

PROCESS BOOK by Carl Lancaster


MIND, BODY, SPIRIT.

2/2022

On a regular day, I would describe myself as being a simple, decent guy.

It can be rather difficult to describe mind, body & spirit.

I know myself, but it takes time to find out what I want to put into a collage.



mind

body

spirit

Exposed

Large

Different

Growth

atoms

Extension

Complex

Simple

Constant

Encrypted

Limbs

Inside out

Pink matter

tissue

Light

My words and my thoughts within them -- just the beginning of my planning process.



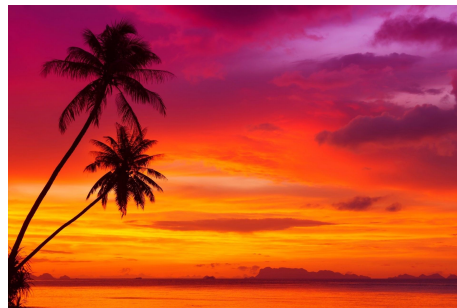
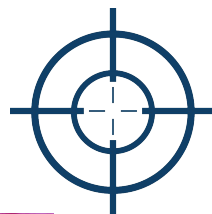
These are the batch of photos I downloaded for inspiration.

Each of these images has a special meaning to the projects, primarily as homage to comic book culture. As a fan, it is the most personal since I making my own comic if you will.

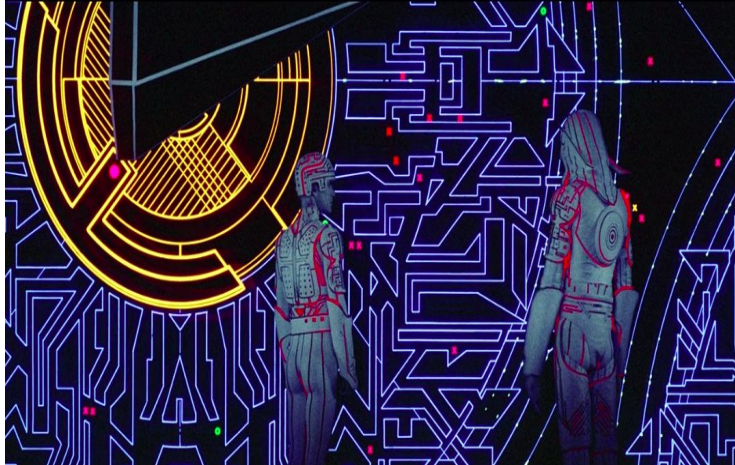
Further info tba.



IMAGES FOR MIND, BODY & SPIRIT



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url list:

https://2.bp.blogspot.com/y5IvFyKFbJC3Uh2qN4W_4SmUvGoQXaQ_dKDaWlpx_ylk5FpTO8AuWP7DV4f74-S_jOllftoDk9k=s1600 : cover of *The Amazing Spider-Man* vol. 1 #121 (1973), Marvel Comics, artist John Romita, Sr.

https://arzki.files.wordpress.com/2011/01/highway_curve.jpg?w=1180&h=782 : highway pictures taken by r.j. Arzki, <https://arzki.wordpress.com/>

<https://www.stockvault.net/data/2019/06/07/265997/preview16.jpg>, stock image of highway traffic, nighttime.

<https://www.cfxway.com/for-travelers/expressways/417/>, origin of SR 417 logo downloaded

<https://imagesvc.meredithcorp.io/v3/mm/image?url=https%3A%2F%2Fstatic.onecms.io%2Fwp-content%2Fuploads%2Fsites%2F6%2F2020%2F12%2F17%2FTron-3.png>, a still from the 1982 film, *Tron*, distributed by Walt Disney Pictures

<https://2.bp.blogspot.com/-msNI5LyZ69E/Vj2CfAZydII/AAAAAAAAAfp0/3rgosfbv4rA/s1600-Ic42/Daredevil%252520231-000.jpg>, : cover of *Daredevil* vol. 1 #231 (1986), Marvel Comics, artist David Mazzucchelli

https://www.usends.com/uploads/7/5/0/3/75032313/summa-192-min_orig.jp, origin of U.S. 192 logo downloaded ([usends.com](https://www.usends.com/))

<https://moon.nasa.gov/resources/48/the-moons-surface/>, official image of the Moon's Surface

<https://www.turbosquid.com/3d-models/obj-olmec-stone-head/1138267>, olmec stone head

<https://www.sony.co.in/electronics/truly-wireless/wf-c500>,
<https://www.sony.co.in/image/e3beeee2eeeb7580a61adcab32538851?fmt=jpeg&wid=1014&hei=396&bgcolor=F1F5F9&bgc=F1F5F9>, Sony's Truly Wireless Headphones

<https://www.freeiconspng.com/img/48661>, Liberty Island vector image

<https://www.gaiawallpapers.com/desktop-wallpapers-downloads-fullsize/200204231-1600x1200>, Cloudy sky fading softly into sunset

<https://www.independent.co.uk/news/science/depression-anxiety-affect-body-mental-health-b1940241.html>, human body diagram

https://www.kindpng.com/imgv/hhRbmhm_shooting-target-royalty-free-clip-art-crosshair-clipart/, shooting target

