

The Heart of Contentment: A Series of Oil Paintings representing the Stages of an Individual's Personal Essentials in Life

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Abstract

Learning the art of contentment is fundamental for personal growth, albeit challenging due to our innate ambition. As we age, our capacity for contentment typically expands. Excessive desires can strain mental health, influenced by external pressures. This research employs a series of six oil paintings to depict the stages of contentment, aiming to provoke reflection on its significance and evolving satisfaction. These visuals prompt contemplation on the importance of contentment and its role in holistic well-being. Embracing contentment fosters a balanced outlook on ambition, guiding individuals toward fulfilling their needs while maintaining inner peace. Through this exploration, we recognize contentment as a cornerstone of a fulfilling life, encouraging a harmonious relationship between personal aspirations and inner tranquility.

Keywords: contentment, personal development, ambition, aging, mental well-being, external factors, oil paintings, stages, significance, holistic well-being, reflection, satisfaction, inner peace, balanced outlook, aspirations, inner tranquility

Introduction

My proposed project, "The Heart of Contentment," refers to achieving and sustaining a level of satisfaction in one's life. It will serve as the framework for producing my creative output and allude to the concept medium of oil painting.

Being content is a rare and priceless ability to master, especially for those younger adults who have just graduated from college, are working students, or young adults who prefer to work over getting a degree while living in the middle-class life. Growing up in a middle-class family, I have also experienced good and dreadful things in life at the same time. These experiences serve as personal realizations for being in a state of contentment regardless of my circumstances and have led me to conceptualize my thesis proposal.

Contentment is when a person is satisfied with what they have, where they are, and who they are—content with where they are now in a way that they are doing their best to pull themselves up to success while facing problems. What do you have when you feel insecure about what you don't have but realize you already have what you need? Be content with who you are when you doubt you're not enough. Contentment is instead of comparing yourself to others or wishing you had a different life, you feel you're living a life you can stand behind.

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Being uncontented also comes from a cause. One of the causes of discontentment was not getting what we wanted. Not getting what we want for ourselves triggers unhappiness and disappointment, leading people to feed their satisfaction. Dissatisfaction caused by research was criticism of faults of one's present circumstances decreases satisfaction, increasing the desire to look for something better instead of looking for the positive aspects of one's circumstances. It also includes boredom as an example of dissatisfaction. Boredom causes people to look for new stimuli when the answer could be to be creative with their present circumstances.

In this view, discontentment can negatively affect a person's well-being—mentally and physically. Some of the common negative consequences of discontentment include Stress and Anxiety, Depression, Lower Self-Esteem, Strained Relationships, Reduced Productivity, Social Isolation, Lack of Motivation, and Financial Implications. On the other hand, some practices can help eliminate dissatisfaction, like Setting Realistic Goals, Focusing on Self-Acceptance, Mindfulness and Meditation, seeking professional help, practicing self-care, and more to help your mind breathe and get overwhelmed.

This study aims to represent these stages in an individual's life journey through its creative output, in hopes of contributing to the possibility of looking past each one's present circumstances, whether good or bad.

As an artist and an art student for this thesis proposal, I will create a series of oil paintings on six (6) canvases as my output. I viewed the idea that I would consider using oil paint. I will use an existing reference for my painting: my grandmother from my father's side, showing my essentials and wants through my everyday routine. Each painting will portray how I viewed my grandmom's everyday routines and hobbies and how she felt contented. This will show that a person's contentment is based on the situation.

Contentment is a heart issue. Celebrating the positive elements of one's life while minimizing the effects of unfavorable comparisons and aspirational thoughts are good practices for anyone's general well-being.

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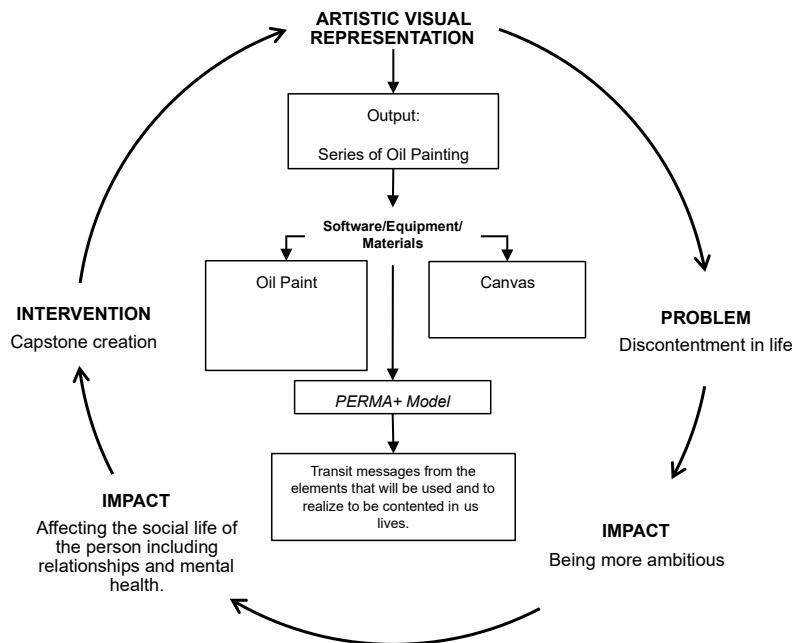


