

Mind, Body, Spirit Process Book



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Intro to Digital Studio Practice

Project Description

This project is about finding out how to describe yourself with images and use them to create a self portrait of your own mind, body, and spirit.

Research: Mind

- Structured - I chose some architecture for this because when I think of structure the first thing that comes to mind is architecture
- Perfectionist - Someone cutting the grass like this just really exemplifies the idea of a perfectionist
- Wandering - Very simply, this is someone wandering. I do not know where they are going, but they are going somewhere. This is similar to how my mind often wanders and I don't know where it will take me
- Distracted - I often get distracted when doing work and one random thing that often distracts me is ducks because I like them alot, so I included a giant inflatable duck because I often think of that one.
- Complicated - I think the individual gears of a watch are really fascinating and complicated so I included it.



Research: Body

- Comforting - I chose a sunset because I find them extremely comforting and relaxing.
- Food - It was difficult to think of things for this so I decided to include something my body loves, food. Specifically chicken alfredo because it is probably my favorite food.
- Relaxed - I try to stay really relaxed in my daily life to avoid stress. So A reclining chair seemed to fit the idea of relaxation very well.
- Easygoing - I'm typically very easy going when it comes to most things in life. I just try to go with the flow, so I included a palm tree because they bend with the wind to avoid being knocked down in life.
- Hard-working - When I am not relaxing, I am working. I work in a cabinet shop so I do a lot of woodworking. Therefore I wanted to include some form of woodworking.



Research: Spirit

- Distant - It can be hard for me to get super close to people so it often feels as though I am distant from many people. Space is really far from everything so I chose a couple pictures of that to represent this.
- Disconnected - Since I feel distant from people, i also sometimes feel disconnected. So i included a bridge because it is something that connects two disconnected places.
- Guarded - Often times I guard some of my emotions so I included a large lock to kind of show something being locked away and guarded
- Loving - When I do end up getting close to someone and feel comfortable sharing emotions, I feel I am pretty loving. I love dogs and they are known for their undying love for their owners so I included a dog.
- Awkward - I am a pretty awkward person, I try to work on it but I am still awkward most of the time. For some reason ducks just feel like really awkward animals to me so here is an awkward duck.



Final Mind



I ended up changing the images for perfectionist and complicated. The image for perfectionist was changed to a perfectly stacked pile of stones blocking a path. The image for complicated was changed to a big complicated rubik's cube.

Final Body



Not much had changed from the original images, primarily just the sunset image was changed so that it could fit better in the piece.

Final Spirit



The only thing that was changed for this piece was the background. Instead of the original two images I had picked out I chose one that fit the frame a bit better.

Final Triptych



Artist Statement

This is a collage of different images put together to form a triptych depicting how I would describe my mind, body, and spirit. These collages were made in affinity photo, a photoshop alternative, for Intro to Digital Studio Practice in the summer 2022 term.

I originally had no vision for how I wanted this project to look like. I was simply following the instructions trying to complete everything. However, as I got a bit deeper into the project I saw interesting things doing something like this was. It also forced me to think about how I see myself as a person and try to think of ways to express that visually. Honestly, I still don't entirely feel like I did the best to express myself. For both mind and body, I tried my best to include a gradient map to make each image feel like it fit in with the color scheme of the image as a whole. That was one of the more important techniques that was utilized in this project.

Although these pieces may not have truly captured what I feel to be the embodiment of who I am, I was able to see myself a little clearer than I have before.

Project Reflection

This project was definitely not something that I would have thought to do by myself. Since it was not something I would normally do, it definitely pushed me to dig a little deeper into who I feel I am as a person. However, expressing myself has always been an issue for me, so even now I feel like this triptych, while still bearing resemblance to me, is not fully who I see myself as. I tried to picture everything but I just couldn't quite pick everything out. Because of all of that, this project was a bit more difficult than I had originally anticipated.

