Final Report

FS [OBSERVR]



Cynthia Lee Jacobson

Incident ID: 005678.00422
Injury: Unknown Injury
Date of Injury: Jun 14, 2024
Created Date: 11/19/2025

Requested By

Austin Johnson
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Supporting File Documents

11/05/2025 Employment Search (Download file)

Background

Method Of Discovery
Name, associates, location, and DOB

Summary of findings
Background and family:
Subject Cynthia Lee Jacobson is a 47-year-old living in St. George, Utah. She also goes by Cyndee Spilker-Jacobson. Subject's relatives include her mother, Jo Lou Farnham is deceased. Her siblings include Timmothy Simpkins, Melissa Schmitt, Melanie Sharp, and James Simpkins. Subject's children are Cenya, Covin, and Cemree Jacobson. Subject's ex-husband is Zacheriah Jacobson. Her ex-mother-in-law is Denise Jacobson. Additional relatives include Stacy Hales, Samantha Jacobson, Shelby Jacobson, and Jenny Simpkins. Other associates are Adrian Hyer, Chance Garnica, and Bryan Black.

Employment:
Per Subject's LinkedIn account, she is an RN at Intermountain Health. Subject is also the co-owner of Quantum Bliss, per social media.

Social Media:
Facebook, Instagram, TikTok, X, LinkedIn, Pinterest, YouTube, and Venmo accounts were found for Subject.

Prior to the DOI:
Photos/posts include:

- 08/18/2007 - Obituary for Subject's son, Caemen Keith Spilker, who passed at 4 months of age.
- 04/25/2011 - Obituary for Subject's husband, Cody Keith Spilker.
- 07/15/2013 - Subject posted birthday wishes for her then husband, Zac.
- 10/11/2014 - Subject posted a picture of her foot wrapped up. She states she had surgery due to a sprain that occurred last summer. She explained that it was a detached talofibular ligament with broken pieces of the talus and fibula.
- 03/27/2015 - Subject posted a picture of herself with her family. In the comments, she explained that her cortisone levels drop, which causes pain in her heart, blurry vision, disorientation, lethargy, among other symptoms. She believes that her youngest daughter, Cemree, also suffers from low cortisone and that it may have led to the death of her son, Caemen.
- 04/12/2015 - Subject posted she experienced an anaphylactic reaction after eating a dinner mint. She notes that she has become allergic to new things, suspecting it may be triggered by chemicals, GMOs, and gluten.
- 04/13/2015 - Subject posted a picture in front of the Mayo Clinic. She explained that she went there for testing to find out why she keeps experiencing pain, lethargy due to low cortisol levels.
- 04/14/2015 - Subject posted that she was not able to get answers at the Mayo Clinic for her condition. She commented that she told them that her cortisol levels are not regulated correctly, but they were not able to provide a solution for her.
- 04/17/215 - Subject posted pictures of what has been happening to her body since her cortisol imbalance. She says she gets random bruises, hair loss, tongue issues, has lost 22 pounds, and has allergic reactions.
- 6/18/2015 - Subject posted that she has been married to Zac Jacobson for 4 years. They had known each

other for 3 weeks before getting married.

- 10/4/2015 - Subject appeared in a news article that discussed a disease she has, dysautonomia. The disease of the autonomic nervous system resulting in light-headedness, fainting, unstable blood pressure, abnormal heart rate, and malnutrition. Subject explained that the symptoms forced her to leave her RN position.
- 10/17/2017 - Subject posted a picture of her donating blood as part of the Washington County Realtor blood drive.
- 12/06/2018 - Most recent YouTube activity for account @cyndeejacobson2870. Subject posted a video of a man coming back to give his kindergarten teacher a flower.
- 07/01/2019 - Most recent activity on this YouTube account, @cyndeejacobson 272. Subject posted a video of her getting a house cleaned to sell it.
- 08/23/2019 - Subject posted that she was addressing her 10-year-old daughter's suicidal thoughts.
- 07/13/2020 - Obituary for Subject's mother, Jo Lou Farnham.
- 09/09/2021 - Subject posted that she was going with just her 3 children on a road trip to visit the 50 states.
- 02/14/2022 - Subject posted a video of her and her son riding an airboat to see alligators in Florida. Subject holds a small alligator at one point.
- 02/25/2022 - Subject posted pictures and videos of herself and her daughter, Cenya, participating in an ice bath challenge.
- 02/26/2022 - Subject posted pictures of herself and her kids at an alligator farm in Florida. They are seen riding an airboat and holding alligators.
- 03/02/2022 - Subject posted pictures of her daughters with horses at a stable in Florida. She commented that they missed their horses back at home.
- 03/08/2022 - Subject posted several pictures of herself with her sisters, mother, and grandmother. She comments about their difficult childhood, having different dads, and being separated into foster homes.
- 03/25/2022 - Subject posted pictures of herself, flowers, her standing with other people, and her holding certificates of completion from Kuntanawa.
- 04/04/2022 - Subject posted a video encouraging men to come to a men's retreat that she is working at. She will be providing breathwork therapy and plant-based medicines.
- 04/21/2022 - Subject posted pictures of herself and her kids in Mexico. They are standing by the water with hats, standing on water swings, wearing snorkeling gear, at the beach, and eating at a waterside restaurant.
- 04/25/2022 - Subject posted pictures of herself at a training center for Breathwork. Subject is seen with the group wearing a bright pink top or red pants. She is seen in a video jumping into a large pool.
- 04/26/2022 - Subject posted a flyer for a Men's Retreat that she will be working at.
- 04/29/2022 - Subject posted a selfie at her husband, Cody's, headstone. She reflects that he would have been 45. She writes about his mental health struggles and the guilt she has felt.
- 05/04/2022 - Subject posted that it was her daughter, Cemree's, 13th birthday. She comments that both of her daughters have dealt with mental health issues and have contemplated suicide.
- 05/06/2022 - Subject posted that her son, Covin, received his driver's license.
- 05/08/2022 - Subject posted a video/photo montage of the men's retreat she worked at. She can be seen working with the men as they lie on the ground and in ice tubs.
- 05/08/2022 - Subject posted a Mother's Day meme. In the comments, she recalls her mother suffering from depression and taking care of her siblings when her mother could not get out of bed. She also talks about being sent to foster care and how that led to her becoming a foster parent when she was 20.
- 05/09/2022 - Subject posted a picture of a man leaning forward and a woman with her hand on her back from the Men's Retreat. Subject wrote about Kambo, explaining that it is a natural anti-inflammatory. She

also encourages men to sign up for the next retreat.

- 05/11/2022 - Subject posted a picture of her son when he died. She writes about the sorrow she still feels from losing him.
- 05/11/2022 - Subject posted a picture of a man in an ice tub at the Men's Retreat. In the comments, she touts the benefits of ice baths.
- 05/16/2022 - Subject posted a video selfie of her doing a lip sync to a voiceover. In the comments, she writes about trauma healing.
- 05/16/2022 - Subject posted a video/photo montage of people sitting around a fire playing a guitar and Subject hitting a drum.
- 05/21/2022 - Subject posted a video of a person passing a burning stick by a window and a pen and paper on a table.
- 05/23/2022 - Subject posted a video selfie of her walking through her home while doing a voiceover, holding a notebook, and then lying down.
- 05/28/2022 - Subject posted that her uncle, Courtney, died.
- 06/02/2022 - Subject made a birthday post for her daughter, Cenya, including pictures of the two of them together. She also included a poem that she wrote for her.
- 06/17/2022 - Subject posted pictures of herself within an oxygen chamber. She wrote that her daughter, Cenya, had gone into one after she had a concussion. Subject was convinced to give it a try by her sister-in-law at her business, and she feels it was beneficial.
- 06/20/2022 - Subject posted going to the cemetery to see her uncle, Courtney, and her mother with her daughter and niece
- 06/22/2022 - Subject posted a flyer for a therapy session she was offering that includes breathwork, sound healing, and "hape".
- 06/29/2022 - Subject posted a picture of herself at the ranch of Richard Paul Evans for an author retreat. Subject said that she had writer's block for the first few days, but was eventually able to start her story.
- 07/10/2022 - Subject posted a video of a community circle session she offered, where she can be seen talking to and comforting individuals.
- 07/11/2022 - Subject posted that she is experiencing health issues that may be very serious. She recalls that her previous health problems left her bed-bound and near death.
- 07/15/2022 - Subject posted a selfie video in her car. She writes about having grey eyes. I used to hate my eye color.
- 07/18/2022 - Subject posted a video/photo montage wishing her son a happy birthday. Subject walks with her son holding his birthday cake.
- 07/19/2022 - Subject posted a video/photos of her and her sisters getting pedicures for their birthdays.
- 07/19/2022 - Subject posted a selfie video of her enjoying an eclair that she got for free.
- 07/20/2022 - Subject posted a video on swings with her daughter, Cemree.
- 07/21/2022 - Subject posted a happy birthday video for her daughter, Cenya.
- 07/26/2022 - Subject posted a video/photo montage of her enjoying her birthday, at the beach, and dancing with friends.
- 08/03/2022 - Subject posted a video of her getting a blood transfusion.
- 08/15/2022 - Subject posted a video/photo montage of taking the horses to pick up her daughter, Cemree, and her cousin after school.
- 08/23/2022 - Subject posted a video selfie where she does a lip sync to a voiceover about adulthood..
- 08/25/2022 - Subject posted a selfie video in a car. She writes about the importance of trauma survivors taking care of themselves.
- 08/27/2022 - Subject posted a video of filling up a tub with ice for the men's retreat.
- 09/02/2022 - Subject posted a video/photo montage of participants of the Men's Retreat. Subject asks

them what their favorite experience was.
- 09/06/2022 - Subject posted a flyer for a Men's Retreat that she has worked at.
- 09/13/2022 - Subject's daughter, Cenya, made a post thanking her mom for teaching her to take care of herself, her mental health, and do things to make herself happy.
- 09/18/2022 - Subject posted a picture of her son, Caeman, remembering the day he had died.
- 09/25/2022 - Subject posted a picture of her daughter, Cenya. She writes that Cenya got a job as a nanny.
- 10/16/2022 - Subject posted a video where she pretends to grab a You Are Amazing sticker and put it on the screen.
- 10/18/2022 - Subject posted a video of her doing karate-like moves. In the comments, she writes about the uses of Kambo.
- 10/27/2022 - Subject posted a video of her and a friend at a murder mystery dinner.
- 11/01/2022 - Subject posted a video/photo montage of going to Smash Lab and Halloween activities in her neighborhood.
- 11/06/2022 - Subject posted a selfie video in the car, enjoying music.
- 11/07/2022 - Subject posted a video of her dancing. She writes in the comments about the value of breathwork sessions that she offers.
- 11/11/2022 - Subject posted a selfie video of herself in a car, doing a lip sync to a voiceover about falling asleep quickly.
- 11/27/2022 - Subject reposted a video about not worrying about breaking things because it's what's inside that counts.
- 12/05/2023 - Subject posted a picture of her husband, Cody, with three of their kids, Cenya, Covin, and Caemen. In the comments, she talks about taking suicide awareness for nursing. She then discusses Cody's mental health and suicidal thoughts while going through nursing school. The adjustments she made so he could get into another nursing school after he failed a course. He stayed at a motel for 3 semesters while she was with their kids at home.
- 12/06/2022 - Subject posted a video of her placing a rose at a Christmas Box Angel memorial for mothers who have lost a child. Subject's son's name is listed on the memorial.
- 01/12/2023 - Subject posted a video of her bent over a blanket doing a yoga move.
- 01/30/2023 - Subject posted a video of her moving around outside in the snow.
- 04/15/2023 - Subject posted a video of her podcast, FindingtheFire.com. She has her daughter, Cemree, with her in the studio.
- 04/29/2023 - Subject posted that it was the birthday of her first husband, Cody. She took her kids to the cemetery with a birthday cake. She included pictures of them when they were first married.
- 05/09/2023 - Subject posted pictures of her youngest daughter, Cemree's birthday.
- 05/14/2023 - Subject made a Mother's Day post reflecting on her own mother's love of snapdragons and individual beauty. Subject included a picture of herself with her sisters, mother, and grandmother.
- 05/14/2023 - Subject made a Mother's Day post. She recalls an earlier Mother's Day after her first husband had committed suicide and she was at a restaurant with her children. Her uncle, who just recently passed, had called and paid for their meal.
- 07/26/2023 - Subject's daughter, Cenya, made a post for Subject's birthday.
- 08/15/2023 - Subject posted that her Facebook account was hacked and disabled.
- 08/15/2023 - Subject posted a picture of her standing outside with mountains behind her.
- 08/22/2023 - Subject posted that she was going to be at the integration and first aid station at Yin on Fire.
- 08/24/2023 - Subject posted that it is important to know your worth. Supporting content was removed.
- 08/29/2023 - Subject posted a flyer for an event that she was going to be teaching somatic breath work.

- 09/04/2023 - Subject posted that if anyone was unfriended, it was due to her account being hacked.
- 09/05/2023 - Subject reposted that St. George was getting the Yin on Fire festival.
- 09/19/2023 - Subject reposted ticket sales for the Yin on Fire event.
- 10/01/2023 - Subject posted a video of a meditation session with other women.
- 10/05/2023 - Subject posted a video and pictures of her attending a concert. Subject is seen dancing to the music and appears on stage at one point.
- 10/16/2023 - Subject posted the dates for a Somatic Breathwork event.
- 10/17/2023 - Subject posted that she was going to see DIRTWIRE.
- 10/26/2023 - Subject posted that she was going to see Rodney Norman.
- 10/29/2023 - Subject posted a video and pictures of her Halloween celebration and her brother James' birthday.
- 10/31/2023 - Subject posted a Halloween greeting.
- 11/01/2023 - Subject posted a video/photo montage for Halloween, which includes taking a pumpkin out of the oven, her daughter, and cats in Halloween costumes.
- 11/03/2023 - Subject reached out to ask if anyone wanted to go with her to the Rodney Norman show since her daughter could no longer go.
- 11/19/2023 - Subject posted a picture of a mountain scene.
- 12/27/2023 - Subject posted a request to help out a friend who recently lost her husband. She provided the GoFundMe link for her.
- 01/08/2024 - Subject reposted a post regarding those people who don't seem to fit in, being the purest people.
- 01/18/2024 - Subject reposted a prayer about hitting rock bottom.
- 02/03/2024 - Subject’s company’s name, Quantum Bliss.
- 02/09/2024 - Subject posted a listing for a local farmers' market and yard sale.
- 02/11/2024 - Post of Subject's business logo.
- 02/11/2024 - Post of trademarked words - Biohacking Health & Happiness with Frequency.
- 02/11/2024 - Welcome post that describes what Quantum Bliss will do. It will provide ways to mediation, relaxation, and creativity.
- 02/11/2024 - Video post of clients experiencing light and frequency therapy at Subject's business.
- 02/11/2024 - A 5-star rating and thanks from a client who went to Quantum Bliss.
- 02/11/2024 - Picture of Subject wearing headphones. She wrote that this therapy has helped her feel fully charged.
- 02/12/2024 - Post that Quantum Bliss helps to provide clarity.
- 02/12/2024 - Post indicates that Quantum Bliss could help with meditation.
- 02/13/2024 - Multiple pictures of phones, reviews, and the Quantum Bliss logo with the words, Today is the Day.
- 02/19/2024 - Subject posted about her company, Quantum Bliss. She says it will help with relaxation, cognitive, and meditative functions.
- 02/19/2024 - Subject posted an upcoming Somatic Breathwork run by her daughter, Cenya.
- 02/20/2024 - Subject posted a picture of a client receiving light therapy.
- 02/20/2024 - A post of a chart of the health benefits of light, sound, and vibration therapy.
- 02/22/2024 - This is Part 1 of a 7-part post. Subject posted a picture of herself outdoors. In the comments, she explains that she will be writing a book titled AND. She intends to put in everything she experienced from childhood trauma, the death of her son, her husband's suicide, and her daughters' thoughts of suicide.
- 02/22/2024 - Part 2 of a 7-part post. Subject posted a picture of her holding a black banner that reads "Live A Great Story." Subject wrote that she was placed on disability when she was 36. She cried and

pleaded for this not to happen, but she was told she would probably never walk again. An attorney did reassure her that she could get off of disability if she got better, which gave her hope.

- 02/22/2024 - Subject attended a conference about magic mushrooms given by Paul Statmets. In the comments, she wanted to learn more about the use of mushrooms for depression. She also said that she had been on social security for her disability, so she was unable to work as a nurse.
- 02/23/2024 - Part 3 of a 7-part post. Subject posted a picture of her son, Caemen. She wrote about when he died, and her doctor prescribed 3 anxiety pills to help her the first three nights. He explained that he only gave her 3 because she would need to face this loss.
- 02/24/2024 - Subject speaking on a podcast. She discusses her mental and physical health, the loss of her infant son to SIDS, and the death of her husband, Cody, by suicide. She also mentions that her ex-husband, whom she divorced, was an alcoholic. She described having several near-death experiences, with receiving CPR the most recent time. She next describes taking ketamine with meditation to treat her cortisol disorder. This eventually led to her developing a mental/spiritual training technique that she is teaching.
- 02/26/2024 - Part 4 of a 7-part post. A picture of Subject outdoors. Subject posted about the grieving process for her baby and how empty she felt inside.
- 02/26/2024 - Part 5 of a 7-part post. Subject posted a picture of her standing next to a wall. Subject ponders what determines the worthiness of experiences
- 02/26/2024 - Part 6 of a 7-part post. Subject posted photos of herself working as a nurse and a picture of her at her baby's grave. In the comments, she wants to explore the reason why babies die from SIDS like her son.
- 02/26/2024 - Subject posted videos of clients at her company's Quantum Bliss.
- 02/27/2024 - Part 7 of a 7-part post. Subject posted a picture of her husband, Cody, with 3 of their children, Cenya, Covin, and Caemen. She writes that he had a difficult childhood, but that she is only including their time together in her book.
- 02/27/2024 - Subject posted a picture of herself sitting on the side of a mountain. She thanks people for sharing her journey as she is writing her book.
- 02/29/2024 - Subject posted about crying often during the past week, dealing with emotions, and trying to get her books to her editor. She mentioned that she was offered a $10 million settlement, which she declined. She also discussed her business, which allows people to try it and improve their health.
- 02/29/2024 - Subject posted a video of her doing a podcast where she talks about overcoming the death of her child and her first husband's suicide.
- 03/05/2024 - Subject posted that her daughter, Cenya, will be hosting a Quantum Bliss event.
- 03/16/2024 - Subject posted a request for anyone wanting to go to California. Content was removed.
- 05/08/2024 - Subject reposted a request for nail models for her niece.
- 05/28/2024 - Subject posted a video of her trying mushroom jerky.
- 05/28/2024 - Subject posted a video of her lying under a light with headphones on and then making a beverage using a powder labeled Rise and drops from a little container.
- 05/28/2024 - Subject posted a video of her preparing and drinking her frequency drink and doing her light therapy as part of her morning routine.
- 05/29/2024 - Subject posted a video of her making a drink using mushrooms and lemon juice.
- 06/02/2024 - Subject wished her oldest daughter, Cenya, a happy 22nd birthday. She posted a photomontage that includes pictures of her and her daughter together, drinking a milkshake, and Subject getting a piggyback ride from her daughter.
- 06/06/2024 - Subject posted a video stating that her nails have been growing since drinking the Frequency drink.
- 06/07/2024 - Subject posted 3 videos of her eating biscuits and gravy. She relates a story of how she met

her first husband, Cody, when he was working at a restaurant.
- 06/10/2024 - Subject posted a video of her doing her light and vibration therapy because she could not sleep.
- 06/12/2024 - Subject posted a picture of her cat lying under her therapy lights. Subject writes that the lights have improved her health, and she says it has improved her cat's health as well.

After the DOI:
Photos/posts include:

- 06/16/2024 - Subject posted a picture of her with a Freq poster and cap.
- 06/23/2024 - Subject posted a video stating that she had tripped and fallen over a raised concrete area while at a health conference. She thought her "left boob exploded," and her ribs collapsed due to the fall. She went to the ER for X-rays - her "boob did not explode". She said that she had earlier surgery to get her implants about 6 weeks ago. She applied Relieve Cream that got rid of the pain.
- 06/24/2024 - Subject posted a video of making bacon gravy.
- 06/26/2024 - Subject posted a video of her cooking eggs.
- 06/26/2024 - Subject posted a video of her making and drinking a Frequense drink. She provides a link to the company and tells people to tell them that Cyndee sent them.
- 06/28/2024 - Subject posted a selfie video in her car. She talks about feeling great after a massage session.
- 07/25/2024 - Subject posted a picture of her and her kids, and her siblings. She notes this is the first time they have all gathered outside of a funeral in a long time. She recognized that they all had a traumatic childhood.
- 08/05/2024 - Subject posted a selfie video of her driving in a car.
- 08/06/2024 - Subject posted a video of herself dancing outside alone.
- 08/06/2024 - Subject posted a video of her and a friend at a pool. She wrote that she took a week off for her birthday to do what she wanted.
- 08/06/2024 - Subject posted a video/photo montage of July showing birthday cakes, Subject at the pool, driving, with family and friends, and therapy sessions.
- 08/07/2024 - Subject posted a video of her company, QuantumBliss, showing light therapy treatments.
- 08/07/2024 - Subject posted a video montage of her and her friends, at the beach, swimming in a pool, and at a restaurant. She wrote that she is no longer living in fear of criticism.
- 08/07/2024 - Subject posted a video montage of her driving, eating a sandwich, and pickle, and a cherry out of a drink.
- 08/08/2024 - Subject posted a video/photo montage of glow parties. She can be seen dancing in the clip. She said she stopped hosting these parties because others criticized her for being too much.
- 08/09/2024 - Subject posted a video of her morphing into a lion and a photomontage of her driving, selfies, holding a snake, speaking into a microphone, and with family and friends. She writes that she can be intimidating but that she is determined to accomplish her goals.
- 08/09/2024 - Subject reposted a video about being an awakened woman.
- 08/10/2024 - Subject posted a video of her whipping a lighted rope in the air. In the comments, she recounts her multiple visits to the ER without receiving proper treatment. She said that they had told her at one time that if her labs were as bad as they seemed, she should be dead. She wrote that she was offered $10 million for negligence but she refused; she just wanted them to treat her right.
- 08//10/2024 - Subject posted a photomontage of going to a retreat. In the comments, she talks about having died on a beach and given the choice to come back. She describes this as part of her spiritual awakening.
- 08/10/2024 - Subject posted a video of going out to a restaurant with her daughter and son. She then has

a video of her and a friend going out to a nightclub, where she is seen dancing.

- 08/10/2024 - Subject posted a video of her and her daughter, Cemree. Subject posted that she had her daughter use her frequency/light machine because she was struggling mentally, and that it helped.
- 08//10/2024 - Subject posted a video of her and her friends driving to the beach.
- 08/10/2024 - Subject posted a video of her and a friend going into a retro diner on their trip.
- 08/10/2024 - Subject posted a picture/video with psychedelic lights around a picture of her. In the comments, she writes that men keep posting in her DMs, but she tells them she is not seeking a relationship.
- 08/11/2024 - Subject posted a video montage of her and a friend swimming in the ocean and walking on the beach. She writes that she has decided to follow her heart.
- 08/12/2024 - Subject posted a video montage of her riding in a car, dancing, and loading a suitcase into a car. In the comments, she mentions that she was returning for a trip and that she has more to add to her book.
- 08/12/2024 - Subject posted a video of her and her friends driving through a rainstorm. She commented that there was a flood warning and was told not to drive on the road, but they went ahead and saw a rainbow.
- 08/12/2024 - Subject posted a picture of her hanging upside down on a swing. In the comments, she writes about trying to see the beauty within the world.
- 08/12/2024 - Subject posted a picture of herself holding a black banner that says, "Live A Great Story". In the comment, she talks about fight or flight and how it is reflected in her personal response to trauma.
- 08/12/2024 - Subject posted a selfie of herself outside. In the comments, she ponders taking different paths in life.
- 08/12/2024 - Subject posted a picture where it appears she has wings. In the comments, she talks about how moral transgressions occur when another person is hurt.
- 08/12/2024 - Subject posted a picture of her with a horse. She commented about learning to be more present.
- 08/12/2024 - Subject posted a video/photo montage of the ocean, driving, Subject and her friend on the beach, and a picture of her face with a bruise above her eye. Subject said that the waves of the ocean bruised her face.
- 08/12/2024 - Subject posted a video of a car driving down a rainy road, and waterfalls by the roadside. In the comments, she talks about chasing your dreams.
- 08/13/2024 - Subject posted a picture of her leaning against a rail by the beach. In the comments, she mentions having 8 near-death experiences. Subject also mentions that she is trying to learn how to surrender emotionally to get out of her mental prison.
- 08/13/2024 - Subject posted a picture of her standing by the water. In the comments, she lists the traumas that she has lived through and that she was unfairly blamed for.
- 08/13/2024 - Subject posted a meme about not letting men be rude or disrespectful.
- 08/14/2024 - Subject posted a selfie picture. In the comments, she offers the services of her company, QuantumBliss, to her readers for those who are having problems getting out of their heads.
- 08/14/2024 - Subject posted a selfie picture standing in front of a mirror.
- 08/14/2024 - Subject posted an abstract video of a picture of her emerging from clouds. She comments about taking your power back when people always tell you what to do. She also mentions being divorced.
- 08/15/2024 - Subject posted a video of 2 people lying in a room with headphones on a light flashing. She comments that this is what they do at her business, QuantumBliss.
- 08/15/2024 - Subject posted a picture of a person holding a pipe. In the comments, she writes about using Hape, an Amazonian snuff that is used for spiritual and medicinal purposes.
- 08/15/2024 - Subject reposted a picture of a foot in a cast. In the comments, she writes about always

being told to keep your trauma hidden.

