

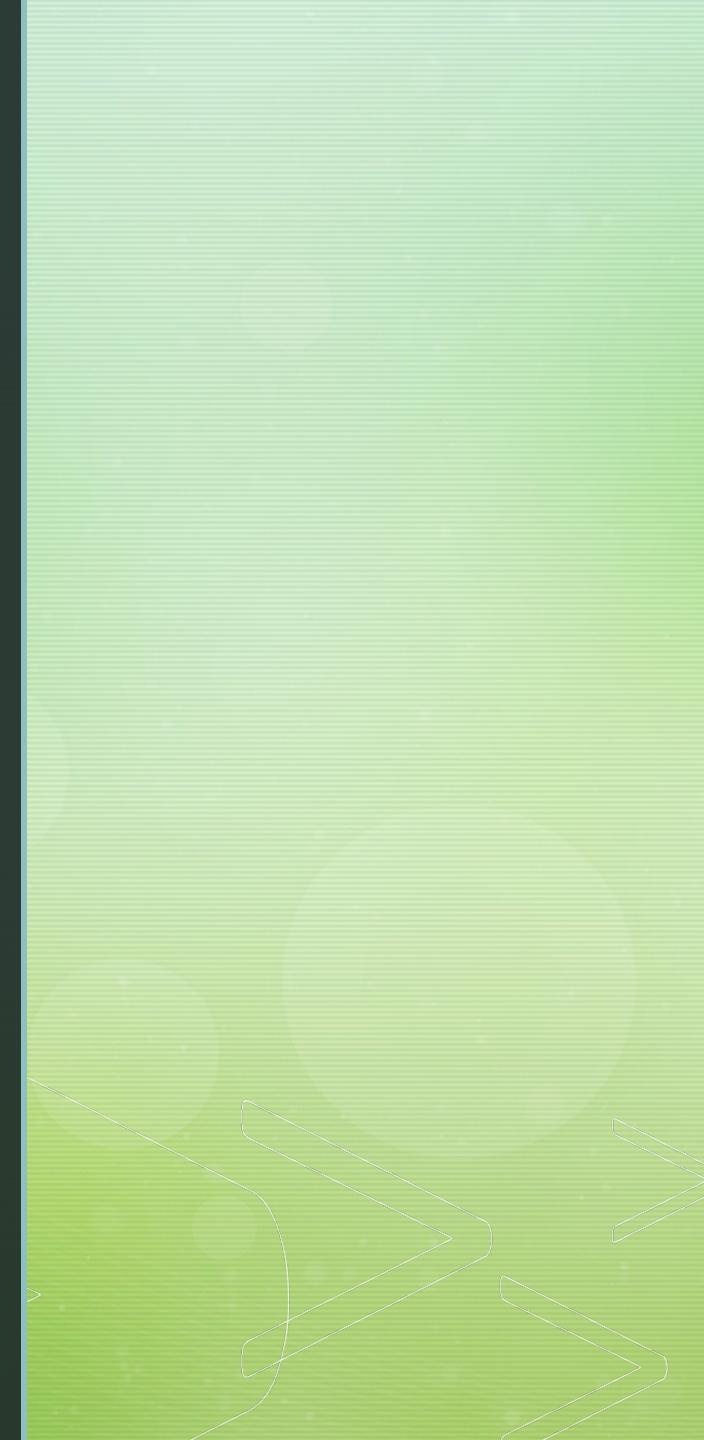


Mark William Arceo

ART2602C

Introduction to Digital Studio Practice

Mind, Body, & Spirit Project



Project Description

The M.B.S. project aims to have students create three individual digital photo collages to create a triptych. The project's theme is self-portraits of how one perceives oneself through their mind, spirit, and body. It is to capture one's personality and dive into the depths of their reality. Students will be using digital editing software such as Adobe Photoshop to create the triptychs and fulfill the prompt.

Research: List

- I first started off the project by making a list for each of the categories.
- Mind and body were somewhat difficult to figure out because I was struggling to describe myself without using simple terms.
- I had to take a short break after getting seven terms for both mind and body. I had to cross out “Unaware,” because I found it hard to find objects that correlate to the term.
- At first, I was a little slow in understanding what the spirit category was asking but solved my problem and quickly found words that fit who I am spiritually/emotionally.

