

# Process Book: MBS Project



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# Word Lists:

## Words for Mind:

- Buzzing
- Imaginative
- Sharp
- Analytical
- Daydreamer
- Overthinker
- Creative

## Words for Body:

- Plant
- Round
- Soft
- fighting/illness
- Health
- Brown
- Green

## Words for Spirit:

- Resilient
- Joyful
- Hopeful
- Compassionate
- Controlling
- Passionate

# Brainstorming:

## MIND

- buzzing ✱
- imaginative ✱
- sharp
- analytical
- daydreamer
- overthinking
- creative ✱

↓  
Brainstorm:

- buzzing → bees → hive → bees are like my thoughts "sharp" b/c of stingers
- sharp → swears, I like to make a point with my words
- creative → flowers blooming → thoughts forming → creativity

## BODY

- a plant (to care for)
- round
- fighting/struggle/solid
- healthy
- brown/green → earth tones?

↓  
Brainstorm:

- a plant, you <sup>whole ecosystem really</sup> constantly have to feed it, water it, give it all the right things, like a body
- I have a round, sort of soft body, not a lot of angles → like a bird? birds are round & soft.
- fighting/struggling for health, show a rot/mold?

## SPIRIT

- resilient/strength
- joyful/hopeful
- free
- compassionate
- passionate/drive

- ~~resilient~~ → new/green plants? to show triumph over tragedy
- ~~joyful~~ → warm sun? yellow flowers?
- snow movement → to show ~~passion~~ wind?
- ~~bird~~ → ~~bee~~

## MIND

- beehive with lots of bees working carrying different "thoughts"
- sharp objects poke out of honeycombs
- "meanwhile thoughts" bloom all around "creating" and the bees "tend" to them

## Body

- a growing plant that houses little birds and small round fruits? But snow another plant a rot trying to take it over.

## SPIRIT

- Snow little sprouts growing up with a warm sun and wind → maybe put something inside the sprout pods? baby bird?

# Mind Images Sources

# Mind Images





# Why I Chose these Images

I chose these specific images for my “mind” portion of the collage because I often think of my mind as a bee hive. It’s constantly buzzing with ideas, songs, memories, feelings, much like how bees are hard at work inside their hives. The flowers represent creativity, and how my imagination “blooms” into life, but the “bee” or in this case, my mind, cultivates the thoughts and ideas into a full concept. The swords and knives also represent how my mind is still very sharp despite being all over the place and hard at work. This concept is actually stayed relatively the same after the brainstorming phase, the other two I ended up changing.

