

Mind, Body, Spirit

Callie Russell

Project Portfolio

Spring 2022

ART2602C

Research: Word Lists

Mind

- logical
- creative
- calm
- ambitious
- dreamer

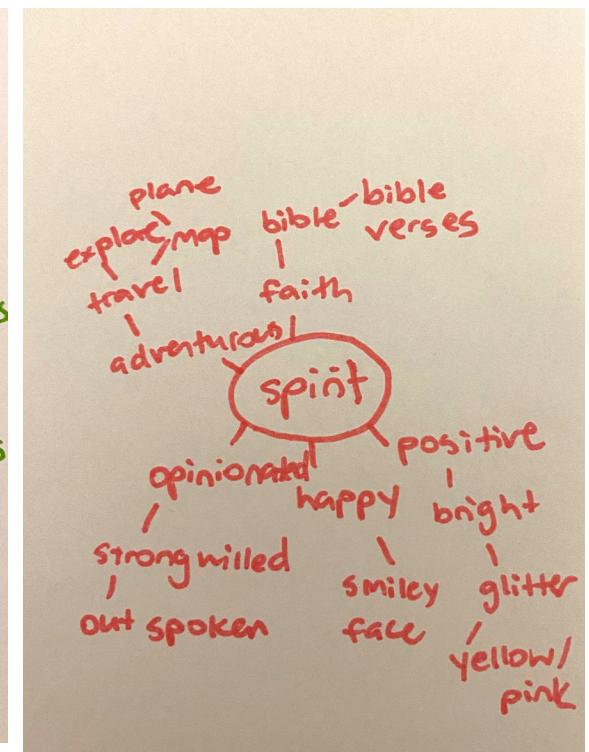
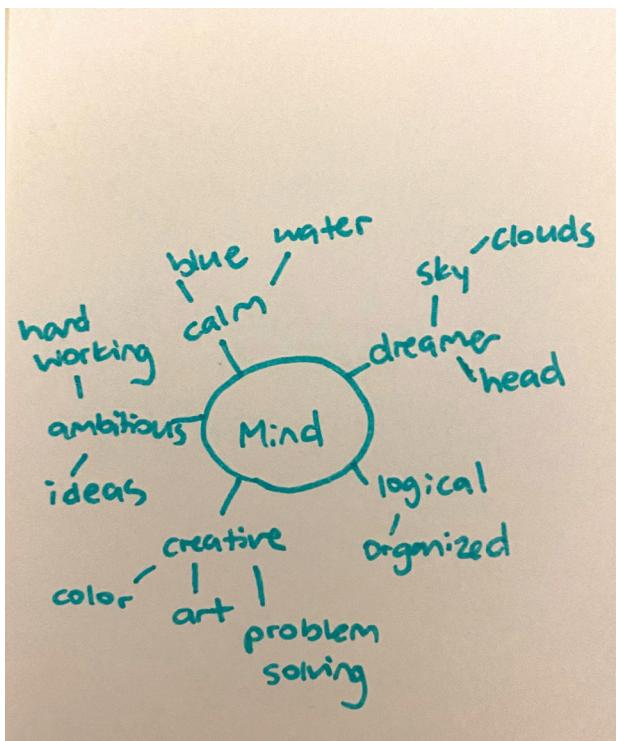
Body

