

Body, mind, soul

Process Book

Body, Mind, Soul Project

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Spring, 2022

Intro to Digital
Studio Practice
ART2602C

Research

When I began work on this project I spent a lot of time looking through online galleries on flickr. I downloaded anything that I saw that I felt related to how I conceptualize my mind, body, or soul. I like collecting and sorting things, and that was a huge part of the process of this project for me. I would say I saved at least double the amount of images that ended up being in the final designs.

Pretty early on I was drawn to the vintage prints and illustrations I was finding. I really love antiques, and I actually have a small collection vintage prints and papers that were given to me when my local antique shop was closing down. If those hadn't been boxed up at the time I was working on this project I would have loved to scan them and use them. Regardless, I felt these vintage prints were simultaneously a way to reflect my personal interests, as well as an interesting stylistic restraint for the project.

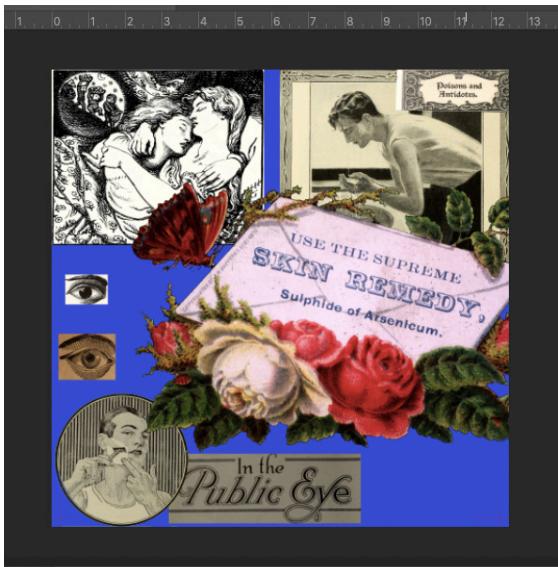
As I would download an image I would immediately open it in photoshop and place it into the project document. Doing this allowed me to get an idea of the size and resolution of the image. A lot of images that I found really compelling got eliminated at this stage, because the files were so small. Whenever this happened I would go back to flickr and try to find a similar image that had a higher resolution.

The great thing about flickr is they allow users to sort images into galleries. So whenever I found an image that had an element I liked, I could see what galleries it was in and look through these related works. I personally didn't have great results with flickr's search engine, so these galleries proved to be incredibly helpful for me. I spent a lot of time at the beginning of this project going from gallery to gallery until I had a sizable collection of images saved.

This continued past the research phase and into the later processes of this project. Sometimes I would feel like a composition was missing something, and none of the images I already had were quite what I felt like I needed, so I'd go back and do more research.

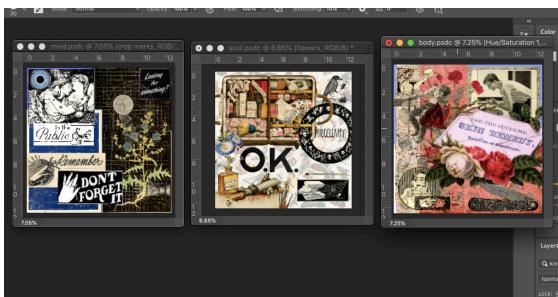
Another type of research I needed to do for this project was researching myself, and how I felt I related to the subjects of these prints. Mind came the easiest to me, because I already spend a lot of time thinking about how I think about things. I'm pretty aware of my how my mind works, even if I'm not always happy with how it works. Body was a little more difficult, but again, I live in my own body and I generally understand what I like and dislike about it. Soul was the hardest for me to conceptualize, and I spent a lot of time thinking about what it meant to me. It was really hard for me to think of my soul as something separate from my mind. I eventually concluded that to me, the soul represented my personality and interests, whereas mind is more about the way I think and process things.