Figure 1 Framework Visual Representation of Overall Concept and Methods of Thesis Project: Mixed Media Portrait

The creative framework I implemented showcases the core concepts and methods of the project topic itself. This section provides an in-depth illustrated information summary regarding the project output, resources, intended audience, theory, problem, impacts, purpose, and solution. The succeeding sentences examine the project's creative framework and research strategy more extensively.

For the method and process of my study and my output, I began studying the causes and impact of discontentment in a person's life. According to Steemit (2017), discontentment has many causes: meeting wants instead of needs, the temporary nature of this life, dissatisfaction, fear, disappointment with oneself, and loneliness can all increase one's discontentment. This also says present circumstances are always temporary, and change is the one constant thing on this planet. On the other hand, I am aware that based on Joel Y. and Jerald K. (2023), ambition is a uniquely human, complex personality trait, and ambition from BetterHelp (2023) is defined as a "desire for success and achievement." It can be a powerful emotion to encourage individuals to reach their goals, whether tangible achievements such as career advancement or intangible ones like personal

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growth. Ambition can be a positive trait because it incites action and development but may become toxic if left unchecked. Exploring ambition allows us to understand how it influences our lives, society, attitudes, and behaviors, both positively and negatively. These insights may help us develop healthier approaches to ambition and success by making more informed decisions about our futures. While ambition has benefits, it can also have adverse effects. Unchecked ambition may lead to toxic behaviors such as being overly competitive, chasing success at any cost, or overworking. This state of mind can cause people to burn out or experience symptoms of anxiety and depression. An overactive sense of ambition may also cause relationships to break down from ignoring those close to you, viewing others as stepping stones on your way to success, or refusing help when needed. That is why I decided to create a series of oil paint illustrations on six canvases portraying the importance of contentment in our lives; I thought that painting could give a more meaningful message about how individuals evolve their needs and wants, including how the world grows through generation through generation.

This study uses the Theory of Well-being, wherein the major focus is on relieving human suffering. Suffering and well-being are both part of the human condition, and psychology should care about each. Human strength, excellence, and flourishing are as authentic as human distress. People want to cultivate their best version and live a meaningful life. They want to grow their capacities for love and compassion, creativity and curiosity, work and resilience, and integrity and wisdom.

The Theory of Well-being utilizes the five (5) building blocks of flourishing: Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment (hence PERMA™)—and there are strategies to increase each. The PERMA+ model is an evidence-based approach to improving “happiness” and decreasing anxiety, depression, and stress. Many activities can systematically increase positive emotions, engagement, relationships, meaning, and achievement (PERMA). The five components of PERMA provide a framework to create a genuine and consistent state of contentment.

Therefore, the goal of this project was not just to examine why some people are unhappy and the causes of their unhappiness but also to comprehend why most young adults are envious of others, to comprehend the causes, to become familiar with the techniques for being content, as well as the drawbacks and consequences of being unsatisfied.

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REVIEW OF RELATED LITERATURE

In this study, the art of contentment is one of the most important and difficult things to do to grow as a person. Contentment is a state of being where one is satisfied with one's current situation and the situation in one's life as it is presently. If one is content, they are pleased with their situation and how the elements in one's life are situated.

It can be difficult in the rat race of life to find contentment when one is flourishing in life. Instead of being content when things are going well, people often get caught up thinking about how they can continue improving their situation or trying to one-up themselves and where they currently are. They may engage in social comparison and compare themselves and their situation with others ~~who are~~ doing better and lose sight of how well things are going in their own life (ClarityClinic,2023).

Contentment: What It Is and Why It Matters

Contentment is a state of being in which one is satisfied with one's current situation and the elements in one's life as they presently are. If one is content, they are pleased with their situation and how the elements in one's life are situated.