Mind

- Inferior
- Average (Intelligence)
- Hollow
- Slow
- Insecure
- Guarded
- Lost
- Tired (Mentally Exhausted)
- Hesitant
- Organized

Body

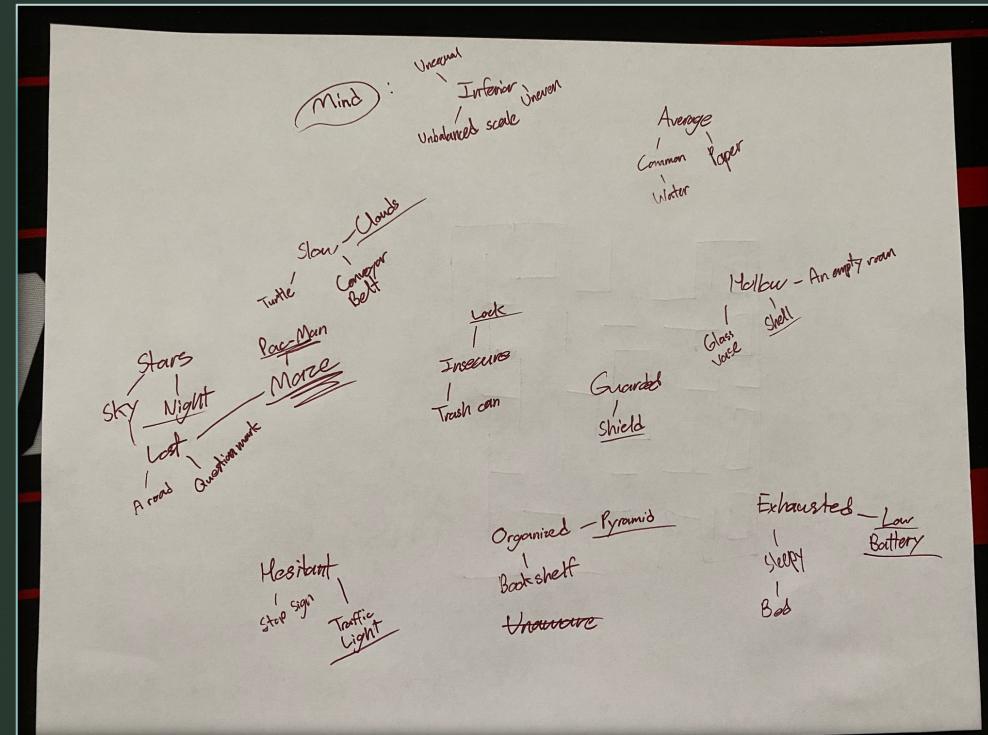
- Fragile
- Skinny
- Average (Height)
- Blind
- Fast
- Tan
- Tired (Physically)
- Asymmetrical
- Oily (Hair & Skin)
- Tolerant

Spirit

- Dark
- Spirit
- Caring
- Unmotivated
- Empathetic
- Patient
- Quiet
- Honest
- Distracted
- Anxious

