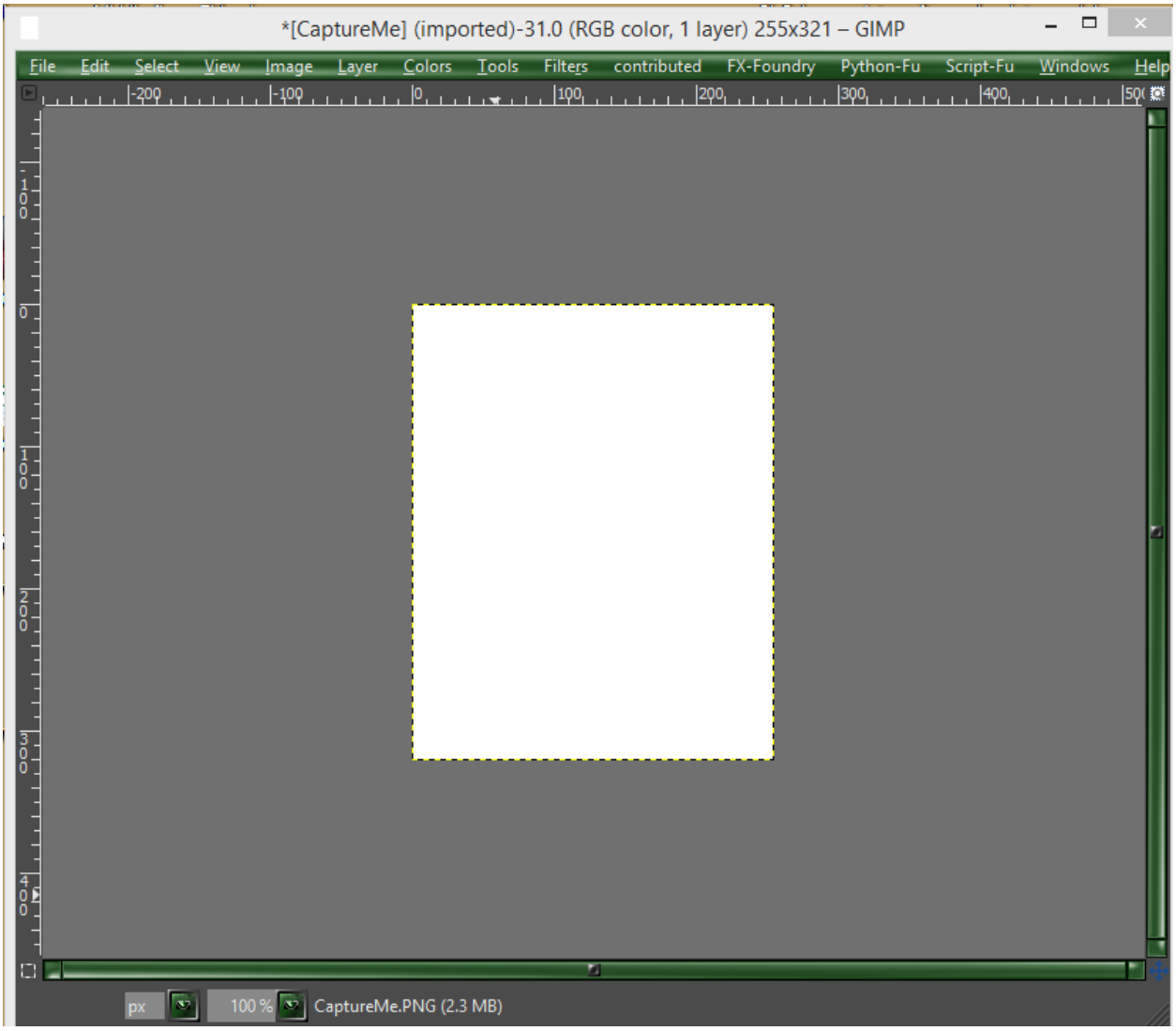
Quick and Dirty tutorial

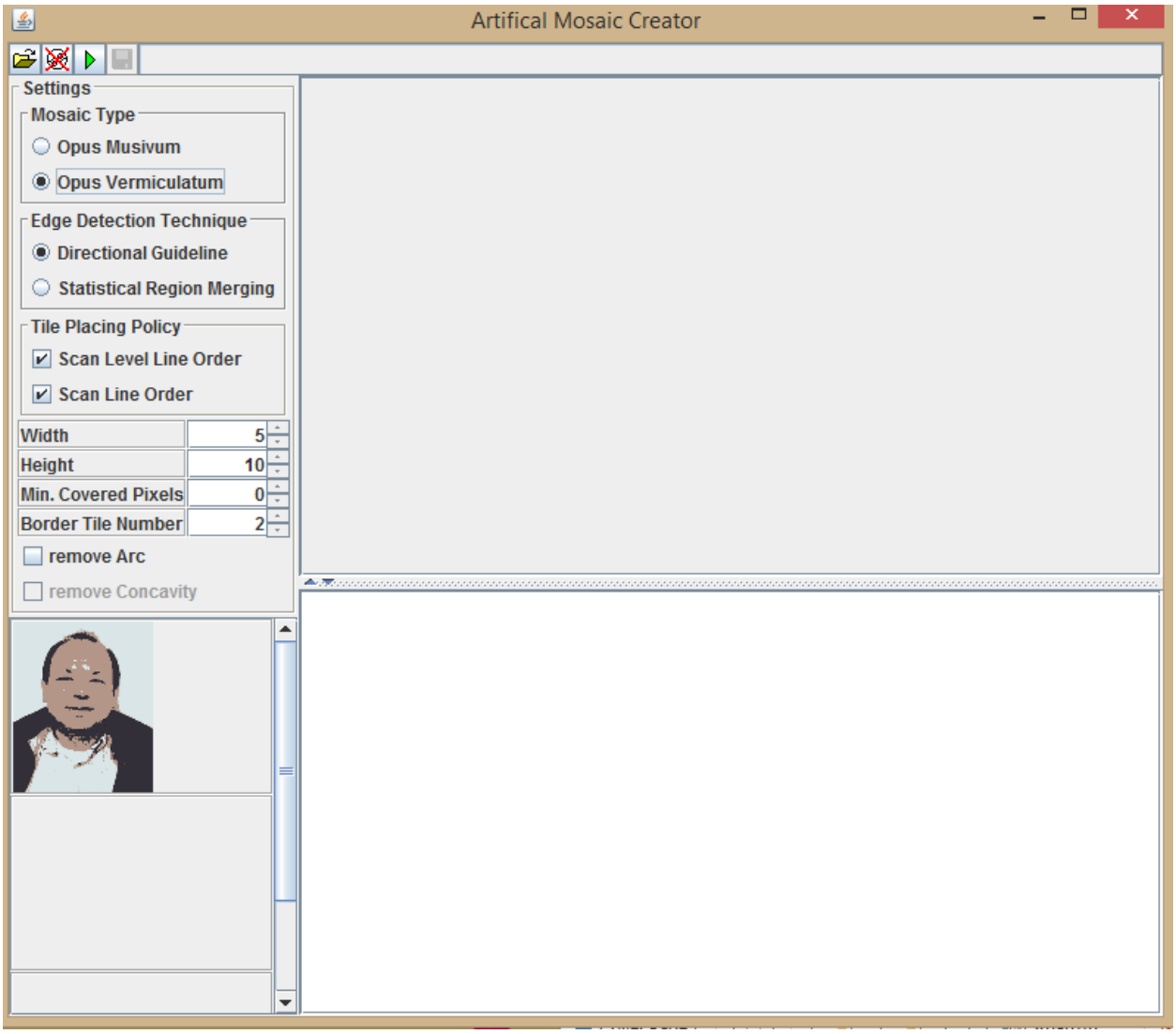
First, start with your target image (handsome dude aye; lol):

Reduce colors to 3 (can do more if you like):

