

# *Chakra Collection*

*By*

*Vicki Milewski*



*Paintings, Drawings, Music, & Writing*

*A New Way Understanding the Energy that is Us*

*Chakra Collection*  
*By Vicki Milewski*

*Chakra Collection*  
*A New Way of Understanding the Energy that is Us*  
*Paintings, Drawings, Music, Writing and Curated Elements*  
*By Vicki Milewski*

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*A New Way of Understanding the Energy that is Us*  
*Paintings, Drawings, Music, Writing and Curated Elements*

## Chakra Collection by Vicki Milewski

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# The Consciousness Chakras Oil Paintings

By Vicki Milewski

## *Bullets*

*The Muladhara Chakra*  
*The Root Chakra*  
*Oil on canvas, (24" X 24")*



## *Purple is Divine*

*The Svadhisthana Chakra*  
*The Spleen Chakra*  
*Oil on Canvas, (24" X 18")*



**The Consciousness Chakras Oil Paintings Continued**  
*By Vicki Milewski*

*Different  
Kind of Heart  
The Manipura Chakra  
The Solar Plexus Chakra  
Oil on Canvas, 24" X 18"*



*Anahata Lilies  
The Anahata Chakra  
The Heart Chakra  
Oil on Canvas, (20" X 16")*



**The Consciousness Chakras Oil Paintings Continued**  
*By Vicki Milewski*

*Singing and Dancing*  
*The Visuddha Chakra*  
*The Throat Chakra*  
*Oil on Canvas, (72" X 48")*



**The Consciousness Chakras Oil Paintings Continued**  
*By Vicki Milewski*

*Blue Mountains*  
*The Ajna Chakra*  
*The Third Eye Chakra*  
*Oil on Canvas, (36" X 18")*





# The Consciousness Chakras Oil Paintings Continued

By Vicki Milewski

*Sign of Life*  
The Sahasrara Chakra  
Crown Chakra  
Oil  
on Canvas,  
(67" X 27")



# The Consciousness Chakras Oil Paintings Continued

By Vicki Milewski

*Invisible  
Fruit  
The  
Shahasrara Chakra  
The Crown Chakra  
Oil  
on Canvas,  
(68" X 43")*



**The Consciousness Chakras Oil Pastels**  
*By Vicki Milewski*

*Glowing Blue*  
*Inside Bullets*  
*The Root Chakra*  
*9" X 12"*

*Original Oil Pastel on Bleached Woven Paper*



*Red Blood Turns Pink*  
*The Manipura Chakra*  
*18" X 24"*

*Original Oil Pastel on Dyed Woven Paper*



# The Consciousness Chakras Oil Pastels Continued

By Vicki Milewski

## *Ribbon Flower*

### *The Svadhisthana Chakra*

14" X 18"

*Original Oil Pastel on Dyed Woven Paper*



## *Emergent Celestial Tree*

### *Anahata Chakra*

14" X 18"

*Original Oil Pastel on Dyed Woven Paper*



## *Purified*

### *Sketch for the Visuddha Chakra*

14" X 18"

*Original Oil Pastel on Dyed Woven Paper*



**The Consciousness Chakras Oil Pastels Continued**  
*By Vicki Milewski*

*Singing a Different Color*  
*The Visuddha Chakra*  
*10" X 13"*

*Original Oil Pastel on Dyed Woven Paper*



*Purifying Colors*  
*the Visuddha Chakra*  
*10" X 13"*

*Original Oil Pastel on Dyed Woven Paper*



*Singing Inside*  
*the Visuddha Chakra*  
*18" x 24"*

*Original Oil Pastel on Dyed Woven Paper*



## The Consciousness Chakras Oil Pastels Continued

*By Vicki Milewski*

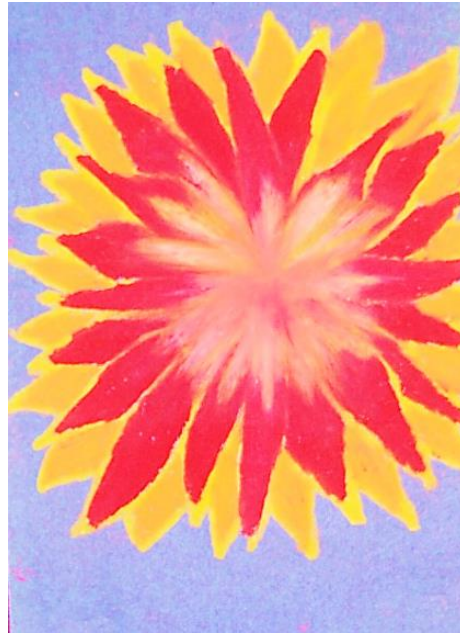
*Blue Mountains, Blue Flowers  
the Ajna Chakra  
9" X 12"*

*Original Oil Pastel on Dyed Woven Paper*



*Explosion  
The Sahasrara Chakra  
18" X 24"*

*Original Oil Pastel on Dyed Woven Paper*



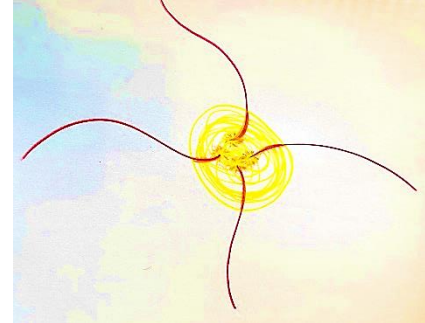
*Glowing Yellow Flower  
the Svadhisthana Chakra  
9" X 12"*

*Original Oil Pastel on Dyed Woven Paper*

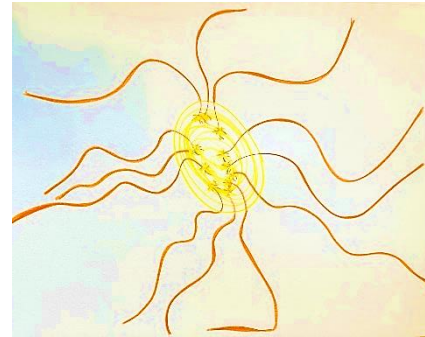


**The Ontological Chakras Oil Paintings**  
*By Vicki Milewski*

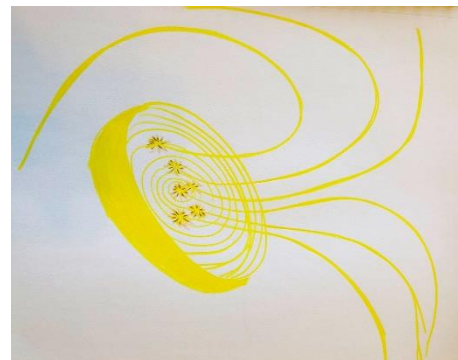
*The Crossroads*  
*The Burloka Chakra*  
*The Earth Chakra*  
*9" X 12"*  
*Original Oil on Canvas*



*The Decision*  
*The Bhuvarloka Chakra*  
*The Freedom from Form Chakra*  
*9" X 12"*  
*Original Oil on Canvas*



*The Beginning*  
*The Svarloka Chakra*  
*The Direction Chakra*  
*9" X 12"*  
*Original Oil on Canvas*



