

**Cara Hegenbart
Process Book MBS
Spring 2022
ART2602C**

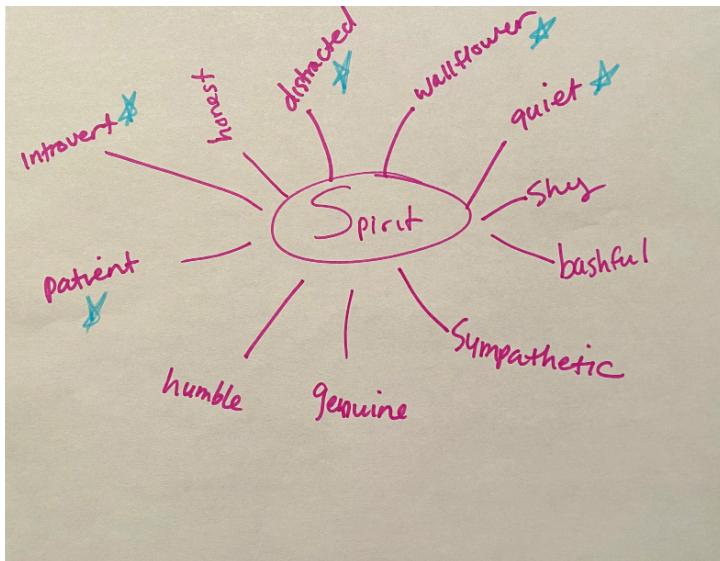
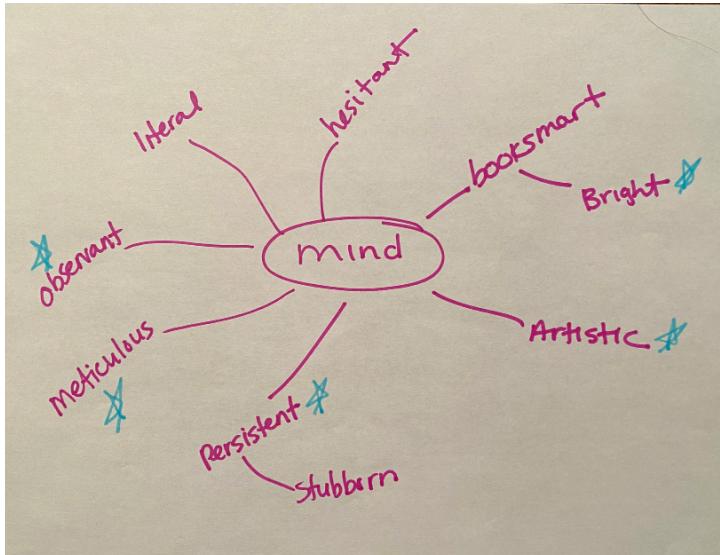
Artist Statement

For the project Mind, Body and Spirit, I was given the task of creating three self-portraits using images found on the internet. These three portraits would reflect my intellect, my physical being and my motivations and/or emotions. To create the collage portraits, I had to combine the images using photoshop.

To start this project, I needed to look at myself and figure out who I am regarding my mind, body, and spirit. I needed to brainstorm to find what words described each of these things, so I created a mind map. To my surprise, I was able find my top five words for each category. When choosing images, I tried to find ones that “spoke” to me. If a single image can make an impact, I wanted my collage to speak to the audience about who I am. The tricky part was to find images that would blend well together to get my point across.

In the end, I feel the images I chose and the self-portraits I created represent how I see my mind, body, and spirit. It is my hope that those who see these three collages will have a better understanding of who I am.

Brainstorm



Word List - Mind

- Observant
- Meticulous
- Persistent
- Artistic
- Bright

Pictures for Mind



I chose the image of the observatory to represent observation. Observatories are places people go to observe natural events happening in the atmosphere. I chose the image of the sun and sky to represent bright. The Highland cow was chosen because they are stubborn which I thought would represent my persistence. I chose Van Gogh's A Starry Night to represent artistic. The image of the time piece represents meticulous because time is precise.

https://en.wikipedia.org/wiki/File:A_Stellar_Storm.jpg

<https://images.fineartamerica.com/images/artworkimages/mediumlarge/1/scottish-highland-cow-trossachs-grant-glendinning.jpg>

<https://www.worldatlas.com/r/w1200-q80/upload/4e/cf/23/shutterstock-124847260.jpg>

https://lh4.googleusercontent.com/-IldieLMEY9s/TX_HM6BZRUI/AAAAAAAFAk/HfvONOWCJ1o/s1600/van-gogh-vincent-starry-night-7900566.jpg

<https://thumbs.dreamstime.com/b/vintage-pocket-watch-antique-35091687.jpg>

Word List - Body

- Left Handed
- Japanese
- Short
- Young Looking
- Chubby

Pictures for Body



I chose the Tori Gate to represent my Japanese heritage. The “Lucky Cat” image was chosen because the cat his holding up it’s left paw. This is a good representation of me being left-handed.

