

Visual Diary – Visual Studies II

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I. Reading festival – thoughts on A.Carter’s “Company of Wolves”

I enjoyed reading Carter’s retelling of The Little Red Hood tale. It resonated with me the most, a classic story for children, but this time heavy, moody and thick with tension. I couldn’t help the feeling that certain lines reminded me of something – Carl Jung’s *map of the soul* theory. This theory explores the structure of human’s soul with 5 key archetypes : Persona, Ego, Self, Shadow and Anima. “Company of Wolves” reminds me of the Persona/Shadow dichotomy. Persona is a mask we choose to show in front of people, whereas Shadow is the unwanted darkness deep within our souls.

the wolf may be more than he seems.

Wolves are presented as ruthless, violent, scary shapeshifting creatures. Under animal mask, there is a human. Their eyes resemble mirrors, mirrors we could see ourselves in, our own reflections.

Are wolves our Personas, or Shadows?

II. Inspirations

Immediately after my brain made a connection between “Company of Wolves” and Carl Jung’s philosophy, I decided to watch Ingmar Bergman’s 1966 movie by the name of *Persona*. It tells a story of an actress, Elisabet, who stopped speaking, and her nurse, Alma trying to work out what caused such a change. They move to a cottage, and after days spent together, Alma feels like their personalities merged, and experiences a mental breakdown out of fear of losing her autonomy. After finishing the film, I was left with a question – is the title appropriate? Is Alma Elisabet’s shadow? Or is Elisabet Alma’s persona? What if these two aren’t opposites? Can shadow become someone’s persona?

I believe that as much as we would like to show our idealised Persona mask, our Shadow can become a mask under certain circumstances, and even stay as such. Stress, emotional dysregulation, conflict.

Bergman is famous for his black and white movies. You could pause any second, and the still would look like a standalone photograph. I’ve always appreciated his artistry, and wanted to experiment with light and shadow the way he does.

“I’ll never be like you. I change all the time. You can do what you want, you won’t get to me.”