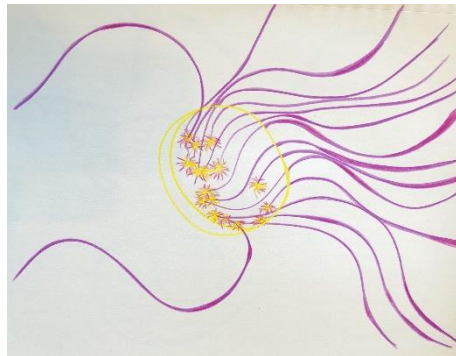
# The Ontological Chakras Oil Paintings Continued

By Vicki Milewski

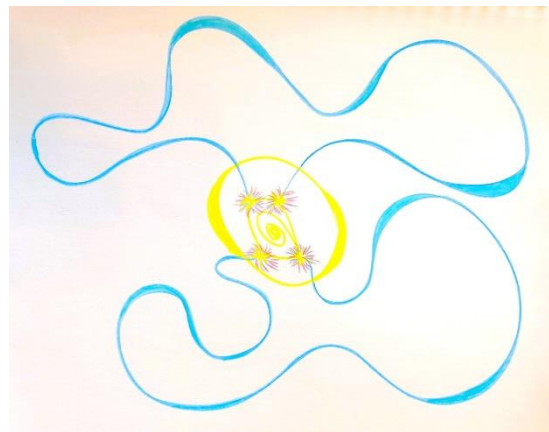
*Spinning Inside*  
*The Maharloka Chakra*  
*The Forgiveness Chakra*  
9" X 12"  
*Original Oil on Canvas*



*Sixteen Paths*  
*The Jnanaloka Chakra*  
*Liberation Chakra*  
9" X 12"  
*Original Oil on Canvas*



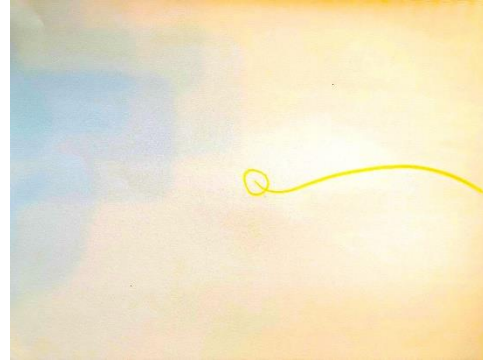
*The Labyrinth*  
*The Tapaloka Chakra*  
*Redemption Chakra*  
9" X 12"  
*Original Oil on Canvas*





**The Ontological Chakras Oil Paintings Continued**  
*By Vicki Milewski*

*Novu*  
*Satyaloḳa Chakra*  
*Truth Chakra*  
*9" X 12"*  
*Original Oil on Canvas*



**The Ontological Chakras Oil Pastels**  
*By Vicki Milewski*

*Looking at me Red*  
*The Burloḳa Chakra*  
*9" X 12"*  
*Original Oil Pastel on Bleached Woven Paper*



**The Ontological Chakras Oil Pastels Continued**  
*By Vicki Milewski*

*Looking at me Gold*  
*The Bhuvārloka Chakra*  
*9" X 12"*

*Original Oil Pastel on Bleached Woven Paper*



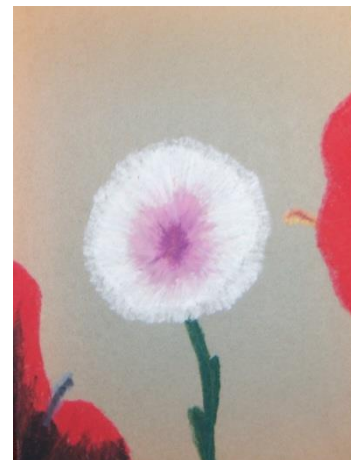
*Looking at me Purple*  
*The Svarloka Chakra*  
*9" X 12"*

*Original Oil Pastel on Bleached Woven Paper*



*Looking at me White*  
*The Maharloka Chakra*  
*9" X 12"*

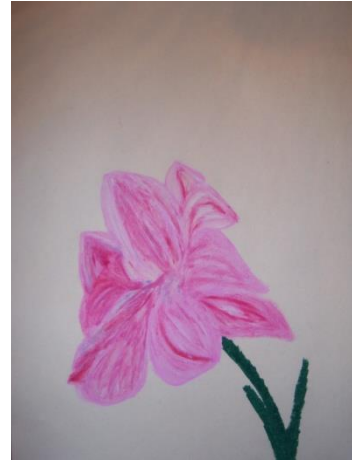
*Original Oil Pastel on Bleached Woven Paper*



# The Ontological Chakras Oil Pastels Continued

By Vicki Milewski

*Right Before Red*  
*The Inanaloka Chakra*  
9" X 12"  
*Original Oil Pastel on Bleached Woven Paper*



*Wildly Colored*  
*The Tapaloka Chakra*  
14" X 12"  
*Original Oil Pastel on Bleached Woven Paper*



*The Apple's in There*  
*Satyaloka Chakra*  
9" X 12"  
*Original Oil Pastel on Bleached Woven Paper*



# The Poem Flower Consciousness Chakras

By Vicki Milewski

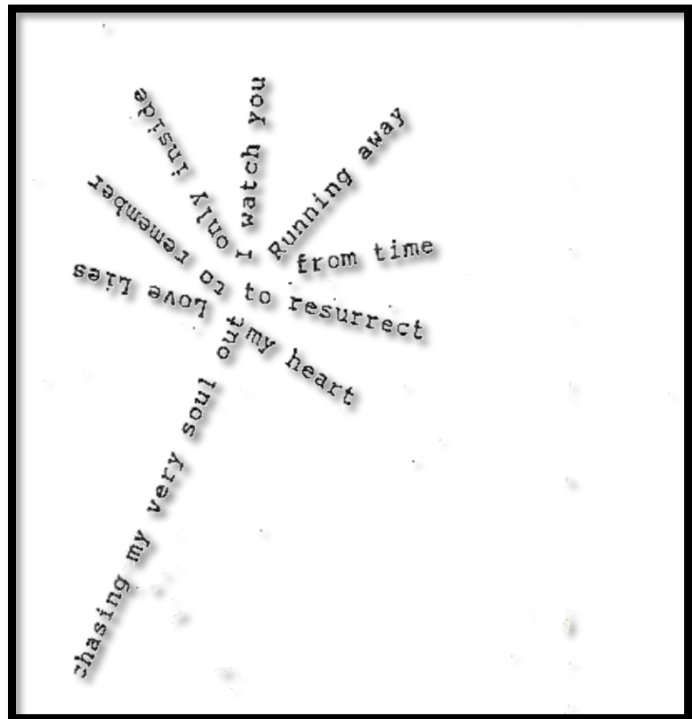
## Reading

*The Muladhara Chakra*

*The Root Chakra*

18" X 14"

