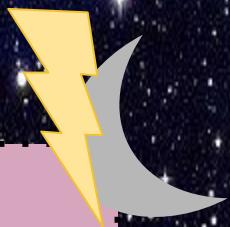


Mind, Body, and Spirit Collage

Danea Griffin

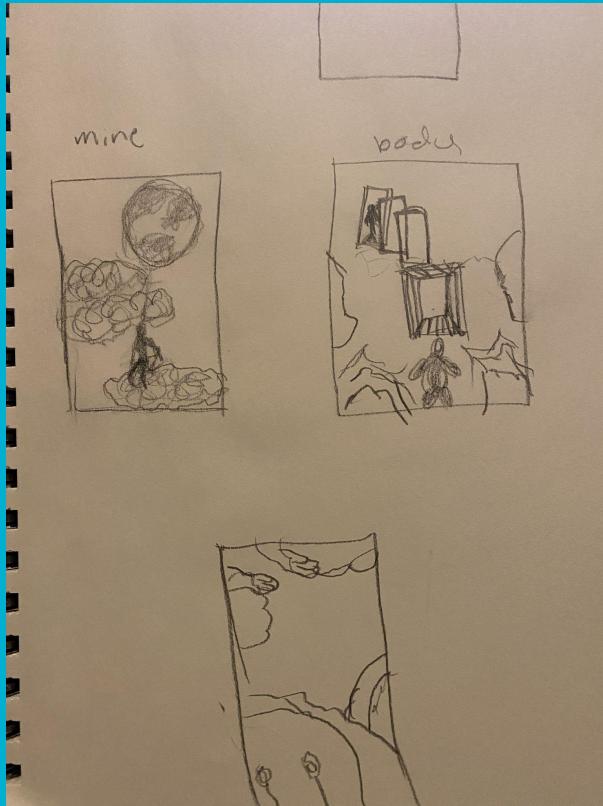
Fall 2021

Art2602C Intro to Digital Practice



Research Section

Brainstorming Mind, Body & Soul



Describing mine, body, soul

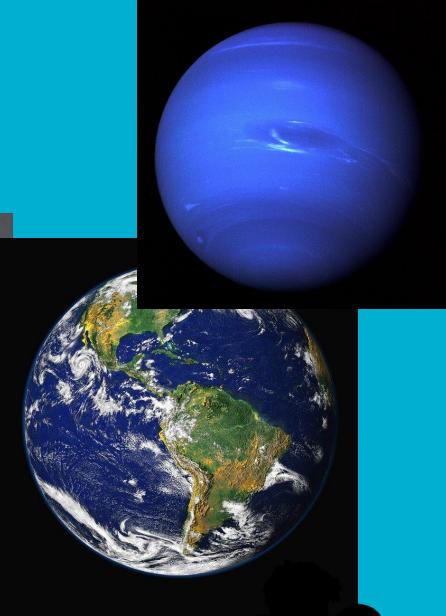
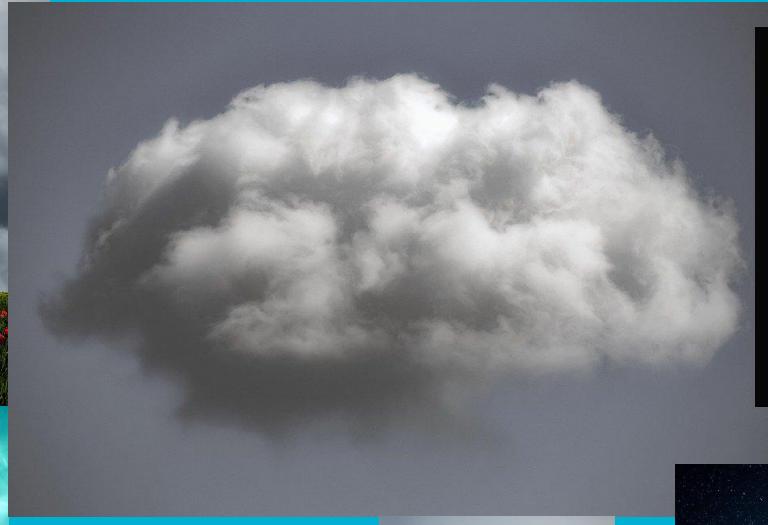
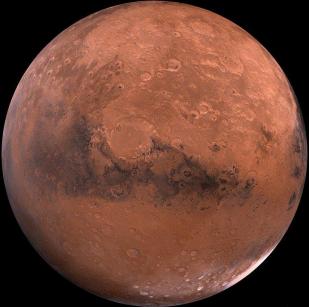
<u>Mine</u> full of questions Always thinking Over-thinker Distracted my own world Love	<u>body</u> doesn't feel like my body mirror hated red anger Nontouchable Brown Large
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Soul Spirit
Christian = light, cross
Lost sometimes =
Sad
hopeful = flower
scared

Mind Explanations

For my Mind collage, I wanted to do something that explains my train of thought on the daily. I was diagnosed with severe anxiety and depression at a very young age and how I coped with that when I was younger was escaping into my mind when I was lonely or scared. I still do it a lot of the time, which doesn't work well with my ADHD when I'm in class or needing to pay attention to something important. That's why I choose a girl who was turning her head away from what seems to be normal things like the city or the couple falling in love, because in a way I'm always distracted with crazy things in my mind (a form of maladaptive daydreaming) and it's really fun when I'm in my head but it can also get me in a lot of trouble.

Mind Pictures & Inspo



Body Explanation

The Body collage was one that is the most basic in my eyes. It's about my fight with wanting to look like a different person. I've always been on the chubbier side sense I could remember so i was told that I wasn't pretty or whatever, it's not as painful now because I know im pretty awesome on the inside, but I still struggle heavily with my physical image. The woman at the top of the signifies beauty and the woman at the bottom signifies longing for beauty. At the sides of the mirror are faces that are symbols of balance, how both Beauty and Longing have their ups and downs. At the top of the mirrors are a dry broken land at the bottom is a fruitful green land, they are meant to mirror each other.