- Active
- Nature
- Health
- Tall
- Female
- artist

Spirit

- faith
- happy
- positive
- opinionated
- level-headed
- adventurous

Research: Mind Maps



Research: ideas

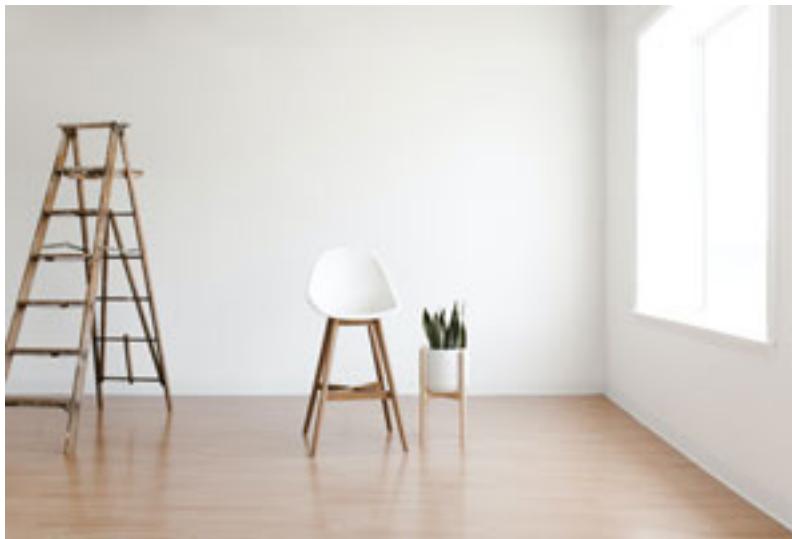
- Have each category (mind, body, spirit) have its own color scheme of images: ex. mind would be blue, body would be green, and spirit would be pink
- Each category's design would look like you're looking into something: ex. looking through tv screen, camera lens, window, etc.
- Let the mind design be very organized to reflect my organizational skills, let the spirit design be loose and creative
- Use antique objects in my design because I'm an "old soul", and also I like antiquing
- Incorporate the other MBS designs in each of the projects as an easter egg

Research: Mind Images

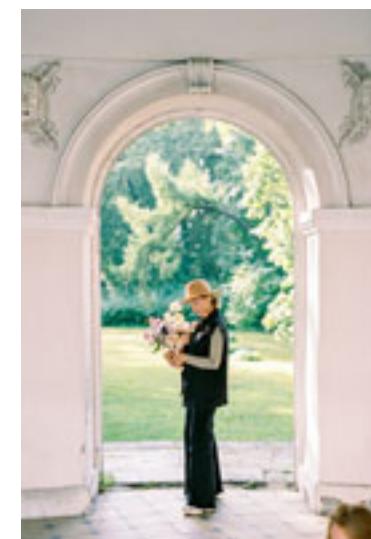
1.



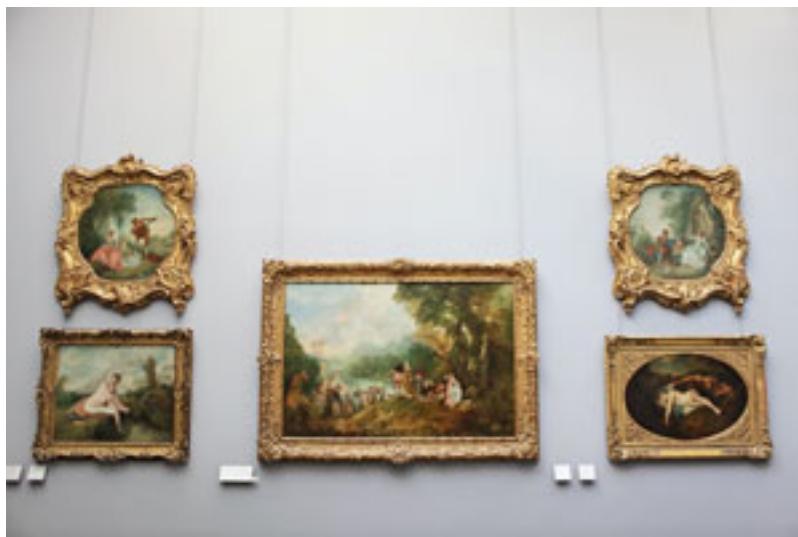
2.



3.



4.



5.



Research: Mind Images

1. Old, small TV <https://www.pexels.com/photo/dirty-wall-vintage-technology-8058637/>
2. Living room scene <https://www.pexels.com/photo/white-round-table-near-white-wall-7932264/>
3. Woman standing under arch <https://www.pexels.com/photo/woman-holding-bouquet-of-flowers-in-vase-11000906/>
4. Ornate framed paintings <https://www.pexels.com/photo/five-brown-ornate-frames-on-wall-952590/>
5. Hanging paint tubes <https://www.pexels.com/photo/light-landscape-art-creative-6816398/>

Research: Body Images

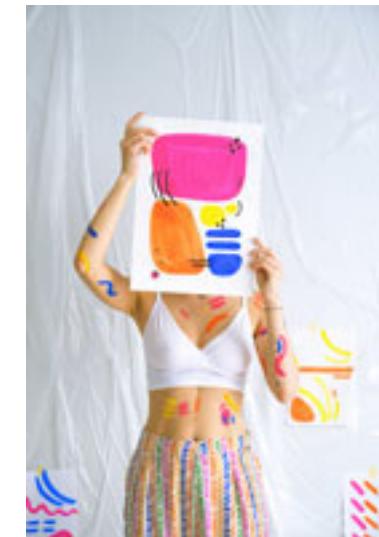
1.



