

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

**Cyndi Dale**

**Hardcover**

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"I have learned that we have nothing to fear from death but our own fear of it. In fact, I have learned that there is no death; there are only planes of light—gradient levels of awareness that invite our soul's evolution." – Cyndi Dale

## ILLUMINATING THE AFTERLIFE

### Why Explore Death? (And Why It Frightens Us)

We are collectively and individually fearful of death. We do not know what happens after our last breath or our last heartbeat. We do not comprehend what it means to live without a body. We wonder: Are there really ghosts, or guides, or angels, or spirits, or returning souls? Are the stories told by people who have had near-death experiences true?

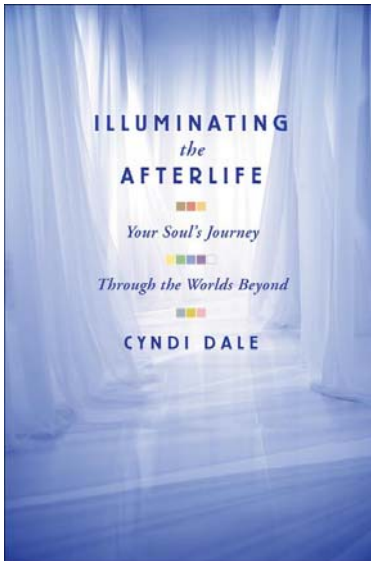
Fool's Crow was a renowned Lakota healer who helped thousands during his walk on this earth. He professed that death is a good thing. He said that after death, we journey with *Wakan-Tanka*, the equivalent of God or the Absolute. "In fact, this is what we are born for . . . born to die, for death is really the beginning of the great life He has in store for us."

While most of us think that life holds our dreams and the potential to meet them, many spiritual leaders, deep thinkers, mystics, saints, and reformed sinners insist that death is sweet and that we do not need to be frightened of it. While we can easily acknowledge that without life there is no death, consider that without death there is no life. Nature teaches this. The dead leaves fall in the autumn to rot and fertilize the tree that produces new leaves in the spring. Think of death and life as dance partners. Think of life and death as currents in the river—different characteristics, yes, but flowing in the same direction.

Fear of death has its roots in fear of the unknown (or at least, the unremembered.) Even if life is full of awful experiences, we have become used to them. We make decisions to protect us from pain, thinking that they actually make a difference. One of the most common is to close our hearts so they can't be broken (again.) Our attempts at control don't work, but they make us think that life is tame and that death, its seeming opposite, is wild. We are so busy trying to restrain life—to steer the river the way we think it "should" go—that we hardly ever get around to discovering our true dreams, much less pursuing them.

Life, however, is no more manageable than is death. It is even less logical than death. It sneaks up and surprises us, shifting our boundaries, or the parameters of everyday existence. Still, we are not as frightened of life as we are of death, because we have collectively agreed to ignore the fact that nothing stays the same. We rely on trite phrases like "history repeats" to run our lives, never bothering to notice that these sayings are lies. Each of us changes every moment of every day and every night. We never meet the world with the same self. How, then, can the past repeat itself? Life is as untamed as death!

We do not experience the newness of every moment—and the opportunity for new life in every moment—unless we face death. Dying before death tears the fabric of our reality. It opens us to the dreams we have locked away. By standing in the rip tide between life and death, we can, if we want, begin to direct our lives by our dreams—by the stars within, not the rules laid upon us from without.



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“Ancient cultures well understood the vulnerability of the dying, and often prayed for them. They made sure that the dying person was never alone, was surrounded by loving people, and was lovingly tended in a serene atmosphere with gentle music and soft light. Many cultures called upon particular beings of light to provide comfort, decrease fear, and help ease the passage of the dying. We can do the same for our loved ones, and ask that it be done for us.”

- Cyndi Dale

Life and death are continuations of the same spectrum of ideas. Together, they form the river of dreams. The only control we have is to dream of what we want and recognize ourselves in the dream around us. Through this recognition, we achieve a higher state of consciousness, which is our soul's main goal. By breaking free of the confines of life (and death), we can live the lives we desire. By embracing death right now, we can actually change our lives—and the world. As Dr. Paul Brunton, one of the pioneers in integrating Eastern and Western thinking, said, the “world is a dream grown to maturity.” Let us make sure that we are creating a self who is responsible enough to establish a mature world.

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