Procedural Section

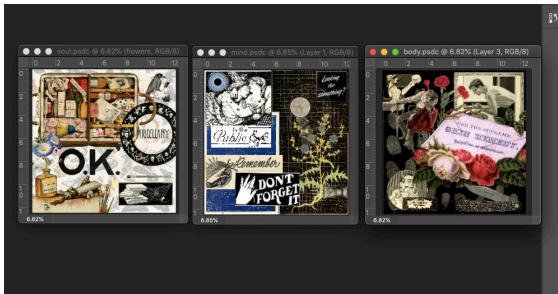


Here you can see an early draft of the Body Panel. This is the panel I started working on first, and it was the last one that I finished. You can see here in the top left that it has has an image that would end up in the Mind panel. I decided pretty soon after this screenshot that it didn't really belong in this panel. The Public Eye image was reloacted at the same time. Otherwise the rest of the images here ended up in the final design, and most of them ended up being in the same space.

The next images I have are from after the Mind and Soul panels are mostly complete. I did both of those mostly in one long sitting. Layering all the images and arranging them felt very intuitaive to me. I would add in an image, find the spot that it worked best on the panel, and then move on to the next image. I tried to arrange my images in trianular compositions, because I felt like that worked best for me within the square composition. No major shakeups or restarts with those two panels.



The body turned out to be the panel that I kept returning to. I was really having a difficult time deciding on the background layer of the design. At one point I had some old book covers that had a marbled texture to them. I had color corrected it to look like skin. Conceptually I liked it, but I didn't feel like it had a good visual contrast with the rest of the elements in the panel. Specifically, it made the finger-prints really difficult to see, and I didn't like that. I didn't want to change the color or placement of those, so I decided to replace the background instead. At one point I had a solid black background, but I felt like that didn't do anything to further the meaning of the panel. Finally I came across a genome chart that I liked on both a visual and meta level.



Project Images - mind

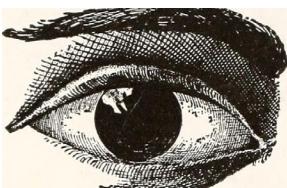
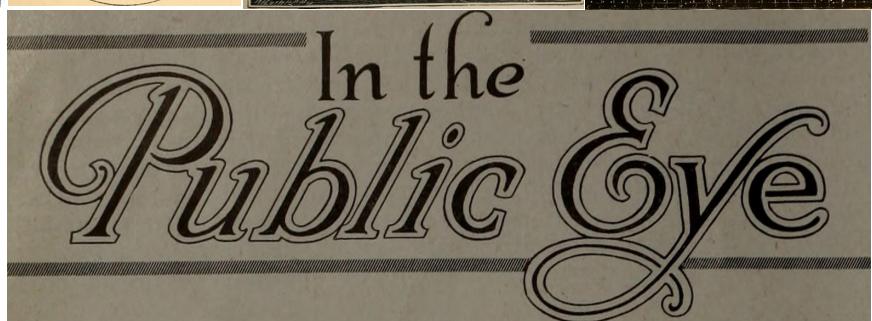
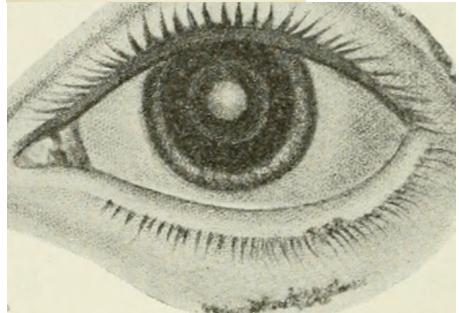
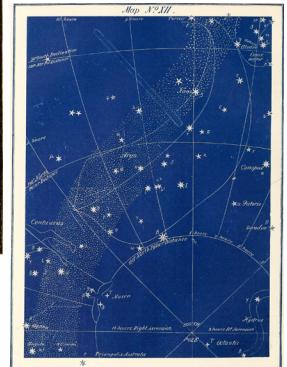
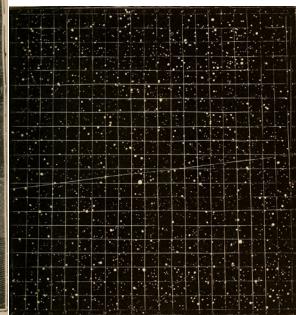
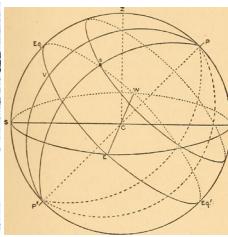
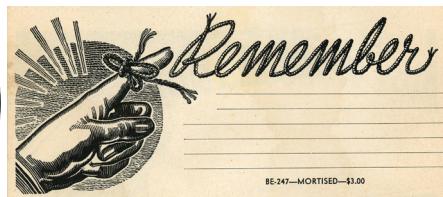
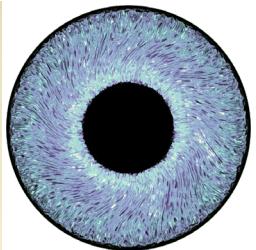
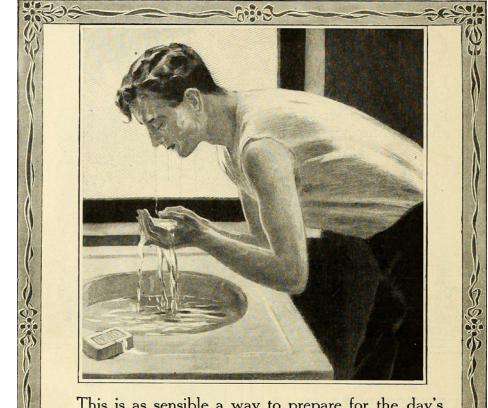
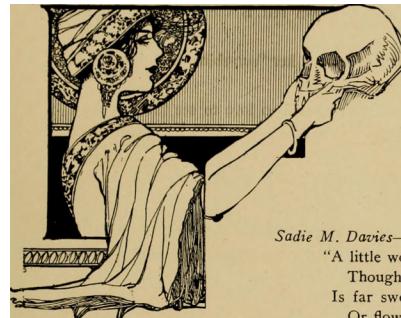
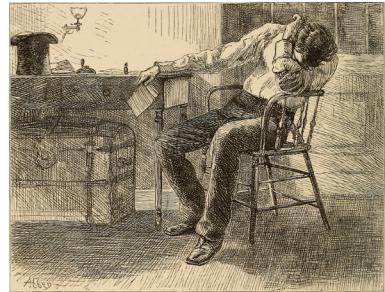
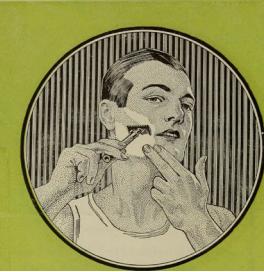
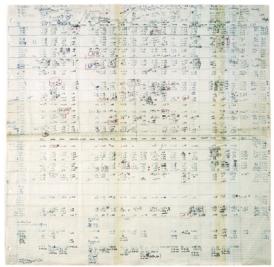
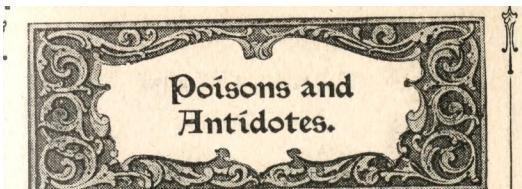


