# MBS Processbook Version 1

## Project Description

This project is an abstract, self-portrait collage using found digital images to reflect how we see ourselves as a mind, body, and spirit.

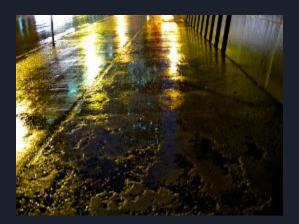
## Mind

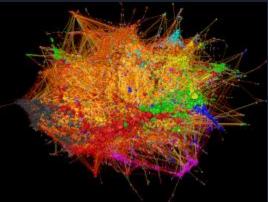
Mind, to me, is a balancing act of internal influences. Sometimes it's best to let go and ride something out, but I always get back to stability through the more concrete and reality based influences.





These images represent different influences at their most potent states, whether that be after effects or initial response.







## Body





I didn't care much about my body until recently, but being 6'5" makes it hard to ignore. Aside from long-term health implications, being tall is only slightly annoying. The pictures represent parts of my body and how I think of them.







# Spirit

Spirit is my temperament and ideals. Understanding my spirit helps to identify what I can utilize to make a better tomorrow.











#### Mind Image Attribution

music.png <a href="http://sixdegrees.hu/last.fm/download.html">http://sixdegrees.hu/last.fm/download.html</a> accessed 6/12/22

desire.png <a href="https://www.creativity103.com/collections/Fractal/slides/fractals-070414-2bw.html">https://www.creativity103.com/collections/Fractal/slides/fractals-070414-2bw.html</a> accessed 6/12/22

anxiety.png <a href="https://pxhere.com/en/photo/345349">https://pxhere.com/en/photo/345349</a> accessed 6/12/22

effect.png <a href="https://www.flickr.com/photos/intoxicatingflutter/5188963102/in/photostream/">https://www.flickr.com/photos/intoxicatingflutter/5188963102/in/photostream/</a> accessed 6/12/22

movement.png <a href="https://www.flickr.com/photos/omegaman/3383541059/in/photostream/">https://www.flickr.com/photos/omegaman/3383541059/in/photostream/</a> accessed 6/12/22

## **Body Image Attribution**

down.png <a href="https://www.pinterest.com.mx/pin/161425967879938758/">https://www.pinterest.com.mx/pin/161425967879938758/</a> accessed 6/12/22

chest.png <a href="https://www.pinterest.com/pin/99853316708308724/">https://www.pinterest.com/pin/99853316708308724/</a> accessed 6/12/22

hair.png <a href="https://www.flickr.com/photos/doctorow/14452760238">https://www.flickr.com/photos/doctorow/14452760238</a> accessed 6/12/22

limbs.png <a href="https://www.flickr.com/photos/bluflowr/360650132/">https://www.flickr.com/photos/bluflowr/360650132/</a> accessed 6/12/22

thin.jpg <a href="https://flickr.com/photos/global-jet/2305778136">https://flickr.com/photos/global-jet/2305778136</a> accessed 6/12/22

## Spirit Image Attribution

dionysus.png <a href="https://www.deviantart.com/rakloray/art/Dionysus-407411113">https://www.deviantart.com/rakloray/art/Dionysus-407411113</a> accessed 6/12/22

equitable.png <a href="https://atlanta.curbed.com/2018/8/21/17764094/downtown-equitable-sign-icon-georgias-own">https://atlanta.curbed.com/2018/8/21/17764094/downtown-equitable-sign-icon-georgias-own</a> accessed 6/13/22

steady.png <a href="https://pxhere.com/en/photo/639033">https://pxhere.com/en/photo/639033</a> accessed 6/12/22

wrath.png <a href="https://www.newgrounds.com/art/view/eyeofsoll/wrath-of-soll">https://www.newgrounds.com/art/view/eyeofsoll/wrath-of-soll</a> accessed 6/13/22

construct.png <a href="https://socks-studio.com/2016/10/24/reinventing-suburban-reality-constructed-by-pawel-nolbert/">https://socks-studio.com/2016/10/24/reinventing-suburban-reality-constructed-by-pawel-nolbert/</a> accessed 6/13/22