

mind, body, spirit - elly diaz

spring 2023

ART2602C - intro to digital studio

mind

- frantic
- constant
- uncertain
- rambling
- contemplative
- wordy
- scattered
- muddled

mind

- frantic

something fast, quick to run, easily startled,
easily pushed into action
rabbit? deer, bird; running, flying

- constant

time/space, the universe

planets; rocks, geology. water? rain, erosion

- uncertain

question marks

brain, blurred, fog

- rambling

mouth

multiple mouths, teeth

- contemplative

brain (again)

eyes, multiple eyes, closed eyes

brain + eye images

- wordy

mouths (again)

- scattered

mirrors, reflections, light

- muddled

fog (again), water

mind images



mind - artist statement

i selected these images as i felt each had some sort of connection to the words i decided on. the inclusion of the bird as a focal point of the image is mainly a method of connecting the piece to the other two, but i'd also consider a bird "frantic" and "uncertain" considering their role as flighty prey animals that rely on fleeing to survive. i mashed human body parts together to create an unsettling and surreal scene as i feel that represents my mind and the words i selected well. the foggy background is basic enough to keep a viewer focused on the more interesting parts of the piece, but i feel it simultaneously matches the words "muddled" and "constant" well. i think it's also an apt portrayal of both literal and figurative "brain fog," a sensation i often deal with.

mind image links

birds - <https://i.pinimg.com/originals/35/2c/f8/352cf828ff40ae4cdf60e28eea357299.jpg>

fog - <https://static.vecteezy.com/system/resources/previews/003/643/444/original/cloudy-sky-background-with-clouds-or-fog-free-vector.jpg>

eye - <https://iif.wellcomecollection.org/image/N0021053/full/full/0/default.jpg>

Mouth- <https://images.assetsdelivery.com/thumbnails/designpics/designpics1006/designpics100608634.jpg>

https://media.istockphoto.com/id/187125733/photo/healthy-smile.jpg?s=612x612&w=0&k=20&c=eMqm-TC2W_6Or3_Tpm3pAnAvisKcJuWT6TXbPm8zmkc=

Hand - <https://padspcs.com/wp-content/uploads/2016/06/Hand-Reaching-out.png>

<https://www.westend61.de/images/0000033265pw/grasping-hand-close-up-05822CS-U.jpg>

<https://millucesmx.vtexassets.com/arquivos/ids/159092-1200-auto?v=638025398871570000&width=1200&height=auto&aspect=true>

body

- small
- boney
- angular
- spindly
- scruffy

body

- small

small animal, sticking with animal
theme - rabbit, mouse

- boney

skeletal; rabbit skeleton, maybe microfilm
or beneath live rabbit

- angular

glass; sharp edges, broken glass

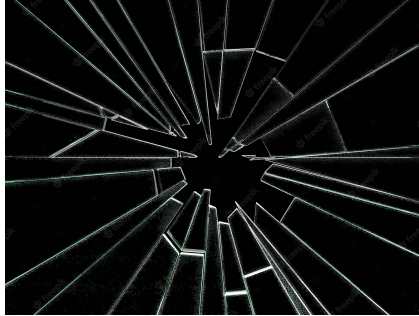
- spindly

long limbs/legs; multiple limbs on
the rabbit? extended/unnaturally long

- scruffy

fluffy/scruffy animal (rabbit)

body images



body - artist statement

i have always struggled with my body image as someone who is naturally weak and small and greatly wishes they weren't, so a rabbit felt like a fitting choice to portray this. i think the rabbit also fits the word "scruffy" well as a fluffy, furred animal. angularity and mortality are shown by the shattered glass and the dead rabbits mirroring the live one.

body links

rabbits - <https://www.abc27.com/wp-content/uploads/sites/55/2022/08/GettyImages-1311272463.jpg>

https://live.staticflickr.com/8239/8519080241_cb193468ae_b.jpg

skeletons -

<https://images.fineartamerica.com/images-medium-large-5/rabbit-skeleton-ucl-grant-museum-of-zoology.jpg>

concrete -

https://static.vecteezy.com/system/resources/previews/006/276/301/large_2x/abstract-grunge-wall-texture-gray-concrete-wall-and-metal-floor-interior-background-for-design-art-work-empty-cement-room-in-perspective-view-free-photo.jpg

broken glass -

https://img.freepik.com/free-photo/3d-rendering-broken-glass-texture_23-2149405118.jpg?w=2000

spirit

- soft
- frenetic
- anxious
- unstable
- enclosed
- shifting
- vibrant

spirit

- soft

fur, fluffy, clouds

- frenetic

something pulsing - plasma ball?
electricity, fire

- anxious

flighty animal, sticking w/ animal theme -
deer?

- unstable

plasma/electricity again, malformed/discolored

- enclosed

prison - metal bars, wires, barbed wire
coiled around something, the deer maybe?

- shifting

sand; hour glass maybe, or water, waves

- Vibrant

saturated, bright color schemes, tropical
bright flowers

spirit images



spirit - artist statement

deer are my favorite animal so it was only natural i included one somewhere in this project, and it happened to fit the “prey animal” theme well, as well as the words “anxious” and “soft.” the barbed wire portrays being “enclosed,” mirrored by the liveliness and vibrance of the background and the flowers blooming from the deer’s face. the shattered antlers don’t match any specific word particularly well - perhaps “shifting” - but they represent my struggle with my gender identity.

spirit image links

deer - <https://www.maine.gov/ifw/images/deer-social1600.jpg>

flowers - <https://www.proflowers.com/blog/wp-content/uploads/2016/04/hero-blue-flowers.jpg>

barbed wire - <https://m.media-amazon.com/images/I/81hSLBKonbL.jpg>

antler - https://i.etsystatic.com/21424644/r/il/97117c/3975480380/il_fullxfull.3975480380_8tbo.jpg

https://i.etsystatic.com/21424644/r/il/2ca1a7/3975480330/il_fullxfull.3975480330_1fz9.jpg

<https://www.bcicrafts.com/assets/images/forestfindings/deer-antler-4-point.jpg>

blue light -

[https://www.learnreligions.com/thmb/kJNZOedJvnddaJcpcvpMaE_IW_A=/1500x0/filters:no_upscale\(\):max_bytes\(150000\):strip_icc\(\)/GettyImages-763260001-5b47d41cc9e77c0037fb0a3c.jpg](https://www.learnreligions.com/thmb/kJNZOedJvnddaJcpcvpMaE_IW_A=/1500x0/filters:no_upscale():max_bytes(150000):strip_icc()/GettyImages-763260001-5b47d41cc9e77c0037fb0a3c.jpg)

completed images

mind



body



spirit



process + research

i came up with the overall concept for each piece by first creating a list of words i felt represented each aspect of my being, or my body, mind, and spirit. i then wrote out each of the words and jotted what immediately came to mind when i read them, and sought out images that matched what each word reminded me of.

i tried to come up with an overall “vibe” or theme that i wanted represented in each piece. for example, in *mind*, i wanted it to have a surreal and disturbing landscape; in *body*, i wanted it to have a sense of mortality in representation of my own fear of death. i also wanted all three of the pieces to have something that connected them, and so i decided to include an animal, particularly a prey animal, as a focal point in each piece.

project reflection

overall, i'm pretty happy with how this project turned out considering i'd barely touched photoshop prior to this. i think that while my pieces are relatively simple and could definitely be improved upon, they at least look decent and portray my sense of self relatively well. i can certainly see a different aspect of myself in each piece, and i hope others are able to see that as well.

i gained an immense understanding of how photoshop works and its value from this project, and look forward to further incorporating the program into future projects now that i've dipped my toes into it.