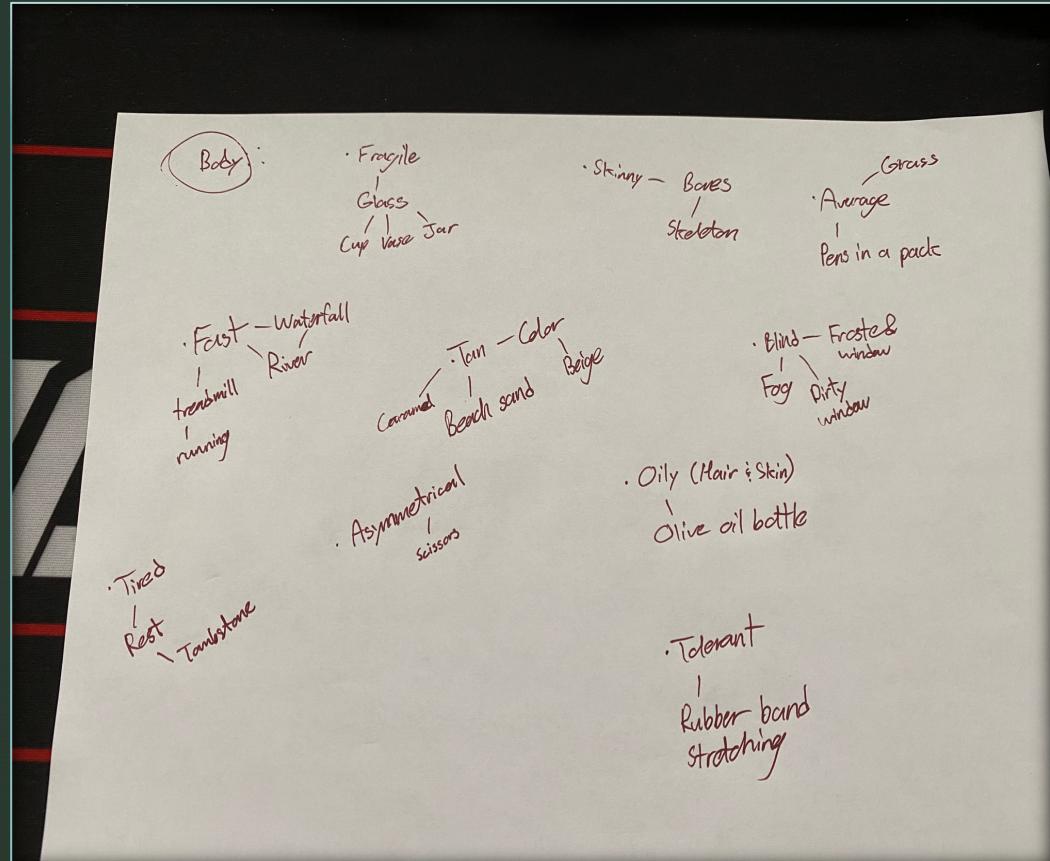
Research: Mind Maps - Mind

- I moved to mind maps for each of the three lists to help find words that came to mind within their respective categories.
- Average was the most difficult out of the four and did not use it in the thumbnail sketch.
- Most of the terms were not as hard in figuring out words that correlated with them.
- My favorite out of the "Mind" list was the Pac-Man maze under "Lost."



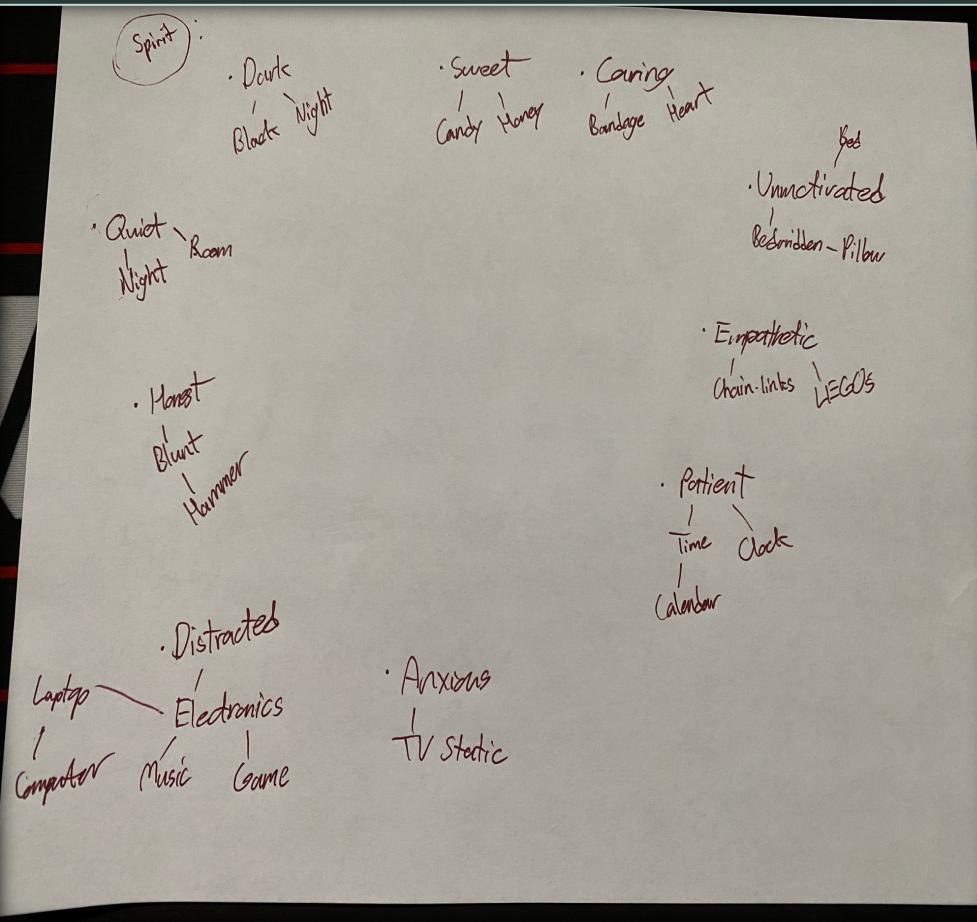
Research: Mind Maps - Body

- For the body category, I found it easy to find terms that were relevant to each word.
- Once again, I struggled with “Average,” and did not use it in the sketch thumbnail for “Body.”