*Altered Poem Collage*



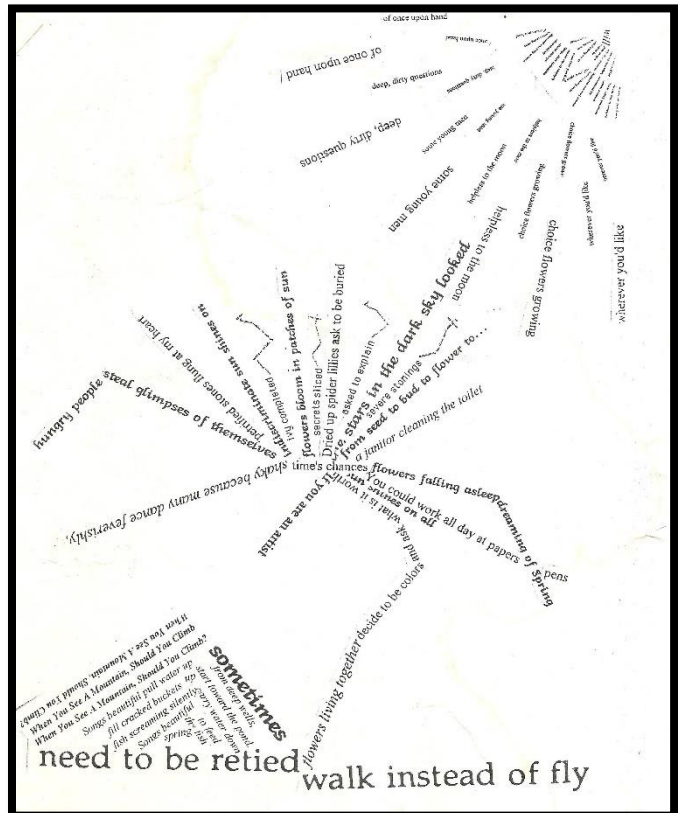
## retied

*The Svadhisthana Chakra*

*The Spleen Chakra*

18" X 24"

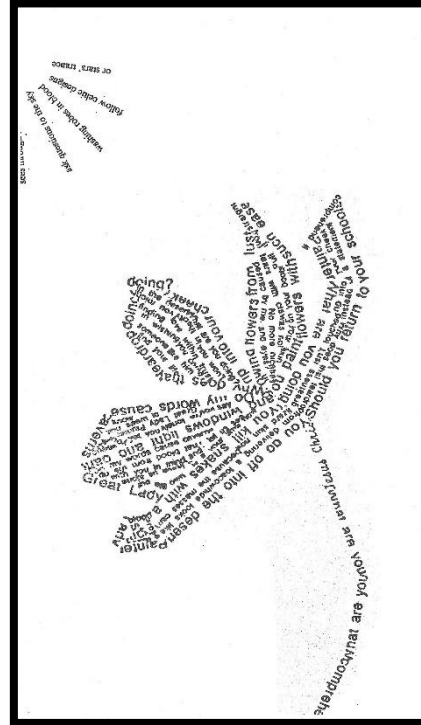
*Altered Poem Collage*



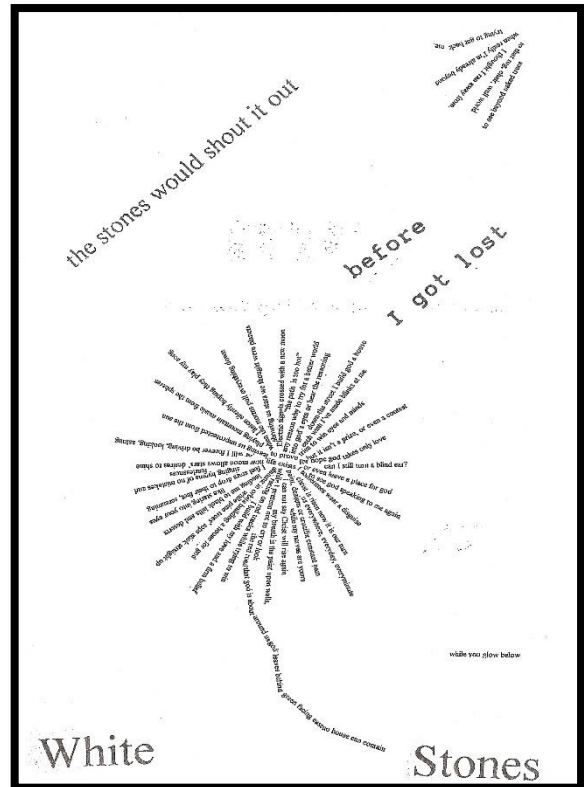
# The Poem Flower Consciousness Chakras Continued

By Vicki Milewski

*Great lady painter*  
*The Manipura Chakra*  
*The Solar Plexus Chakra*  
12" X 24"  
*Altered Poem Collage*



*White Stones*  
*The Anahata Chakra*  
*The Heart Chakra*  
18" X 24"  
*Altered Poem Collage*







