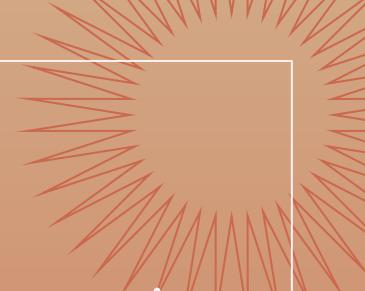


Mind, Body, Spirit Collage

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ART2602C Intro to Digital Studio



Project Description

The goal of this project is to create a triptych, composing of three different collages that represent the mind, body, and spirit. The collages are to be created with found images from the internet through Photoshop. This is intended to be a self reflection and exploration of what the artist's mind, body, and spirit look like to them, as well as how they interact with one another.



OI

Research Section



Word List

Mind

- Focused
- Stuck
- Overwhelmed
- Creative
- Anxious
- Busy
- Critical

I want to emphasize the overwhelming aspect of my mind and show the my constant internal dialogue. Many different photos, intricate details, a.k.a, many focus points. Eyes scattered about to show attention being pulled in many different directions.

Body

- Inconsistent
- Frizzy
- Pink
- Green
- Confusing
- Warm
- Cozy

Show opposing forces at play in how I see and think of my physical appearance. Use flowers to show texture and color. I want to evoke a cozy feeling to signify how I have learned to be comfortable in my own skin; On the other hand, I also want to show the confusion I have felt along that journey.

Spirit

- Optimistic
- Open-Minded
- Curious
- Peaceful
- Childlike
- Loving

Spirit is meant to contrast with the mind. In my mind I have a tendency to feel stuck and generally negative, but when I have those moments of reflection, no matter how small, I am able to feel calm, and breathe deeply. Include childish imagery, as others may perceive my idea of peace as naivete.



Thumbnail Sketches

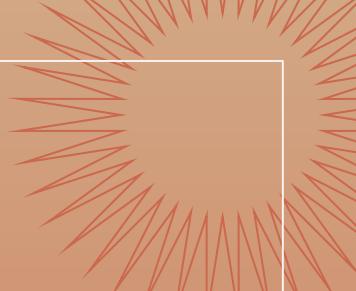
Mind



Body



Spirit



Mind Images

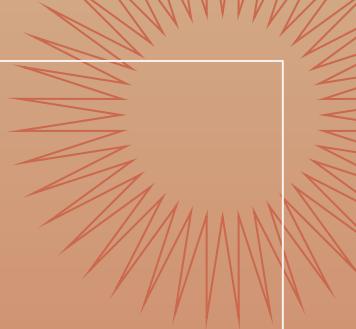




Image Selection: Mind

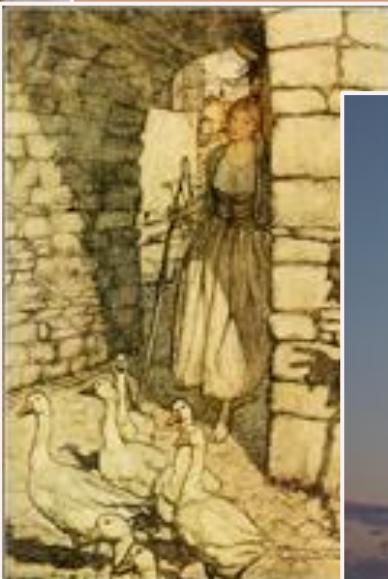


1. I enjoyed the eerie feeling that this eye-infested tree evokes. I wanted to multiply it to create a chaotic-looking background.
2. This little girl looking through the magnifying glass is meant to represent me, my focus, and curiosity.
3. I chose this image, because not only does it go with the forest concept, it also includes an eyeball and ties into the trees and mushrooms.
4. I am a big fan of mushrooms (not those kinds) and enjoy seeing them in designs, so when I saw this one, with the eyeball I couldn't resist.
5. I like the abstract quality of these mushroom people illustrations, I think it is a nice contrast to the thicker, more realistic eyeball mushroom.

