

## SUMMARY

### **Creative photo series “Meeting my Shadow”**

As a result of this thesis, a photo series on the topic "Meeting my Shadow" was completed, which consisted of seven black-and-white photos, all of which talk about contact with one's own psychological shadow, or the darker side of the subconscious. The photos depict fear of oneself, self-restraint and attacking oneself, because that's the shadow that I met while creating my thesis.

The purpose of the written part of the thesis was to get to know how C. G. Jung and other psychologists have defined the psychological shadow, how to get to know your shadow, what it looks like to meet the shadow on a daily basis, and in summary, how to embrace your shadow. In addition, I wanted to learn how different artists have depicted the shadow throughout the history of art and how it has been viewed. In addition, I wanted to explore how shadows are represented in photography and the first shadow self-portraits in this field. I used Chat GPT to find books and articles and used it to translate English texts into Estonian. I feel that the set goals were met and thanks to this I gained a lot of new knowledge that I can now take with me on my journey as an artist.

Having been hugely fascinated by photographing shadows in the past, doing the practical part of this thesis was a hugely exciting challenge, as it provided a motivation to explore in depth what this shadow might mean. In addition, thanks to the study of the psychological shadow, it was possible to better emphasize my feelings and thoughts when creating photos based on the new knowledge I gained. Through this whole process I also got to know my own shadow and learned a lot about myself as a person. I set myself the goal of creating a complete series, where different features and faces of the psychological shadow are captured in pictures.

In fact, initially the plan was to study the shadow even more widely, including the texts of many different philosophers, but during the writing of the thesis I realized that it would be too broad and therefore made the necessary cuts with the aim that this thesis would not be too sprawling.

While writing this thesis and researching shadow, I learned that photographing the shadow and using it for creative purposes is much broader than I would have expected. Therefore, I feel that completing this thesis is definitely not the end of this topic for me right away, but it is something that will be followed by even more in-depth studies of the shadow, taking pictures of the shadow, exhibitions and everything else that may follow after that.