

# MIND, BODY, SPIRIT

# PROCESS BOOK

Jordan Tecumseh

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ART2602C Intro to Digital Media

# **What this project is about**

This project is a three part collage called a triptych. Each collage has its own theme of *mind*, *body*, and *spirit*. We are using photoshop to culminate photos of unique symbolism to showcase who we are through these collages. These collages are self-portraits of our intellect, our physical being, and our emotions and motivations.

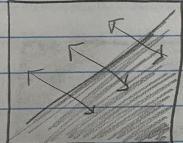
This is a process book to showcase the details and steps that were taken through this journey of self exposure.

# Brainstorming for mind

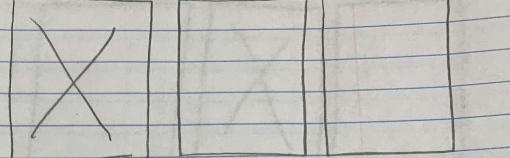
## Mind:

- logical  
- emotional  
- happy  
- positive  
- Sarcastic

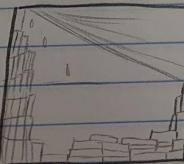
- punny  
- creative  
- analytical  
- friendly  
- adventurous



contrast : Black & white  
Balance



- logical : common sense > pics > books, signs
- emotional : cry, scream, laugh > pics > storm
- happy : Sunshine > pics > sun
- positive: ↗
- sarcastic : mean, funny, joking > pics > ...
- punny: ↗ pics > quote jokes (Dad jokes)
- creative : artistic, imaginative > pics > art, nature
- friendly : nice, kind > pics > friends
- adventurous : nature, adventure, hike, Kayak > pics > nature



# Brainstorming for body

## Body:

- small
- tall
- Hazel eyed
- Native American
- Robot
- Natural



◦ Small: little, thin, bony

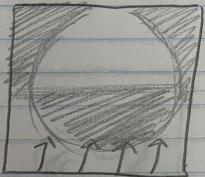
◦ tall: 5'8, long, tree

◦ Hazel eyed: Hazel, green, brown, eyes

◦ Native American: long brown hair, feathers, beads, nature, music

◦ Robot: Angels, stiff, bony

◦ Natural: nature, vines, leaves, trees, rivers, flowers

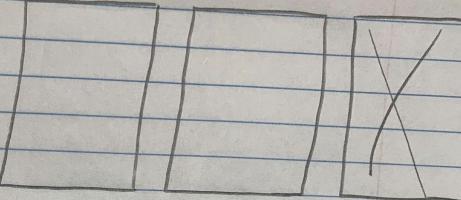


Natural + stiff

# Brainstorming for spirit

## Spirit:

- free
- kind
- gentle
- protective
- nurturing
- stubborn
- religious
- loving
- passionate



◦ free: open, wild

◦ kind: helpful

◦ gentle: soft spoken

◦ protective: family, friends, loved ones

◦ nurturing: caring

◦ stubborn: willful

◦ religious: faithful

◦ loving: powerful

◦ passionate: excited, strong thinking



Inner being

# Mind Words:

❖ EMOTIONAL

❖ CREATIVE

❖ POSITIVE

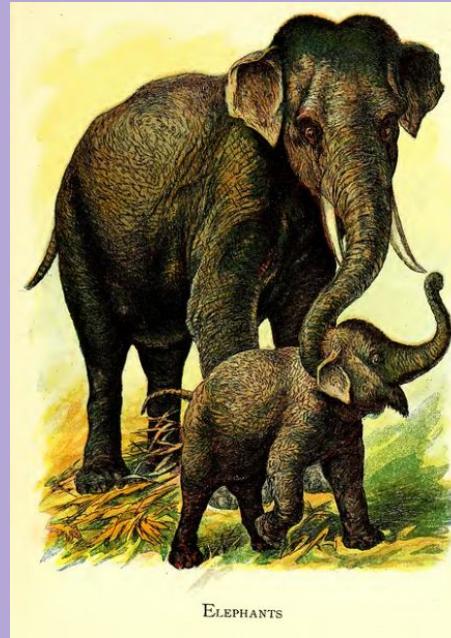
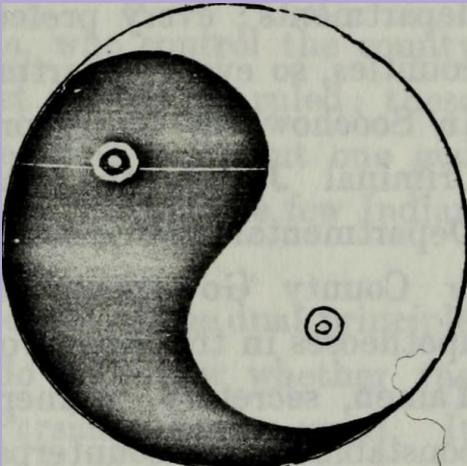
❖ FRIENDLY