Body Images



1



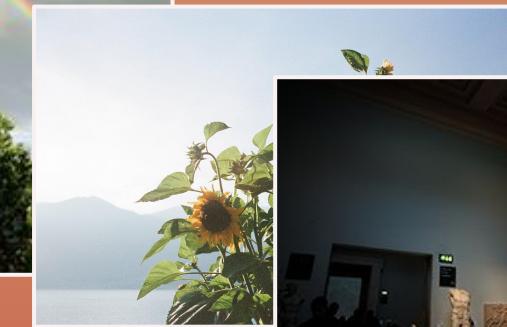
2



3



4



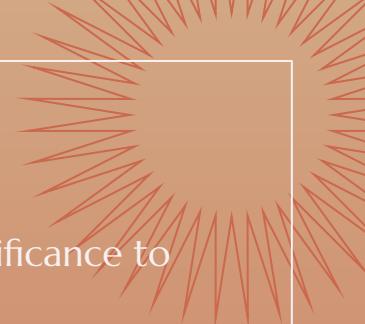
5



6



Image Selection: Body



1. I chose this image for her hands holding the flower. Yellow flowers have some significance to me and I wanted to use it as symbolism for my self-image.
2. These geese felt like an odd choice at first, but I wanted to include them because of the light, feathery, and cozy quality that they have.
3. I like the clouds and color of this streetlight. I wanted to use it to emphasize the flower.
4. Rainbow is one of my nicknames used by my family and loved ones, and I felt that it is an important part of my body, and physical existence.
5. Sunflowers are also an important symbol for me personally. I wanted to include them for that reason, but also to fill in as a design element that I felt was missing from the composition.
6. This aphrodite sculpture is a more literal representation of a body in the collage. I liked the reserved pose and posture of the sculpture and thought it was a good representation of how I often feel more reserved when it comes to my physical appearance.

Spirit Images



1



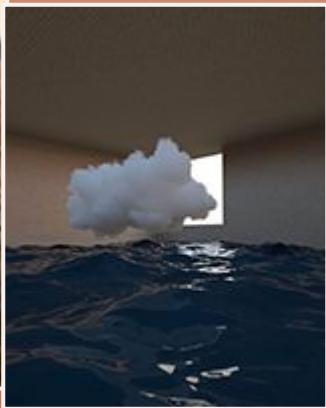
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3



4



5

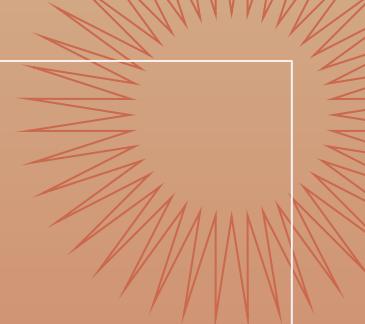
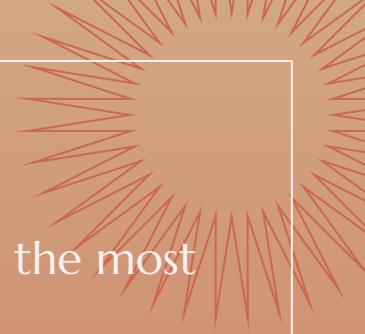




Image Selection: Spirit



1. The figure walking on water, or air, is meant to represent how I feel the most free when I am connected to my spiritual side.
2. I chose this painting of a sky, instead of a realistic painting or picture of a sky to show the child-like nature of my spirit.
3. This ocean is intended to represent the limitless capacity of the spirit.
4. I wanted this “fish eye” to not only connect to the eyes in the mind collage to show the relationship between the mind and the spirit, but to also highlight the unconventional nature of my spirit.
5. I wanted to include the cloud as another design element to connect the ocean to the painting of the sky.