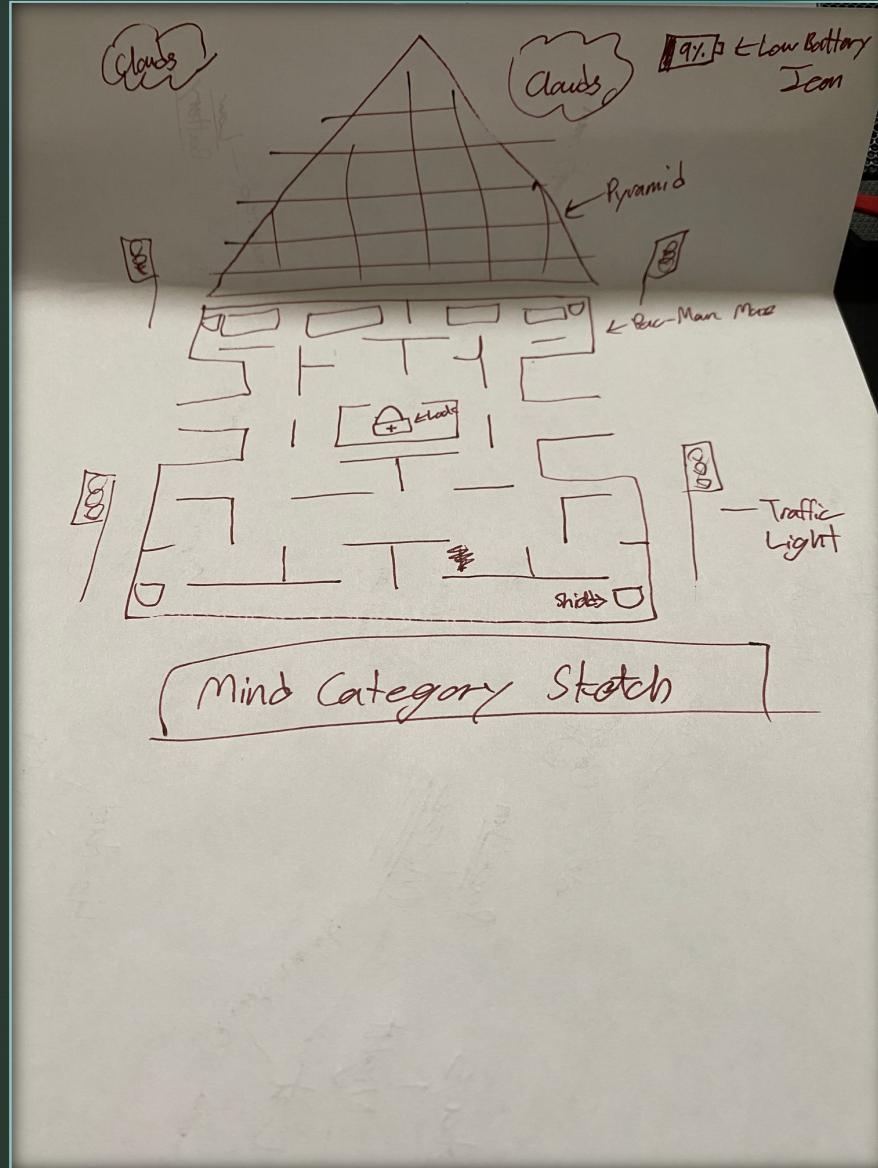
Research: Mind Maps - Spirit

- Spirit was by far the most difficult to figure out because I had picked out terms that described me but had no objects that directly represented each word.
- I struggled with words such as "Honest" and "Unmotivated." I had to leave these two out of the sketch because both did not seem to fit with my vision.
- In the sketch, I forgot to include chain links from "Empathetic," and may or may not include them in the final.