❖ LOGICAL

❖ BALANCED

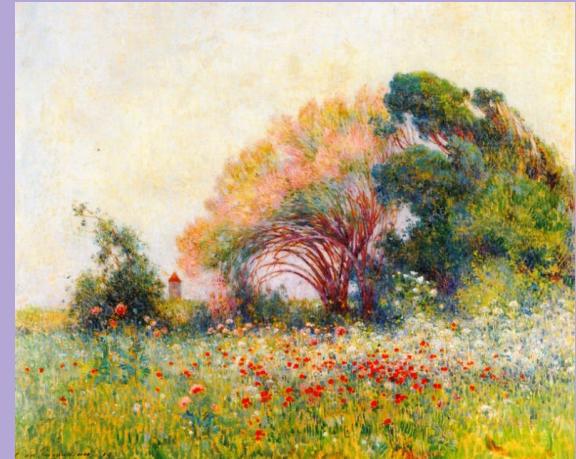


# Mind Pictures:



*It is during our darkest moments that we must focus to see the light.*

ARISTOTLE



# Mind Links:

Meadow of poppies and tree from flickr- <https://flic.kr/p/TgKfYB>

Aristotle quote from flickr- <https://flic.kr/p/231ojbM>

Elephants from flickr- <https://flic.kr/p/28C24Sd>

Theatrical woman from flickr- <https://flic.kr/p/owrDh1>

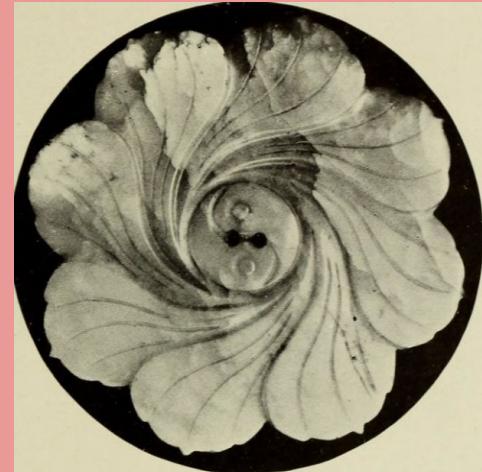
Yin yang from flickr- <https://flic.kr/p/oyaHh6>

I chose these images for the mind part of the project because I felt that they were my own interpretation of the words that I used to describe myself. The words I chose to describe myself were: emotional, creative, positive, friendly, logical, and balanced. For my images I chose the meadow of poppies to represent my creativity. I wanted this to be the base of my collage because I feel as if it the base of how I truly think. To me, a field of poppies is vast and full of wonder. I chose the theatrical woman to represent how emotional I can be. The woman is reflected across the collage and portrays a mirror of mixed emotions that reflect what is on the inside. I chose the quote by Aristotle to represent a form of logic and positivity. Aristotle has long been an example of intelligence and inspiration. I used this quote on the Yin side of the Yin and Yang symbol and positioned the word “light” of this quote on the ray of light in the middle of the collage to emphasize its point. Continuing with the Yin and Yang symbol, I used this image to represent balance. I feel that with all good and bad in the world, there is a balance of both. And thus with the bad, there is always something good waiting around the corner. Finally, I chose the elephants to represent friendly. Along with friendly, elephants are seen as caring and nurturing creatures. They are peaceful, and in my opinion, gentle giants.

# Body Words:

- ❖ Small
- ❖ Native American
- ❖ Tall
- ❖ Natural
- ❖ Hazel Eyed
- ❖ Robot

# Body Pictures:



# Body links:

Bamboo from flickr - <https://flic.kr/p/B876jL>

Hazel Eye from flickr- <https://flic.kr/p/fEbCx>

Little robot from flickr- <https://flic.kr/p/2dh511H>

Chief Tecumseh from flickr- <https://flic.kr/p/2ip6qTG>

Button flower from flickr- <https://flic.kr/p/owLxdk>

I chose these images for the body part of this project because I felt like they were a good representation of how I see myself. The words that I chose to describe my body portion of this collage are: small, tall, hazel eyed, Native American, natural, and robot. For my images I chose the little robot to represent the robotics of my stiff body movement and awesome dance moves. I placed this robot in the pupil of the eye to add focus and contrast to the small of the eye. I chose the bamboo image in the background to represent my tall factor and portray a feeling of towering. I chose the hazel eye not only because it is my eye color but also because it complements the natural look of the bamboo and flower button. I used the flower button to blend into the eye. Finally, I chose the Native American because he is a part of who I am. The image that I chose is actually a portrait of chief Tecumseh of the Shawnee tribe, and my ancestor. I inverted the image and placed it over the entirety of the collage. It adds a fingerprint texture to the project that I love and I feel stamps the collage as uniquely me.

