

Mind, Body, Spirit

Process Book

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Spring 2022
ART2602C Intro to Digital Media

About the Project

The mind, body, and spirit project is a series of three collages meant to represent each of those three aspects of ourselves. Who we are mentally, physically, and spiritually/emotionally represented by images of our choice- used with meaning and consideration. The project will be put together in Adobe Photoshop. This process book is meant to accompany it, and show progress.

Word Association/Word List

Who am I Intellectually?

- Pessimistic (glass half empty kind of person)
- Anxious
- Easily distracted
- Over-thinker
- Easily fixated
- Spaced out
- exhausted (?)

Who am I Physically?

- Hazel eyes (? greens and browns..)
- Bruised easily (can't help that, but could be incorporated)
- Low Energy (dead battery, other low energy things could be used)
- Indoorsy
- Always cold (cold imagery)
- Silent
- Unassuming (like a shadow)

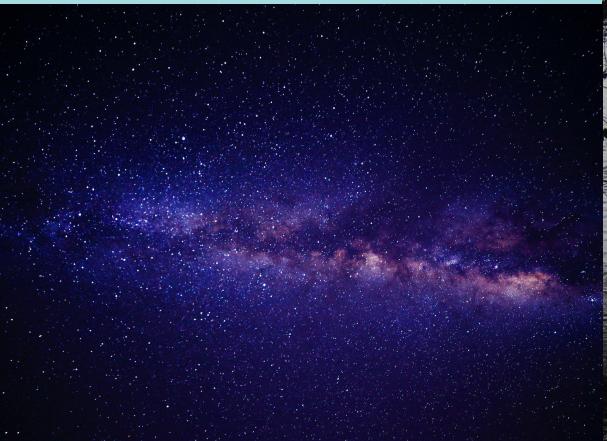
Who am I Emotionally?

- Hopeful (somewhat)
- Artistic (in my own way)
- Supportive (I try to be)
- Dragon for birth year zodiac
- Cancer for month/birthday zodiac
- Feeling lost (fog? maze?)
- Dependent on Others
- I have a connection to caracals because I use one to hide myself when I post art online

Mind

I chose the images I did for mind to represent how I am mentally. I am not a very confident or positive person, so the use of the puddle in the rain was for my pessimist attitude. I also have a bad habit of spacing out and daydreaming, so I used an image of space above a bed. The bed lends itself to the idea of spacing out, but it also is there to show my exhaustion. The dead tree sprouting from the bed is supposed to relate to my negative outlooks and feeling kind of stuck in place. The rabbits running across the collage are being used to represent my anxiety, and racing thoughts.

Images used for Mind



Images used for Mind cont.



Version 1: Mind

I am using purples, whites, grays, and black for my colors. I am using the purple to attempt to give it a dreamy feeling.



Version 2: Mind

The rabbits were added, because they are nervous animals. Using them alongside the moon gives the dreamy feel that I was going for as well. I made the water at the bottom more purple hued to blend better.



Body

For body I want to take more literal aspects of myself and try to change their meaning the best I can. I might use ice imagery or cold colors because I am always cold. I may incorporate shadows because I feel I don't tend to stand out. I might make use of a still space within a home because I am somewhat of a homebody. I want the body image to feel low energy, because that is how I am physically. It may not be the most exciting, but that's me. The flowers are used to show how I bruise easily, they have damaged petals. The falling petals also visualize my exhaustion, "falling apart".

Images Used for Body



Version 1: Body

Red and blue is striking, could relate to the body system (reds and blues of veins and arteries).
Injured flowers. Bird on a wire.
Powerline in the background.



Version 2: Body

More birds added to the background. Used to show physical separation.



Spirit

I think spirit may be the most energetic of the bunch, potentially. I feel like I am a more creative person than I am a physical person anyways. I would like to represent myself in ways that I normally would when I share things I am passionate about, like my art. I am not religious but I do have ideas of how I should be that are important to me. I also want to show the weaker parts of myself. I tend to feel lost with what I am supposed to do with myself, so being lost in a fog spiritually might be something I use for this collage. The butterflies are meant to represent my fragility. The lamp posts are for my dependency on others, to be guided through my feelings. The overgrown vines are meant to show my attachments.

Images Used for Spirit



Version 1: Spirit

Oranges and greens to feel warmer than the others. Also gives off a faded feel, or rusty.



Version 2: Spirit

Added vines in the background for extra meaning and texture. Added more posts to lead the eye.



Final Project

Project cut and hung for display.
Hung using linen tape.



Reflection

For the technical side of a reflection, this project was a nice refresher of Photoshop for me. I learned more tricks and shortcuts for making photo editing easier.

Aside from that, doing this project put in perspective for me how to represent myself in a more..abstract way. Using images in a way that can imply things to you, but may be interpreted differently to others.

Image Links

<https://flic.kr/p/X7yzHw> (image of a caracal looking back)

<https://flic.kr/p/R2sdAf> (rain/puddle)

<https://flic.kr/p/2msY1GP> (space)

<https://flic.kr/p/2a5Liuy> (bed)

<https://flic.kr/p/6pkg5W> (tree)

<https://flic.kr/p/dMTqNo> (books)

<https://flic.kr/p/UC6L7Z> (fog, pink with trees)

<https://flic.kr/p/Ykaehc> (ice)

<https://flic.kr/p/26UUw8X> (bruised roses)

<https://flic.kr/p/eyfwuj> (bird on a wire)

<https://flic.kr/p/2kevYUs> (powerline)

<https://flic.kr/p/FpaqJ> (blue flower)

<https://flic.kr/p/7FBota> (red petals)

<https://flic.kr/p/MPEenk> (flock)

<https://flic.kr/p/JPurw> (rabbit run 1)

<https://flic.kr/p/JPunE> (rabbit run 2)

<https://flic.kr/p/JPu6s> (rabbit run 3)

<https://flic.kr/p/9wWRSM> (moon)

<https://flic.kr/p/F7VcRs> (vines)

<https://flic.kr/p/LKE5X> (succulent)

<https://flic.kr/p/2ixtGAh> (butterfly)

<https://flic.kr/p/2imJRpl> (street lamp)