

myjourney

into Nude Modeling and Self Photography

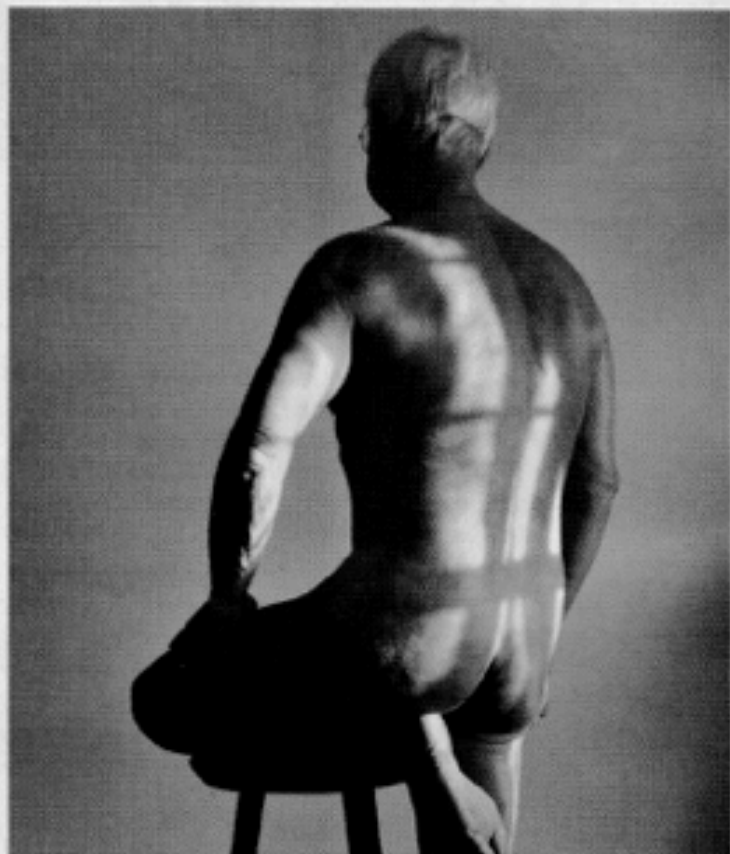
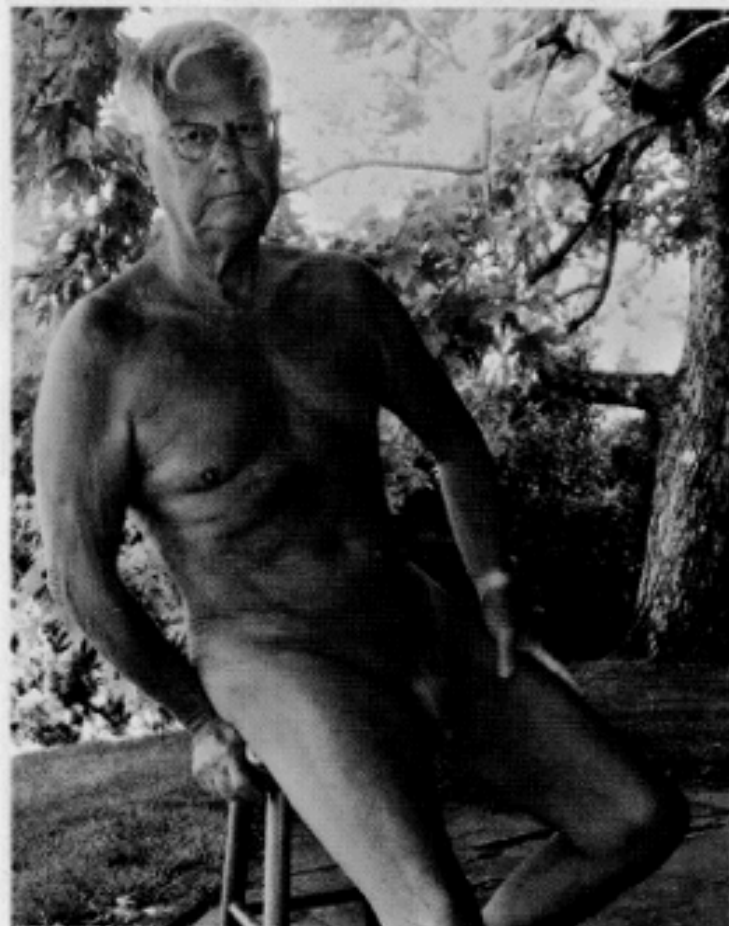


About the author
Dave Bufalo

Dave Bufalo is a retired licensed professional engineer. He has a 40 year career in various aspects of the design and construction field. He has been a member of AANR since 2002 and a member of Mountain Air Ranch since 2005. He has modeled for figure drawing classes at several local colleges for about five years. Recently, he has started modeling for a local non educational group of artists interested in the nude art form.

Several years ago, I saw a note on the bulletin board at Mountain Air Ranch advertising that a local community college needed male models for figure drawing classes. Since I have been experiencing a nude way of life for many years, I thought that this would be an opportunity to give back to the community. To make a long story short, I was hired as a part-time on-call model just on the basis of a telephone interview. At the time I was 71 years old and most certainly not anything close to having bulging muscles – a bulging anatomy, yes, but no muscles.

At my first modeling session, the instructor told me to keep my clothes on. Well, I thought to myself, I guess my body shape wasn't acceptable after all. Not to fear, however, the class that day was only for facial portraits. Subsequent modeling sessions were then for full-body nude figure drawing. Most classes start with "gestures," which are quick poses varying in length from thirty seconds to two minutes. These are challenges because you are on your own and have to be thinking about your next pose. Other poses can be as long as twenty minutes at a time. Depending on the pose you are holding, it can be daunting.



My favorite part of modeling is to look at the student's drawings after class. Some drawings are quite good, which got me to thinking that I should take photos of the artwork for my own portfolio. So now, when approved by the instructor and the students, I take photos of the art with my digital camera. This got me thinking about taking selfies of the poses that I practice at home to create my own art.

The idea that I've tried to follow is to use lighting to create shadows that would lead the eye to see shapes that one would not usually see in everyday life. Using the timer on my digital camera, I could strike a pose before the shutter clicked. Since I was taking my own photos, it often took several exposures (no pun intended) to get the right composition and focus. My printer has a Photoshop option that allows me to adjust color and cropping. I believe that black and white photography offers the best visual effect for appreciating the human form.

By controlling light, shadows, and cropping, I believe that every single human being can be a source of art. With today's digital cameras and printers, one can easily become their own personal photographer. Try it. Doing your own self portraits can bring an enhanced sense of self appreciation, awareness, and an enhanced sense of self. It's all about body acceptance. ●