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MUSEUM OF ART
PAN-ATLANTIC UNIVERSITY

Artwork Information Sheet 43

ADEBISIN ADEDAMOLA'S DISCIPLINE



Discipline, Mix-media on Canvas, 119cm X 119cm Yemisi Shyllon Museum of Art, Pan-Atlantic University.

INTRODUCTION

Discipline is more than just a painting, it is a visual reflection on how we live our lives, how we use our time, and how we stay true to our goals. The artwork draws inspiration from *Discipline is Destiny*, a book by Ryan Holiday that talks about how self-control can guide us through life's many challenges. The artist takes this idea and transforms it into a bold, symbolic painting that encourages viewers to reflect on their own choices, habits, and sense of purpose. In *Discipline*, we see a mix of symbols; parts of a human face, a clock, a cigarette, directional markers, and bright colors. Together, these images form a message about focus, control, and personal growth. This painting is part of a wider conversation in contemporary Nigerian art, where personal experience and universal ideas meet to spark dialogue and introspection.

THE ARTIST

Adebisin Adedamola is a Nigerian artist, born on September 2, 1976, in Surulere, Lagos State. He studied at Auchi Polytechnic in Edo State, where he received both his Ordinary National Diploma (OND) in 2000 and Higher National Diploma (HND) in 2003, specializing in painting. Since then, he has been actively practicing as a professional artist, with a career spanning over two decades.

Adebisi has shown his work in notable group exhibitions, including *Black Heritage* (Lagos, 2000), *Democrat* (Lagos, 2005), *Expression (Kampani) 2005* and *Expression (Kampani) 2006*, which toured Lagos, Abuja, and Port Harcourt. He has also participated in several art residencies and exhibitions organized by the Society of Nigerian Artists (SNA), including the *October Rain* series between 2005 and 2009. His work has been featured at the National Gallery of Art in Lagos, and he is an active member of the SNA.

In addition to creating art, Adebisi has shared his knowledge as an art teacher at Our Lady of Mount Carmel Private School in Lagos. He continues to develop a personal style that is both experimental and rooted in strong technical skills. His use of mixed media allows him to explore new ways of expressing ideas, often combining painting, drawing, and collage techniques.

STYLE OF ART

Adebisi's approach to art is deeply introspective. He sees art as a way of translating thoughts and emotions from the subconscious into images that speak directly to the viewer. His work explores spiritual, emotional, and philosophical ideas, often touching on themes such as identity, morality, inner strength, and the human condition.

He works primarily with pastel, graphite, and acrylic on canvas. These materials allow him to layer textures and tones in a way that gives emotional weight to his subjects. Figurative nudity sometimes appears in his work, not for provocation, but to express purity, vulnerability, and honesty. His subjects are often symbolic, standing in for larger ideas about society, belief, and the nature of being.

Adebisi believes that artists have a role to play in society as guides and witnesses. For him, making art is both a personal and a social act, one that records everyday life while also pointing toward deeper truths. He often portrays individuals who have made meaningful contributions to society, and he documents ordinary moments with great care, capturing the beauty and complexity of human experience.



Adebisin, Adedamola, Mix-media on Canvas, 119cm X 119cm.

ANALYSIS OF THE WORK

At the center of *Discipline* is a partial face, shown inside a circle. Only one eye, part of the nose, and a cheek are visible. This face seems calm and still, as though caught in a moment of reflection. The circular frame around the face could symbolize self-awareness or a protected space for inner thought.

Surrounding the circle are the four cardinal directions; North, South, East, and West, each placed at one edge of the canvas. These directional symbols suggest the importance of knowing where you're going in life, and how discipline can serve as a guide. Just as a compass gives travelers their bearings, personal discipline helps us stay focused and not drift off course.

On the left side of the painting is a clock, placed in such a way that its hands pass across the face. This creates a strong visual link between time and identity. It suggests that how we use time directly shapes who we are. Time is always passing, and every second matters. This part of the painting reminds us that discipline includes managing our time wisely and being intentional with our daily actions.

Interestingly, the clock's second hand is pinned by a burning cigarette. This small but powerful detail introduces tension. The cigarette might represent distraction, addiction, or moments of weakness, things that waste time and delay progress. It is a warning about how easy it is to lose focus and fall into habits that take us away from our goals. On the right side of the painting, a soft floral design offers a contrast. It brings balance and calmness to the composition, perhaps representing the beauty and peace that come when we are in control of ourselves.

Around the outer edges of the canvas, bright bands of red, yellow, blue, and orange crisscross and overlap. These energetic lines may stand for the ups and downs of life or the emotional highs and lows we all experience. Their presence adds movement to the painting, suggesting that even within the practice of discipline, life is not static. It moves, it changes, and it demands that we stay alert.

The painting *Discipline* is filled with meaning, both obvious and hidden. At its core, it is about self-control and how it can shape our lives. Inspired by a book that changed the artist's perspective, this painting becomes a personal response to the challenge of living with purpose.

The face inside the circle represents the self, a person trying to remain calm and focused in a busy world. The fact that only part of the face is shown may reflect the idea that discipline includes restraint. We do not need to show everything or act on every impulse. Sometimes, strength means holding back, being still, or thinking before acting.

The clock tells us that time is not separate from who we are. It is part of us. How we use time defines our future.

The cigarette, caught in the middle of the clock's movement, shows how harmful habits can stop us from moving forward. It's a reminder that discipline often means breaking free from these habits and choosing a better path.

The directional letters (N, S, E, W) invite the viewer to think about choices. Life is full of roads we could take, but without discipline, it's easy to get lost. Discipline helps us make better decisions and stay committed to what truly matters. As the artist explains, discipline allows us to "become the authors of our lives."

The crossing colors on the edges of the painting represent energy, change, and emotion. They suggest that even when we live with discipline, life doesn't become boring or dull. Instead, it becomes more vivid and meaningful because we are actively choosing how to live.

CONCLUSION

Discipline is not just a work of art; it is a message about life. It asks us to pause and think about how we are living. Are we in control, or are we being controlled by habits, distractions, and outside pressures? Through strong symbols and simple yet deep imagery, the artist encourages us to take charge of our time, our thoughts, and our direction. In today's world, where it's easy to get overwhelmed or pulled in many directions, Discipline offers a space for reflection. It reminds us that we can take control of our lives, not all at once, but step by step, through focus and inner strength. With discipline, we can choose a better path, live with meaning, and become who we are meant to be.

REFERENCES

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