



Photo: Once Only Images (Angela LaMonte)

MOD MANDALAS: THE CHAKRA SERIES

MOD MANDALAS: THE CHAKRA SERIES is an exhibition by Houston-based artist Sarah Gish that brings together the spiritual concepts of mandalas and chakras through seven pieces of art that use re-purposed hubcaps to symbolize modern mandala images and the seven chakras. “Mandala” is an ancient Sanskrit word that means “circle” or “soul” and chakras are seven energy centers along various parts of the body that individually represent nature, pleasure, power, love, creativity, intuition and spirituality. The artwork was motivated by Sarah’s personal experience with the need for balance and introspection which led to the study of chakras and mandalas as meditation tools. Hubcaps were chosen because of their mandala-like designs and their connection to daily mobility which becomes a metaphor of the continuous underpinning of spirituality in our daily lives. There is also a subtle connection between the care of cars and the care of our bodies through the intertwinement. It is hoped that this exhibition will inspire a wide variety of people to study chakras and mandalas as portals to personal peace.

Sarah is the owner of Gish Creative (www.gishcreative.com), a personal, family, and business enrichment company that ignites lives, champions culture, and creates connections. Her art is about transformation, the circle of life, and soul-searching. Gish takes ordinary found objects and creates new images with them – abstract assemblages that communicate concepts. “The objects I use seem to speak to me, begging to be noticed and elevated. It is through my work that I glorify them as a metaphor for my belief that all that exists in our world is important. Transforming these shards makes life exponentially more interesting as patterns and connections emerge where there were none. A metamorphosis occurs as viewers are forced to look at things differently,” says Sarah.

Sarah received her B.A. in Art History from the University of Texas/Austin in 1985 and her artwork has been exhibited at Aerosol Warfare Gallery, The Art Car Museum, Bering and James Gallery, Caroline Collective, Central Library, DiverseWorks, Koelsch Gallery, and Lawndale Art Center, among other places.

“Sarah Gish’s sculpted chakras and mandalas combine spiritual concepts with contemporary art by way of the art historical tradition of assemblage. These works are truly unique — and the way in which Gish puts the found objects together is captivating. Then there’s the subliminal idea of the road as a path to enlightenment, implied by a good ole hubcap. Her MOD MANDALAS offer a spiritual homage to the art car capital of the world while bowing to 20th century greats such as Dan Flavin.”

**-Catherine Anson,
PaperCITY Fine Arts Editor**

www.papercitymag.com

CHAKRA NUMBER ONE

The first chakra is located at the “root” of your body – the base of the spine. It is represented by the color red and relates to our most basic survival needs and sense of belonging. This is the chakra that connects us directly to our primal selves and to our planet and is the point at which we tune in to our basic needs and desires. When this chakra is clear and the body’s energy is flowing freely, we feel secure and confident and we know who we are. The best way to activate this chakra is to slow down and listen to ourselves.