2.



3.



4.



5.



Research: Body Images

1. Colorful paint brushes <https://www.pexels.com/photo/shallow-focus-photo-of-paint-brushes-1646953/>
2. Roses on book <https://www.pexels.com/photo/white-and-pink-flowerson-a-book-beside-eyeglasses-545042/>
3. Colorful artist <https://www.pexels.com/photo/photo-of-woman-holding-paint-work-4587855/>
4. Light pink paint <https://www.pexels.com/photo/pink-paint-on-white-canvas-6108852/>
5. Antique decorative picture frame <https://www.pexels.com/photo/white-switch-plate-2011173/>

Research: Spirit Images

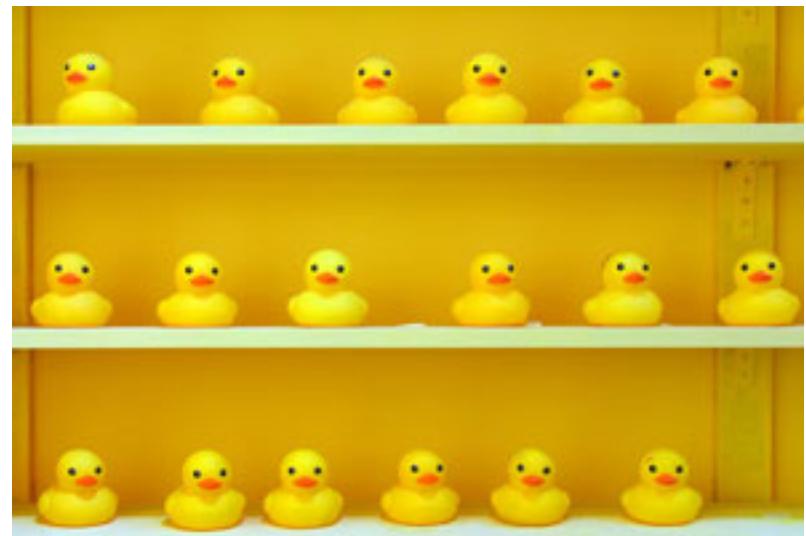
1.



2.



3.



4.



5.



Research: Spirit Images

1. Pink heart <https://www.pexels.com/photo/paper-heart-on-light-pink-background-4197491/>
2. Glitter hands <https://www.pexels.com/photo/person-holding-pink-and-white-flower-petals-4690395/>
3. Rows of ducks <https://www.pexels.com/photo/plastic-yellow-toy-ducks-arranged-on-shelves-7105019/>
4. Circle hemisphere map <https://www.pexels.com/photo/beige-analog-compass-697662/>
5. Megaphone <https://www.pexels.com/photo/megaphone-on-white-surface-8846789/>

Procedural: Mind Images

The images I ended up using in the final project:



Procedural: Mind Images

The images I ended up using in the final project:

6.



Procedural: Mind Images

The images I ended up using in the final project:

1. Woman standing under arch <https://www.pexels.com/photo/woman-holding-bouquet-of-flowers-in-vase-11000906/>
2. Ornate framed paintings <https://www.pexels.com/photo/five-brown-ornate-frames-on-wall-952590/>
3. Old, small TV <https://www.pexels.com/photo/dirty-wall-vintage-technology-8058637/>
4. Open yellowed old book <https://www.pexels.com/photo/open-text-book-762687/>
5. Living room scene <https://www.pexels.com/photo/white-round-table-near-white-wall-7932264/>
6. Watercolor paint circles <https://www.pexels.com/photo/close-up-photo-of-watercolor-palette-1576210/>

