

MIND, BODY, SPIRIT COLLAGE

PROCESS BOOK

Spring 2606C - Jaylee Dempsey

RESEARCH PHASE

MIND

- Scattered
- Visual
- Indecisive
- Intellectual
- Artistic
- Anxious
- Empathetic
- Boxes (inside and outside)
- Yoga
- Daydreamer
- Attached
- Fantasy
- Intrusive
- Imaginative

RESEARCH PHASE

MIND word mapping

- Scattered
- *Visual* - disco balls
- *Reflective* - disco balls/mirror
- Indecisive
- *Intellectual* - glass reflection
- Artistic
- Anxious
- Empathetic
- *Boxes/patterns*
- Yoga
- Daydreamer
- *Airy* - breeze, movement
- Attached
- Fantasy
- Intrusive
- Imaginative

Mood Board of the MIND





Patterned sky



Hands layered over
the desert
background/ glass
being centerpiece

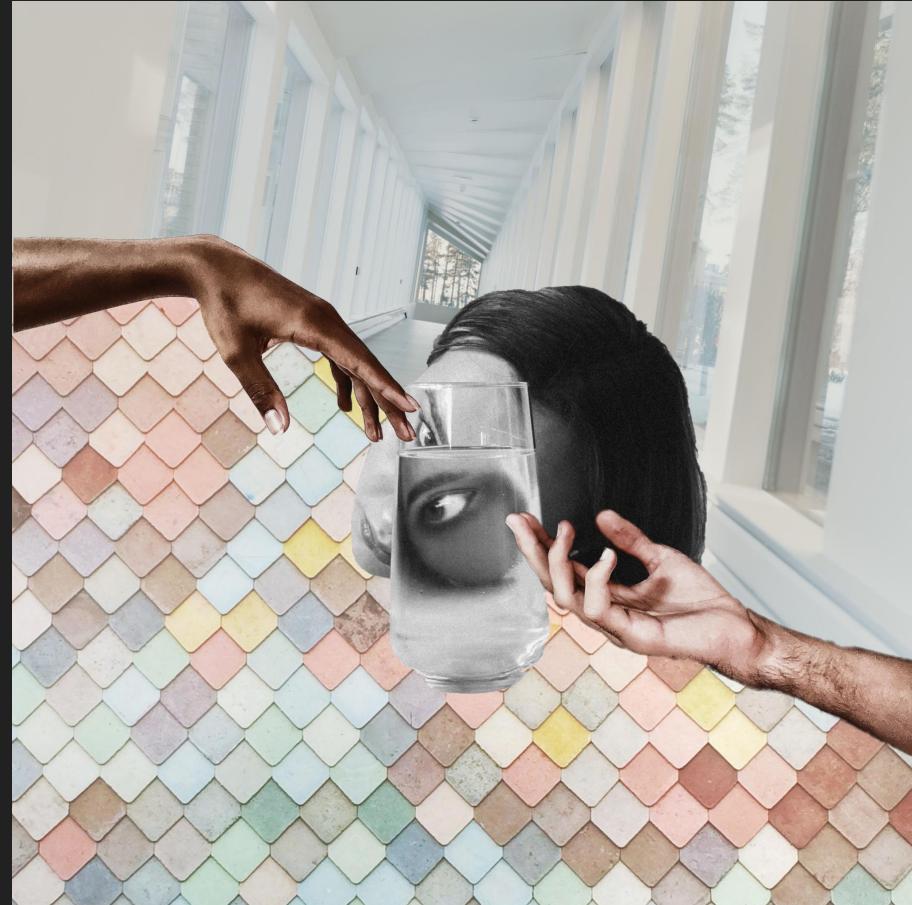


disco ball moon



WORK IN PROGRESS

At this point, I didn't love the way the images I originally chose were fitting into the collage. I knew I liked what I had so far so I tabled this design and moved to the next collage to hopefully get a new perspective and figure out how I wanted to incorporate at least one more photo.