- map of the soul, various ideas

MAP OF THE HUMAN SOUL

BY ZORAN MINOV

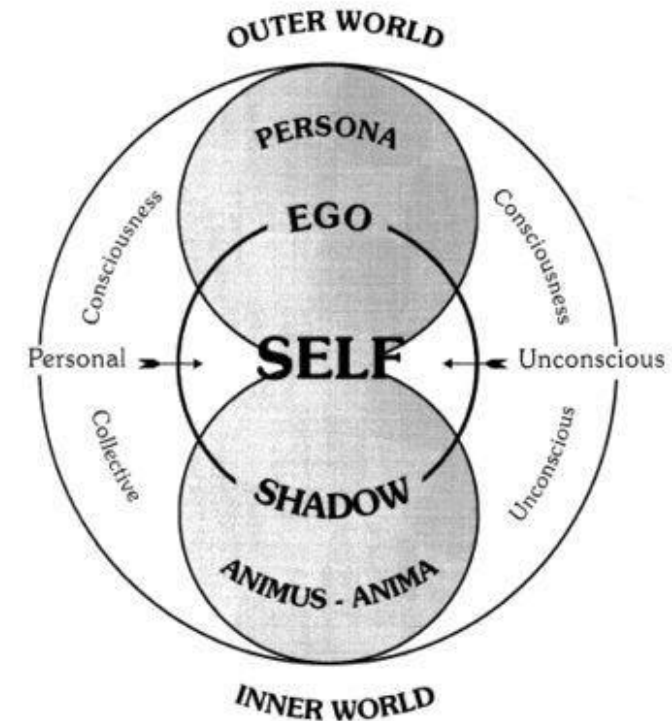
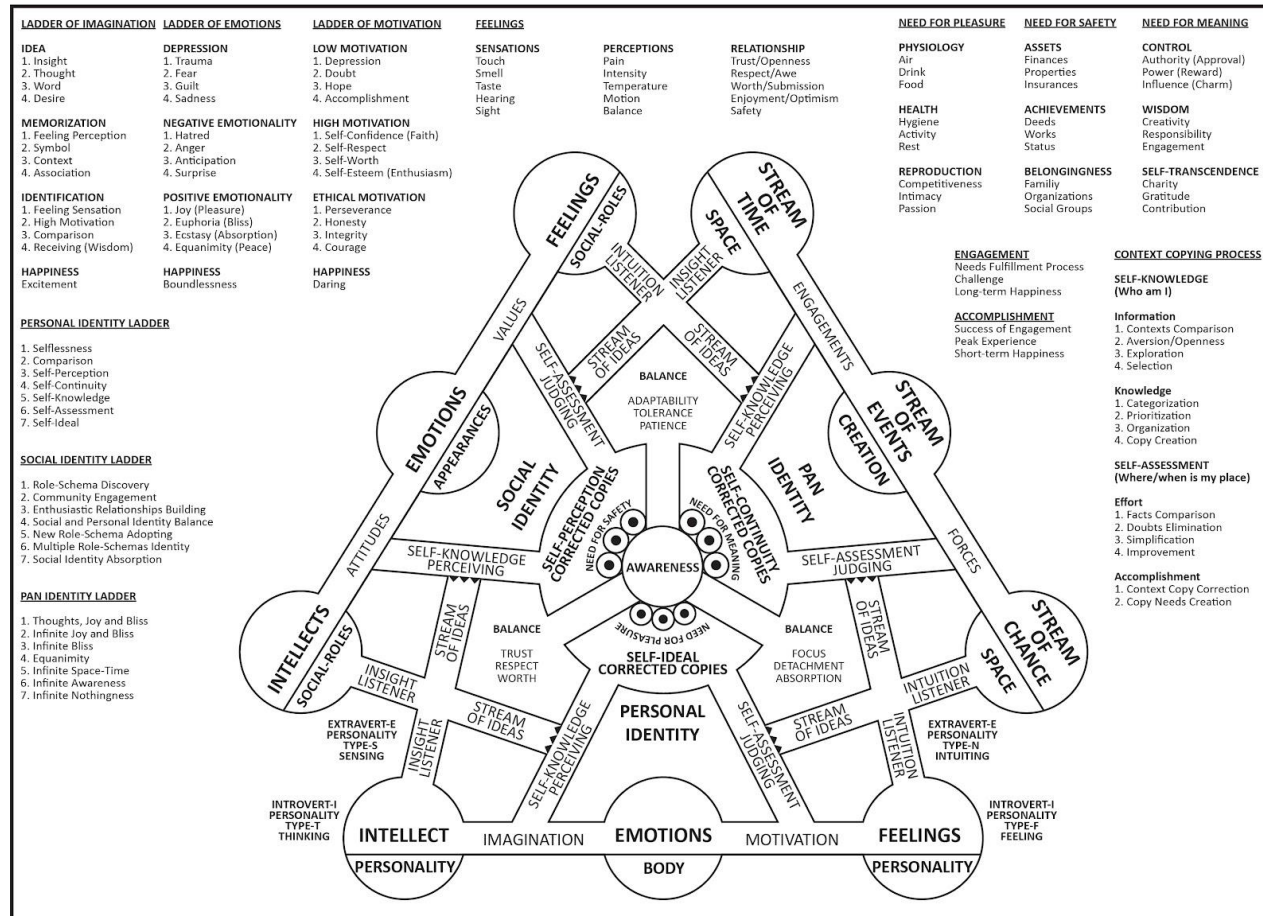


Figure 5: Jung's Model of the Psyche.

- lines. nodes. connections as tattoos.



beamingdesign

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If I accept the fact that my relationships are here to make me conscious, instead of happy, then my relationships become a wonderful self mastery tool that keeps realigning me with my higher purpose for living.