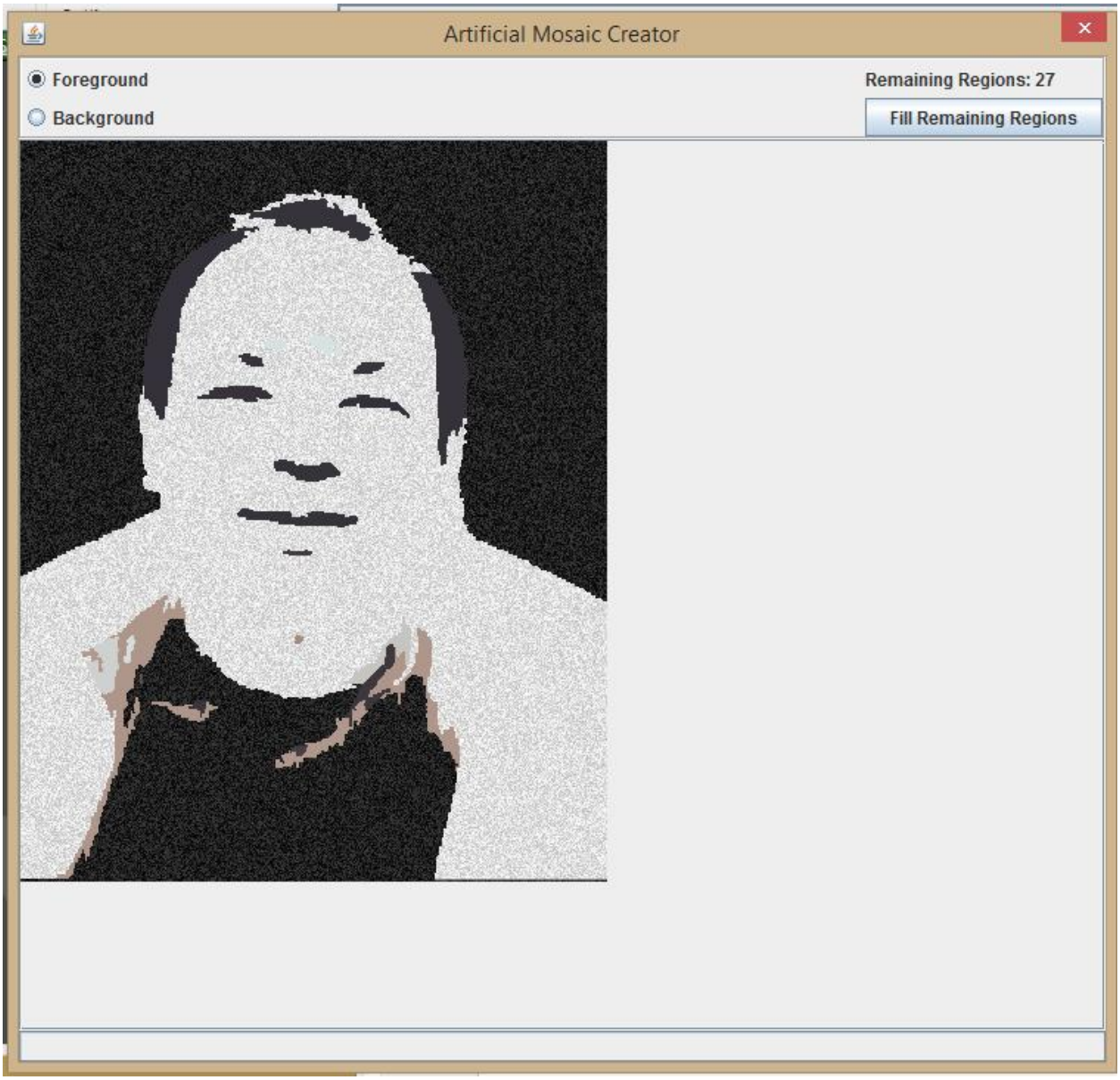
Also create a solid white target (target.png)



