

# Mind, Body, And Soul Process Book

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# Project Description

This project will be a project about self expression and discovery, through the means of collaging and digital artistry. We will be creating a self portrait throughout this project of self expression through photoshop and other means - all exploring the basis of our mind, body and souls.

# Research Phase

## Mind

- memorable
- adaptable
- smart
- knowledgeable
- endless

## Body

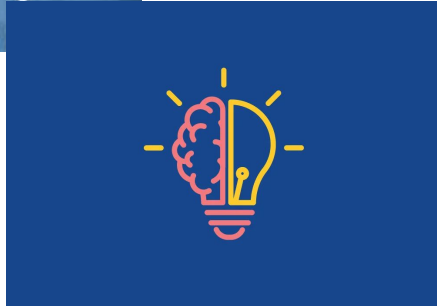
- warm
- soft
- huggable
- tall
- endless

## Spirit

- open
- accepting
- honest
- friendly
- loyal

# MIND

Intellect and the ability to persevere mentally was always upheld in my family, so I was always pushed by myself and those who called themselves my family to achieve academically. Because of this I can retain knowledge fairly well...but am not the best when it comes to short term memory. Because of this I am not so connected to the in the now and have had to teach myself a secondary intellectual skill of adapting to any situation so that I did not fall behind my peers. I am fortunate enough to have access to a brain I would like to call knowledgeable. Over the years I have luckily cultivated many mental abilities to succeed at the expense of my mental well being. I have been mending this relationship with my broken self expressing mind through the pursuit of my passion for art but I know it will take quite a while.





# BODY

My appearance for a long time was never something that I paid too much attention too. I was always veered in another direction, and that vanity would get me nowhere in life. Because of this late upbringing of personal expression I view my body in a different way. I know that I am a warm person, that I radiate this energy that I am welcoming to others. I have always been able to lift others up no matter what, that I am strong for myself and anyone around me. But in the last few years I have begun to work on my confidence towards my actual physical appearance. I am tall and huggable, according to many of the people that I know, but I also want to physically show my strength and use my body as a canvas towards self expression. To show my warmth not only through my aura but through my physical appearance.

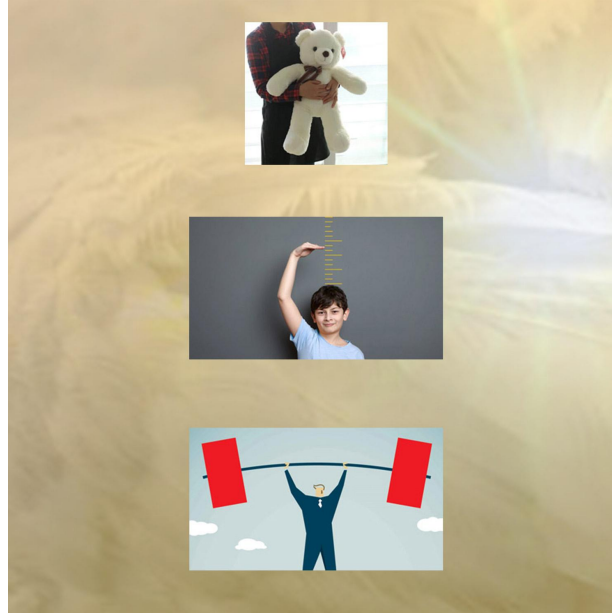
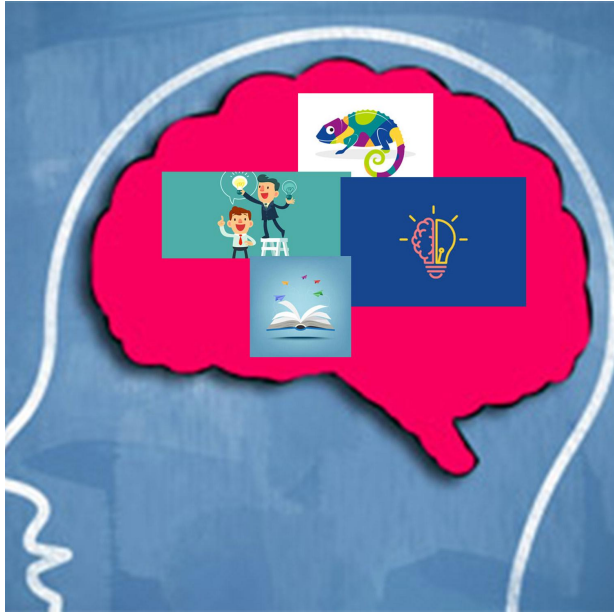


# SOUL

The soul that I have has definitely been through many hardships, but because of this I have learned that I am friendly. That I am kind and loyal to a fault, but have worked on keeping those who will not hurt me but lift me up in my life. It has grown a thick skin from past relationships, but my soul has preserved through every hardship that it has faced. I am accepting now, and more empathetic than anything else. It have been a tough journey, but my soul has helped evolve me and has evolved with my over the years through everything. It is probably the most put together part of my being as with every step that I take it takes it with me, but I know I still have a long journey of learning and toughing it out ahead of me and unfortunately my soul does to.



