

## 1st Reading, Writing and Research methods

In my current photography project I focus on turning people's nude bodies in to abstract landscapes. These landscapes are inspired by the Norwegian Mountains covered in snow with the moon shining on it — creating drastic shadows and highlights with a deep blue color tone. Recreating this light and color on the human body gives it an abstract yet highly textured style. These will ideally be presented as floor to ceiling prints, to resemble the majestic mountains with a twist. The subjects chosen for these images are mainly women and men in ages from 21 - 100, with stories to tell. Stories told through scars, age, birthmarks, or other personal traits.

I bring my subjects in to the studio, where I have a black backdrop to resemble the dark sky and one strobe head as the main light source, mimicking the moon. When approaching the person I want to photograph I start with showing example images of my project, explaining what I believe in and how the person can help him/herself, and others by exposing his/hers beauty. I recently spoke to a woman who had open-heart surgery which left a big scar in the middle of her chest. She agreed to let me photograph her once I mentioned that the project is about making people love their insecurities — after the photo session she thanked me and said she saw her scar as a work of art. Having the person in the studio I move the light around the subject to accentuate certain body parts with a story to tell, such as scars and stretch marks.

Mountains have flaws like uneven surfaces, spots, scars and heavy textures, just like the human body. This is what I explore, the insecurities and the twisted perception of our nude bodies, how we are too fat or too skinny, have belly rolls, stretch marks, scars and so on. This is something I have struggled with personally, and by embarking on the journey of this project I have become more confident. This is what I want others to feel when they either take part of the project or look at the project, to be empowered, to be ourselves. We awe in the presence of nature - as we should with our own bodies.