O2

Procedural Section



Collage Process: Mind



I started out by creating my forest background and adding in the main elements.

I made adjustments to the colors of everything to blend it all together more, and added the subtract filter to the last third of the composition, to see how it looks.

I added in the rest of my elements and decided to take out the subtract filter detail. I also chose to make the piece more vibrant and saturated.



Collage Process: Body



I added in my main elements and got to a point where I was satisfied with the composition.



I duplicated the flower in order to shift the focus in the composition and make things feel more unified.



I made the piece lighter, and chose to reveal more of the sunflower image.



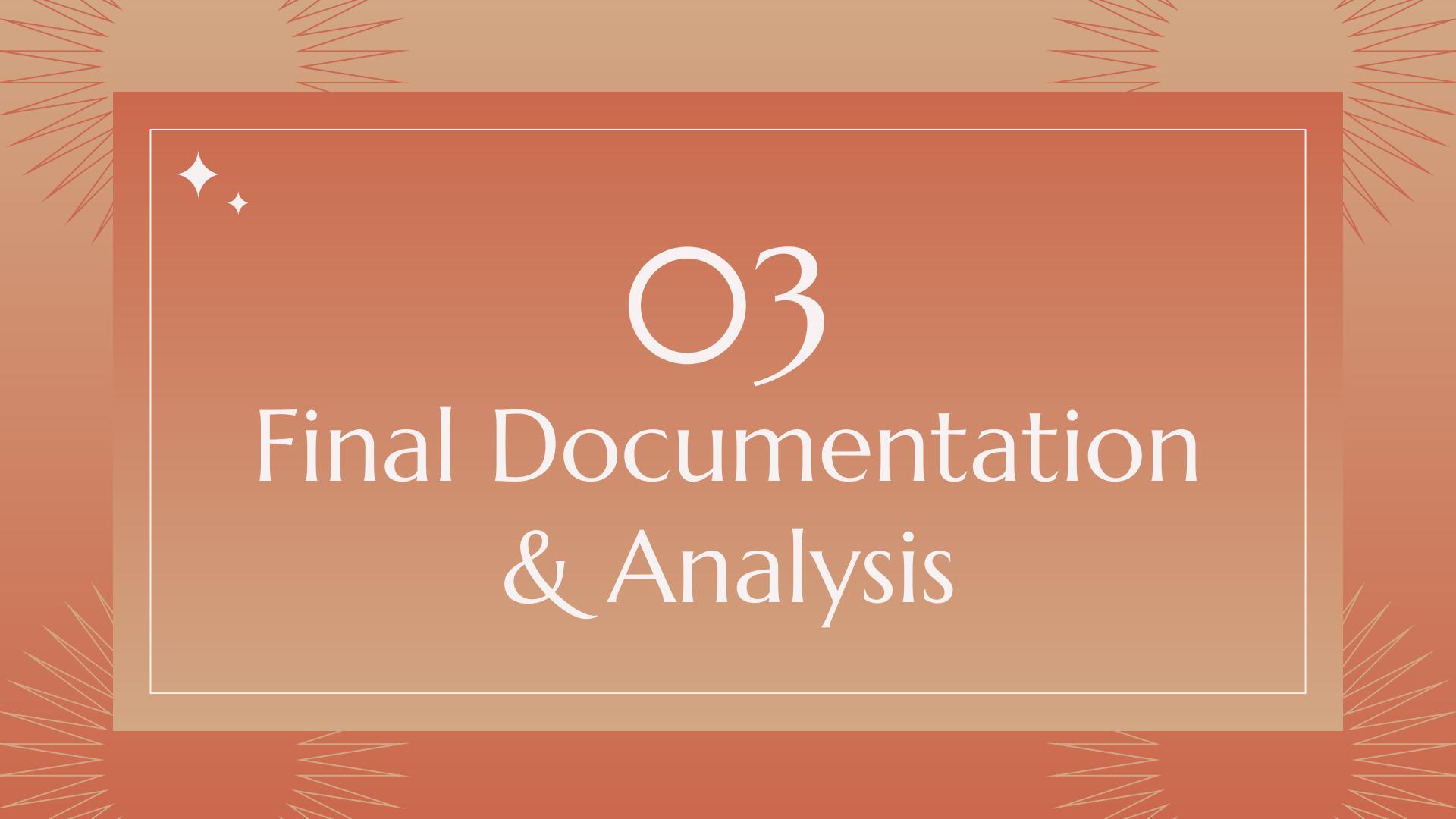
Collage Process: Spirit



The composition came together relatively quickly, and there were only a few elements I could see that needed changing.

In order to make the piece feel more unified, I brought one of the flowers that was being cropped into the front of the composition.

To finalize the image, I adjusted the brightness of the cloud to match the rest of the image.



03

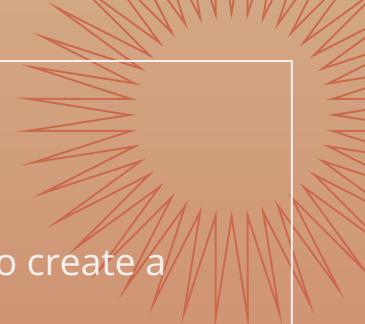
Final Documentation & Analysis

Final Images





Artist Statement



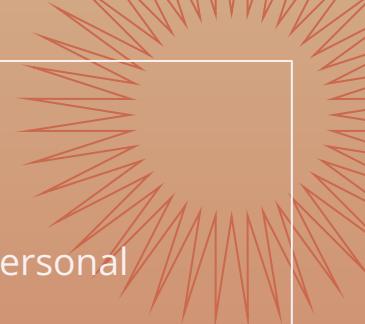
For this project, I created three collages using Photoshop and found images to create a triptych that reveals and reflects upon my mind, body, and spirit.

The first part of the triptych that shows my mind, is starkly different from the other two pieces. As my mind is frequently convoluted and constantly working, I decided to bring that into the composition, and make it feel more busy. For the body collage, I brought in a lot of symbolism that is near and dear to my heart. I also brought in images that encapsulate the confusion that I often feel surrounding my body and self image. As for the final piece on my spirit, I intentionally made it more simple and easier on the eye in order to get the idea across about how much I feel at peace when it comes to my spirit. When I am able to free