

TRANSFORMING THE LEGACY

The Subtle Body Approach
to Honor and Heal Your
Inherited Lineage

CYNDI DALE



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FOREWORD BY ANGELA SEGAL

STEP RIGHT INTO the extraordinary world of Cyndi Dale's profound exploration in *Transforming the Legacy*. In this captivating journey, Cyndi, an intuitive healer and internationally renowned author, becomes our guide, transcending time itself while weaving seamlessly through past lives, the present, and the future at a speed that defies the limits of light. With an unparalleled grasp of the timelessness and nonlocality of the quantum realm, she beckons us to embark on a healing journey, urging us to "become our own best ancestor," unlocking the boundless possibilities of ancestral wisdom bridging the spirit world and our material existence.

Cyndi unfolds the tapestry of our existence, emphasizing the profound impact of childhood experiences on episodic memories and through an energetic signature that shapes our DNA. From family systems to traumas, she navigates the unseen influences that echo through generations, reinforcing the idea that over 99.9 percent of all energy is subtle or quantum.¹ This is an invisible embrace of an energetic field that envelops us.

Beautifully, she sheds light on the potential to rewrite our genetic code through epigenetics, turning off the genes that carry transgenerational trauma. This book emerges as a life-changing volume, a road map to our transformation, inviting us to stroll down the yellow brick road of limitless possibilities. Cyndi places in our hands a toolbox of energy medicine techniques: "The God Spot," "Spirit-to-Spirit," and more. Each is especially crafted to access the ancestral wisdom of our

forebears, leading us to embrace our best ancestral selves. Through the ebb and flow between the material and spiritual worlds, each journey marked by evolving wisdom, we rediscover the essence of who we've always been.

The book unveils a vast sea of knowledge about chakras, auras/biofields, meridians, nadis, intuition, and infinite possibilities. All in all, it is a comprehensive guide to becoming our best ancestors. Cyndi urges us to be attuned to internal shifts (signals of readiness for change) and to have the courage to embrace new experiences. Like Dorothy's adventure in *The Wizard of Oz*, our journey of transformation, empowerment, and agency unfolds within these pages, breaking through once-thought impossibilities into newfound possibilities.

This breathtaking overview of energy medicine, coupled with quantum physics teachings, propels readers into an expansiveness, awakening, and readiness to reach new levels of self. As you immerse yourself in this transformative primer, you'll discover the magic at your feet in the realization, much like Dorothy, that you've always possessed the power.

This book challenges us to reflect on psychology's role when faced with feeling stuck, encouraging a thorough cleansing not just of our homes and cars but also of our energetic fields. Between fields, lifetimes, ancestors, auras, biofields, and chakras, an exquisite opportunity unfolds to rewrite our future and past, living fully in the present. As Cyndi beautifully captures, "What's the point of life if not the living of it?"

Within these pages, discover a new place to live, feeling like home . . . a no-place-like-home kind of home.

Angela Segal, PhD

Clinical Psychologist / Energy Healing Practitioner

FOREWORD BY LISA COLLINS

TRANSFORMING THE LEGACY comes at a vital time in history for the well-being of those focused on healing or wanting to know more about energy. Post-pandemic, many are resetting their walk through life after a pause in how the world worked.

The world has shifted, and people realize that love and care are essential to daily life. Yet, we are still programmed by thoughts, ideas, and feelings from our soul lineage and ancestry. The book's core concept of healing challenges that may be rooted in the past is refreshing and innovative. The world's healing depends on individual growth and examination to be our best selves. *Transforming the Legacy* provides the structure and gentle guidance to do so.

The gift of Cyndi Dale's writing allows readers to engage at their comfort level to transform the energy not serving their daily life. The power of transformation and elevation could not have come at a better time. Many seek assistance with everyday and significant life challenges while wanting to contribute positively to the world. The era of superficial growth is behind us, which means that many of us seek more refined yet deeper roads to peace, joy, and fulfillment. *Transforming the Legacy* successfully creates a pathway to move through personal harm and stumbling blocks to strive for a loving existence for ourselves and the world.

Ancestral healing can bring up gifts and, at times, difficulties. What I love about the work and healing I have done through this text is that it has given me more of my core self. The foundation of its

learnings, coupled with the scientific knowledge of energy and how the physical body works, is foundational, sound, and easy to access. Healing, self-love, and care are the grounding elements of being your best. This book gave me everything I needed and longed for between its pages.

I rarely receive a spiritual message with a scientific one. What is so helpful about Cyndi's writing is that it has entry points for everyone. No matter where you are on your journey, this book makes room for healing, learning, and continued growth.

The theme of this book? In a nutshell, it incorporates energy learning and healing with scientific knowledge and robust storytelling.

