

BigBrain Radio Show
3/8/08
Cyndi Dale

(music)

DS: Hey good morning, it's Saturday morning! It's time for the BigBrain Radio Show. I'm Dr. David Stussy and you can call me Dr. D. And we have... hey, I'll tell you what. Everybody look at the person next to them, or try and look at a person... and can you see the light? Everybody has light. That's what energy, and that's what living is. And we have an expert in the way to have light and the energy of our bodies in order to create prosperity... well what everybody wants... you know, the good stuff and how to handle what people call the bad stuff. And her name is Cyndi Dale, and she spells that C-Y-N-D-I... so that must be pretty special to start with, right?

CD: There you go!

DS: But she's got Dale's last night... D-A-L-E. Right?

CD: Simple... like the Southdale, Rosedales... mm hmm.

DS: So Cyndi, I've had a chance to spend one evening at a dinner with her and I've heard lots about her... and she has a number of books, which we're going to mention... And, she's known around the world ... in fact I think she's more known around the world than she probably is locally.

CD: Yeah, I just shop and do kids here in town. (laughter)

DS: (laughter) You know you can't...

CD: I keep it simple... sweat pants... you know, real life.

DS: You can't be a prov in your own back yard, right? So anyway, um... she's written a lot of books about healing and chakras. Now don't go away because chakras is ... you know people hear that word and may not be familiar. If they are, they have something associated with it. But when you take a look at it in terms of the BigBrain way ... of the BigBrain philosophy, you'll see that it's actually something that everyone knows is true. And um... because they're based on the physical principles of the universe. And as we've talked on the BigBrain Radio Show... in fact, the BigBrain consists of our physical brain – which everybody knows that we have. Put your hands on your head – that's your brain. And then we have our metaphysical brain, which is the part of our brain that creates our reality, our life, our thoughts, our ideas, our culture, our language. And that's the unmeasurable part of life. And 99% of human existence is the unmeasurable part. Now since we are physical, we tend to think that life is all physical, but most life takes place at a level that we can't perceive, we can't weigh... there's no... we take it for granted it's there really. And I think that's how life is. But that part is the energy of life and it starts from the light from the stars, comes down to the human planet, and carries into the human individuals. And then there are all kinds of things that I think we're finding out every day... so when you take something as ancient as chakras... and they're very ancient...

CD: Thousands and thousands of years.

DS: Oh, by the way... let's just say hi to Cyndi Dale.

CD: (laughter) Hello... Cyndi Dale.

DS: (laughter) So... I thought you were going to tell me something about chakras.

CD: Well, we've known about them for thousands of years cross-culture. Almost every culture has had their own version of the chakra systems, which is just energy centers. They work just like the regular organs in the body, but they're a little faster.

DS: Right... well... there are all kinds of energy systems. And you know that I study neurology and the brain very much... and that's the physical neurology. But they're finding there's something called the paraneurological, which is around that system. And the body is actually connected by an energy system ... sometimes they call it the living matrix... and throughout that, is life. Life itself is what makes a cell unique. You can have a cell, but with no life... if you have a cell or a body and it dies, when you weigh it, there's no difference in weight... what happened to life. Because life is immeasurable. It's energy and it's light. And energy has shape and it just changes form... go to when it's needed. And so a form that it shows up in is the different levels. If you take a look at the nervous system, you know there's little ganglion and inflections of energy. You could call that... sometimes people think that's it. But I think it's really something different. So... um... and we also have in the BigBrain philosophy called... sort of a transformational lifestyle where we look at any... our abilities to regenerate our life is what's important. So when you're aware of these energies you can have your life be regenerative, not worrying... not taking you down... and seeing a life in a balance. Because all of life is in a balance... and the unperceived

part is the part that gives us the stress. And I think a lot of what you do has to do with that. Correct?

CD: I think so. I mean statistics take about 80-90% of most problems, especially medical problems, really come from stress... or an inability to cope with what's going on.

DS: And stress is an imbalanced perception.

CD: Exactly.

DS: Thinking something's better... you know you can get stress from being elated, because later on you've got to have the opposite of elated, which is depression. Because if you get too elated, it throws you out of balance... you get too depressed it throws you out of balance... because life is a balance. Now, are we going to be in balance? No, but we're going to always be returning to balance once we have a way of handling that. And so I think ... you know you and I were talking earlier and I used the term contextual... Contextual means that you have a system to use. We all have doctors ... we all have them... and when I was talking to you, you told me how you used chakras. I could really see that you have a very contextual way of looking at it. Then the contents are going to change depending on people's understanding of what you're doing, what level they're at and then who they are... their age, their sex and everything else that goes with it.

CD: Right, but it's almost like... it's like we all have a liver. You have to keep it healthy whether you really know it's there or not. Don't you?

DS: (laughter)

CD: Same with the chakras.

DS: Well wait a minute. I had a little build up there. I forgot to say that you... you've worked for... you know you just didn't go into this. I think you worked for several large companies. 3M, was it? And...

CD: 3M, Hormel, Tonka, Minnesota Forest Industries... I did a lot of public affairs, public relations, marketing work, fundraising, taught business ethics... sounds like... It was just kind of packed in a few years too.

DS: Business ethics at the University of Minnesota.

CD: Yep.