FIG. 40

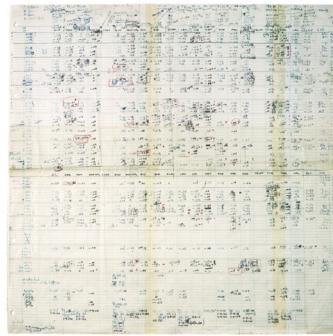
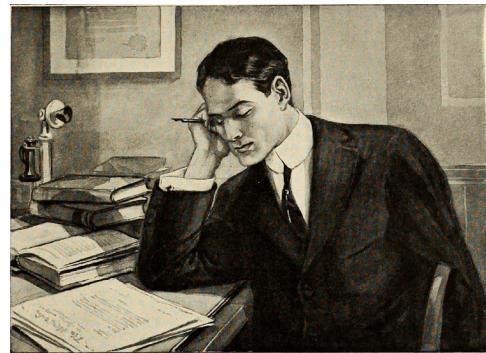
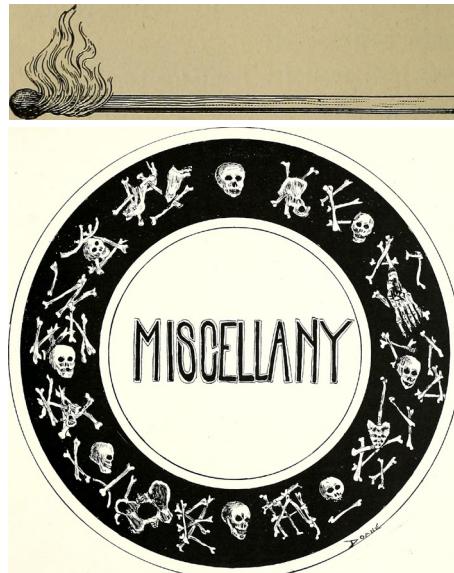
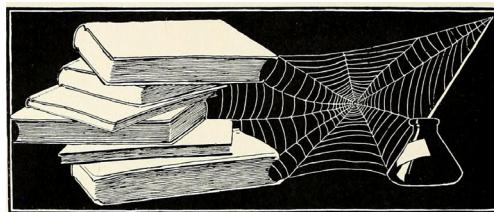
Project Images - Body