- 08/15/2024 - Subject posted a picture of a child hanging upside down. In the comments, she apologizes for being hurtful at times and not recognizing when someone else is suffering.
- 08/15/2024 - Subject posted a video of herself in a darkened room with a lit-up area on the floor. She is moving a long bar around.
- 08/15/2024 - Subject posted a picture of a desk that looks like it has a face.
- 08/15/2024 - Subject posted a video of giving someone light therapy.
- 08/16/2024 - Subject posted a video of her son at a car service center, him giving her a hug and a selfie video of her in the car. She wrote that her son got her updated car registration when it was due, got a nail out of her tire, and took her car in for service.
- 08/16/2024 - Subject posted a video of her daughter pushing her in a shopping cart at a grocery store. She said that when she was a child, her mom would have shopping cart races with her kids.
- 08/16/2024 - Subject posted a video/photo montage of herself with a friend dancing, doing selfies, riding in a shopping cart, and playing a flute. In the comments, she talks about having near-death experiences and having decided to stop taking medical treatments and procedures and live her own life.
- 08/16/2024 - Subject posted a video/photo montage of a trip she took to Bali. In the comments, she recaps her health problems, which nearly killed her, changing careers and her marriage to a man who was an abusive, alcoholic, and a gambler.
- 08/16/2024 - Subject posted a video/photo montage that includes a picture of her and of rubies. She wrote that she was finding what your gemstone shows about your personality.
- 08/16/2024 - Subject posted a photomontage of herself and a friend. She comments that she had met her at the "Sextacy" retreat. She reveals that her ex-husband was addicted to porn, and they had a sexless marriage for 7 years.
- 08/16/2024 - Subject posted pictures of her son, Covin. In the comments, she recalls when he was 2 and walked out the front door while she was painting. When she realized he was gone, she ran out looking for him. His dad had picked him up and did not let her know, and told her she was a bad mother.
- 08/16/2024 - Subject posted videos and pictures of taking her son, Covin, skydiving for his 18th birthday. There are also pictures of Subject and her daughters. Subject said that she was feeling frail before the dive. Subject does mention that her ribs hurt during the trip.
- 08/16/2024 - Subject posted a video/photo montage including her and her daughter, Cemree, and Subject working on a painting and eating a meal. In the comments, Subject mentions that while she had been in a hospital and at a retreat stating she thought she was dying. At this time, she was contacted by Cemree, who was worried about crashing. Subject assured her she would be OK. Cemree then took an overdose of pills and ended up in the hospital. Subject had to call the hospital to authorize care for her daughter. Subject did stay at her retreat, feeling it was best for her own health.
- 08/16/2024 - Subject posted a video of herself in a bikini dancing with a friend.
- 08/16/2024 - Subject posted pictures of herself and with a friend.
- 08/16/2024 - Subject posted a video of a person getting light therapy, people sitting on a couch, and then dancing. She posts about an upcoming session in November 2024.
- 08/17/2024 - Subject posted a picture of her daughter, Cemree, on a horse. In the comments, Subject discusses her daughter getting Ketamine therapy and thinking that her husband may benefit from it for his addictions.
- 08/17/2024 - Subject posted a video montage of eyes. She writes about being able to see what is behind your eyes.
- 08/17/2024 - Subject posted a video of a backyard in a thunderstorm. In the comments, she wrote that she was responsible for bringing the storm.
- 08/17/2024 - Subject posted about getting friend requests from men

- 08/17/2024 - Subject posted a message "Did you FEEL IT?!"
- 08/18/2024 - Subject posted a selfie picture of her holding her hand to her mouth, and appears upset in a car. She writes about having been told a secret in June 2023 that was upsetting.
- 08/18/2024 - Subject posted a video of her lying down for her light therapy. She hugs her knees to her chest and is waving her arms around. She writes that she gets messages when she is using light therapy. She also commented that she had to take a pause from writing her book.
- 08/18/2024 - Subject posted a video of her lying down for light therapy. In the comments, she references that she is writing a book and that her editor has given her a deadline.
- 08/18/2024 - Subject posted a video of people getting light therapy in a room. Subject is holding the camera to show the activity.
- 08/18/2024 - Subject posted a video of her home and the outside. Subject can be seen crawling back on the carpet on her elbows. She talks about dealing with pain in the comments. She also pushes back on her haters and said she does not want to keep things hidden.
- 08/18/2024 - Subject posted a meme about anguish.
- 08/18/2024 - Subject posted a picture of herself and her kids standing in front of a waterfall. She comments that they have been through a lot together.
- 08/18/2024 - Subject posted a video and photo montage of gemstones, herself, and her friend Holly. Subject posted how her friend got her through difficult times.
- 08/18/2024 - Subject posted a video of her lying down for light therapy. She explains that she has this set up in her home.
- 08/19/2024 - Subject posted a video of her and a friend running out into the rain and splashing around in the street. She said she is trying to be real.
- 08/19/2024 - Subject posted a split picture with 3 crosses on top and flames underneath. In the comments, she writes about feeling shame, humility, and being depressed. She writes that "I am unsure if I want to continue to walk this earth". She does thank her friends who have supported her during this process.
- 08/19/2024 - Subject posted a picture of her holding a black flag with the words Live A Great Story written on it. In the comments, she talks about not having any more secrets or lies and that she will one day write a book detailing her life.
- 08/19/2024 - Subject posted a video and picture of one of her kittens being adopted. In the comments, she writes that she tries to let the kitten and person pick each other.
- 08/19/2024 - Subject posted a video and pictures wishing her sister a happy birthday. She pans the camera around her backyard, showing her family.
- 08/19/2024 - Subject posted a video showing her and her family playing with her suspended sling. She is also seen playing with a glowing ribbon. She writes in the comments about feeling despair and feeling compelled to write. She also acknowledges hoping not to wake up at times, but that she now feels she can move forward.
- 08/19/2024 - Subject posted a selfie video of herself in a car. In the comments, she writes about the personal pain she and other people deal with.
- 08/19/2024 - Subject posted a video of her resting in a cloth sling. She swings in it and then flips so she is hanging upside down at one point. In the comments, she talks about dealing with the negative voices in your head.
- 08/19/2024 - Subject posted that she is no longer going to respond to DMs because she doesn't have time for them right now.
- 08/20/2024 - Subject reposted a mental health, generational trauma post. She relates this to her personal life with her first husband, dealing with mental health, including schizophrenia. She explains that she is sharing her story to let others know they aren't alone.

- 08/20/2024 - Subject posted a video and photo montage of her in a bathtub, at the hospital, getting her blood drawn, and getting a transfusion. She comments about the difficulty she has had getting doctors to believe that she is really sick.
- 08/20/2024 - Subject posted a picture of her sitting on the stairs. In the comments, she acknowledges those who have criticized her for sharing too much, but she does it for herself. She also comments that she has thought of writing a book, but she has too much for just one story.
- 08/20/2024 - Subject posted a picture of a person holding a stuffed unicorn head over their own. In the voiceover, she says, if you see her happy, leave her alone because she deserves it. In the comments, she notes that if she is happy or miserable, people will still judge her.
- 08/20/2024 - Subject posted a picture of feet standing on a scale. In the comments, she notes that the weight of 127 is too low for her and it is a sign that she is struggling physically. But she feels ready to fight to get better.
- 08/20/2024 - Subject posted a picture of a white flag and a hammer, and a stake. In the comments, she writes to someone about being verbally attacked and how they would like it if she did the same. She also writes that she is open to talking with the other person once they are ready.
- 08/20/2024 - Subject posted a video showing Disneyland. In the comments, she mentions that she had declined a "million-dollar payout". She then recounts her earlier experiences of going to the ER and being told that nothing was wrong or that she was a drug seeker or suicidal. She believes that she was close to death at this time. Her friend and nurse practitioner finally reviewed her patient's chart and determined that her health problems stemmed from cortisol levels.
- 08/20/2024 - Subject posted a picture of her friend, who is a nurse, along with a video from a Disney movie. In the comments, she describes a coristol storm she experienced that her friend helped her through before taking her to the ER.
- 08/20/2024 - Subject posted a selfie video of herself in a car. She comments that she has gone through a lot, and she is going to be authentic.
- 08/20/2024 - Subject posted that she apologizes for acting weird, but that it will happen again.
- 08/21/2024 - Subject posted a video of her newest cat. She comments that she had not intended to keep her, but the cat had other ideas.
- 08/21/2024 - Subject reposted a video showing trauma as something visible.
- 08/22/2024 - Subject posted a video of her running in the lawn sprinklers at night. In the comments, she writes that she remembers sneaking out at night with her sister and doing the same. They did get caught and were punished, but she notes that they were not treated well, so the fun was worth it.
- 08/22/2024 - Subject posted a video of her walking through her home, she vacuums, burns sage, and beats a drum. She then lets in a client for a session.
- 08/22/2024 - Subject posted a video of her and her daughter, Cemree. She dances with her in the kitchen.
- 08/23/2024 - Subject posted a video and pictures of her and her son, Covin, driving through forests and mountains. In the comments, she writes that he had arranged the trip for them. She also talks about her ex-husband and tells him that she knows he talks badly about her and asks him to stop contacting her kids because it upsets them
- 08/23/2024 - Subject posted a video of her driving. She comments that on trips, she gets back pain and uses Frequense cream for relief while sitting in the car.
- 08/23/2024 - Subject posted a video of her and her son, Covin, driving to a park. She walks around the trees when they get there. In the comments, she talks about her ex-husband saying he was an alcoholic and a gambler. He also lied about going to school that she had paid for. She had tried counseling, but it did not work, and her counselor told her she may have to leave him to find happiness.
- 08/24/2024 - Subject posted a video of her and her son exploring a roadside UFO exhibit. In the

comments, she thinks back on her family's cross-country trip and that she was so focused on getting to places safely, they couldn't enjoy it as much.

- 08/24/2024 - Subject posted a video of her and her son, Covin, driving at night through a wooded area in the rain. They hit something and got a flat. She wrote that their jack didn't work, but they were eventually able to get the police to help them.
- 08/24/2024 - The subject posted a video/photo montage of a car, herself, and her son at the Airbnb, and then a group meditation session.
- 08/25/2024 - Subject posted a video/photo-montage of her niece's birthday party. She had it at her home so that her niece's divorced parents could come on "neutral ground". She also wrote that she is trying to stay amicable with her ex and his family because she still loves them as well.
- 08/25/2024 - Subject posted a video of her buying a homeless man a tarp and a sleeping bag. She wrote that her first husband had talked about living on the streets when his mental illness was getting bad.
- 08/25/2024 - Subject posted a photomontage of pictures of books, hearts, and herself. In the comments, she writes about co-dependency and learning to stand on her own
- 08/25/2024 - Subject posted a video of her walking by the water. She walks by a rock formation and comments that it looks like she is "being birthed into the ocean". She wrote that her ex-husband was uncomfortable if she ever talked openly about anything sexual.
- 08/25/2024 - Subject posted a video of her and her son at the beach. She does the voiceover talking about life. In the comments, she writes about people watching; she did not like doing it before, afraid of being judged.
- 08/25/2024 - Subject posted a video of her putting on Relieve Cream on her lower back. She attributes the pain to riding, driving, and releasing trauma.
- 08/25/2024 - Subject posted a video of her doing different moves, bending over, and stretching her arms behind her.
- 08/25/2024 - Subject posted a video of her getting snacks for her trip. She saw a 49ers football while in the store, which made her think of her ex-husband. She states that they had a lot of good times, but that she is in a better place now. She wants to be amicable with him, but only when he is not drinking, which she notes is never.
- 08/25/2024 - Subject posted a meme about what trauma teaches a person.
- 08/26/2024 - Subject posted that she was getting ready to go for a walk in Crescent City. In the comments, she said that she is also posting on her TikTok account, @blazewithincyn.
- 08/26/2024 - Subject posted a video of her climbing up a large tree stump using a ladder. She also talks about the trip she took with her kids, going across the country in an RV. She had hoped to get a following while doing it, but realized how difficult it was to manage the travel, her kids, without trying to document everything. Her ex-husband told her she was crazy and did not think she would ever do it.
- 08/26/2024 - Subject posted a meme about rather than falling off, you were loading up. In the comments, she writes about being real and authentic even if it is difficult. She also asked for people who were struggling to seek help, and she recommends ketamine therapy for many issues, noting it helped her daughter.
- 08/26/2024 - Subject posted a video of her and her son, Covin, going into a restaurant. In the comments, she wrote that she thought it was important for her kids to learn to explore new places, try new restaurants, and learn how to travel. She also wrote that her son paid for their meal and how proud she is of him.
- 08/26/2024 - Subject posted a meme about avoiding difficult conversations. In the comments, she mentioned that her ex-husband would hate to go out alone, worried about difficult conversations. She wants to avoid doing this now and wants to keep things out in the open.
- 08/26/2024 - Subject posted a video of a car driving through a mountainous area. She writes that she

had a conversation with her son, where she learned that he did not always see her as the best mother. She had him stop, and she stood by a cliff and realized she could easily jump or fall over. She was hurt by his comments, but then realized that she could get better. She also blamed herself when she realized that her ex-husband was abusive to her kids.

- 08/26/2024 - Subject posted a video of her walking through the woods by herself. She climbed up on the large stump of a hollowed-out tree. She commented that she had a talk with her son and felt bad that she was not the perfect mother, and felt a failure. She then thought about it, and she worked on processing it differently.
- 08/26/2024 - Subject posted a video of horseback riding with her son. She mentions that she may not have been the best mom when he was little, but after their cross-country trip, they all got closer.
- 08/26/2024 - Subject posted a video of herself on top of a large stump; she uses a ladder to climb down. She tosses her phone down to her son so he can videotape her.
- 08/27/2024 - Subject posted a video of a hike that she took with her son, Covin. She also wrote that they were going horseback riding afterward. She states she felt better than expected, although she had worried about getting weak since she did not sleep well the night before. She mentions that in May, she had her implants removed due to "breast implant illness," which caused her iron levels to drop.
- 08/27/2024 - Subject posted a meme about directness and transparency being love languages for those who experienced trauma.
- 08/27/2024 - Subject posted a meme with two doors, one giving you 10 million in cash, the other fixing your mistakes. Subject said she would take the money.
- 08/28//2024 - Subject posted a video of herself in a bathtub showing her legs. She notes a sore on the top of one of her feet.
- 08/28/2024 - Subject posted a video selfie while driving. She mentioned that she missed her FreQy Drink while she was out of town. She attributes the drink to helping her feel better and improve her lab values. She said that she was driving to the doctor's for a blood draw.
- 08/28/2024 - Subject posted a video of her going to oncology/hematology for a blood draw after her surgery. She also wrote that she has to see the dentist for a broken tooth.
- 08/29/2024 - Subject posted a meme about searching for the real in people. She was told that when she was young, she should look for the good in everyone and love that. She would now rather see their scars because the good may be fake.
- 08/29/2024 - Subject posted a meme of being proud of getting through hard times alone without anyone realizing what happened. She argued that this is wrong and we should share our struggles. She also mentioned that there will be a book.
- 08/29/2024 - Subject posted a video of her going to the dentist to get a broken tooth fixed. She reflects on a dental visit when she was a child, when the dentist told her to "shut up." She adds to the reason why she was taught to keep things inside. She also wrote that she has an Ehlers-Danlos connective tissue disorder.
- 08/29/2024 - Subject posted a video of a person sitting by the water with the definition of Lifequake. She explained that this is experiencing a sudden change in the direction of your life.
- 08/29/2024 - Subject posted a picture of her son, who died. In the comment,s she wrote about driving to the cemetery with her other kids when she was almost in an accident. The people in the other car yelled at her, and she was upset but realized that they did not know what she was going through. She has come to believe that you cannot take on that negative energy.
- 08/29/2024 - Subject posted a picture of herself with her 2 daughters. In the comments, she states that keeping things hidden was something that she learned in childhood from her family and religion. She also says that she has been approached several times to write a book detailing all that she has gone through.
- 08/29/2024 - Subject posted a selfie of herself by a Ferris wheel. In the comments, she states she has

been discovering herself. She realizes that keeping things hidden stemmed from lessons learned in her childhood. She also wrote, "Can you imagine what would happen if everyone knew he hurt you," but did not state who that was.

- 08/29/2024 - Subject posted a video meme of 2 balls going down a track. Showing that a life with ups and downs goes further and faster than a straight line.
- 08/29/2024 - Subject posted a picture of her dead baby son. In the comments she continues an earlier story about nearly being in an accident. She is trying to learn self-forgiveness and not letting other people's negativity affect her.
- 08/31/2024 - Subject posted a video montage showing her jumping on a trampoline, dancing, and wading in a pool. In the comments, she encourages people to "live their life for you".
- 09/01/2024 - Subject posted a video of her lying down under a blanket. Someone massages her feet. She coughs at one point and has a face mask pushed up.
- 09/01/2024 - Subject posted a photo/video montage showing her jumping on a trampoline, upset in a car, and standing outside. In the comments, she posts a poem that a stranger wrote for her, and having met him at her home to discuss the light and frequency therapy she does.
- 09/01/2024 - Subject posted a selfie video while sitting in a car. In the comments, she states that she only wants to be authentic in her relationships and hold each other accountable.
- 09/01/2024 - Subject posted a meme about not following a man who is not treating you well. She commented that she believes this holds for all relationships and that she may have been a placeholder for some people. She is now focused on being good to herself.
- 09/01/2024 - Subject reposted a video meme showing horses running on a beach and commented that some women aren't meant to be tamed.
- 09/01/2024 - Subject posted a video of her swinging on a hanging sling. At one point, she hangs upside down. She comments that September can bring new opportunities, which she is open to receiving.
- 09/01/2024 - Subject posted a duet video with a social media influencer who explains that some men can be parasites. She posts that her last relationship was.
- 09/01/2024 - Subject posted a video of a broken sprinkler spewing water and a photomontage. In the comments, she explains that her content may be triggering, but trying to be authentic so she can be a better version of herself.
- 09/01/2024 - Subject reposted a video showing a resonance experiment. She explains that this shows how the treatments she provides can help a person's body release "gunk".
- 09/01/2024 - Subject posted a series of memes and pictures that address changing yourself for the better.
- 09/01/2024 - Subject posted a meme about being wrong when she got married. She commented that she had hidden the problems she had had with her last marriage. She said that her ex is still hurting her and her family.
- 09/01/2024 - Subject posted a video of her jumping on a trampoline with her daughter, playing in a pool, and walking in the forest with her son. In the comments, she relays a conversation that she had with a man about hope and trust.
- 09/01/2024 - Subject posted a video of her walking with her daughter through a creek barefoot. In the comments, she discusses pushing beyond her comfort zone and feeling empowered. She does not want any more secrets in her relationships,
- 09/01/2024 - Subject posted a video of her and her daughter walking barefoot into a creek.
- 09/02/2024 - Subject reposted a video about authenticity.
- 09/04/2024 - Subject posted a meme about dignity. In the comments, she ponders if that means keeping things hidden, which results in more problems.
- 09/04/2024 - Subject posted a meme about repeating the same thing over and over being insanity. She

comments that it is important to break that cycle.

- 09/04/2024 - Subject posted a poem she wrote about "alchemy".
- 09/04/2024 - Subject posted a video of her getting light therapy. She commented that she had been having abdominal pain and knew her cortisol levels were high. She finds that the lights help treat that.
- 09/04/2024 - Subject posted a video of being in a bathtub. She comments that she has time to relax. Her daughter walks in, bringing her a glass of water.
- 09/04/2024 - Subject posted that she was not able to drink her Frequency drink while on vacation.
- 09/04/2024 - Subject posted a video of going out to eat with her daughter. After eating, she throws up in a cup inside her car. She posts that if she hasn't eaten in a while, this is how her body sometimes reacts.
- 09/04/2024 - Subject posted a video montage of her outdoors, getting light therapy, and with her family. In the comment,s she recaps all that she has gone through and is now trying to live her authentic self.
- 09/06/2024 - Subject posted a video of her moving boxes and setting up a chair for light therapy.
- 09/06/2024 - Subject posted that she was having a cortisol crisis. She posted a video of getting an infusion and then doing light therapy.
- 009/06/2024 - Subject posted a video of her daughter, Cemree, learning to drive.
- 09/06/2024 - Subject posted a video of herself using a "magnesium-infused float spa". She leans back in it and flips so she is upside down at one point.
- 09/06/2024 - Subject posted a video of her going to a women's business event with a friend.
- 09/06/2024 - Subject posted a video of her using a lighted abdominal band that she wrote helps with her pain. She also posted that a friend provided her with a "magical concoction" to help as well.
- 09/06/2024 - Subject in a video making a bed with her daughter.
- 09/06/2024 - Subject posted a video of her driving with her daughter and dropping her off at a horse stable.
- 09/06/2024 - Subject posted a video of her and her daughter going to get her daughter's debit card replaced.
- 09/06/2024 - Subject posted a video of her using an inversion table.
- 09/06/2024 - Subject posted a video of going to McDonald's with her daughter. The restaurant was having a giveaway. In the comments, Subject mentioned that she had won a car before.
- 09/06/2024 - Subject posted a video of going to McDonald's with her daughter. The restaurant was having a giveaway. In the comments, Subject mentioned that she had won a car before.
- 09/08/2024 - Subject posted a video of a birthday party for a friend.
- 09/08/2024 - Subject posted a video of her taking a bath and then doing light therapy. She comments that she had gone to a friend's birthday, which took a lot out of her, causing her cortisol levels to drop. She mentions that she expects this to happen just by living her life. Also in the comments, she mentions that she was offered a 10 million dollar payout but does not provide additional details.
- 09/10/2024 - Most recent post on Subject's TikTok account. Video of Subject getting out of her car, taking off her shoes, and leaning back into a tree. She describes it as grounding.
- 09/15/2024 - Subject posted a video of her walking outside to a lawn chair and soaking her feet in a small tub.
- 09/16/2024 - Subject posted a video of giving herself light therapy for a cortisol storm.
- 09/17/2024 - Subject reposted a video where she dances and pretends to put a You are Awesome stamp on the camera.
- 09/18/2024 - Subject posted a meme about men treating women right. Comments supported and criticized the post.
- 10/09/2024 - Subject posted a meme about daughters.
- 12/21/2024 - Subject posted pictures of kittens that were up for adoption.
- 12/25/2024 - Subject posted a Christmas video. The video shows her tree, candies, presents, and Subject

wraps herself in paper.
- 12/25/2024 - Subject posted a video for Christmas. She rolls and wraps herself in wrapping paper.
- 01/10/2025 - Subject posted an outdoor selfie.
- 05/11/2025 - Subject at the cemetery by her son's tombstone. She writes that it is extra hard when his birthday falls on Mother's Day.
- 06/30/2025 - Most recent activity on Subject's Facebook account. A repost from an equine therapy group that received grant funding. Subject states that her daughters have gone and loved it.
- 07/06/2025 - Subject posted a picture montage of her and her family's 4th of July pictures.
- 07/13/2025 - Subject posted a video montage of a road trip she took over the summer with her family.
- 10/18/2025 - Subject posted a video of herself and 2 companions wearing witch hats and lying on mats.
- 10/29/2025 - Most recent activity on Subject's Instagram account. Subject posts a selfie of herself in a Halloween t-shirt holding a syringe.

Findings:
Subject references a slip and fall accident in the 6/23/2024 post.

Court and Property Records:
Subject's current address is 2629 2160 E St, St. George, UT 84790. Property records were not located in Subject's name. Subject's most recent address history (last two years) was included in the report.

There were no court records located in Subject's name.

File notes (other)
Indicators:
Bankruptcies: 1 Found, Latest in 2004
Liens: None Found
Judgments: None Found

Business Accounts:
https://quantumbliss.co/

Subject Information	
Name :	Cynthia Lee Jacobson
Social Security Number :	601-05-4542
Last Known Addresses:	**Jun 1, 2025** - **Jun 1, 2025** Saint George Circle, Draper, Utah 84020, United States **Nov 22, 2024** - **Nov 22, 2024** Los Angeles Street, Huron, California 93234, United States **May 17, 2024** - **Apr 2, 2025** 343 South Main Street, St. George, Utah 84770, United States **Feb 27, 2023** - **Oct 30, 2025** 2629 South 2160 East, St. George, Utah 84790, United States **Jul 29, 2020** - **Feb 6, 2024** 744 North 2380 East Circle, St. George, Utah 84790, United States **Jun 1, 2011** - **Aug 2, 2025** 3598 Price Hills Drive, St. George, Utah 84790, United States
Phone(s) :	(435) 619-6070 (MT) (Mobile) (86%) (435) 656-8219 (MT) (LandLine) (86%) (435) 817-1900 (MT) (Mobile) (66%) (435) 251-1000 (MT) (VoIP) (39%) (435) 619-6069 (MT) (Mobile) (39%)
Alias(es) :	CYNTHIA LEE SPILKER (07/09/2010 to 08/29/2011) CYNTHIA SPILKER (02/14/2013 to 08/06/2025) CYNTHIA L JACOBSON (12/16/2012 to 08/02/2025) CYNTHIA L SPILKER (05/08/2022 to 08/01/2025) CYNTHIA LEE JACOBSON (07/05/2019 to 07/28/2025) CYNTHIA L SIMPKINS (05/04/2024) cyndee.jacobson.163679 blazewithincyn/ @cyndeejacobson2870 CyndeeKnows cyndee-jacobson-67a80a316 Quantum-Bliss-6155625785811
Email Address(es) :	dxspilker@yahoo.com (100%) zacj452@gmail.com (100%)
DOB :	07/25/1978
Marital Status :	Per social media Subject is single.
Employment :	Per Subject's LinkedIn account, she is an RN at Intermountain Health. Subject is the co-owner of Quantum Bliss.
Alleged Injury :	Unknown Injury
Date of Loss :	06/14/2024
Education :	Unknown
Hobbies :	Travel, horseback riding, hiking.
Additional Info :	N/A

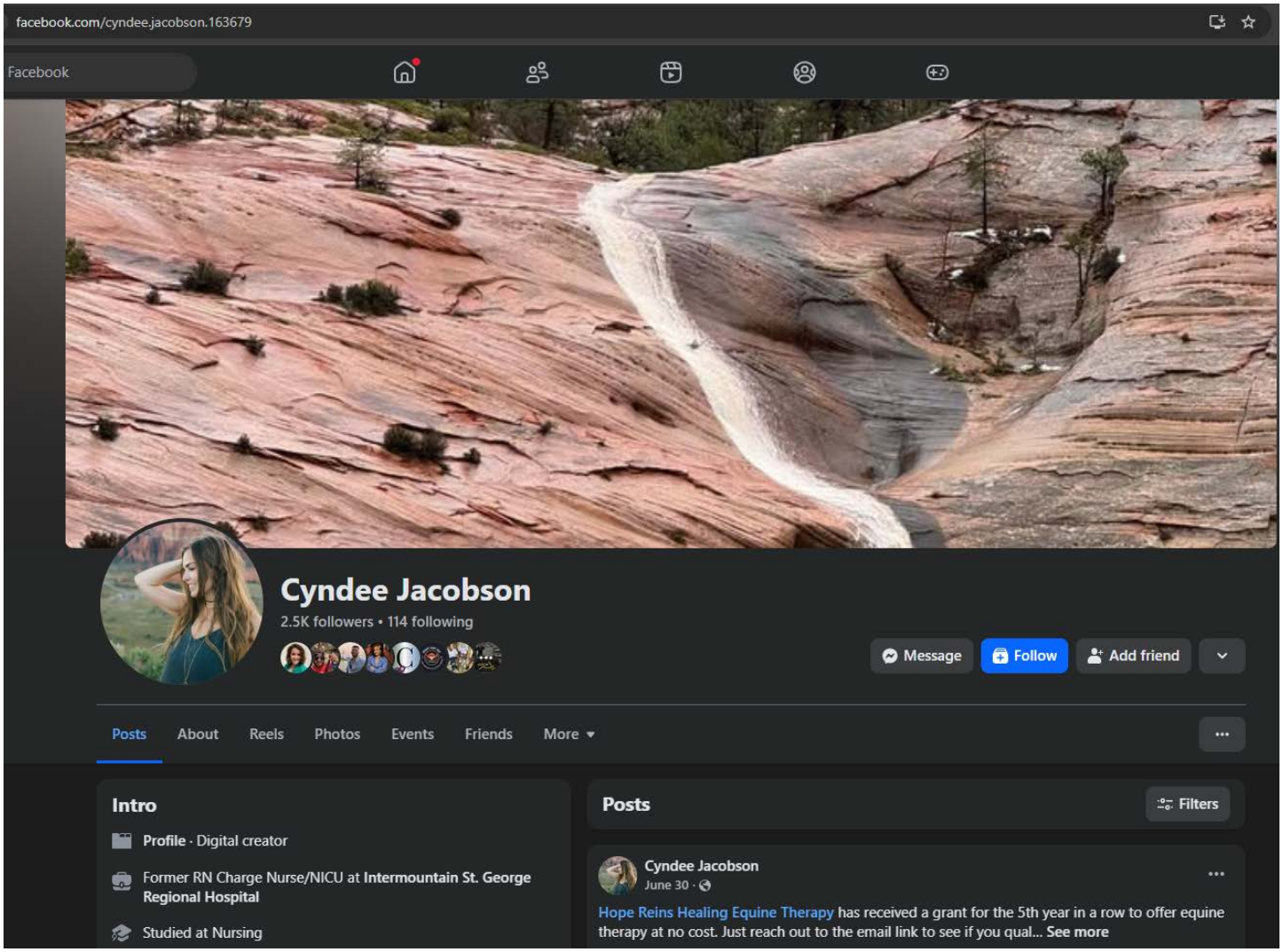
Associates

Name	Relationship	Account
Stacy Lynn Hales	**Relative**	https://www.facebook.com/stacy.hales https://www.instagram.com/sapphira70/ https://www.instagram.com/stacy.hales/ https://x.com/SiouxsieSioux52 https://www.pinterest.com/stacyhales50/
Cenya Jacobson	**Child**	https://www.facebook.com/profile.php?id=100070118107053 https://www.facebook.com/cenyastravels https://www.instagram.com/cenya.jacobson7148/ https://www.instagram.com/cenyas.travel.photography/ https://www.instagram.com/cenyas_adventures/ https://www.instagram.com/cenyascrystals/ https://www.etsy.com/shop/CenyasCrystals https://dot.cards/cenya https://www.youtube.com/@cenyajacobson https://www.linkedin.com/in/cenya-jacobson-36b6952a3/ https://www.pinterest.com/cenyajacobson/ https://www.pinterest.com/cenya_jacobson/ https://account.venmo.com/u/Cenya-Jacobson
James Simpkins (married to Jenny)	**Sibling**	https://www.facebook.com/james.simpkins.984 https://www.instagram.com/simpkinsjames/
Jenny Simpkins (married to James)	**Relative**	https://www.facebook.com/jenny.elsey.3 https://www.instagram.com/jsimpkins2016/ https://account.venmo.com/u/Jenny-Simpkins
Timmothy John Simpkins	**Sibling**	https://www.facebook.com/godlessons https://www.instagram.com/timmsimpkins/ https://www.instagram.com/talovacom/ https://www.threads.com/@talovacom https://x.com/poduck https://www.linkedin.com/in/poduck/ https://www.pinterest.com/timmsimpkins/ https://medium.com/@poduck https://www.talovalabs.com/
Adrian Hyer	**Other**	https://www.facebook.com/adrian.hyer https://www.instagram.com/_thecatproject
Chance Garnica	**Other**	https://www.facebook.com/chance.garnica https://www.facebook.com/profile.php?id=61568460024154 https://www.instagram.com/chance11377 https://www.threads.com/@chance11377 https://www.tiktok.com/@chance11377 https://linktr.ee/chance11377
Cemree Jacobson	**Child**	https://www.facebook.com/profile.php?id=100082154365262 https://www.instagram.com/cemreejacobson/ https://www.tiktok.com/@cemreejacobson https://www.pinterest.com/cemreejacobson/
Bryan Black	**Other**	https://www.facebook.com/bryan.black.12764 https://www.instagram.com/bryan21bl/
Jo Farnham	**Parent**	https://www.facebook.com/jolou.farnham https://www.instagram.com/jofarnham/
Melissa Strong Schmitt	**Sibling**	https://www.facebook.com/melissa.uribe.963 https://www.instagram.com/melistrong/ https://www.threads.com/@melistrong https://www.pinterest.com/meliur/ https://account.venmo.com/u/Meli-Strong
Denise Jacobson (ex-mother-in-law)	**Relative**	https://www.instagram.com/denisej81/ https://account.venmo.com/u/Denise-Jacobson-4
Melanie Sharp	**Sibling**	https://www.facebook.com/melanie.schmitt.71 https://www.instagram.com/mel.s.888/ https://www.pinterest.com/melanies06/ https://account.venmo.com/u/Mel-0927