Contentment matters also in a way when it comes to difficult times. It takes awareness to realize that bad times are not only guaranteed in life but also necessary. It takes acceptance of the negative situation to find a level of contentment in these difficult times. Also, it gives a different point of view regarding contentment in good times because it may seem like being content in the good or positive times is easy and natural, and it does not take any work to find contentment in these times. People may engage in social comparison and compare themselves and their situation with others who are doing better and lose sight of how well things are going in their own lives. While it is good to be ambitious and want to continue to improve, it is not good when this ambition comes in the way of being satisfied with oneself and one's life. On the other hand, to improve the situation, a person can't just choose to be contented in his/her life because it might also have a negative effect, so you must balance. It is important to find peace and satisfaction with how one is living and one's life circumstances. It is also important not to lose sight of working to improve one's life. Instead, one should attempt to better one's situation while appreciating the struggle and learning from it. Similarly, when things are going well, one should be content, appreciative, and grateful but not complacent in the good times. Having this appreciation and satisfaction while

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striving to improve is an appropriate but difficult balance that we can aim for in our lives (ClarityClinic,2023).

This study led me to the idea that the topic would be relevant to my project since contentment entails more than being happy with what you already have. Additionally, it entails personal development. One step towards raising your level of contentment is acceptance, which includes learning how to balance your ideas with your needs and goals.

Why Are Humans Never Content?

One of the reasons “Why Humans Are Never Content” is comparing ourselves to other's financial and social status. This keeps us unhappy about our own lives and leads to low self-esteem. It shifts our focus away from the positive aspects of our lives, and we tend to become disheartened, thinking about what others have that we do not.

Humans are never content because we ‘Compare’ ourselves to others’ conditions, which keeps us unhappy about our own lives. Next is ‘Curiosity,’ where we are always curious to discover more about objects or experiences that are new and unfamiliar to us. Then, it will be followed by ‘Ambition’ or dreams. Being ambitious makes us strive harder to improve ourselves and acquire better things. However, we are never happy about our achievements and fulfilled ambitions because of our future ambitions. Wanting to please others is one of the reasons why people are never contented with how they do things just to please others and to improve their image in their minds. So, improving our self-esteem by creating a better impression on others never leads to any satisfaction. Lastly, there is “Social influence.” We are encouraged to toil harder to obtain more and more things for ourselves without giving second thoughts to whether we need them or not (Psychologenie,2013).

This supports my thesis proposal to bolster my thesis proposal by shedding light on the underlying factors contributing to human discontent. These results provide valuable insights into the psychological state of individuals dissatisfied with their lives.

The Essence of Contentment: How Acceptance Promotes Happiness

The Essence of Contentment is respecting the reality of the present. It is appreciating what you do have and where you are in life. Contentment does not mean the absence of desire; it just means you are satisfied with your present and trust that your life's turns will be for the best.

Contentment brings peace of mind and positivity that can facilitate growth and self-improvement, which in this study does not mean you can't have dreams and aspirations. You can accept the present and still wish for a better future. It also promotes happiness. When you are content with the present, you are letting go of sometimes painful cravings for what you can't have.

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As a result, acceptance settles in. Therefore, when you accept your situation, you allow yourself to be happy. Also, the benefits of contentment are not just limited to your well-being; they can also encompass stronger relationships wherein accepting others, including their flaws, and being content with the present may fuel feelings of happiness and prosperity. It enriches relationships with trust and appreciation as well as promotes healing and growth, which can lead to learning to distinguish the wants and needs of a person and how it offers Simplicity that will stop you from overburdening yourself, relieve stress or wanting more and more (Good Therapy,2019).

This study will also relate that contentment is a state of mind and heart that can be cultivated through gratitude, mindfulness, and self-reflection. It's a deep and abiding sense of peace and satisfaction that doesn't depend on external circumstances.

How Social Media Fuels Teenage Insecurities & How to Prevent It

In this new generation, social media's impact has reached teenagers, where it doesn't just give benefits anymore but also some disadvantages. To be specific, social media fuels teenage Insecurities, which is also why many teenagers doubt and are dissatisfied with themselves.

Social media intensifies body acceptance issues; most teenagers struggle with accepting the way they look. However, these insecurities have been amplified dramatically since the advent of social media. It is also addictive in the form of instant validation through the system of 'likes' used by many social media platforms, where if those likes and shares fail to materialize, they are often left feeling unloved, imperfect, and insecure. Social media also not only pressures their appearance but constantly compares their lifestyle. Teenagers often become deeply insecure over the perceived imperfections of what is theirs. Hiding their imperfections and issues becomes a way of life. Teenagers often try to hide their feelings of insecurity, depression, or anxiety behind a perfect social media profile. On the other hand, this study also includes how to prevent this issue like spending more time with your family and friends, talking to your teenager if you find a hint of depression, giving social media curfew, and more that will help to prevent this kind of case (Toplined,2022).

