



# Mind, Body, Soul

Jennah Gibson

# Mind, Body, Soul Project (MBS)

The aim of this assignment is to get to the bottom of yourself. It is important with any artwork creation that the artist knows how to express themselves in a way that can accurately portray their emotions or attributes.

I believe that with researching and digging deeper into who we are as people, we can discover artistic traits about ourselves that we may have not known before.

# Intelligence, Physical Appearance, and Spirituality

These are three attributes to a person who really shows who they are trying to be at their core. I wrote a few words on each subject to show who I am.

I know that I am not only these words, but I believe that these are the base of who I am.

Who am I intellectually?

- Smart
- Organized
- Put-together
- On time
- Early
- Planned

Who am I physically?

- Short
- Relaxed
- Brunette
- Chunky
- Feminine
- Kind

Who am I spiritually?

- Not very spiritual
- Agnostic
- Inert
- Learning/Growing like plants

# Collage Brainstorming

I wanted my collages to represent myself in a way that my peers and professor could understand, and the way that I usually do this in the real world is by using my head.

How I decided to brainstorm for this assignment was to ask my friends how they saw me in the ways of my mind, my body, and my soul. I had them give me the most honest answers that they could, so that I could see myself truly as I am.

# The Friend Surveys

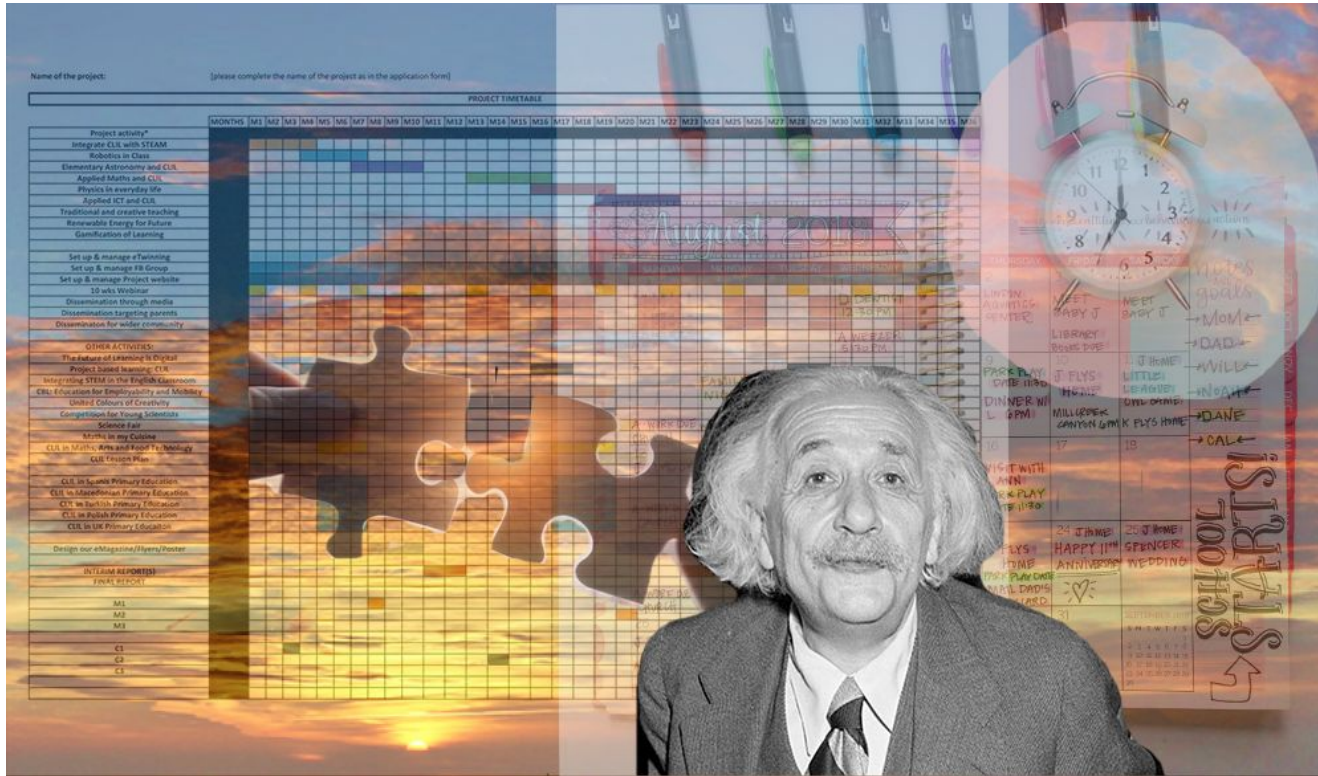
Now, I'll be honest, I don't have loads of friends. But, I have three that would definitely be upfront and honest about how I behave in the terms of intellectually, physically, and spiritually.