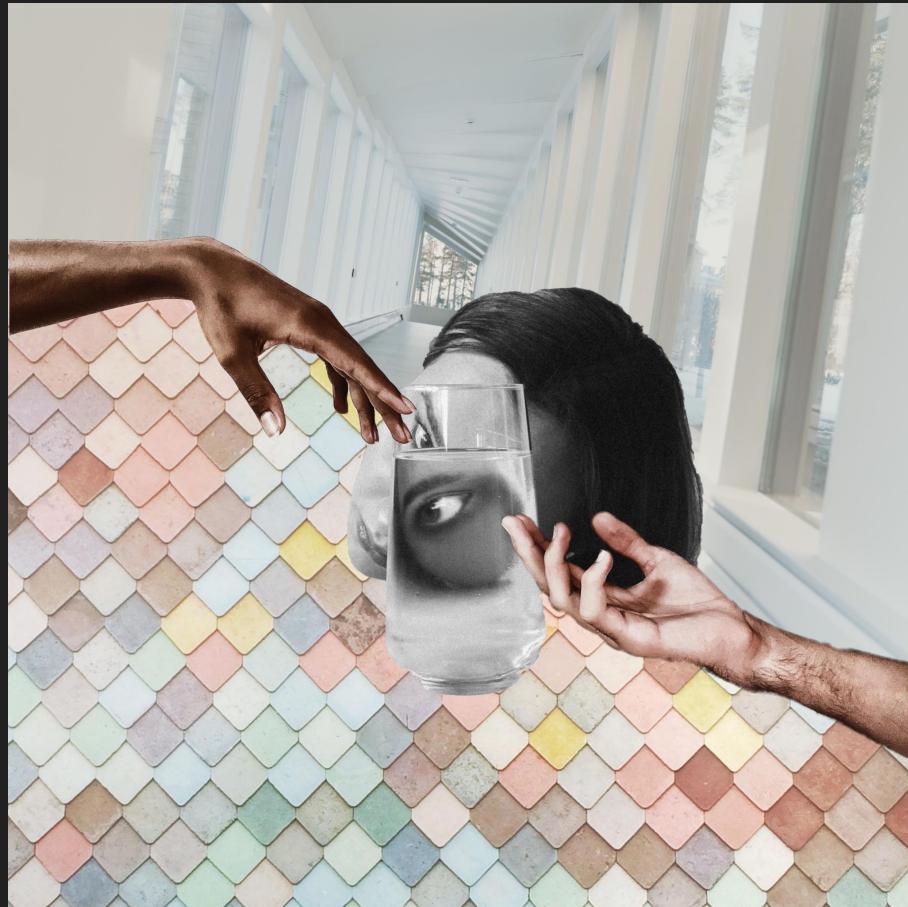
WIP

A few brainstorming ideas:

Add something interesting into a few of the squares on the bottom

Create a fade into the background top photo

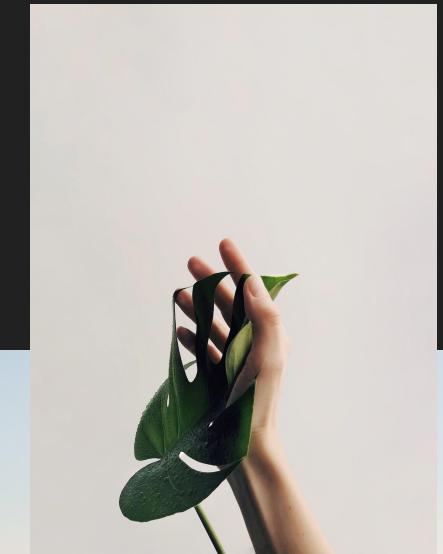
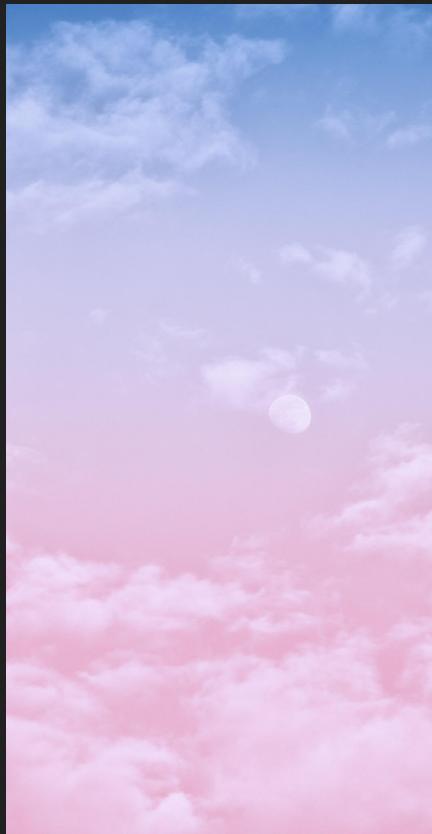
Give the floating head something to sit on, maybe the glass some kind of table