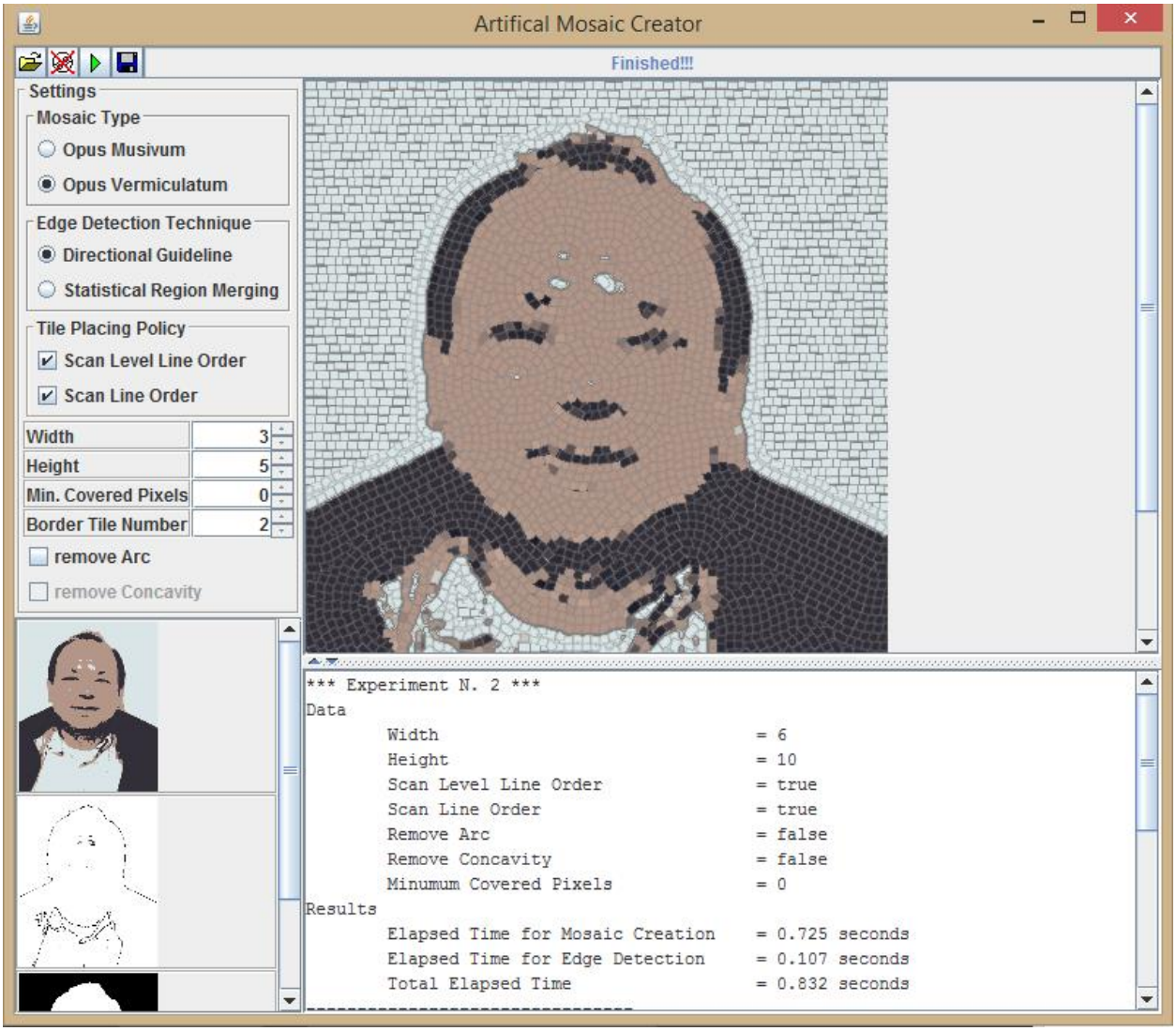
Now open 3 color image in the Mosaic Java Jar program and choose Vermiculatum:



