



# Mind, Body, Spirit Project

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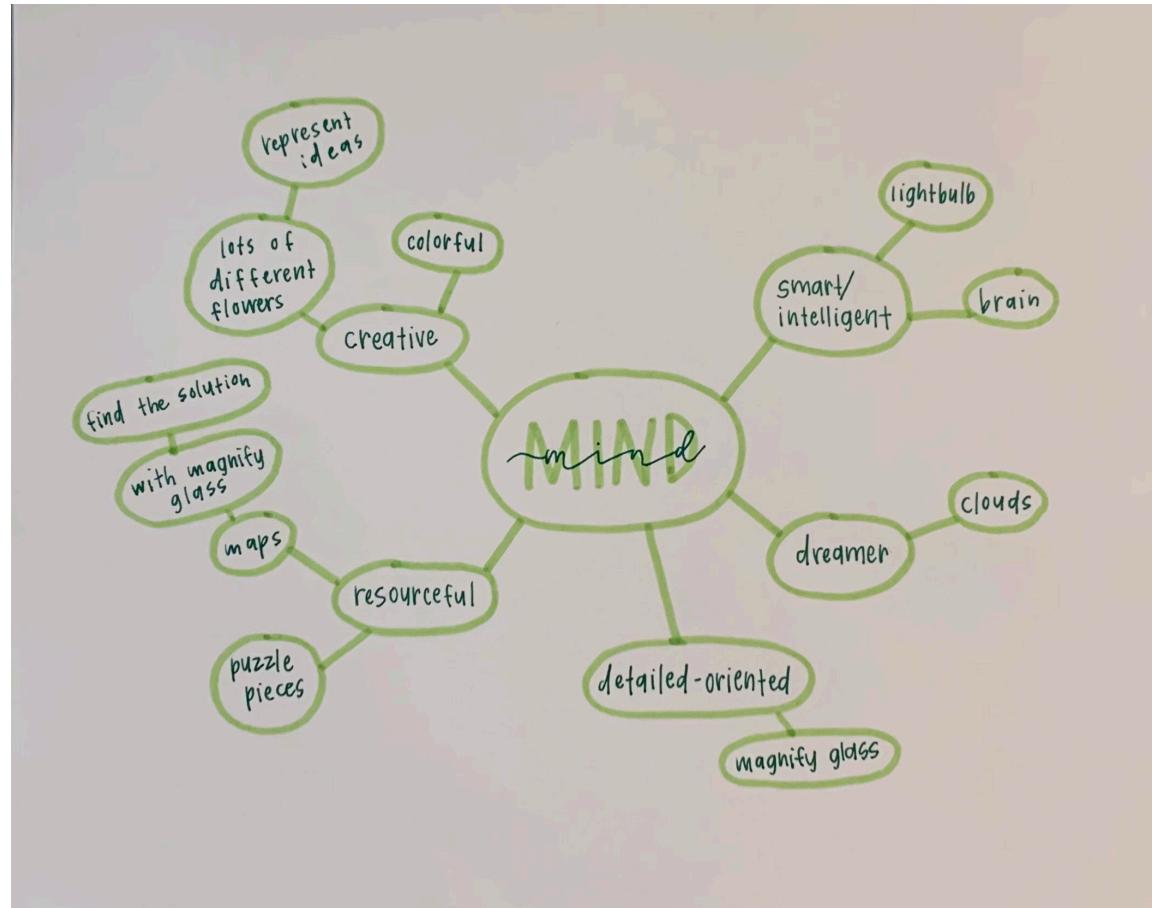
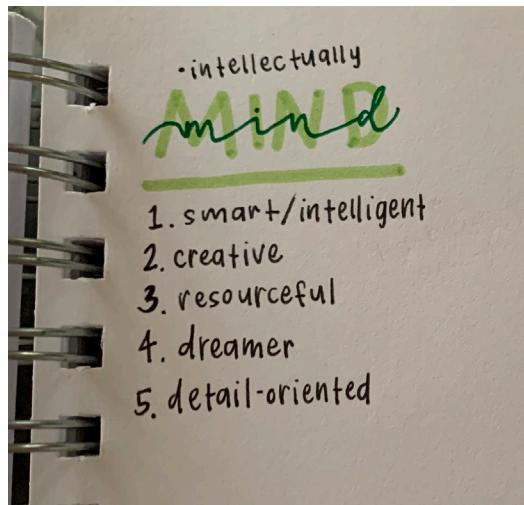
ART2602C Intro to Digital Media