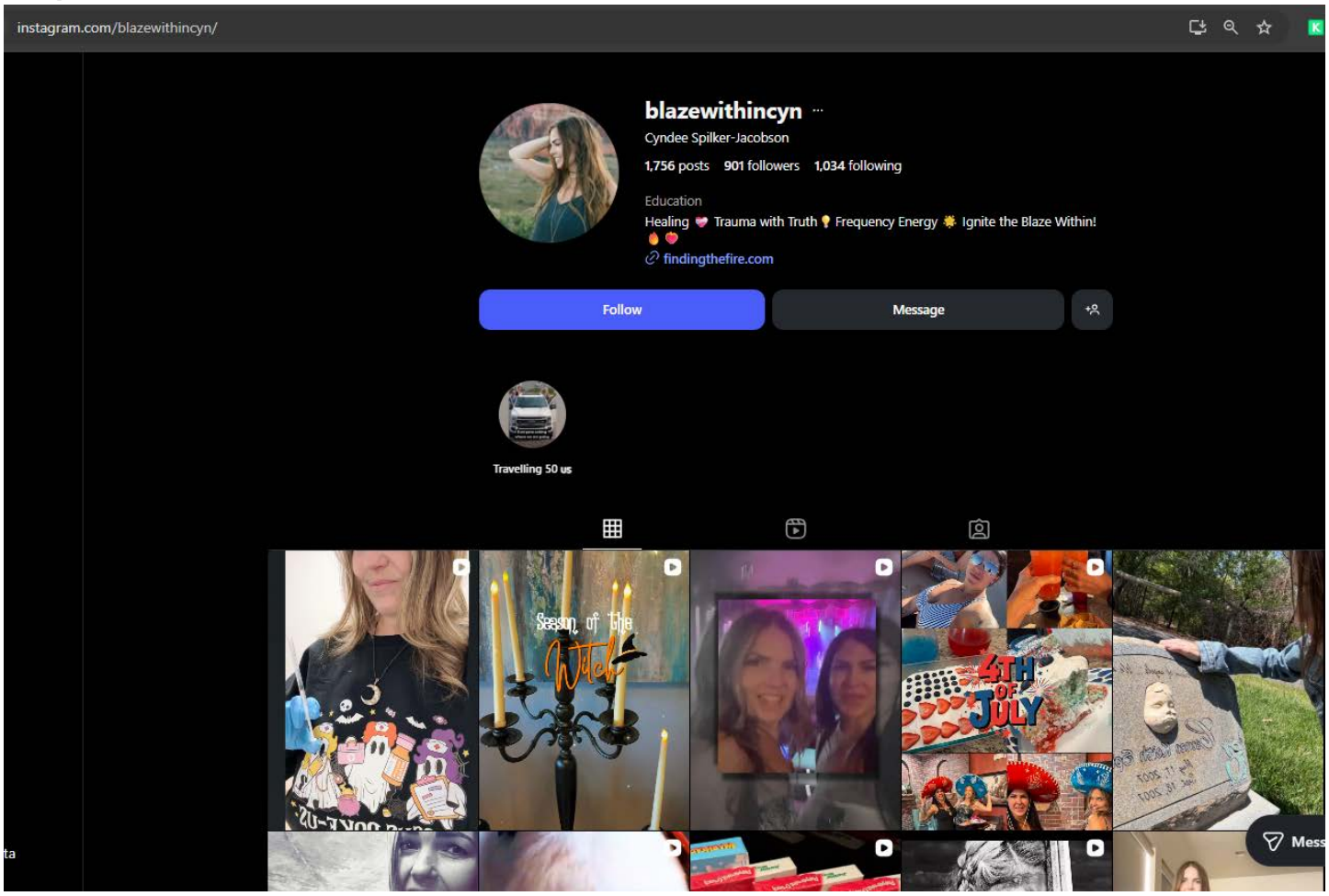
Name	Relationship	Account
Samantha Jacobson-Dannelly (ex sister-in-law)	**Relative**	https://www.facebook.com/samantha.jacobson.35 https://www.instagram.com/samanthajacobson1/ https://www.pinterest.com/jacobsonsammy/ https://account.venmo.com/u/Samantha-Jacobson-5
Shelby Jacobson (ex sister-in-law)	**Relative**	https://www.facebook.com/shelby.esplin https://www.instagram.com/shelbjacobson/ https://www.pinterest.com/shelbyesplin/ https://www.pinterest.com/esplin1431/ https://account.venmo.com/u/Shelby-jacobson-16
Zac Jacobson (ex-husband)	**Relative**	https://www.instagram.com/zac_jacobson/ https://www.google.com/maps/contrib/116069483987411918857/reviews https://www.linkedin.com/in/zacheriah-jacobson-24b6ab267/ https://account.venmo.com/u/zacheriahjacobson
Covin Jacobson	**Child**	https://account.venmo.com/u/CovinJacobson

Profile Pages

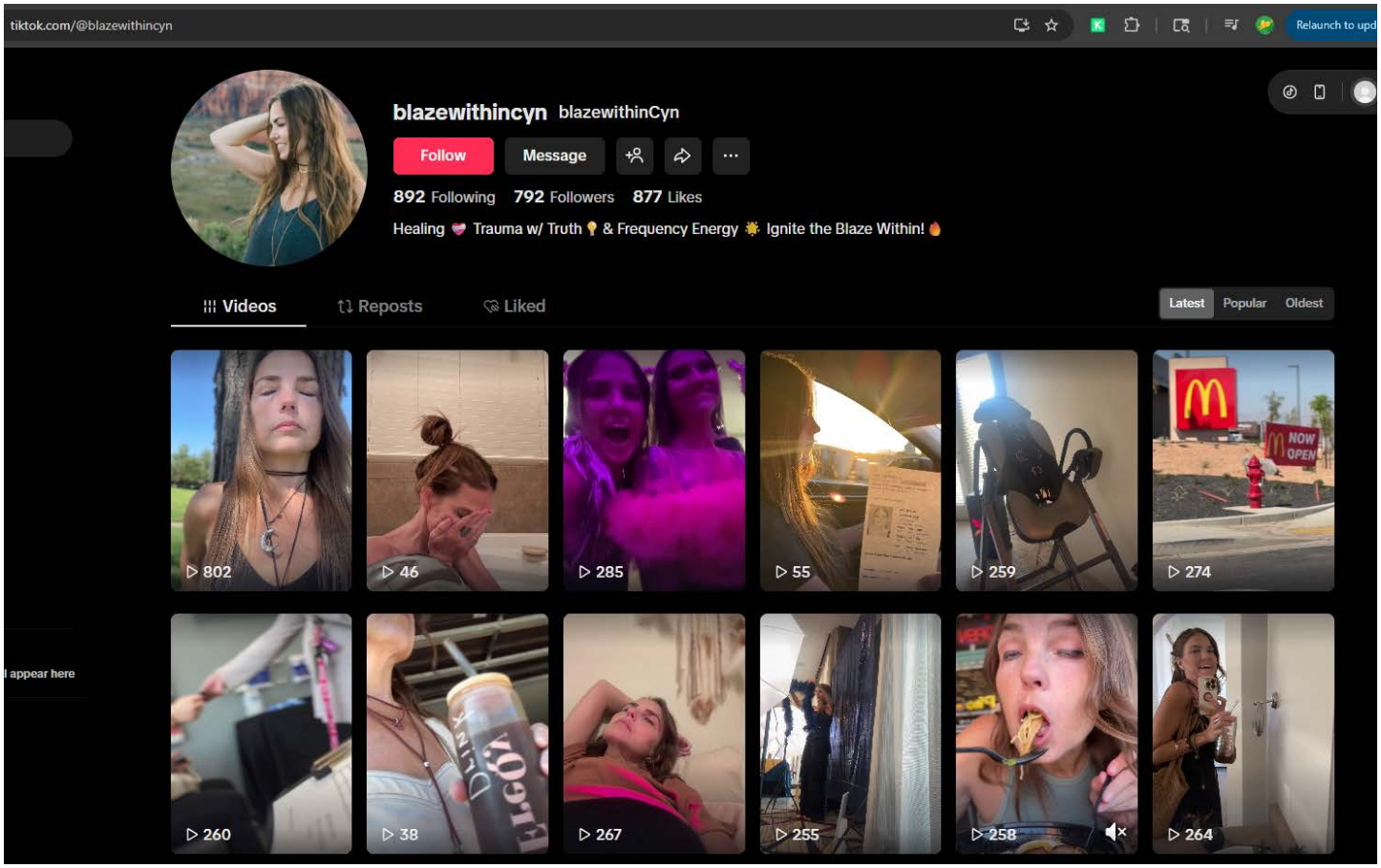
Social Media Link: https://www.facebook.com/cyndee.jacobson.163679
Date Captured: Nov 05, 2025
Snapshot:



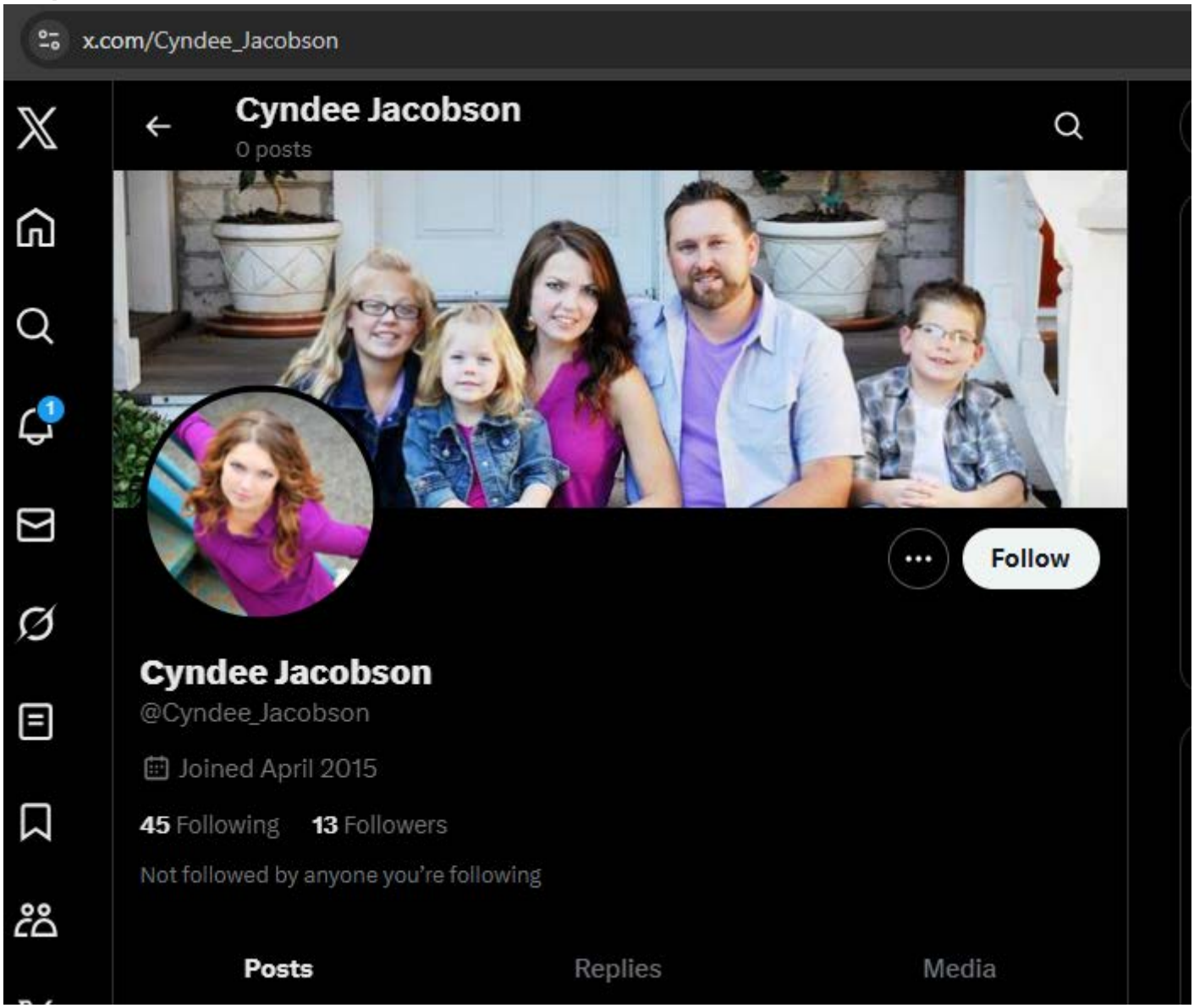
Social Media Link: https://www.instagram.com/blazewithincyn/
Date Captured: Nov 05, 2025
Snapshot:



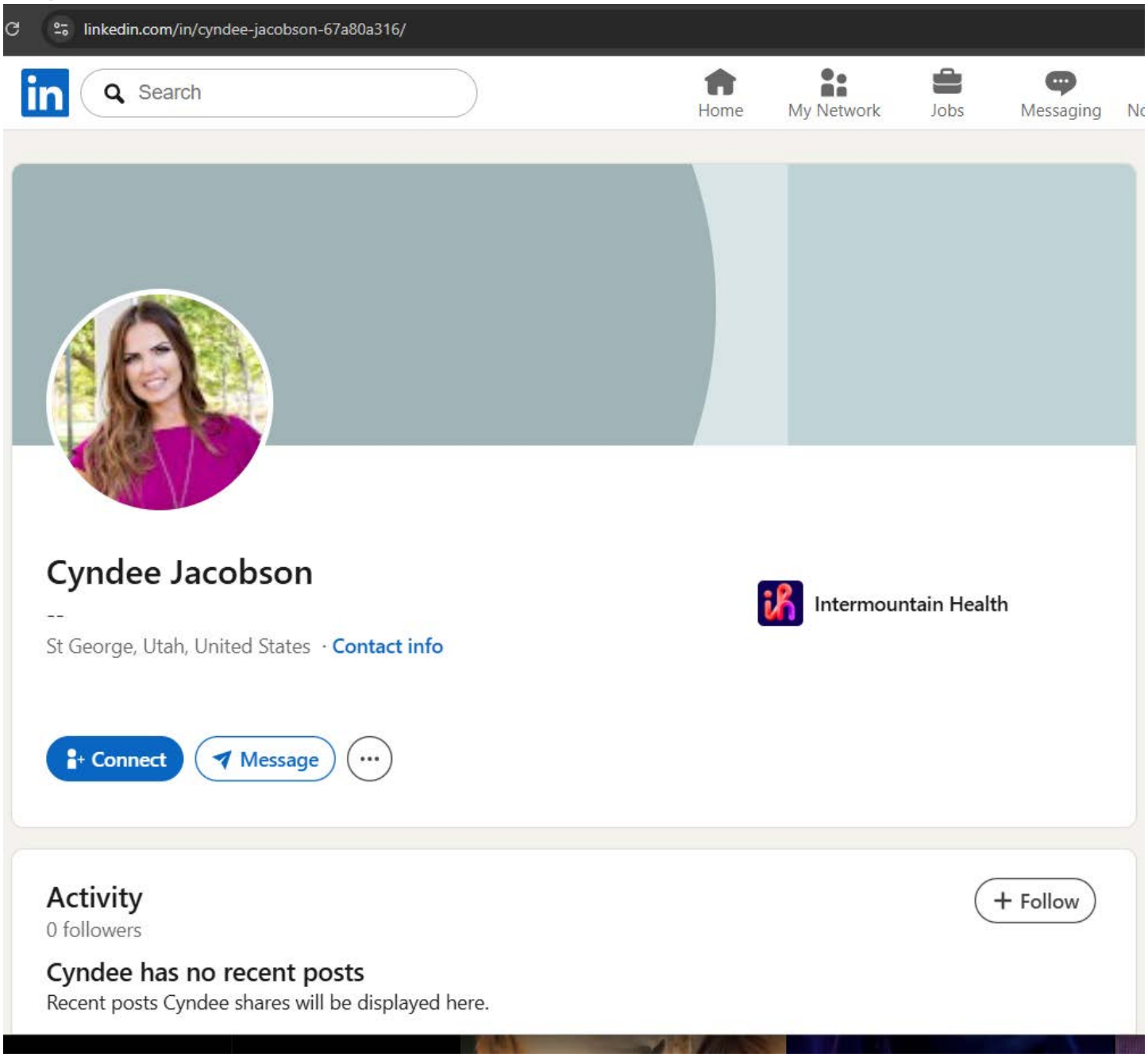
Social Media Link: https://www.tiktok.com/@blazewithincyn
Date Captured: Nov 10, 2025
Snapshot:



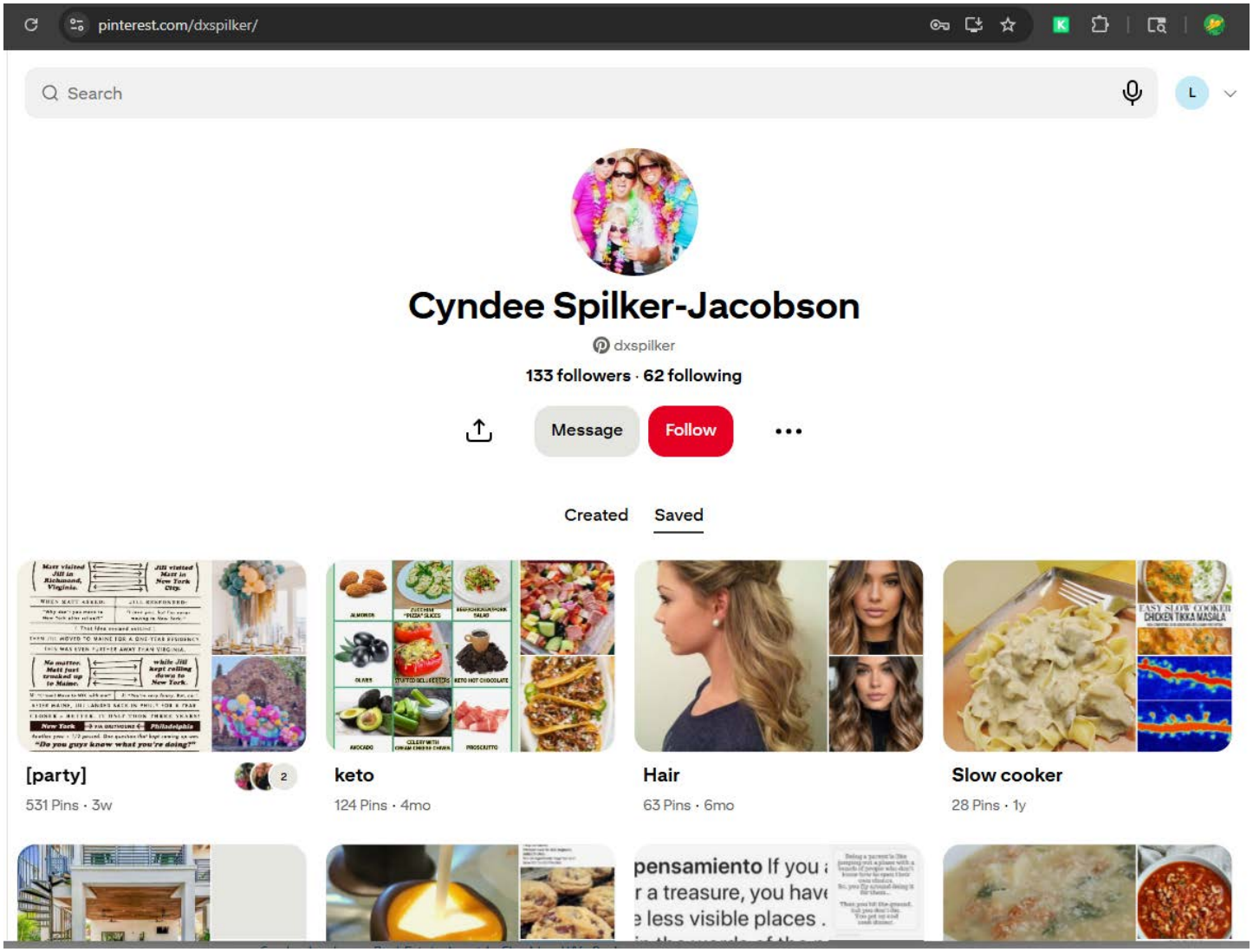
Social Media Link: https://x.com/Cyndee_Jacobson
Date Captured: Nov 18, 2025
Snapshot:



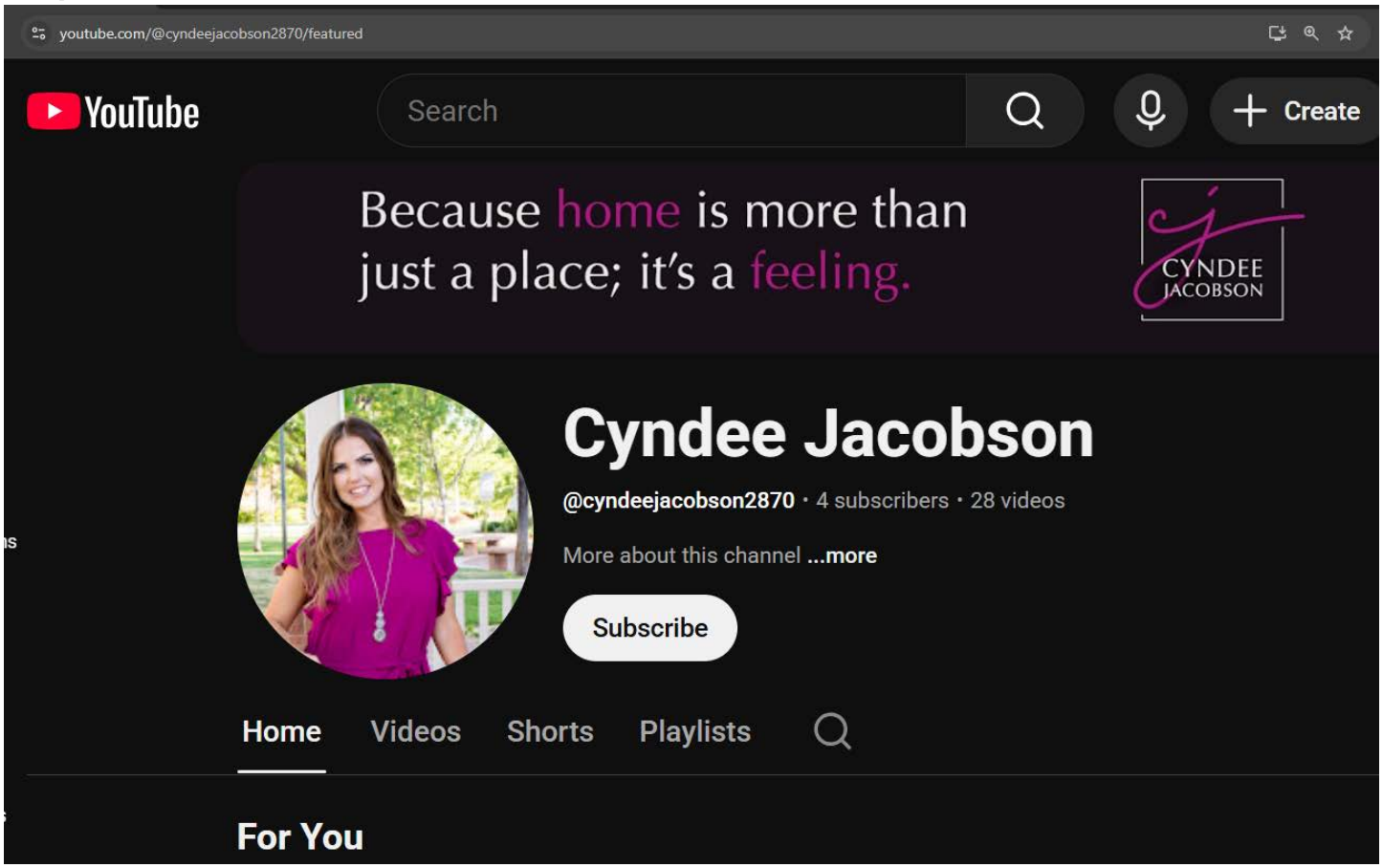
Social Media Link: https://www.linkedin.com/in/cyndee-jacobson-67a80a316/
Date Captured: Nov 10, 2025
Snapshot:



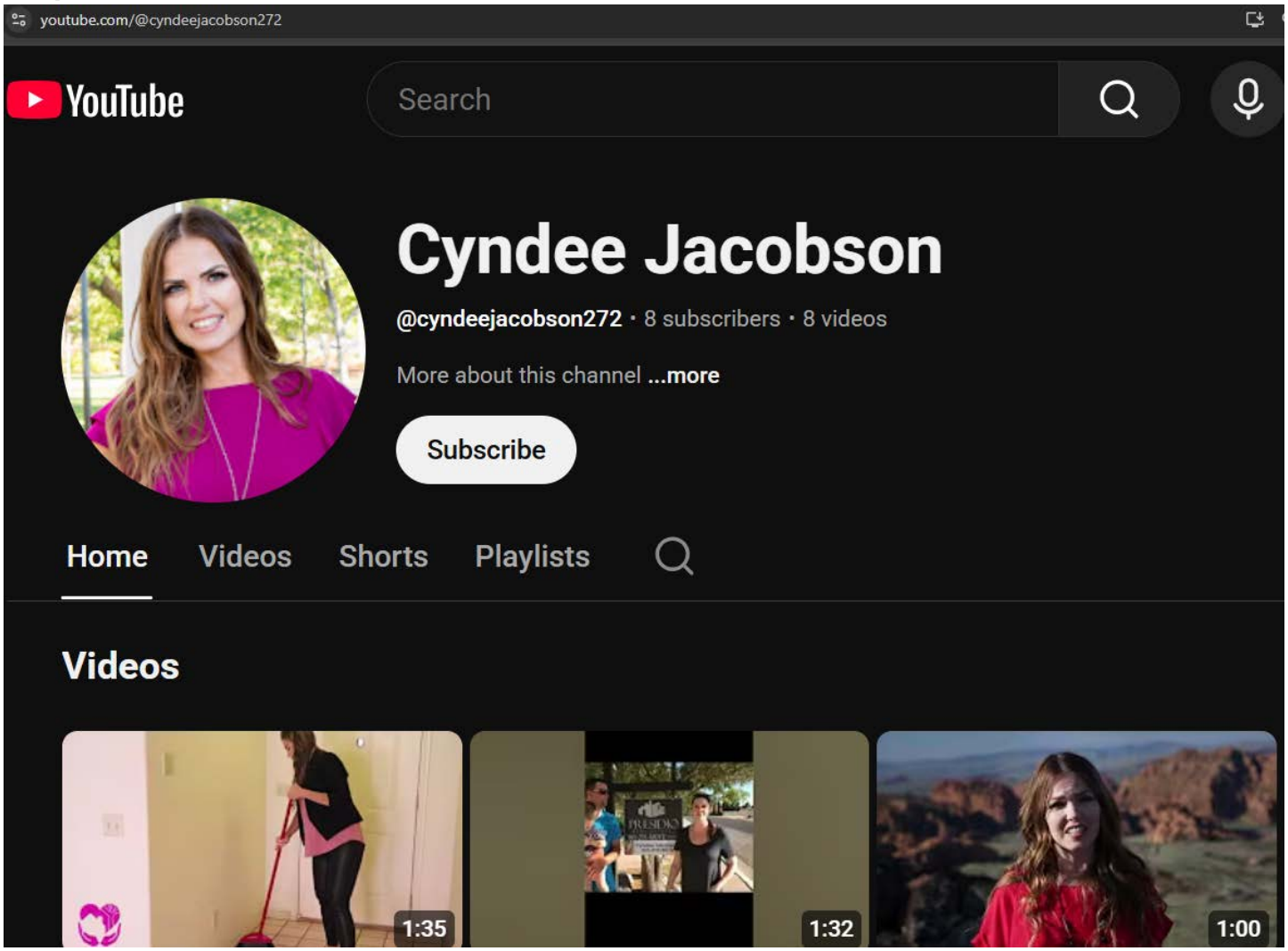
Social Media Link: https://www.pinterest.com/dxspilker/
Date Captured: Nov 18, 2025
Snapshot:



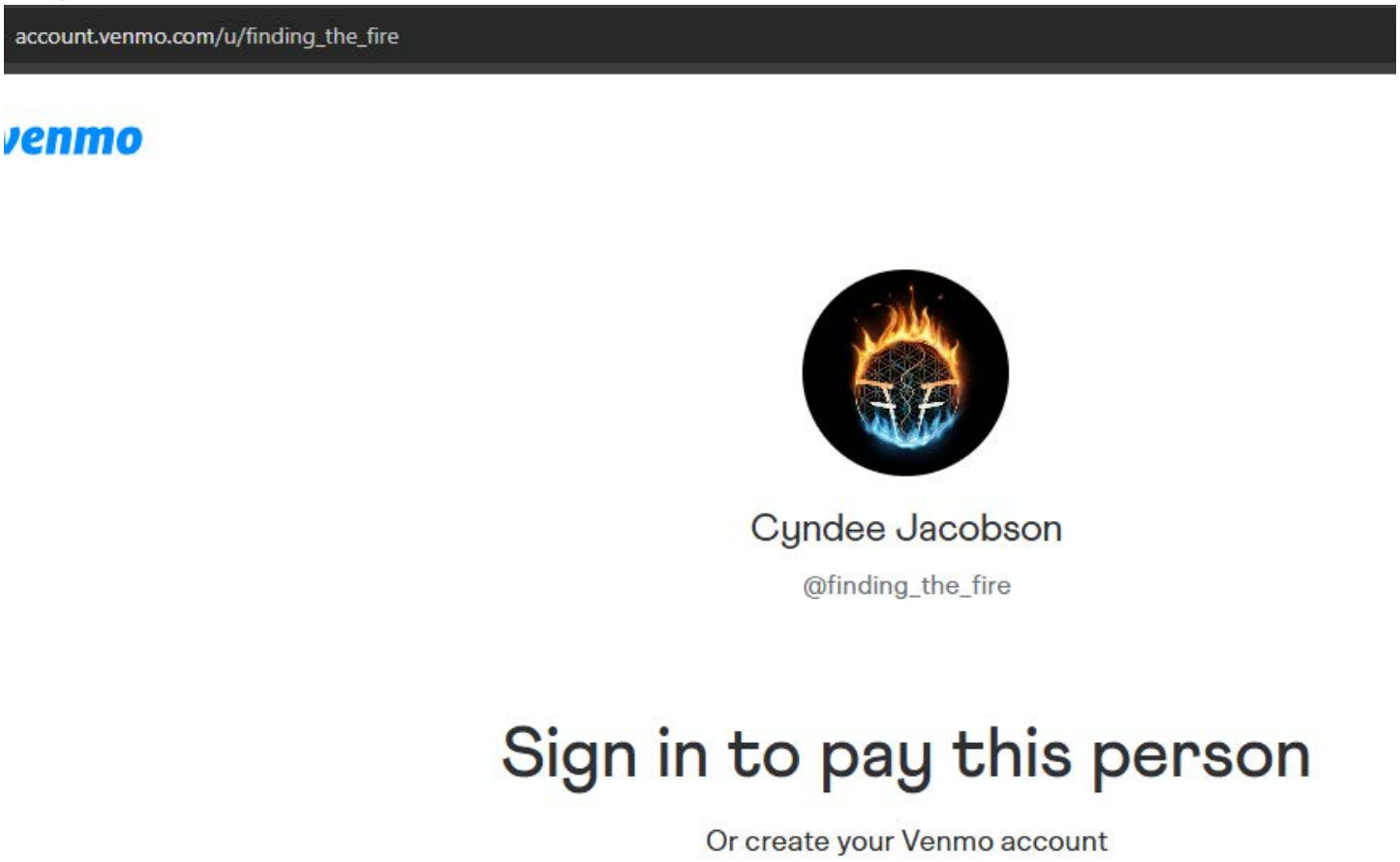
Social Media Link: https://www.youtube.com/@cyndeejacobson2870/featured
Date Captured: Nov 06, 2025
Snapshot:



Social Media Link: https://www.youtube.com/@cyndeejacobson272
Date Captured: Nov 18, 2025
Snapshot:



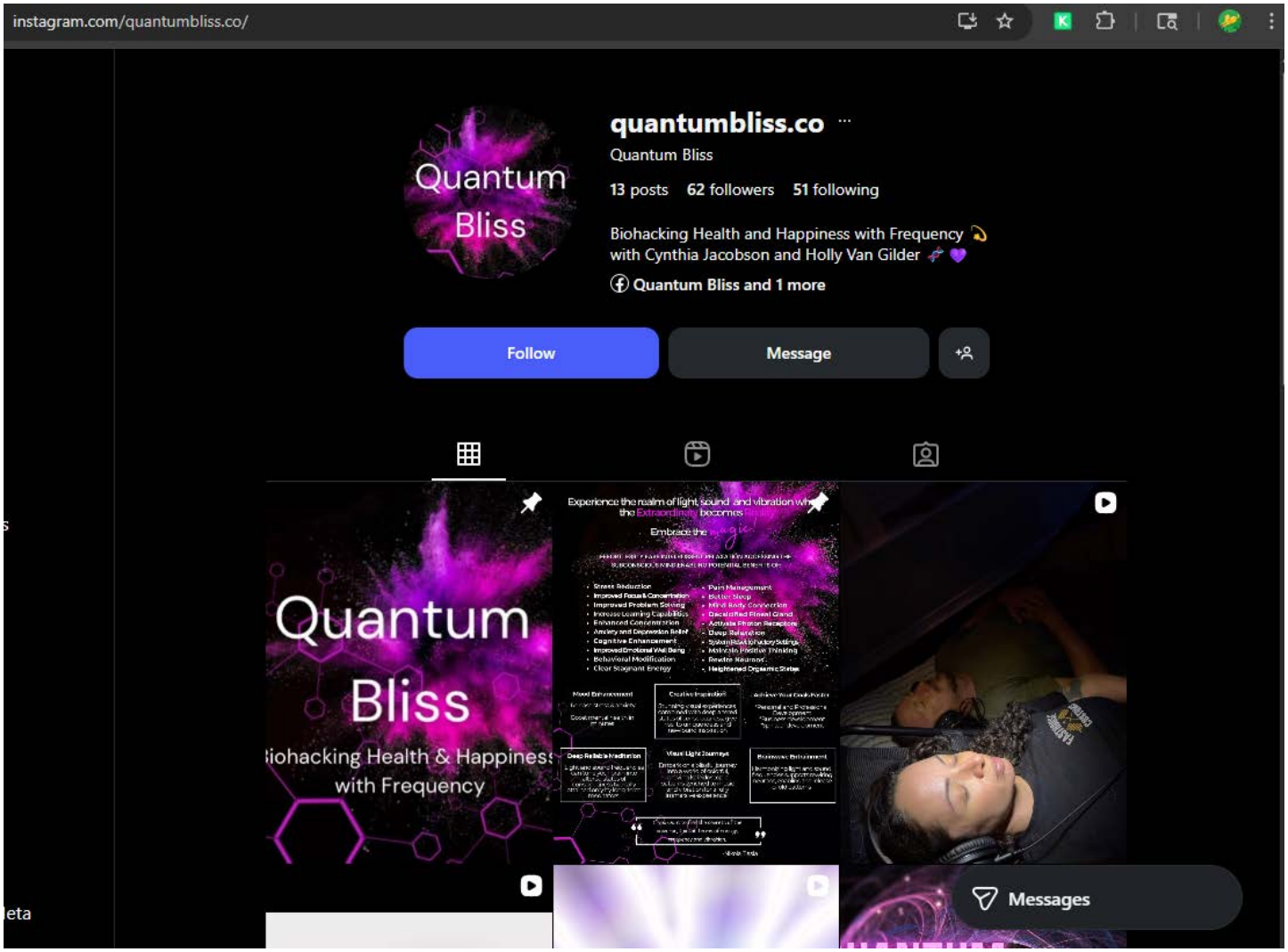
Social Media Link: https://account.venmo.com/u/finding_the_fire
Date Captured: Nov 18, 2025
Snapshot:



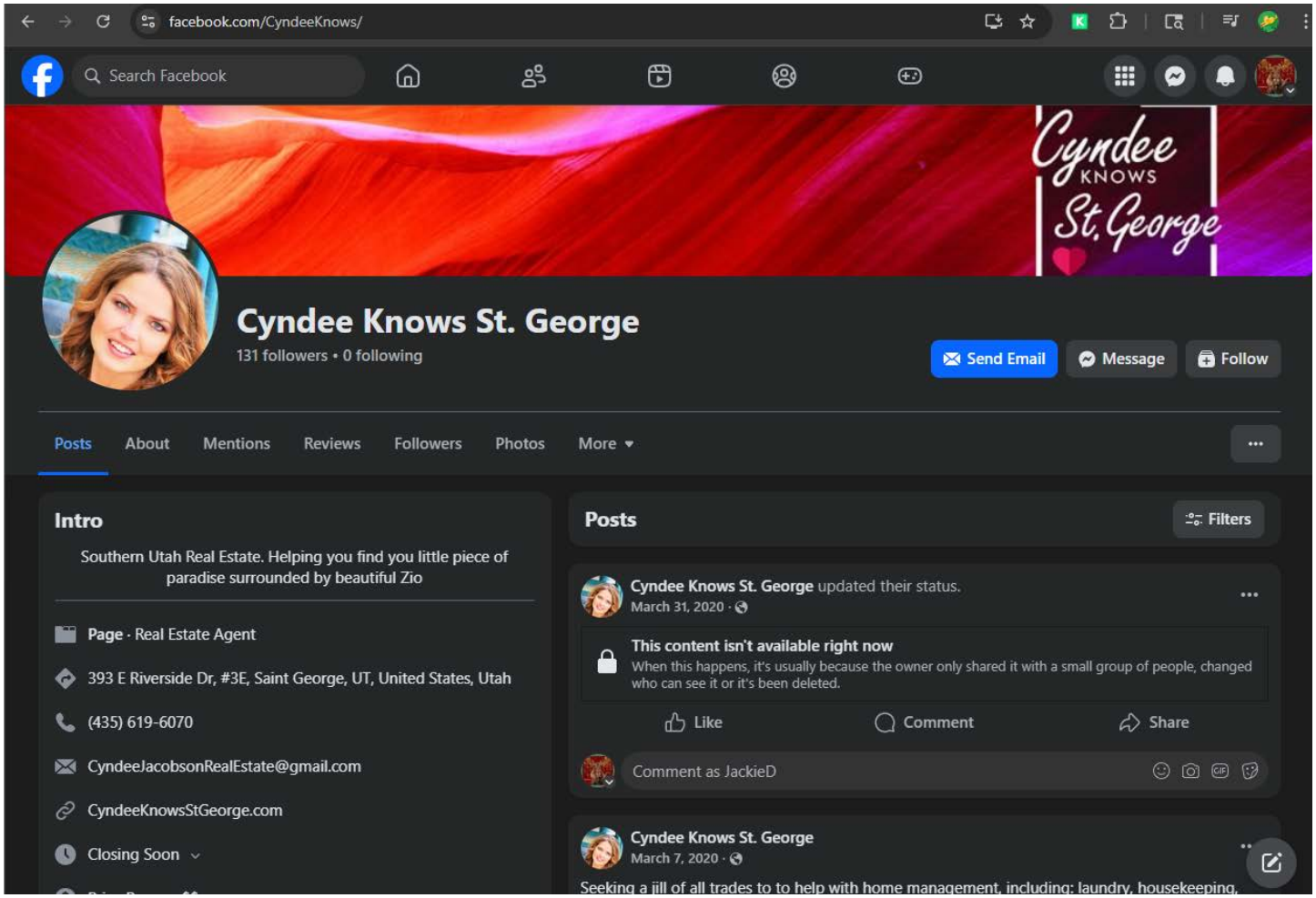
Social Media Link: https://www.facebook.com/p/Quantum-Bliss-61556257858111/
Additional Note: Business Account
Date Captured: Nov 10, 2025
Snapshot:



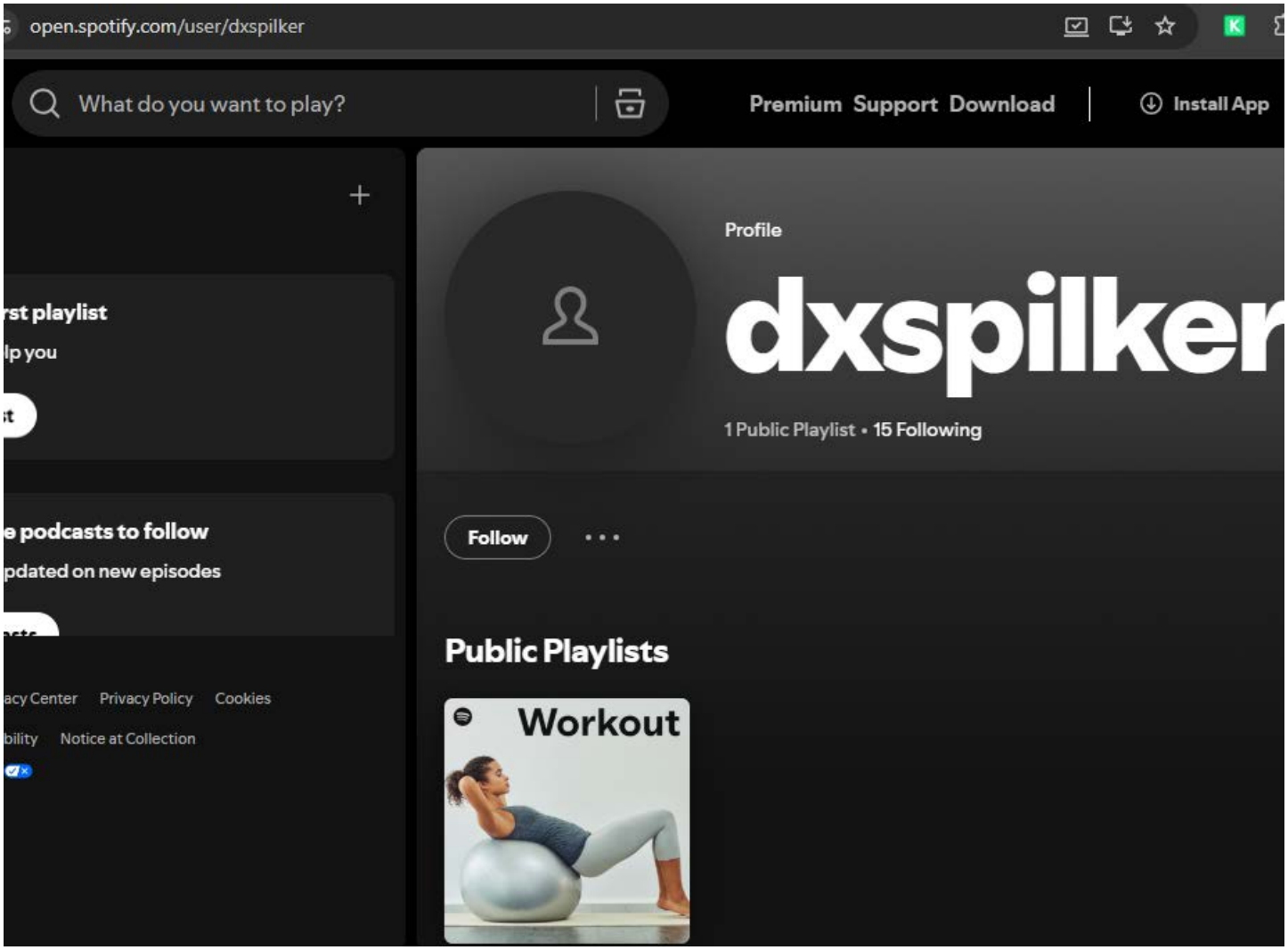
Social Media Link: https://www.instagram.com/quantumbliss.co/
Additional Note: Business Account
Date Captured: Nov 18, 2025
Snapshot:



Social Media Link: https://www.facebook.com/CyndeeKnows/
Additional Note: Business Account
Date Captured: Nov 18, 2025
Snapshot:



Social Media Link: https://open.spotify.com/user/dxspilker
Additional Note: Possible Account
Date Captured: Nov 18, 2025
Snapshot:



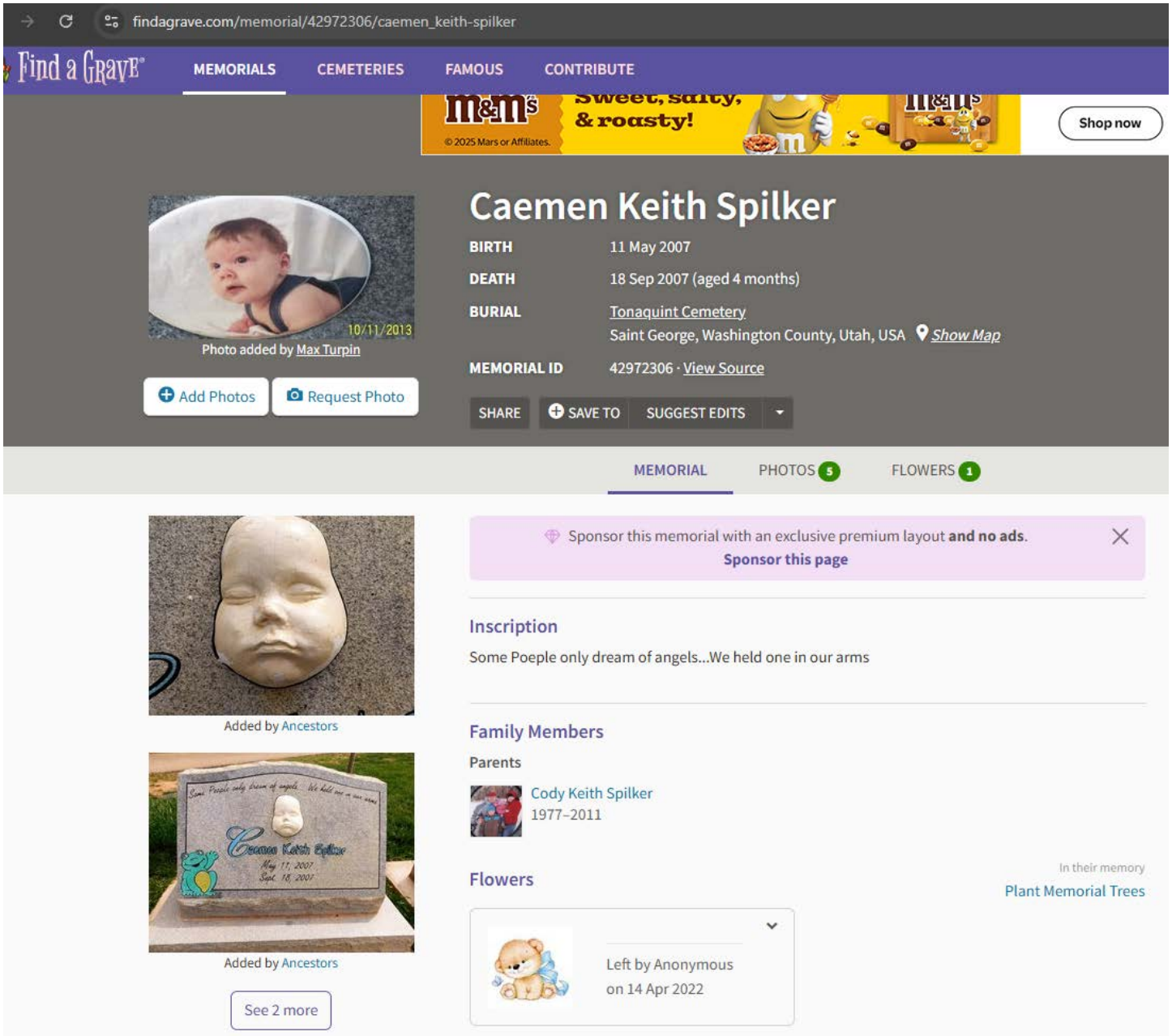
Other

Obituary
System ID: 662034
Cynthia Lee Jacobson
https://www.findagrave.com/memorial/42972306/caemen_keith-spilker

Posted: Sep 18, 2007
Captured: Nov 05, 2025

Before DOI

Obituary for Subject's son, Caemen Keith Spilker who passed at 4 months of age.



Other

Obituary

System ID: 662015

Cynthia Lee Jacobson

https://www.findagrave.com/memorial/68999457/cody-keith-spilker

Posted: Apr 25, 2011

Captured: Nov 05, 2025

Before DOI

Obituary for Subject's husband, Cody Keith Spilker. The account mentions that they had three children, Cenya, Covin, and Cemree. They also had a fourth child who passed, Caemen.

findagrave.com/memorial/68999457/cody-keith-spilker

MEMORIALS CEMETERIES FAMOUS CONTRIBUTE

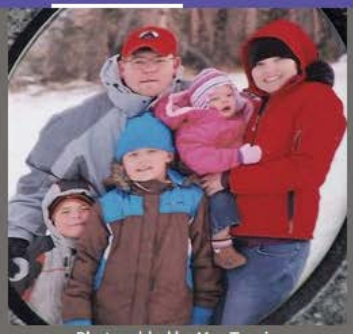


Photo added by Max Turpin

Add Photos Request Photo

Cody Keith Spilker

BIRTH 29 Apr 1977
Salt Lake City, Salt Lake County, Utah, USA

DEATH 25 Apr 2011 (aged 33)
Saint George, Washington County, Utah, USA

BURIAL Tonaquint Cemetery
Saint George, Washington County, Utah, USA *Show Map*

MEMORIAL ID 68999457 · View Source

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Added by Ross Woolsey



Added by Ancestors

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Cody Keith Spilker
St. George-34, special Daddy, wonderful Grandson and friend passed away Sunday night. He was born April 29, 1977 in Salt Lake City, Utah. He married Cyndee Lee Simpkins August 17, 1996 in Pine Valley, Utah.
He is survived by his wife, Cyndee and children Cenya, Covin, and Cemree. Father, Kevin Spilker, Mother, Terry Brooks, two brothers, JW and Dillon and one sister, Stacy. He is preceded in death by son, Caeman.
Cody was a Registered Nurse and enjoyed his work at the Dixie Regional Medical Center. He loved the outdoors and his new dog, Aobe. Pine Valley was a favorite place for family outings.
A celebration of his life will be Friday at the LDS church building on 595 N. 2450 E. Pine View State Center, at 2:00 pm. Internment at Tonaquint Cemetery. Family has requested business casual attire.
Happy Birthday Cody from all of us you leave behind. We will all miss you.
Family and friends are invited to share memories and condolences on-line at www.heidemanfunerals.com
Arrangements are made under the direction of Heideman Mortuary, 1081 E. 700 S St. George, 674-5000.

Family Members

Children



Caemen Keith Spilker
2007–2007

Instagram

blazewithincyn/

System ID: 662716

Cynthia Lee Jacobson

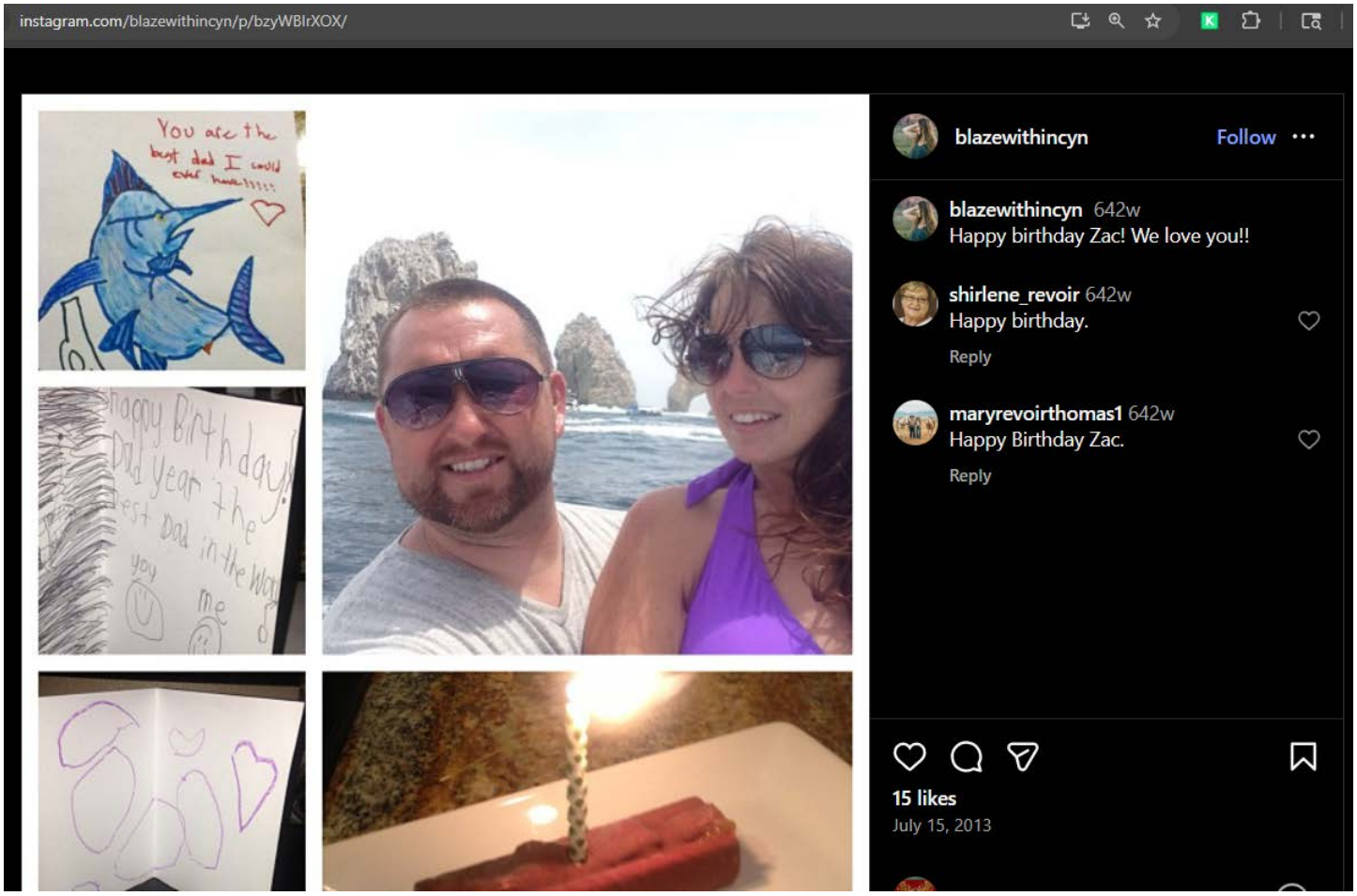
https://www.instagram.com/blazewithincyn/p/bzyWBlrXOX/

Posted: Jul 15, 2013

Captured: Nov 06, 2025

Before DOI

Subject posted birthday wishes for her then husband, Zac. Happy birthday Zac! We love you!!



