


MIND, BODY, SPIRIT PROCESS BOOK

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ART2602C Intro to Digital Media

Brainstorming

Mind:

- logical
- emotional
- happy
- positive
- sarcastic
- punny
- creative
- analytical
- friendly
- adventurous



*logical: common sense > pics > books, signs

*emotional: cry, screams, laugh > pics > storm

*happy: Sunshine > pics > sun

*positive:


*sarcastic: mean, funny, yelling > pics > ...

*punny: pics > quote jokes (bad jokes)

*creative: artistic, imaginative > pics > art, nature


*friendly: nice, kind > pics > friends

*adventurous: nature, adventure, hike, laugh > pics > nature



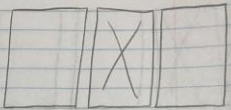
contrast: Black & white

Balance



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

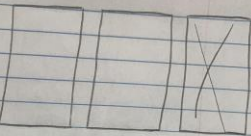
*Natural: nature, vines, leaves, trees, rivers, flowers



Natural + stiff

Spirit:

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



*free: open, wind

*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

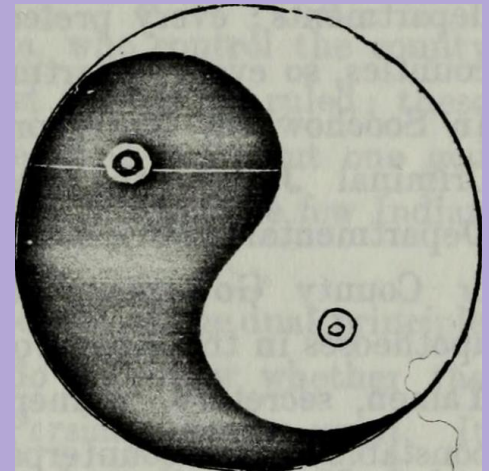
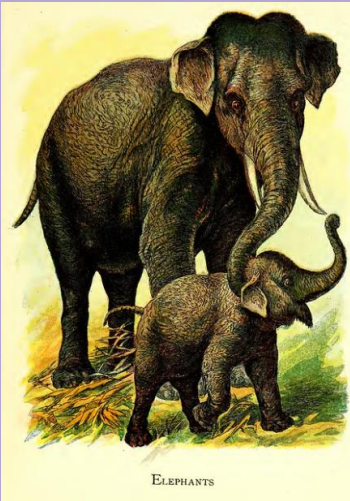
❖ LOGICAL

❖ BALANCED

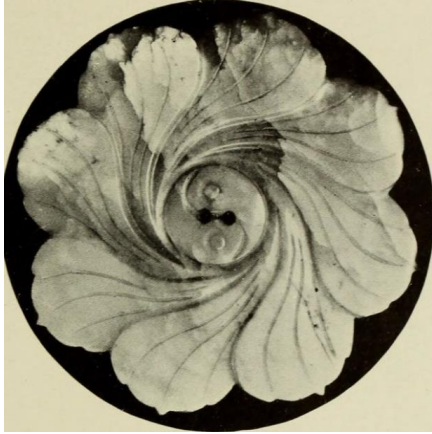
Mind Pictures:

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

ARISTOTLE



Possible: body, spirit



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. 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.