The relevance of this article lies in its role as an underlying cause of challenges faced by young adults, potentially issues from their adolescent years. It underscores the notion that the perpetuation of insecurities, particularly regarding physical appearance through social media, continues to be a testament to the enduring dissatisfaction that many individuals still grapple with.

Beyond Happiness: Learn How to Be Content with Life

Living a contented life isn't a one-time achievement. It's something to incorporate into your daily life. You won't create a meaningful life by putting in work for several weeks. Contentment demands sustained effort, including strategies and habits that will become part of your routine. After a while, they might become second nature.

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There are six (6) strategies to help you learn how to be content in life, such as recording and sharing the things you're grateful for. It highlights what's meaningful in your life and how enjoying it makes you feel. Staying true to yourself also helps by focusing on what's valuable to you while keeping your loved ones close, which will improve your social health and ability to deal with life's challenges. Putting an Act on your goal will contribute to a more meaningful life, taking care of your physical and mental health by thinking of mindfulness practices like meditation and yoga and thinking of ways to move your body that feel good and eat foods that fuel you. And lastly is letting go of the past because Dwelling on your past won't help you live in the present. But letting go of the past lets you focus on the present and future (Butterfly Blog, (n.d.)).

The six (6) strategies in this article will help support my project since they are also different from the practices of 'How Acceptance Promotes Happiness'. This Topic focuses more on activities as strategies for learning to be content in life. It also shows other ways to improve a person's physical and mental health.

REVIEW OF RELATED WORKS

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Mona Lisa (1503)

Mona Lisa, an oil painting by Leonardo da Vinci on a poplar wood panel, is probably the world's most famous. It was painted sometime between 1503 and 1519, when Leonardo lived in Florence. It now hangs in the Louvre Museum in Paris, where it remained an object of pilgrimage in the 21st century. The sitter's mysterious smile and unproven identity have made the painting a source of ongoing investigation and fascination.

The Mona Lisa painting is something that I can relate with my project, painting a portrait of a woman just like for my output. This will help me guide my work as a reference for my proportions.



Figure 1 *Mona Lisa*

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Beware of Luxury: Jan Steen (1663)

"Beware of Luxury" by Jan Steen, a Dutch Golden Age painter, depicts a scene filled with moral laxity centered around a young couple warned against their lust amidst spilled food and disorder. Despite the apparent joy, signs of trouble abound: the family indulges in gluttony and drunkenness, indicated by the father's disheveled appearance and the mother's weary expression. Symbols of moral decay, such as a dog eating a bone and broken glass, further emphasize the warning against excess and indulgence. Steen's use of light and color adds to the atmosphere, casting shadows and creating a sense of intimacy. This painting will help me guide my project just like Steen delivers a moral message, cautioning against the dangers of indulgence and the consequences it brings to his work.



Figure 2 *Beware of Luxury*

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Oil Portrait Painting of a Child (2021)

The portrait of a child, crafted by Gabriela Bombala on October 14th, 2021, serves as a focal point within the context of this thesis. As I delve into my exploration of portraiture on canvas, this artwork has garnered my attention. It not only provides a visual reference but also acts as a catalyst for conceptual and technical considerations within my artistic endeavors. Through an analysis of its color palette and rendering techniques, I aim to draw insights that will inform and enhance the execution of my work.



Figure 3 *Oil Portrait Painting of a Child*

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Oil Painting of Grand Parents

This is a painting of Gaetano Bellei, his paintings are known for ~~its~~ their unique and soft colors which ~~is~~ are quite similar to ~~to~~ my ~~with~~ my rendering style. His concept in painting of grandparents with their grandkids is also my concept work which will help with its composing my portrait and its color palette.