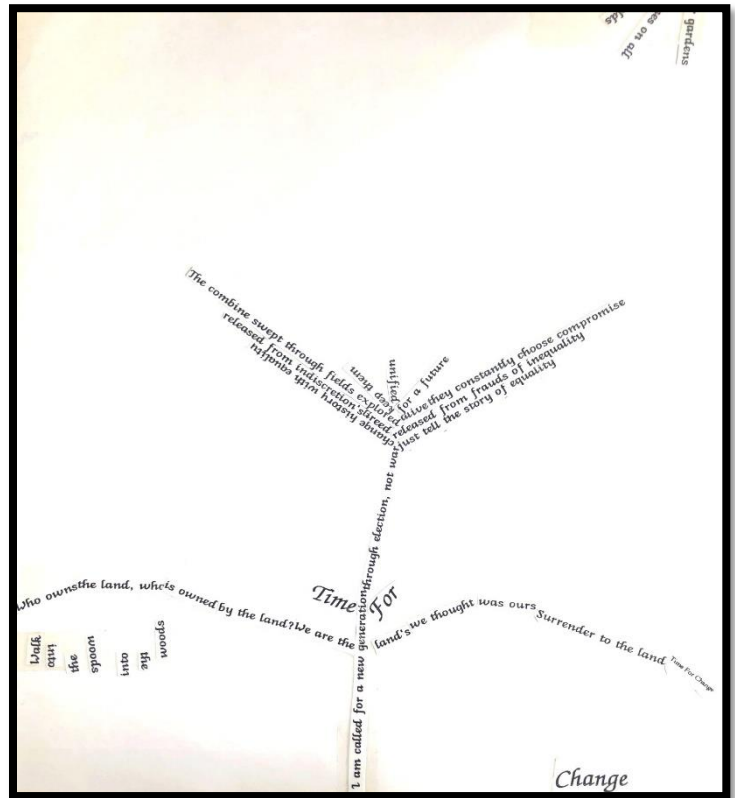




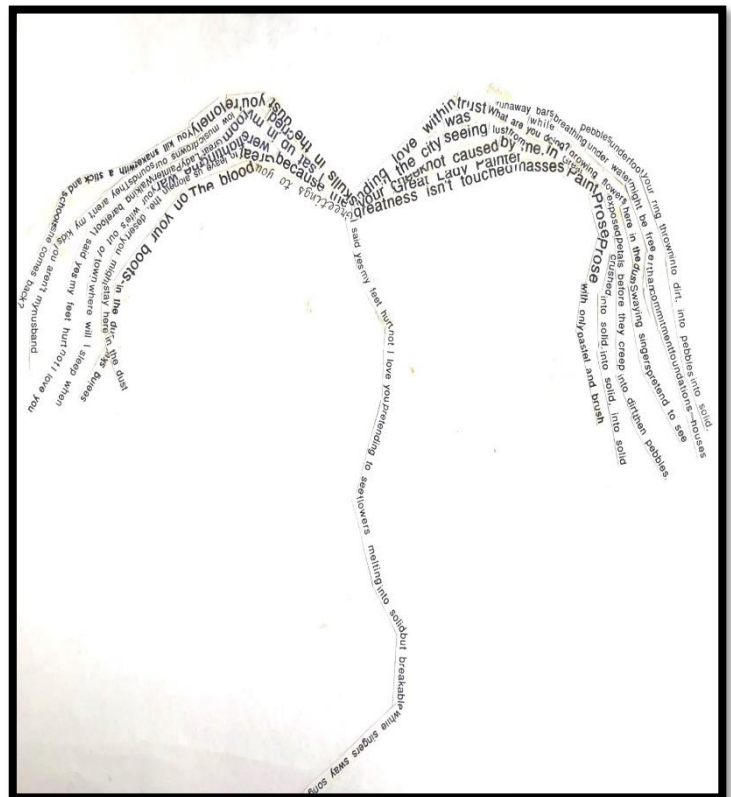
# The Poem Flower Ontological Chakras

By Vicki Milewski

*Time for Change*  
*The Burloka Chakra*  
*The Earth Chakra*  
11" X 14"  
*Altered Poem Collage*



*Melting into Solid*  
*The Bhuvarloka Chakra*  
*The Freedom from Form Chakra*  
11" X 14"  
*Altered Poem Collage*



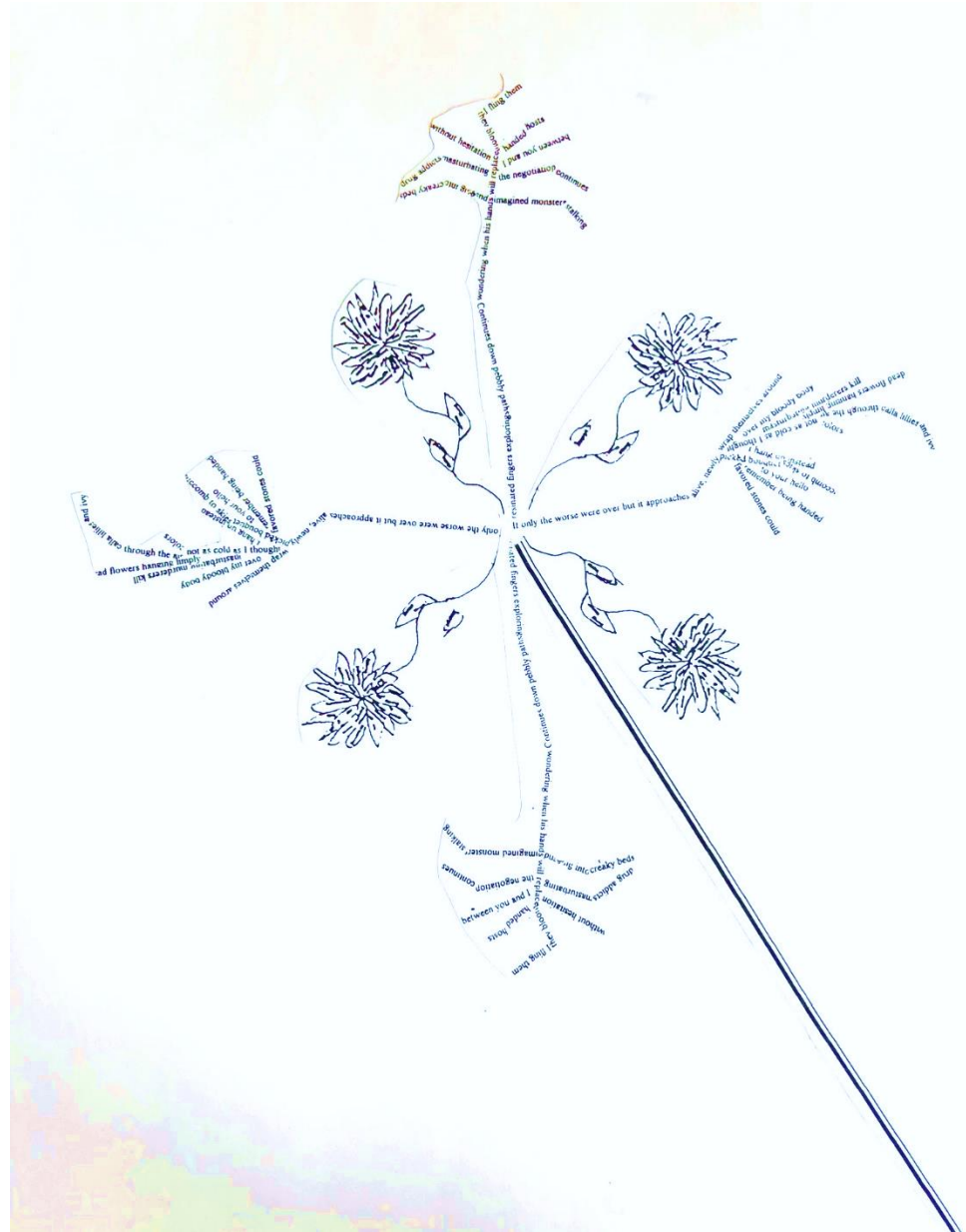




# The Poem Flower Ontological Chakras Continued

By Vicki Milewski

*Being Handed  
Favored Stones,  
I Fling Them  
Satyaloka Chakra  
Truth Chakra  
11" X 14"  
Altered Poem  
Collage*



# The Nadis Oil Pastels

By Vicki Milewski

## ***The Drone***

*Nadis Through Chakra*

9" X 12"

*Original Oil Pastel on woven paper*



## ***Two Flowers (Fire of Desire)***

*(Nadis as Flower going through Chakra)*

9" X 12"

*Original Oil Pastel on woven paper*



## ***Two Flowers (Latent Desire)***

*Another way to View Nadis Passing Through Chakra*

9" X 12"

*Original Oil Pastel on woven paper*



# The Nadis Oil Pastels Continued

By Vicki Milewski

## ***Three Flowers***

*Another way to View Nadis Passing Through Chakra*

9" X 12"

*Original Oil Pastel on woven paper*



## ***Four Flowers (Wispy)***

*Another way to View Nadis Passing Through Chakra*

9" X 12"

*Original Oil Pastel on woven paper*

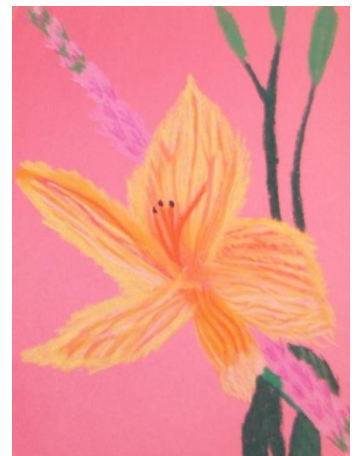


## ***Five Flowers***

*Another way to View Nadis Passing Through Chakra*

9" X 12"