Instagram

blazewithincyn/

System ID: 663334

Cynthia Lee Jacobson

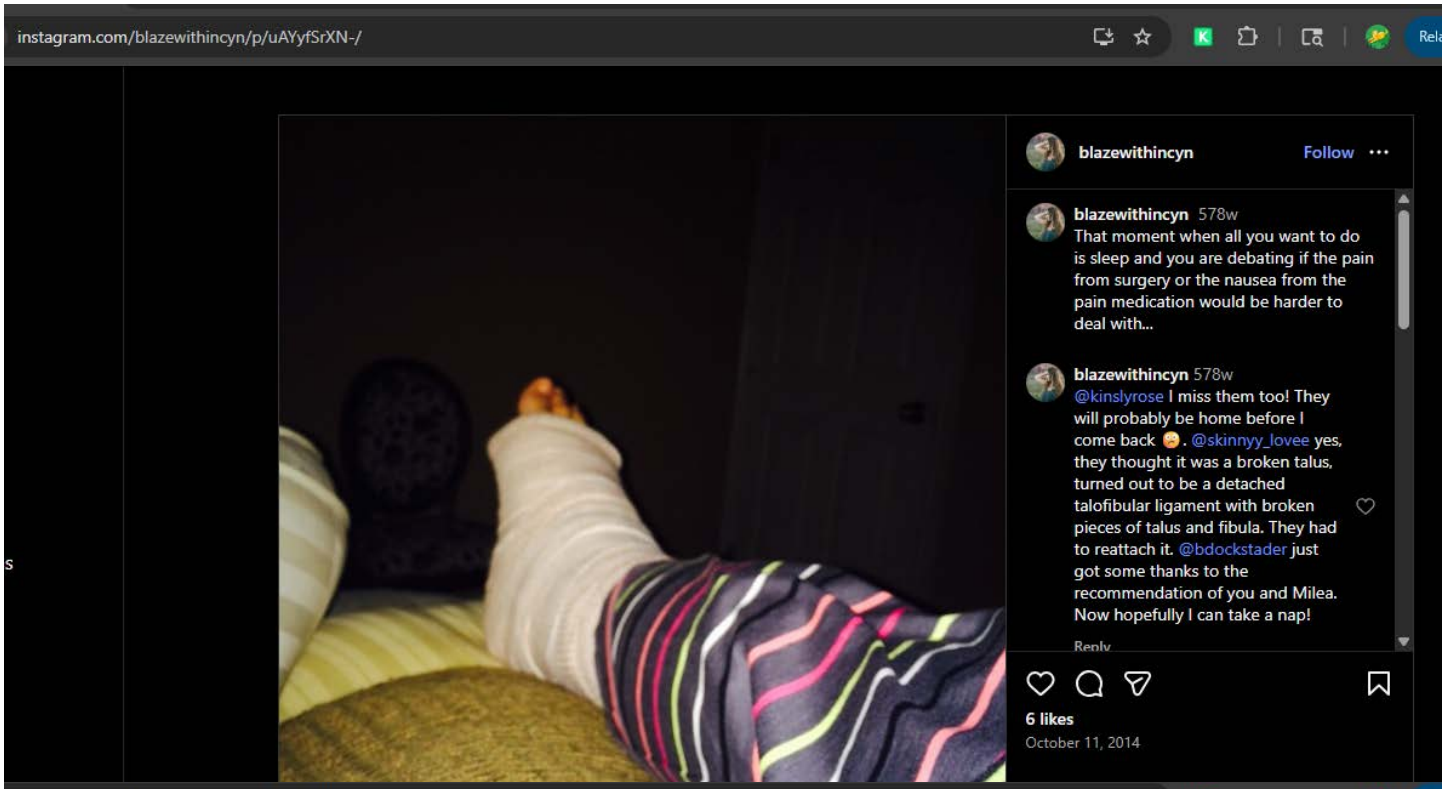
https://www.instagram.com/blazewithincyn/p/uAYyfSrXN-/

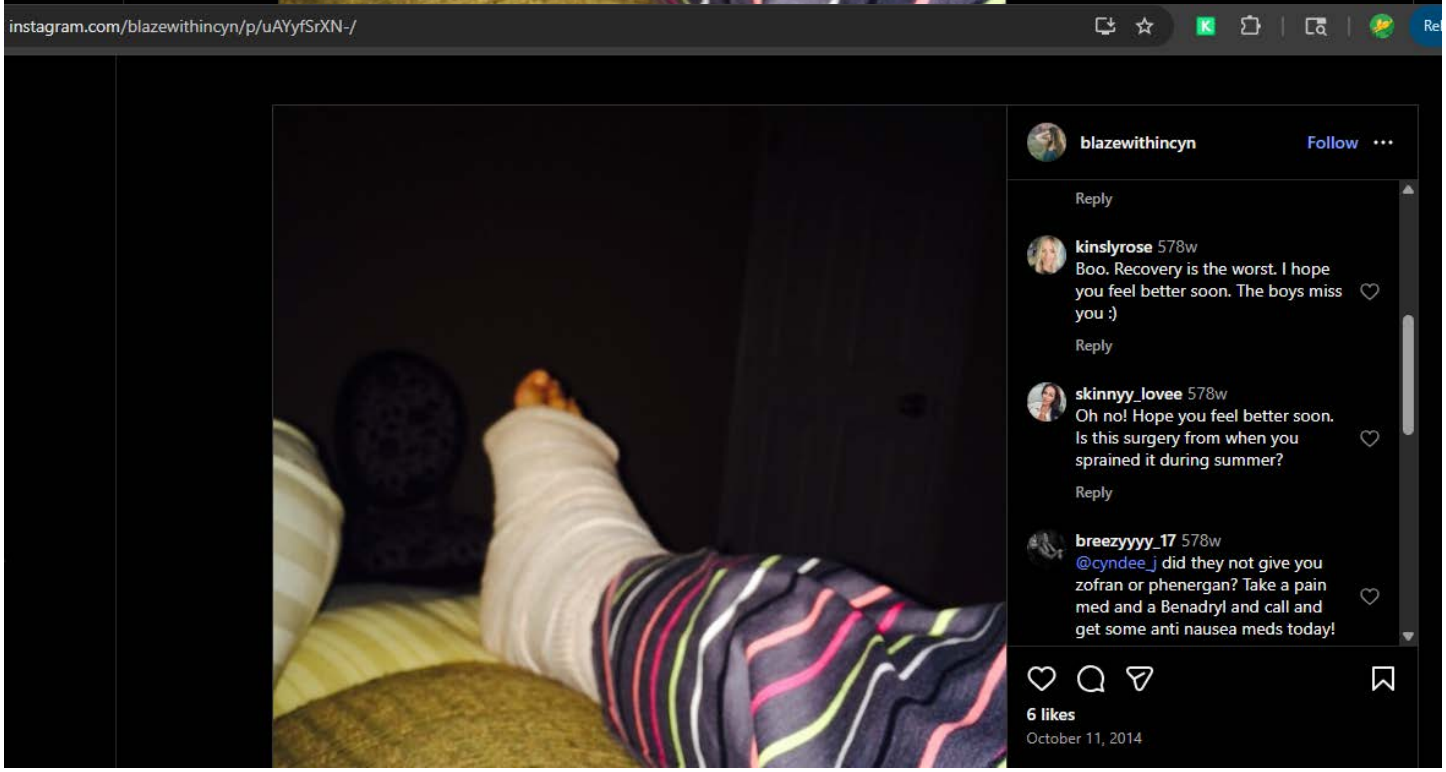
Posted: Oct 11, 2014

Captured: Nov 10, 2025

Before DOI

Subject posted a picture of her foot wrapped up. She states she had surgery due to a sprain that occurred last summer. She explained that it was a detached talofibular ligament with broken pieces of the talus and fibula. That moment when all you want to do is sleep and you are debating if the pain from surgery or the nausea from the pain medication would be harder to deal with...


instagram.com/blazewithincyn/p/uAYyfSrXN-/
blazewithincyn
Follow
blazewithincyn 578w
That moment when all you want to do is sleep and you are debating if the pain from surgery or the nausea from the pain medication would be harder to deal with...
blazewithincyn 578w
@kinslyrose I miss them too! They will probably be home before I come back . @skinnyy_lovee yes, they thought it was a broken talus, turned out to be a detached talofibular ligament with broken pieces of talus and fibula. They had to reattach it. @bdockstader just got some thanks to the recommendation of you and Milea. Now hopefully I can take a nap!
Reply
6 likes
October 11, 2014


instagram.com/blazewithincyn/p/uAYyfSrXN-/
blazewithincyn
Follow
Reply
kinslyrose 578w
Boo. Recovery is the worst. I hope you feel better soon. The boys miss you :)
Reply
skinnyy_lovee 578w
Oh no! Hope you feel better soon. Is this surgery from when you sprained it during summer?
Reply
breezyyyy_17 578w
@cyndee_j did they not give you zofran or phenergan? Take a pain med and a Benadryl and call and get some anti nausea meds today!
6 likes
October 11, 2014

instagram.com/blazewithincyn/p/uAYyfSrXN-/



blazewithincyn Follow ...

brittanyrando23 578w
You ha surgery!! I'm sis sorry, that sucks!
Reply

mrs.bulloch 578w
No fun!! 👎 HOPE YOU FEEL BETTER SOON!! 💔
Reply

therhodesfamily 578w
Oh you poor thing!!! I hope you get feeling better soon!
Reply

tinacourtney74 578w
😳
Reply

6 likes
October 11, 2014

instagram.com/blazewithincyn/p/uAYyfSrXN-/



blazewithincyn Follow ...

Reply

therhodesfamily 578w
Oh you poor thing!!! I hope you get feeling better soon!
Reply

tinacourtney74 578w
😳
Reply

maryrevoirthomas1 578w
😞 so sorry
Reply

jmbeaumont 578w
I'm sorry 😳
Reply

6 likes
October 11, 2014

Instagram

blazewithincyn/

System ID: 663355

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/0uLg61rXNU/

Posted: Mar 27, 2015

Captured: Nov 10, 2025

Before DOI

Subject posted a picture of herself with her family. In the comments, she explained that her cortisone levels drop, which causes pain in her heart, blurry vision, disorientation, lethargy, among other symptoms. She believes that her youngest daughter, Cemree, also suffers from low cortisone and that it may have led to the death of her son, Caemen. I dropped way to low and it scares me. I fell asleep (haven't slept much) and hadn't taken any cortisone since 3:45 pm. Woke up from stabbing knife pain in heart at 11:30pm. Very disoriented, twitching, vision extream let blurry, mumbling, low heart rate, weak and lethargic, hot and sweaty. Took the cortisone and gradually improved over 20 min until gone seemingly all at once. This scared me as I felt it was close to being the end. I have been having "dreams" of waking Cemree and doing CPR. Between you and me I have had my suspicion this is what caused Caemens death and I feel I was very close at that moment. I am very concerned that we need this figured out. TODAY.

instagram.com/blazewithincyn/p/0uLg61rXNU/



blazewithincyn Follow ···

blazewithincyn 554w
I dropped way to low and it scares me. I fell asleep (haven't slept much) and hadn't taken any cortisone since 3:45 pm. Woke up from stabbing knife pain in heart at 11:30pm. Very disoriented, twitching, vision extream let blurry, mumbling, low heart rate, weak and lethargic, hot and sweaty. Took the cortisone and gradually improved over 20 min until gone seemingly all at once. This scared me as I felt it was close to being the end. I have been having "dreams" of waking Cemree and doing CPR. Between you and me I have had my suspicion this is what caused Caemens death and I feel I was very close at that moment. I am very concerned that we need this figured out. TODAY.

7 likes
March 27, 2015

instagram.com/blazewithincyn/p/0uLg61rXNU/



blazewithincyn Follow ···

brittanydspilker7 554w
This has to be terrifying for you and exhausting! Hopefully they can treat Cemree asap and get both of you some normalcy. I bet your suspicions are correct with your sweet baby.I'm so sorry you're having to go through this.

Reply

blazewithincyn 554w
And now 1 1/2 hours into medication I feel like a million bucks! I have the "windows" after dosing and a window before next dosing that feel wonderful. This is no way to live.

Reply

7 likes
March 27, 2015

Instagram

blazewithincyn/

System ID: 663362

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/1ZlCvErXLo/

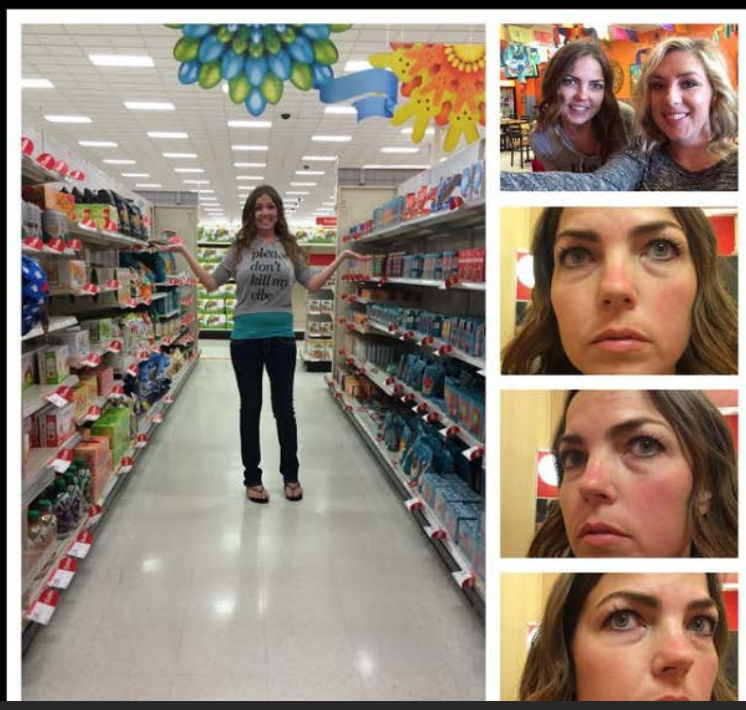
Posted: Apr 12, 2015

Captured: Nov 10, 2025

Before DOI

Subject posted she experienced an anaphylactic reaction after eating a dinner mint. She notes that she has become allergic to new things, suspecting it may be triggered by chemicals, GMOs, and gluten. @emilyiverson_ redeemed herself at BFF status finding me a whole gluten free, GMO free, organic, isle inside of Target after trying to kill me with a dinner mint that sent me into an instant anaphylactic reaction with tightening and closing off to my throat, gasping for air. A strange thing that has been happening during all this is I am now severely allergic to things I never seemed to be before. Some of the obvious ones are gluten and toxins (GMO's) in food and chemicals in lotions, sprays, deodorants...I never know if or what will effect me. I try and avoid them when I discover new ones but it is nearly impossible to avoid them completely. And they don't always cause such severe reactions. My body is always battling an internal struggle against itself and most of it is invisible to the naked eye. I thought it was interesting after the fact (took my medication that luckily works just as fast as the reaction does) when half my face was red and hot and the other wasn't. This is how I feel internally all the time (at an imbalance.) Now, hours later, the right side of my throat is sore and painful (the side that is red) and the other is fine. I have no idea why this is happening or how to fix it. I hope they are able to shed some light and insight on this as well.

instagram.com/blazewithincyn/p/1ZICvErXLo/

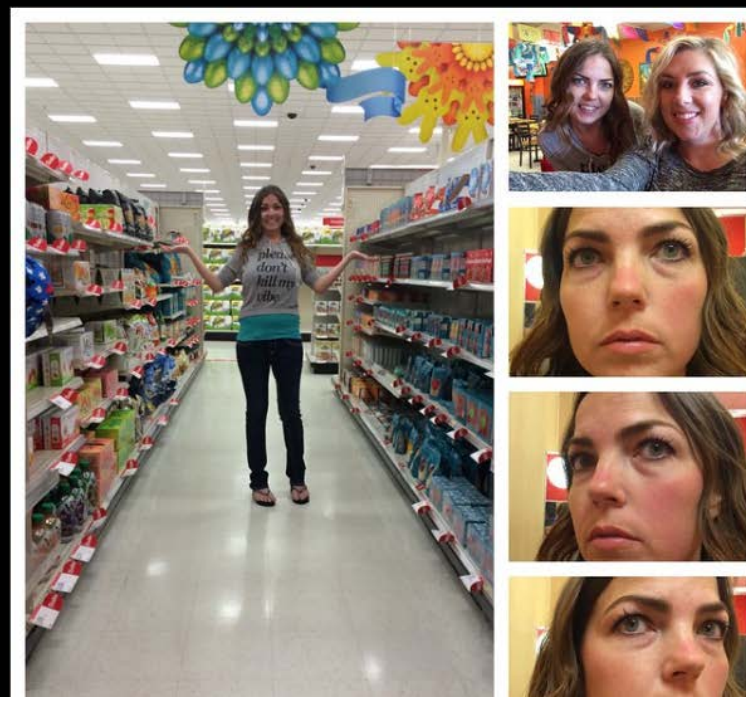


blazewithincyn Follow ...

blazewithincyn Edited • 552w
@emilyiverson_ redeemed herself at BFF status finding me a whole gluten free, GMO free, organic, isle inside of Target after trying to kill me with a dinner mint that sent me into an instant anaphylactic reaction with tightening and closing off to my throat, gasping for air. A strange thing that has been happening during all this is I am now severely allergic to things I never seemed to be before. Some of the obvious ones are gluten and toxins (GMO's) in food and chemicals in lotions, sprays, deodorants...I never know if or what will effect me. I try and avoid them when I discover new ones but it is nearly impossible to avoid them completely. And they don't always cause such severe reactions. My body

6 likes
April 12, 2015

instagram.com/blazewithincyn/p/1ZICvErXLo/



blazewithincyn Follow ...

cause such severe reactions. My body is always battling an internal struggle against itself and most of it is invisible to the naked eye. I thought it was interesting after the fact (took my medication that luckily works just as fast as the reaction does) when half my face was red and hot and the other wasn't. This is how I feel internally all the time (at an imbalance.) Now, hours later, the right side of my throat is sore and painful (the side that is red) and the other is fine. I have no idea why this is happening or how to fix it. I hope they are able to shed some light and insight on this as well.

brook_iverson 551w
I guess there must be something with histamine and steroids.

6 likes
April 12, 2015

instagram.com/blazewithincyn/p/1ZICvErXLo/











blazewithincyn Follow ···

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brook_iverson 551w
I guess there must be something with histamine and steroids.
Reply

blazewithincyn 552w
That is a good spirit animal @emilyiverson_
Reply

6 likes
April 12, 2015

Instagram

blazewithincyn/

System ID: 663371

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/1bzrbYrXBx/

Posted: Apr 13, 2015

Captured: Nov 10, 2025

Before DOI

Subject posted a picture in front of the Mayo Clinic. She explained that she went there for testing to find out why she keeps experiencing pain, lethargy due to low cortisol levels. Here is to hoping for some answers in the morning. Spent the day relaxing with our only agenda hunting down where I need to be at 7:30 AM and finding some good food. Accomplished both of those with no time to spare. While anticipating our food, extreme fatigue swept over me. I took some cortisone and was proud of myself for "catching it early" this time. As we began to eat, I could barely even hold my head up. The only thing that kept me going was the delicious food and perseverance. Waiting for the check the pain hit me out of no where. First it felt like a forceful punch to the left side of my stomach with a shard of glass twisting and turning, but soon took over my entire abdomen. It was relentless, taking me in and out of responsiveness. The only thing I could relate it to is being in labor where the pain is so excruciating all you can do is focus on trying to get through it. When it subsides slightly I am so weak I have no strength to talk or move. If I try to talk what I say is incoherent babble. I took more cortisol as soon as it started as well as my medication for pain. It did not even slightly let up until we were able to get back to the room 30 minutes later and I was able to lay flat on the bed. By now I am so weak I can't even move. I just focus on breathing through the pain. It has now been 2 hours and I am still stuck flat in the bed, like a lead blanket is holding me down. The pain has eased, as long as I don't allow myself to move. I am only, just now, barely able to lift my arms to write this, but I have to set it down for frequent breaks as my arms become heavy and lose feeling. I am sure no one that had seen me earlier in the day would have believed the seemingly care free tourist was anything less than "normal." Yet that is just what I am striving to be...

instagram.com/blazewithincyn/p/1bzrbYrXBx/



blazewithincyn Follow ...

blazewithincyn 551w
Here is to hoping for some answers in the morning. Spent the day relaxing with our only agenda hunting down where I need to be at 7:30 AM and finding some good food. Accomplished both of those with no time to spare. While anticipating our food, extreme fatigue swept over me. I took some cortisone and was proud of myself for "catching it early" this time. As we began to eat, I could barely even hold my head up. The only thing that kept me going was the delicious food and perseverance. Waiting for the check the pain hit me out of no where. First it felt like a forceful punch to the left side of my stomach with a shard of glass twisting and turning, but soon took over my entire abdomen. It was

9 likes
April 13, 2015

instagram.com/blazewithincyn/p/1bzrbYrXBx/



blazewithincyn Follow ...

over my entire abdomen. It was relentless, taking me in and out of responsiveness. The only thing I could relate it to is being in labor where the pain is so excruciating all you can do is focus on trying to get through it. When it subsides slightly I am so weak I have no strength to talk or move. If I try to talk what I say is incoherent babble. I took more cortisol as soon as it started as well as my medication for pain. It did not even slightly let up until we were able to get back to the room 30 minutes later and I was able to lay flat on the bed. By now I am so weak I can't even move. I just focus on breathing through the pain. It has now been 2 hours and I am still stuck flat in the bed, like a lead blanket is holding me down. The pain has eased, as long as I don't allow myself to move. I am only, just

9 likes
April 13, 2015

instagram.com/blazewithincyn/p/1bzrbYrXBx/



blazewithincyn Follow ···

allow myself to move. I am only, just now, barely able to lift my arms to write this, but I have to set it down for frequent breaks as my arms become heavy and lose feeling. I am sure no one that had seen me earlier in the day would have believed the seemingly care free tourist was anything less than "normal." Yet that is just what I am striving to be...

amyoffret 551w
I can't imagine what your going through! I'm praying for you.
Reply

blazewithincyn 551w
Thanks @brook_iverson, that means a lot. You are the best for letting me steal your awesome wife

9 likes
April 13, 2015

instagram.com/blazewithincyn/p/1bzrbYrXBx/



blazewithincyn Follow ···

striving to be...

amyoffret 551w
I can't imagine what your going through! I'm praying for you.
Reply

blazewithincyn 551w
Thanks @brook_iverson, that means a lot. You are the best for letting me steal your awesome wife @emilyiverson_ to be my support!
Reply

brook_iverson 551w
Hang in there, if anyone can do it you can!
Reply

9 likes
April 13, 2015

Instagram

blazewithincyn/

System ID: 663373

Cynthia Lee Jacobson

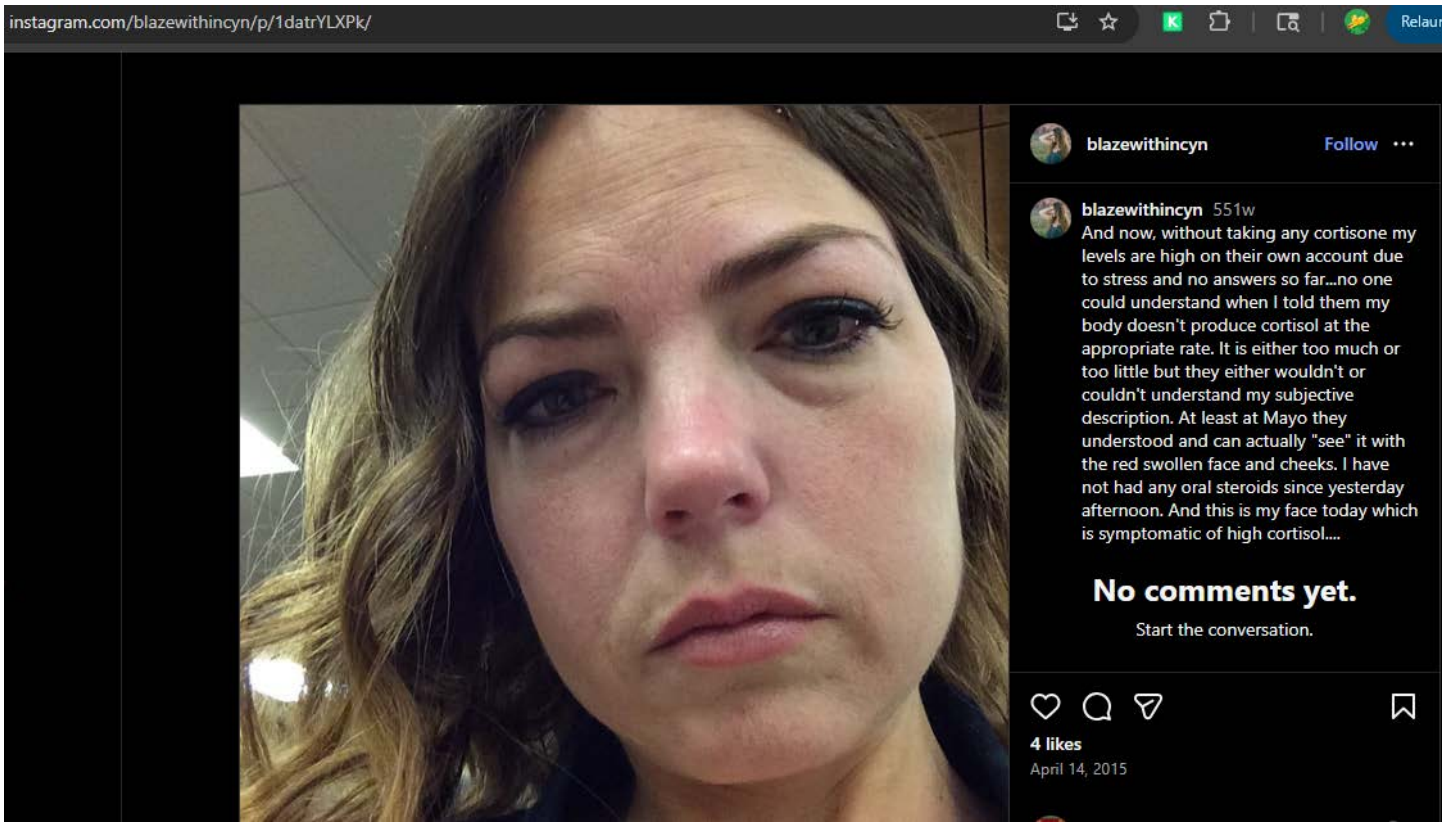
https://www.instagram.com/blazewithincyn/p/1datrYLXPk/

Posted: Apr 14, 2015

Captured: Nov 10, 2025

Before DOI

Subject posted that she was not able to get answers at the Mayo Clinic for her condition. She commented that she told them that her cortisol levels are not regulated correctly, but they were not able to provide a solution for her. And now, without taking any cortisone my levels are high on their own account due to stress and no answers so far...no one could understand when I told them my body doesn't produce cortisol at the appropriate rate. It is either too much or too little but they either wouldn't or couldn't understand my subjective description. At least at Mayo they understood and can actually "see" it with the red swollen face and cheeks. I have not had any oral steroids since yesterday afternoon. And this is my face today which is symptomatic of high cortisol....


instagram.com/blazewithincyn/p/1datrYLXPk/
blazewithincyn
Follow
blazewithincyn 551w
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No comments yet.
Start the conversation.
4 likes
April 14, 2015

Instagram

blazewithincyn/

System ID: 663382

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/1kFp7ErXFE/

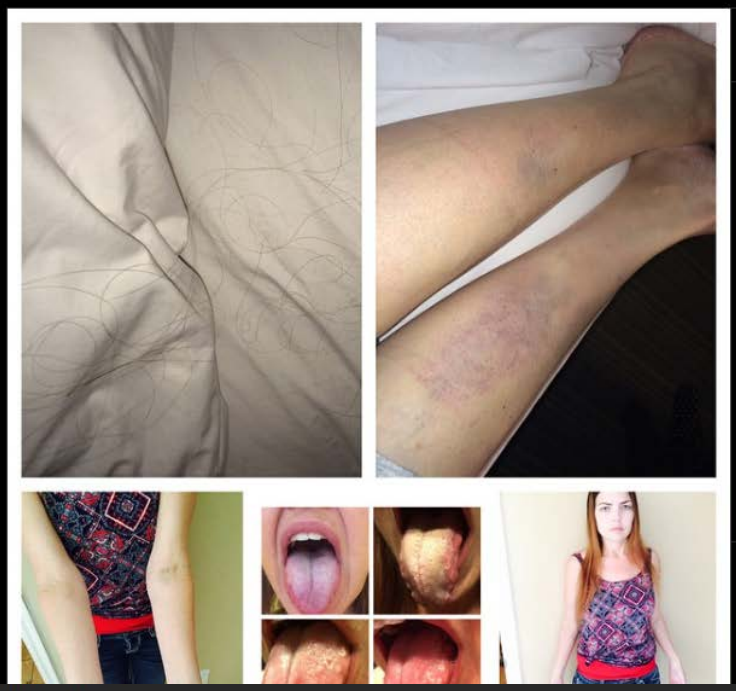
Posted: Apr 17, 2015

Captured: Nov 10, 2025

Before DOI

Subject posted pictures of what has been happening to her body since her cortisol imbalance. She says she gets random bruises, hair loss, tongue issues, has lost 22 pounds, and has allergic reactions. Been keeping most of these hidden as then it makes this struggle real. The fact is the fight for my life IS real and it is probably hard for people to understand seeing the "glossed over" pictures and captions I post. So here is the ugly truth. I have lost 22 pound since being hospitalized that I can't regain. I am having anaphylactic reactions to seemingly random things where my airway closes off and I start to lose coherency. If don't catch it in time and take cortisol fast enough I am not sure if I would still be here. Each successive time it happens is worse. The pictures of my tongue show what the mucus membranes on the inside of my body are doing. Bruises pop up all over my body that I have no idea where come from. My hair is falling out and is picking up in speed and I am not sure if I will have any left. These are just a few of the external struggles and pictures to show. Since it is hard to relate to subjective descriptions of what is going on, I decided to show the; relatively few in comparison; objective, physical symptoms. This was hard for me to post, but I feel like it is time to remove my shell of secrecy and protection. I am praying to get some help tomorrow. It is truly my last hope.

instagram.com/blazewithincyn/p/1kFp7ErXFE/



blazewithincyn Follow ...