<https://www.game.co.uk/playstation-search-for-the-shapes>, *Playstation* shapes

<https://pngimg.com/image/77291>, Bandage image

<https://www.aaroads.com/guides/us-441-fl/>, U.S. 441 logo

<https://www.aaroads.com/guides/i-004-fl/>, I-4 logo

<https://www.aaroads.com/guides/fl-417/>, SR 417 logo

<https://png2png.com/earth-png-logo/>, Earth png

<https://images6.alphacoders.com/815/815865.jpg>, tropical sunset

<https://pixabay.com/photos/wood-boardwalk-web-wooden-bridge-3034452/>, wooden bridge

<https://www.freepnglogos.com/images/tv-11282.html>, television frame

http://supremenanotech.com/hospital_hallways.html, hospital hallway

PROJECT A: MIND

Made entirely in Adobe Photoshop.

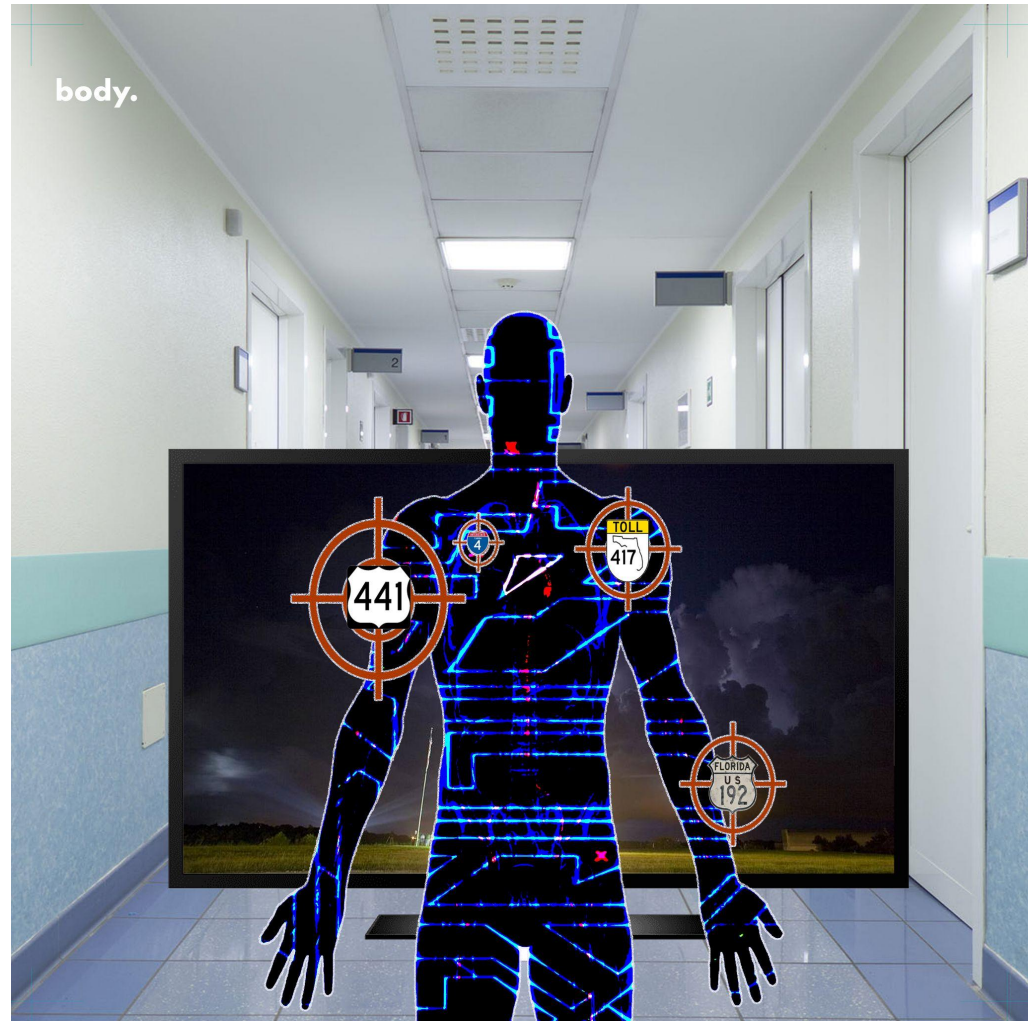
In regards to the mind, my project follows a storyline, I'm losing myself in this shuffle of sights and sounds and entertainment. Everywhere at once but in the same place.



PROJECT B: BODY

Made entirely in Adobe Photoshop.

In regards to the body, my second piece follows the theme of home. In reference to my three pages project, the target is a symbol for me and the targets are similar to a hunt, with the ammunition being my own nostalgia.



PROJECT C: SPIRIT

Made entirely in Adobe Photoshop.

Finally, the spirit portion of the project shows the most personal reference. It comprises of my sensations and memories all put together. In a sense of physical manifestation, My spirit is expansive; it is simply my world.



FINAL STATEMENT

It wasn't easy but it wasn't hard to work on this project; taking the best out of what defines you can be a great benefit for projects such as this.

I was simple and steady, and while it may be confusing for some, it will still stir up interest and that alone is the story of New Media Art or just art in general.

No label can be put on the mind, body and spirit.



That is my process
book for the mind,
body, spirit project.