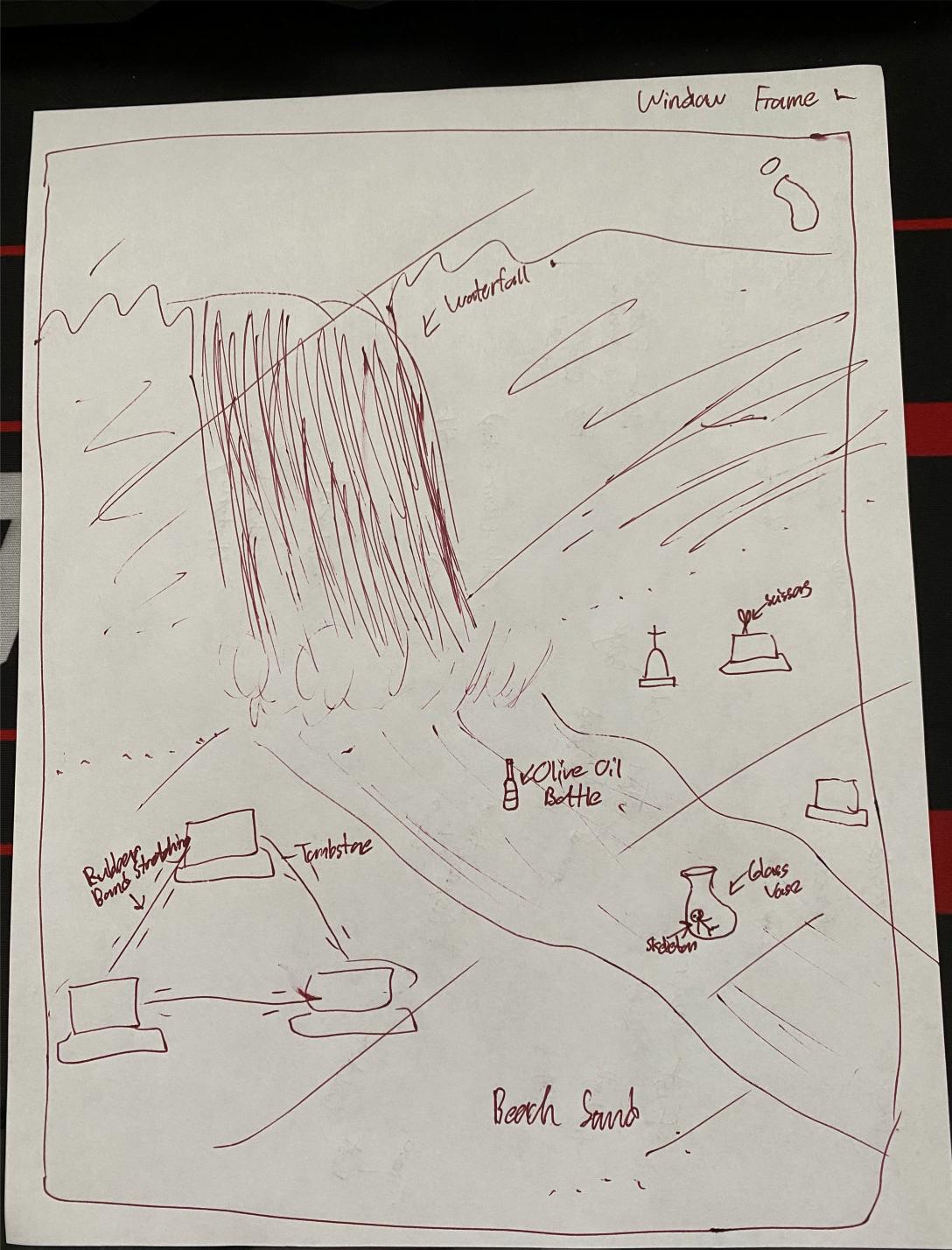
Thumbnail Sketches: Mind

- For each of the sketches, everything came to mind when I looked at the objects that had correlated to each term.
- The “Mind” sketch is my favorite out of the three because I imagined playing Pac-Man in an almost empty maze in an empty desert.
- I see this sketch as an empty maze surrounded by traffic lights with an organized pyramid of information waiting at the end.