Figure 4 Oil Painting of Grandparents

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Pre-production

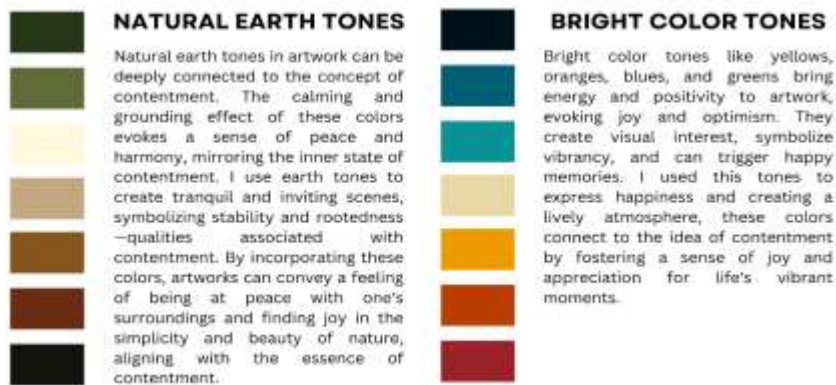
Outputs for this project, I produced a series of oil paintings on (6) canvases with a surrealist art aesthetic. I thought that showing the lifestyle of my grandma portrayed in painting across nine (6) canvases and hanging them horizontally per layer on the wall would be a novel way to convey the sense of contentment. The product I will use will be oil paint for my whole output.

For my initial step, I consolidated the six (6) layers into six (6) digital sketches as my study and guide, creating a visual representation of my creative process, which will function as my study and prototype. This approach aids me in structuring and visualizing my concepts, reducing the likelihood of errors in my final output. This method ultimately facilitates the completion of my work.

To enhance the effectiveness of my artwork, I plan to utilize a pre-existing reference, namely my paternal grandmother, as a heartfelt tribute to her. I've compiled various sources of information by taking photographs of her everyday routine, such as drinking coffee every morning, using her cellphone in her free time, playing with his grandkids, and so on. Additionally, I've conducted inquiries into her interests at this moment, encompassing aspects of her stuff that will symbolize contentment in her life like a coffee mug, sewing kit, her phone, and other activities she mostly does. These details will inform the elements and intricacies of my artistic endeavors.

Pre-production Assets

This segment of the pre-production phase will encompass the compilation of my output assets, which will serve as references for my creative output. Additionally, it will include information on my selected color palette preferences.



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Analogous



Figure 1

Picture Reference illustration for my first canvas



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Figure 2

Picture Reference for my second canvas artwork



Figure 3

Picture Reference for my third canvas artwork



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Figure 4

Picture Reference for my fourth canvas artwork



Figure 5

Picture Reference for my fourth canvas artwork



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Figure 6

Picture Reference for my fourth canvas artwork



Production

On the day of my production, I picked the APC Studio Art Room on the 11th Floor as my place to work on my project with all the supplies I needed, including the media I specified in my Preproduction. It was much simpler for me to produce my creative output during production because I had already completed some prototypes during pre-production.

I prefer to use natural colors for each of the painting such as earth tones with a combination of bright colors. In this way, It will show how the colors compliments the two different tone that will serve and represent as happiness and contentment to each of the paintings.

The overarching goal of my creative output was to showcase my painting as how I viewed my grandmother as a contented person and by showing what it is personal needs in life. The output portrays the series of oil paint in canvases telling a story of an everyday routine of a contented person.

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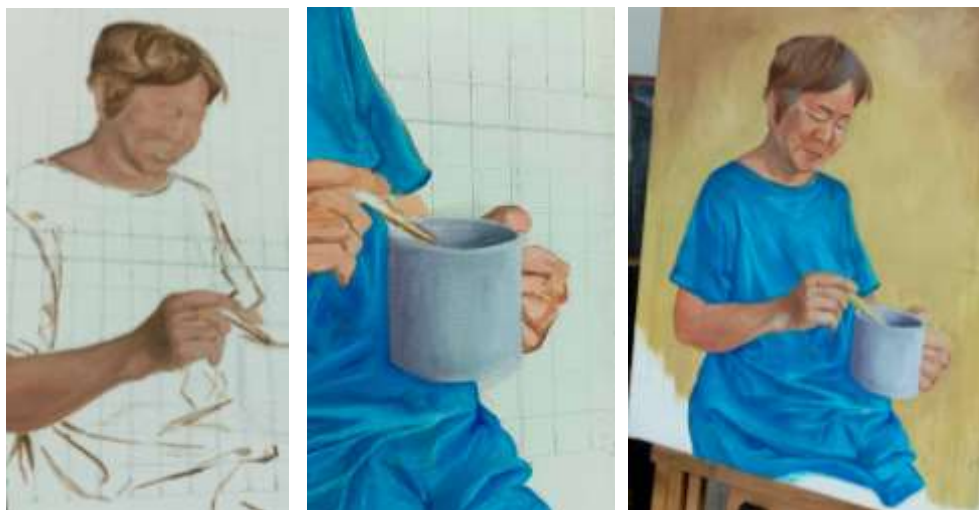


