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[The Sacred Triangle - Bowie, Iggy and Lou \(1971 - 1973\)](#)

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Believe it or not, some of metal's roots stem from this triangle. Every once and a while we have to check ourselves and go back and research where the music we love came from. I wouldn't say that some of the artist's featured in this DVD directly influenced metal, but they have indirectly.

Would Glam rock/metal be where it is today without **David Bowie**? I think not. Would punk's outrageous stage antics be where they are today without the charismatic **Iggy Pop**? Doubtful. **Lou Reed** also made an impact on rockers with his unique style and truthful lyrics.

The Sacred Triangle is a highly entertaining DVD which researches the bond between three musicians and the thread that ties them together. Believe it or not, these guys were brought together by eccentric artist and cult hero **Andy Warhol**. Warhol took a liking to Reed and **The Velvet Underground**, and from there it seemed that Bowie and Iggy came along for the ride.

This is a great documentary that shows how three friends, brought together by Warhol, bonded and struggled, but were able to find their musical identities and persevere to become the rock icons that we know today. This is a very informative documentary that includes lots of rare footage as well as some very informative interviews. This is a killer watch.

Bottom Line: A great DVD which shows how things were done back in the day. The comrodarey of these three seems like a rare thing these days. The music business is so competitive and it was fascinating to learn how each of these guys were instrumental in the other succeeding.

- **Ragman** *is inspired...*