Other than that, I was able to pick up lots of new skills in photo editing and reflecting. One of the main skills that I practiced was creating color maps to overlay on images. They allowed me to mimic the lighting and color of one image and transfer it to another. This meant that my images didn't always stick out like a sore thumb and blended into one another much more seamlessly.

Overall, I somewhat enjoyed creating this project. It definitely opened my eyes to how I might see myself. It also helped me practice some really important skills in photo editing. It may not be something that I would want to come back to and improve a bunch, but it was definitely a good stepping stone into a world photo editing.

Image Attribution

Mind

Watch.jpeg - https://thewatchmanual.com/wp-content/uploads/2020/03/omega_321.jpg - Insides of a watch - Accessed June 11, 2022

Architecture.jpeg - <https://www.flickr.com/photos/bergie/309781996/> - Image of architecture - Accessed June 11, 2022

Person-wandering.jpeg - <https://pixnio.com/free-images/2017/03/18/2017-03-18-11-24-25.jpg> - Someone wandering a dirt road - Accessed June 11, 2022

Rubber-duck.jpeg - https://upload.wikimedia.org/wikipedia/commons/c/cf/Rubber_Duck_in_Keelung_Port_Front_View_20131227a.jpg - Giant rubber duck floating in the water - Accessed June 11, 2022

Perfectionist.jpeg - https://www.lawpracticetoday.org/wp-content/uploads/2019/01/shutterstock_1158955195-el547234977331.jpg - person cutting grass with scissors and ruler - Accessed June 11, 2022

Rubics-cube.jpg - <https://qph.cf2.quoracdn.net/main-qimg-cb304a6440e8e72e9686c55538735f82-webp>
Big rubics cube - Accessed July 1, 2022

Rockstack.jpg - https://lizawacketherapy.com/wp-content/uploads/2020/03/Changing_Perfectionistic_Thinking-1024x682.jpg - stack of rocks - Accessed Jul 2, 2022

Body

Chicken-alfredo.jpeg - <https://bellyfull.net/wp-content/uploads/2021/02/Chicken-Alfredo-blog-3.jpg> - a bowl of chicken alfredo - Accessed June 11, 2022

Woodworking.jpeg - https://ct.counseling.org/wp-content/uploads/2015/10/Depositphotos_28803213_1-2015.jpg - someone working with wood - Accessed June 11, 2022

Palm-tree - https://evermotion.org/files/model_images/AM201_009.jpg - a palm tree on the beach - Accessed June 11, 2022

Recliner.jpeg - <https://creativeclassics.com/wp-content/uploads/2017/02/MKTElliot-5-Rec-45-Back-DONE-1.jpg> - a recliner facing away - Accessed June 11, 2022

Sunrise.jpeg - <https://www.surfertoday.com/images/jamp/page/sunrisesunsettime.jpg> - a sunrise over the ocean - Accessed June 11, 2022

Spirit

black-hole.jpeg - https://cdn.pixabay.com/photo/2021/08/10/05/49/black-hole-6535072_1280.jpg - a cool picture of a black hole from space - Accessed June 12, 2022

Golden-gate-bridge.jpeg - https://www.history.com/image/ar_43%2Cc_fill%2Ccs_srgb%2Cfl_progressive%2Cq_auto:good%2Cw_1200/MTY1MTc3MjE0MzExMDgxNTO1/topic-golden-gate-bridge-gettyimages-177770941.jpg - the golden gate bridge - Accessed June 12, 2022

Lock.jpeg - <https://thekingsbay.com/wp-content/uploads/2018/11/c229fc11812a5c06b84b50440603b8e9.jpg> - a giant lock - Accessed June 12, 2022

Awkward-duck.jpeg - https://toughlittlebirds.files.wordpress.com/2013/01/awkd_mallard.jpg - a duck turning its neck in an awkward position - Accessed June 12, 2022

Dog.jpeg - <https://d.newsweek.com/en/full/1979380/dog-running-through-autumn-leaves.jpg> - a dog running though leaves - Accessed June 12, 2022