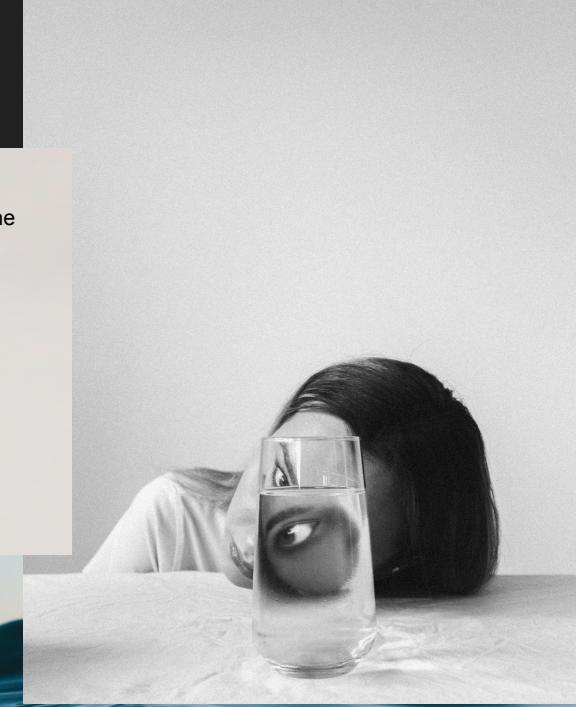
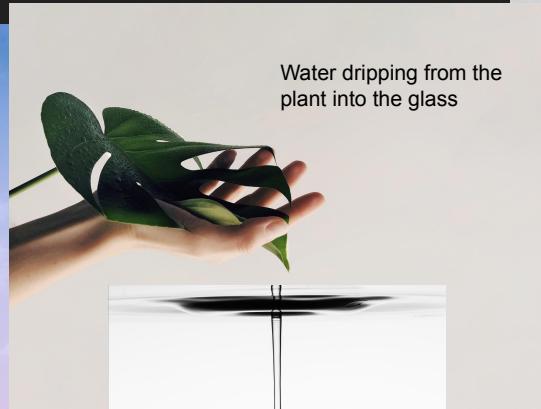
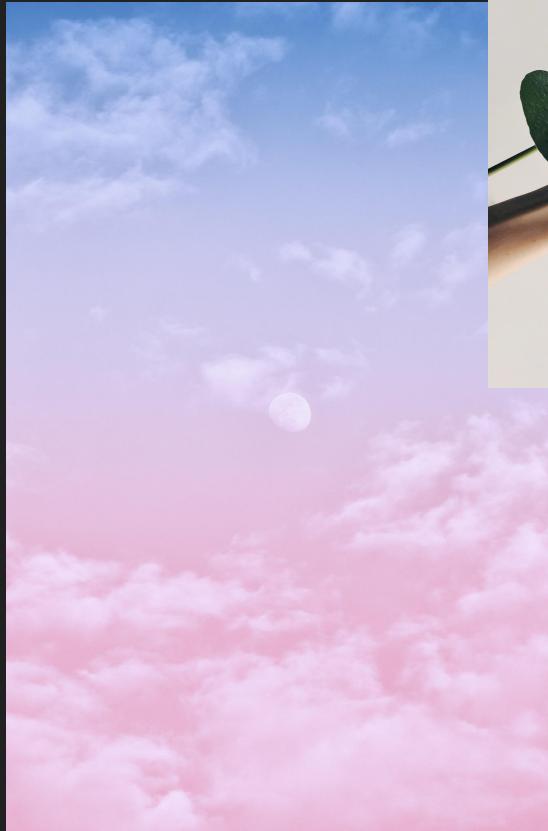
WIP

After taking a break, I really didn't like the way the photos were working together, so I decided to start over completely and get a new perspective. The only element I wanted to keep was the model with the glass. Still using the same word mapping, I pulled new photos.