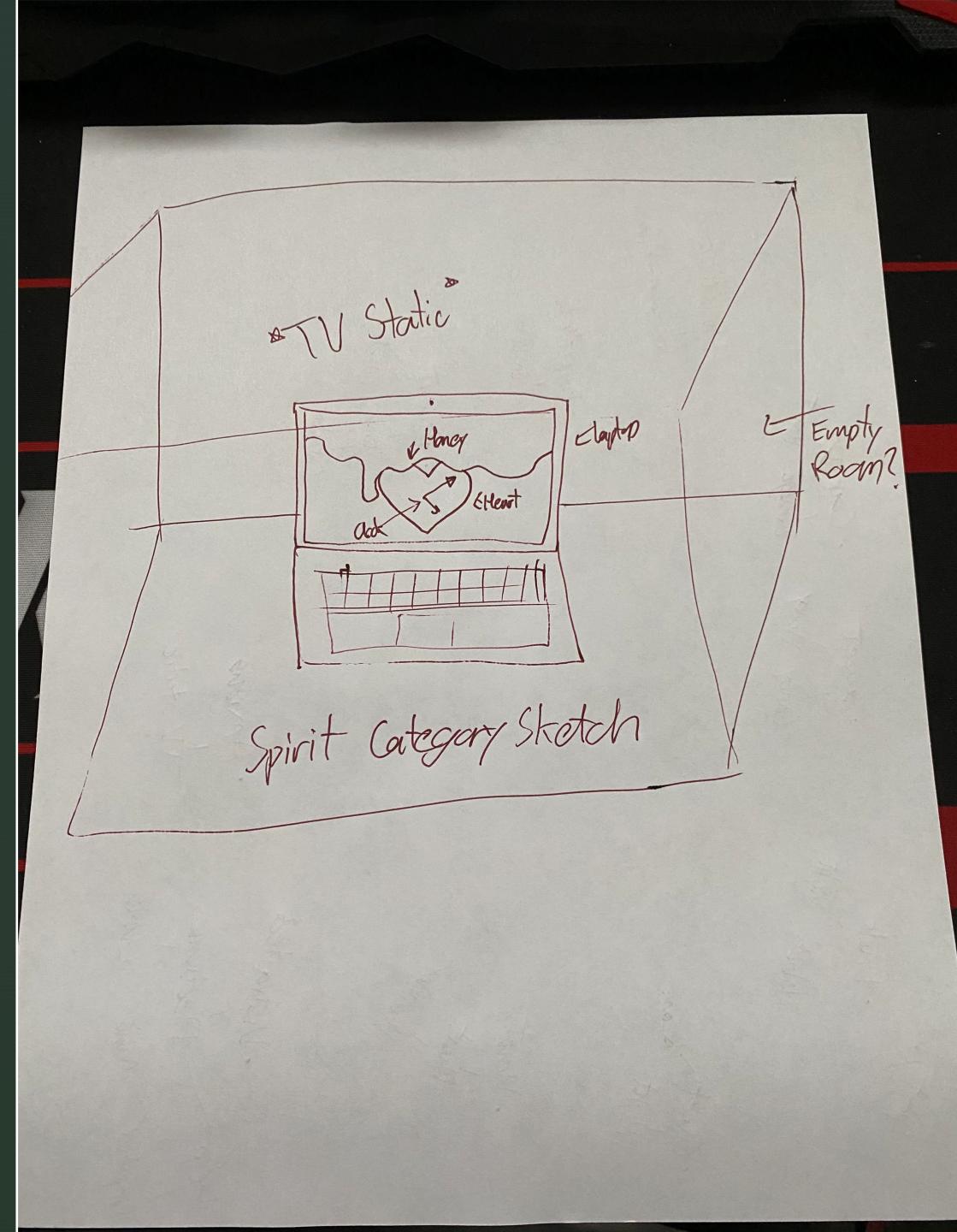
Thumbnail Sketches: Body

- The “Body” sketch was probably the fastest to draw out because I had imagined myself looking out a foggy window to see a huge waterfall and fast river going through a beach full of tombstones.
- My favorite part of the sketch is the foggy window, I know that the fog is not visible, but it will be there in the final product.



Thumbnail Sketches: Spirit

- Although this thumbnail sketch was not as easy to put together, I believe it captures me both spiritually and emotionally.
- The empty room may not be in the final product because I do not really see it fitting in with the other objects in the sketch.



Thumbnails – Mind



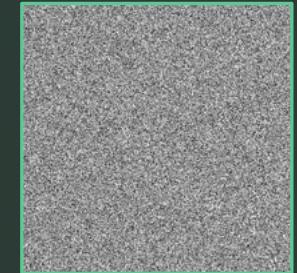
Originally, the idea I had for the “Mind” portion was supposed to resemble a game of Pac-Man, but it did not work out due to copyright issues with the maze. Though everything else turned out pretty much the way I wanted it to, minus some of the parts of the sketch such as the shields and low battery icon. For the whole project, I wanted to make a story that connected each panel of the triptych connects with each other. The viewer is to enter my mind by navigating their way through the maze to the center chest, which holds the secret to entering the pyramid. The maze resembles how much I get lost in my mind, the chest/lock has my insecurities and secrets, and the pyramid represents how organized I am with my thoughts. The starry sky resembles myself being inferior to most things in life, I’m always under something, such as the sky. The traffic lights are my favorite part of this panel because I’m always hesitating when it comes to choices in life, I go, wait, and stop until I decide what I want to do.

