

**ILLUMINATING THE
AFTERLIFE**
*Your Soul's Journey
Through the Worlds
Beyond*

Cyndi Dale

Hardcover

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"To embrace the wisdom of the Planes is to stop fearing death—and life. It is to acknowledge the instruction and powers forthcoming from the Planes and to use them now, not only in the afterlife. To be this alive would be to enhance the best of being human and to live completely."

-Cyndi Dale

ILLUMINATING THE AFTERLIFE

Locating Yourself on the Planes of Light

Do you remember any of your in-between lives, the times between incarnations? Which felt familiar? Which quickened your interests, inspired you to visit the Planes? Which Plane seems to be presenting the issues of interest today?

During or in-between lives, we have all experienced at least a few of the Planes of Light. The following guided meditation is an invitation into your soul's memory bank. It has been designed to slip you into the recesses of your dream mind, the place that stores the knowledge of everything you have experienced—on earth and in the afterlife. You can use this meditation to recollect what you have learned in between lives, to figure out which Plane you might be working on now, and to stimulate the light that will pull you forward into your true self.

The Meditation into the Mirror

When you do this meditation, I encourage you to read it through, then close your eyes and experience it silently. You can also tape it for yourself and play it back, or ask a friend to read it to you.

Close your eyes and focus on your breathing. "Breath" and "spirit" mean the same thing in Greek, Hebrew, and Latin. Know that every time you breathe, you are acknowledging the spirit that you are, as well as the Greater Spirit. Accept that your own spirit will keep you safe during this process, providing you with all the information you need.

As you relax, bring your consciousness into your heart. The heart is the center of the body, and it is here that you are able to perceive everything truthfully and wholly. As you alight within, you discover that you can see, hear, and perceive intuitively. It is as if all your senses are alive—and not only in the third dimension, but in all of them.

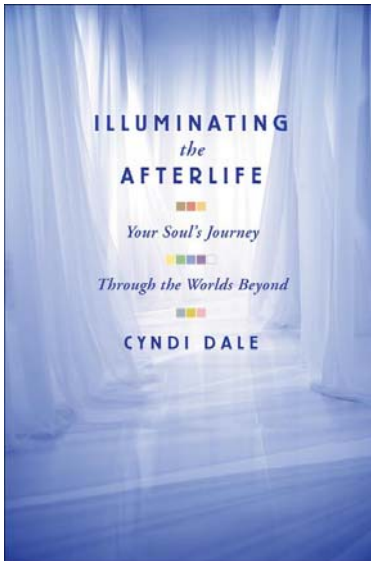
Gold light surrounds you, and you find yourself in a crystal cave deep within your own heart. You can see the two white tunnels of death leading away, but angels guard them, for it is not your time. Instead, you bring your focus to a silver mirror, which is right in front of you.

This is the Mirror of Light. It shines brightly, and yet you can still perceive images and pictures in it. As you look into it, you ask a question—and see a response! This mirror will show you everything you need to know, with absolute truth.

Clear the mirror with your mind and ask this question: What Plane of Light did I visit right before this life?

Pause, and observe the answer. After a while, you may ask more questions of the mirror. Did I graduate? Who was my master? What did I learn? What service did I perform during that time? How is this wisdom impacting me during this lifetime?

When you are done asking about where you have been, clear the mirror with intention, and then ask the following: Which Plane have I been working on? Follow-on questions might include: What have I learned? What is incomplete? If you sense that you are finished with this Plane, you might inquire, Which Plane should I focus on at this time in my life?



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"If the Planes exist—and I believe that they do—then it means that 'something' 'somewhere' loved us enough to create them. Something somewhere designed a learning path for our souls. And countless masters and beings of light have agreed to make available—and palatable—the wisdom of the Planes, to help us on the River of Life and Death even to the point of rowing our boat when we are too tired to do it for ourselves. "

-Cyndi Dale

Ask other questions that are pertinent, such as: What master would the Divine like to assign me? How should I live the wisdom of the Plane I'm on—or the Planes I've graduated from?

When you are finished, slip a black curtain over the mirror. This mirror is yours. You can return to it anytime you want. Gather your thoughts, and before you leave the crystal cave decide if you would like to drink a little of the gold energy from the heart. This is a higher metal—a living, conscious energy that can keep you connected to your heart and to divine love. Bathe in it, sip it, and enjoy it before concentrating once again on your breathing. As you return to full consciousness, keep your eyes closed for a moment, enjoying the gold energy in and around you. And then, when you are ready, return to everyday life.

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