DS: And so the reason I say that is because sometimes people think that when people are working with energy or energy healers, they... you know kind of "airy fairy" or whatever. This is almost the opposite. This is reality or actuality. This is what actually happens in life and we want to use that to our... to our... to our wellbeing and so we need somebody who can guide us and that's who Cyndi Dale is.

CD: I have a real life. I have five animals, two children, a foster daughter, a step... whatever you call it... a grand, foster son... and a real home. Nobody's in there cleaning the toilets than me. So... you know chakras can help me function. I think they can help anybody function.

DS: Right. It's a context for living. And... so, let's kind of get started. You've written a number of books. I'm just going to read the name of... names of them because there's something that's in

common with all. And one's called "New Chakra Healing". Another is called "Advanced Chakra Healing", "Advanced Chakra Healing for Heart Disease"... and that's big because the heart is the center of love. It's the center of our balance and our connection with our brain. "Advanced Chakra Healing for Cancer". "Advanced Prosperity through Chakras"... prosperity being our ability to produce a result in our life that takes care of our needs, wants and desires... And "Attracting a Perfect Body through Chakras"... and everybody wants that perfect body. So if your energy is better, I think it probably dictates your shape and how you are...

CD: Absolutely.

DS: You're going to hear about that. And then coming out this year, "Eliminate the Afterlife: Your Soul's Journey"... and so the beyond. And I think you have another book coming out about energy?

CD: Yeah, the subtle...

DS: "Energy Boundaries"...

CD: Mm hmm.

DS: Is that what it's called?

CD: "Subtle Energy Body". It's an encyclopedia of all... of most of the world's energy systems.

DS: Oh, I can't even wait to see that myself. You should have given me an advanced copy? Don't you think?

CD: I gave you an advanced copy. I don't know if it came through though.

DS: Oh, I didn't get it.

CD: (laughter) Oh well. I'll give you another advanced copy.

DS: (laughter) Okay. Now I'm getting excited. So anyway, there's something that runs through all these books, which is why I wanted to read them. It's the word "Chakra". Right?

CD: It is.

DS: So tell us what a chakra is. I have a bunch of sheets here that tell me what they think it is. Can you tell me what you think it is?

CD: It's an energy organ. It's... it's a simple concept. Chakras are energy centers or energy organs. They're located in the body, though there are quite a few that are right outside the body specific as well. And they work just like an organ does. They access, interpret and disseminate information.

DS: So they're a metaphysical organ.

CD: They're metaphysical, right. But they work with physical energy, the same way they work with psychic energy.

DS: Something needs to connect the physical with the metaphysical. Now, when we say metaphysical, we don't mean... metaphysical reality is run by the same physical principles, the same scientific principles. The only thing is we continue to learn more and more, so sometimes things look strange. You know electricity would have looked strange to somebody that didn't know in a previous society,

but ... and it isn't that we invented electricity... it's there. You know our telephones... I think that's the perfect example, because you get a phone, you talk to somebody... it goes up and it hits a sphere of light and then comes back down. And that's actually intelligence and waves and that's what we're talking about...

CD: Or an EKG... or the ECG... whichever word you prefer. That's called energy medicine. We're just expanding our knowledge of how energy works. And chakras work energetically. I did... I differentiate physical and psychic information or energy just with one simple concept, which is just that psychic energy moves faster than the speed of light, or pretty darn close to it, and physical moves slower. And chakras convert one to the other. So it's through the chakra we can pick up on somebody's thought or vibe or vibration and we can send out the same, and turn that into physical energy in the body as well.

DS: Well you know, I started looking at this and there's seven chakras that you'll see talked about. And I don't know if this is a Western interpretation...

CD: Yes, it is.

DS: And then when I looked at you, you have 12. And so you kind of told us a little bit about them. And the thing that I noticed, every chakra ... they're associated with a certain color. Is that correct?

CD: Certain color, certain endocrine gland...

DS: Certain or... yes... and then what else? Um... emotions?

CD: Emotions, belief system, and just kind of a generic, overriding guiding life principle. For the first chakra for instance, which is in the groin area connected to the adrenals is about safety and security.

DS: Okay.

CD: And it runs our body... it runs our physical system. So if somebody's got a life and death issue going on... boom! You're talking about some sort of disorder or misinterpretation of life in the first chakra. So guess where you work? You work in that chakra.

DS: Well, on the BigBrain Radio Show we talk about balance, so really it's an imbalance in the chakras that might be something that needs to be handled.

CD: Absolutely.

DS: And they're affected by life? Can they be... they can be caused by genetics... maybe tell us about that.

CD: Oh, absolutely everything.

DS: Previous life experience.

CD: Previous life experiences or even anxiety about the future. A chakra's either going to run depressed or too slow, which is an issue that we bring in from our past... or anxious or too fast, because they spin, they move. And that has some sort of a fear about the unknown or the future.

DS: Yeah. Well fear is worry about the... about the unknown or the future, and guilt is always about the past.

CD: There you go.

DS: Okay?

CD: Yeah. And they're opposites.

DS: And we beat ourselves up with a lot...

CD: We don't let go.

DS: (laughter) No... we don't let go. And the idea is it isn't that you're not going to do that... we will do that, we're human beings. It's how fast can you change from those back to something that's more functioning for a successful universe, which we are definitely part of. Okay? So... let's get into chakras. Huh? You want to talk to them about... you said it's an energy... does it ...