*Original Oil Pastel on woven paper*





*Pranayama The Breathe of Life*

*11" X 14"*

*Original Prismacolor Pencil on Archival Paper*

*Pranayama*

*The Breathe of Life*

[https://issuu.com/vickimilewski/docs/chakra\\_catalog2](https://issuu.com/vickimilewski/docs/chakra_catalog2)

## Vicki Milewski's *Chakra Collection*

*The Chakra Collection* contains both visual art, music and printed materials:

### **Visual Artworks**

16 oil paintings  
23 oil pastel drawings  
14 poem flowers

### **Music**

Piano Sonata for Solo Piano  
Trance Dance Music for various chakras  
Sound Installation with humming bowl, flute, beats

### **Printed Material**

*The Chakras* book  
Chakra Collection Catalog  
*Where is all Began* Poetry Collection  
Chakra mediational aides as posters and stones  
Art Prints of Chakra artworks

Each painting represents one of the 7 chakras found in both the Consciousness Chakra system and the 7 chakras found in the Ontological Chakra system. Artist Vicki Milewski has seen each of these chakras before painting them meditating on them for years. These paintings express chakras she has come to understand through practicing meditation and yoga and through life experiences. These chakras are well known as tools, doorways and understandings for healing, yogic and meditational disciplines. Artist Vicki Milewski counts herself as lucky that the teachers she needed were there at the right time to teach her. Milewski learned yoga from B.K.S. Iyengar and became a Iyengar Yoga Teacher. She then learned Kriya Meditation from Sri Goswami Kriyanada and became a Certified Kriya Meditation Teacher. She then learned ancient medicine ways from a Lakota Medicine Man named Joe and wrote a book. Milewski is a Certified Wilderness First Responder, A Certified Naturalist, A Licensed Professional Development Provider, a Certified Teacher and she holds a Bachelor of Fine Arts Degree from Roosevelt University in English and Education and from Elmhurst University in Music. Yogi B.K.S. Iyengar states that, "The aim of yogic practice is the sight of the soul." *The Chakra Collection* took 10 years to complete.

*The Chakra Collection* paintings have deep layers of over-painting like on *Blue Mountains* where the original layer has an indigo flower on a red hill, then each layer applied on top brought the flower closer until the painting is as it hangs today. Oil paints dry at lengthy intervals of sometimes years, mirroring the years it takes to comprehend a personal meditation and yoga practice, as each of these paintings dried and a new layer was applied a new understanding of Vicki's personal practice was also applied. These paintings represent her practice which she calls her "path toward love".

For 1000's of years, throughout world history, chakras have been cited in art, instructional materials and on burial items. The 7 chakras from both the Consciousness System and the Ontological Locations are akin to the 7 notes which comprise all of western music and are thought to come from the seven vowels chanted by the Egyptian priests to the seven rays of the rising sun. Ancient Indian texts show 7 chakras of



unconsciousness, then 7 more chakras of consciousness and then 7 chakras beyond. *The Chakra Collection* deals with both the 7 chakras of consciousness which lay earth bound in a microcosmic view whereas Milewski also visualizes the 7 chakras beyond which are in a unified macrocosmic view. The chakras are either physical manifestation that are used as a ladder as we gain clearer consciousness, or as metaphysical ideas that are focused upon to gain a higher consciousness.

Ancient Indian texts also show that there are 72,000 nadis in the human body, whereas other archaic texts speak of over 350,000 nadis. Nadis are channels for the flow of consciousness. The most important nadis are called the sushumna, ida, and pigala. The nadis are connected through the chakras. Ancient Chinese theories also describe our life force flowing along meridians with the pulse points being charkas which are used for acupuncture and other healing techniques. The word “chakra” is Sanskrit and means spinning wheel since chakras spin clockwise to take in energy and counter-clockwise to release it. Much like electricity, the chakras are like switches releasing and taking in the current. Chakras can also be viewed as our water cycle since water comes down as rain and goes up as evaporation, utilizing the same amount of water that circulates around our world. Milewski has 7 oil pastel drawings of the nadis.

Metaphysically, chakras are seen as intersection points along our life force meridians as pictured above. to be based along our spinal column and radiating outwards along our nervous system; it is also useful to think of each chakra like a flame, there is the flame itself and the energy radiating around it, giving light and warmth. Metaphysically, chakras have been seen as evolutionary steps, moral ascendancy, intelligence enlargement, spiritual transcendence, and tools by which energy can be used to produce real and imagined power. Vicki Milewski continues to do chakra research and lectures on her findings.

Physically, knowledge of the placement of chakras helps guide healers who use acupuncture and acupressure, alignment techniques, yoga, meditation and other supports such as surgery. Chakras have also been linked to the Greek caduceus—at first the winged staff of the Greek god Hermes (500 BC) then Roman god Mercury (400 BC)-- and now seen as a symbol of the medical profession as a winged staff with two snakes coiling around it. The snakes are seen as the kundalini (life force) energy rising inside us as we meditate on our chakras; the snakes wind around our spinal column and open up our minds. The wings on the staff are seen as our consciousness which can take flight into new levels of awareness.

Chakras can also be found on Egyptian sarcophagus like Akhenaten’s (reign 1353–1336 BC) which show marks inscribed in the outer wooden casing at each pulse point in the body that a charka is known to exist. Even the bodies of the dead were imprinted with symbols located at approximate positions on the body to symbolize the chakras. The area for the Heart Chakra has two keys inscribed on a sarcophagus at the Oriental Institute at the University of Chicago.

According to yogic tradition, the chakras themselves are not to be confused with any actual physical organs of the body. Dr. Rammurti S. Mishra -- endocrinologist, Sanskrit scholar, and yogi -- in his translation of the Yoga Sutras of Patanjali states that the seven chakras are purely psychological classifications adopted as focuses of concentration in yoga. He also added that through “the chakras mindstuff” is able to operate upon the anatomical parts and physiological activities. You might say chakras are important parts of the software programmed into our biocomputers. As one becomes deeply involved in yogic meditation, one is taught practices associating particular sounds or mantras, images, and mythological patterns to each chakra. Thus, to an extent the chakras are brought into awareness by a creative thought process, acting upon the unformed substance we can loosely call the human aura, bioplasm, consciousness, or imagination. Quotes and paraphrasing from *The Roots of Consciousness* by Jeffrey Mishlove, PhD

As a wind drives smoke and impurities from the atmosphere, pranayama drives away the impurities of the body and the mind. Then, says Patanjali, the DIVINE FIRE within blazes forth in its full glory and the mind becomes fit for concentration (dharana) and meditation (dhyana) (Sutras, Chapter II, 52 and 53) This takes a long time. By degrees is the darkness banished by the dawn. Paraphrasing from *Light on Yoga* by B.K.S. Iyengar