Figure 5 *First Painting Progress*



Figure 6 *Second Painting Progress*

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Figure 7 Third Painting Progress



Figure 8 Fourth Painting Progress

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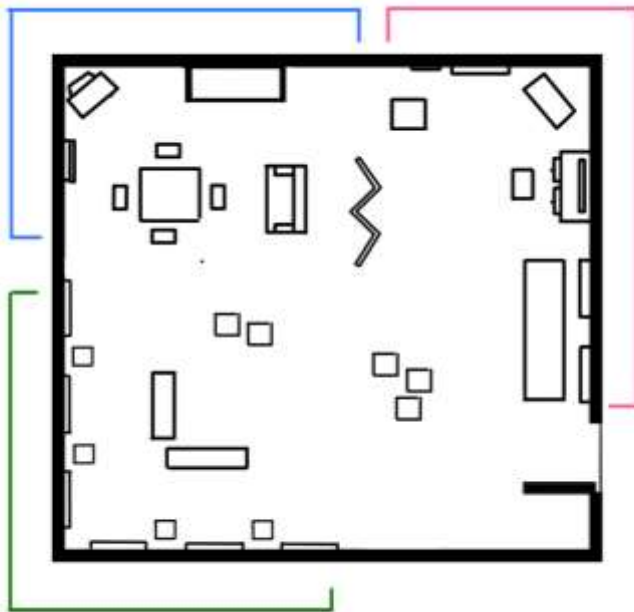
Post-production

Before the display, I already had a straightforward plan for how I would highlight my creative output while still being recognizable and simply describing the point of my artwork. The other members of our exhibit and I planned a house living area theme for our exhibit that will make the visitors feel at home and provide a safe space while looking at our works. I will have an area where my artwork will be hung on a horizontal wall, portraying the series of paintings of my grandmom. To make it more interactive and to be felt by the viewers, I'll add some stuff that will connect to my painting, like coffee with a mug, a sewing machine below the painting, and some chairs or stools that will also serve as our divider.

Since my artwork is already on show, I decided to give visitors to my booth descriptions of each frame. The preparation for my artwork exhibition involves

Figure 9

Floor plan layout sketch of our group exhibition



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Marketing Collateral

To further engage the viewers, I will provide materials like markers and paint to create and customize their personalized keychains using acrylic glass. I decided to use a customized keychain as my marketing collateral to allow individuals to express their unique identities and preferences. This personalization can enhance a sense of self and contribute to overall happiness by providing a tangible representation of one's personality and interests. The concept must contain their happiness and contentment about they're selves. My guest will freely express their feelings through doodling and writing their favorite quotes, and song lyrics that inspire them to be happy and content. In this way, it enhances their overall experience.

Figure 10

Personalize Customize Keychain Sample and Materials



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Results and Discussion

In this section of the thesis project, I will examine the initial outcomes of my research. Specifically, I will address the preliminary findings derived from new research studies and experiments that have been undertaken.

Teacher's opinion about the Negative Effect of Contentment

Dalia Nousin explores the detrimental implications of contentment, delineating several critical facets:

Stagnation: Contentment can breed complacency, leading to a dearth of impetus for personal growth or advancement.

Missed Opportunities: Embracing the status quo may blind individuals to potential avenues for progression or personal enrichment.

Lack of Innovation: Contentment has the potential to stifle creativity and forward-thinking, as individuals may lack the drive to explore new concepts or refine existing methodologies.

Regret and Unfulfilled Potential: Excessive contentment may precipitate future remorse for failing to pursue passions or explore alternative life trajectories.

Limited Perspective: Contentment may engender a constrained worldview, hindering personal development, empathetic understanding, and a holistic grasp of societal dynamics.

Reduced Resilience: Confronting unforeseen challenges becomes inherently more daunting when one is excessively entrenched in one's current circumstances.

Unrealized Personal Growth: Contentment may impede the zeal for self-improvement and the drive to surmount personal limitations.

While acknowledging that contentment is not inherently negative and its ramifications can vary based on individual contexts, traits, and aspirations, these delineations underscore the potential drawbacks individuals may encounter when they lean too heavily into a state of unbridled contentment with their present circumstances.

Interview of the two kids with different life

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This video can be connected to the broader theme of contentment and gratitude in life. It emphasizes how our wishes and desires are often shaped by our life experiences and the resources available to us. Children who wish for material possessions may not fully appreciate the value of basic necessities or familial love because they have not experienced significant hardships or lack thereof in those areas.

On the other hand, the children who wished for simpler things like food or the return of a loved one show a deeper understanding of life's essentials and the importance of emotional connections. Their wishes reflect a longing for things that money cannot buy and highlight the significance of relationships, empathy, and human connection.