CD: It's energy...

DS: ...have a shape? Does it have a form?

CD: ... center. They're conical. They look like whirlpools. In the back and the front of the body.

DS: Oh, that's correct. And I got... actually... because one place they had a number... (noise)... oh shoot... I think... Dr. Stussy had his phone on... sorry.

CD: Somebody's calling you... maybe they want to know about chakras.

DS: (laughter) You know what? With that we're going to take a break because I've got an imbalanced chakra someplace.

CD: The telephone chakra!

DS: And ah... you know I was telling Cyndi... people probably know that I listen to a lot of music... sometimes up to 50 songs

because I like the music. And I said I took all the music off one album... it's Elton John... because I just thought it was all perfect. So...

CD: We should have invited him here today.

DS: Hey, he'd be perfect. But you know, Elton John has a lot of color, he has a lot of energy, he expresses life. He is a very interesting guy.

CD: We'll have to look at his chakras. What about that?

DS: He... he persists. Where are we at here? Okay. This is the BigBrain Radio Show; Dr. David Stussy, and I have Cyndi Dale, worldwide health expert.

(music – Elton John)

(music – Elton John “Guess That’s Why They Call It The Blues”)

DS: Hey, things can only get better. And that's what the BigBrain Radio Show... of course, better is... better balance, but not better. It's all a perception, because it all has a purpose, and our purpose is very big. And so we have a woman with a very big purpose with us today. And her name is Cyndi Dale. And Cyndi is a ... How would you describe yourself? What would be the terms?

CD: Oh, I keep changing the words... intuitive, healer, author, mother, recovering person... whatever works for the day. (laughter)

DS: Recovering... I like the recovering person. That's good. I like that. I'm going to write that one down. I might steal that. Ah... You know one of the things is that you deal with chakras and chakras deal

with light. Like you know I've always been able to see colors around people... I don't have the wide spectrum, but I see a lot of yellows and reds and greens... and dark colors sometimes. Like you've got a lot of yellow... okay? But I don't have any kind of interpretation to it. I kind of use it but I don't say much about it. Okay? Because a lot of people would be caught off balance...

CD: Not in mixed company anyway.

DS: Yeah. So anyway, you were telling me about that you could do this as a little child. Tell us about that.

CD: Yeah, I did. All the way from when I was actually in the womb... I have memories all the way back there... where I saw sound. My parents would fight and I could literally see the tones and the colors of them coming in. It was really rather disturbing to be honest.

DS: Well, it's all vibrations and the vibrations in fluid would be immense.

CD: Exactly. It's all... you know we've got research in that right now, to show that it conveys. So as a kid I could see colors around people. I could see their energies shaping and changing... the different kinds of energies when they were mad versus happy. You know when I was in trouble... I got to know that one really well. And I saw spirits, ghosts, angels, demons, whichever words you want. I remember one night laying in bed, hearing ghosts out in the kitchen and I swear that they were making breakfast or frying bacon or something... and I thought my mom's going to be so mad in the

morning, because they didn't wash the dishes. So I had my own little universe.

DS: Now, before you get to the next part... most people probably have this ability to see things that are not called of the physical form, but they're of the energy form in their childhood, but we are programmed to kind of rule them out.

CD: I have a lot of clients and I find a lot of children have retained this ability these days... because the parents tend to be more open. And if somebody doesn't see, they at least feel, or hear, or sense, or know the invisible. We talk about what's beyond... what's immeasurable... we all access that all the time.

DS: Well their life is more the metaphysical... with imaginary friends, imaginary this, imaginary that...

CD: That's right.

DS: It is... they have a bigger world than we do.

CD: They do. I mean I get a lot of kids coming in... 4, 5, 6, 7, 8... they tell me about their past lives. Mommy, remember when I was a dancer... or ... sometimes it works to the parents' disadvantage. You know mom, in another lifetime, you did this to me and now you owe me one.

DS: (laughter)

CD: So... kids can figure out an angle on everything, even past lives.

DS: Now something happened to you though, and you've changed a little bit, right?

CD: I did. When I was about 12, I was real depressed. My ... the family system was... kind of... I shared it with most Americans – dysfunctional. And I said, “I’m out of here... I’m done... I don’t want to do this.” And so I just told everybody “I’m going to die.” And within... I got extraordinarily sick... nobody could figure out what was wrong. They couldn’t figure out that I could actually control the bodily processes. And I did... I left my body. I kind of went up toward the heaven... I was searching for the white light, and instead I got kind of a bang on the... the metaphysical head that said, “Honey, you haven’t like done anything. You haven’t accomplished a goal. You’re back.” And I was like, really mad. I could swear about it. I was SO mad. So I went back in and I said... to the you-know-who above... I said, “Okay, I’m not doing this anymore. I’m not talking, I’m not seeing stuff, I’m not ... I’m not helping you.” So I was pretty miserable for a few years.

DS: So you rejected part of yourself.

CD: I rejected part of myself and my gifts closed down.

DS: You know, I’ve talked to people who have had that life experience of the white light. And you’re the first person I’ve heard that’s been rejected. (laughter)

CD: (laughter) Yeah, well... hello...

DS: She’s a... she’s a... she’s a heaven reject.

CD: I'm the near death... yeah, the near-death reject. How's that one?

DS: Okay... and so you...