Mood board round 2



Mood board round 2





REFLECTION / ARTIST STATEMENT - MIND

This college was the most challenging of the three, which is a perfect representation of my mind. It took lots of trial, error, reevaluation, and reflection. The first college was busy and a bit stressful for me to look at. The colors seemed to be competing more than I wanted and there wasn't a lot of connection from photo to photo. The second go around, I knew I needed to be more intentional. My mind is happiest when I am day dreaming, so I wanted to be sure to interpret that. The woman looking into the glass representing the introspective portion of myself, constantly analyzing and examining the world around me. She is sitting in the water while looking into a cup of water being filled up. I turned the sunset background sideways to mess with the viewer's perspective. I tend to look at my mind's patterns like waves, filled with different emotions, some stronger than others, but all still emotions nonetheless. The overall statement is that my thoughts tend to drown me. I really enjoyed how this piece turned out.

MIND LINKS

Photo by [Bekah Allmark](#) from [Pexels](#) perspective glass

Photo by [Matheus Viana](#) from [Pexels](#) hands

Photo by [Jônatas Tinoco](#) from [Pexels](#) landscape desert

Photo by [eberhard grossgasteiger](#) from [Pexels](#) moon/mountain

Photo by [Matt Hardy](#) from [Pexels](#) water

Photo by [Pixabay](#) from [Pexels](#) Water droplet

Photo by [Daria Shevtsova](#) from [Pexels](#) leaf/hand

Photo by [eberhard grossgasteiger](#) from [Pexels](#) pastel clouds

RESEARCH PHASE

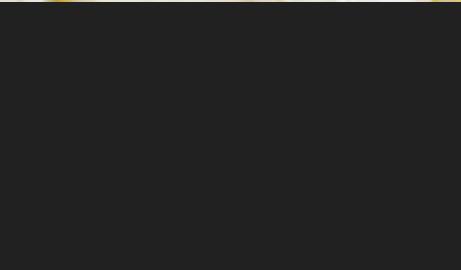
BODY
word mapping

- Tired
- Average
- Canvas
- Comfortable
- Yoga
- Curved
- Faire
- Aware
- Organic
- Discovery

RESEARCH PHASE

BODY word mapping

- Tired - sloth, sleep
- Average - BMI
- Canvas - tattoos, art
- Comfortable - clothing, appearance
- Yoga - alignment
- Curved - glass, water
- Faire - complexion, overall vibe
- Aware - maybe over aware, conscience
- Discovery - learning discovered
- Organic - yellow/citrus





Coffee beans along the bottom
creating a path/stream



Party for myself banner across the slouchy body's face



WORK IN PROGRESS

This was my stopping point for this piece. I felt really blocked creatively at this point and planned to look into different photos/ideas, and brainstorm a bit more.



WORK IN PROGRESS



Here, I entered an experimental stage. I word mapped from organic + curved and came up with water. On the left, I didn't love how the colors were working together (although the lemons and water look nice, the body and banner didn't cohesively go.)

I love the second photo. I think this body of water gives the same tones as the surrounding elements and the trees make the lemons appear more like the sky (which is what I wanted)

However, I'm not sure I'll go with either of these.



WIP

I decided to add sunflowers to incorporate my tattoo: sunflowers for my nana & coffee beans to represent how I run on caffeine a lot of the time





REFLECTION / ARTIST STATEMENT - BODY

I originally thought this would be the most challenging piece, but it actually ended up being the simplest. I knew from the beginning that I wanted this color scheme to not be super colorful and more organic, because bodies are organic. I personally am always on somewhat of a self-love journey, so the “party for myself” banner was important to me. This was the first element I found and I kind of planned the rest accordingly. The choice of the slouchy body represents my tiredness and strive for comfort in what I wear. I really loved how the coffee beans turned out, being a pathway because I tend to run on caffeine. My sunflower tattoo is my favorite and most meaningful, so it was important for me to include it. The choice of lemons in the background is because yellow is my favorite color and lemons are typically used to detox your body (and lemon water is my favorite drink, lol). Overall, I want the viewer to feel some aspects of self-love and comfort while noticing the tiredness being portrayed.