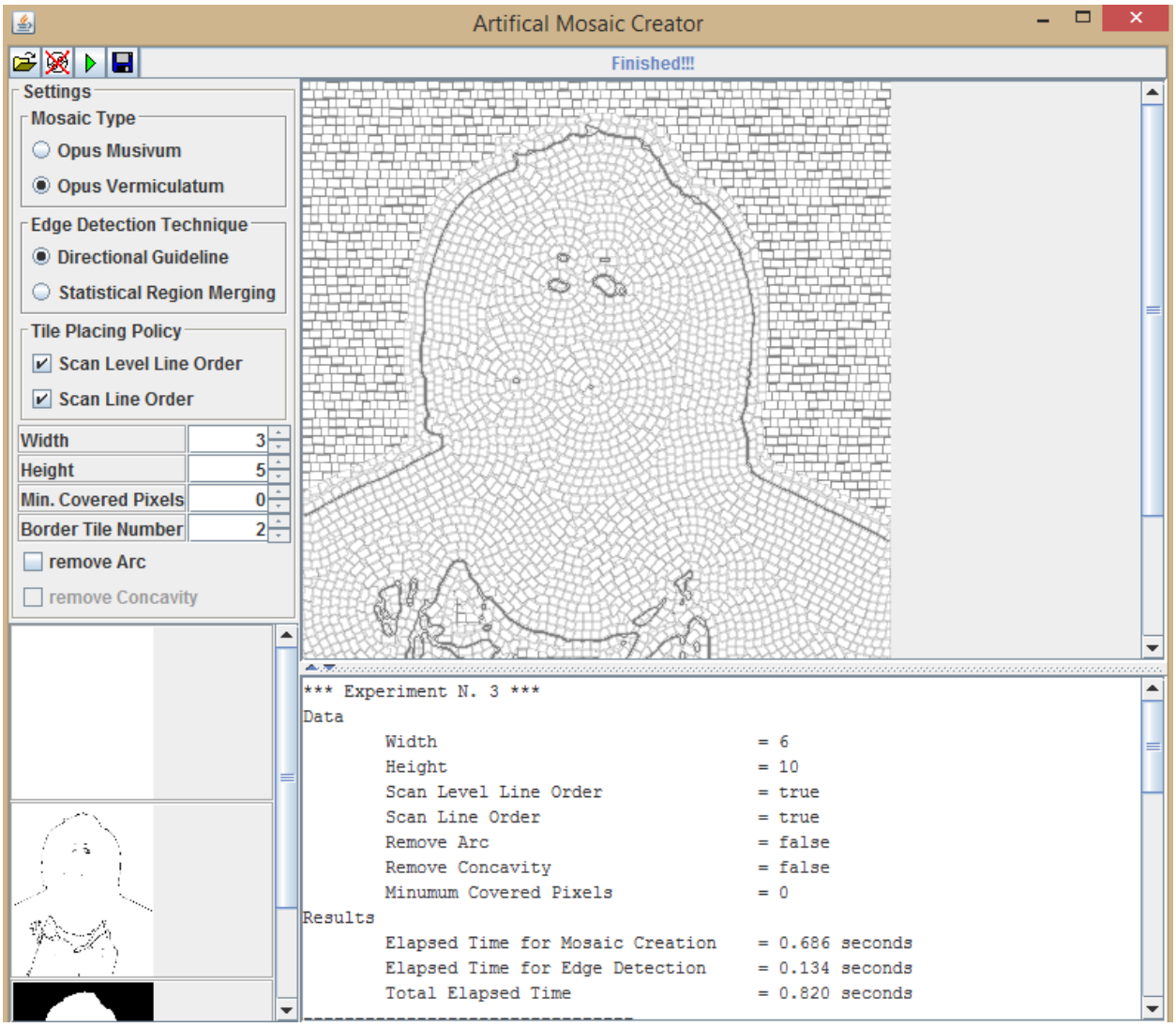
Click the play button; another dialogue will open and you need to choose where you want the foreground (straight) blocks and the background (varying blocks). Then fill in the remaining blocks while in foreground mode (or if you like, background mode):



Intial result:



