

Mind Body Spirit Research

Rachel Howard

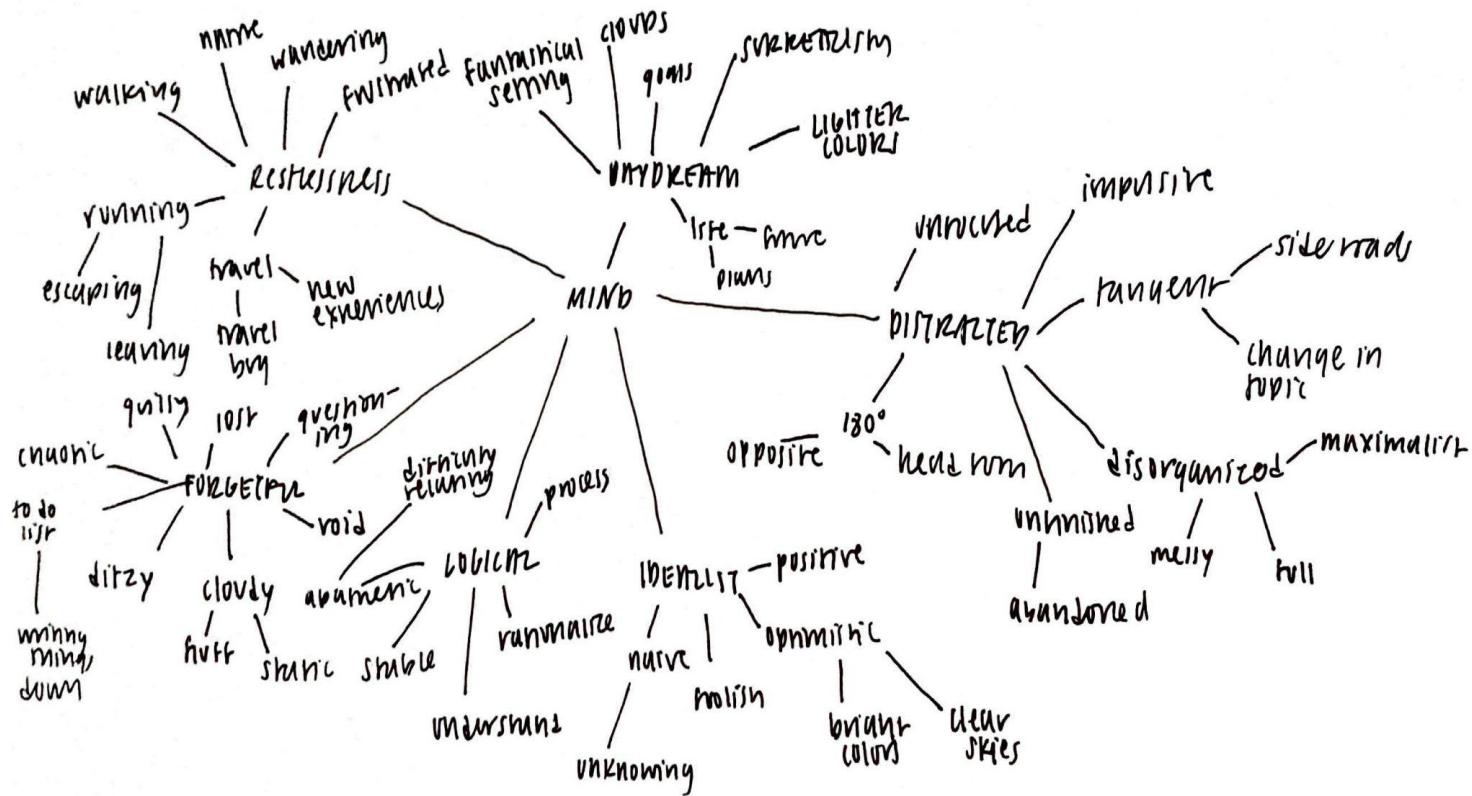
ART 2602C

Summer 2022

Project Description

For this project, we had to represent different parts of ourselves using photo collages. These photo collages used found images, we could not include any photos of our own. These collages would represent our mind (intellect), our body (physical) and spirit (emotional).