Fall 2021

# Research Phase

# Research - Mind

## List and Mind Map



# Research - Mind

## Image Ideas

Once I created my list for “mind,” I used the mind map to brainstorm for image ideas for each of the words and any other things that popped into my mind that would help me. I began with writing down words that reminded me of each of the ones that I put on my list.

**Creative:** I wanted to represent ‘creative’ as being colorful to show how once I think of one idea I start thinking of other ways to do it/complete it in the best way possible. I came up with using different kinds of flowers to describe this word.

**Resourceful:** For ‘resourceful,’ I chose to use puzzle pieces to show how I use multiple things to achieve something and how they all need to fit together to make everything work the way they need to.

**Dreamer:** I came up with the thought of having clouds represent ‘dreamer’ since it reminded me of just sitting out and letting my thoughts just drift away.

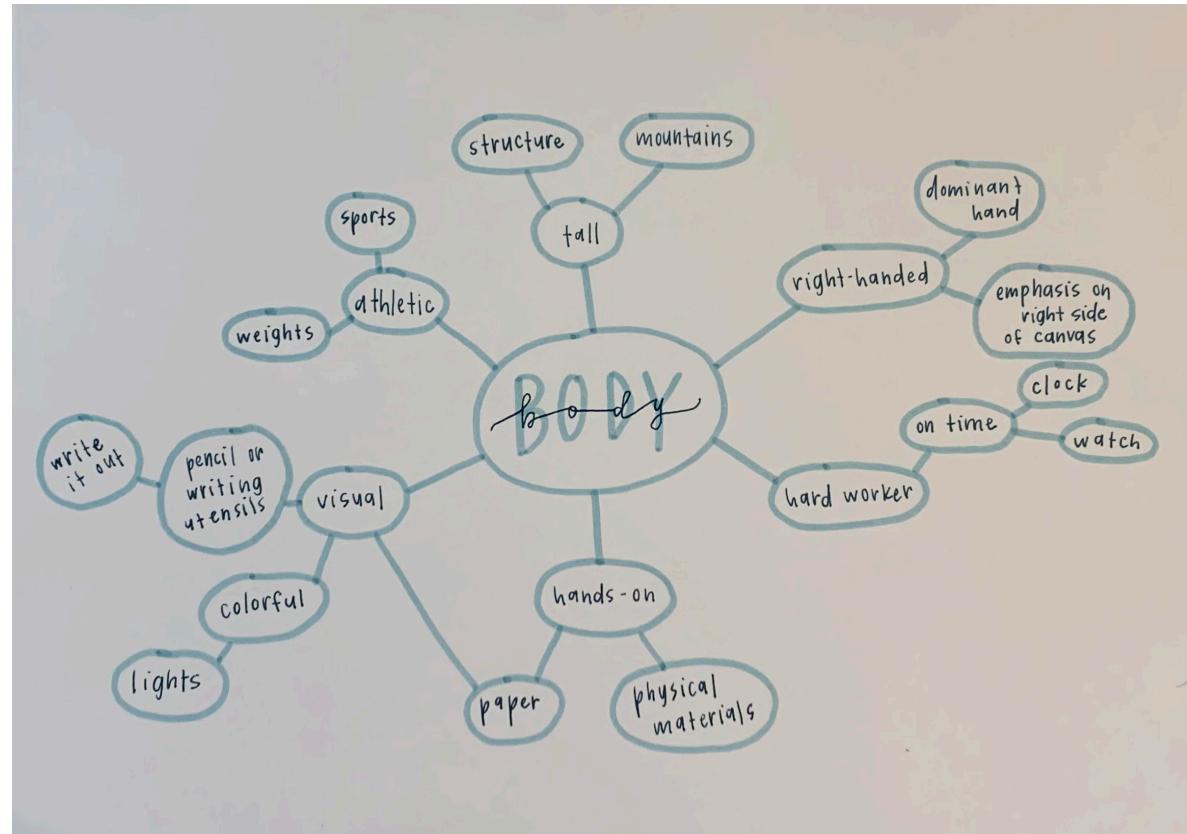
**Detail Oriented:** For this one, I decided to use a magnify glass since it shows more details when you look through it rather than just looking at one without it.