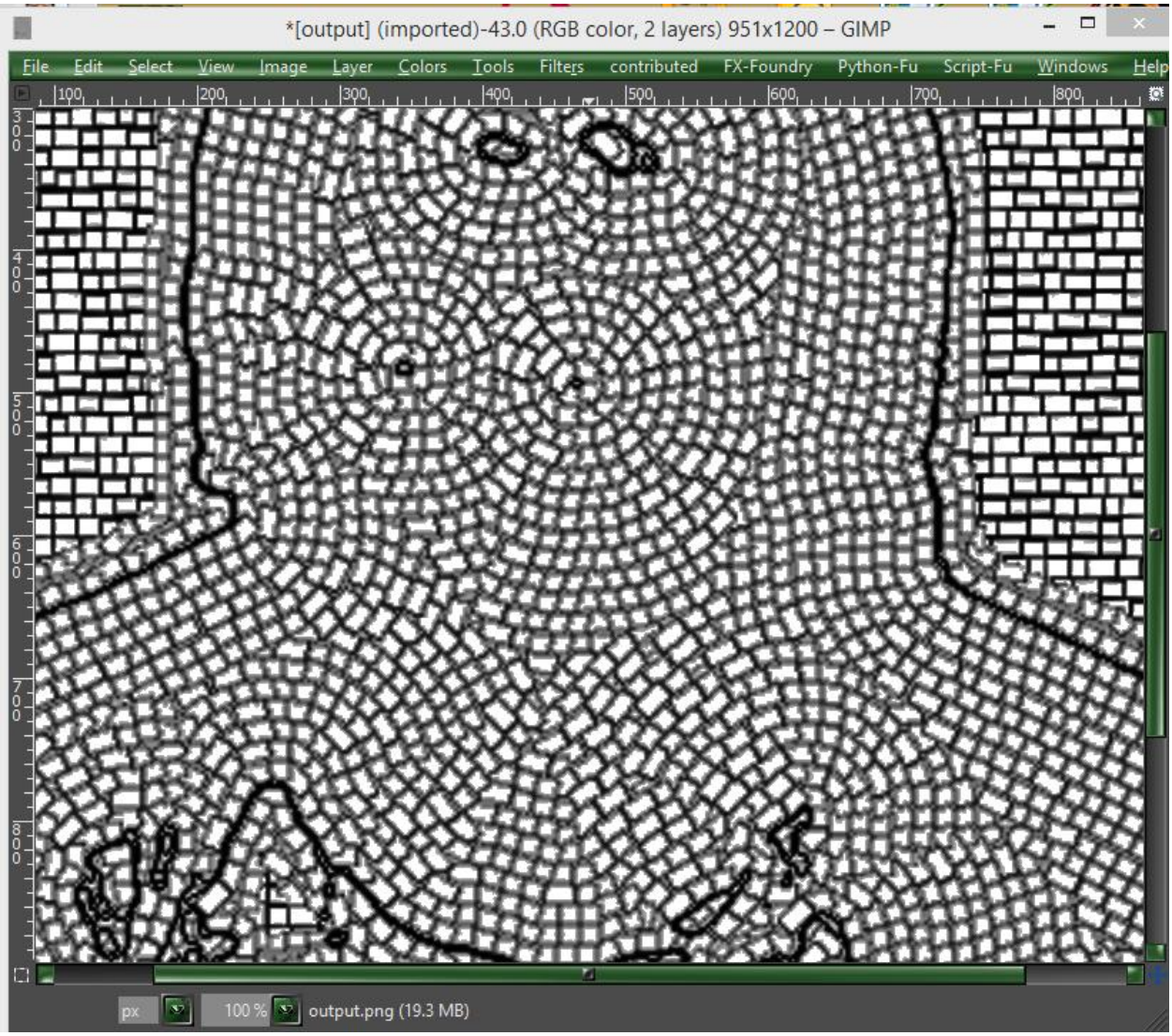
Now open your white target and run again; save this result:



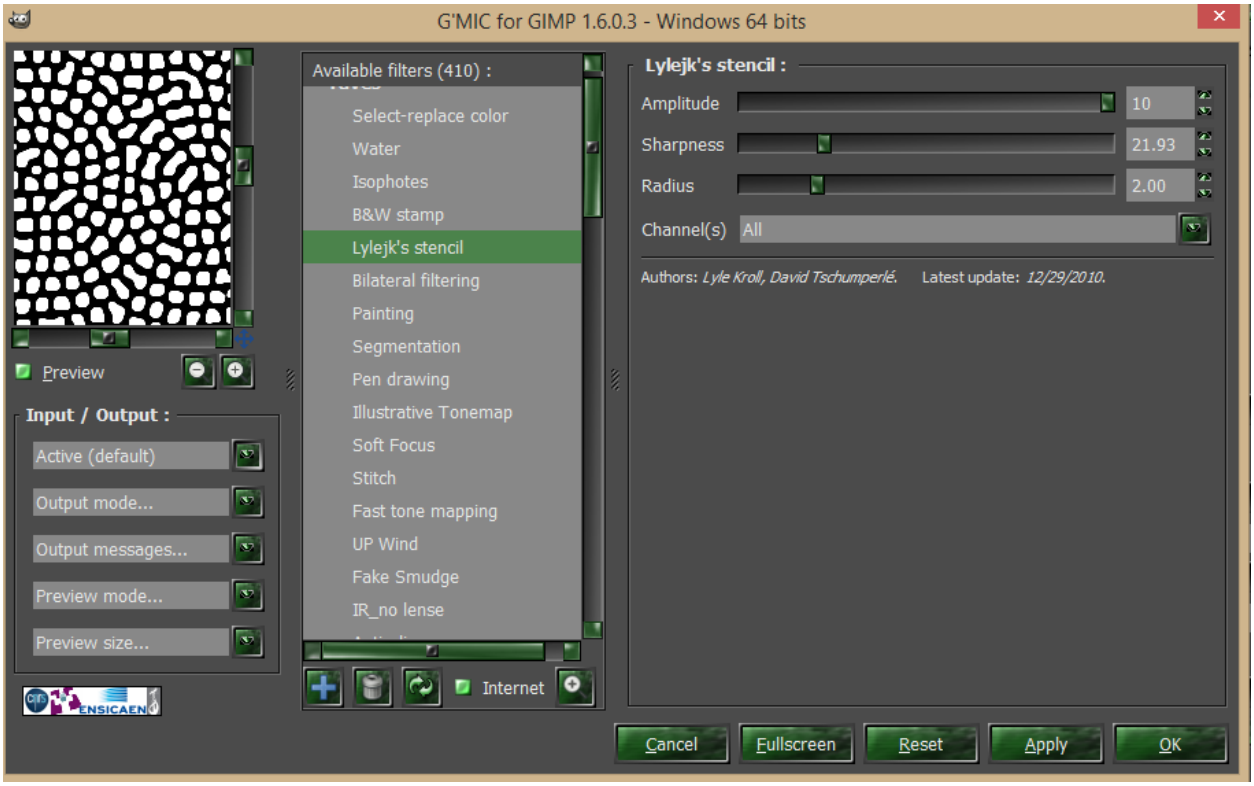
Open your original source image and copy the output on top of that image (not showing).