For intellectuality, I got from all three that I was intelligent and wise-minded, as well as organized and clean from two. I think these are pretty accurate, as I would consider this topic one of my stronger points.

Physically, I got from one that I was insecure, one saying that I'm pretty, and one saying that I'm kind.

Spiritually, I very clearly don't hide the fact that I'm not religious. All three said something along the lines of agnostic or not religious.

# Who am I intellectually?



As the youngest child, I had siblings to look up to growing up. As all of them were growing teenagers when I was little, I got to watch them procrastinate their homework, be late to functions, and simply miss out on certain things. While this could have impacted me to be that way as well, I aspired from a young age to be extremely organized with my work ethic. I write nearly everything down, I'm always on time, and I like to believe that I'm a smart individual because of this. My intellectual collage consists of time, pieces, and planning, because that is what has caused me to gain knowledge over the course of my lifetime. While I believe that I'm no Albert Einstein, I think he is a good model to look up to. He practiced devotion to his work, and never gave up despite being noted for many failures along the way, like most scientists.

Early.jpg - Morning Sunrise - Assessed June 6, 2022  
Overtime.jpg - Clock - Assessed June 6, 2022  
Planned.jpg - Planner Document - Assessed June 6, 2022

Planner.jpeg - Planner Book - Assessed June 6, 2022  
Put-Together.jpg - Puzzle Pieces - Assessed June 6, 2022  
Smart-People.001.jpg - Einstein - Assessed June 6, 2022



# Who am I physically?



Like most teenage girls, I've had problems with my physical appearance. It's always short, ugly, or fat that you fear whenever you're coming of age. Being raised under the pressures of those fears are something that can really impact a woman as she becomes an adult. I included kindness here because you never know what a person could be going through with their physical (or any) appearance. Words can be detrimental to their imagery, so it is important to phrase things correctly. As I've grown older, I've become more relaxed with these sort of things, as I pictured someone laying in the grass as my background. But the overlays of these images are still in the foreground of many peoples mind, including my own. I've also located hair on the ground, to show the coming of age idea as well as the appeal to change your appearance.

Short.jpg - Measuring Height - <https://www.huffingtonpost.co.uk> - Assessed Jun 9, 2022

Relaxed.jpg - People Laying in Grass - Assessed Jun 9, 2022

Brunette.jpg - Hair on Ground - Assessed Jun 9, 2022

Body.jpg - Girl on Scale - Assessed Jun 9, 2022

Kindness.jpg - Kindness Letters - Assessed June 9 2022

MoreHair.kpg - Hair on Ground - Assessed June 9 2022

# Who am I spiritually?



Now, I am not very religious, which is what most people assume with spirituality. I included the “agnostic” lettering in this collage for that reason. However, over time I’ve begun to find spirituality in nature’s elements as well as common daily tasks. For those reasons, I’ve included the rocky landscapes as well as the blooming flowers. I chose specifically the blooming flowers to show how spirituality is constantly evolving as people and cultures evolve over time. The woman is displaying a pose of peace, as she waves her arms around in front of a calming landscape. These forms display how I’ve come to feel about spirituality, since it's not something I was raised knowing.

RockyLandscape.jpg - Landscape - Assessed June 9 2022

Agnostic.jpg - Agnostic Lettering - Assessed June 9 2022

NotReligious.jpg - Woman Still - Assessed June 9 2022

Flowers.jpg - modernfarmer.com - Flowers - Assessed June 9 2022



# Artist's Statement

For all three of my collages, I wanted to express how the topic made me feel as well as how the process made me feel. I used mainly color theory to push my ideas to the viewer. Intelligence makes me feel warm-hearted, free, but also a little OCD. This is where I feel most confident about myself. Physical appearance makes me a little uneasy, so I tried to display that with clashing colors and types of imagery you wouldn't usually see together under normal design principles. While I've admitted a bit of struggle with my spirituality, as I have come of age I've realized how freeing it can feel. I showed my feelings of freedom with a calming collection of colors, blue, lavender, and green.