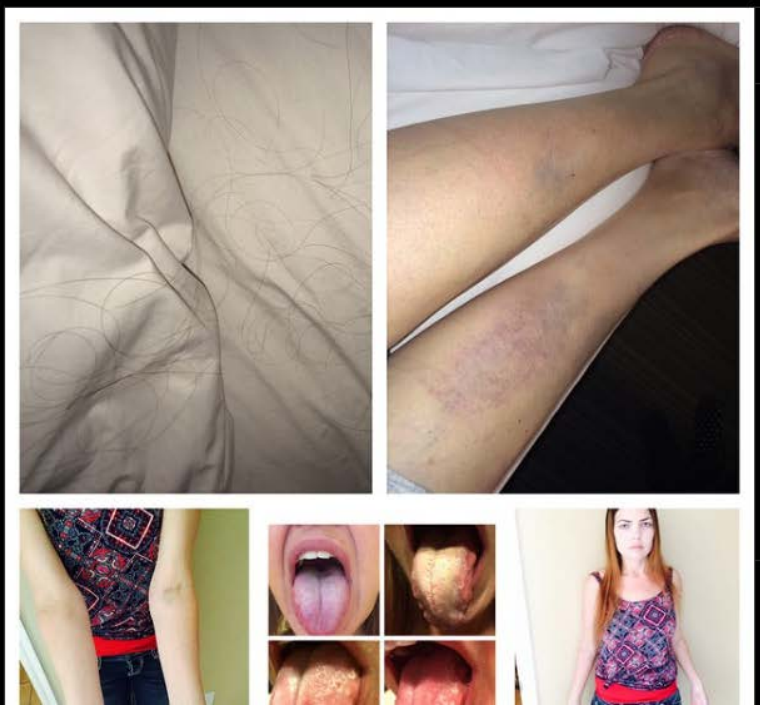
blazewithincyn 551w
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brook_iverson 551w
You are so strong!
Reply

brittanyrando23 551w
Cyndee that looks miserable! I am

4 likes
April 17, 2015

instagram.com/blazewithincyn/p/1kFp7ErXFE/



blazewithincyn Follow ...

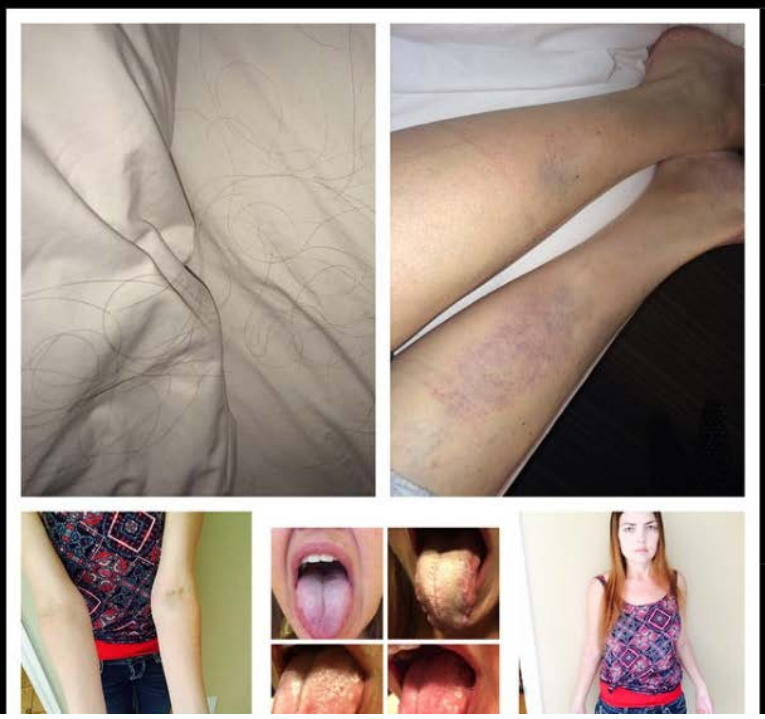
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brittanyrando23 551w
Cyndee that looks miserable! I am

4 likes
April 17, 2015

instagram.com/blazewithincyn/p/1kFp7ErXFE/



blazewithincyn Follow ...

Reply

brittanyrando23 551w
Cyndee that looks miserable! I am so sorry you are going through all of this! I hope they can figure out what's going on and make it better! My heart breaks for you!
Reply

jackiethor13 551w
Oh my heck!!!! 😩 I'm so sorry you and your family are going through this! Sad 😢
Reply

jessnlukenelson 551w
I am so sorry!
Reply

4 likes
April 17, 2015

Instagram

blazewithincyn/

System ID: 663397

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/4FNU81rXJA/

Posted: Jun 18, 2015

Captured: Nov 10, 2025

Before DOI

Subject posted that she has been married to Zac Jacobson for 4 years. They had known each other for 3 weeks before getting married. I can't believe it has been four years since everyone thought we lost our minds getting married after 3 weeks of knowing each other. Seems like yesterday and seems like a lifetime ago all at the same time. I am grateful for our temporary insanity. Love you so much! I look forward to many more years of time standing still and flying by together by your side.

instagram.com/blazewithincyn/p/4FNU81rXJA/



blazewithincyn Follow ...

blazewithincyn 542w
I can't believe it has been four years since everyone thought we lost our minds getting married after 3 weeks of knowing each other. Seems like yesterday and seems like a lifetime ago all at the same time. I am grateful for our temporary insanity. Love you so much! I look forward to many more years of time standing still and flying by together by your side.

mileahunt 542w
Congrats you gorgeous lady!
Reply

samanthajacobson1 542w
Cute!
Reply

28 likes
June 18, 2015

instagram.com/blazewithincyn/p/4FNU81rXJA/



blazewithincyn Follow ...

nataliespapworth 542w
Love you guys!
Reply

cenyas_adventures 542w
I hope you have fun on your cruise! Im so happy that you are my parents, I don't know what I do without you!
Reply

shirlene_revoir 542w
Love this family.
Reply

jackiethor13 542w
Congrats you guys! Hope you are feeling better!
Reply

28 likes
June 18, 2015

instagram.com/blazewithincyn/p/4FNU81rXJA/









blazewithincyn Follow

I hope you have fun on your cruise! Im so happy that you are my parents, I don't know what I do without you!

Reply

shirlene_revoir 542w
Love this family.

Reply

jackiethor13 542w
Congrats you guys! Hope you are feeling better! 💗

Reply

brandytw 542w
Four years went by so fast!

Reply

28 likes
June 18, 2015

Other

The Spectrum

Posted: Oct 04, 2015

System ID: 662129

Captured: Nov 06, 2025

Cynthia Lee Jacobson

https://www.thespectrum.com/story/news/2015/10/04/trying-battle-invisible-illness/73353216/

Before DOI

Subject appeared in a news article that discussed a disease she has, dysautonomia. The disease of the autonomic nervous system resulting in light-headedness, fainting, unstable blood pressure, abnormal heart rate, and malnutrition. Subject explained that the symptoms forced her to leave her RN position.

thespectrum.com/story/news/2015/10/04/trying-battle-invisible-illness/73353216/

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The Spectrum.

Trying to battle the invisible illness dysautonomia

David DeMille ddemille@thespectrum.com

Updated Oct. 4, 2015, 6:07 p.m. MT



Alyna Eaves, left, Brittany Hollinshead and Cyndee Jacobson pose Thursday after St. George city officials proclaimed October "Dysautonomia Awareness Month" to raise more awareness about the little-known condition. *David DeMille/The Spectrum & Daily News*

Like a lot of those struck by the indistinct symptoms of dysautonomia, St. George resident Cyndee Jacobson lived for years undiagnosed, unable to find an adequate explanation for her condition but well aware something wasn't right.

Despite her extreme fatigue, the headaches and heart palpitations and lightheadedness, she always tried to fight through it, right up until the disease forced her out of her job as a neonatal intensive care nurse this spring.

"You do a good job of hiding it after you've been told for years that it's all in your head, that there's nothing wrong with you," Jacobson said. "You learn to do your hair and makeup and put on a smile and pretend like you're OK, even when you're not."

Advertisement



But she's tired of hiding.

October is “Dysautonomia Awareness Month,” part of an international effort to spread information about the varied conditions caused by damage to the nerves that control involuntary body functions, and Jacobson is joining a local effort to spread the word.

Dysautonomia is an umbrella term used to describe the myriad medical condition caused by a malfunction of the autonomic nervous systems — conditions that are little-known in the broader medical community despite their commonality. Victims typically suffer from light-headedness, fainting, unstable blood pressure, abnormal heart rates, malnutrition, and in severe cases, death.

Advertisement



St. George Mayor Jon Pike and the city council heard from Jacobson and two others on Thursday before making the declaration official, offering to help with the local effort.

Brittany Hollinshead, an Army veteran and mother of four who was recently crowned Mrs. Ivins 2015, shared her own story about suffering from postural orthostatic tachycardia syndrome, or POTS, which left her body unable to compensate as she rose to a standing position.

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As their bodies fail to perform the functions most people take for granted — blood pressure, temperature control, digestion, eye dilation — people who suffer from dysautonomia often spend years making hospital visits, told by doctors that they suffer from something else, Hollinshead said, saying her own diagnosis took seven years.

“I literally had a doctor tell me to get off Google, to stop diagnosing,” she said. “If I had gotten off Google I wouldn’t be alive. You have to be your own advocate.”

Yet the Mayo Clinic estimates Hollinshead's version of dysautonomia — POTS — impacts one in 100 teenagers and some 1 million Americans overall.

A nonprofit called Dysautonomia International estimates more than 70 million people worldwide live with some form of the disease.

"Despite the high prevalence of autonomic nervous system disorders, many patients take years to get diagnosed due to a lack of awareness amongst the public and within the medical profession," said Paola Sandroni, professor of neurology at the Mayo Clinic and a volunteer on Dysautonomia International's medical advisory board.

Southern Utah's contingent of advocates is small, but they said Thursday they believe there are a large number of others who may be suffering from the same symptoms but don't know what's happening to them.

Ivins resident and Tuacahn High School student Alyna Eaves is also living with POTS, trying to raise awareness among her classmates. She was planning a doughnut fundraiser at school, although she noted an irony that comes with her condition and its strict diet limitations.

Advertisement

"I can't eat them," she said.

Follow David DeMille on Twitter, @SpectrumDeMille, and on Facebook at www.facebook.com/SpectrumDeMille. Call him at 435-674-6261.

Online

To learn more about dysautonomia and advocacy efforts, visit www.dysautonomiainternational.org.

Instagram

blazewithincyn/

System ID: 663588

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/BaXEy6RBK4S/

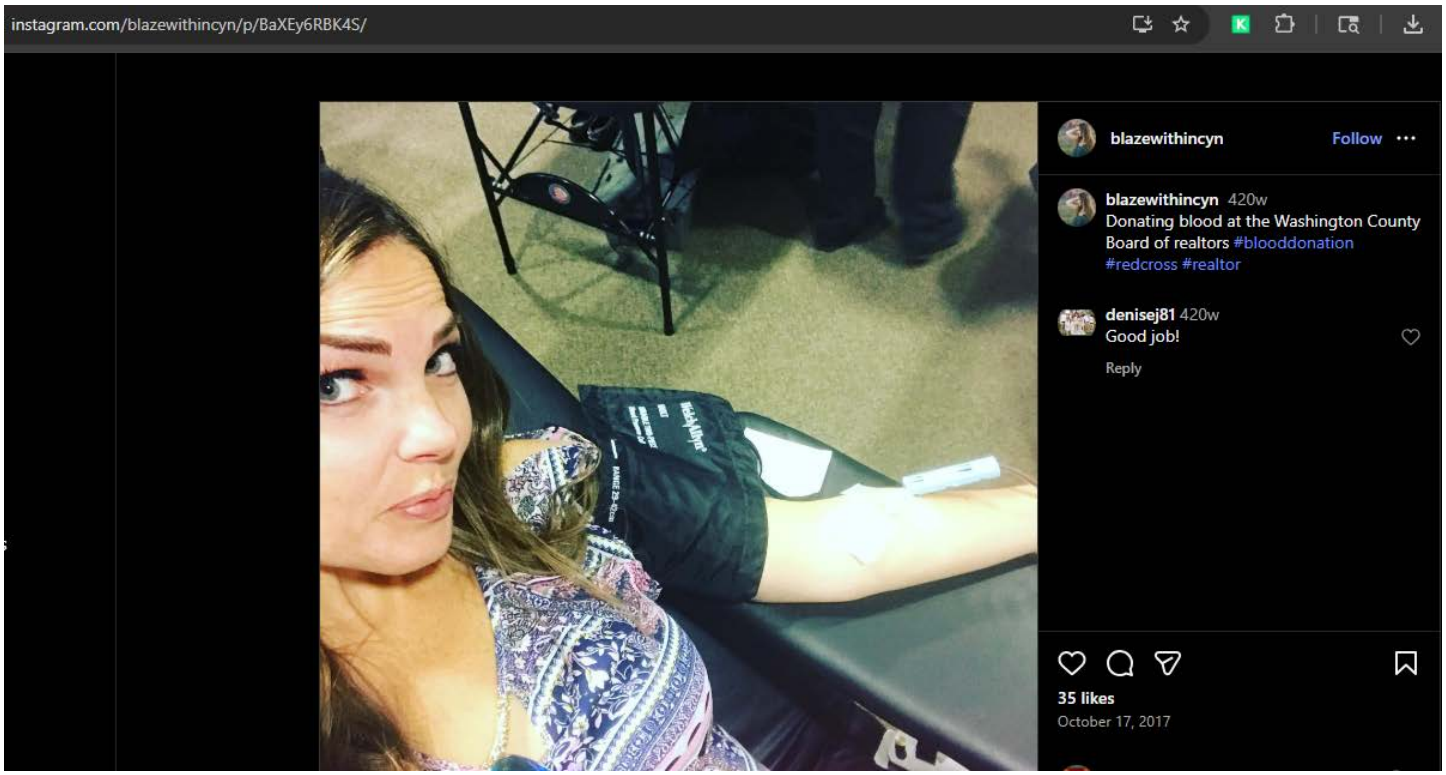
Posted: Oct 17, 2017

Captured: Nov 10, 2025

Before DOI

Subject posted a picture of her donating blood as part of the Washington County Realtor blood drive.

Donating blood at the Washington County Board of realtors #blooddonation #redcross #realtor


instagram.com/blazewithincyn/p/BaXEy6RBK4S/
blazewithincyn
Follow
blazewithincyn 420w
Donating blood at the Washington County Board of realtors #blooddonation #redcross #realtor
denisej81 420w
Good job!
Reply
35 likes
October 17, 2017

Youtube

@cyndeejacobson2870

System ID: 667339

Posted: Dec 06, 2018

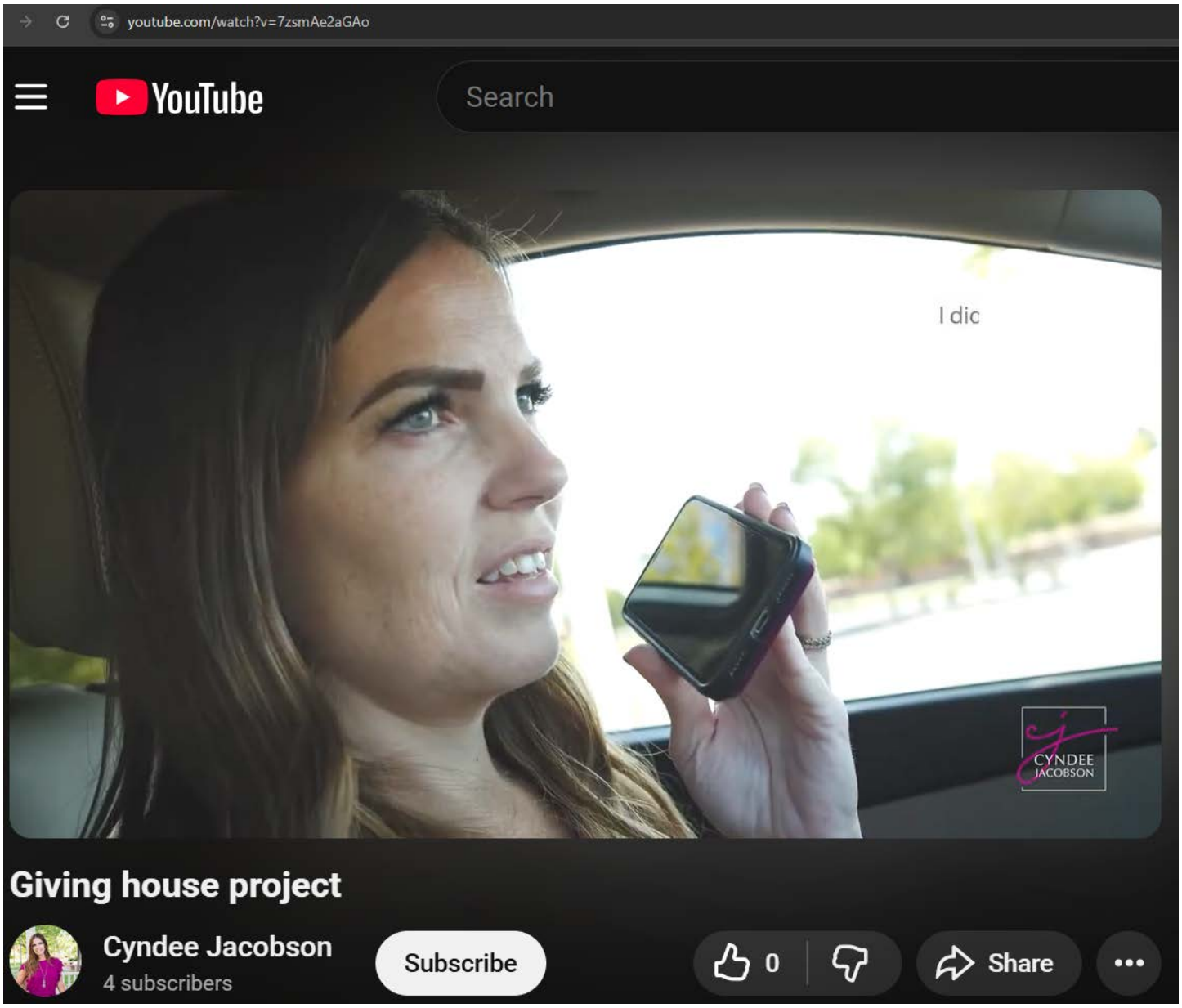
Captured: Nov 18, 2025

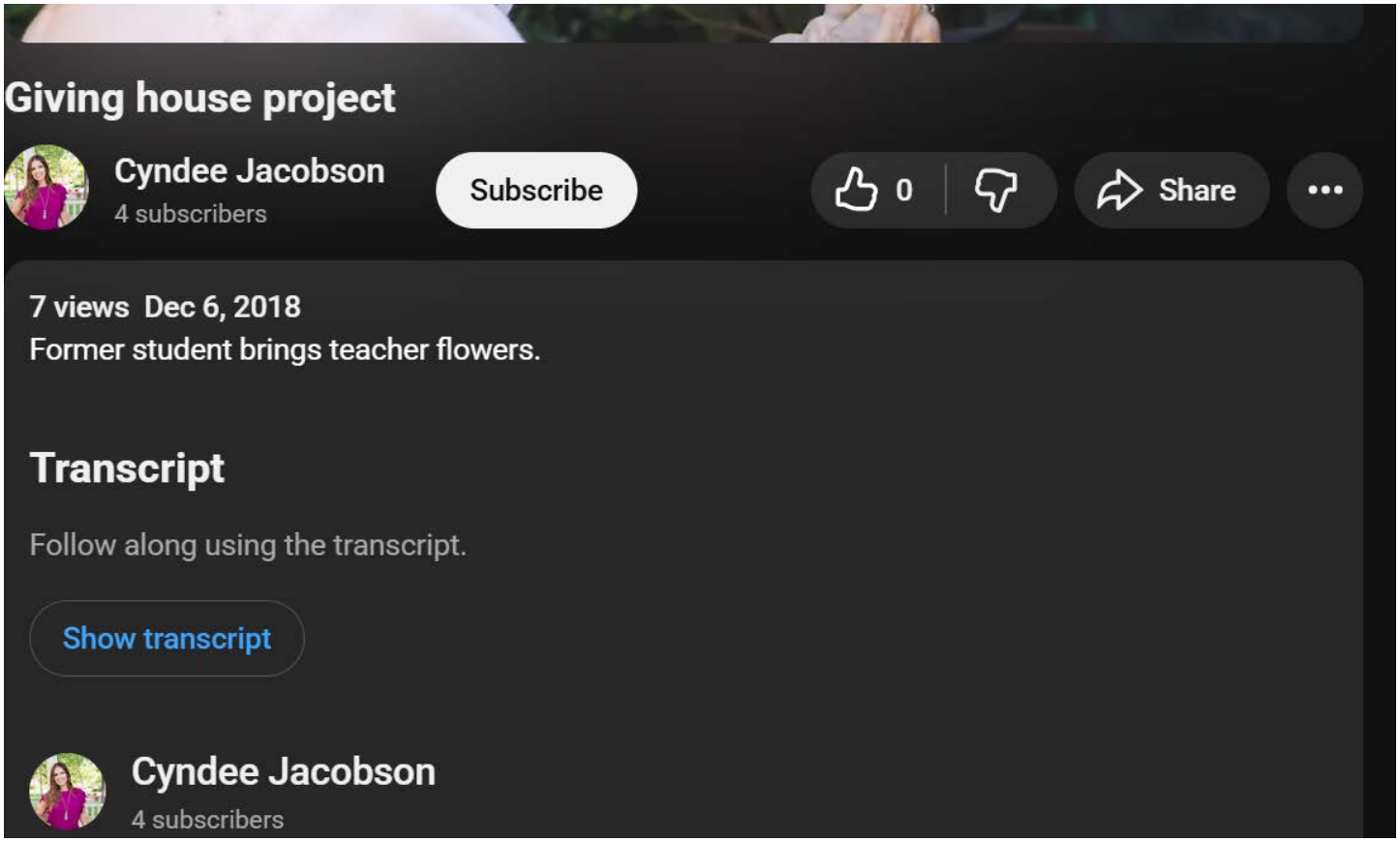
Cynthia Lee Jacobson

https://www.youtube.com/watch?v=7zsmAe2aGAo

Before DOI

Most recent YouTube activity for account @cyndeejacobson2870. Subject posted a video of a man coming back to give his kindergarten teacher a flower. Former student brings teacher flowers.


youtube.com/watch?v=7zsmAe2aGAo
YouTube
Search
I dic
CYNDEE
JACOBSON
Giving house project
Cyndee Jacobson
4 subscribers
Subscribe
0
Share



Link to download video

Youtube

@cyndeejacobson272

System ID: 667366

Posted: Jul 01, 2019

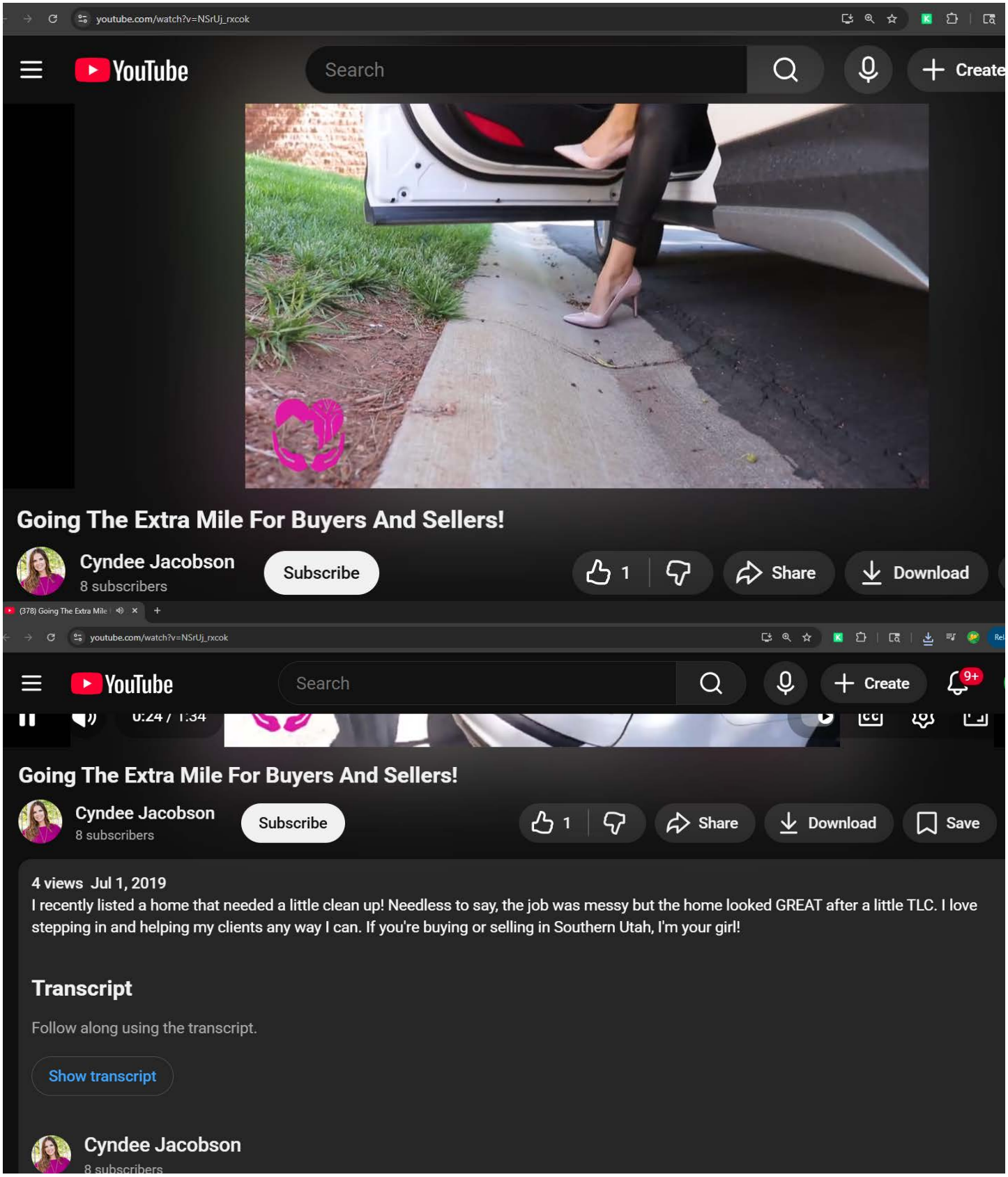
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.youtube.com/watch?v=NSrUj_rxcok

Before DOI

Most recent activity on this YouTube account, @cyndeejacobson 272. Subject posted a video of her getting a house cleaned to sell it. I recently listed a home that needed a little clean up! Needless to say, the job was messy but the home looked GREAT after a little TLC. I love stepping in and helping my clients any way I can. If you're buying or selling in Southern Utah, I'm your girl!



[Link to download video]

Instagram

blazewithincyn/

System ID: 663715

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/B1hpjVIlQy5/

Posted: Aug 23, 2019

Captured: Nov 10, 2025

Before DOI

Subject posted that she was addressing her 10-year-old daughter's suicidal thoughts. What does the face of suicide look like? • I would have never thought my happy, funny, sweet, loving 10 year old daughter would ever consider it. So when the signs started showing up I didn't realize how serious they were. • I didn't ignore them by any means. We talked about her feelings of sadness over her dad and brother's deaths. We talk about her anxiety of feeling I am going to die any time she and I are separated. We talked to the school, her teachers, the school counselor, an amazing therapist... We talked and talked. • And she is happy. She loves school. She loves her teacher. She has lots of friends that she plays with daily. She laughs and has fun, she constantly tells jokes and makes everyone smile. • Last school year she lost what they call "magical thinking." When kids are young, they don't understand the totality of death. They assume at any moment their deceased loved one could come back. Between 8-10 the reality of them never coming back sinks in. • 5 weeks ago she had her appendix out. After surgery she said "Mom, I have no feelings. Am I even alive?" And later "I don't think I will ever get my feelings back." • She spent Wednesday in the ER and admitted to the hospital. Today we were at the psychiatrist. Everyone talks about "we need to do something about suicide." But what are we really doing? • Well this is what I am doing. I am talking about it. I am talking about the struggles and the pain. I am not hiding behind the shame, the judgements, the guilt. There shouldn't be any, but everyone seems afraid to talk about it. I did that with her dad's suicide and it was debilitating. • Have you felt suicidal? Do you know someone that has? Have you lost someone to suicide? The reality is we all have on some level. All she wants to do is talk and tell all her friends. At first I was worried what their parents would think. But this is reality, and our kids are feeling it. So let's start talking. • Let the discussion begin. • #suicide #suicideawareness #suicideprevention #youthsuicide #starttalking

instagram.com/blazewithincyn/p/B1hpjVIlQy5/



blazewithincyn Follow ···

blazewithincyn Edited • 324w
What does the face of suicide look like?
•
I would have never thought my happy, funny, sweet, loving 10 year old daughter would ever consider it. So when the signs started showing up I didn't realize how serious they were. •
I didn't ignore them by any means. We talked about her feelings of sadness over her dad and brother's deaths. We talk about her anxiety of feeling I am going to die any time she and I are separated. We talked to the school, her teachers, the school counselor, an amazing therapist... We talked and talked. •
And she is happy. She loves school. She loves her teacher. She has lots of friends that she plays with daily. She laughs

31 likes
August 23, 2019

instagram.com/blazewithincyn/p/B1hpjVIlQy5/



blazewithincyn Follow ···

and has fun, she constantly tells jokes and makes everyone smile.
•
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31 likes
August 23, 2019

instagram.com/blazewithincyn/p/B1hpjVIlQy5/



blazewithincyn Follow

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•

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Let the discussion begin. •

#suicide #suicideawareness #suicideprevention #youthsuicide #starttalking

31 likes

August 23, 2019

instagram.com/blazewithincyn/p/B1hpjVIlQy5/



blazewithincyn Follow

hearttakethewheel 323w
Love that you're talking about it and really love that you're not shutting her down. I'm no stranger to suicide, I've worked with kids dealing with it, I've lost friends, and nearly lost family. Keep the channels open 💚

Reply

amandarredd 324w
💔💔

Reply

samanthajacobson1 324w
Love you sweet Cemree💕

1 like Reply

nikelle.jensen 324w

31 likes

August 23, 2019

Add a comment...

instagram.com/blazewithincyn/p/B1hpjVIlQy5/



blazewithincyn Follow

nikelle.jensen 324w
She's such a sweet girl. I think it's great she's being so open about her feelings. Thanks for talking about it.