Thumbnails - Body



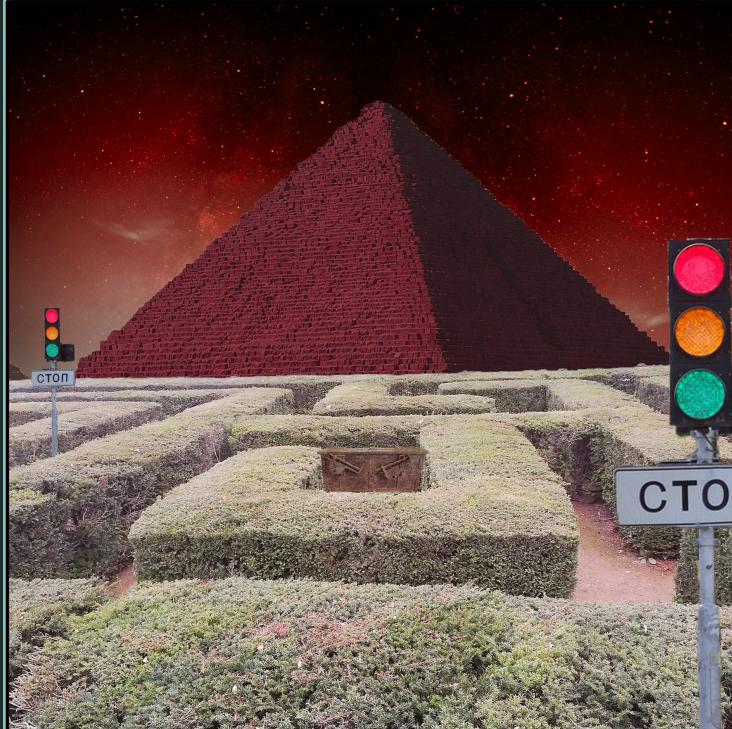
I chose these images for the "Body" panel because it's how I see myself physically. My skin is very oily and like most people, I have a lot of acne breakouts, thus why I chose a bottle of olive oil. My stomach is asymmetrical, and I immediately thought of a pair of scissors because the blades and handles are not even. The river represents how fast I am when it comes to physical tasks. The window frame later turned into a wall of a bridge, which was originally supposed to represent how blind I am and how I need to see through a pair of frames. Most of the time, I am physically tired because I exercise a lot, and always want to lay down and rest. I could have put a bed, but it would not have fit the theme of the panel. The glass vase is how fragile my body is, I am a very skinny person so one can imagine that the smallest amount of force can easily cause damage.

Thumbnail - Spirit



I get distracted often so I chose a laptop because I am usually watching anime/YouTube or online window shopping. The candies represent how sweet I am towards others, sometimes it's genuine, other times it's artificial. The choice of the candy isn't specific, it was just the first thing that came to mind, but I guess one could see it as myself getting old and trying to keep up with the modern times by wrapping myself with new information. I am a very patient person, so the clock was a go-to, it also correlates back the distracting laptop with the amount of time that passes. The heart represents how caring I am towards others, even when it does not seem like it because I am mostly a negative-thinking person. The TV static is the one that I can relate to the most because it takes on the role of my anxiety. I'm a very anxious person and even the smallest of interactions can make me shake.

The Triptych



Update - June 30, 2022

After receiving feedback, I redid my research list to make it easier to view.

I agree that the triptych itself could use a cleaner finish to the final product, but I felt that the panels were beginning to lose their value as I tampered with them, so I left it as it was. Each of the panels for mind, spirit, and body appears chaotic due to my lack of skill but looking back at them now, the chaos fits well because my life has been chaotic for a while.

Artist Statement

The Mind, Body, & Spirit (MBS) Project was to create a triptych by remixing photos from the internet into three separate panels. The photos accurately represent me within the three pieces.

Originally, I had no vision when starting the project, I simply tried my best to follow the instructions to create the triptych. I think that the audience would typically be confused because I would most likely be, when looking at the other works, but will understand the meaning once reading/looking through the process book. Creating this work has been immensely different from my previous projects, though I do not have many, I have never made a collage of how I see and feel about myself. Another thing is I have never made a triptych, which I now realize is quite enjoyable to create. I may feel old, but I am still young, so I do feel that others will relate to some of the objects/photos I've selected.

I genuinely enjoyed creating these pieces and I do believe that making work such as this one is essential to newer digital artists like myself. Collages are simple to make but can be challenging when one must make sure that the sources can be used for work. I had difficulties finding some of the photos and had to remove some ideas from my original sketches but was able to create as I found images that I could work with. As I've stated before, I am still a beginner when it comes to digital media and all the software that comes with it, but overall, the MBS Project makes for good practice.

