

Mind, Body, & Soul

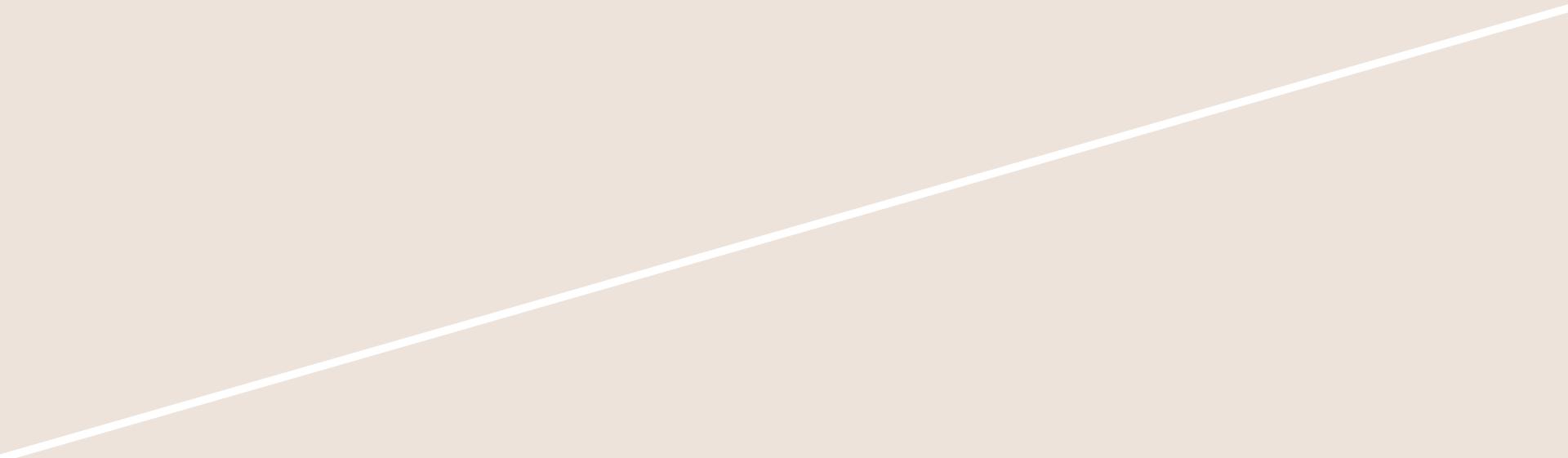
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Mind, Body, Soul Details

Using photoshop I am collaging what my mind, body, and soul feel and look like to me.

Research

MIND



Mind Word List Associations

- Chaotic
- Daydreamer
- Overthinking
 - ◆ Rabbit holes
- Shy
- Makes up unrealistic scenarios
- Existential crisis

Mind Images



Reasoning



I chose those images because I feel they best represent my mind. I feel like my brain is constantly on fire and it's just chaos in there. I had the girl falling because I tend to get wrapped up in my thoughts whether those are good or bad, or good thoughts that turn bad. I tend to make up fake scenarios in my head that would never happen in real life and figure out how I would react to them. The colors represent the chaos, while the forest represents the darkness and loneliness I feel in my mind.

BODY



Body Word List Associations

- Short
- blue/grey eyes
- Curvy
 - ◆ Self conscious
- Long nails
- Baggy clothes
- Need glasses

Body Images



Reasoning

For body I have chosen hills and short buildings to represent my short and curvy body. I included the sweater because I tend to wear baggy clothes so that no one can see what my body looks like. I've been self conscious about my body my whole life so I tend to try to hide when I'm in large groups because I don't want to stand out.