1 like Reply

sandifackler 324w
I couldn't love this more. I don't know the answer, but I think talking about it, making parents and kids aware, and being open and honest is what will save someone's life. It's unfortunately a big part of our society and so incredibly heartbreaking. I hope more people will open up

1 like Reply

itsjenniferyeo 324w

31 likes
August 23, 2019

instagram.com/blazewithincyn/p/B1hpjVIlQy5/



blazewithincyn Follow

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1 like Reply

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1 like Reply

itsjenniferyeo 324w

1 like Reply

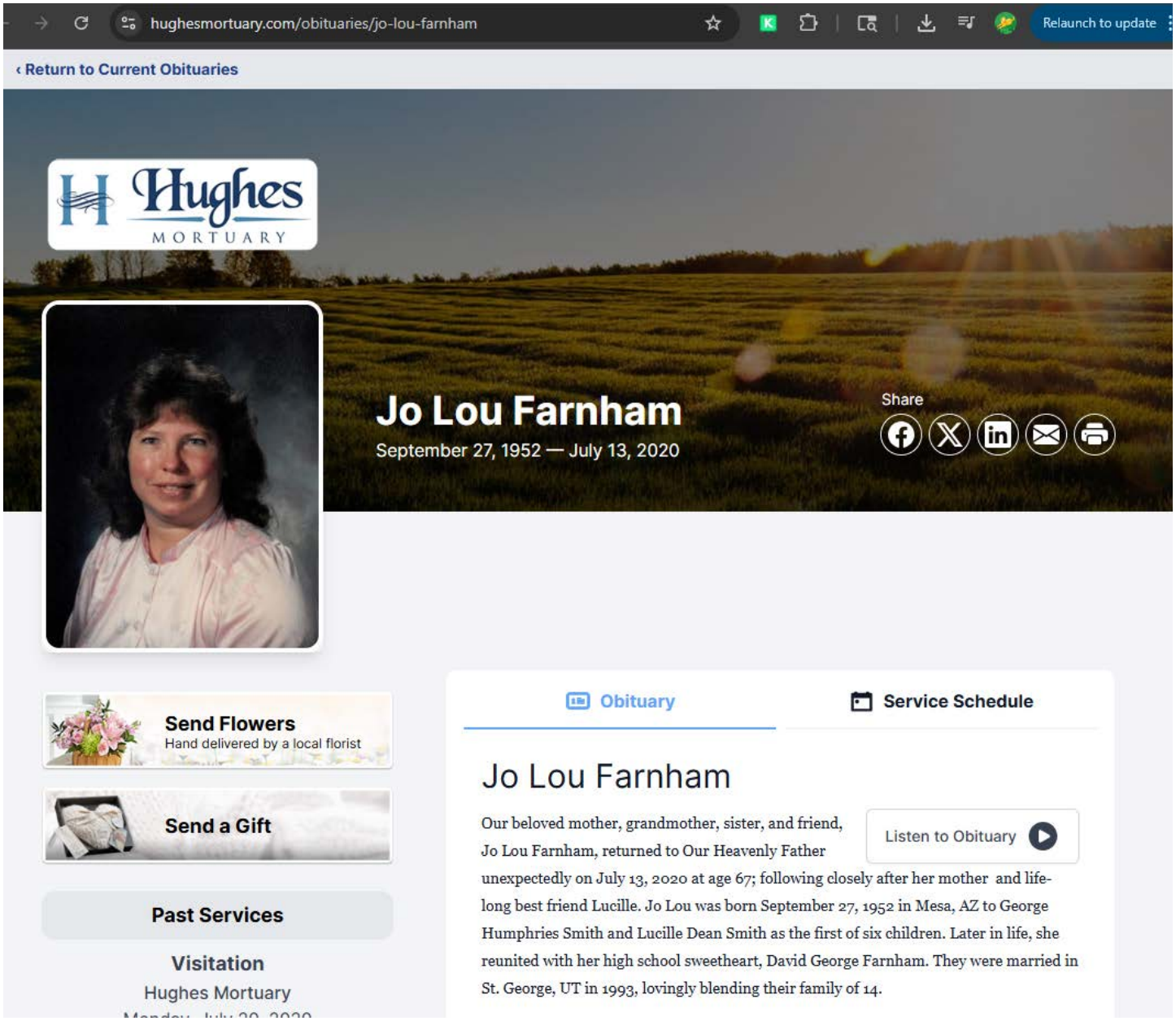
31 likes
August 23, 2019

Other

Obituary
System ID: 666584
Cynthia Lee Jacobson
https://www.hughesmortuary.com/obituaries/jo-lou-farnham

Posted: Jul 13, 2020
Captured: Nov 17, 2025

Before DOI
Obituary for Subject's mother, Jo Lou Farnham.



hughesmortuary.com/obituaries/jo-lou-farnham

Relaunch to up

Monday, July 20, 2020
5:00 - 7:00 pm
View Details

Visitation
Hughes Mortuary
Tuesday, July 21, 2020
8:30 - 9:00 am
View Details

Funeral Service
Hughes Mortuary
Tuesday, July 21, 2020
Starts at 9:00 am
View Details

Jo Lou was raised in Arizona and New Mexico and loved the desert. Her chosen careers allowed her to see much of the terrain across the nation, fulfilling her passion for travel and love of children. She was a lifelong learner, and an astounding pianist. Those who knew her, knew of her kind and innocent heart. Jo Lou was a friend to all she encountered. She spent a lot of her years around children as her mother was a school teacher and Jo Lou then worked as a school bus driver. She continued serving and loving children and God by faithfully fulfilling her calling of being the Primary Pianist for the LDS Church in which she held for several years. She thoroughly enjoyed being a mother and grandmother; serving all children with the highest regard. Jo Lou also loved animals, as they were a big part of her life.

Jo Lou was selfless, patient, kind, and held a child-like innocence. Her kind heart was passed on through her examples in life - Be accepting of all people, nurture all living things, treat everyone with respect, and love endlessly. Keep a child-like innocence and wonder always in all ways. Be slow to anger and quick to forgive. Welcome everyone with warmth, kindness and compassion. Be eloquent, astute, and sincere with poise while maintaining professionalism and a balanced perspective. Always learn and teach where you can. Honor and respect yourself and always return to your foundational teachings. Give to those in need, even if it means the shirt off your back. Reign with a gentle loving heart. Keep the fun in life and embrace all that comes your way! Jo Lou's legacy will live on through those that she touched and many generations to come.

She is survived by her children Timm (Stacy), James (Jenny), Cyndee (Zac), Melissa (Kyle), Melanie (Mat), Ed (Becca), Crystal, Matt (Kristine), Colleen (Shawn), Aaron (Krista), Charity (Clint), 43 grandchildren, 4 sisters - Shannon, Pam (Bill), Deanna, Katrina (Blaine) and 1 brother - Courtney (Erica). She is preceded in death by her husband David, her mother & father, son Paul, son-in-law Cody, and grandson Caemen.

Jo Lou's viewing will be held Monday, July 20, 2020 from 5 to 7 PM, and funeral services will be held Tuesday, July 21, 2020 at 9AM (8:30AM for viewing) at Hughes Mortuary 1037 E. 700 S., St. George, UT 84090 with graveside service to follow at Washington City Cemetery - 300 Park View Dr., Washington, UT 84780.

Instagram

blazewithincyn/

System ID: 663785

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/CTm1yyOnbWQ/

Posted: Sep 09, 2021

Captured: Nov 11, 2025

Before DOI

Subject posted that she was going with just her 3 children on a road trip to visit the 50 states. Have you ever wanted to travel the United States? We said goodbye to our hometown, and are driving across the country in our fifth wheel. No timeline, and no return date! Follow along in our travels and tell us what we should should do in each state! What state is your favorite? #travel #travellife #travel50states #rvlife #fulltimerv #fulltimervfamily #rvmomof3 #adventureawaits #liveagreatstory #noplanclan #noplanplan #whereshouldwegonext

instagram.com/blazewithincyn/reel/CTm1yyOnbWQ/



blazewithincyn Follow
almondmilkisnuts • Original audio

blazewithincyn 217w
Have you ever wanted to travel the United States?

We said goodbye to our hometown, and are driving across the country in our fifth wheel. No timeline, and no return date!

Follow along in our travels and tell us what we should should do in each state!

What state is your favorite?

#travel #travellife #travel50states #rvlife #fulltimerv #fulltimervfamily #rvmomof3 #adventureawaits #liveagreatstory #noplanclan #noplanplan #whereshouldwegonext

93 likes
September 9, 2021

instagram.com/blazewithincyn/reel/CTm1yyOnbWQ/



blazewithincyn Follow
almondmilkisnuts • Original audio

#liveagreatstory #noplanclan #noplanplan #whereshouldwegonext

sandyonabeach 216w
Sounds like sooo much fun!😎🖐️👍 I've wanted to do that.🚙⛽🟦🚦🚧🛣️👈⬆️↗️🏙️🚹🚹⬅️↖️➡️⤵️⤴️↪️🔄🏡🛣️🏙️🏔️🌇🏙️🚃🏢🛣️🔶usHave fun! Be safe!🖐️😘♥️

1 like Reply

monica.brown.owens 217w
Omg I can't wait to see where you go. I have some great ideas for Texas & Florida.

1 like Reply

Hide all replies

93 likes
September 9, 2021

instagram.com/blazewithincyn/reel/CTm1yyOnbWQ/



blazewithincyn Follow
almondmilkisnuts • Original audio

blazewithincyn 217w
@monica.owens.realtor.impower You will have to let me know for sure! Will be there this winter
Reply

samanthajacobson1 217w
That's funny! 😂
1 like Reply

skinkissed.purebliss 217w
Sounds exciting!
1 like Reply

Hide all replies

blazewithincyn 217w
@gingerbread.parade it has

93 likes
September 9, 2021

instagram.com/blazewithincyn/reel/CTm1yyOnbWQ/



blazewithincyn Follow
almondmilkisnuts • Original audio

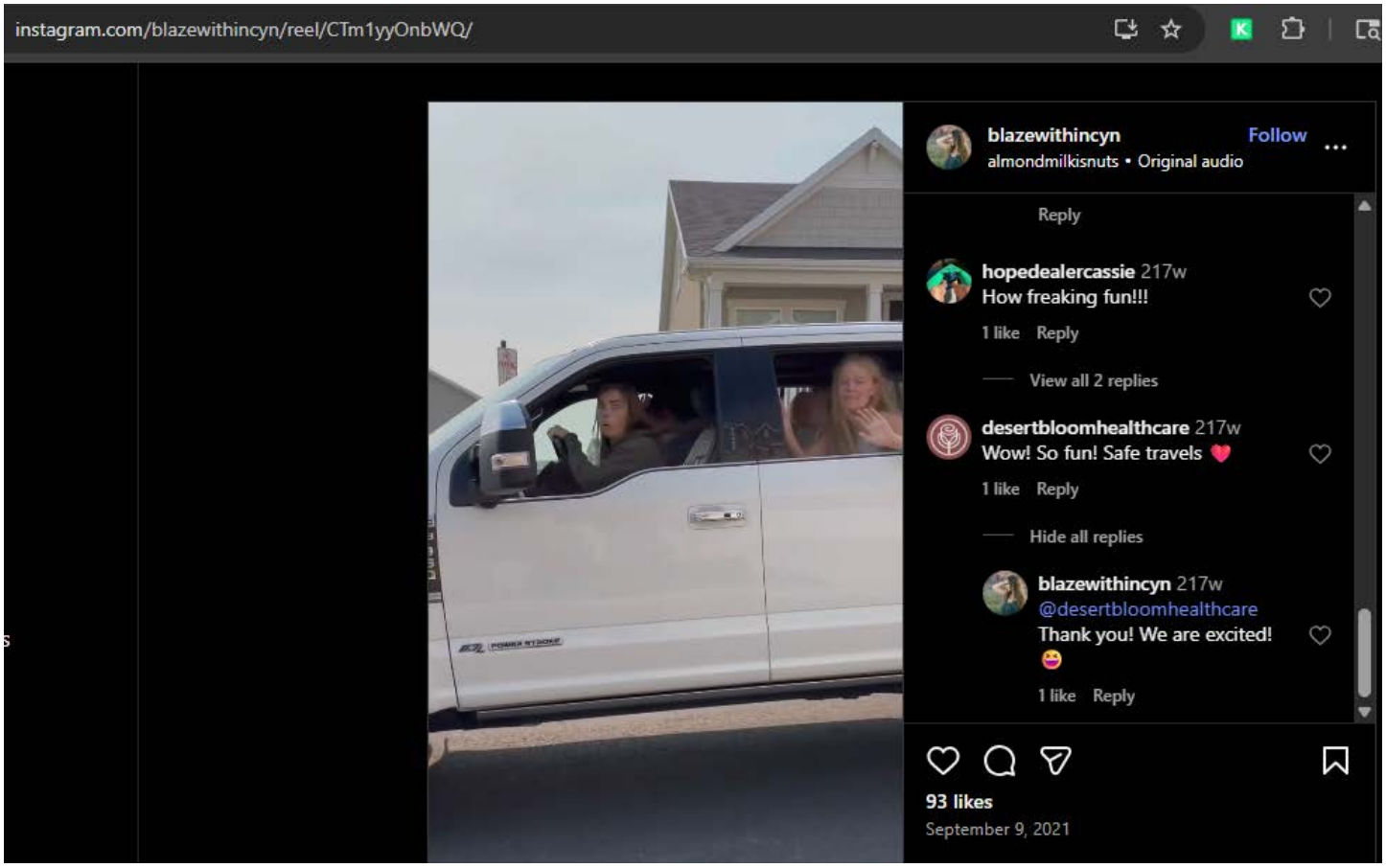
@gingerbread.parade yep! Exactly. Pretty much ever day we plan what we want to do or where we want to go. Furthest out we plan is a few days to a week. Trip was VERY spontaneous. More on that in another reel! 🙌
1 like Reply

denisej81 217w
😂
1 like Reply

Hide all replies

blazewithincyn 217w
@denisej81 😂😂
Reply

93 likes
September 9, 2021



[Link to download video]

Instagram

blazewithincyn/

System ID: 664938

Cynthia Lee Jacobson

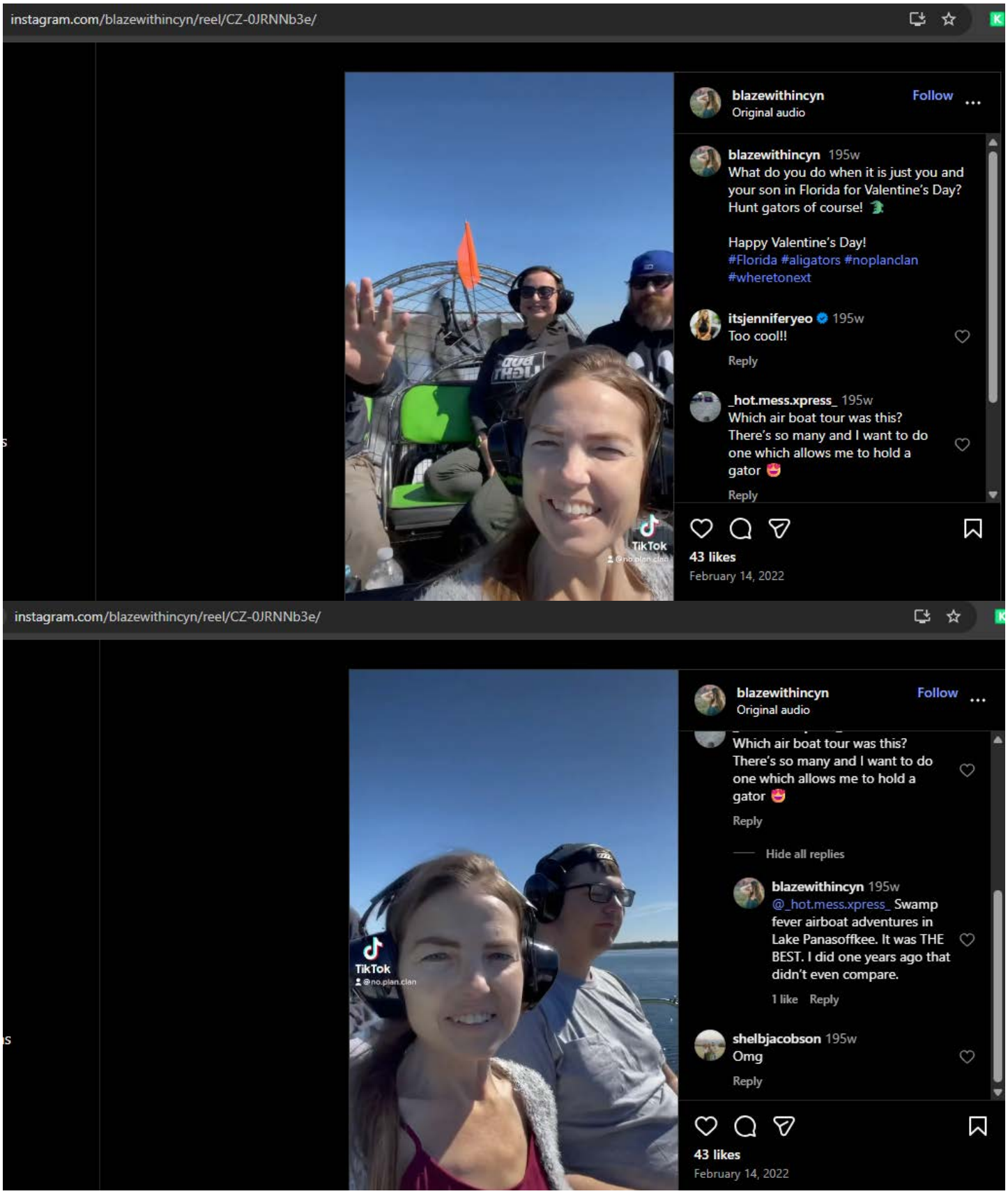
https://www.instagram.com/blazewithincyn/reel/CZ-0JRNNb3e/

Posted: Feb 14, 2022

Captured: Nov 13, 2025

Before DOI

Subject posted a video of her and her son riding an airboat to see alligators in Florida. Subject holds a small alligator at one point. What do you do when it is just you and your son in Florida for Valentine’s Day? Hunt gators of course! Happy Valentine’s Day! #Florida #aligators #noplanclan #wheretonext



[Link to download video]

Instagram

blazewithincyn/

System ID: 665004

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CabJwh6rXwq/?img_index=1

Posted: Feb 25, 2022

Captured: Nov 13, 2025

Before DOI

Subject posted pictures and videos of herself and her daughter, Cenya, participating in an ice bath challenge. When was the last time you trusted you would be safe doing something that terrified you? When was the last time you pushed yourself beyond your comfort zone? What if you knew right past that comfort zone was something better than you could ever imagine? I push myself constantly past fear, because I know fear is just a distraction from what possibilities await. Witnessing your child do the same is a whole other level! At 18 she wanted to skydive, something I had no problem doing myself, but watching her free fall through the air, my heart stopped beating. Last week I witnessed my daughter take on challenges head first that many are not ready to face. Knowing she had this, and the level of support of everyone there with us, reignited my heart on an entirely new plane. I am so grateful to raise strong children that know they can do anything they set their mind to. There are no challenges in life they will not overcome. Love you Cenya! I can’t wait to see where life takes us next!

instagram.com/blazewithincyn/p/CabJwh6rXwq/



blazewithincyn Follow ···

blazewithincyn 193w
When was the last time you trusted you would be safe doing something that terrified you?

When was the last time you pushed yourself beyond your comfort zone?

What if you knew right past that comfort zone was something better than you could ever imagine?

I push myself constantly past fear, because I know fear is just a distraction from what possibilities await.

Witnessing your child do the same is a whole other level!

At 18 she wanted to skydive, something

36 likes
February 25, 2022

instagram.com/blazewithincyn/p/CabJwh6rXwq/



blazewithincyn Follow ···

I had no problem doing myself, but watching her free fall through the air, my heart stopped beating.

Last week I witnessed my daughter take on challenges head first that many are not ready to face. Knowing she had this, and the level of support of everyone there with us, reignited my heart on an entirely new plane.

I am so grateful to raise strong children that know they can do anything they set their mind to. There are no challenges in life they will not overcome.

Love you Cenya! I can't wait to see where life takes us next!

#icebath #whimhoff #retreat

36 likes
February 25, 2022

instagram.com/blazewithincyn/p/CabJwh6rXwq/



blazewithincyn Follow ···

Love you Cenya! I can't wait to see where life takes us next!

#icebath #whimhoff #retreat #noplanclan #healing @maegicalheals

creativeraeco 193w
You both are truly amazing. Im so honoree to have shared breath with both of you ~ Rae 💫
1 like Reply

thejeremyhuber 193w
You all are inspiring!!
1 like Reply

kenyar13 193w
Love this
1 like Reply

36 likes
February 25, 2022

instagram.com/blazewithincyn/p/CabJwh6rXwq/



blazewithincyn Follow ···

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1 like Reply

thejeremyhuber 193w
You all are inspiring!!
1 like Reply

kenyar13 193w
Love this
1 like Reply

mangi_200 193w
Promote it on @mentalhealth__community🔥
1 like Reply

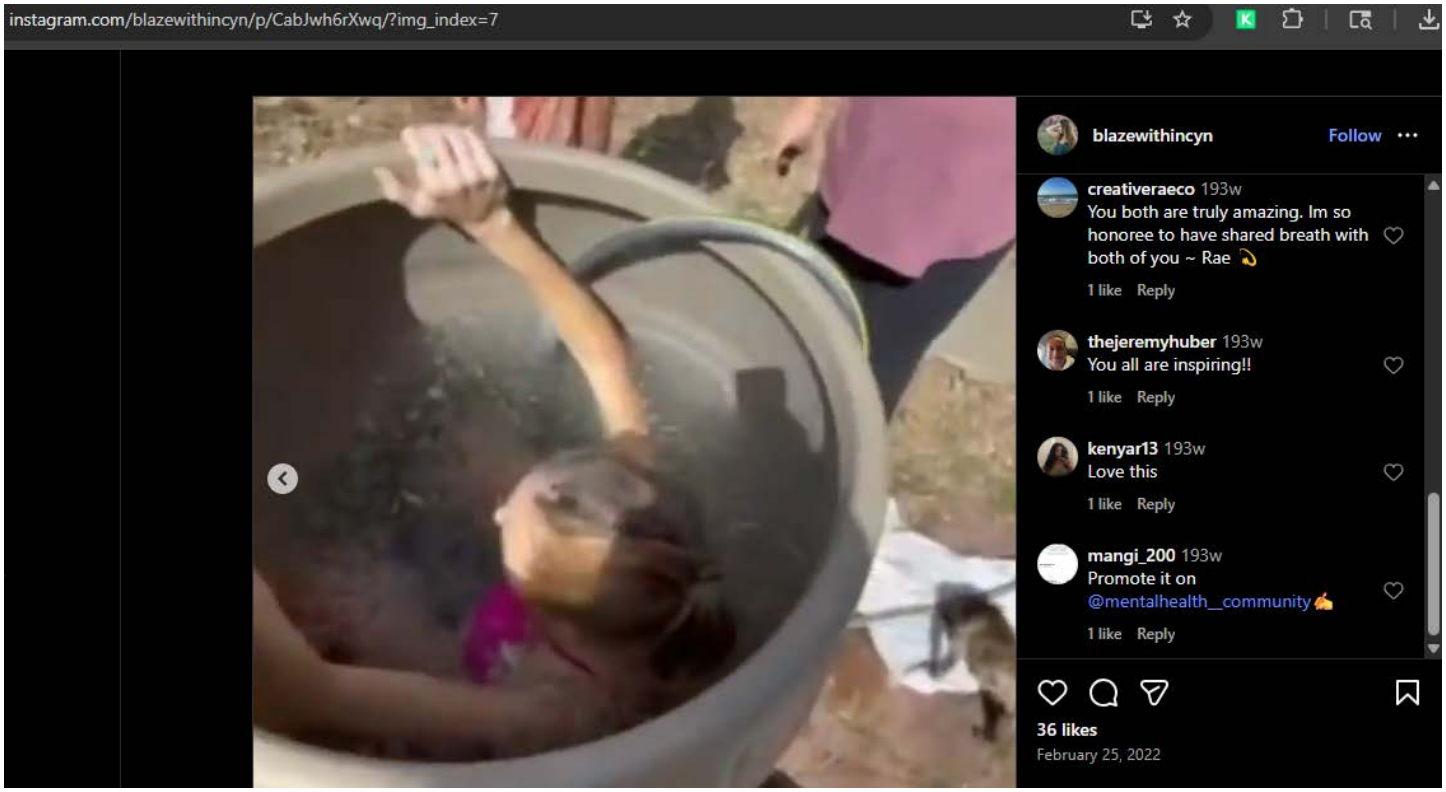
36 likes
February 25, 2022



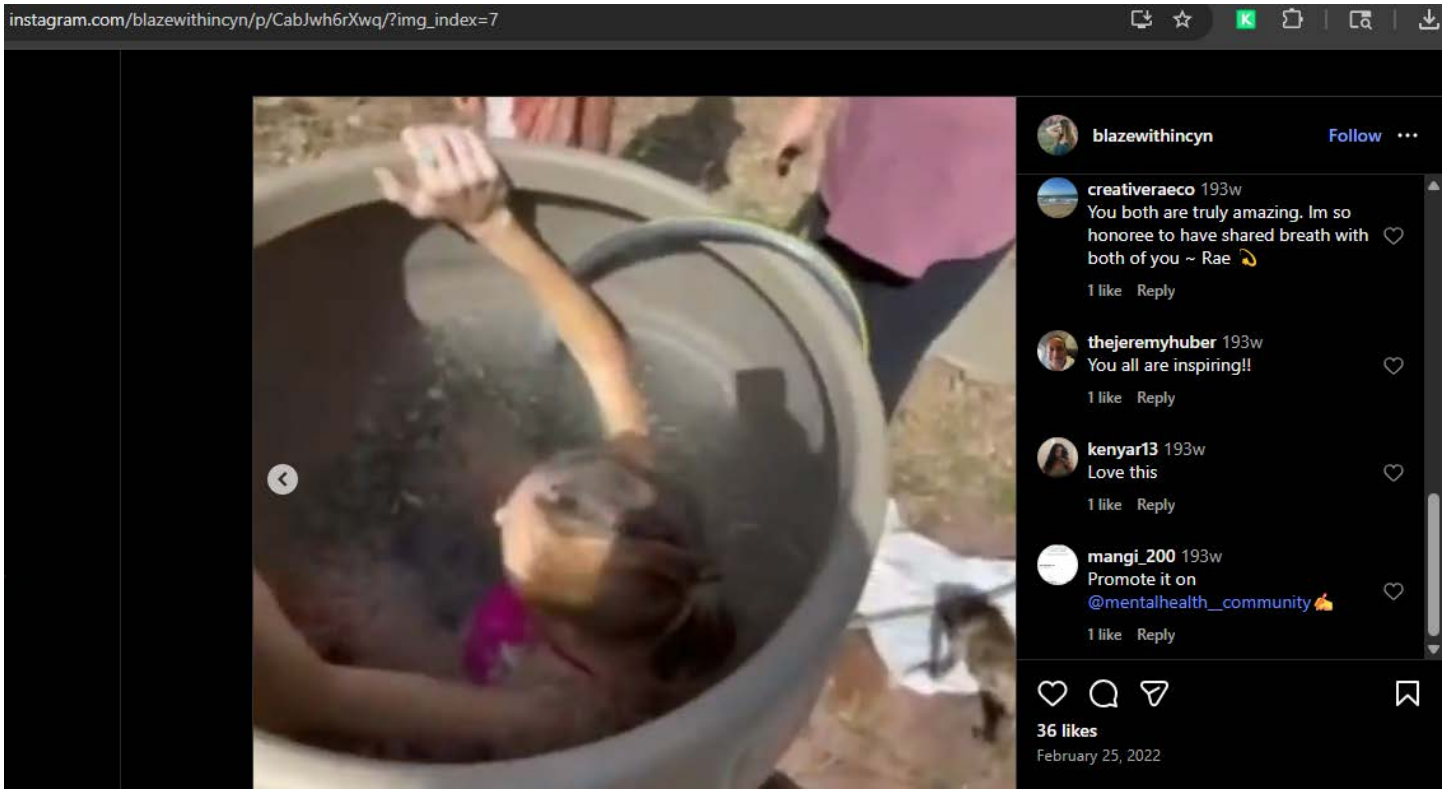








Link to download video



Link to download video

Instagram

blazewithincyn/

System ID: 665019

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=1

Posted: Feb 26, 2022

Captured: Nov 13, 2025

Before DOI

Subject posted pictures of herself and her kids at an alligator farm in Florida. They are seen riding an airboat and holding alligators. Talk about raising strong kids! After taking Covin on an alligator airboat tour, I knew I had to bring back the girls! We saw gators of all ages in the swamp today from little tiny yearlings to an 800 pound monster! At the end of the boat ride Cemree couldn’t wait to hold this six year old female gator named Sophie There was a dad of another group intimidated to hold her, but was pressured by the youngsters on the boat lining up with excitement Cemree wants to go back and even says she wants a pet gator now What should we do in Florida next? I am loving it here and we may never leave

instagram.com/blazewithincyn/p/CadsqNgrsA0/



blazewithincyn Follow ···

blazewithincyn 193w
Talk about raising strong kids!