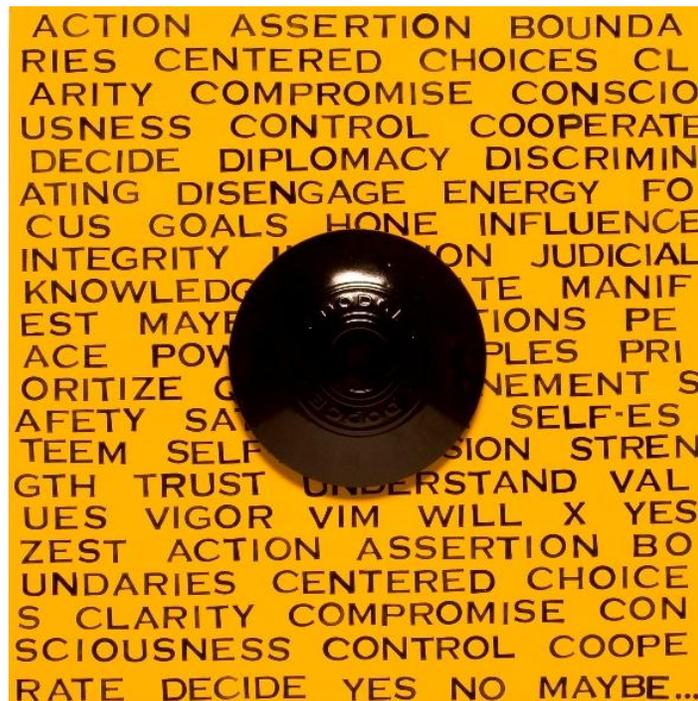
CHAKRA NUMBER TWO

This chakra is located at in the lower abdomen (and, for women, in the reproductive area) and its color is orange. Creativity, sexuality, and birth are the main themes for this chakra. Beautiful music, creating new businesses, and forming a family all are inspired by this chakra. Tapping into this chakra helps us let go of boundaries and delve into the unconscious.



CHAKRA NUMBER THREE

Yellow is the color that represents this solar plexus chakra. Decisions and personal power begin here and this is where we set boundaries and manifest our intentions by stating what we want. We have strength and determination when operating from this chakra.



CHAKRA NUMBER FOUR

The heart is the location for number four and it is represented by pink (for the romantic and emotional aspects of the heart) and green (for the wise, compassionate heart). When we are operating out of love, we are resonating with the heart chakra. This love begins with ourselves and reaches out to connect to others. If everyone operated from this chakra, we could change the world!



CHAKRA NUMBER FIVE

We summon the courage to voice our dreams from this blue, throat chakra. The throat is the physical location for our voice so it becomes a metaphor for our individuality. This is where we express ourselves and don't care what others think. It's also where we accept that we are imperfect, which helps us to accept the imperfection of others.



CHAKRA NUMBER SIX

This indigo chakra, located above the brow, is known as the “third eye” chakra and is a metaphor for our intuition. This is where we integrate the information we have acquired out in the world with our inner knowing. We have mental clarity when we’re living from this chakra.



CHAKRA NUMBER SEVEN

The crown chakra is located at the highest point on your head. Its purple color is associated with the Divine and symbolizes our connection and spiritual awakening. It has been referred to as the “Thousand Petaled Lotus” chakra that bursts open when we remember our true nature and experience enlightenment.