- <https://www.gannett-cdn.com/-mm-/77fe949cef05b1f66279a27672807cc7624fd9dd/c=0-0-3499-1977/local/-/media/2016/03/17/SNJGroup/CherryHill/635938339093727386-honeybee.jpg?width=1320&height=746&fit=crop&format=jpg&auto=webp>
- <https://www.courierpostonline.com/story/life/2016/03/17/honeybees-and-flowers-they-visit/81933372/>
- [https://upload.wikimedia.org/wikipedia/commons/4/4d/Apis mellifera Western honey bee.jpg](https://upload.wikimedia.org/wikipedia/commons/4/4d/Apis_mellifera_Western_honey_bee.jpg)
- <https://images.newscientist.com/wp-content/uploads/2019/05/20111917/frank-bienewald-alamy-stock-photo.png?crop=1:1,smart&width=1200&height=1200&upscale=true>
- [https://ideas.ted.com/wp-content/uploads/sites/3/2021/03/FINAL\\_Bees.jpg](https://ideas.ted.com/wp-content/uploads/sites/3/2021/03/FINAL_Bees.jpg)
- <https://www.darksword-armorv.com/wp-content/uploads/2014/09/Medieval-knight-sword.jpg>
- [https://www.google.com/url?sa=i&url=https%3A%2F%2Fbattlingblades.com%2Fproducts%2Fvikingsword-ulfberht-sword-high-carbon-damascus-steel-sword-39-stiklestad&psig=AOvVaw3rBJJ84g0\\_zCueAGLXhQW8&ust=1674330067057000&source=images&cd=vfe&ved=0CAsQjRxqFwoTCKj21fL41vCFQAAAAAdAAAAABAJ](https://www.google.com/url?sa=i&url=https%3A%2F%2Fbattlingblades.com%2Fproducts%2Fvikingsword-ulfberht-sword-high-carbon-damascus-steel-sword-39-stiklestad&psig=AOvVaw3rBJJ84g0_zCueAGLXhQW8&ust=1674330067057000&source=images&cd=vfe&ved=0CAsQjRxqFwoTCKj21fL41vCFQAAAAAdAAAAABAJ)
- [https://as1.ftcdn.net/v2/jpg/03/04/28/38/1000\\_F\\_304283883\\_cYJOI7IBVwPaP2ccuii5bBdpZRzi04fq.jpg](https://as1.ftcdn.net/v2/jpg/03/04/28/38/1000_F_304283883_cYJOI7IBVwPaP2ccuii5bBdpZRzi04fq.jpg)
- [https://stock.adobe.com/images/bees-tending-to-their-beehive-filling-hexagon-shaped-cells-in-the-honeycomb/304283883?as\\_campaign=ftmigration2&as\\_channel=dpcft&as\\_campaign=brand&as\\_source=ft\\_web&as\\_campaign=acquisition&as\\_audience=users&as\\_content=closure\\_asset-detail-page&](https://stock.adobe.com/images/bees-tending-to-their-beehive-filling-hexagon-shaped-cells-in-the-honeycomb/304283883?as_campaign=ftmigration2&as_channel=dpcft&as_campaign=brand&as_source=ft_web&as_campaign=acquisition&as_audience=users&as_content=closure_asset-detail-page&)
- [https://stock.adobe.com/Library/urn:aaid:sc:US:b62b5b02-6bf9-4a5a-a103-e3d9aa43b53e?asset\\_id=539002446](https://stock.adobe.com/Library/urn:aaid:sc:US:b62b5b02-6bf9-4a5a-a103-e3d9aa43b53e?asset_id=539002446)
- [https://stock.adobe.com/Library/urn:aaid:sc:US:b62b5b02-6bf9-4a5a-a103-e3d9aa43b53e?asset\\_id=22188691](https://stock.adobe.com/Library/urn:aaid:sc:US:b62b5b02-6bf9-4a5a-a103-e3d9aa43b53e?asset_id=22188691)
- [https://en.wikipedia.org/wiki/Flowering\\_plant](https://en.wikipedia.org/wiki/Flowering_plant)

# Body Images Sources



# Body Images



- [https://www.reddit.com/r/pics/comments/1fdefq/really\\_cool\\_looking\\_ancient\\_ruins\\_in\\_a\\_forest/](https://www.reddit.com/r/pics/comments/1fdefq/really_cool_looking_ancient_ruins_in_a_forest/)
- <https://www.pinterest.com/pin/hidden-in-the-jungle-rediscovered-in-1914--165859198747056062/>
- <https://www.pexels.com/photo/person-holding-a-green-plant-1072824/>
- <https://www.wired.com/story/grim-reality-reopening-more-mold-offices-schools-houses/>
- <https://sterlingfleetoutfitters.com/mold-in-your-work-vehicle/>
- <https://scitechdaily.com/octopus-like-tentacles-help-cancer-cells-invade-the-body-new-insight-on-a-fundamental-mechanism-in-all-living-cells/>
- <https://www.datasci.com/solutions/oncology/tumor-pressure>
- <https://www.cardio.com/blog/understanding-your-heart-and-how-it-functions>

# Why I Chose these Images

I chose these images after my brainstorming phase. The concept ended up becoming very different from my original, but I like it much better. A lot of my images are organic, or based on things like animals, plants, and nature because those are things I like, but also because they have a lot of deep symbolism attached to them. For the “body” images, I went with the “my body is a temple” idea, but took it a step further. My “temple” is still standing, but crumbling apart, and has mold growing on it. This is a play on how my body is ill in real life battling cancer. However, in the middle of the temple, there is this “heart-plant” that is new and growing. This symbolizes where my heart really is and my determination to heal my “temple.” I also have images of cancer cells to further add to the foreign-alien like look on what should be a natural-looking place.