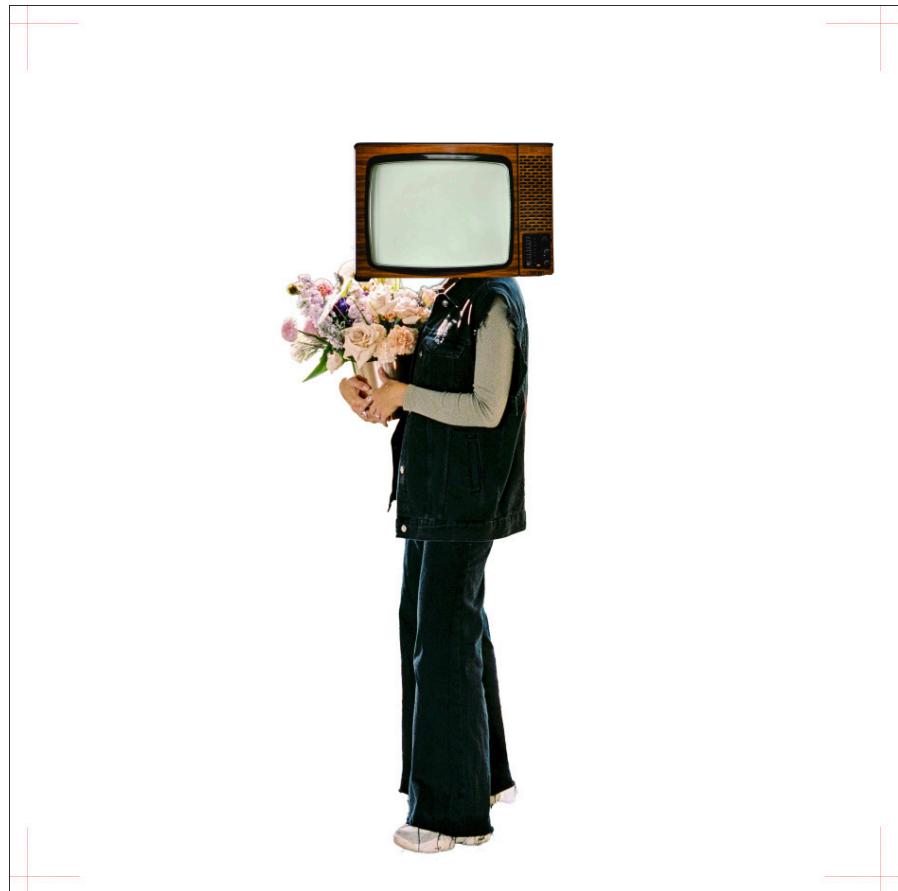
Procedural: Mind Images

Reasoning behind the images I chose:

Lets start with the background. For the background I chose to use a simple, clean, and empty room to base my design around. I did this because I am a very organized person, and I wanted my Mind design to reflect that. Continuing on the theme of organization, I arranged the antique paintings on the back wall in a structured and organized way. Further behind the paintings on the back wall, I placed a picture of a book page because I love to read, and to represent my scholarly side. I then used an image of a woman that is used to represent me. I added an antique TV in place of her head, and put an image of watercolor paints within the “head”. I did this to represent the creative side to my mind, and because watercolor painting is my favorite form of art. The reoccurring theme of antiques was also intentional, as antique shopping is one of my favorite things to do. My mind is logical and organized, but is still creative and artsy, so I made my Mind design reflect that.

Procedural: Mind

The mind design is off to a simple start. I chose to use an image of a girl holding flowers that is meant to represent me. I also found an image of a really cool old TV and thought that it would be fun to replace the head of the girl with it. I will most likely end up putting an image, or possibly one of the other projects' designs in the TV screen (like the design from body or spirit).



