



DVDs

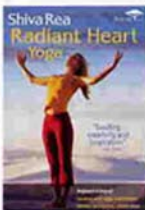
**Rumi: Turning Ecstatic****Tina Petrova**

\$24.95, one DVD, 48 minutes, Choices,
888/570-5400, www.choicesvideo.net

This one-hour film is a generalized introduction to Mevlana Jallaludin Rumi, the 13th century mystical poet and founder of the Sufi order. Canadian filmmaker and actress Tina Petrova frames the movie with her personal search for truth. After a terrible car accident, she dreamed that Rumi asked her to organize a festival in Toronto to showcase his writing and his message of love. The event was a big success and included poet and translator Coleman Barks, whose English translations have made Rumi's work accessible to contemporary society. From there, Petrova went on a pilgrimage to meet Kabir Helminski, representative of Rumi's Sufi order in the West, scholar and mystic Andrew Harvey, and Nader Khalili, architect and founder of CalEarth Institute of Earth Architecture. Each of these eloquent, accomplished individuals offers his personal view of Rumi's importance in the world today.

The entire film is visually appealing and uplifting, with a backdrop shifting between Canada and the western United States. I especially enjoyed the footage of the whirling dervishes. Whirling is a practice that centers the dervish in a state of ecstatic meditation, united with the Beloved. It was mesmerizing to see their arms extended, their pleated white robes flowing and circling, their heads tilted with an inward focus. For the first time, I truly appreciated the value and joy of watching ritualized whirling.

This charming, insightful movie gently introduces Rumi in a way that makes me want to read more of his work. After all, he outsells Shakespeare in bookstores. — Dawn Groves

**Radiant Heart Yoga****Shiva Rea**

\$14.99, one DVD, 35 minutes, Acacia,
800/944-0474, www.acacialifestyle.com

In yoga, the heart center has energy that is tapped and nourished through specific asanas (postures). Shiva Rea, a master of vinyasa yoga, has produced a DVD that celebrates not only the power of the heart, but also its incredible beauty. *Radiant Heart Yoga* shows you how to connect to your heart energy and increase your capacity for love and healing.

In keeping with Rea's other DVDs, the filming and editing of *Radiant Heart Yoga* are exquisite. Shiva Rea, beautiful in any setting, does her practice on top of a sand dune framed by a rising sun at White Sands National Monument in New Mexico. Her silhouetted form is remarkably clear, her instructions specific and well timed. The gentle Eastern soundtrack complements the slow birth of morning.

This DVD is divided into three sets, which can be practiced alone or as a group: Prayer Wheel (8 minutes) generates love and compassion, Hridaya Namaskar, or Heart Salutation (20 minutes), leads to deep relaxation and inner peace, and Energizing Heart Movement Meditation (3 minutes) releases stagnant energy and creates vitality. The Heart Salutation requires the most flexibility; the first and third sets are appropriate for any body type. *Radiant Heart Yoga* is most appropriate for viewers who are already familiar with yoga and are looking to enhance or revitalize their practice.

Radiant Heart Yoga includes two sample segments from other Shiva Rea DVDs: Twisting Kriya (7 minutes) from *Yoga Trance Dance* and Jala Namaskar (8 minutes) from *Fluid Power Yoga*. — Dawn Groves

**You Can Heal Your Life: The Movie (expanded version)****Louise Hay and friends**

\$29.95, two DVDs, 70 minutes,
9781401920296, Hay House,
800/654-5126, www.hayhouse.com

I've got three words to describe *You Can Heal Your Life: The Movie* by the inimitable Louise Hay: goose bump city. Everything about this production feels epic and momentous: director Michael Goorjian sets a benchmark for the new genre of inspirational films. Supported by a first-rate soundtrack by Grammy-winning musician Jim Brickman, the DVD interweaves three distinct threads.

Foremost, and of standalone value, is a retrospective of Hay's extraordinary (and often challenging) life journey as told in her own words. Still leading the parade in her 80s, Hay's emphasis is always on encouragement: "If I can do it, so can you." Still portraits and footage of Hay exchanging reciprocal love with her many students and fans provide a heartwarming and fitting tribute to her significant role in the expansion of consciousness at this pivotal point in human history.

Complementing Hay's story are anecdotes from a handful of high-watt players in the human potential movement: Gregg Braden, Dr.