CD: Well, a little later... a few years later all the abilities... I entered therapy because I got in so much trouble. So I actually went into therapy as a client. I was 18-19... and all the gifts started opening up again. So I'd here knocks in the night and my voice being called... and I started seeing colors. And I was fortunate over the next decade to be traveling internationally a lot. So I was going to places like Venezuela, Japan, Peru... where these kind of abilities, or capabilities... they're not paranormal – they're normal. And so shamans and healers and various people would literally find me. I guess they saw something going on around me. And they'd come up and teach me. So it was very practical in those countries. It was about healing... it was about divination... it was about figuring out what kind of decisions to make. So shamans... that's the word most often used... they're the priest healers. They're the guides... they're the people who connect with the other "world", if you would, to help these...

DS: And they're very important.

CD: ...the people in this world.

DS: They're very important in a lot of cultures. In our culture we would probably call them priests or...

CD: Or crazies!

DS: Or crazy, one of the two.

CD: (laughter) Yes.

DS: Well... (laughter) Maybe both.

CD: (laughter) That's right.

DS: So... then you made it ... a decision to go back... to embrace your gifts even more. Correct?

CD: I did. I did. They were chasing me, so it was a matter of jumping off the cliff or just standing and kind of letting them open back up. So I took some classes. They weren't terribly helpful. This was years ago. It wasn't an awful lot of training. Right now it's kind of "in" to see colors. It's "in" to be a shaman; it's "in" to have these capabilities. It wasn't about 20-25 years ago. But I took healing classes, chakra classes and all of a sudden I thought "Wow, chakras! That's what I've been seeing my whole life. That's what's going on."

DS: So you found an answer to your... to your experience.

CD: To the long quest.

DS: You know, we all go through that. We all have certain ways of being... part of the BigBrain philosophy is you have to be true to your own experiences, not what some expert told us we should be or shouldn't do... But life is really based on our own experiences... because there's us and then there's the other outside of us... and we can only base what know about life based on our experiences, which are true.

CD: And everyone's unique... And everyone carries a different spiritual purpose, a different mission, and we ultimately are responsible to interpret and live it.

DS: You know sometimes people feel that's a burden. They want to find their purpose... they want to find this/that. Do you find that's true at all?

CD: I find it finds you.

DS: Okay.

CD: So I really think if we look back...

DS: Yeah but what... So they're just not looking.

CD: They're not looking. Or they're not being open to their life experiences that they have had so far... because they'll lead you.

DS: Right... see the metaphysical brain... what you pay... is motor and sensory, just like the physical brain, but the sensory part is called intention. So what you pay attention to... and you have to pay attention... creates your intention.

CD: Exactly.

DS: A lot of times... we're not really paying attention.

CD: That's right.

DS: It goes by. And that's all happened to all of us... and some of us (unintelligible). But I think our ability to pay attention, or our ability to actually perceive more things going on around us and paying attention, will determine a greater outcome for our lives.

CD: I agree. And people are looking for clues, but they really are already there. And life will open the paths if you ask the questions... the quest will open.

DS: Well I have a couple of other questions to ask you about what you just told us. Okay? Because it's very interesting. I'm picturing somebody now listening... maybe sitting at home or in a car or something like that. And they're going "well, that sounds a little different". And they're trying to get with it, because I'm saying this looks... this is a very normal looking person... very pretty blond. She's got a nice turtleneck sweater on. She isn't wearing a lot of beads or anything like that. Her face isn't painted... she's very pretty. She's got little freckles on her nose. So... this is the real thing. And it's part of the BigBrain philosophy. So I thought everybody would find it interesting because I know there's part of you that wants to share this and that's from the BigBrain Radio Show. This is Dr. David Stussy. BigBrain Radio Show.

(music – Elton John)

(music – Elton John)

DS: Hey, welcome back to the BigBrain Radio Show... and we all won! And let's just talk a little bit more how that shows up. I have with me today Cyndi Dale... C-Y-N-D-I... Dale. And she's a world expert on health healing, intuitive healing, energy... and one of the things... common theme for every book that she's written is chakras. Chakras are the energy centers of the body... light centers. They have a shape; they have a form because all energy has a shape and form. When you hear the word transformation that means you just change it from shape to the other. So the energy within us goes back into wave particles; it goes back to the universe... and we won't get into all that stuff... but the higher mind and the lower mind and all that. But,

inside of us we do have these levels of healing and I think we can feel that. So I thought what we would do... Did we finish up on ... I think... You know one thing I wanted to ask you is... you know you said you heard those sounds of knocking and stuff like that...

CD: Yeah... when I was...

DS: Did that make you... Did that make you uncomfortable? Or...

CD: Well it actually disturbed my sleep a whole lot. (laughter)

DS: (laughter) No, I mean like... mentally uncomfortable?

CD: Yeah, for a while it did. But then when it kept going on, I just thought you know what... knock it off; talk to me during the darn day... which is probably what worked the best. So that's what set up my business. I thought okay, I'll just talk when other people are around and hear what they need to hear.

DS: That's why you had to go to China because they were in the right time zone.

CD: Yeah, I had to go into client work so that I could get some sleep again.

DS: (laughter) So let's look at the chakras... because there's 12 chakras... 7 basic ones... 2 about the head and 2 below... and then they engulf the body... and then they go into a whole different set of them, but we are... we'll just touch on that. But let's just talk about the different chakras. So why don't you tell us about them.