This is as sensible a way to prepare for the day's



Project Images - Soul



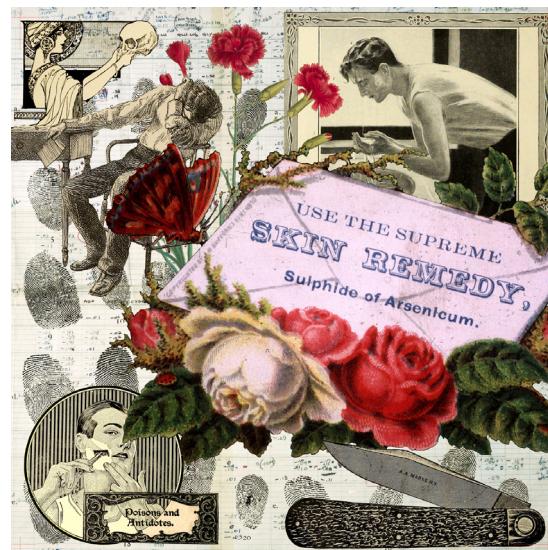
"O.K."

Final Documentation & Artist's Statement

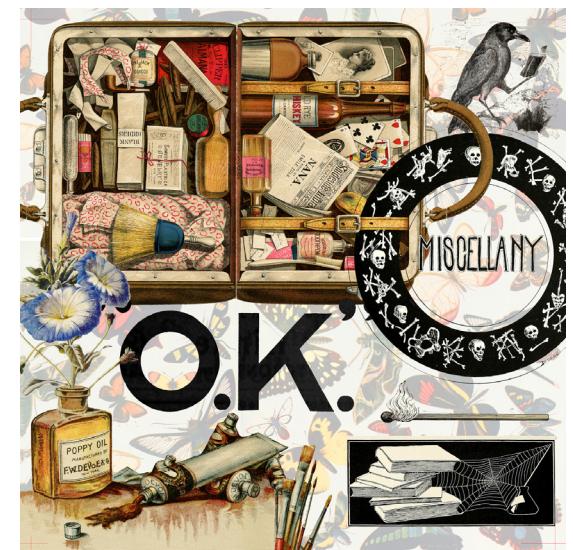
Mind



Body



Soul



This series was a way for me to explore and represent the way that I understand my mind, body, and soul. Each image I chose was an image that I found to be personally relevant and significant. However I made an intentional effort to present those images so that they are approachable to an outside viewer through the emotional implications they create. These panels were designed to feel interconnected but distinct, as that is how I conceptualize the concepts of body, mind, and soul.

Project Reflection

Looking back on this project, the main thing that I feel that I have learned is how to navigate photoshop as a program. This is the first semester I've really needed to work in this program (previously I've mostly worked with illustrator and indesign). Learning all of the shortcuts and tools has been a difficult learning curve, but I'm very pleased with what I've learned in that regard. Before this assignment my only previous attempt at using photoshop started and ended with me attempting to resize an image. I got overwhelmed by the sheer amount of tools, so I gave up and moved back to illustrator. Now, I can do so much more than resize an image. I'm still far from being an expert, but I'm really proud that I managed to use this program to make a finished project.

I got really excited with the collage aspect of this project. I've never done collage work before, because I was always afraid of cutting up something and then regretting it. The digital aspect of this assignment allowed me the freedom to cut things up without actually destroying them. I would love to do more collages in the future. Maybe the final product will be digital, or maybe I could use photoshop as a way to plan out a composition before I commit to cutting up my images.