# *Spirit Words:*

❖ FREE

❖ PASSIONATE

❖ PROTECTIVE

❖ LOVING

❖ STUBBORN

❖ LOYAL

# Spirit Images:



# Spirit Links:

Field of Poppies from flickr- <https://flic.kr/p/gKFkC6>

Gold rings from flickr- <https://flic.kr/p/PK5NcE>

White flowers from flickr- <https://flic.kr/p/qsbmDm>

Paper lanterns from flickr- <https://flic.kr/p/2kvgyFd>

Dragon from flickr- <https://flic.kr/p/2h8RTqL>

I chose these images for the spirit part of this project because I felt like they also represented how I feel inside. The words that I chose to describe my spirit portion of this collage are: free, protective, passionate, loving, loyal, and stubborn. For my images I chose the lanterns for freedom. I chose them because lanterns are let free in the world and wonder wherever the wind take them and I feel like that is a nice example of how I feel about life. I chose the dragon image to represent the word protective. I feel very protective of the ones I love and I would always fight to protect them. I feel as though the stories of dragons tell that they are also protective of what they love and choose to cherish. I also wanted this image to represent stubborn, in that I will not back down when it comes to what I love. I chose the field of poppies to represent passionate. The color red represents passion and I used the poppies to showcase that brilliant red. I chose the white flowers to represent loving. These particular flowers mean something to me and are important. They are the flowers that grew all outside my home growing up. My mom took good care of them and they flourished all my life. I used this flower to represent the love I always felt in that home and for all my life. Finally, I chose the rings to represent loyalty and faith. I feel that this image represents loving bonds and a promise to always be on one's side.

# Procedural Process

In this mind, body, spirit collage project I was introduced to photoshop. I had difficulty using the different techniques and functions that this app provided. I am still not clear on how to fully use this app but throughout the process of my collage, I was able to learn a few helpful things. I began each collage by making the shapes in the layer section. I used these guides to frame my collages and worked from there. Throughout this project I used many different tools to make my image tell what i wanted it to.

# Mind Process



I began playing with colors and inverting and decided that this took away too much of the other colors that I wanted.



I went back to the original image of the poppies. Although I liked the green, it still wasn't the right colors that I wanted.



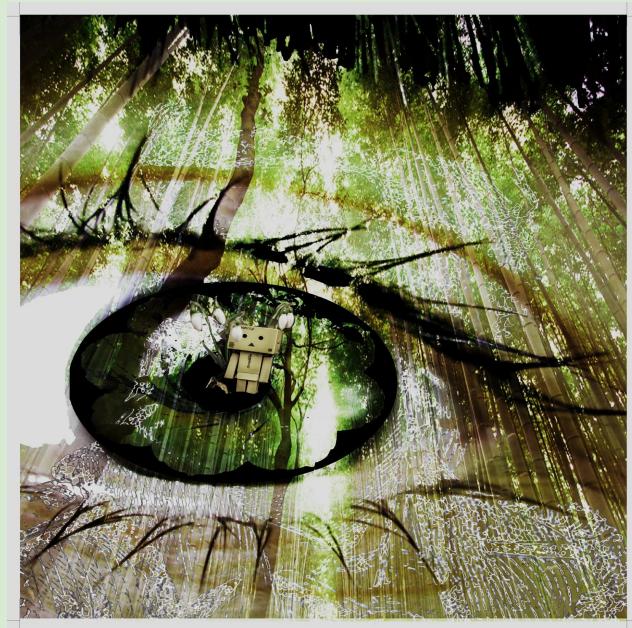
This image had the contrast of colors that I was looking for and created the illusion I was trying to present.

# Body Process

I found the correct balance between images that I wanted but the colors were not right.



I began with overlaying images but I had trouble finding a good balance.



This image created the focus in the natural concept that I was looking for.



I liked the vibrance of this first attempt but it was too bright to see all of the symbolism.

# SPIRIT PROCESS

I liked the balance of color in this second attempt but it felt messy and crowded. Not what I wanted to convey.



This image created the peaceful but colorful vibrance that I was looking to convey. And allowed the objects to work together to create a bigger symbolism.

# Final Projects



# Reflection

This project was very time consuming and photoshop was very difficult for me to use and understand. I am not a computer person and I usually do my art on paper so this project was extra difficult for me. But although I had many challenges in the beginning of this project. The process of making these collages really helped me understand the different tools that are out there to help me and introduced a whole new medium that was available. For my first collage, Mind, I had difficulty choosing a first layer that I wanted as my background. I felt that this image would be the standing stone for the rest of my images and wanted to make it something that could relate with the rest of my images. By the time I got to my last collage, Spirit, I found that there is symbolism to positioning every image. Although this project was hard, I enjoyed creating things in a new medium and am happy to say that I will continue to work on my skills and techniques to make even more projects.