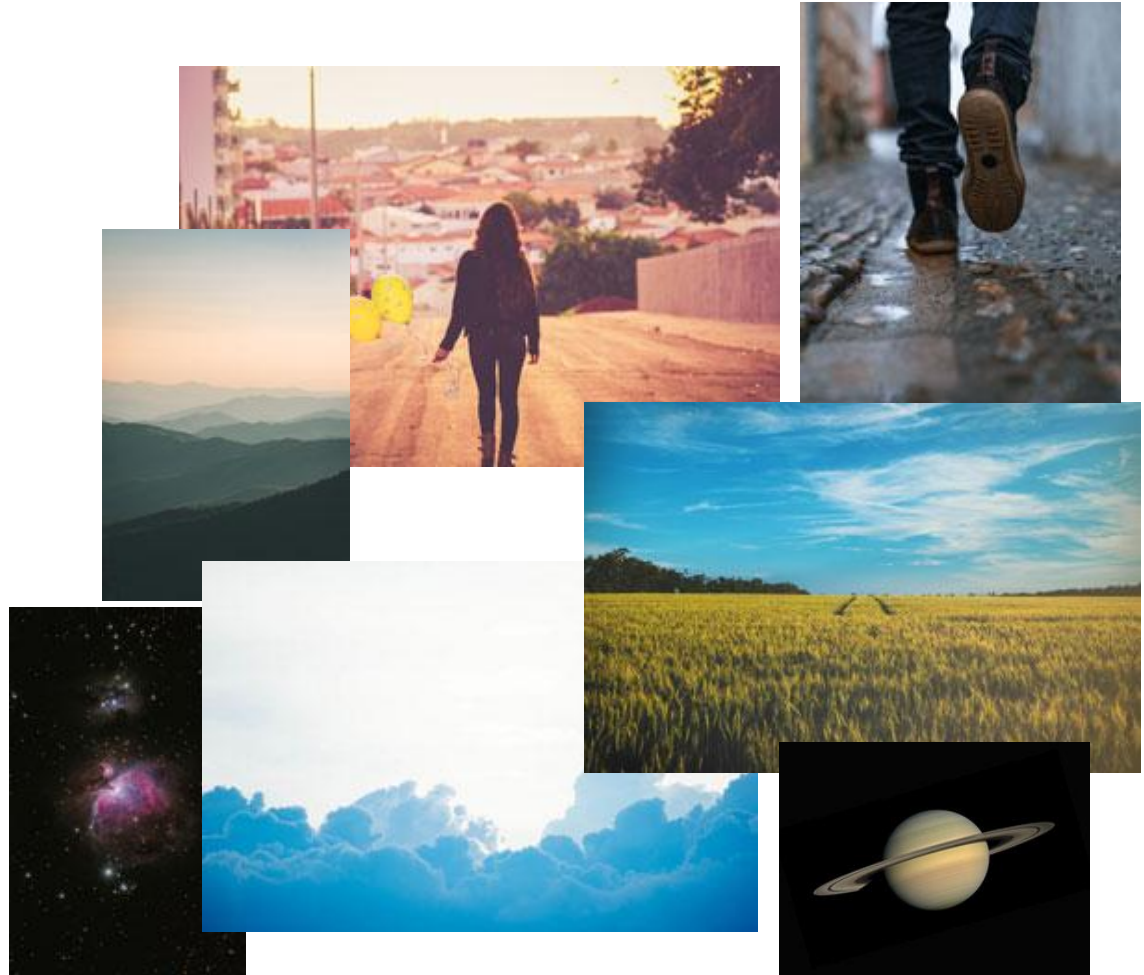
Mind



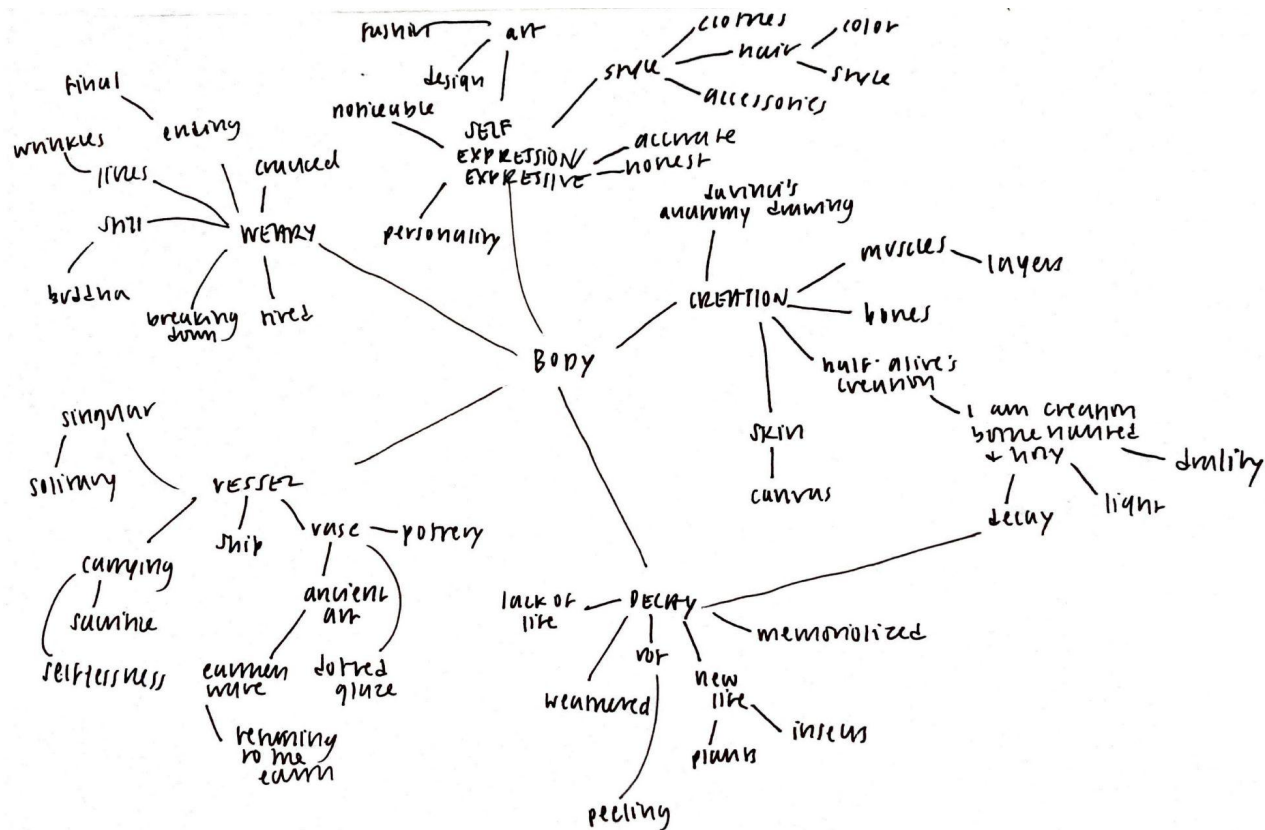
Mind Images

When looking for images, I centered on themes of wandering and surrealism. I want to piece these together to create a surreal, dreamlike landscape that doesn't seem to have the concept of time.

I went with this concept because I enjoy the company of my thoughts. I am also pretty forgetful, and am prone to zone out. I wanted my collage to have peaceful imagery to reflect the calmness I feel when thinking.



