

Recharge Your Soul: How to Create a Conceptual ‘Human Battery’ AI Portrait!

Por Eduardo Woetter · Publicado em 01/04/2026

Learn how to transform your selfie into a striking, conceptual black-and-white portrait of a ‘recharging’ human using this advanced 10-part AI image prompt framework. Master cinematic lighting and visual metaphors today!

Versão online e eventuais atualizações: <https://woetter.com/post/conceptual-human-battery-recharge-ai-prompt>

•

Português

This AI image prompt generation guide explains how to create a highly conceptual, monochromatic portrait of a person “recharging” beside a glowing LED ring pad. It breaks down the 10-Part Orchestration Framework, focusing on black-and-white photography, cinematic lighting, and metaphorical storytelling using your own uploaded photo. Learn how to master contrast and practical lighting in AI image generation.

The 10-Part Orchestration Framework Image Prompt

Subject: The person from the attached picture (you MUST attach your own picture to the prompt). Approximately 30–40 years old, long dark wavy hair falling past shoulders, thick full beard. Wearing a loose-fitting linen or cotton casual shirt, slightly wrinkled, light gray tone.

Composition & Aspect Ratio: Medium close-up, slightly overhead angle. Face occupies the upper-left quadrant, ring light in the lower-right quadrant. Plain wall and minimal background add breathing room. Aspect ratio 1:1 or 4:5.

Action: Sleeping peacefully in bed, serene, deeply relaxed, eyes gently closed. Lying on side, face toward the camera, upper body visible, resting sideways on a white pillow. Metaphorically recharging.

Location: Minimalist bedroom, sparse environment. Bare textured concrete or plaster wall visible in the background. Simple single bed with plain light-toned bedding, slightly rumpled.

Style: Black and white fine art photography. Documentary realism meets conceptual art — cinematic stillness. Monochromatic, desaturated, contemplative, intimate mood.

Editing Instructions: Classic black and white film conversion. Apply a slight vignette. Lifted grain with subtle analog film grain visible throughout the entire image.

Refining Details: Deep blacks in hair and shadows; bright whites in pillow, bedding folds, and ring glow. Medium gray midtones for skin and the linen shirt.

Camera Details: 35mm or 50mm prime lens. Photorealistic rendering, ultra-high detail, 8K resolution. Shallow to medium depth of field — the subject's face is sharp, while the background is softly detailed.

Lighting & Format: High-contrast black and white format. Key light is soft diffused ambient light from the upper left, creating gentle shadows on the face and fabric. Accent light is the glowing white LED ring pad, acting as the only practical light source in the scene, providing localized glow on the bedding.

10Factual Constraints & Reference Entries: A circular LED ring light pad (white ring form, glowing with soft cool-white light) must be placed flat on the mattress near the subject's torso. A white USB or power cable runs from the ring pad along the mattress and plugs into a standard American duplex wall outlet mounted on the wall on the right side of the frame. Negative constraints: color, oversaturated, blurry, distorted face, extra limbs, cartoonish, painterly, low resolution, overexposed ring light, harsh flash, cluttered background, digital noise artifacts, text overlays.

Dissecting the Prompt: Crafting the “Human Battery”

Welcome back, AI artists! Today, we are stepping away from vibrant fantasy worlds and diving into deep, conceptual storytelling. This prompt is designed to turn a simple selfie into a profound piece of fine art photography. Let's break down why this prompt works so beautifully and how the framework guarantees stunning results.

The Power of the Metaphor

The core of this image is the Action and Constraints. By placing a modern, technological item—a glowing wireless charging pad—in a raw, intimate setting like a minimalist bed, we create a visual metaphor. The prompt explicitly links the human state of sleep to a battery recharging. Adding the physical cable plugged into the wall grounds the concept in reality, making the surreal element feel entirely plausible.

Mastering Black and White in AI

Why did we strip away the color? The Style and Editing Instructions dictate a monochromatic, desaturated tone for a reason. Color can be distracting. By forcing the AI into a “high-contrast black and white format,” we draw the viewer's eye directly to the textures: the rumpled linen, the rough concrete wall, and the soft glow of the LED light. The “lifted analog film grain” adds soul and imperfection, mimicking a classic 35mm analog

photograph.

Lighting as a Storyteller

In our Lighting & Format section, we didn't just ask for "good lighting." We engineered it.

- Key Light: Soft, diffused ambient light from the upper left. This acts like moonlight spilling through an unseen window.
- Practical/Accent Light: The glowing LED pad itself. By defining this as the only practical light source, the AI knows to cast realistic, localized shadows on the subject's torso and the bedding, anchoring the glowing object into the physical space.