CD: Absolutely. Well there are 12 basic human chakras... and everybody'll argue... are there 7, or there 4, or there are 15... so I can

just say that there's 12 and that can be truth for me... and people can see if that is for them.

DS: Well I could see it... because I did quite a bit of checking on this.

CD: Yeah... thank you... that's good. (laughter) And the fundamental 7... the ones that are in the body... they're really running the body.

DS: Right.

CD: The lower ones are running the physical reality; what we're doing; how we're operating in life; what we're creating; how successful we're going to be; what we're doing with our feelings and our thoughts. And the higher ones literally geographically higher, they connect us to higher consciousness.

DS: Right.

CD: So those are the ones that are accessing the higher planes and the wisdom. And of course, we want to put these two layers of ourselves together.

DS: You know when you described that, I really liked that because chiropractic is based on the physical energy within the body... it's interfered, but it's based on a principle called "innate", which is the expression of the universal intelligence, within the body... innate... and there's a connection to that. We call it above, down, inside out.

CD: There you go.

DS: And ah... so when you were describing that... how the other ones engulf and actually protect and then connect to the other at 32... or...

CD: And that's what's exciting about the system that I teach... is that there's energy centers around the body. I mean we don't stop at the skin. Physics says that we've electrons that are a football field away, but I personally think mine are probably in China, or Jamaica... someplace a little warmer than... than Minnesota.

DS: Oh, that's why you don't have to travel over there.

CD: Yeah, that's right. I just kind of like send a part of myself there... pack the suitcase and go. (laughter)

DS: So, tell me about the first chakra.

CD: First chakra – it's in the groin. It's seen as red. It's the most the physical of the chakras. It actually develops... each chakra develops at a different time period... it develops womb to six months. So it holds our primal programs. And what's in here is going to determine how much money we have, how good our relationships are, how healthy our general health is, and basically what we're able to manifest and create for ourselves.

DS: And it's connected to the earth, right?

CD: It's connected to the earth.

DS: And what does this gamma wave mean to you... for the brain?

CD: Well, the gamma wave is actually the most functional.

DS: Okay.

CD: That's the one that... that deals with our functionality and how we're inter-relating... in consciousness...

DS: So this connects us... this connects us to our physical life.

CD: It's our physical life. It's the real stuff.

DS: And obviously it would show up first, because that's where we have to create our ability to be physical. We're getting ready to be born from an energy that's given to the life form as it's created... and it's getting ready to go out into the universe.

CD: Yeah.

DS: Into the world, I mean.

CD: Absolutely. We have to get ready to be in our family systems.

DS: So to make sure we get all these, the second chakra is...

CD: Second chakra... that's located in the abdomen... it's seen as orange. That's much more creative in feeling and emotional. That develops between ages 6 months and 2-1/2 years. And that's where we're kind of getting... getting, you know kind of connected into people. So, that is an interconnected chakra. And it's where our emotions are stored. So emotional sorts of issues – boom! That's where they originate. That's what affects the physicality of that energy center... ovaries, testes, the ... the more sexual of the organs, including the intestines, which by the way science has proven ... diverticulitis... all those "itis" issues is in the intestine... related to emotions...

DS: Well and the intestines produce the greatest number of neurotransmitters for the body. Sometimes it's called the second brain. Also, there's... in the notes I had said it's for passion, sexuality. Would that be correct?

CD: Absolutely.

DS: And we've had a couple of shows on male and female and about the hormones and how we're really run by those little chemical changes. And so this would be where your body's ability to kind of use that... and obviously, creation would come with that type of situation.

CD: Absolutely.

DS: All right. Let's go to the third chakra...

CD: Third chakra! We're up in the stomach area... we're in the solar plexus... it's yellow, it's about ...

DS: So put your hand ... everybody calls the pit of their stomach... solar plexus is probably the most common term that people could identify with. You know you get hit... I see Justin shaking ... get hit in sports or something... not the lower one... the third... there's another one that's very painful... but then this one... right in the middle here, right?

CD: Yeah... and here's where we process beliefs and ideas and thoughts... and we ... this is where our work success actually emanates from. So it's our ideas about ourselves, the world, what we're doing, what we deserve out of life.

DS: And um...

CD: It comes right here.

DS: And... ah... you have a color... it's orange, right? Is it orange?

CD: Well that's the second... no, no, no. The third one is yellow.

DS: I've got that written wrong.

CD: Yeah... yeah...

DS: I'm going to change that.

CD: No, it's yellow. It's yellow because it has to do with thinking. You know... and there's a different form of intuition connected to each chakra too, which I think is fascinating. This stomach area... you're heard people talk about butterflies in the stomach... and getting a gut sense. That's connected to or related to a methodology called clairsentients... or clear knowing. There's like a net that comes out through here...

DS: Right, I would have to say...

CD: ... that's literally...

DS: ... most people say when their gut... they go...

CD: You got it.

DS: Intuitiveness is the lower body connecting to our higher mind... and being ... being able to use that. Right?

CD: Exactly. Yep.

DS: And I know you use a lot of intuition, which we... I don't really think we'll probably get into today, but we'll... we're talking about it right now.

CD: That's right.

DS: So the fourth chakra.