Body



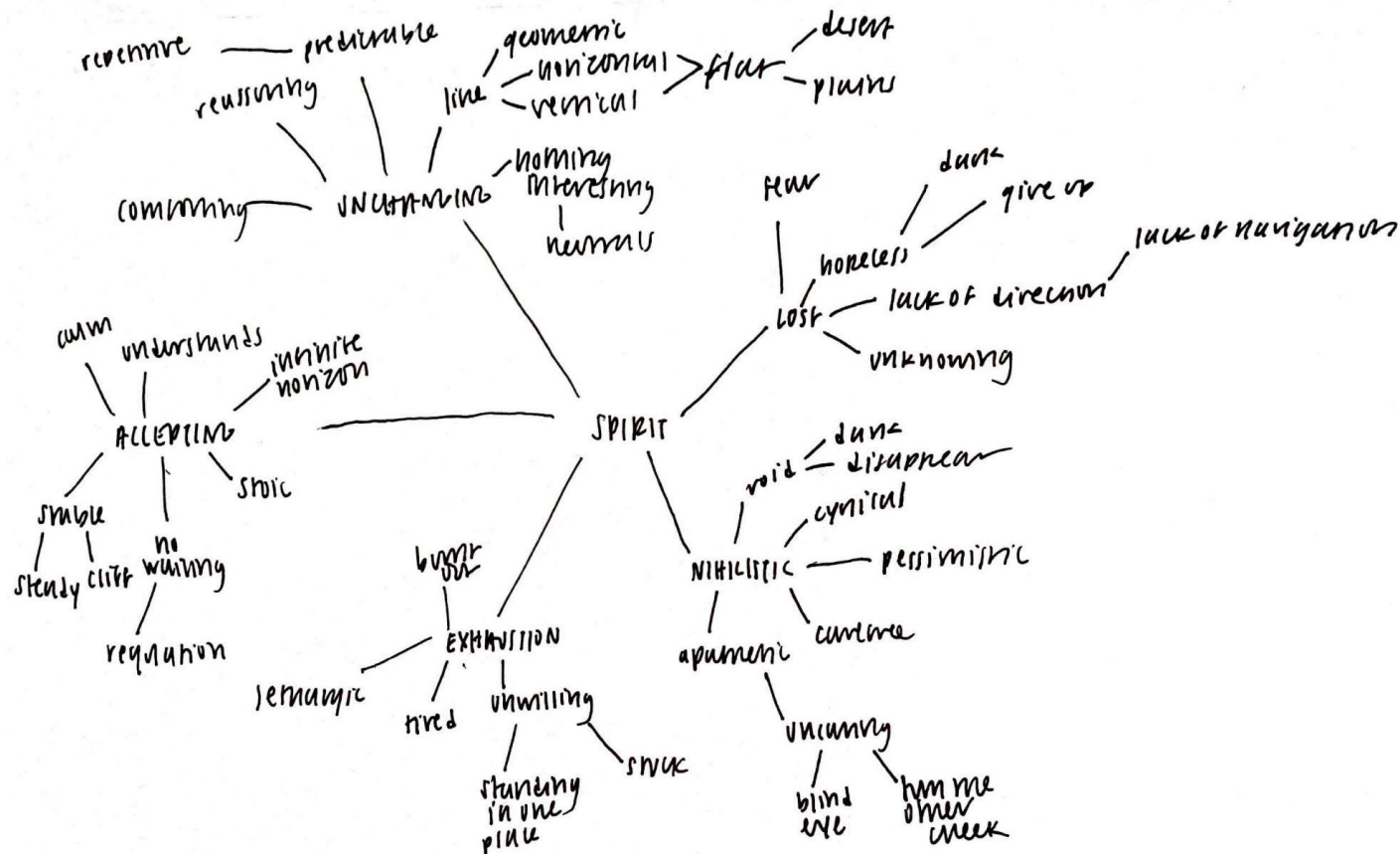
Body Images

For the body collage, I wanted to create a patchwork person. I wanted the main body to be a statue, and include different textures, different statue parts, and different colors. I looked for old statues and new ones, and tried to find statues of women if possible.

The reason behind the statues is to reflect the idea of the body being sturdy, but also a sort of 'blank canvas'. I love my body because it helps me function to live life. The reason for including different textures is to reflect the changes I've made to express myself and my personal style.



Spirit



Spirit Images

The goal for the spirit collage is to create a collage with a tone of despair. I looked for darker, simpler images. I wanted to make sure that the photos used mostly neutral colors. As someone who is easily influenced by news and world events, it's really easy to lose hope when the world seems to be ending all the time.



Feedback

Good idea with the word branches! You did so great structuring and formatting your slides that I might convert to minimalism. I think it's great that you've already clearly defined your theming for the collage topics. Also, good job getting more than five pictures! I'd suggest focusing on building introspective relationships with your images when documenting them in the next process book. Mainly because your themes are so interesting and well defined that more textual definition would make for a popcorn-worthy read XD. –Bryce Lorton

Hey Rachel, I like how you created three separate word maps that focused on each individual topic: mind, body, and soul. I did find myself wondering how the images directly connected to your mind, body, and soul. I noticed that you said for your mind images you stayed on themes of wandering and surrealism, but I'm dying to know why those themes. What if when describing the image selections you related them to your mindset, personal body image, or spiritual journey? –Haylee Garner

Feedback

Your project so far feels really put together, it has a good basis for the rest of the project prompts to come. The brain storming inclusions really helped me to get a good sense of your thought process when it came to this first part of the research phase. Alongside the brainstorming part, I really like the vibes that I get from each collage of images that we see in your mind, body, and soul slides. They help to fortify the overall inner workings of each part, however I would have liked to see a final explanation on why these collages resonated with you. I feel if this was included this presentation would take off, in the sense of showing your true journey of self discovery. Overall it is a really good entry, beginning, and starter window into understand how you as a whole are. –Hannah Webster

**Note: The concepts that were written next to the found images has been updated to reflect these changes.

Artist Statement

For this project, I wanted collages that captured my mind, body, and spirit that had a surreal feel to them. Using mind maps, I began to explore adjectives that describe each aspect of myself, and used that as a guide to finding online images. I tried to give each collage a word to describe the tone, and use that to build a certain mood for each collage. For the mind collage, the word was 'wander'. For the body collage, the word was 'expression'. For the spirit collage, the word was 'despair'. During the building process, I learned that some images did not fit either with the overall composition or with the overall feeling. However I kept them in this process book to document what I found, and what changed between ideation and execution.