myself from the constraints and stressors of my mind and body, I feel like I can fly, as the collage portrays. The three pieces don't appear to have the same, or even a similar, style, however I feel like that adds to my narrative that the mind, body, and spirit, often don't align. In my case, they don't. The way that I feel in my mind differs from my body and spirit, and vice versa.

Overall the three collages are an accurate, visual representation of my mind, body, and spirit. The lack of cohesion that may be felt among the three pieces, is actually a great way to portray the idea that the mind, body, and spirit are three different entities, despite their inherent interconnectedness.



Project Reflection



Overall, this project taught me a lot about the creative process and my own personal strengths and weaknesses when it comes to creative development.

When I started this project, I struggled when trying to come up with the words for the word lists. I was surprised since I thought it would flow naturally. This definitely impacted how quickly I was able to come to my final product. I wasn't able to truly brainstorm until I decided just to sketch out some thumbnails. This was extremely helpful to my process. Instead of finding images and then coming up with a composition, I came up with a composition and then was able to easily seek out the images necessary for my composition. Of course as I began constructing the collages, I edited out and edited in certain images, and my final pieces were different than the thumbnail sketches, but overall the sketches were extremely impactful in guiding my way through the creation process.

One thing I enjoyed about the project, was that we didn't have to worry about making the images ourselves. This took a ton of pressure off of me when deciding how to compose my work. I have worked in photoshop, using the skills that I used for this project before, but I have never made a collage like this before, and I am very satisfied with the results of my work.

I also really enjoyed the process of being able to reflect on all of these things through a process book.