CD: Fourth chakra's in the heart. Here's our heart center... center of love. And of course, what's it about but love... not just for other people, but for self and for the divine. So a lot of healers have a real strong heart center, because that's what they're all about... is channeling love through for, hopefully, self and others.

DS: Well remember I was telling you before the show that the heart has seven layers of actual physical layers to it. And it's very important because ... when it's at a higher beating, it's in balance and it beats at about 72 beats per minute... and there's no excess. When you get a tachycardia that's elation or over expression... depression is the opposite. The heart is the center of ... of actually a... Where emotions are kind of imbalanced perceptions, the center of balanced perceptions is the heart.

CD: Ex...

DS: True love.

CD: Absolutely.

DS: And what is the color? I want to get this right.

CD: Green... it's green. And you know the heart is... even physically the core. It emanates 5,000 times more electricity, therefore magnetic field than does the brain.

DS: Oh yes...

CD: So this is the... this is the big heart show now.

DS: Did you know the heart is actually considered an endocrine organ?

CD: Yes it is.

DS: Okay.

CD: Yeah. It produces...

DS: I should have known you knew that.

CD: I did know that.

DS: Okay. We'll talk...

CD: Exciting.

DS: Okay. Let's go to the fifth chakra.

CD: Fifth chakra... up in the throat. Mm hmm.

DS: In our throat. Okay.

CD: Center of communicating... and that's... and it's connected to the thyroid gland. So it's processing ideas, thoughts, wisdom, data, knowledge... and for some of us, it's... you know our most used instrument because we talk all the time. We're talking right now, so we're using the fifth chakra. Through the back of the fifth chakra we get higher guidance. That's where some people hear guides, or wisdom, or even their own thoughts... or programs or ideas that aren't too good for them.

DS: See and that's kind of where the brain stem starts... in the higher part of that... and then there's seven layers to that. So it's kind of interesting as we've gone through our evolutionary changes.

CD: So this data that we're bringing in there obviously is translating straight into the brain... all seven layers of it too.

DS: Right. And the cortex is actually... are actually our thinking brain... actually alters how we perceive everything. So that's why you want to create ... have our ability as human beings expanded.

CD: Absolutely.

DS: So anyway... light color in that one?

CD: Blue.

DS: Blue.

CD: Blue... blue... (laughter) We'll just rewrite that later.
(laughter)

DS: Well I've got to get it down. Now one thing... you talked about the development... third chakra, what time...

CD: Third chakra is those... it's 2-1/2 to 4-1/2.

DS: Okay.

CD: So the so-called "terrible twos", which aren't... we're just testing boundaries. We're figuring who we are versus who somebody else is.

DS: For sure.

CD: Yeah. Heart... heart we're doing around age... you know 6... 6-8. We're doing relationships. Then we jump up to the communication... we're around age 8 ... in there.

DS: Okay... okay.

CD: And then we're going to go up to the sixth chakra, which is in the forehead.

DS: Okay. And that's the one ... a lot of times people will see this circle or sort of a third eye.

CD: The third eye... and it's the center of vision. It's connected to the pituitary and it develops roughly ages 8, 9, 10 to 13... which is when we're really getting a sense of who we are. So we're taking a look at ourselves. And from this time period we emerge with a pretty clear vision of our self... true or not true.

DS: Yes. This is where we operate out of.

CD: Yeah. And this is when anorexia, bulimia and an awful lot of self-esteem issues also lock in ... during that time period.

DS: And that's the sixth chakra.

CD: That's the sixth chakra – the center of vision.

DS: Center of vision...

CD: Up in the forehead.

DS: Vision.

CD: And it's purple.

DS: Oh.

CD: Purple.

DS: (laughter)

CD: (laughter) I'm reading your sheet and going "no, it's purple."

DS: Oh I'm glad I just kind of brought this along.

CD: (laughter)

DS: um... Seventh chakra?

CD: Seventh chakra... top of the head... white... connected to the pineal gland, and this is the spiritual energy center. And it is known that worldwide... that that seventh chakra is really the place that we want to achieve through various spiritualization processes, because it opens us up into our spiritual destiny, our life purpose. And you know it actually expands first between the ages of 14 and 21.

DS: Mm hmm.

CD: In indigenous populations, you know what they're doing during those times? They're helping kids become adults. They're helping them open and access their gifts.

DS: Sure... they have an order... they have different processes...

CD: That's right. We don't do that in our society. Hmm... that's why we're the Prozac generation.

DS: (laughter)

CD: It's all oriented toward that pineal gland.

DS: You know ... when I was looking at it, there was this little quiz you take. And all my chakras were open. I don't know... 60% or something... it said... had a number. But my... my ... the seventh chakra – the crown chakra...

CD: Was the strongest.

DS: It was... hyperactive.

CD: Is hyperactive. Well there's your... That's... You're ...

DS: Too much thinking.

CD: ...You should just be called Dr. Spiritual, actually. Higher thoughts, higher thinking... You're kind of supercharging the heavens up there. You got a one way track up there.

DS: Well then the other thing is that the pineal gland you mentioned... and it said it was related to the astrological sign of Gemini...

CD: Ah, that's interesting.

DS: Which is what I am... I'm actually on the cusp of ... Not... excuse me... not Gemini... Pisces.

CD: Oh, okay.

DS: And I'm on the cusp of Pisces ...