What I learned from my relationships:



respect



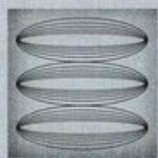
who I am



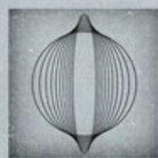
strength



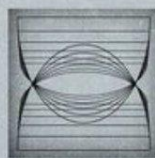
betrayal



loyalty



self-worth



forgiveness



empathy



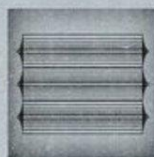
boundaries



sadness



true friendship



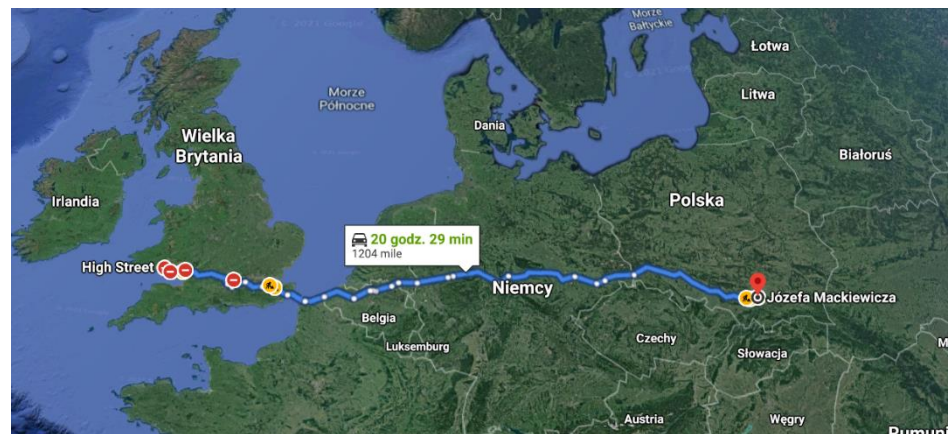
patience

Eckhart Tolle

@beaming

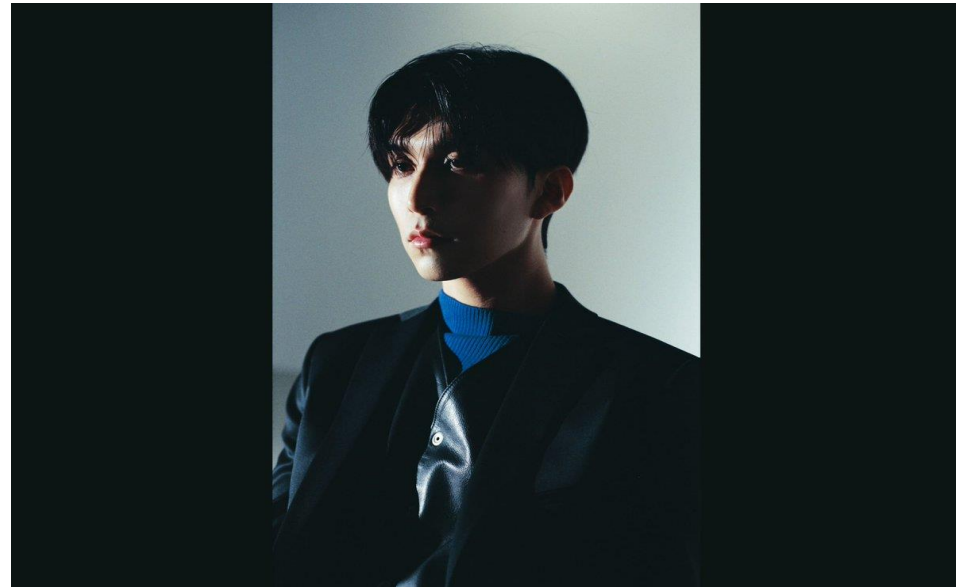