# Spirit Images Sources

# Spirit Images



- [https://farm2.staticflickr.com/1248/837341557\\_925372bd9d\\_z.jpg?zz=1](https://farm2.staticflickr.com/1248/837341557_925372bd9d_z.jpg?zz=1)
- <https://www.deephollowranch.com/how-far-can-a-horse-run/>
- <https://www.architecturaldigest.com/gallery/beautiful-gardens-fields-of-flowers>
- <https://www.cntraveler.com/gallery/where-to-see-blooming-flowers-around-the-world>
- <https://ebird.org/species/eucdov>
- <https://www.flickr.com/photos/tgpotterfield/6855064290>
- <https://pixlok.com/images/glowing-light-png-free-download/>

# Why I Chose these Images

For my Spirit concept, I ended up scrapping my original idea entirely, and thought to myself “what is my spirit, and what does it like/want? What does it feel?” I think Spirit is one of the hardest things to convey or illustrate, so I focused on a theme of peace and strength. These are two attributes that my spirit feels like to me. For imagery, I chose things that feel peaceful to me, like the field of flowers. I feel most at peace in nature where its quiet. The horse represents something that I like but also feel. Horses have always been a place of freedom and comfort to me growing up, so I wanted to include them. Horses are very emotionally-sensitive creatures as well so it connects to the “spirit” theme. The lion is a classic symbol of strength, but it also symbolizes this feeling of a “caged lion” that I often feel within myself. The horse and lion run together, to show that peace and strength move the soul. The Mourning dove has a double meaning of freedom of the spirit, but also the mourning of things I’ve lost in my life. Its to show that even though my spirit is light and free, there is still a bit of weight and sadness. The little lights just emphasize the “lightness” but also the hopeful feelings I have.



# Editing Phase: Mind



This is the original collage I made before edits. Some of the colors and values were a bit jarring so I added some color balance layers, levels, and opacity changes to make the overall color harmony work better. I shifted the overall hue to a more orange color. I also ended up not using some of the other bee and flower images because I didn't want to overwhelm the canvas, but feel like we just get a quick look at a "busy-bee" mind, processing the "thought flowers"

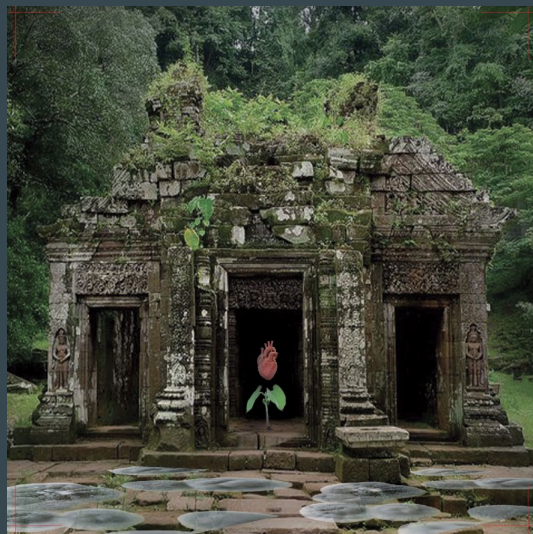


Post Edits: this is a screenshot after all the editing layers, the color harmony works a lot better and has an overall warmer orange shift. I also matched the light source for the bees to match that of the light hitting the honeycomb from the right. At this point I had also added the bleed/trim marks.

# Editing Phase: Body



This is the original collage I made before edits. The saturation was a bit bright, and to further emphasize the part of the “sick and crumbling body” I desaturated the image. I bumped up the saturation on the heart and plant to show that health is still there and surviving. The mold/cells I warped with the perspective tool and color balanced a bit to match the overall green tone of the temple. The cell images I had picked didn’t fit my vision so I left them out.



Post Edits: this is a screenshot after all the editing layers, color balance, levels, and hue saturation edits. I also masked the middle temple door because it had a shrine and it would have looked cluttered if I had left it. I masked it with a layer mask to leave it a shadowy black void so the plant and heart would stand out. My base image was perfect with my initial vision, so I didn’t want to add too many extra things and clutter it up. Less was more for this one.