CD: Okay.

DS: ... and Aquarius.

CD: Okay... there you are. And that pineal gland's really important.

DS: Well I don't know, but I thought...

CD: I think as we age, this so-called menopausal thing men and women do, we're really supposed to be converting our focus into the pineal gland, and be running ourselves on our spirit.

DS: Well we've talked...

CD: So you've been doing that probably for years.

DS: We... Could be! (laughter)

CD: (laughter)

DS: There's a really good chance of that one. You know... Oh gosh... we really had a good time here. Huh?

CD: Yeah, we did. We got... we got up to the heaven anyway.

DS: (laughter) We've got four more to go over too. And... boy... I think we're going to have to have another show. What do you think?

CD: I would love to do that.

DS: Okay.

CD: We'll re-write your materials first.

DS: (laughter) We'll just use yours. I was looking for something simple. This is Dr. David Stussy, the BigBrain Radio Show... and we have a world... intuitive healer, worldwide known... not the world... Cyndi Dale. And we're going to come back and kind of put ... kind of put this together and let people know how they can connect with you. And... ah... It's been a lot of fun. So, BigBrain Radio Show. Brain waves to radio waves. Dr. David Stussy.

(music – Elton John; “Circle of Life”)

(music – Elton John; “Guess That’s Why They Call it the Blues”)

DS: Hey, welcome back to the BigBrain Radio Show. This is Dr. David Stussy and Cyndi Dale... and we're learning about lights of our life... chakras and healing and how it makes a difference to us.

(letting music play)

DS: Things can only get better. And that is the BigBrain philosophy. They always are getting better. We just need to balance our perceptions and see it. You know if we always knew that things

were going to turn out, would we be thinking so hard and getting so upset, because things always do turn out. And how they turn out, directs our next destiny. So anything we can use to help us in that is always helpful... Like the BigBrain Radio Show is a big help. And chakras are a big help. Right?

CD: They sure are. You've got them, so let's use them.

DS: So we were at the seventh chakra – the crown chakra, which I got all excited about because... for some reason. And the eighth chakra is actually the first one that goes about... outside the body.

CD: It's right above the head. It's seen as black. And it's the mystical...

DS: Would that be ...

CD: ... chakra.

DS: Would that be the halo?

CD: No, the one on top of that. The ninth chakra is above the head and it's gold. That's the halo. This one's the karmic place.

DS: Karmic.

CD: The eighth chakra's black... it's dark, it spreads out kind of like those old record albums and it connects to your past lives...

DS: (laughter) Like an old record album...

CD: It does. You know? I have a hat of those in my garage. I can't throw them away. They're priceless. I can't play them, but I got them.

DS: They're karmic; I see that.

CD: They're Karmic... yeah... the old stuff. That's the house of what they call the acausic records... everything we've ever done, said, thought. Some of us don't really want to look there... it's like the cobwebs.

DS: It's all stored. I mean if you can store light waves and things... out in the universe, we can store this too.

CD: Yep. It's a big internet system.

DS: It's... that's what's so great about the internet. It really has opened people to the intersphere and the communication and things that are possible, which we are just beginning to understand.

CD: Yeah, our bodies work the same way, so then we jump up one more to the ninth chakra. That's gold and that one holds our soul genetics. So what we come here to accomplish, who we're going to be, what's going to work for us, our gifts... it's recorded way up there about a foot and a half - kind of arms' length - over the head.

DS: About a foot and a half.

CD: Mm hmm.

DS: Okay. Now... we have the 11th, which is rounded. Right?

CD: First we ... we go down to 10.

DS: Ten, excuses me.

CD: We gotta go down underneath the ground... because otherwise we'd be floating out there in space.

DS: Oh, really? You're right. We have to be grounded.

CD: We have to be grounded... we've got to be real. This is the one that's about a foot and a half underneath the feet, so it connects you to the ground... even when you're in an airplane. People always ask me that... Is it still there? Yeah, it's still there, but you get a little dippy because you're dissociated from it.

DS: Hmm.

CD: So this is the one that has to do with actually physical genetics, heritage, and our connection to the earth and the planet.

DS: Wow. And then the 11th?

CD: The 11th is a round...

DS: Oh that had a brown color you told me.

CD: Brown... it's brown... so you just think nature and you got the 10th chakra. The 11th is around the body. It's pink... it's rose... and it's real tight around the hands and the feet. It's actually a center that has to do with commanding and moving supernatural forces.

DS: And you're saying connected with the extremities?

CD: It's connected to the extremities and what else is going on in our body.

DS: So it's kind of around... it's like a little outline around the whole persona.

CD: Yeah, it is. Yeah... little pink glow.

DS: Ah... I like that.

CD: Pink glow.

DS: Pink's one of my favorite colors.

CD: I like pink... I like you. That's good.

DS: 12th chakra.

CD: All the way around, and it's clear.

DS: Okay.

CD: And this is really the level of mastery or signifies our connection to the outer spheres and to the different planes of existence. So this is where we start to merge into the more subtle fields and the greater universe.

DS: Right.... Layers of life and lamination and our... where we get our information from.

CD: Absolutely.

DS: Because we do get information.

CD: We always do.

DS: But we have to be paying attention, which is what we've talked about all along.

CD: Yeah!

DS: So pay attention to the BigBrain Radio Show and then afterwards pay attention to your chakras. Right?