Image Links - mind

Blue Star Chart:

<https://www.flickr.com/photos/internetarchivebookimages/14582477150/in/gallery-192669909@N02-72157718935706720/>

Round chart:

<https://www.flickr.com/photos/internetarchivebookimages/14759366726/in/gallery-192669909@N02-72157718935706720/>

Black chart:

<https://www.flickr.com/photos/internetarchivebookimages/14577655259/in/gallery-192669909@N02-72157718935706720/>

Moon head:

<https://www.flickr.com/photos/internetarchivebookimages/14783194165/in/gallery-192669909@N02-72157718935706720/>

Robot hand:

<https://www.flickr.com/photos/internetarchivebookimages/14580710120/in/gallery-192669909@N02-72157718877090948/>

Remember:

<https://www.flickr.com/photos/depressionpress/8462765727/in/gallery-192669909@N02-72157718877090948/>

Don't Forget:

<https://www.flickr.com/photos/internetarchivebookimages/16697032202/in/gallery-192669909@N02-72157718877090948/>

Public Eye:

<https://www.flickr.com/photos/internetarchivebookimages/20522101422/in/gallery-192669909@N02-72157719137067313/>

Image Links - mind

Looking:

<https://www.flickr.com/photos/internetarchivebookimages/14581425479/in/gallery-192669909@N02-72157719137067313/>

Sleeping:

<https://www.flickr.com/photos/internetarchivebookimages/14781458471/in/gallery-192669909@N02-72157719142843716/>

Blue eye:

<https://www.flickr.com/photos/58126373@N02/26768286025/in/gallery-pawelpacholec-72157720154737550/>

Eye one

<https://www.flickr.com/photos/circasassy/8198981316/in/gallery-pawelpacholec-72157720154737550/>

Eye two

<https://www.flickr.com/photos/internetarchivebookimages/14586329460/in/gallery-pawel-pacholec-72157720154737550/>

Eye three

<https://www.flickr.com/photos/internetarchivebookimages/14597595499/in/gallery-pawel-pacholec-72157720154737550/>

Blue flowers one:

<https://www.flickr.com/photos/nlmhmd/48545671986/>

Image Links - Body

Poisons:

<https://www.flickr.com/photos/internetarchivebookimages/20885225242/in/gallery-192669909@N02-72157719137067313/>

Skin remedy:

<https://www.flickr.com/photos/nlmhmd/albums/72157629315957473>

Red flowers:

<https://www.flickr.com/photos/nlmhmd/48821448811/>

Knives:

<https://www.flickr.com/photos/internetarchivebookimages/14787776553/in/gallery-192669909@N02-72157719986827255/>

Fingerprints:

<https://www.flickr.com/photos/internetarchivebookimages/14804424303/in/gallery-192669909@N02-72157718885551311/>

Holding skull:

<https://www.flickr.com/photos/internetarchivebookimages/14753411796/in/gallery-192669909@N02-72157718888922881/>

Washing:

<https://www.flickr.com/photos/internetarchivebookimages/14596821027/in/gallery-192669909@N02-72157719500623759/>

Desk sleeping one:

<https://www.flickr.com/photos/internetarchivebookimages/14597180288/in/gallery-192669909@N02-72157719142843716/>

Image Links - Body

Shaving:

<https://www.flickr.com/photos/internetarchivebookimages/14781397501/in/gallery-192669909@N02-72157719142843716/>

Gene Chart:

<https://www.flickr.com/photos/nlmhmd/51271125439/>

Image Links - Soul

Match:

<https://www.flickr.com/photos/internetarchivebookimages/14749900026/in/gallery-192669909@N02-72157719704562411/>

Crow:

<https://www.flickr.com/photos/97947597@N00/49674217038/>

Blue Flowers Two:

<https://www.flickr.com/photos/97947597@N00/40334563494/>

Butterflies:

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Paint:

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OK:

<https://www.flickr.com/photos/internetarchivebookimages/14761919786/>

Desk Sleeping Two:

<https://www.flickr.com/photos/internetarchivebookimages/14760329826/>

Miscellany:

<https://www.flickr.com/photos/internetarchivebookimages/14591298337/>

Brushes:

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Books:

<https://www.flickr.com/photos/internetarchivebookimages/14587355020/>

Luggage:

https://www.flickr.com/photos/chs_commons/9355803456/