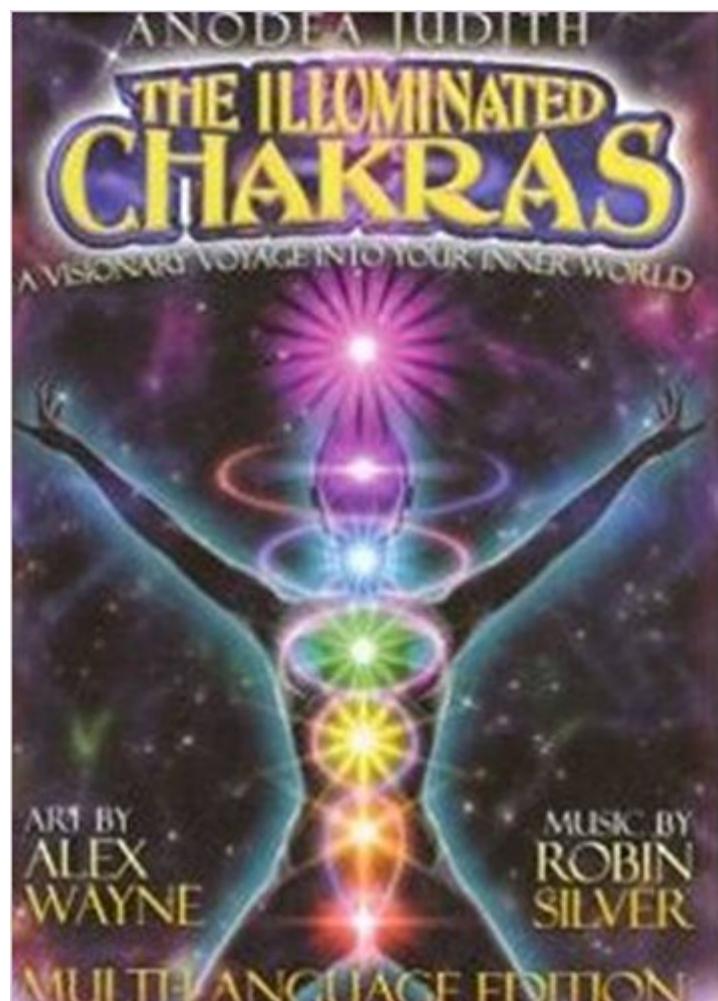


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# The Illuminated Chakras DVD



## Synopsis

Anodea Judith, renowned chakra specialist and author of *Wheels of Life*, offers an ideal companion to this bestselling, classic chakra text. Unlike anything you've ever seen, *The Illuminated Chakras* DVD is a multi-sensory tour of the chakras and the Kundalini energy that flows through them. Follow Kundalini-Shakti, the mystical serpent of awakening, who drives the vital force that opens each chakra from base to crown. Featuring award-winning digital animation and captivating music, this 28-minute, open-eyed meditation will help awaken the elemental power of each chakraâ•leading you toward transcendent consciousness.

## Book Information

DVD-ROM

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Product Dimensions: 5.3 x 0.6 x 7.5 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 starsÂ  See all reviewsÂ  (25 customer reviews)

Best Sellers Rank: #571,789 in Books (See Top 100 in Books) #154 inÂ  Books > Religion & Spirituality > New Age & Spirituality > Gaia #298 inÂ  Books > Religion & Spirituality > Hinduism > Chakras #797 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

## Customer Reviews

I was watching this video when my then-six year old came into the room. He has been diagnosed with ADHD and had trouble sitting still just to watch a children's movie. He was ENTRANCED by this movie. When it was over he asked to watch it again. He watches it almost daily still (he is now nine)and I believe that it helps calm his brain down for long periods after watching. He likes the throat chakra the best. I myself love this video. It is visually stunning and the music and voice-over are so soothing. I would highly recommend this to anyone who is even in the slightest bit interested in chakras, beginner through advanced knowledge.

This is an amazing DVD journey through the chakras. Very well "animated", the computer generated images feel very real and accurate. Just enough information on each chakra to not overload one into the left brain, it's truly a meditative experience. I could feel my consciousness being elevated as

I watched, something I plan to do on a regular basis. I was blown away by how well Judith was able to present this on a screen.

This is a very beautiful video. I would of liked it to be more like a meditation but over all it was just beautiful and did a great job at explaining all the chakras. It is worth the purchase.

It opens with a soothing, unique prelude. The female narrator had an uplifting voice...positive, earthy but not chirpy. It is helpful with thorough explanations for even the beginner. For the more experienced, it is more than just a dictionary. It is a beautiful visual journey with guided meditation. I think this is now one of my favourite things.

Lots of info for those new to Chakras. Graphics are great. For people who are advanced in Chakras, this makes a good DVD for opened-eyed meditation.

I watched this for Free through my local library's online catalog, now I consider myself a spiritual person on my own spiritual path but this "film" was a complete joke. I can't imagine anyone paying \$15 for this and being happy, I really can't but to each their own I guess. For starters, I don't believe a word this woman is saying, and I don't think she does either. It's only 28 minutes long but there is absolutely no real information at all. It's just a 25 minute acid-trip with a 30 second sex party. I actually laughed out loud quite a few times. If you're wanting to truly learn about Chakras, I'd recommend reading a book as opposed to this....I don't even have the words for it. It's just really, really, really bad. Namaste

This is a great dvd. I used to be interested in hindu philosophy but hadn't thought about the chakras in a long time. Rather than just serving to educate, this dvd enables one to enter a state of meditation. It's hard to deny the influence of kundalini, this 'snake energy' in our lives, but I couldn't help but feel my Judeo-Christian beliefs taking hold when seeing the image of kundalini, with its glowing eyes, wrapped around the world (3 1/2 times, according to this philosophy). Great dvd, but poor delivery! It took about nine months for to find a copy to ship. I wasn't able to view it more than once. Found out it had a huge crack on the back of it. For some reason, it worked for one time. I was able to find another copy online however, so all's well that end well.

I used to think that to receive great value for something you had to have a lot of it....this dvd

changed my thinking on that. It is short and to the point....very well illustrated and easy to do multiple viewing of the whole dvd or track by track....nicely done Anodea, a work to be most proud of!

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