As I proceeded through the book, I found that the teachings about energy were well balanced with the stories about energy healing. They helped me bridge science to my own life. There is nothing more powerful than seeing yourself in the text. The ability to communicate complicated scientific information in an engaging and relational form is one of the highlights of this book. The stories came alive and created room for me to identify and relate throughout the text.

The part of my brain that typically wants to make sense of everything can sometimes hinder my spiritual growth and understanding. This book artfully assisted me by bridging the gap between intellectual knowledge and energetic and spiritual growth, bringing additional layers to my needed growth and transformation.

This book's foundation led me through valuable and transformative information and encouraged me simultaneously.

Transforming the Legacy is a consistent gift of knowledge in continuous growth, enlightenment, and examination of the past to improve the present and live with more hope for the future.

Lisa Collins, EdD

Author / Assistant Professor / Trauma Healing Practitioner

INTRODUCTION

WHEN I WAS A CHILD, my family visited my mother's farming relatives several times a year. The two-day trek across the lonely prairies between Minneapolis, Minnesota, and Watford City, North Dakota, was broken only by the Holiday Inns where we stayed and the Perkins Cake & Steak restaurants my father adored because of their inexpensive pancakes and quick service.

The masking-tape boundaries our parents had rolled out onto the back seat to separate the three of us—all girls—were not enough to keep my territory safe. I felt especially persecuted during these journeys. As the oldest, I was the one who got yelled at when my sisters stole my share of homemade tuna fish sandwiches or when the uneasy peace in the back seat devolved into an elbow war.

Once we arrived at the farm, our days were mostly spent watching the cows graze. At night my sisters and I would sneak sips of the blackberry liqueur that Grandpa Olaf had hidden from Grandma Marie under the saggy cushions of the living room couch. The highlight of each trip was usually the root beer at A&W, the only fast-food restaurant in town.

I didn't understand the enthusiasm with which my parents explained the reason for our trips.

"It's important that you understand your Norwegian heritage."

Me, I didn't get the attraction.

But it was at the farm where my personal Aha! about the importance of ancestry landed when I was about ten.

I was drawn to a picture on my grandma's dresser. It was of a young woman with wavy blondish hair—and my exact facial features. It was like looking into a mirror.

“Who is that?” I asked Grandma Marie.

“That was my twin sister,” she shared sadly. “She died just before I left Norway for America.”

I still remember what I said next.

“That was *me*,” I insisted. “That was *me* who died.”

Decades later, one of my sons spotted the picture, which I had placed in my kitchen after my mother died.

“Mom, she looks just like you,” he remarked.

“I *was* her,” I said.

He paused, not sure where to go with that comment. Good with the middle road, he asked, “Does that help you, knowing that?”

By that point in my life, I'd been actively exploring, researching, and even teaching the importance of our genetic and soul-based legacies for years. Drawing on the wisdom I had gained through these investigations, I replied to my son, “I'm happiest knowing that I can be my own best ancestor.”

You probably know that your bloodline has been a creative force in determining such traits as your attitudes, behaviors, health, and appearance. There is a reason you grew up hearing comments like “You have your uncle's laugh” or “You get sick all the time, like I used to.” Yet there is so much more to your history than the individual chromosomes humming away like piano strings among the strands of your DNA. This is especially true if you engage with a notion that most people on this planet believe . . .

You have lived before.

While you are a product of your generational legacy, you are also a composite of your own soul-ancestry. Were you one of those lucky kids who was a concert pianist in a former life? That could explain why you could skip piano practice and go straight to sight-reading during this lifetime's piano lessons. As another example, your death during a potato famine centuries ago might be the reason your digestion is off during this go-round.

What if you lived a previous life within your own genetic pool, as I did? For me, that understanding explained my innate dislike of Grandma Marie, who wed the man I was planning to marry—that is, until my death got in the way. It also accounted for an unexplained flare-up in my health that occurred at about the same age I was when I died as my own great-aunt.

BECOMING YOUR OWN BEST ANCESTOR: THREE PILLARS

In this book, I'm going to assist you in exploring all three pillars of your ancestry: your blood-lineage, soul-lineage, and hybrid-lineage inheritances. And I'm aiming for more than helping you better understand yourself. My goal is loftier than that.

I'd like to help you transform your legacy so you can become your own best ancestor.

Now you may be wondering, "But how is that possible? I'm here, *now*, and my ancestors are . . . back somewhere in time, *then*. How would that even work?"

Excellent question! And this book holds the answers. By the time you've finished reading it and running through the customized practices it contains, not only will you know how it works—you will have experienced it firsthand, many times, for yourself.

But for right now, as you start this journey, let me give you the short-hand version: Becoming your own best ancestor is something you achieve by *honoring, healing, and honing your lineage energetically*, using the subtle energy systems of the body you were born with and the intuitive abilities you already possess. When you harness and direct these innate tools, you gain the capacity to transform your past, make the best use of the power of the present, and chart a course toward living your best future.