Procedural: Mind

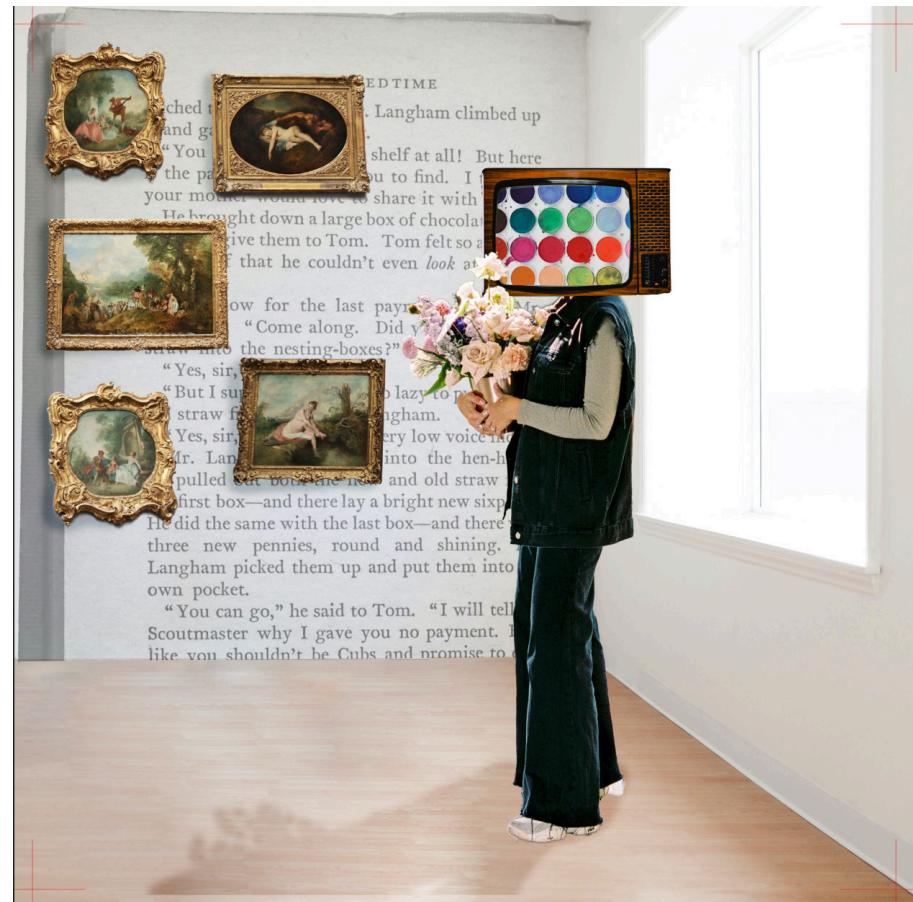
I then added some old paintings into the scene, as well as a wall/floor to give the design some footing. I didn't want my subject to just be floating around.

To make the scene look more realistic I resized and arranged the paintings onto the back wall. Also, in the original background picture there was a ladder and chair so in this step I retouched the area where it was removed to make it look more put together



Procedural: Mind Final Image

The last final steps I took were used to create more interest. I added a book page as the back “wallpaper” and added a blending mode to make it look like it’s a part of the room. I also inserted a picture of watercolor paints into the TV “head” to add a pop of color, and because it’s my favorite form of art. Lastly to refine the final image I added a shadow on the ground to make the person fit into the scene of the room more realistically.



Procedural: Body Images

The images I ended up using in the final project:

1.



2.



3.



4.



5.



6.



7.



Procedural: Body Images

The images I ended up using in the final project:

1. Colorful paint brushes <https://www.pexels.com/photo/shallow-focus-photo-of-paint-brushes-1646953/>
2. Colorful artist and art <https://www.pexels.com/photo/photo-of-woman-holding-paint-work-4587855/>
3. Artist sitting on ground <https://www.pexels.com/photo/photo-of-woman-sitting-on-floor-while-painting-4483098/>
4. Antique decorative picture frame <https://www.pexels.com/photo/white-switch-plate-2011173/>
5. Cloudy Sky <https://www.pexels.com/photo/white-clouds-under-blue-sky-2931915/>
6. Dark green leafy plant <https://www.pexels.com/photo/green-leaved-indoor-plant-1048035/>
7. Wall with paper <https://www.pexels.com/photo/brown-paper-on-the-wall-8533218/>

Procedural: Body Images

Reasoning behind the images I chose:

Again, I chose to use an image of a person to represent me, I luckily was able to find someone that looks somewhat like me. I also stuck with the antique theme by incorporating the antique frame that the girl is sitting on. Inside of this frame I wanted to create a separate space so I inserted a picture of the sky to show that I am a dreamer. In contrast, I included the leafy, green plant image because I love to be active and out in nature, but also to show that while I am a dreamer, I am also grounded and realistic. I included the pictures of the paintbrushes because at the body level I am an artist who loves to create. For this same reason I overlayed a picture of art over a blank paper on the wall in the background.