In our own lives, this video can encourage us to reflect on what truly matters and appreciate the blessings we have, whether they are material comforts or meaningful relationships. It reminds us to cultivate gratitude and empathy, recognizing that not everyone has the same privileges or opportunities.

What Candy Did for Her Son Quentin to Graduate | Mother's Love | Toni Talks

In the video "What Candy Did for Her Son Quentin to Graduate | Mother's Love | Toni Talks," there's a profound exploration of contentment within the context of a mother's love and sacrifices for her child. Candy's story beautifully portrays contentment as the ability to find joy and peace despite facing significant challenges and hardships.

Candy's journey in the video showcases her unwavering dedication and selflessness in supporting her son Quentin's education and overall well-being. Despite financial difficulties and personal struggles, she remains content and fulfilled because of her deep love for her son and her commitment to his success.

Her story prompts viewers to reflect on their own definitions of contentment. It highlights the importance of gratitude, resilience, and meaningful relationships in cultivating a sense of fulfillment in life. Candy's ability to find contentment in challenging circumstances serves as a powerful reminder that true happiness often comes from cherishing what we have and finding peace amidst life's trials.

What If You Pursued Contentment Rather Than Happiness?

This section chronicles a compelling journey of inquiry into the contrast between contentment and happiness. The author, in collaboration with their research team and Dacher Keltner from GGSC, embarked on a notable investigation in 2014 within a remote region of Eastern Bhutan. The objective was to identify universal human emotions across diverse cultures, leading to the discovery of a secluded community of former nomads.

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Despite the villagers' isolation from modern amenities such as electricity, internet, and media, they exhibited a profound comprehension of various emotions upon exposure to facial and vocal expressions. Notably, their acknowledgment of contentment as a significant emotion stood out, portraying it as a state denoting "the knowledge of enough" or "chokkshay," held in high esteem.

This encounter prompted the author to realize cultural disparities regarding the appreciation of contentment versus the Western fixation on happiness. The narrative explores contrasting strategies: the More Strategy, which emphasizes external sources like wealth and recognition for happiness, and the Enough Strategy, which prioritizes internal fulfillment. Contentment is portrayed as a state of inner completeness, irrespective of external circumstances.

The discourse underscores a paradigm shift from external validation to internal contentment, highlighting its inherent stability amidst external chaos. It posits that contentment emerges from our intrinsic connection with our environment, offering a pathway to enduring well-being beyond mere reactivity to external stimuli.

Cain O'Shea: Studied Writing & Philosophy at The High School Experience

Firstly, an absence of ambition is a contributing factor. It is crucial to recognize that contentment entails finding peace with one's surroundings and circumstances. This entails refraining from excessive ambition, potentially leading to stagnation. While maintaining a current lifestyle is possible, there is a risk of limited progress. Although some individuals may find satisfaction in this state, the lack of ambition can be detrimental, preventing personal growth and encouraging greed for unattainable goals. This aspect of contentment thus presents a double-edged sword, requiring a delicate balance.

Secondly, perpetual contentment is unattainable. As individuals age, life circumstances evolve, and social and environmental factors undergo changes. Prolonged contentment may hinder adaptability, making it challenging to cope with significant life changes over time. This inflexibility can lead to future challenges and eventual dissatisfaction as the conditions that once fostered contentment no longer suffice.

True contentment, therefore, remains elusive unless one remains content from birth until death, irrespective of external circumstances. While striving for contentment is admirable and achievable in specific areas, attaining absolute contentment or perfection is often unrealistic. It is essential to acknowledge and accept this reality. This acknowledgment necessitates being content with the imperfections and uncertainties in life, recognizing the inherent paradox of pursuing contentment while acknowledging its elusive nature.

In conclusion, achieving contentment involves embracing the paradox of not being fully content in every aspect of life. This paradox underscores the complexity of human aspirations and the perpetual pursuit of inner fulfillment amidst life's uncertainties.

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Conclusion

In conclusion, the exploration of contentment reveals its profound importance and significant impact on an individual's life. Contentment, defined as a state of inner peace and acceptance of one's circumstances, plays a crucial role in fostering psychological well-being and overall life satisfaction.

One of the key aspects highlighted is the balance between ambition and contentment. While ambition drives progress and growth, contentment provides a sense of fulfillment and stability. Striking this balance is essential for sustainable happiness and personal development, as excessive ambition can lead to stress and dissatisfaction, while contentment without ambition may result in stagnation.