*Final add-on – there is a good usage of the colors red and green, which wasn't intentional but ended up working out in the end.

Project Reflection

Adobe Photoshop was used to create this project and I have not interacted with the software in over five years. This was by far the most I've ever struggled with in a very long time. Watching and reading how to use the software was somewhat of a refresher but I was still overwhelmed by the amount of information I had to remember, but it takes practice.

I have done a self-portrait in other classes before, but they have all used physical types of media such as graphite or acrylic paint. I thought this self-portrait project was very interesting because I had to find things that relate to me rather than looking at a picture of me or gathering items that are essential to me, so this project made the most sense out of my previous ones.

For the most part, the ideas/concepts of the project came to me as I worked on it. I did struggle with finding usable images, but I adapted and was able to continue. I wish I had documentation of the overall process of the triptych, which I'll learn to do for future projects. As I said before, I think that the MBS Project was very fun and interesting to create, and I highly recommend keeping this for future classes.

Image URLs/Resources

- Mind



Menkaure's pyramid.jpg - https://commons.wikimedia.org/wiki/File:Menkaure%27s_pyramid.jpg - description: Menkaure's Pyramid in Giza. – **Accessed 11 June 2022**

Millenium Maze Hanwell.jpg - https://commons.wikimedia.org/wiki/File:Millenium_Maze_Hanwell.jpg – description: An image of the Millenium Maze in Hanwell taken from the centre of the maze – **Accessed 11 June 2022**

Traffic lights rus.jpg - https://commons.wikimedia.org/wiki/File:Traffic_lights_rus.jpg – description: Traffic signals – **Accessed 11 June 2022**

Arca de hierro - Museo de Valladolid 20140411a.jpg - https://commons.wikimedia.org/wiki/File:Arca_de_hierro_-_Museo_de_Valladolid_20140411a.jpg – description: Arca de hierro – **Accessed 11 June 2022**

Night Sky (115764173).jpeg - https://commons.wikimedia.org/wiki/File:Night_Sky_%282115764173%29.jpeg – description: Night sky view from Mottarone (Italy) – **Accessed 11 June 2022**

- Body

Vase MET DP208404 (cropped).jpg - https://commons.wikimedia.org/wiki/File:Vase_MET_DP208404_%28cropped%29.jpg – description: American; Vase; Glass – **Accessed 11 June 2022**

City view from window frame (Unsplash).jpg - https://commons.wikimedia.org/wiki/File:City_view_from_window_frame_%28Unsplash%29.jpg – description: Paris, France – **Accessed 11 June 2022**

Standard household scissors.jpg - https://commons.wikimedia.org/wiki/File:Standard_household_scissors.jpg – description: standard household scissors – **Accessed 11 June 2022**

Bottle of olive oil.jpg - https://commons.wikimedia.org/wiki/File:Bottle_of_olive_oil.jpg – description: A glass bottle of olive oil – **Accessed 11 June 2022**

Snohomish, WA - former Old Snohomish Museum - tombstone 02.jpg - https://commons.wikimedia.org/wiki/File:Snohomish,_WA_-_former_Old_Snohomish_Museum_-_tombstone_02.jpg – description: Gravestone at the former Old Snohomish Museum, Snohomish, Washington, USA. – **Accessed 11 June 2022**

ossá River and Waterfall 2.jpg - https://commons.wikimedia.org/wiki/File:Fossa_River_and_Waterfall_2.jpg – description: The Fossa River and Waterfall in Iceland – **Accessed 11 June 2022**

- Spirit

Tv-Storm 001.jpg - https://commons.wikimedia.org/wiki/File:Tv-Storm_001.jpg – **Accessed 11 June 2022**

Desk-laptop-notebook-table (23697249344).jpg - https://commons.wikimedia.org/wiki/File:Desk-laptop-notebook-table_%2823697249344%29.jpg – description: desk-laptop-notebook-table - **Accessed 11 June 2022**

Heart-image.png - <https://commons.wikimedia.org/wiki/File:Heart-image.png> – description: Heart images – **Accessed 11 June 2022**

Clock.jpeg - <https://commons.wikimedia.org/wiki/File:Clock.jpeg> – description: Old-style Clock face showing 11:29 – **Accessed 11 June 2022**

Strawberry-Candies.jpg - <https://commons.wikimedia.org/wiki/File:Strawberry-Candies.jpg> – description: Strawberry hard candies – **Accessed 11 June 2022**