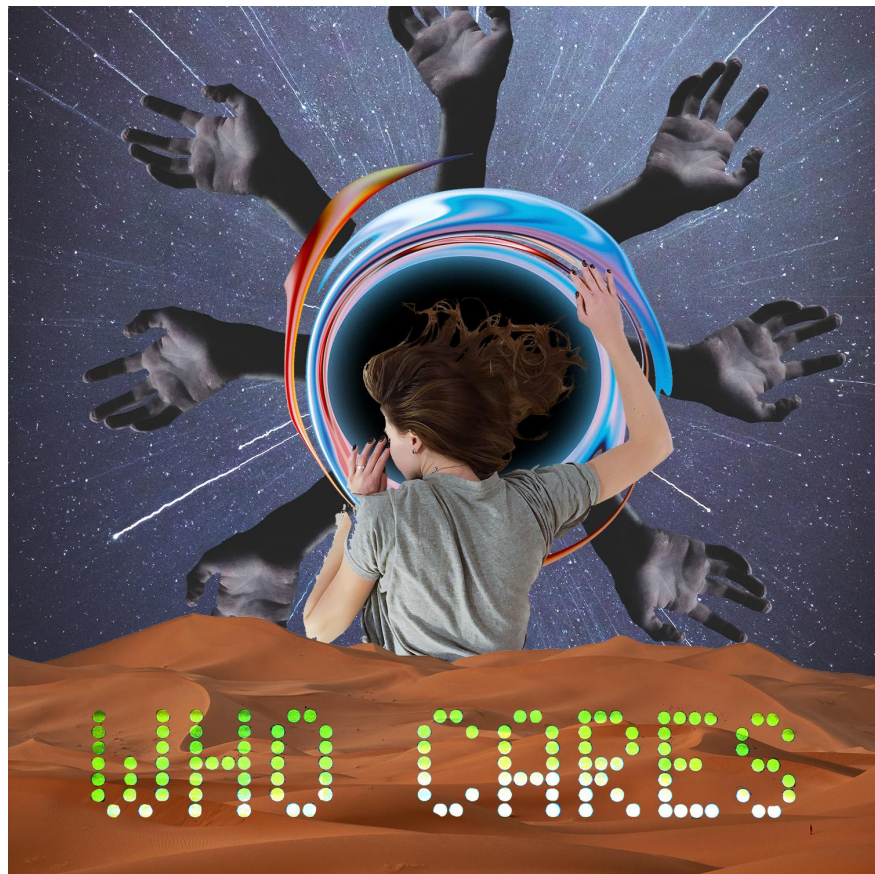
Mind



Body



Spirit



Final Reflection

I think in most art projects, we use our skills to create our own work to express who we are. Expressing who we are using someone else's photos was a unique but fun challenge. It was hard to rely on other people to have photos that I was looking for, especially when sometimes I had a specific photo in mind and I just couldn't find it. However, it was fun turning those photos into my own work that expressed who I am.

Images (Mind)

- nasa_saturn.jpg
 - <https://unsplash.com/photos/2W-QWAC0mzl>
- andrews_galaxy.jpg
 - https://unsplash.com/photos/fsH1KjbdjE8?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- dominikjpw_field.jpg
 - https://unsplash.com/photos/fsH1KjbdjE8?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- chuttersnap_clouds.jpg
 - https://unsplash.com/photos/9AqldzEc9pY?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- cajina_mountains.jpg
 - https://unsplash.com/photos/HDd-NQ_AMNQ?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- luengo_shoes.jpg
 - https://unsplash.com/photos/jSvOR46Xk8Q?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- balista_girl.jpg
 - https://unsplash.com/photos/jSvOR46Xk8Q?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink

Images (Body)

- noyelle_statue.jpg
 - <https://unsplash.com/photos/3LyJOIOkmPY>
- lacub_statue.jpg
 - https://unsplash.com/photos/GUlnTrj7qNM?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- jackson_statue.jpg
 - https://unsplash.com/photos/_zsNyXVwCgg?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- clark_texture.jpg
 - https://unsplash.com/photos/VMz-AFdjKFY?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- sabben_texture.jpg
 - https://unsplash.com/photos/vgnq_1mTubY?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- czerwinski_paint.jpg
 - https://unsplash.com/photos/W_mfoOilElc?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink

Images (Spirit)

- mymind_void.jpg
 - https://unsplash.com/photos/7pQszt9KiEY?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- hasselmann_desert.jpg
 - https://unsplash.com/photos/pVr6wvUneMk?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- muslakov_girl.jpg
 - https://unsplash.com/photos/CwIU33KGToc?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- conrad_sign.jpg
 - https://unsplash.com/photos/ME0MWANO2bU?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- horner_light.jpg
 - https://unsplash.com/photos/ME0MWANO2bU?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink
- stormseeker_storm.jpg
 - https://unsplash.com/photos/rX12B5uX7QM?utm_source=unsplash&utm_medium=referral&utm_content=creditShareLink