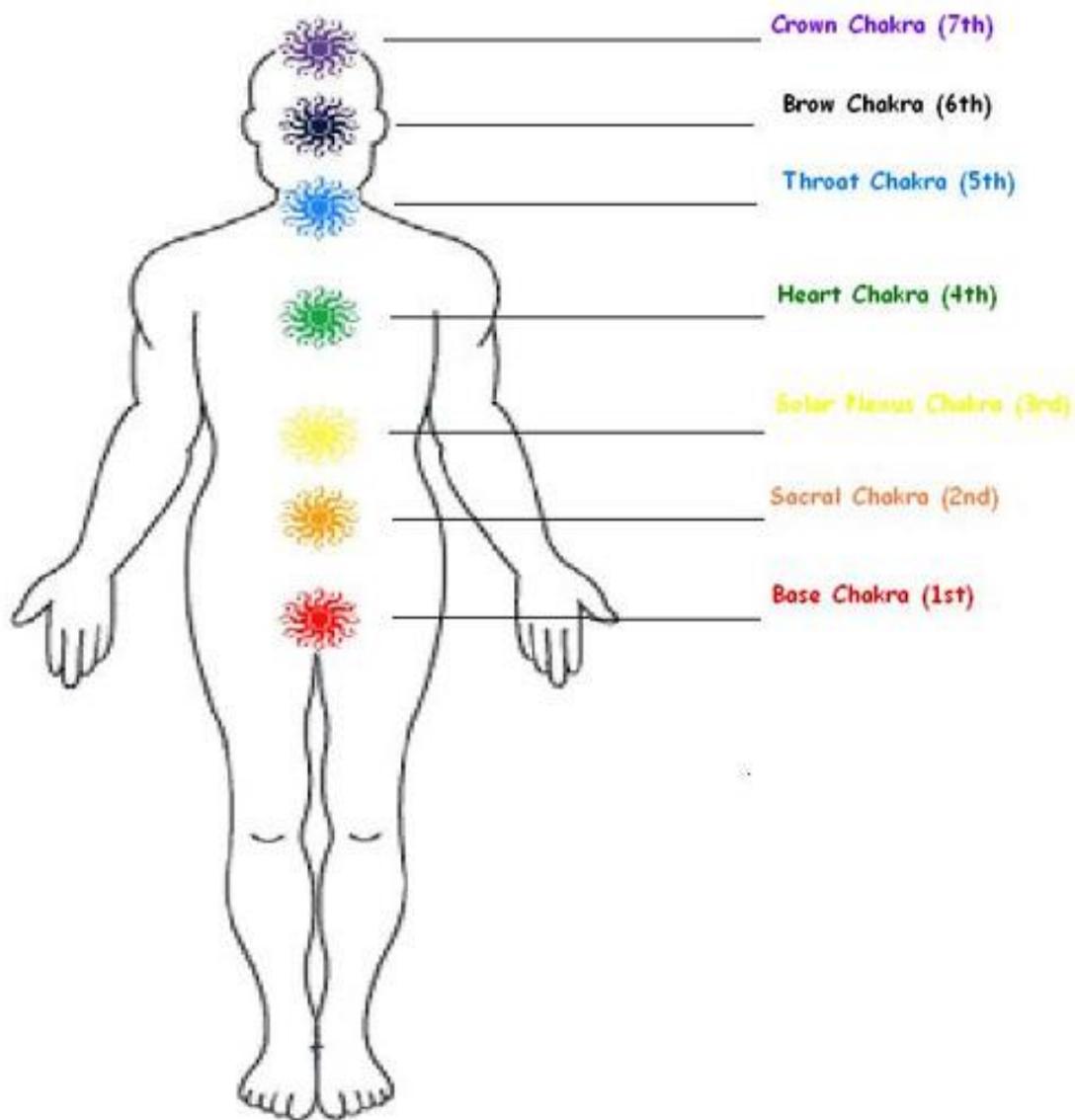
MORE ABOUT CHAKRAS

There is more to the human body than its physical attributes -- we are a system swirling with energy, both physical and mental (in the form of thoughts). All of life is energetically-based and some of this universal energy is stored in our bodies at seven points* along the spine that are called chakras. "Chakra" is a Sanskrit word that means "wheel" and chakras are energy "wheels" or vortexes in the body that direct our inner selves and how we experience life. And because the chakra centers are located down the middle of our body, keeping their energy flowing helps balance our bodies. Chakra energy is drawn from places like the sun, from others around us, and from the air in our atmosphere.

Chakras are linked to parts of the body to symbolize various levels of consciousness, starting with the root chakra (our most basic self) to the crown chakra (our spiritual center). Keeping these energy centers balanced and flowing helps us to access these various sides of our selves. A simple way to keep the chakra energy from being trapped is to breathe deeply while focusing on each chakra as you move mentally to the top of your head. Slowing down and paying more attention to your body will teach you which chakra is blocked. For example, if you are insecure, your root chakra, number 1, is unbalanced.

By focusing on chakra images, you can release negativity and move to higher levels of consciousness. Understanding chakras leads to freely flowing body energy, a lightness in spirit, and a greater self-understanding.

* several more chakra centers have been discovered, but these seven are the primary ones



MORE ABOUT MANDALAS



Mandalas are circular images that have been used by religious groups, psychotherapists, and artists for centuries. The word “mandala” is Sanskrit for “essence” and “completion” and its image was first introduced into popular culture in the United States by psychoanalyst Carl Jung, who had studied eastern philosophies. Jung discovered that the therapeutic use of mandalas focused and centered the mind and helped patients to heal and become whole. When the human brain is stimulated by a mandala, it can create patterns in the consciousness that influence the entire body. This is because meditating on their symmetry brings about balance and wholeness. And it is thought that energy centers in the body (such as chakras) can be affected by working with mandalas because of their centering abilities.

An even stronger mind-body connection to mandala power can be caused by coloring or creating them and by noticing them in everyday objects, such as flowers, eyeballs, and hubcaps.

The circular nature of mandalas can inspire a sense of completeness in us and lead to a fully integrated self. It is when we understand this self that we are able to carry out our soul’s calling and to become who we were intended to be.



ATTENTION!

NEON HUBCAP PIECES CAN BE
MADE TO ORDER.

Artist Sarah Gish would be happy
to custom-make a neon hubcap
piece for YOU. Pieces can be made
in any size and color and you can
choose from her collection of found
hubcaps.

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