Procedural: Body

For the Body design I wanted to start with my subject first, the girl on the floor. I cut the subject out of its background and inserted it into the project. Originally I had the idea to make it look like the viewer is looking through a picture frame, but after I saw how perfectly the girl “sat” on the edge of the frame I knew I wanted to go in a different direction.



Procedural: Body

Next, I spent a lot of time trying to figure out what the background should be. I eventually decided on using a picture of a wall with a piece of paper on it. It helps suggest that the girl and the frame are stuck to the wall as well.



After deciding that the design was boring I added an overlay and clipping mask of another painting, and adjusted the colors to fit the color scheme more, as the painting was very bright. I also added a picture of the sky in the frame to add interest.



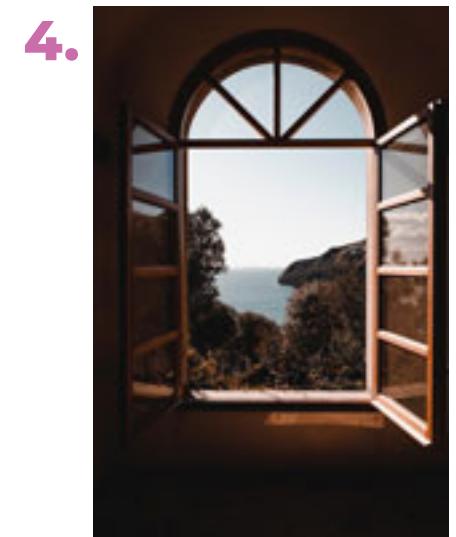
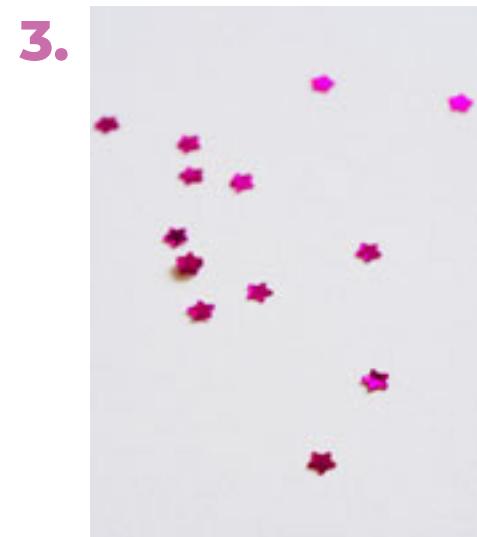
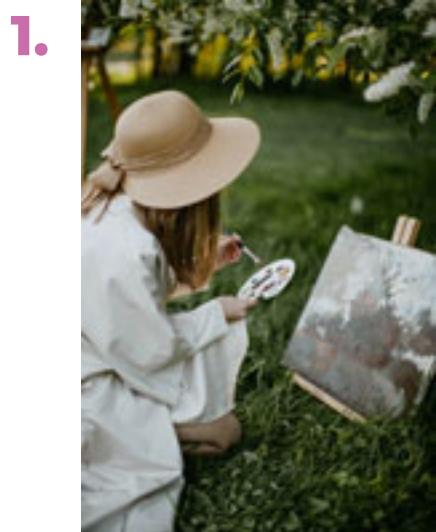
Procedural: Body Final Image

The role of my final steps was mainly to fill the space in a balanced way. Because of the two rectangles created by the frame and art, the design did not look right unless all corners were filled. I used the image of paint brushes in one corner, and then reflected the image for the opposite corner to create balance through repetition of an element. I then added the green plant in the last corner, and because of its organic shape it broke up the geometric feel quite nicely.



Procedural: Spirit Images

The images I ended up using in the final project:



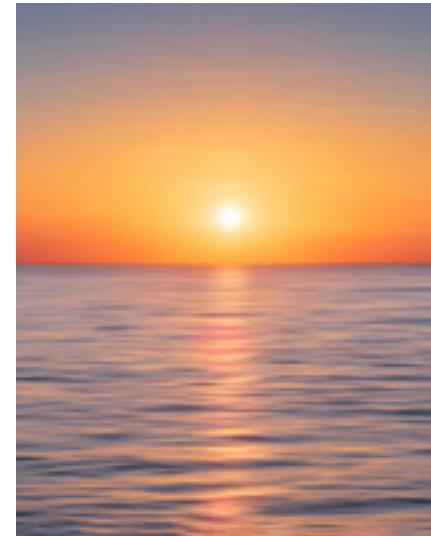
Procedural: Spirit Images

The images I ended up using in the final project:

7.