@nctsx on instagram



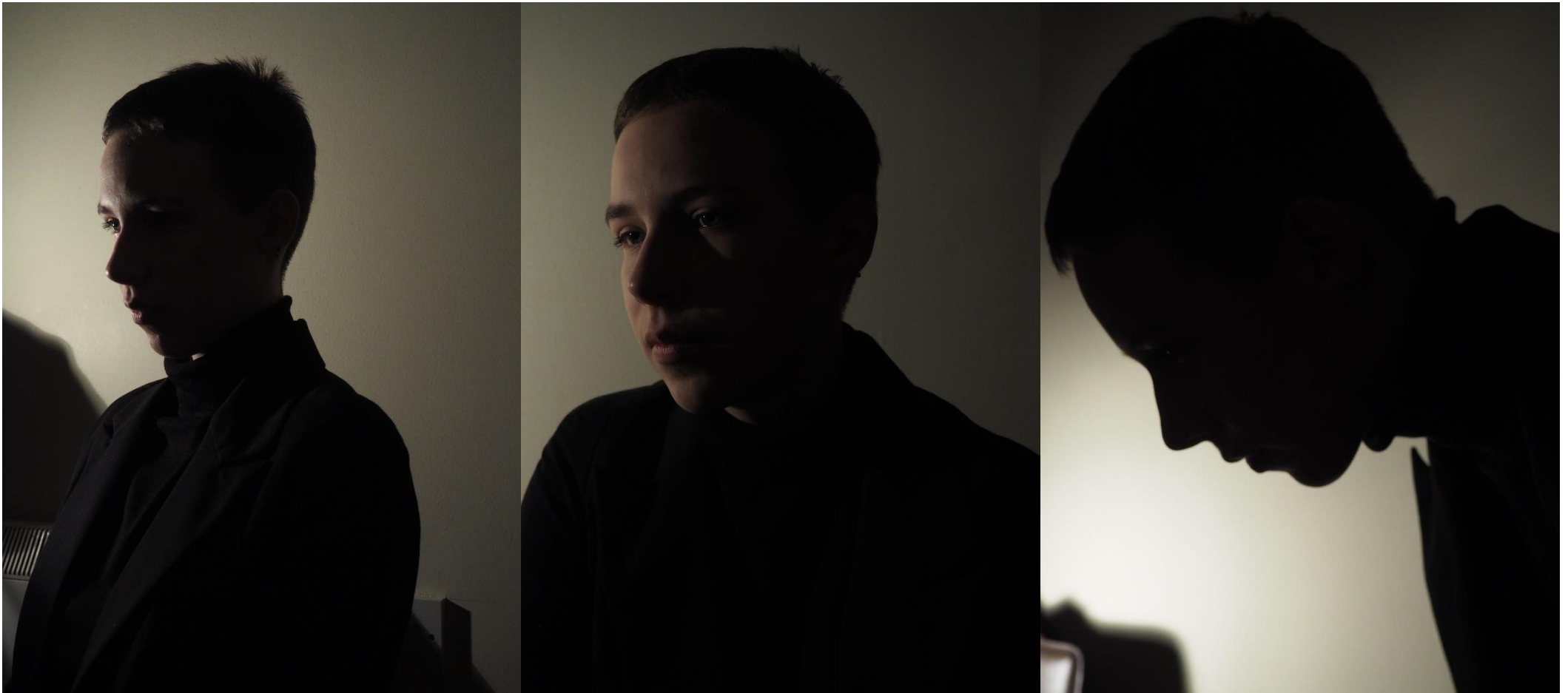
route back home, google maps

- lightwork inspired by *Persona* (left) as well as Yeri Hong's photoshoot for Colde's *Museum* music video (right)



IV. Experimentation

At first, I wanted to capture light and shadow work used by Yeri Hong. I took 30 pictures, out of which only 3 made the final cut. At the end, I decided not to use any for the project, although I will be keeping them for future reference.