# Editing Phase: Soul



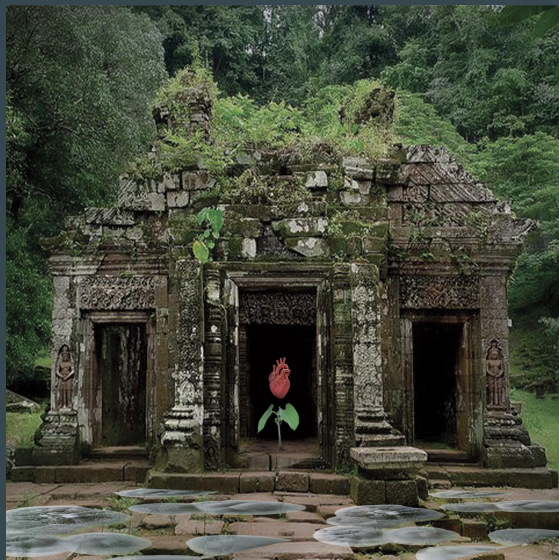
This is the original collage I made before edits. For the most part the colors and elements worked pretty well. I mainly just shifted the overall color hues to more of an orange yellow so that all the elements matched. For the horse and lioness I used the burn and dodge tool to darken and lighten some of the forms to accentuate them. The mourning dove selection was a bit harsh at first so I blurred it and softened the edges.



Post Edits: this is a screenshot after all the editing layers, color balance, levels, and hue saturation edits. I then realized I wanted the overall light to be really bright, like a bright soul. I bumped up the brightness and also color matched the soul lights a bit more so that everything followed this warm orange tone. I also had added the bleed trim marks at this point.



# Final Images JPGs



**Installed**

# Artist Statement

For this collage project, I was to create three compositions that present visuals on how I view my mind, body and spirit. They are a self-portrait of sorts but instead of showing my face, they give off a more intricate and personal look into my life. I'm able to show more about myself than with just a traditional self-portrait. I used internet photos and cut and edited them using Photoshop compile them all together.

I wanted to create images that seemed a bit more natural and nature based. I personally love nature and I really love animals so I really wanted to incorporate them in my own symbolism. There were a lot of things I wanted to add to show different parts of my personality, but I decided that less was more. I would rather have a more readable image composition than a more cluttered collage. I also chose to incorporate historical objects like swords and crumbling castles/temples because I have a great interest in history, especially the medieval era and Arthurian legends. I originally had way more images that I wanted to include for certain symbolism but I decided to cut the number down even more.

For the mind poster, I wanted to focus on how I feel like my mind is constantly buzzing like a beehive so I went with that concept and made a beehive. Growing up I always heard that saying "your body is a temple" so I went with that idea for the body poster. Only my body is often sick and crumbling. When I think of my soul I think about warmth and freedom because these are things I often wish for so incorporated warm orange yellow tones into the piece. The three animals symbolize the three emotions I often feel in my soul. Wild freedom (the horse), strength, endurance, protectiveness (lioness) and nostalgia and sadness (mourning dove). The Mind and Spirit concepts were more abstract and based off my own interpretations and feelings whereas the Body concept was a little more literal and matter-of-fact.

I was able to quickly compile the concepts together with layer masks and using the 'select subject' option. I also used the color balance, hue and saturation, levels, and burn/dodge tool to tweak values and colors. This project was a bit difficult at first, because it's hard to try and sum up your whole entire self in three collages. In the end though, it was very fun and satisfying to see how I view myself. Personally I think my collages are mostly accurate but people are pretty biased when talking about themselves and tend to only want to show their very best parts. I tried not to do that so much but others might think differently or maybe even interpret my images in an entirely different way.

# Project Reflection

This project was meant to get us familiar with Photoshop and all its tools, as well as teach us how to set up a process book. I am already very proficient with using Photoshop, but I still watched all of the tutorials and I actually learned a lot of cool shortcuts and tools I didn't know about. The select subject tool and layer masks were my best friends for this project. I was able to quickly cut out and edit the photo montages in an efficient manner without having to sit there and manually select and erase them. I've done similar projects in my two Graphic Design classes so I was able to breeze through this pretty quickly. I've never made a process book in Google Slides though, I actually like it a lot more than Indesign. Indesign is the bane of my existence and unnecessarily complicated.

I think this was a nice and easy first project, where I didn't have to spend a lot of brainpower to make something interesting, but I was also able to showcase my skills and what I already know about how to use the software. I'll be honest though, I was a bit bored with the project, however, I still liked the idea of showing what I think my mind, body, and spirit are like.

I think if I had to redo the project or start over I think I would have maybe gone a bit more extreme and included more things and images in my collages. The images I made can only really be understood by myself or those who read the project descriptions and artist statement. I would have liked to focus more on readability so that way viewers might be able to pick up on the symbolism more. To the average person who sees this, they most likely won't understand what all of the elements mean or understand certain symbolisms unless they know me personally. Overall this was a fun and easy project to start the semester with, and it was a good way to get myself more familiar with the photoshop features and tools.