# MIND BODY & SPIRIT COLLAGES



# Artist Statement

Throughout this project I have been self reflecting a lot. A lot about how I see myself, physically and spiritually alongside how I have changed throughout the years. The images that I chosen have helped to ground each idea that I have about myself and my self expression. Generally when I am faced with such introspection I do not wish to dive that deep in as I know myself enough to acknowledge when I could possibly fall down an unforgiving rabbit hole.

When I first approached this project, I knew that I would need to look deep into myself. My Mind and Body collages I knew would be easy, since those were the two aspects that I had been dealing and changing with my whole life. They were aspects that I had not trouble acknowledging. I wanted to show a sort of separation in each aspect in those two collages seeing as there are easily identifiable traits that could be seen on the surface level of myself. But when it came to the sou/spirit of the collages I knew that aspect would not be so straightforward. My “soul” is a topic that I had but not recently began to think of. Sure I know it had defining characteristics to but ones that could be not so easily seen as others, and so for that collages I wanted to create a sort of traffic jam, concepts that can be see separately but they begin to merge together after a while with only a few taking the limelight when looking closely. All of these concepts were easy to locate picture wise but hard to illustrate collage wise without slicing and dicing. But with the little and brand new knowledge that photoshop provided I was able to at least illustrate my surface level intentions.

This project has been very insightful for how I view myself and how I express myself to others. The images helped to ground how EXACTLY I view myself. It was very introspective and helped to further ground how I will continue to grow and find myself.



# Project Review

Throughout this project I have broadened my horizons when it comes to what images I use and how I use them to illustrate my project goals and messages. This was my first time using Photoshop with the use of altering photos rather than just creating shapes and colors. I am still very confused with a lot of the features as it is a system that I am not used to or familiar with using but this project has shown me that if I apply myself I should be able to use it well. I liked the introspection of this project but not so much the editing part, as I believe my collages could have looked better had I been able to use destructive editing techniques rather than nondestructive. But, I will incorporate non destructive editing techniques into my future works to ensure that main pieces of a project remains the center focus.

## URI and Descriptions List

brain in head.jpg - <https://www.intechinc.com/> - Description: Pink brain in white head outline - Accessed 12th June 2022  
chameleon.jpg - <https://www.istockphoto.com/> - Description: Collage colored chameleon - Accessed 12th June 2022  
smart.jpg - <https://www.elegantthemes.com/> - Description: Two men holding lightbulbs with one lit up - Accessed 12th June 2022  
half brain half bulb.jpg - <https://www.dictionary.com/> - Description: half a lightbulb and half a brain together - Accessed 12th June 2022  
open book.jpg - <https://www.istockphoto.com/> - Description: Open book with paper airplanes flying out of it - Accessed June 12th 2022  
sunshine.jpg - <https://www.inc.com/> - Description: Rays of sunshine on horizon - Accessed June 12th 2022  
feathers.jpg - <https://www.ryansouthgate.com/> - Description: Pile of white feathers up close - Accessed June 12th 2022  
hugging a teddybear.jpg - <https://flowergiftkorea.com/> - Description: Person in pjs hugging a teddybear - Accessed June 12th 2022  
kid measuring height.jpg - <https://www.bbc.com/> - Description: Kid measuring his height on wall - Accessed June 12th 2022  
businessman strong.jpg - <https://www.inc.com/> - Description: Businessman holding up weight bar - Accessed June 12th 2022  
open arms.jpg - <https://www.missiontolearn.com/> - Description: Silhouette of someone with arms up - Accessed June 12th 2022  
helping hand.jpg - <https://rgglaw.net/> - Description: Silhouettes helping each other up hill - Accessed June 12th 2022  
woman swearing.jpg - <https://www.forbes.com/> - Description: Woman holding up hand and swearing - Accessed June 12th 2022  
friends.jpg - <https://inside.6q.io/> - Description: Two people talking - Accessed June 12th 2022  
dog and girl.jpg - <https://www.istockphoto.com/> - Description: Silhouette of girl and dog hugging - Accessed June 12th 2022