our-nation/>

2 Face Tree - <https://www.anokhilife.com/health-and-wellnessits-all-in-the-mind-why-a-growth-mindset-is-key-to-mindfulness/>

PTSD Soldier - <https://thestrategybridge.org/the-bridge/2018/5/28/reviewing-the-invisible-injured>

Colored cloud running man - <https://singularityhub.com/2018/03/20/republish-our-content-singularity-hub-launches-creative-commons/>

Misty Tree Background - <https://www.flickr.com/photos/jphphotography/6151100767>

LIST FOR BODY

Boat - <https://unsplash.com/photos/-LymsoxDsic>

Bill the Butcher - <https://dashahenrih.artstation.com/projects/bLNgG>

Flag - <https://www.pexels.com/photo/us-a-flag-with-black-background-4761796/>

Red Cardboard box guy - <https://www.pexels.com/photo/red-amazon-danbo-on-brown-wooden-surface-14303/>

Bamboo - <https://unsplash.com/photos/W0bOcwRJR9Y>

LIST FOR SPIRIT

Two faces intertwined, interpersonal - <https://buffer.com/resources/empathy/>

Hands reaching out - https://www.google.com/search?q=accepting&sxsrf=AOaemvJLSglVvemtrH94sOPX7g-Kwdo8cQ:1632294802870&source=lms&tbo=isch&sa=X&ved=2ahUKEwj12JL_g5LzAhUkkmoFHZwTDAYQ_AUoAXoECAEQAw&biw=1133&bih=562&dpr=2#imgrc=8ZRD1ey_1neJiM

Ireland Background - <https://www.pexels.com/photo/aerial-photography-of-rock-next-to-water-body-2382681/>

Cross - <https://www.pexels.com/photo/brown-wooden-cross-208371/>

Butterfly - <https://www.pexels.com/photo/close-up-photo-of-butterfly-3334080/>