8.



Procedural: Spirit Images

The images I ended up using in the final project:

1. Artist in garden <https://www.pexels.com/photo/woman-painting-outdoors-3094218/>
2. Pink heart <https://www.pexels.com/photo/paper-heart-on-light-pink-background-4197491/>
3. Pink stars confetti <https://www.pexels.com/photo/purple-star-confetti-951061/>
4. Window with ocean view <https://www.pexels.com/photo/opened-glass-window-1906795/>
5. Beach horizon <https://www.pexels.com/photo/reflection-of-a-cloudy-sky-on-shore-6762500/>
6. Megaphone <https://www.pexels.com/photo/megaphone-on-white-surface-8846789/>
7. Yellow flower field <https://www.pexels.com/photo/green-and-yellow-flower-field-185670/>
8. Sunset on water <https://www.pexels.com/photo/calm-water-with-sun-and-orange-sky-1631678/>

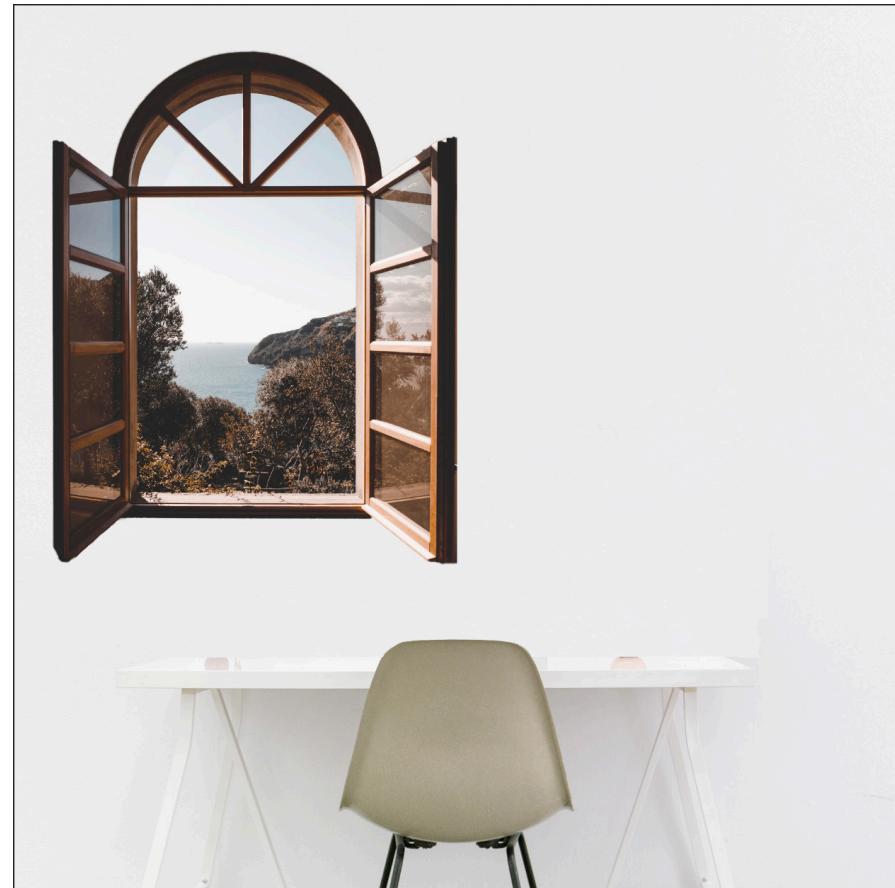
Procedural: Spirit Images

Reasoning behind the images I chose:

To start, I continued with the inclusion of a person in my designs, by including the woman at the bottom corner of the page to represent me. On my original list of words to describe my spirit I used the words positive and happy. I decided to highlight these aspects of myself because they are very important to how I see myself. To do so, I used the image of pink confetti stars, as well as the field of yellow flowers. I chose to repeat the use of pink and yellow because these are positive and happy colors. After thinking, I decided to add “loving” to my list, and therefore added the pink heart. The girl in the bottom corner is holding a megaphone. This is because I see myself as being very outspoken and opinionated, and thought that a megaphone was a great way to represent that part of me. I included the window so it could be a “window into my soul” to learn more about me. Inside the window you can see a calm spirit represented by the image of the calm ocean and sunset. Continuing with this, the design as a whole is supposed to look positive and calm, and explains the reasoning behind the background being a peaceful blue sky in a field of flowers.