Using Your Own Image

Notice the very first instruction in the Subject section: "the person from the attached picture". To get the best results with this framework, especially in Midjourney (using image prompts/character references) or Stable Diffusion (using ControlNet/IP-Adapter), you must provide a base image. The prompt is engineered to wrap this cinematic lighting and conceptual setting around your specific facial features.

JSON Prompt

```
{
  "prompt": {
    "concept": "A man with long dark hair and a full beard sleeping peacefully in bed, with a glowing circular LED ring light/charger pad resting beside him on the mattress, plugged into a wall outlet via white cable — visual metaphor for recharging, rest, or divine energy",

    "subject": {
      "person": "Man, approximately 30–40 years old, long dark wavy hair falling past shoulders, thick full beard, eyes closed in peaceful sleep, head resting sideways on a white pillow",
      "expression": "Serene, deeply relaxed, eyes gently closed",
      "clothing": "Loose-fitting linen or cotton casual shirt, slightly wrinkled, light gray tone",
      "position": "Lying on side, face toward camera, upper body visible"
    },

    "scene": {
      "setting": "Minimalist bedroom, sparse environment, bare textured concrete or plaster wall visible in background",
      "bed": "Simple single bed with white pillow and plain light-toned bedding, slightly rumpled",
      "prop_foreground": "Circular LED ring light pad — white ring form, glowing with soft cool-white light, placed flat on the mattress near the subject's torso",
```

```
"prop_detail": "White USB or power cable runs from the ring pad along the mattress to a
standard two-prong electrical wall outlet mounted on the wall",
"wall_outlet": "Standard American duplex outlet with wall plate, visible on the right side
of the frame"
},

"lighting": {
"overall": "High-contrast black and white photography",
"key_light": "Soft diffused ambient light from upper left, creating gentle shadows on face
and fabric",
"accent_light": "Glowing white LED ring pad acts as the only practical light source in the
scene, providing localized glow on the bedding",
"contrast": "Deep blacks in hair and shadows, bright whites in pillow, bedding folds, and
ring glow",
"mood": "Quiet, intimate, contemplative"
},

"style": {
"medium": "Black and white fine art photography",
"aesthetic": "Documentary realism meets conceptual art — cinematic stillness",
"tone": "Monochromatic, desaturated, film-grain texture",
"grain": "Subtle analog film grain throughout",
"depth_of_field": "Shallow to medium — subject's face is sharp, background softly detailed"
},

"composition": {
"framing": "Medium close-up, slightly overhead angle",
"focus_point": "Man's sleeping face as primary subject, glowing ring as secondary focal
point",
"rule_of_thirds": "Face occupies upper-left quadrant, ring light in lower-right quadrant",
"negative_space": "Plain wall and minimal background add breathing room",
"aspect_ratio": "1:1 or 4:5"
},

"color_palette": {
"overall": "Full desaturated black and white",
"highlights": "Bright white — pillow, ring glow, cable",
"midtones": "Medium gray — skin, linen shirt, bedding",
"shadows": "Deep charcoal to black — hair, beard, wall texture"
},

"technical": {
"camera": "35mm or 50mm prime lens",
"render_style": "Photorealistic photography",
"resolution": "Ultra-high detail, 8K",
```

```
"post_processing": "Classic black and white film conversion, slight vignette, lifted grain"
},

"watermark": {
"text": "prompt.woetter.com",
"opacity": "20%",
"position": "bottom-right",
"padding": "50px"
},

"negative_prompt": "color, oversaturated, blurry, distorted face, extra limbs, cartoonish,
painterly, low resolution, overexposed ring light, harsh flash, cluttered background,
digital noise artifacts, text overlays"
}
}
```

Fluid Text Prompt

Create a conceptual black and white fine art photograph of [the person from the attached picture — you MUST attach your picture]. The subject is sleeping peacefully in bed, lying on their side with eyes gently closed in a serene expression, wearing a loose-fitting, slightly wrinkled light gray linen shirt. Next to them on the mattress rests a glowing white circular LED ring light pad, connected by a white power cable to a standard wall outlet in the background, acting as a visual metaphor for recharging. The setting is a minimalist bedroom with a textured concrete wall and simple, slightly rumpled bedding. Use a 35mm or 50mm prime lens to capture a medium close-up from a slightly overhead angle, keeping the face sharp and the background softly detailed. The lighting should be high-contrast cinematic, with soft ambient light from the upper left and a localized practical glow from the LED ring. Render in 8K ultra-high detail with a classic B&W film conversion, applying subtle analog grain and a slight vignette.

Now, go turn yourself into a recharging human battery! I want to see your results! Share this post with your friends using the social links below, and let's see who gets the most cinematic render.

Thank you so much for visiting the blog! Don't forget to tag me on social media using #promptwoetter so I can check out your amazing versions!

-

Português