

Cyndi Dale

World-renowned speaker, author, teacher, scholar

Biography

Cyndi Dale is an internationally renowned author, speaker, healer, instructor, business consultant and the author of 27 books about energy medicine, intuition, and spirituality. In addition, she has worked with over 65,000 clients and presented hundreds of seminars and workshops across the Americas and in Russia, England, Wales, Amsterdam, Iceland, Costa Rica, Belize, Morocco, Peru, Scotland, and more.

Her books include *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, the winner of four internationally recognized Publisher's Awards. Most recently, her titles include *Energy Wellness for Your Pets* (2019), *Llewellyn's Little Book of Empathy* (2019), *Awaken Clairvoyant Energy* (2018); *The Subtle Body Coloring Book*, *The Little Book of Chakras*, and *Subtle Energy Techniques* (2017); and *Llewellyn's Complete Book of Chakras*, the most extensive compendium of chakra knowledge ever produced (2016). Overall, she seeks to unify the world's most vital spiritual messages, encouraging understanding and community among all peoples.

Cyndi graduated from the University of Minnesota summa cum laude with a degree in English and a minor in Philosophy. She has also worked toward a master's degree in divinity at Bethel University and holds a fifth-degree Reiki certificate, the highest of distinctions in this healing arena.

Cyndi currently teaches a certificate-level program at Normandale College in Minneapolis, Minnesota, through which adult students earn an accredited certificate in Energy Medicine. As well, she teaches a year-long Apprenticeship Program through her own company, Essential Energy, assisting individuals with developing their natural

intuitive and healing gifts. These courses are in addition to the dozens she teaches locally and worldwide in Energy Medicine and Spiritual Healing.

Her sessions, which involve energy healing and holistic intuitive consulting, earn her referrals from professionals, including psychiatrists, medical doctors, and therapists. She continues to hone her ability to help people discover their essential selves so that they can make healthy and positive changes in their lives.

As noted, Cyndi trained in several different healing modalities, including shamanism, intuitive healing, energy healing, family of origin therapy, Therapeutic Touch, the Lakota Way, and faith healing.

Also, Cyndi has taught business ethics at the University of Minnesota, creating programs for students to effect change in public policy and corporate ethics. She served as a fundraiser at Junior Achievement, raising over 750,000 dollars a year, and has offered public relations consulting to companies including 3M, Hormel, and Tonka. She has also volunteered on several Boards of Directors. “Who’s Who in American Business,” “The American Women of Noteworthy Achievement,” and the “International Association of Business” have also honored her. Further, she has been bestowed with several leadership awards.

Cyndi’s publications include the following:

Published Books

Advanced Chakra Healing: Energy Mapping on the Four Pathways (Crossing Press, 2005)

Attracting Prosperity Through the Chakras (Crossing Press, 2004)

Advanced Chakra Healing: Cancer: The Four Pathways Approach (Crossing Press, 2005)

Advanced Chakra Healing: Heart Disease: The Four Pathways Approach (Crossing Press, 2006)

Attracting Your Perfect Body Through the Chakras (Crossing Press, 2006)

Illuminating the Afterlife (Sounds True, 2008); reissued with a new name in 2015—*The Journey After Life*

Beyond Soul Mates (Llewellyn, 2013)

Energy Wellness for Your Pets (Llewellyn, 2019)

Llewellyn's Little Book of Empathy (Llewellyn, 2019)

The Littlest Christmas Star (Self-published, 2008, Fiction)

The Subtle Body: An Encyclopedia of Your Energetic Anatomy (Sounds True, 2009)

The Complete Book of Chakra Healing (Llewellyn Worldwide, 2009; formerly *New Chakra Healing*); published in over 17 languages

The Everyday Clairvoyant (Llewellyn Worldwide, 2010)

The Intuition Guidebook (Deeper Well, 2011)

Energetic Boundaries (Sounds True, 2011)

Kundalini: Divine Energy, Divine Light (Llewellyn Worldwide, 2011)

Togetherness, with Andrew Wald, MSW (Deeper Well, June 2012)

The Subtle Body Practice Manual (Sounds True, 2013)

The Spiritual Power of Empathy (Llewellyn Worldwide, 2014)

Llewellyn's Complete Book of Chakras (Llewellyn Worldwide, 2015)

The Pocket Book Series: (All Llewellyn Worldwide)

Subtle Energy Techniques (2017)

Awaken Clairvoyant Energy (2018)

Raising Clairaudient Energy (2018)

The Little Book of Chakras (Llewellyn Worldwide, 2017)

The Subtle Body Coloring Book (Sounds True, 2017)

Upcoming 2020 Releases

The Energy of Trauma (Llewellyn)

Reworking of Advanced Chakra Healing (Llewellyn)

E-books (have been available at www.cyndidale.com; currently being re-edited)

The Energy of You: Your Chakras

The Spirit's Diet: Part One-Stop Waiting for Your Weight

The Spirit's Diet: Part Two Freedom of the Spirit

The You Around You: Your Auric Field

Walking the Planes of Light: Death, Dying and Life

Your 6th Sense

Zap! You Are a Teen, Now What? Part One: The Energy of You

Zap! You Are a Teen, Now What? Part Two: Uncovering Your Destiny

DVDs and CDs

Advanced Chakra Wisdom (Sounds True, 2008)

Beyond Chakras with Regina Meredith (Gaia, 2018)

Illuminating the Afterlife (Sounds True, 2008)

The Songbird Series (Essential Energy, 2008)

Energy Clearing (Sounds True, 2009)

Healing Across Space & Time (Sounds True, 2009)

Intuition with Lisa Garr (Gaia, 2018)

The Subtle Body with George Noory (Gaiam, 2013)

Learn to Change the Future, through Beyond Belief with George Noory/Gaia (2017)

The Journey After Life, through Sean Stone, Buzzsaw, upcoming release through Gaia

Your Psychic Gifts (Regina Meredith, Gaia 2019)

Sample Articles

Massage and Bodywork Magazine—text only for the most part. Cyndi has been writing six columns a year since 2013.

<https://www.abmp.com/textonlymags/article.php?article=1562> (Spirit-to-Spirit)

<https://www.abmp.com/textonlymags/article.php?article=1827> (The Body as Metaphor)

<https://www.abmp.com/updates/blog-posts/education-inspiration-cyndi-dale> (Interview with Cyndi)

Healing Touch Program Newsletter

Cyndi has been writing six columns, as well as more substantial articles, every year for years. Many of her popular columns were compiled as a stand-alone book given to new subscribers.

Entire Anthology from 2009-2016:

http://energymagazineonline.com/content_assets/docs/current/Good-for-the-Spirit.pdf

Other Media Released Recently

The Subtle Body, an eight-part audiovisual series/course (Sounds True, 20119)

Cyndi and her work have also been featured in hundreds of media releases, articles, and features.

Cyndi lives in Minneapolis with her youngest son as well as way too many pets, all of which believe they have voting rights to her time. For more information on how to connect with Cyndi, visit CyndiDale.com.