The Chakra System  
Seen as Planes of existence

Ontological Consciousness

|   |                   |                                   |
|---|-------------------|-----------------------------------|
| 7 | Satyaloka Chakra  | Truth Chakra                      |
| 6 | Tapaloka Chakra   | Redemption Chakra                 |
| 5 | Jnanaloka Chakra  | Liberated Understanding Chakra    |
| 4 | Maharloka Chakra  | Forgiveness Chakra                |
| 3 | Svarloka Chakra   | Direction Chakra (the polar star) |
| 2 | Bhuvraloka Chakra | Freedom from Form Chakra          |
| 1 | Burloka Chakra    | Earth Chakra Place of Connections |

Physical/Spiritual Consciousness

|   |                    |   |
|---|--------------------|---|
| 7 | Sahasrara Chakra   | The Crown Chakra  |
| 6 | Ajna Chakra        | The Third Eye Chakra  |
|   |                    | (where the three main Nadis meet again before only the Sushumna goes on to the crown) |
| 5 | Visuddha Chakra    | The Throat Chakra   |
| 4 | Anahata Chakra     | The Heart Chakra  |
|   |                    | (with the Celestial Wishing Tree or Kalpataru of the Heart Chakra.)                   |
| 3 | Manipura Chakra    | The Solar Plexus Chakra   |
|   |                    | The jewel of self   |
| 2 | Svadhithana Chakra | The Spleen Chakra   |
| 1 | Muladhara Chakra   | The Root Chakra   |
|   |                    | (where the three main Nadis begin)  |

Earth Consciousness (Not visualized in this collection)

|   |          |                          |                             |
|---|----------|--------------------------|-----------------------------|
| 1 | Atala    | The Surface of the Earth |                             |
| 2 | vitala   | The Virtual World        |                             |
| 3 | sutala   | Virtuous Path            |                             |
| 4 | talatala | Rocks of the Earth       | Architectural Constructions |
| 5 | mahatala | Water of the Earth       | Treasures of the Earth      |
| 6 | rasatala | Movement of Earth        |                             |
| 7 | patala   | Fires of Earth           |                             |

The number of petals in each chakra corresponds to their vibration-frequencies

The Consciousness Chakra Oil Paintings

**The Chakra System**  
**Seen as Planes of existence**  
**The Consciousness Chakras Oil Paintings**

| <b>Chakra Name</b>                        | <b>Oil Painting Name</b>  | <b>Size</b>      |
|---|---|------------------|
| Shahasrara Charka<br>Crown Chakra         | <i>A Sign of Life</i><br><i>The Crown Chakra at Midnight</i>  | <i>67" X 27"</i> |
| Shahasrara Charka<br>Crown Chakra         | <i>Invisible Fruit</i><br><i>The Crown Chakra at Dawn</i>   | <i>68" X 43"</i> |
| Ajna Chakra<br>Third Eye Chakra           | <i>Blue Mountains</i>   | <i>36" X 18"</i> |
| Visuddha Chakra<br>Throat Chakra          | <i>Singing and Dancing</i>  | <i>72" X 48"</i> |
| Anahata Chakra<br>Heart Chakra            | <i>Anahata Lillies</i>  | <i>20" X 16"</i> |
| Anahata Chakra<br>Heart Chakra            | <i>Pierced on Pierce Street</i><br><i>Inside a leaf on the Celestial Tree</i><br><i>of the Heart Chakra</i> | <i>18" X 24"</i> |
| Manipura Chakra<br>Solar Plexus<br>Chakra | <i>A Different Kind of Heart</i>  | <i>24" X 20"</i> |
| Svadhithana<br>Chakra<br>Desire Chakra    | <i>Purple is Divine</i>   | <i>24" X 18"</i> |
| Muladhara Chakra<br>Root Chakra           | <i>Bullets</i>  | <i>24" x 24"</i> |

**The Chakra System**  
**Seen as Planes of existence**  
**The Consciousness Chakras Oil Pastels**

| <b>Chakra Name</b>                        | <b>Oil Pastel Drawing Name</b>                | <b>Size</b> |
|---|---|-------------|
| Shahasrara Charka<br>Crown Chakra         | <i>Glowing Yellow Flower</i>                  | 9" X 12"    |
| Shahasrara Charka<br>Crown Chakra         | <i>Explosion</i>                              | 14" X 18"   |
| Ajna Chakra<br>Third Eye Chakra           | <i>Blue Mountains, Blue<br/>Flowers</i>       | 9" X 12"    |
| Visuddha Chakra<br>Throat Chakra          | <i>Singing a Different Color</i>              | 10" X 13"   |
| Visuddha Chakra<br>Throat Chakra          | <i>Purified</i>                               | 14" X 18"   |
| Visuddha Chakra<br>Throat Chakra          | <i>Singing Inside<br/>the Visuddha Chakra</i> | 18" x 24"   |
| Visuddha Chakra<br>Throat Chakra          | <i>Purifying Colors</i>                       |             |
| Anahata Chakra<br>Heart Chakra            | <i>Emergent Celestial Tree</i>                | 14" X 18"   |
| Manipura Chakra<br>Solar Plexus<br>Chakra | <i>Red Blood Turns Pink</i>                   | 18" X 24"   |
| Svadhithana<br>Chakra<br>Desire Chakra    | <i>Ribbon Flower</i>                          | 14" X 18"   |
| Muladhara Chakra<br>Root Chakra           | <i>About to Bloom</i>                         | 9" X 12"    |

**The Chakra System**  
**Seen as Planes of existence**  
**The Ontological Chakras Oil Paintings**

| <b>Chakra Name</b>   | <b>Oil Painting Name</b> | <b>Size</b> |
|--|--------------------------|-------------|
| Satyaloka Charka<br>Truth Chakra                                   | Novu                     | 9" X 12"    |
| Tapaloka Charka<br>Redemption Chakra                               | <i>The Labyrinth</i>     | 9" X 12"    |
| Jnanaloka Chakra<br>Liberation Chakra<br>(Liberated Understanding) | <i>Sixteen Paths</i>     | 9" X 12"    |
| Maharloka Chakra<br>Forgiveness Chakra                             | <i>Spinning Inside</i>   | 9" X 12"    |
| Svarloka Chakra<br>Direction Chakra                                | <i>The Beginning</i>     | 9" X 12"    |
| Bhuvarloka Chakra<br>Freedom from Form Chakra                      | <i>The Decision</i>      | 9" X 12"    |
| Burloka Chakra Solar<br>Earth Chakra                               | <i>The Crossroads</i>    | 8" X 10"    |

**The Chakra System**  
**Seen as Planes of existence**  
**The Ontological Chakras Oil Pastels**

| <b>Chakra Name</b>                                 | <b>Oil Pastel Drawing Name</b> | <b>Size</b> |
|--|--------------------------------|-------------|
| Satyaloka Charka<br>Truth Chakra                   | <i>The Apple's in There</i>    | 9" X 12"    |
| Tapaloka Charka<br>Redemption Chakra               | <i>Wildly Colored</i>          | 12" X 14"   |
| Jnanaloka Chakra<br>Liberated Understanding Chakra | <i>Right Before Red</i>        | 9" X 12"    |
| Maharloka Chakra<br>Forgiveness Chakra             | <i>Looking at me White</i>     | 9" X 12"    |
| Svarloka Chakra<br>Direction Chakra                | <i>Looking at me Purple</i>    | 9" X 12"    |
| Bhuvarkloka Chakra<br>Freedom from Form Chakra     | <i>Looking at me Gold</i>      | 9" X 12"    |
| Burloka Chakra Solar<br>Earth Chakra               | <i>Looking at me Red</i>       | 9" X 12"    |

Note: Inquires for exhibition and sales can be made to Vicki Milewski at [vickimilewski@gmail.com](mailto:vickimilewski@gmail.com).