Procedural: Spirit

The Spirit design took the most turns out of all of the designs. I started out with the idea of putting the window above a desk and chair. I couldn't get the images to match what I saw in my head so I kept trying different room/window/desk combinations, but none of them stuck. These different combinations aren't pictured, because I kept inserting and deleting images as soon as I used them, and they were never in the design long enough to take a picture. I decided to scrap this idea.



Procedural: Spirit

In the next stages of the design as you can see I got rid of the desk/room idea all together. I opted for an outside scene created by the sky of a beach picture, and the flower field part of a different landscape image. I wanted the design to have a collage feel to it, so I didn't blend the two together to create a seamless landscape. I cut out the woman subject and placed her in the bottom right. I also moved the window to the other side of the design to balance out the opposite corners.



Procedural: Spirit Final Image

In the last stages of the design process I cut out the image of the heart and the pink star confetti and layered them on top of each other and the sky background. I wanted these two images to appear out of place and draw the viewer's eye to its collage properties. I then cut out the megaphone and edited it to make it look like the girl is holding it in her hand. Lastly, I made a clipping mask with the sunset and window. I also used a layer adjustment on the sunset image and the flower field to make the colors match each other better.



Final Images



Artist Statement

In my “Mind, Body, Spirit” project I created three unique pieces that can stand alone, but are stronger when viewed together. This is because they are all unified by certain similar features. Some of these shared characteristics include the color palette, common images, and the collage style itself.

When viewing the three designs next to each other it’s easy to pick up on a universal color palette. This palette is made up of soft and light colors that can appear aged at times, with pops of bright colors in each design. For example, in the “Mind” design the majority of the items in the picture are soft and muted except for the pop of color that can be found inside of the TV “head” in the form of a watercolor paint palette. Another similarity in the three designs is the use of common images. In the “Body” and “Spirit” designs I incorporated a sky. In the “Mind” and “Spirit” designs I included a window. Lastly, in all three of the designs I incorporated a different girl to represent me in each state. While these designs share similar images, it’s important to note that none of these images are the same. This results in unity across all three designs. On a broader note, these three designs are unified by the style in which they were created. My intention for each design was for it to look like a neat collage made of “magazine”, in this case internet, image cutouts with a hint of realism. This is why some of the images don’t exactly look realistic such as the pink star confetti and pink heart in the “Spirit” design, while other parts do look realistic. An example of realism in my work can be seen in the “Mind” design where the woman has a shadow. I created the shadow to help the woman cutout fit into the scene more realistically, while retaining the fun collage style at the same time.

I hope that viewers will see into my Mind, Body, and Spirit through my work. The designs are an accurate representation of myself in all three forms. My vision for these three designs was to create each one in a way that allows them to be an individual, while retaining some similarities that unify the designs as one complete project. This is a parallel to how each of these three parts: Mind, Body, and Spirit, are individualistic, but when together they unify to make up who I am.

Project Reflection

Throughout the “Mind, Body, Spirit” project I have learned a lot of lessons. The majority of these lessons are about the tools and mechanics of working with Photoshop. I haven’t used Photoshop since ninth grade of high school, so this project was a great refresher, and a great way to sharpen the skills that I already had. Things that were hard in the past are now easy for me to do, such as cutting out images using tools like Quick Select and the various Lasso tools. I also learned how to use layer adjustments to create cool and unique effects that are subtle, but make a big difference in the overall design. I would love to experiment more with a digital collage style, and maybe even incorporate artwork that I do in real life with collages that I create digitally. I loved getting to create fun scenes that represent me and who I am while learning something new. Something that was difficult for me was to find images that went together and the color palette that I came up with, but it was also fun in a way because I had to hunt for the perfect images. In the future I hope to continue to use a collage style in my digital art while refining it in ways such as adding texture to my work, and learning how to create an image that looks like it has one light source. I loved this project!