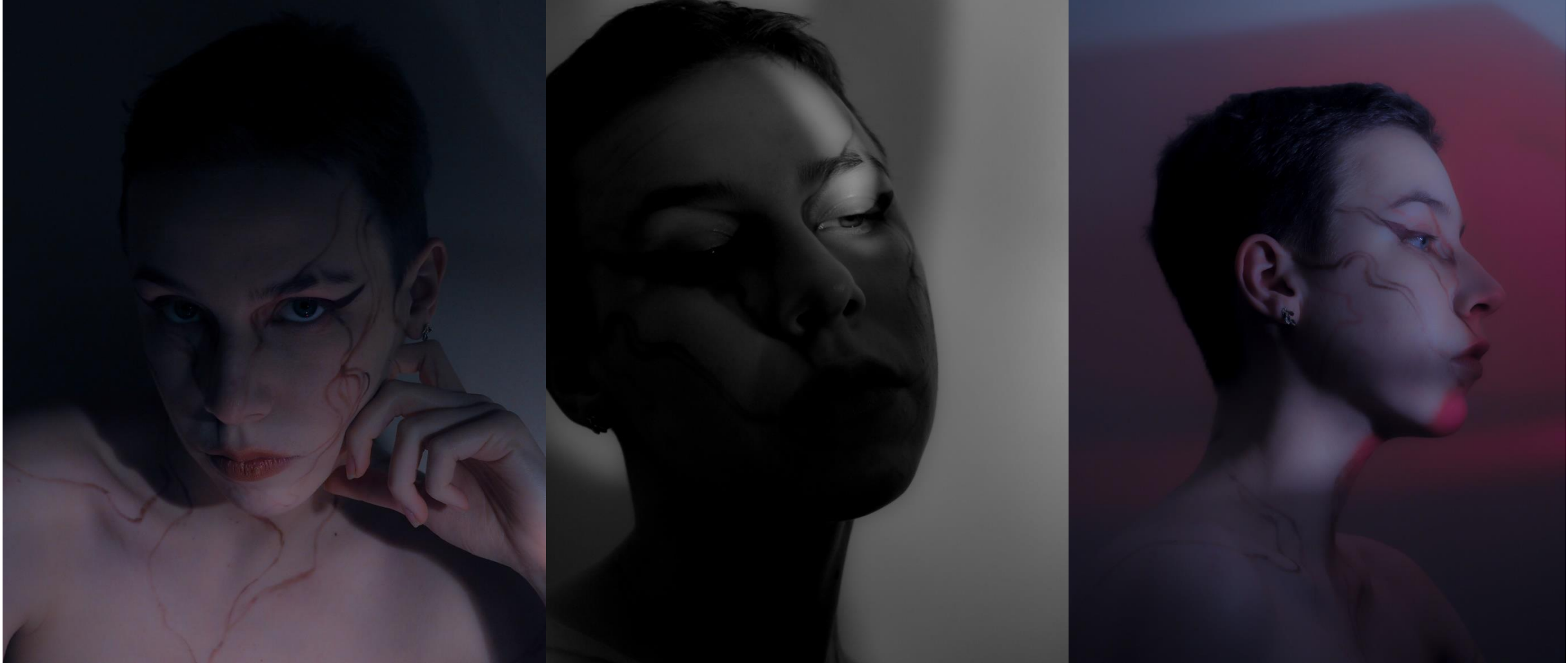
The first photoshoot didn't work out, and I decided to use makeup to present the concept of a map. This time, I experimented a lot with colourful gels, stacking them up against the lightsource.



In the end, I settled for three pictures. Here is the preview of unedited Persona/Shadow triptych.



V. Preview of edited Persona/Shadow triptych.



List of references

- Bergman, I. – Persona (1966). Available (with PL subtitles) online at <https://www.cda.pl/video/4925671e8>
- Stein, M. - Jung's Map of the Soul: An Introduction (1998). Available on Amazon.

List of figures

Fig 1 – Minov, Z - Map of the Human Soul (2012). Available online at <http://microbalance.blogspot.com/2012/07/a-complete-map-of-human-soul.html>

Fig 3 - @beamingdesign. Available online at <https://www.instagram.com/beamingdesign/>

Fig 4 – Mleczek, G. – series of tattoos. Available online at <https://www.instagram.com/nctsx/?hl=pl>

Fig 5,6 – Bergman, I – Persona (1966) movie.

Fig 7,8 – Hong, Y. – Museum (2021). Available online at <https://www.instagram.com/wavycolde/>