Now resize you mosaic to the desired size (not showing).

Now run auto-equalize on the top layer (located under color drop down in GIMP):

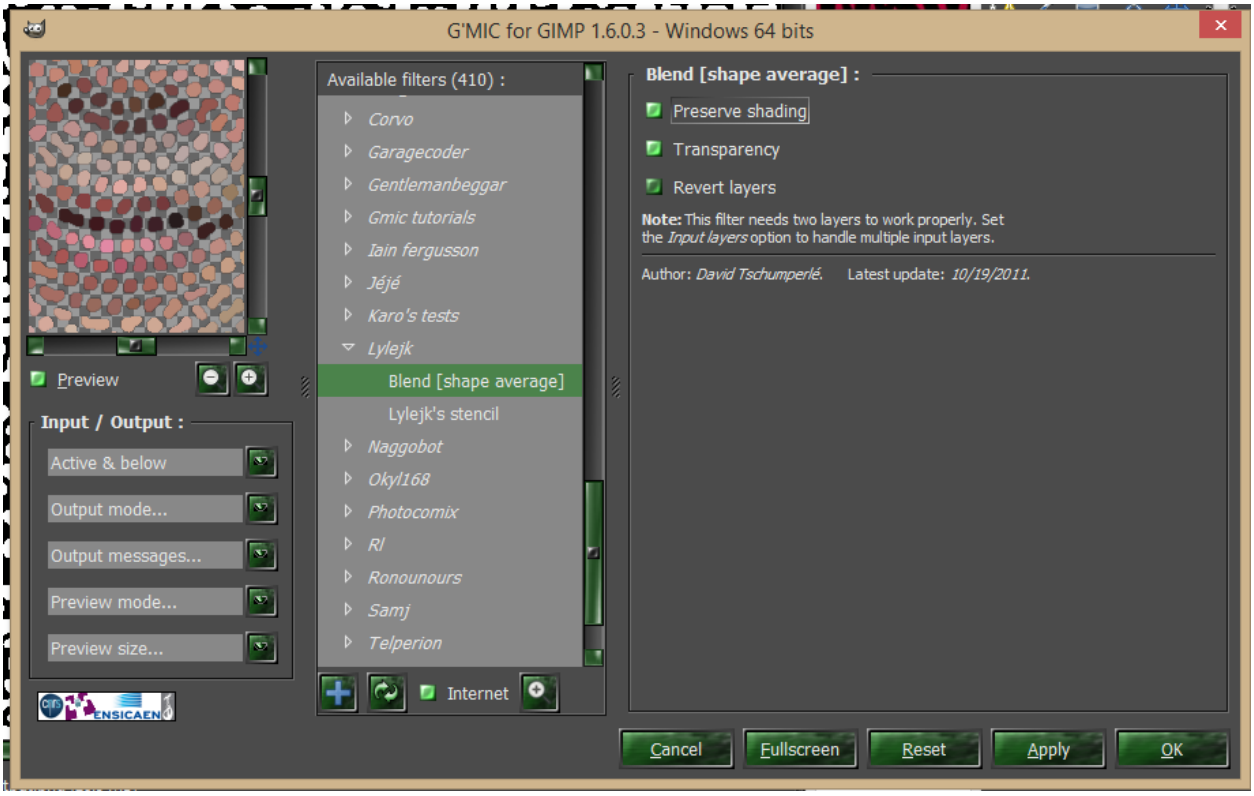


Now run G’MIC>lylejk stencil to clean to mosaic layer:

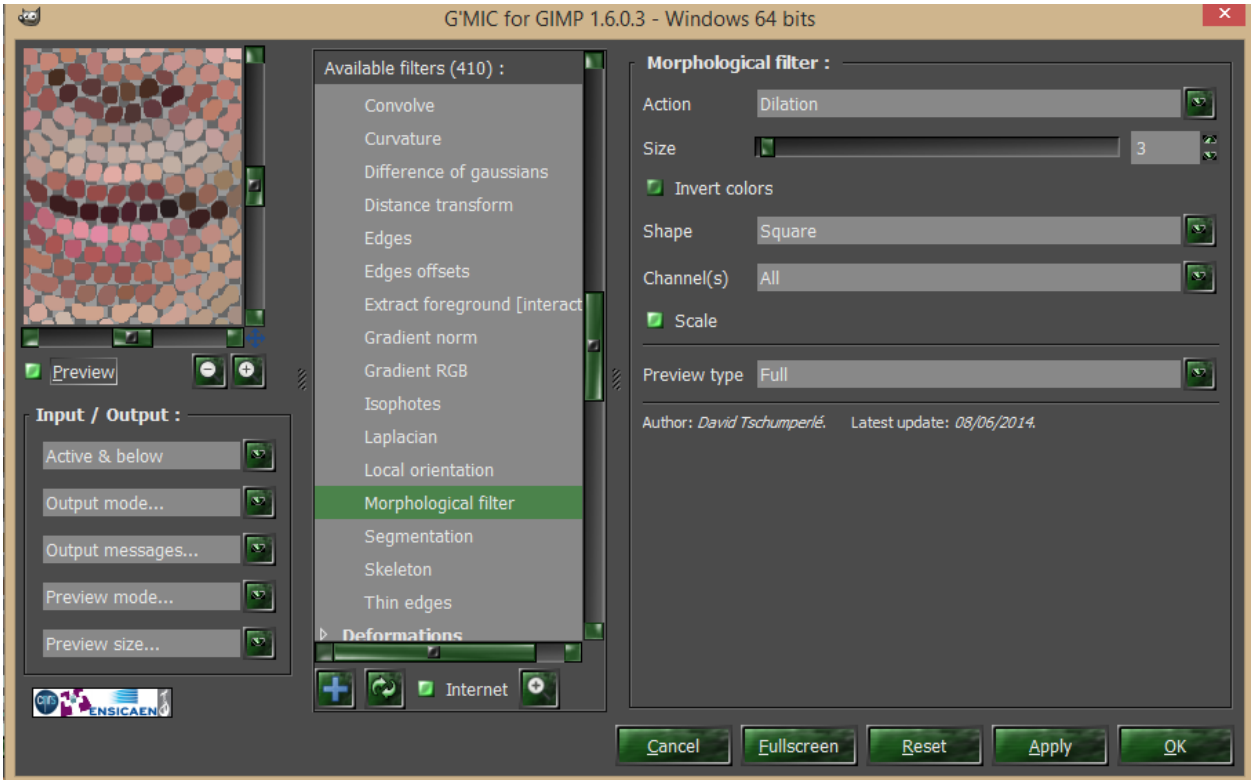


Now run Color Threshold on the cleaned up mosaic (reduces artifacts for the final step). Not showing this result. Note that both layers cannot have an alpha channel.

Now run Blend (shape average). Thanks again to David for saving both these presets for me:



Now run Morphology preset to make the blocks fill in the voids to taste:



Result (sans additional dimensional stuff but I'm now spent on going further. Hint: motion blur. Ask other veterans on how to add textures and stuff as well.