



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

**Cyndi Dale**

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"I will invite you to investigate the Planes of Light, the spectrum of higher dimensions that vibrate at higher frequencies than the earth plane. Each of these Planes represents a different truth or body of higher knowledge. Each is managed by a different set of masters, which greet the incoming soul and guide it through that realm. In addition, each requires a certain set of criteria in order for the soul to "graduate" and move to the next level. As you experienced in the schools you have attended during your life, there are challenges on these Planes."  
-Cyndi Dale

## ILLUMINATING THE AFTERLIFE

### The Planes of Light

The twelve **Planes of Light** are levels of awareness that invite soul evolution. To travel these while alive is to illuminate our essence—and to enhance our health, relationships, and work. These are the major Planes, which culminate in a thirteenth "space" of consciousness.

**Plane of Rest:** A state of restfulness, where we are tended, assisted, loved, and taught how to receive.

**Plane of Evaluation:** Through a life review, we re-experience life from our own and others' perspectives, learning forgiveness.

**Plane of Healing:** Repair of soul wounds from the prior lifetime, often involving interaction with the living. The goal is self-responsibility.

**Plane of Knowledge:** Learning and assimilation of knowledge that relates to higher purposes.

**Plane of Wisdom:** Wisdom is experience tempered by knowledge—and knowledge enhanced by experience. Here, we integrate the two concepts and begin the true process of enlightenment.

**Plane of Truth:** What happens when we begin to actually embody spiritual truths, rather than simply reflect upon them? This is the basis of the Plane of Truth.

**Plane of Peace:** When we accept Truth—opposites that merge into a unifying ideal—we achieve peace, and integrity.

**Plane of Momentum:** Momentum is movement, the acceleration of spiritual purpose. It involves action toward a higher end—which is clarity.

**Plane of Love:** When we bring peace to others, we become instruments of love. On this Plane, we are invited to recognize that we are all made of love.

**Plane of Power:** Love in motion equates to power, and the quest to recognize and open our spiritual or "charismatic" gifts.

**Plane of Charity:** Charity is the highest form of love. How do we "sacrifice" ourselves, while remaining whole?

**Plane of Mastery:** If we were to truly be ourselves, in every moment, what would we be masters "of"—or more importantly, "for?" How does this relate to joy?

**The Illumination of Consciousness:** Technically, this is not a Plane. It's a state of awareness, which presents the eternal question: if I were made of love, what would I become—and do?

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