Body pictures & Inspo



Spirit Explanation

I think the Spirit collage might be my favorite. My thought process during the artwork was to illustrate my struggles with wanting to continue in my walk with Christ but feeling the Uncertainty (Stairs), Hope (Flowers on broken ground) and mix of emotions (water). I've been a Christian since I could remember and never really took it as serious as I am now. It's not easy, and Sometimes i'm angry, sometimes i'm happy, sometimes i'm afraid and most of the time I just want to know i'll be okay at the end of the day. But my spirit collage shows the journey i'm currently on and my journey i've been on since I could remember. The hands represents my comfort in my faith and God. And the hummingbirds represents my yearning to continue my journey.

Spirit pictures & Inspo



Procedural Section

Mind Process



Body Process



Spirit Process



Finish Products



Mind



Body



Spirit

MIND



BODY



SPIRIT



Artist Statement

For my Project, I was supposed to create three pictures that used outside images from online to create a self portrait of the mind, body, and spirit. The pictures used were images that had the usage rights of the creative commons or free use for others.

In the beginning, I had a problem with expressing myself for two reasons for one, knowing that I wouldn't be able to find any picture from just googling without checking if its fair use or not was excruciating. The second thing was I had a very hard time expressing who I was in word form when I was writing and sketching my thoughts of who I was mind wise, body wise and spirit wise. I'm still learning who I am and it was very hard for me to put it in image form. After I sat down and actually drew out everything and decided that even if I didn't like it I would keep with the design because I didn't have time to keep changing it, It came out actually nice and I grew to love what I was seeing.

At the end of the journey of discovering, It was actually created fun artworks.. I love how everything turned out and the colors that were used were really nice. It took a lot of brain power not to remake the entire thing in the beginning of the project but overall I think I did well with finding pictures that matched what I wanted in my head.

Project Reflection

The project was very interesting, I have never really done collages before and I don't really do a lot of artwork in photoshop but I think now that I know more about photoshop I will try to learn more about the software. I've never liked photoshop because of how intricate it is, and I still kind of don't really like it... but won't mind doing more projects in the software.

One of the hardest things about this project I think was figuring out how to put my thoughts into photo form using outside sources. Im decent when it comes to drawing from out of thin air but remixing is pretty or was pretty difficult for me. I think over time as I worked with one image to another, I got better at it but it was still very difficult for me in a way.

I have a difficult time explaining myself, so me having to do a self portrait was a interesting task. Starting out with this project I didn't quite understand how to put me, myself and I on a giant screen and use metaphors to make it into an image. It was fun though and I hope to get better at describing things without really using words.

Mind Links

- <https://pixabay.com/vectors/crescent-female-girl-human-lunar-2023231/>
- <https://www.flickr.com/photos/worshipbackgrounds/22954978225>
- <https://pixabay.com/photos/cloud-sky-atmosphere-gray-sky-5694354/>
- <https://pixabay.com/photos/tree-poppy-field-clouds-cloudy-sky-838666/>
- <https://pixabay.com/photos/earth-globe-planet-world-space-11015/>
- <https://pixabay.com/photos/isolated-woman-model-young-female-1181845/>
- <https://pixabay.com/photos/chair-balloon-celebration-party-731171/>
- <https://pixabay.com/illustrations/spaceship-spacescraft-alien-4828098/>
- <https://pixabay.com/illustrations/banner-header-universe-stars-space-1176676/>
- <https://pixabay.com/vectors/boyfriend-couple-female-girlfriend-2029794/#comments>
- <https://pixabay.com/photos/mars-red-planet-planet-space-11012/>
- <https://pixabay.com/photos/neptune-planet-solar-system-67537/>
- <https://pixabay.com/photos/dubai-tower-arab-khalifa-burj-1420494/#comments>

Body links

<https://pixabay.com/illustrations/mirror-reflection-mirror-reflection-983427/>

<https://www.maxpixel.net/Thick-Woman-Attractive-Attractive-Woman-Woman-Lady-104113>,

<https://www.maxpixel.net/Red-Rose-Blossom-Love-Nature-Flower-Romantic-4866491>

<https://www.maxpixel.net/Striped-Core-Butterfly-Animal-Butterfly-Insect-354528>,

<https://pixabay.com/photos/wilted-roses-old-roses-dried-roses-4991561/>

<https://www.maxpixel.net/Teardrop-Liquid-Rain-Tear-Water-Drop-Droplets-19584>,

<https://pixabay.com/photos/desert-drought-dehydrated-arid-279862/>.

<https://pixabay.com/photos/hill-grass-grasslands-green-rural-6557956/>,

<https://pixabay.com/photos/lightning-energy-thunder-discharge-2222412/>

Spirit links

<https://pixabay.com/photos/space-nasa-purple-2901400/>

<https://pixabay.com/photos/clouds-cumulus-sky-nature-2329680/>,

<https://pixabay.com/photos/stairway-staircase-stairs-success-828883/>

<https://pixabay.com/photos/hands-open-candle-candlelight-1926414/>

<https://pixabay.com/photos/flower-life-yellow-flower-crack-887443/>

<https://pixabay.com/photos/sea-fog-ocean-waves-ocean-waves-1850228/>

<https://pixabay.com/photos/eyes-cat-halloween-black-luck-bad-218185/>

<https://pixabay.com/photos/moon-sky-night-moonlight-full-moon-6365467/>

<https://pixabay.com/photos/hummingbird-bird-flight-avian-1854225/>