## Notes on Individual works in Vicki Milewski's The Chakras

**Bullets:**    *The Muladhara Chakra*                      *The Root Chakra*  
Oil on canvas, (24" X 24")

Muladhara means “root base”. I think of it as a tap root which seeks out the resources a plant needs to survive. Sometimes survival is seen as food, water, oxygen; but I have started to see many other attributes to survival. Life without love could be seen as not surviving. The painting reads:

Bullets

They're all dead  
They all dead  
They stood on street corners  
Waiting for it  
Life surrenders to well-placed bullets  
Bullets leaping into my soul  
I run  
but not fast enough



The poem is from student conversation one morning before my English class started. They sat in desks with book bags, notebooks, pens looking like students on the surface; but as they discussed the recent neighborhood activities I saw how drugs, gangs, welfare and racism exerted a control over them making it difficult for them to choose their own path. Their life experiences were like bullets shooting at me. I could never just teach them again. It began years of service to reach some end where more people could lead self-chosen lives. But now the realization gained from that service is like bullets making my soul holey because I know some people choose that way of life; I don't know why, but they do. And I'm still running...but not fast enough.

*Purple is Divine:*

*The Svadhisthana Chakra*

*The Spleen Chakra*

Oil on Canvas, (24" X 18")

Svasdhisthana means “favorite resort” which always brings visions of the Black Hills in South Dakota. I also think about the great times I’ve had with people I like as “resorts” in a relationship sense.

I painted this flower after having a powerful experience at the All My Relations Sundance. The heat was oppressive and had dried out everything. As I danced outside the circle, meditating on the Sundance tree, the ground beneath my feet turned to water until I was dancing in a puddle. I saw this flower hanging in the air above the Sundance pole and the sky turned purple. I saw how we all are related and that includes the plants, rocks and animals—we’re all in this together and need everything around us to complete all our lessons. Even though this chakra’s lessons are about learning to live in a world of our own construction I found that construction to include others, hence the all my relations.

This painting has an under story to it since I painted a red flower on a grey background before sanding that down and painting Purple is Divine. Orange is symbolic of how it feels to release lust, anger, greed, deceit, pride and envy. Purple is symbolic of divine change a transfiguration. It took over a year for the original painting to dry enough for me to over paint and then I painted the purple background waiting another year for that to dry before painting the flower over the course of another year keeping focused on making the flower appear to glisten as if wet.





*Different Kind of Heart: The Manipura Chakra The Solar Plexus Chakra*  
Oil on Canvas, 24" X 20"

Manipura translates as “place of gems” which leads me to think about our food and water supply. Meditating on this chakra led me to investigate organic and natural foods and the quality of water I drink. I changed my whole diet because of this chakra.

A Different Kind of Heart shows flames of deep red burning against a yellow background. This is the solar plexus chakra which is centered around the stomach area—our fire which changes food to energy. This chakra also deals with the air we inhale and exhale since it is the respiration process that determines metabolism ie the fire within. Although the second chakra deals with food it is more concerned with the quality of the product we intake, this chakra is concerned with how we utilize the food for our energy. Many yogis claim to not need food for energy. One man gave a workshop designed to teach us how to eat the sun. I still love my broccoli and allow it to eat the sun for me.

This painting also has an under painting which contains flowers made out or words set against a bright yellow background similar to the current painting’s background.



*Anahata Lilies:*

*The Anahata Chakra*

*The Heart Chakra*

Oil on Canvas , (20" X 16")

Anahata means to make sound without effort literally to “not hit” a bell or drum. I found these lilies in my painting of *Anahata Lilies* on my family's ancestral farm in Wisconsin. This farm always surprises me since there is a section we allow nature to plant in, so each spring we never know what might blossom. Such was the case for these lilies that grew beside our lake. They grew for only one year. When I saw them during a dawn walk, the way they were swaying in a light spring morning breeze mixing shadow with new light made me cry to see such beauty and have this moment of love for this world and I knew then that these lilies were to be the subject of my painting of the Heart Chakra.

Many people hear “Heart Chakra” and think of love only, but there is also the elements of respect, trust and forgiveness. True forgiveness can only be given to ourselves; I truly cannot not forgive another person if they have not forgiven themselves, my forgiveness in this instance would be meaningless. Trust and respect are common ideas when relating with other people but they are also necessary when we relate to ourselves. The Heart Chakra is located between the bottom 3 chakras and the upper 3 chakras and hence is a bridge between our physical selves and our spiritual selves, much as the mythological heart is.



## *Singing and Dancing:*

## *The Visuddha Chakra*

## *The Throat Chakra*

Oil on Canvas, (72" X 48")

Visuddha means “purification”. While working on this large painting I referred to it as “Purified” before I started to work on the canvas with my hands and sing and dance while I did so. Once the painting was finished I knew the title was *Singing and Dancing*.

There is much underpainting here starting with a street scene with a tiny purple flower growing out of a sidewalk crack, then a medium sized purple flower, before I painted the large flower that is the current state of this canvas. This painting has hung in many museums and galleries and has won many awards, bringing attention to *The Chakra Collection* as a whole and me as an artist. Once the notoriety started, I began to sing more and I found songs I had written for many years. To date I have written 100’s of folk songs, dozens of choral scores and am working on an orchestral setting. Working on this chakra has helped me to trust my visions in music and in communication.

This 16 petal flower is a combination of 8 petals i.e. pathways discovered in ancient times:

- |                 |                                |
|-----------------|--------------------------------|
| 1. Right Mind   | 5. Right Decisions             |
| 2. Right Desire | 6. Right Thought in Speech     |
| 3. Right Action | 7. Right Thought about Past    |
| 4. Right Life   | 8. Right Thought about Present |

The other 8 petals ie pathways will open when we understand our past, live within our present and know the future is eternal and never. When this chakra is viewed as a flower growing from a seed it is known as the “blooming flower” just as our spirits bloom once we understand ourselves fully.



*Blue Mountains: The Ajna Chakra The Third Eye Chakra*  
Oil on Canvas, (36" X 18")

Ajna means “Authority” and speaks to the authority our intuition and visions should be given in our lives.

For many years I hung this painting “upside-down”. It took the authority of a museum curator to show me that I had hung it upside-down. All she had to do was hang it right side up and after my initial shock and need to change it, I saw that she was right to hang it this way! I now understand that the chakra in this painting is the blue mountains in the distance not the red flower. After this experience I had to go through old drawings I had done as a child and found a theme of blue hills and blue mountains in many of my drawings throughout my life. I found I had always represented them as I do in this painting. Then on one of my trips out west I saw actual “blue” mountains in the distance and felt as if all my drawings and paintings had been for this moment—to recognize that I had seen these actual mountains in front of me many times in my mind before actually seeing them.