**Intelligent:** I decided to choose an image of a hand holding a glass ball because sometimes I have to look at a concept or subject in a new way to understand it and I have been successful by writing things out.

# Research - Body

## List and Mind Map

- physically  
body
1. athletic
  2. right-handed
  3. tall
  4. hard worker
  5. hands-on
  6. visual



# Research - Body

## Image Ideas

I struggled a little bit coming up with ideas for this one because I was not sure exactly what words to use. I chose some words to represent my appearance, while others are more about who I am. The mind map was definitely helpful for this one specifically with coming up with ideas for images for each word.

**Tall:** I chose to represent this word through either a building, structure, or something in nature like a tree that had height to it. The tree ended up being my selection based on the nature scene for my background.

**Right-handed:** I wanted to emphasize an image on the right side in my Photoshop canvas for this word, which ended up being the tree as it was different than everything else.

**Hard worker:** A clock was my choice for this one due to how being on time is a key part in me being a hard worker.

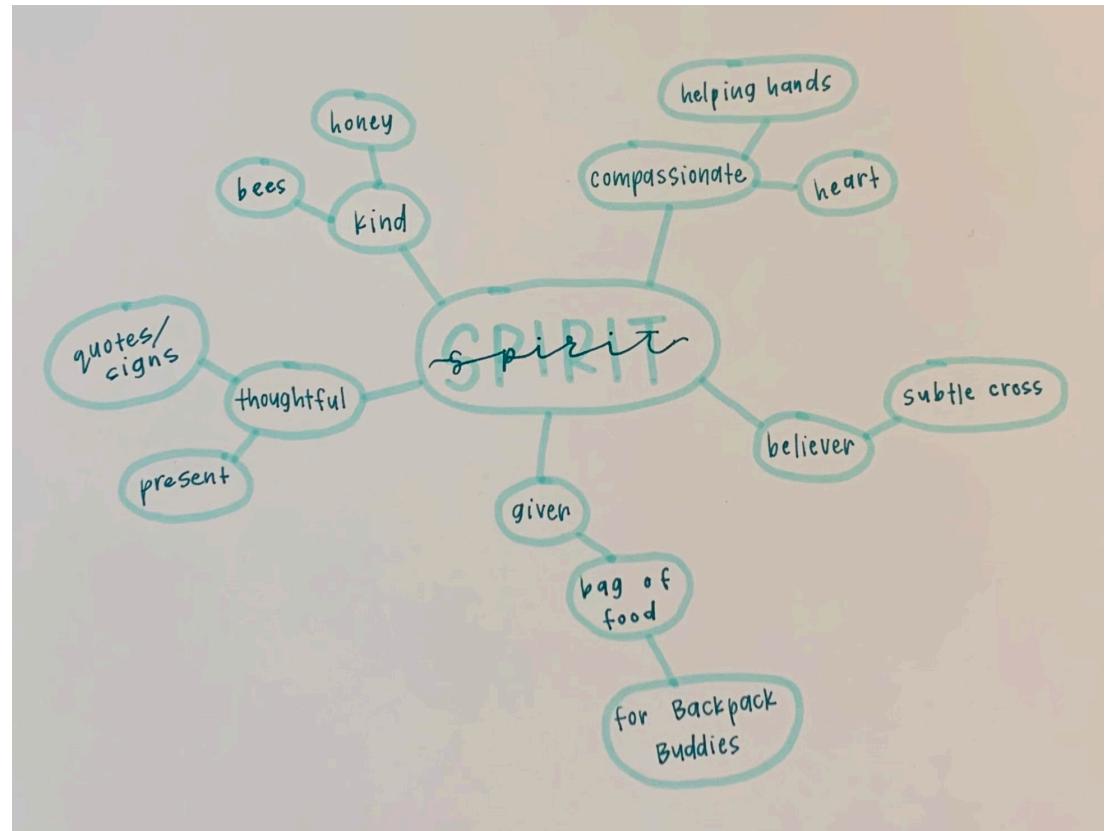
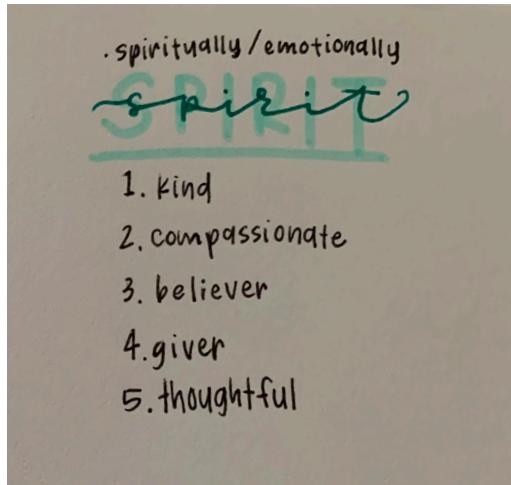
**Hands-on:** I decided to use the hand with a glass ball again since I like making things and working with my hands.