CD: That's ... exactly. What messages you're giving out and brining in.

DS: Well we've... you know I thought we were going to talk about a lot more...

CD: We just learned 12 chakras though.

DS: And I know that you actually... when you work with people, you just... you don't... What I liked when you told me how you assess people... you just kind of look. The way they act and talk really tells you what chakra...

CD: Absolutely.

DS: And that... you know I do that with ... patients... when I see patients... You know I've already got a pretty good idea just by talking to them. You know you have to go through all the tests and all that stuff, but you have a pretty good idea just being with them... and when you have context to look... and this is what you're doing.

CD: Yeah, and you can figure your personality out. Everybody's got a stronger set of chakras and a weaker set. So, there you are. You've got your seventh chakra and people will meet you and go automatically the guy thinks a lot; he's really bright; he's about purpose; he's on purpose; and he's going for it.

DS: You betcha baby! Now I'm getting a little embarrassed. So... The other thing is that I noticed that you actually... You know a lot of times people think chakras are airy-fairy... just going to sit around and meditate. You actually... you're very important in the business world and practical results... and purpose... producing prosperity... and not from a conceptual point, but from actually... you know the things that we need...

CD: Real stuff. Because everybody manifests a different way... so you gotta know how you do it.

DS: I like that... real stuff.

CD: You figure that out.

DS: This is called “stuff that works”.

CD: It is stuff that works.

DS: So what other stuff works?

CD: Well, I even use the chakras to help people figure out how to diet. What’s the best exercise program? You put say a second chakra...

DS: Oh you do, right.

CD: ... feeler... right... take somebody who’s a feeler. They’re not going to go to the gym if they don’t feel like it. Ain’t going to work. But they love to talk and communicate and express their feelings.

DS: So they go on a walk with a group...

CD: They go on a walk. You got it. Absolutely.

DS: And you know... you know women... in a group they produce dopamine. Did you know that?

CD: No, I didn’t know that.

DS: That’s why women like to go to the bathroom...

CD: That’s why we flock.

DS: You flock. (laughter)

CD: (laughter)

DS: (laughter) Guys are... guys don't have that dopamine. It makes them feel good. Okay? Did you know that? You didn't know that.

CD: It makes them feel good if we go flock?

DS: No... the dopamine makes them feel good.

CD: Well, there we are.

DS: They like being together in groups and talking.

CD: Absolutely.

DS: Guys, we've got this little different approach. (laughter)

CD: Few different hormones. We're back to hormones.

DS: I mean it's ... once in a while... you know... I can talk, but it's just not our nature per se. I've talked enough. I think women have like three times the words they use a day and stuff like that.

CD: Yeah, I've heard that too.

DS: Now obviously it's a bell curve. There's some that are more and less. But...

CD: They studied gossip though and they figured out men gossip just as much as women, so I'm going to break that news.

DS: Yeah but we just ... we just do it with little... ah, he's a creep...

CD: (laughter) You just judge them.

DS: Yeah. (laughter) We judge and evaluate.

CD: We explain why we're judging them.

DS: Right. It's beautiful. Wait a minute... we're getting off purpose here. (laughter) So you have a newsletter called "Lassoing the Stars for a Better Life".

CD: I do, and I talk about some of the energy that's going down on a given month and what people can do with it. Making it real. I think even the higher ideas – faith, love, joy – let's make them real. How do we make decisions on...

DS: Yeah I saw... I downloaded a couple of your articles and I looked at it... you know one's that caught my attention. So I tell people to do that when they come to your website. So let's make sure we got your website. Tell us about that.

CD: You bet. www.cyndidale.com. That's C-Y-N-D-I D-A-L-E dot com.

DS: Pretty easy.

CD: Yeah it is. It's really easy. I have a phone number. I have an assistant who calls people back. 952-915-9501.

DS: And what's your... what is your assistant's name?

CD: Wendy.

DS: Wendy.

CD: So Wendy will call you back.

DS: Okay. Everybody can talk to Wendy. So you know if you're interested, or you want to hear a little bit about... do you have classes and stuff?

CD: I do classes... most of them at Normandale College here in town.

DS: Okay.

CD: I travel quite a bit and teach in other places.

DS: Well yeah she travels. She's working with people in... I think you told me you do these intense one-on-ones in like 12 hours a day or something like that?

CD: Yeah... yeah... almost.

DS: I had to like book this lady six months in advance. Well, not that far...

CD: No. Six weeks maybe.

DS: So I was exaggerating a little bit. You know I had a really good time.

CD: There's a chakra for that too.

DS: I've had a really good time and I think your energy's obvious to anybody who is interested in that. And I think we really should get back together... and maybe we can actually take this another little step for people to make it more effective.

CD: Yeah, and help them figure out their chakras...

DS: Right.

CD: How they work for them.

DS: The BigBrain Radio Show is about having life be effective. And once you're aware of the physical and the metaphysical – the

BigBrain. And we're all BigBrains... we make a difference. Every one of you has said something to somebody and changed their life forever. That's called a BigBrain. And so thank the BigBrains in your life for changing your life. And we obviously had a BigBrain with us – Cyndi Dale. And this is Dr. David Stussy telling you brain waves to radio waves. Have a BigBrain life.

(music – Elton John – “Can You Feel the Love Tonight”)

(end of show)