So began a journey to understand my third eye capabilities more. I am not a new age person, nor do I believe in many of their tenants; however, I do believe the noetic sciences have much to offer in our evolutionary explorations. Joining the forces of scientists and metascientists could open new ways of living and thinking that we have yet to dream.



*Invisible Fruit :*      *The Sahasrara Chakra*      *The Crown Chakra*  
Oil on Canvas, (68" X 43")

This oil painting was inspired by 7 foot tall sunflowers that grew for several years in my garden. I would meditate on them in the mornings and found paradise in those moments. First, I worked with my hands on the pre-dawn sky background; then a year later the sunflowers grew again and I painted them on the dried background.

This chakra is located above our heads and is usually known as the crown chakra. Experiences in this chakra mindset focus on spiritual revelations and living for others, one naturally follows the other. The following attributes of this chakra assist in fully understanding experiences on this level.



*Invisible Fruit*

You need not die to be reborn  
His lips challenge gravity  
New worlds to explore  
You need not die to be reborn  
Your flesh need not be buried to be restored  
All things will be revealed  
Which are hidden  
All things will be seen  
You need not die to be reborn

*Sign of Life:*

*The Shahasrara Chakra*

*The Crown Chakra*

Oil on Canvas, (67" X 27")

Shahasrara means “thousand petals” and refers to the thousand petal lotus flower that is the traditional symbol for the crown chakra. For 1000’s of years artists have shown a thousand petal lotus over the head of Buddha and other elevated people. So when I first saw those tall, tall sunflowers swaying over my head I knew they were to be my crown chakra. At the time of the painting I was reading the Nag Hammadi collection of sacred texts, like the Gospel of Mary, I saw some of the phrases running up the stems of the sunflowers and so painted it that way.

These two large paintings for the crown chakra show midnight and dawn since night and day show the duality life and the maya or illusions of our sensory world. The third crown chakra I am currently working on will be for noontime.

I know I will be contemplating the crown chakra for the rest of my life to truly understand my purpose and how to balance living life for myself and for others



*Sign of Life*

Planets shift, our minds expand  
Eclipsing me within a simple dance  
Unperformed, spontaneous—life lived!  
Enchanting me with only space—  
A sign of life  
No counting, no surrounding  
Breaking your spell with only space  
To accept a new universe absent of you  
A sign of life

## *A Word on the Ontological Chakras*

*By Vicki Milewski*

Ontology is the study of the nature of being, becoming, existence, or reality, and was listed as a part of the major branch of philosophy known as metaphysics in ancient Greece.

The Ontological Chakras are the chakras above the conscious chakras (which are the focus of most of the Chakra Collection). Each group of chakras has seven chakras and starts at the unconscious, moves through the conscious recognition of chakras and then moves toward the Ontological Chakras which are beyond our current physical expression of reality but are connected to our spirits through knowledge of the chakras and in particular the crown chakra and the prana running through the nadis and into this chakra which then continues on into the Ontological Chakras.

Here is a chart suggesting a corollary relationship between the Consciousness Chakras and the Ontological ones. This suggestion is meant for study only since each grouping of chakras is completely different than any other one, but when moving off terra firma it sometimes helps to have something familiar to begin with:

## *Prana and Chakras: The Elegant System*

*By Vicki Milewski*

Prana is known as the “life force” and can be detected by contemporary science as frequencies similar to those of our wireless technologies found in cell phones and microwaves. The level of consciousness that any one person has attained is translated as a frequency. Frequency can be understood as the number of oscillations per second of your energy field. The higher the number of revolutions per second, the greater is your level of awareness and hence the higher your frequency of prana. The frequency is just like a cell phone: receiving and sending but instead of messages there is energy, awareness and life.

Prana is commonly known as air, or breathe during yogic work, but this is only one type of pranic energy that we can receive through breathing correctly, oxygenating our blood through our heart’s work and then sending out through exhalation the carbon and other products we don’t need.

Chakras function as the receivers and transformers of the various forms of prana. Through the nadis, the chakras take in the vital energy and transform it into the energy needed by the different levels of life we live commonly known as physical, mental, emotional and spiritual. There are seven chakras for each level. There is confusion about chakras in colors, placement and reason for being but simply put they are like our heart in that they take in frequencies (like the heart takes in oxygen) and transform those frequencies into energy that can be used. This is why a chakra spins to take in the frequency and then to release the energy. Chakras are not imbedded in certain areas of our physical bodies; instead they are seen as connection points in certain areas that are individual for each person since each person has an individual path to walk and learn upon and leave from.

Many interpretations on the chakras exist as there are many individuals who teach about chakras. Many advise transcending the lower chakras in favor of the upper chakras (most agree the heart chakra is the connection point between upper and lower.) Study, meditation and intuition will lead you to see that there is no need for denial of the lower chakras in favor of the upper chakras; instead, see them as your temple’s foundation which each higher level is built upon. In this way, the lower chakras provide a foundation for our spiritual growth. Another way to see



the lower chakras is to compare them to a tree's root system. In good soil a tree's roots can go deep and develop a structure which resembles the upper part of the tree; in urban areas where soil is compacted and lacking minerals tree roots have been known to build in a horizontal structure—trees in both situations contain the same beauty but through different means--much the same as individuals on a path of enlightenment. All tree roots continue growing throughout a tree's life which is also similar to the lower chakras growth continuing as we gain more awareness and love in our upper chakras.

The Chakra System is elegant and connected, no one part can exist or provide enrichment without all the other parts. Prana is the part of this elegant system that makes it spin and gives us the life we love.



### ***Pranayama The Breathe of Life***

*11" X 14"*

*Original Prismacolor Pencil on Archival Paper*

## *Pranayama The Breathe of Life*

*By Vicki Milewski*

There was a wonderful moment at the badlands when the wind was gusting around me and then lifting off into the sky. At first, I thought the winds were from the ground but then I saw how certain pinnacles of the badlands' wall were exhaling the winds and the sky and me were inhaling those exhalations. I was connected to myself and to this world as never before and understood better the idea of pranayama.

Pranayama is known as the control of breath, but it is not just the control of our physical breathe but also of the breath in our other levels of life. To control here means to connect with the flow of life and within that connection become one with all.

Patanjali in his text of Yoga Sutras mentioned pranayama as a means of attaining higher states of awareness and for reaching Samadhi. Hatha Yoga also talks about 8 types of pranayama which will make the body and mind healthy.

That day in the badlands I was instructed by these winds and moved closer to connecting my inner and outer lives so that I can be a whole person. I began to understand how important a foundation is so that a meaningful walk amongst the clouds is possible.



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## **Vicki Milewski**

I paint my life, visions, dreams and meditations. My work involves love found in freedom, compassion found in action and joy as a way of life. There is a constant interaction between my life and my art as I build an understanding of the experience of love. This means that all my sketches and studies show a progression toward this understanding of love



*Nadis Set Free  
Beyond the Satyaloka  
Chakra  
Original Oil Pastel on  
woven paper  
Shows the next level  
beyond the ontologicals*