**Visual:** I use a lot of colors when I draw something out for visual purposes, so I picked the northern lights to represent this since it contains multiple colors and you have to see it in person to fully experience it.

**Athletic:** I represented this word through a silhouette of a golfer since I play that sport among others and it is a sport I play with my family.

# Research - Spirit

## List and Mind Map



# Research - Spirit

## Image Ideas

I had a few ideas for “spirit” but I was not sure how I would implement them or what pictures to use to represent each word in the beginning. Once I really started to think about it and see what pictures came up for a couple of words I was stuck on, I was able to really find images that I thought would represent me best.

**Kind:** The first thing I thought of for this word was the bible verse Proverbs 16:24. It talks about kind words being like honey, so I wanted to do honey or a honeybee for this one.

**Compassionate:** For this one, I chose a heart and hands with a glass ball to show how I help others and always have to connect with someone to do so through our hearts.

**Believer:** A big part of me is being a Christian, so I knew that I wanted that to be represented in this canvas. I chose a cross to describe this.

**Giver:** This is another big part of who I am because I like to give back. I volunteer sometimes, in which I found an image with the word ‘volunteer’ and incorporated it into the canvas.

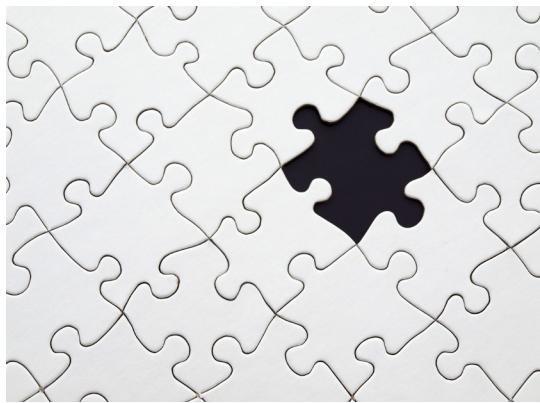
**Thoughtful:** I picked signs and quotes to represent this one due to how they encourage people and are used on many things to show people that you care.