There are two main reasons why we need to heal our history to create a better today and tomorrow. First, even if we're not aware of it, many of our ancestral and personal soul issues are impeding our current joy, health, and well-being. They are stifling the true self we know ourselves to be. Second, the past contains undiscovered jewels: abilities and insights

that could be immensely useful to our current selves. These can range from intuitive faculties to deep wisdom, life skills, and lofty ideals.

Understanding these two main goals will open you to resources for performing ancestral healing for your own soul and your blood ancestry, especially in relation to *intergenerational trauma*, the term usually used to recognize that we can inherit emotions, reactions, and stress points from those who came before us in our genetic lineage. *Ancestral healing* is the umbrella for clearing intergenerational trauma, as well as reactivating powers and aptitudes that have been lost in the past, whether genetically or regarding our soul. There are many ways to accomplish these goals, including entering therapy. As an energy healer, I have found that working energetically can augment and deepen the work we can do with a therapist—and, if health concerns overwhelm us, a medical team.

Full disclosure: I am not a therapist or a medical professional. Yet I have interacted with thousands upon thousands of individuals and students—as well as myself—to provide ancestral and soul healing and to aid in rewriting the script of today for a better tomorrow. I have always encouraged individuals to do a deep dive into their lineage and to connect to professionals and remain in their care. Energy, however, is the bridge between these realms. Quite simply, it is the intersection of body and mind, soul and physicality. It will enable your own intuitive faculties to give you the gift of turning into your own best ancestor.

A special note: Some of you might not know much about your ancestral legacy—or know anything about it at all. Perhaps you were adopted or came from an unknown origin, which can occur if your ancestors were enslaved people or undocumented immigrants. The truth is that all the answers lie within you anyway. This is because of the nature of energy. The concepts and exercises in this book will enable you to excavate using your intuition, which is a potent tool for unearthing truths and making changes whether or not you have specific knowledge of your ancestry.

So, how do you become your own best ancestor? And what might you gain if you do?

To transform your legacy, you will analyze your ancestral and soul storylines to select the factors—and to some extent, even the chemistry—required to support your most genuine self.

Once you've transformed your legacy, you will more fully enjoy “now-time.” Living in the present moment will enable you to shift your perceptions—and actions—as you roll along through this life.

With the transformation of your legacy, you will be empowered to design a future that is inclusive of your heart's fondest desires.

THE SECRET TO ANCESTRAL CHANGE: ENERGY

You will be able to accomplish these objectives because you'll be working *energetically*.

As you'll discover, energy is where it's at because *everything* is made of energy. In fact, you can't think of a thing that isn't. Want to run a few items by me? Your soul, genes, thoughts, body, feelings, dreams, and desires . . . sure enough, they are all on the energy checklist.

The *real* secret, though, should *not* be so well kept.

There are two types of energy, which I define as *information that vibrates*. And less than 1 percent of energy is physical in nature.¹

But guess what type of energy most people usually use when they want to create change? That's right: physical energy—like altering diet, analyzing genetic testing, and trying the next popular exercise. Yet your physicality is just the *tip* of the *tip* of the iceberg of what makes up “you.” The other and oh-so-much-more pervasive and powerful type of energy constituting reality is *subtle*, also referred to as quantum, psychic, mystical, or spiritual energy.

Let's do the math. If 99.9999 percent of all energy is subtle, it makes sense that if you want to compose a good life for yourself, you'll have the most success if you interact with subtle energies. After all, logic says that an ancestral genetic test will inform you about less than a *single percent* of your heritage—and it will tell you nothing about your soul!

I know all about subtle energies because I'm an energy expert. In fact, I'm respected worldwide for my energy medicine knowledge and classes, as well as my proprietary energy healing tools and thirty-plus books exploring the topic. Not only am I a geek about subtle energies, but I'm considered a specialist in the system that manages subtle energies: the structures that compose the subtle body.

SUBTLE ENERGY ANATOMY

Your *subtle body*, also called your *subtle energy anatomy*, is comparable to your physical anatomy except that it runs your subtle energies. Three main subtle structures make up your subtle body, and each accomplishes specific tasks. These three are:

- Energy centers
- Channels
- Fields

In this book, you'll be interacting with energy centers called *chakras*, which are the brains of your subtle body; energy channels named the *meridians* and *nadis*, which carry energy throughout your entire being; and the energy fields composing your *aura*, also labeled the *auric field*. As to the latter category, every single *auric field* or *layer* is an extension of a chakra. Encircling your physical body, these fields act as protective barriers determining what can enter your life and what cannot.

I think you'll love this approach to formulating an amazing future. I find that addressing genealogical and soul history through the subtle structures is quite magical. It's comparable to turning into a "genie" who can select the "genes" that can evolve you into the "genius" you really are!

Your subtle structures really can function as the gateways for this metamorphosis.