BODY LINKS

Photo by Diana Onfilm from Pexels **body of water**

Photo by kira schwarz from Pexels **bed**

Photo by Ron Lach from Pexels **party for myself**

Photo by Kulbir from Pexels **sunflowers**

Photo by cottonbro from Pexels **lemons**

Photo by Cup of Couple from Pexels **coffee beans**

Photo by kira schwarz from Pexels **body sitting**

RESEARCH PHASE

SPIRIT

- Grounded
- Yoga
- Balanced
- Emotional
- Green
- Yellow
- Vintage
- Rituals
- Disassociative
- Disconnected

RESEARCH PHASE

SPIRIT word mapping

- Grounded - leaf, hand
- Yoga/Mindfulness - chakras, crystals
- Balanced - scales, symmetry
- Emotional - water
- Earthy - plants
- Yellow - flowers
- Vintage
- Rituals - skincare, rest
- Disconnected - phone line
- Disassociative

Mood Board of the SPIRIT



Thought process of the SPIRIT

Fruit represents the simplicity of the way I view spirituality



Selfcare subject with rays radiating energy



Plants representing the mood of my spirit



WORK IN PROGRESS

I decided to take a break from this collage at this point because I really liked the direction it was going in and didn't want to mess with it too much until I got a better idea of what exactly I wanted to do with the other images.

Brainstorming:

- Definitely want to include the telephone chords. Maybe instead of the original idea where the phones are on two sides, they will be on the same side for less distraction from the plants.
- Possibly scale the model larger for less empty space on the left. Maybe incorporate the water into the orange circle or inside the cup.
- Unsure about the background at this point. It does not match the quality of the other photos and it may become distracting to the viewer.



WORK IN PROGRESS

- I added a few phones and later decided to give a little chaos to this design by adding more. The decision of having four eyes represents my constant desire to see with different perspectives.
- Still trying to figure out my fifth and final photo incorporation at this point.



WORK IN PROGRESS

My final decision was to replace the background because although I loved the last option, the quality of the photo didn't match up to the rest of the pieces. It brings in a "head in the clouds" idea.





REFLECTION / ARTIST STATEMENT - SPIRIT

This collage was my favorite one to create. I'm not sure it's my favorite piece, but I had the most fun expressing myself in this. Spirituality is a topic that I have experienced a lot of growth in lately through yoga, self care, and little routines like washing my face and watering the plants. I had my heart set on keeping the original background and spent a lot of time trying to find a similar photo with better quality, but it just didn't make sense cohesively. I hope that when the viewer looks at this, they feel happy. The phones represent the newfound disconnect I've been experiencing with the "real world", I no longer feel like I need to prove myself in society because of the spiritual love I feel for myself and the universe that supports me. The overall idea of this piece is that throughout the busy and chaotic things in life, taking care of yourself will bring you peace.

SPIRIT LINKS

Photo by Chedi Tanabene from Pexels water/beach

Photo by Svetlana Afonina from Pexels phone line

Photo by Samuel Crosland from Pexels phone

Photo by Ashleigh Kutryb from Pexels sunrays

Photo by Murtaza Saifee from Pexels incense

Photo by Maria Orlova from Pexels towel

Photo by Samuel Crosland from Pexels leaf

Photo by Nadi Lindsay from Pexels dream

Photo by Rachel Claire from Pexels water

Photo by ROMAN ODINTSOV from Pexels candle

Photo by Anna Tukhfatullina Food Photographer/Stylist from Pexels fruit



PROJECT REFLECTION / ARTIST STATEMENT

I really enjoyed this project. Doing a process book was interesting and a little challenging because I tend to jump around a lot during my creative process. Deciding what was important enough to document was tricky, but I enjoyed looking through my steps, especially on the MIND collage, since I was about 90% done with it before deciding to start over. The most interesting thing I learned by this process was the amount of times I would find a photo that I was certain had to be included, but then in the grand scheme would end up removing because it didn't serve a purpose in the piece as a whole. Before this project, I had never used photoshop before, and now I feel like I know all of the basic tools and tricks. One concept I learned from this project is that there isn't a need to over complicate things, if something works, just let it work.