# All Together

To make sure that all three canvases were connected and looked like a true series, I decided that I wanted to focus a nature background for each canvas. I started with just focusing on the “mind” canvas, since that was the one that I had an initial idea for, and found a middle of the day type of background that had representations for a couple of my words. From there, I found a night-time nature scene that went well with my thoughts for the “body” canvas and then discovered a early morning/new day nature scene for my last canvas, “spirit.” I also decided to include the hand holding a glass ball on each of my canvases because they each went with a word perfectly for all three subjects. I desired to keep all hand placements with the ball similar, but still different so it was unique on each one. On top of each nature background, I placed another nature element to identify another word, which I think tied them all together even more.

# Images Used

# Mind



# Mind Image Links

**Clouds**-<https://www.pexels.com/photo/brown-field-and-blue-sky-46160/>

**Flower Field**-<https://www.pexels.com/photo/photo-lavender-flower-field-under-pink-sky-1166209/>

**Birds**-<https://www.pexels.com/photo/photo-of-a-flock-of-flying-birds-1553463/>

**Magnify Glass**-<https://www.pexels.com/photo/photo-of-magnifying-glass-on-top-of-braille-7188802/>

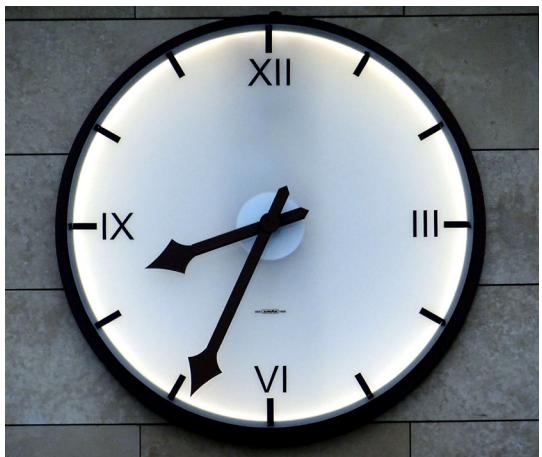
**Puzzle Pieces**-<https://www.pexels.com/photo/white-jigsaw-puzzle-illustration-262488/>

**Glass Ball**-<https://www.pexels.com/photo/close-up-photo-of-person-holding-lensball-2453747/>

**Birds Flying**-<https://www.pexels.com/photo/air-animal-portrait-animals-background-532548/>

**Glass Ball2**-<https://www.pexels.com/photo/close-up-shot-of-a-person-holding-a-lensball-9058588/>

# Body



# Body Image Links

**Golf Silhouette**-<https://www.pexels.com/photo/silhouette-of-man-playing-golf-during-sunset-33478/>

**Landscape**-<https://www.pexels.com/photo/green-tree-268533/>

**Glass Ball**-<https://www.pexels.com/photo/person-holding-glass-ball-2917187/>

**Clock**-<https://www.pexels.com/photo/gray-analog-clock-displaying-at-10-36-552774/>

**Wall Clock**-<https://www.pexels.com/photo/clock-at-8-34-833487/>

**Moon**-<https://www.pexels.com/photo/photo-of-full-moon-975012/>

**Northern Lights**-<https://www.pexels.com/photo/aurora-borealis-at-night-1663376/>

# Spirit



# Spirit Image Links

**Bee**-<https://www.pexels.com/photo/beautiful-bee-biology-blur-259611/>

**Landscape**-<https://www.pexels.com/photo/brown-and-green-grass-field-during-sunset-1237119/>

**Sign**-<https://www.pexels.com/photo/you-are-worthy-of-love-signage-on-brown-wooden-post-taken-953162/>

**Wooden Signs**-<https://www.pexels.com/photo/three-wooden-signage-in-a-tree-close-up-photography-2562560/>

**Paper Heart**-<https://www.pexels.com/photo/paper-heart-on-light-pink-background-4197491/>

**Wooden Posts**-<https://www.pexels.com/photo/man-sitting-on-wooden-pole-against-foggy-sky-6051722/>

**Volunteer**-<https://www.pexels.com/photo/man-love-people-woman-6646862/>

**Glass Ball**-<https://www.pexels.com/photo/photo-of-person-holding-crystal-ball-4050995/>

**Sunflower**-<https://www.pexels.com/photo/person-holding-yellow-sunflower-1624076/>

**Cross**-<https://www.pexels.com/photo/black-cross-near-body-of-water-1109602/>

# Creation Phase

# Mind



I started with this original glass ball in the hand, but did not feel like it truly captured what I wanted the reflection to be. I also wanted to somehow make one of the birds bigger, so that the details of it could be seen to represent the 'detail-oriented' characteristic.