Furthermore, the ability to adapt and navigate life's changes is closely linked to contentment. Individuals who cultivate a sense of contentment are better equipped to handle challenges and transitions, as they possess a resilient mindset and a deeper understanding of what truly matters in life. This adaptability fosters greater emotional resilience and a positive outlook, even in the face of adversity.

Moreover, the pursuit of contentment encourages self-reflection and introspection, leading to a deeper understanding of one's values, priorities, and goals. This self-awareness enables individuals to make informed choices aligned with their inner sense of fulfillment, contributing to a more meaningful and purposeful life.

Overall, the importance of contentment lies in its ability to promote holistic well-being, encompassing emotional, psychological, and spiritual aspects. By cultivating contentment, individuals can experience greater peace of mind, resilience, and satisfaction in life, ultimately leading to a more fulfilling and meaningful existence.

The Heart of Contentment: A Series of Oil Paintings Representing the Stages of an Individual's Essential Needs in Life

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Appendix

This page aims to provide insights into the ideas I've explored for my creative work. It will feature photos demonstrating concepts, along with explanations, descriptions, and outcomes to reinforce my current output.

Figure 1

First Prototype

My first idea of my work is to only create a 3 illustration with an idea of mixed-media illustrations using scrap materials as collage. For my first study, I tried to create a photomanipulation using photoshop that will serve as a sample of idea.



Figure 1 First Prototype

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Figure 2

Second Prototype

I tried to implement it in a traditional manner using the materials I had initially intended for creating my output. These materials encompass a variety, including oil paint, acrylic paint, oil pastels, watercolor, charcoal, and print-out papers serving as elements.

After weeks of effort, the prototype has shown promising results, although certain areas require improvement. Recently, I've noticed an issue with the durability of the materials used, particularly with the paper easily slipping while being transported from home to school. This has prompted me to anticipate potential challenges during the exhibit.



Figure 2 *Mixed-Media Collage Prototype*

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Figure 3

Study of Painting Glass by Layers

Painting on acrylic glass is my substitute idea for my first output medium. Below is a study of the plan showing the five (5) pieces of glass will serve as the paper and layer it on a woodenshelf.

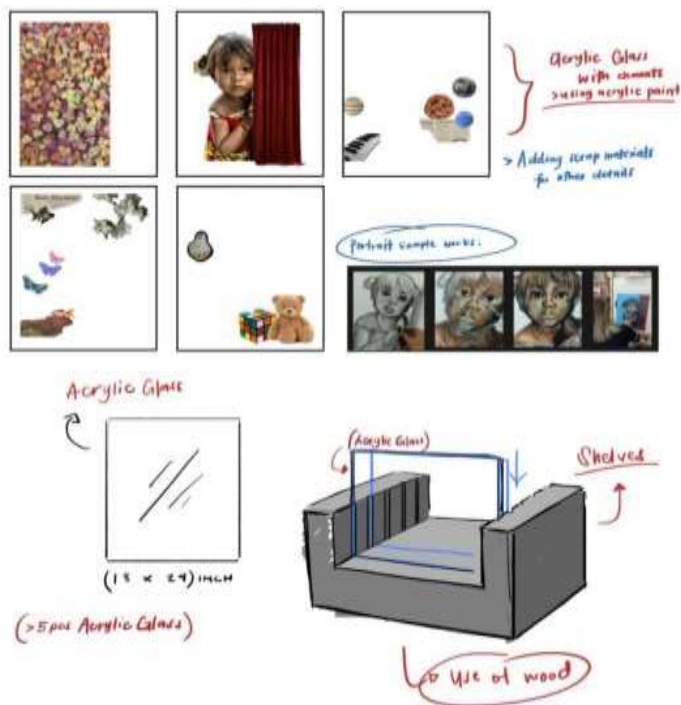


Figure 3 Study of Painted Layered Glass

Figure 4

Prototype of Painting the Glass

Presented below are the prototypes for this second idea. I utilized a clear plastic sheet for experimentation, as it closely resembles the texture of acrylic glass. This marks my first attempt at using plastic as a painting surface, and through the process, I encountered several challenges:

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Firstly, it was not as straightforward as painting on canvas or paper, requiring a significant adjustment period. Secondly, layering the colors proved difficult, as careful consideration was needed to determine the order of application. Thirdly, applying paint to plastic necessitated different techniques, often requiring multiple passes to achieve the desired effect due to its smooth texture. Lastly, the time investment for this method is considerable, as it involves allowing each layer to dry before proceeding with subsequent layers.



Figure 4 *Prototype of Painted Layered Glass*