The Corgi dog is short and small which I felt was a good representation of my short stature. I chose the pumpkin because it is round and represents chubby. The chick hatching from the egg represents me looking younger than my actual age.

<https://www.samuraitours.com/shinto/>

<https://www.walmart.com/ip/Japanese-Luck-Fortune-Charm-White-Beckoning-Cat-Maneki-Neko-Money-Bank-Statue/464383444>

<https://www.purina.com.au/puppies/breeds/corgi>

<https://drvaleriegalante.files.wordpress.com/2009/12/chick-hatching.jpg>

<https://homehacks.co/how-to-grow-pumpkins/>

Word List - Spirit

- Distracted
- Introvert
- Patience
- Wallflower
- Quiet

Pictures for Spirit



To represent distracted, I chose a floating bubble because they float from one place to another without even trying. The clam was chosen to represent introvert because it is closed off from other things. The zipper represents quiet. It is often kept closed when in public. The block wall represents a wallflower. I chose this image because this type of decorative wall stays in the background. The lotus is a symbol found in yoga which represents patience for me.

<https://www.climatechangenews.com/2020/12/15/hydrogen-bubble-burst-europe-s-face/>

https://en.wikipedia.org/wiki/Clam#/media/File:Clams_on_Sandy_Hook_beaches_-_panoramio.jpg

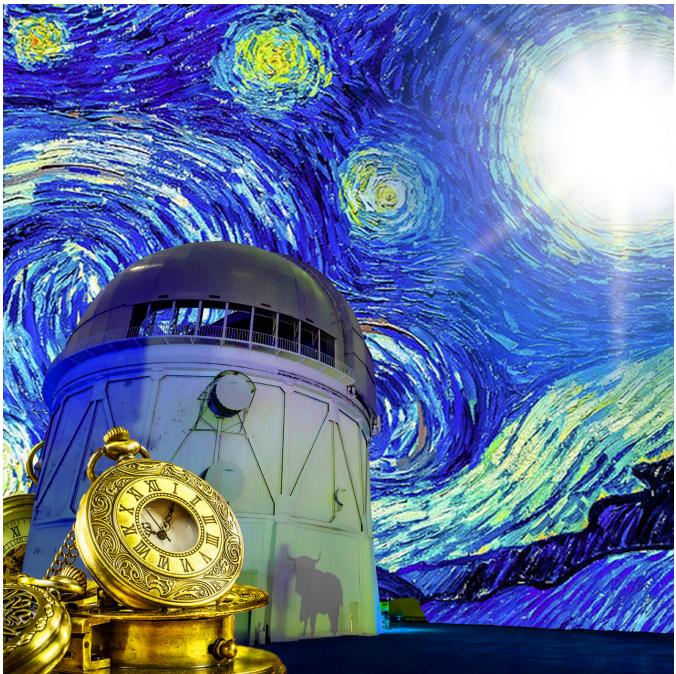
<https://www.amazon.com/YKK-Closed-Pockets-Golden-Variety/dp/B00ZLNQBRC?th=1>

<https://www.islandpromowingandlandscaping.ca/allan-block-retaining-walls/>

https://en.wikipedia.org/wiki/Nelumbo#/media/File:Nelumbo_nucifera_open_flower_-_botanic_garden_adelaide2.jpg

Work and Process

After I picked the images for my collage, I wanted to focus on the background for each portrait. I didn't want to overthink the process, so I decided on improvising the layout of the remaining images. By keeping an open mind and constantly manipulating the images for hours, I was able to find the best way to combine them, so they felt cohesive and made sense to me. By altering the colors, opacity and using the blur tools I was able to make the images work together.



Project Reflection

When I was first tasked with this project, I struggled with where to begin. I have always had a hard time describing myself, so this was a challenge for me. To overcome my mental block on who I am, I created a mind map to help me find the right words. While searching for the images I wanted to use I wanted to find ones that were appealing or had special meaning for me. I think by having a connection with the images, I was able to have fun with the process. Since I am an amateur at using Photoshop, I feel I could have used more tools and made it look cleaner. Overall, I am satisfied with how it turned out. I am hopeful that the next time I use Photoshop I will feel more comfortable with it and be happier with the final product.