I found a better glass ball that had a reflection of a sunflower field in it. This worked a lot better than the other because it showed how I start out with one idea as being 'creative' and 'resourceful,' but sometimes have to look at it differently to get it the way I really want it in the end. I added the magnify glass for the birds to see the details, since a magnify glass is used in life to see something more clearly.



I felt like something was missing that represented me being as resourceful and my original image idea for that word was puzzle pieces. I found this image and added a little transparency to get the look I wanted, along with the missing piece to reflect how I always have to make sure I have all the pieces for something to work. I ended up turning the magnify glass to work better within the composition.

# Body



I began with the glass ball, golfer silhouette, nature scene/background, and the clock hanging off the moon. I chose this background because I felt that it was close to what the "mind" canvas looked like and allowed me to use the silhouette well.



I ultimately changed the clock to a more traditional one that is typically seen on a wall because I felt that I would be able to work with it more within the canvas and it would be more obvious as to what it is. Additionally, I included the northern lights in the sky to represent how 'visual' I am with how colorful it is since I like to see things that are visual in front of me to understand things better.

# Spirit



I started with the background first since I knew that I wanted it to be a morning scene to go in accordance with the other two. I also put in the hand with the glass ball that had colors similar to the plants in the bottom of the picture.

I used the signs to go with 'thoughtful' because they can be used to remind someone that you are thinking of them. I put the heart on the ball due to how 'compassion' usually involves your heart and helping



I put the sunflower in the bottom to include a nature element like in the others, but to also add it for the bee to fit into the collage. I chose a bee for 'kind' since it goes with a bible verse that I like. In addition, I placed the word volunteer into the grass since it was slightly transparent and easy to locate and see.



Lastly, I added in a cross on the left to balance out the composition and to represent how I am 'believer' and am a Christian.

# Final Images



# Mind



# Body



# Spirit



# **Artist's Statement**

This collage project symbolizes aspects about me in three broad ways: mind, body, and spirit. I strived to make sure that the characteristics I embodied in each piece were true representations of me and were portrayed in the best possible way when put all together, whether within just one of the pieces or throughout all three in the series.

For all three pieces, I wanted to unify them all together through landscapes with distinct horizon lines, along with at least one nature element and a hand with a glass ball. I chose the nature elements depending on certain words I chose to feature in my pieces and what image would best imply it. The hand with a glass ball also described multiple words from each of my lists, which proved that it was essential in each piece. For each individual canvas and its elements, I picked images that related back to me and mostly came up with them during the brainstorming phase documented in the mind maps. Some pictures however were chosen to fit in with the others, but still went with the words I selected for each of the three main words.

Overall, each of the three pieces truly represent me in all three aspects of mind, body, and spirit, through the repeated components in all three and the specifically chosen pieces in the individual canvases.

# Project Reflection

This project definitely got me more familiar with Photoshop again after not working within it for a year. I think I picked up some new skills that I did not know before, but I still have a lot to learn in the software. I struggled most with the brainstorming phase for this project because I did not have a lot of ideas at first for any of my word lists. After thinking about each main word in different ways and how they pertain to me, I finally came up with some words that I could work with for my collages, but that is one thing I would change in the next project. I want to make sure that I give myself more time to brainstorm ideas. I also want to research new techniques and tools to use within the software to make sure I am executing my best work.

I really liked that we had broad words to work with, so that I could put my own touch on it and make the project my own. In addition, I enjoyed putting the process book together because now I have everything in one place that I can look back at it whenever I need to for anything. It also introduced me to the whole process of the book which I have never done before. This will be helpful when we do more in this class, but also in my other classes as well.