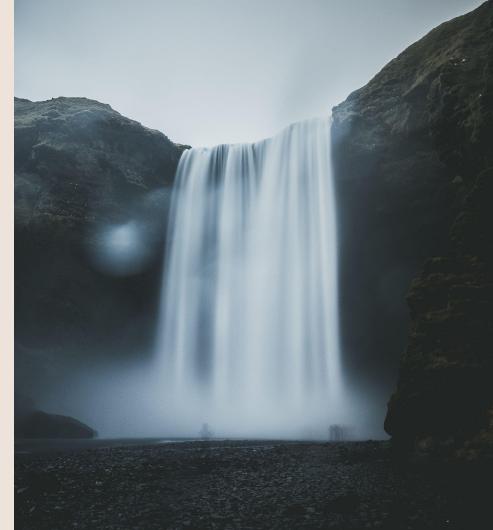
SOUL



Soul Word List Associations

- Dragonfly
- Gemini (zodiac)
 - ◆ Rules mercury
- Nature
 - ◆ forest
 - ◆ waterfalls
- unclear/fuzzy
- clocks/hourglasses

Soul Images



Reasoning

I really struggled with soul because I feel like I'm not very connected with my soul. So that's why I have a very foggy pathway because of the uncertainty I feel. When I do think of souls though I think of nature that's why I included the moon and waterfall. As for the dragonfly they're kind of my good luck charm/spirit animal I guess. Has for the clocks I chose them because I feel like one I am truly connected with my spirit time will seem to stand still.

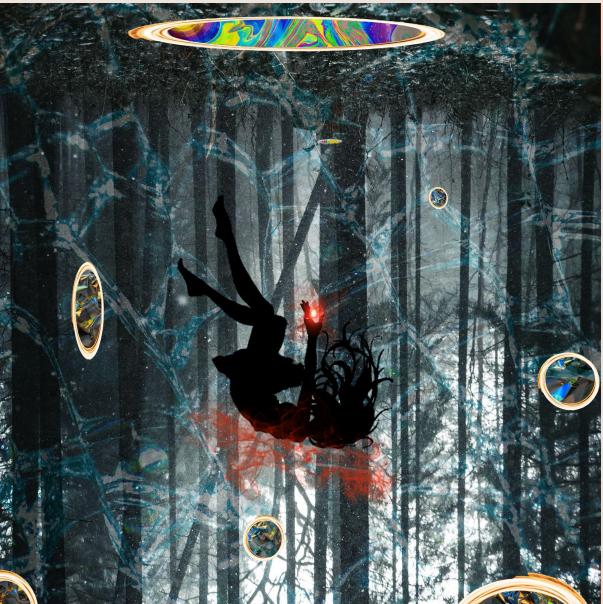
Process

I was really stumped when I started the project. The word association really helped me visualize what my project could look like. Body and soul came pretty quick to me on what they would look like and what images I would use. Mind however was a dilemma. I feel like there is so much happening in my brain that I can't possibly cram all of that in one photo without ruining the composition. After playing around with it for a couple of hours I think I finally got to a product I'm proud of.

Final Images



Body



Mind



Soul

Artist Statement

For this project I collaged how I see my body, mind, and soul using Photoshop. I did this by looking through photos on the internet and collaging them on Photoshop.

I really struggled with the mind portion of the project. I think if anyone is a Marvel fan they can tell that I watched the Doctor Strange 2 trailer before I started the mind portion! My mind is always changing and I didn't know how to portray that therefore, portals. I also feel like I'm never in control in my mind, like my emotions and feeling control me even though I try to keep control. I was also really scared that I was going

to look bad if I added a lot more. My other two pieces are more simple and less hectic. But then again my mind is hectic. To me my work seems very literal but I guess to someone else it's not.

After the back and forth of how I felt I stepped away from the work and 2 hours later I really felt it represented me. I feel more confident about my work than I did at the beginning of the project that's for sure.

Project Reflection

This project helped me remember all the photoshop skills I learned in high school. In high school a lot of my artworks were done in Photoshop so after this project I feel like I start doing more art in photoshop. I like how abstract we were able to go with this project. I feel like mine isn't super abstract, but I like that we were given that freedom to do so. To be honest, I hated having to cite everything, I know it's for good reason! It was just tedious to do. In future works I could see myself using photoshop to make more collages or do some double exposure.

URL Sources

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