After taking Covin on an alligator airboat tour, I knew I had to bring back the girls!

We saw gators of all ages in the swamp today from little tiny yearlings to an 800 pound monster!

At the end of the boat ride Cemree couldn't wait to hold this six year old female gator named Sophie 🐊 There was a dad of another group intimidated to hold her, but was pressured by the youngsters on the boat lining up with excitement 😄

Cemree wants to go back and even says

38 likes
February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/



blazewithincyn Follow ···

she wants a pet gator now 🤣

What should we do in Florida next? I am loving it here and we may never leave 🙌

#noplanclan #gators #florida #nofear #swamptours

nataliespapworth 193w
This is amazing!! Love it! 🐊🐊🐊
1 like Reply

nikelle.jensen 193w
Your kids have grown so much! Cemree is a teenager! 😱
1 like Reply

View all 1 replies

38 likes
February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/



blazewithincyn Follow

nataliespapworth 193w
This is amazing!! Love it!

1 like Reply

nikelle.jensen 193w
Your kids have grown so much! Cemree is a teenager!

1 like Reply

Hide all replies

blazewithincyn 192w
@kelle.jensen Seriously though! How do they grow so fast!

Reply

shelbjacobson 193w
Omg!! They are brave lol

38 likes
February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/



blazewithincyn Follow

blazewithincyn 192w
@shelbjacobson Right?! I don't know if I could've done that at their age LOL!

Reply

samanthajacobson1 193w
So cute!

1 like Reply

Hide all replies

blazewithincyn 192w
@samanthajacobson1

Reply

promoart81 193w
Promote it on @explore._florida

Reply

38 likes
February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=2



blazewithincyn Follow ···

blazewithincyn 192w
@shelbjacobson Right?! I don't know if I could've done that at their age LOL!
Reply

samanthajacobson1 193w
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1 like Reply

Hide all replies

blazewithincyn 192w
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Reply

promoart81 193w
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Reply

38 likes
February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=3



blazewithincyn Follow ···

blazewithincyn 192w
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promoart81 193w
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Reply

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February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=4



blazewithincyn Follow ···

blazewithincyn 192w
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Reply

samanthajacobson1 193w
So cute! ❤️
1 like Reply

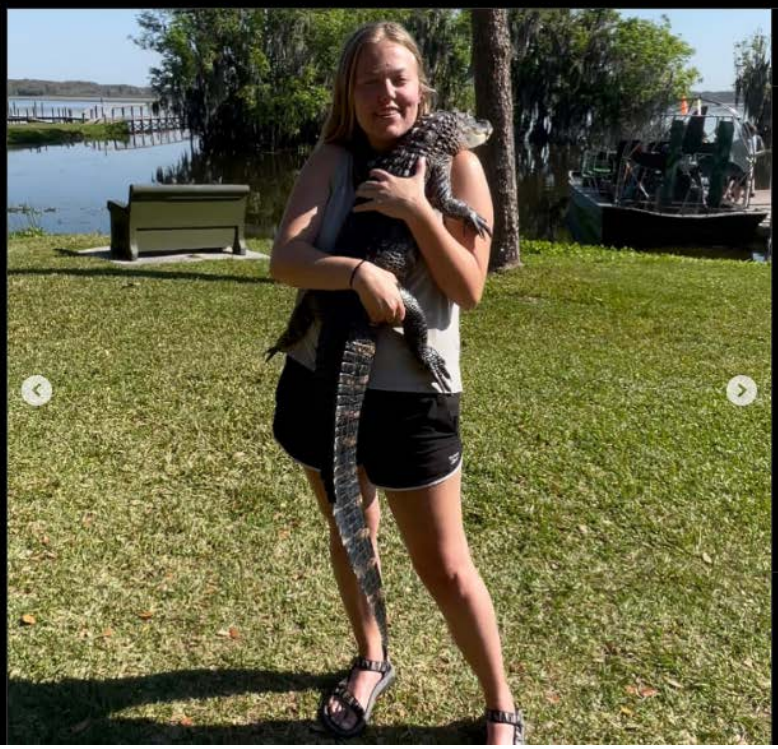
Hide all replies

blazewithincyn 192w
@samanthajacobson1 😍
Reply

promoart81 193w
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Reply

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February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=5



blazewithincyn Follow ···

blazewithincyn 192w
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Reply

samanthajacobson1 193w
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1 like Reply

Hide all replies

blazewithincyn 192w
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Reply

promoart81 193w
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Reply

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February 26, 2022

Add a comment...

instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=6



blazewithincyn Follow ···

blazewithincyn 192w
@shelbjacobson Right?! I don't know if I could've done that at their age LOL!
Reply

samanthajacobson1 193w
So cute! ❤️
1 like Reply

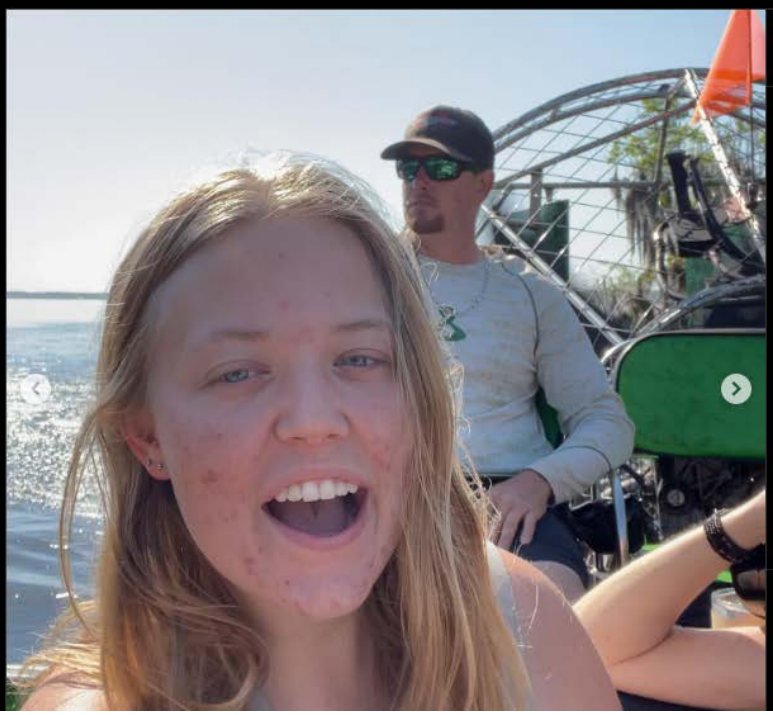
Hide all replies

blazewithincyn 192w
@samanthajacobson1 😍
Reply

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blazewithincyn 192w
@shelbjacobson Right?! I don't know if I could've done that at their age LOL!
Reply

samanthajacobson1 193w
So cute! ❤️
1 like Reply

Hide all replies

blazewithincyn 192w
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Reply

promoart81 193w
Promote it on @explore._florida
Reply

38 likes
February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=8



blazewithincyn Follow ···

blazewithincyn 192w
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Reply

samanthajacobson1 193w
So cute!❤️
1 like Reply

Hide all replies

blazewithincyn 192w
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Reply

promoart81 193w
Promote it on @explore._florida
Reply

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February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=9



blazewithincyn Follow ···

blazewithincyn 192w
@shelbjacobson Right?! I don't know if I could've done that at their age LOL!
Reply

samanthajacobson1 193w
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1 like Reply

Hide all replies

blazewithincyn 192w
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Reply

promoart81 193w
Promote it on @explore._florida
Reply

38 likes
February 26, 2022

instagram.com/blazewithincyn/p/CadsqNgrsA0/?img_index=10



blazewithincyn Follow ···

blazewithincyn 192w
@shelbjacobson Right?! I don't know if I could've done that at their age LOL!
Reply

samanthajacobson1 193w
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1 like Reply

Hide all replies

blazewithincyn 192w
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Reply

promoart81 193w
Promote it on @explore._florida
Reply

38 likes
February 26, 2022

Add a comment...

Instagram

blazewithincyn/

Posted: Mar 02, 2022

System ID: 665068

Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Can6yXSLkwF/?img_index=1

Before DOI

Subject posted pictures of her daughters with horses at a stable in Florida. She commented that they missed their horses back at home. Seeing these girls back in their element with horses really warms my heart ❤ and has us missing our horses back home. Ocala Florida is home to the first Gypsy Vanner horses in America and they have quite the tale! The owner at Gypsy Gold Farms has a heart of gold and is completely humble and down to earth. Of you are in the area I HIGHLY recommend checking out this farm and hearing the tales directly from “the horses mouth” himself! □ Oh, and there are a couple McCaws in there for your enjoyment as well □ #gypsyvanner #florida #gypsygold #wheretonext #horsetherapy

instagram.com/blazewithincyn/p/Can6yXSLkwF/



blazewithincyn Follow ···

blazewithincyn 193w
Seeing these girls back in their element with horses really warms my heart ❤️ and has us missing our horses back home.

Ocala Florida is home to the first Gypsy Vanner horses in America and they have quite the tale!

The owner at Gypsy Gold Farms has a heart of gold and is completely humble and down to earth.

Of you are in the area I HIGHLY recommend checking out this farm and hearing the tales directly from "the horses mouth" himself! 😂

Oh, and there are a couple McCaws in

49 likes
March 2, 2022

instagram.com/blazewithincyn/p/Can6yXSLkwF/



blazewithincyn Follow ···

Oh, and there are a couple McCaws in there for your enjoyment as well 😍

#gypsyvanner #florida #gypsygold #wheretonext #horsetherapy

samanthajacobson1 193w
Cutest girls!❤️
1 like Reply

Hide all replies

blazewithincyn 193w
@samanthajacobson1 they were in HEAVEN!
Reply

cspilkey 193w
Oh my gosh Olivia would be

49 likes
March 2, 2022

instagram.com/blazewithincyn/p/Can6yXSLkwF/



blazewithincyn Follow ···

cspilkey 193w
Oh my gosh Olivia would be freaking out over those Macaws! We may have to make a trip, ha!
1 like Reply

Hide all replies

blazewithincyn 193w
@cspilkey Come!! We seriously would live at their farm if we could 😍
1 like Reply

cspilkey 193w
@no.plan.clan so cool, we may need to look into that!
Reply

49 likes
March 2, 2022

instagram.com/blazewithincyn/p/Can6yXSLkwF/?img_index=2



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cspilkey 193w
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1 like Reply

Hide all replies

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March 2, 2022

instagram.com/blazewithincyn/p/Can6yXSLkwF/?img_index=3



blazewithincyn Follow ...

cspilkey 193w
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1 like Reply

Hide all replies

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49 likes
March 2, 2022

instagram.com/blazewithincyn/p/Can6yXSLkwF/?img_index=4



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cspilkey 193w
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1 like Reply

Hide all replies

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March 2, 2022

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March 2, 2022

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blazewithincyn Follow ...

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1 like Reply

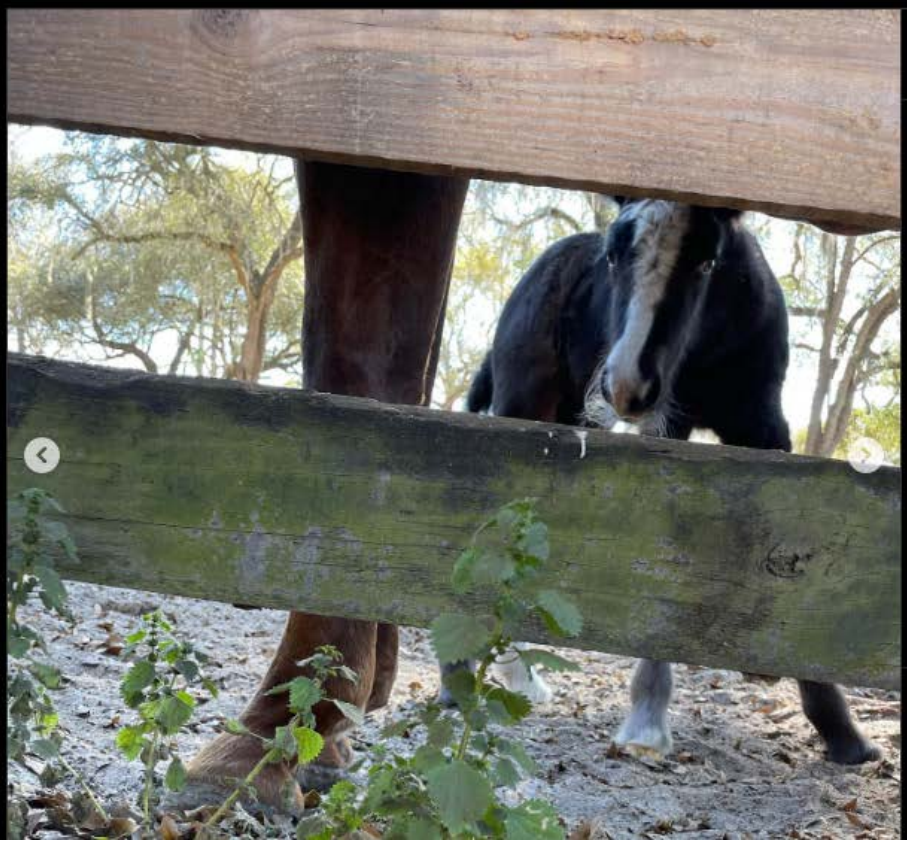
Hide all replies

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instagram.com/blazewithincyn/p/Can6yXSLkwF/?img_index=8



blazewithincyn Follow ...

cspilkey 193w
Oh my gosh Olivia would be freaking out over those Macaws! We may have to make a trip, ha!
1 like Reply

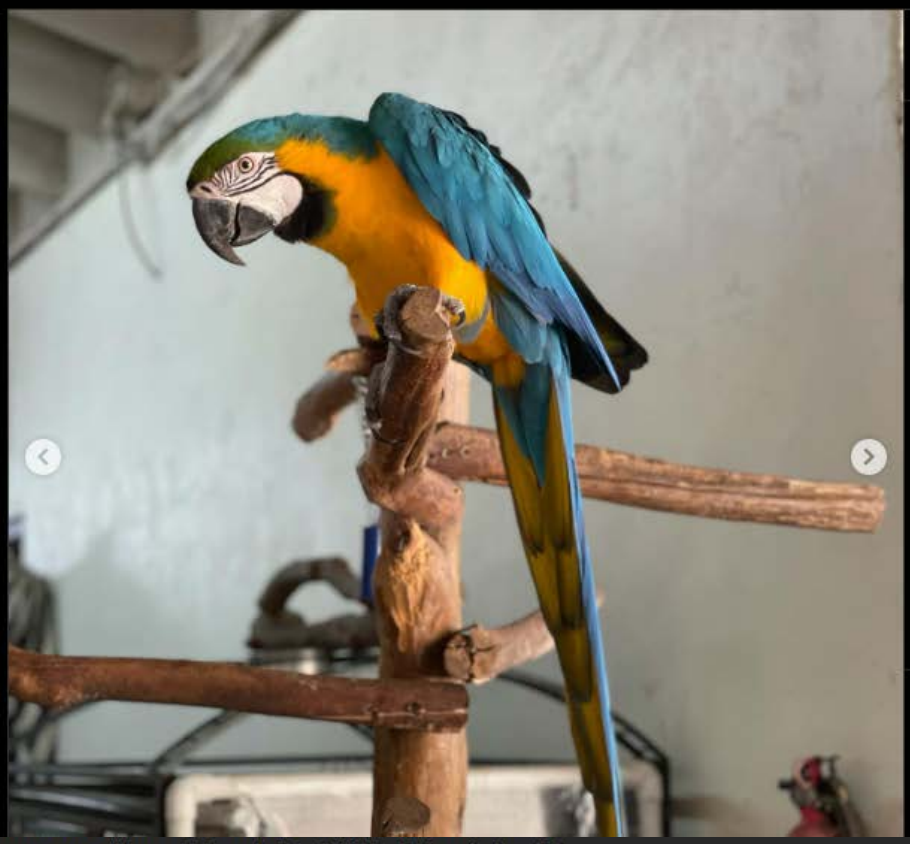
Hide all replies

blazewithincyn 193w
@cspilkey Come!! We seriously would live at their farm if we could 😍
1 like Reply

cspilkey 193w
@no.plan.clan so cool, we may need to look into that!
Reply

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March 2, 2022

instagram.com/blazewithincyn/p/Can6yXSLkwF/?img_index=9



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cspilkey 193w
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blazewithincyn 193w
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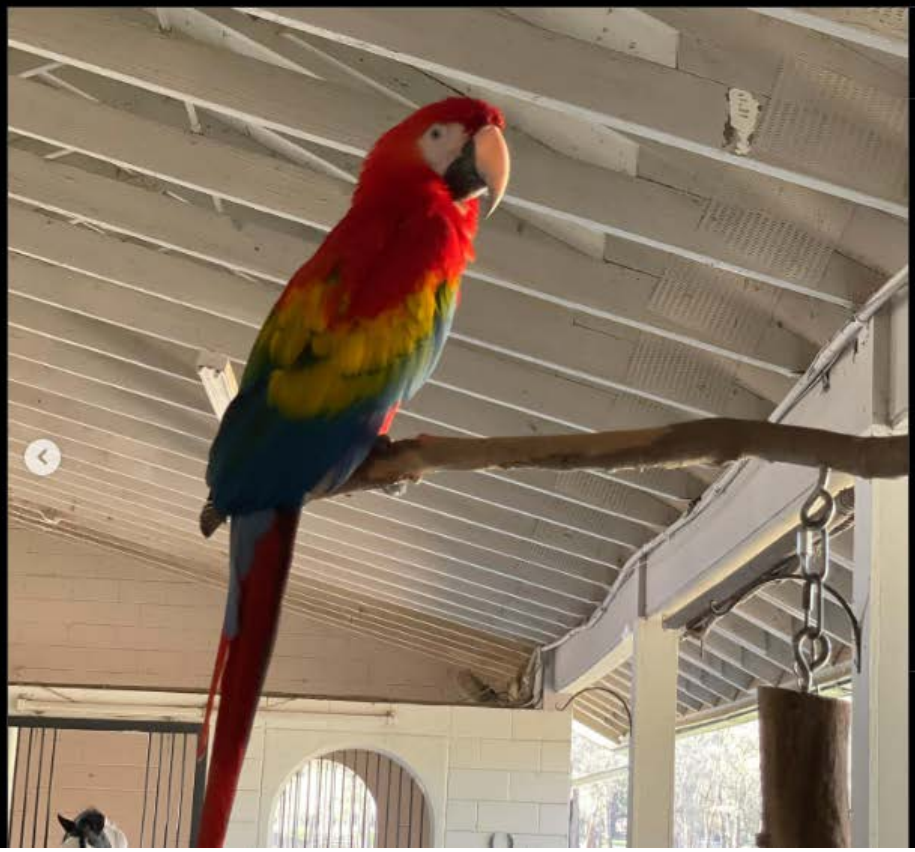
1 like Reply

cspilkey 193w
@no.plan.clan so cool, we may need to look into that!

Reply

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March 2, 2022

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cspilkey 193w
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1 like Reply

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blazewithincyn 193w
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1 like Reply

cspilkey 193w
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Reply

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March 2, 2022

Instagram

blazewithincyn/ | Posted: Mar 08, 2022

System ID: 665081 | Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Ca3b5IXLpil/?img_index=1

Before DOI

Subject posted several pictures of herself with her sisters, mother, and grandmother. She comments about their difficult childhood, having different dads, and being separated into foster homes. can’t let women’s day pass without a shout out to these four beautiful amazing women that helped shape me into the woman I am today. It wasn’t always easy, especially going through some tough times together. Ripped apart at childhood, shifted between separate foster homes, divided between our different dad’s homes, and sometimes, if we were lucky, grandma’s house. To go through that trauma (among many others) at such young ages, tore us apart at the seems Each one of these women had their own hard path to walk, and each one felt so desperately alone. I am so grateful for the times we have been able to come together and see beyond our pain stories, which often we put on the ones we love most, since they were part of our traumatic experiences. I used to hold my mother solely accountable for all of my childhood trauma, and I went years barely talking to her Thankfully I realized we all have our own trauma to deal with, and are doing the best we can. I am so grateful I was able to have deep conversations and forgiveness while she was still here. It seems so silly now all the years I wasted holding on to my pain story. I was hurting myself worst of all. I have seen each of these women walk through fire and come out the other side holding buckets of water for those still in it. That is how powerful they are, and I would proudly walk hand in hand with each one of them. #internationalwomensday #women #powerfulwomen

instagram.com/blazewithincyn/p/Ca3b5IXLpil/



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blazewithincyn Edited • 192w
I can't let women's day pass without a shout out to these four beautiful amazing women that helped shape me into the woman I am today.

It wasn't always easy, especially going through some tough times together. Ripped apart at childhood, shifted between separate foster homes, divided between our different dad's homes, and sometimes, if we were lucky, grandma's house.

To go through that trauma (among many others) at such young ages, tore us apart at the seems 💔

Each one of these women had their own hard path to walk, and each one

52 likes
March 8, 2022

instagram.com/blazewithincyn/p/Ca3b5IXLpil/



blazewithincyn Follow ···

felt so desperately alone.

I am so grateful for the times we have been able to come together and see beyond our pain stories, which often we put on the ones we love most, since they were part of our traumatic experiences.

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52 likes
March 8, 2022

instagram.com/blazewithincyn/p/Ca3b5IXLpil/



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I have seen each of these women walk through fire and come out the other side holding buckets of water for those still in it. That is how powerful they are, and I would proudly walk hand in hand with each one of them. 🔥🤗🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
Love this! ❤️❤️❤️
Reply

52 likes
March 8, 2022

instagram.com/blazewithincyn/p/Ca3b5IXLpil/



blazewithincyn Follow ···

with each one of them. 🔥🤗🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
Love this! ❤️❤️❤️
Reply

sandifackler 192w
What an amazing story. I had no idea. Hugs and loves to you 💕 I think you're pretty incredible
1 like Reply

52 likes
March 8, 2022

instagram.com/blazewithincyn/p/Ca3b5IXLpil/?img_index=2



blazewithincyn Follow ···

with each one of them. 🔥😍🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
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Reply

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1 like Reply

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instagram.com/blazewithincyn/p/Ca3b5IXLpil/?img_index=3



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with each one of them. 🔥😍🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
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instagram.com/blazewithincyn/p/Ca3b5IXLpil/?img_index=4



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with each one of them. 🔥😘🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
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Reply

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1 like Reply

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March 8, 2022

instagram.com/blazewithincyn/p/Ca3b5IXLpil/?img_index=5



blazewithincyn Follow ···

with each one of them. 🔥😘🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
Love this! ❤️❤️❤️
Reply

sandifackler 192w
What an amazing story. I had no idea. Hugs and loves to you 💕 I think you're pretty incredible
1 like Reply

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March 8, 2022

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with each one of them. 🔥🥰🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
Love this! ❤️❤️❤️
Reply

sandifackler 192w
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1 like Reply

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blazewithincyn Follow ···

with each one of them. 🔥🥰🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
Love this! ❤️❤️❤️
Reply

sandifackler 192w
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1 like Reply

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March 8, 2022

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with each one of them. 🔥🥰🔥

#internationalwomensday #women #powerfulwomen

thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
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sandifackler 192w
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52 likes
March 8, 2022

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with each one of them. 🔥🥰🔥

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March 8, 2022

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thisadventurefamily 191w
Beautiful ❤️❤️❤️
Reply

bucketletstravel 192w
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sandifackler 192w
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1 like Reply

52 likes
March 8, 2022

Instagram

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System ID: 665172

Cynthia Lee Jacobson

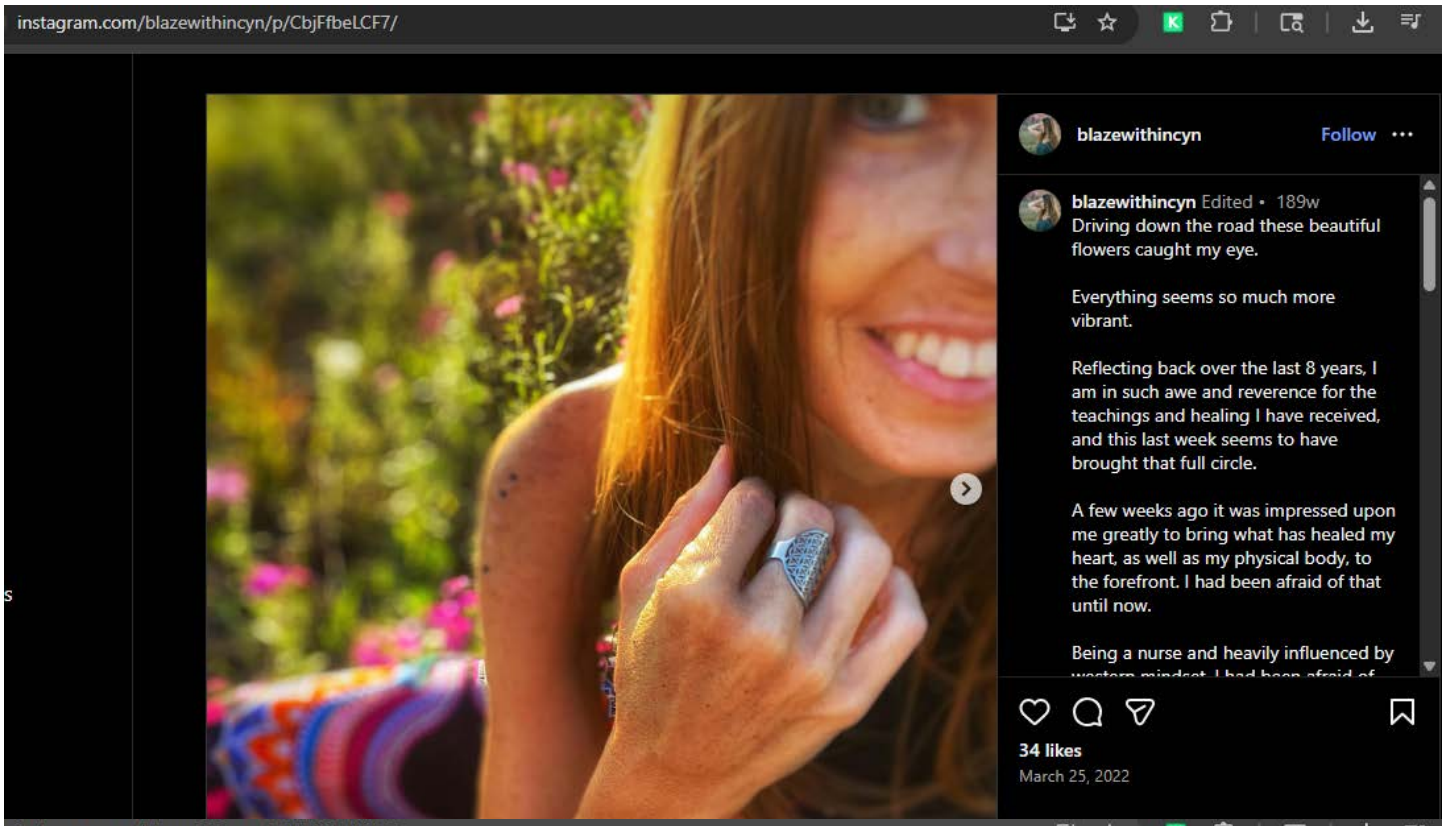
https://www.instagram.com/blazewithincyn/p/CbjFfbeLCF7/?img_index=1

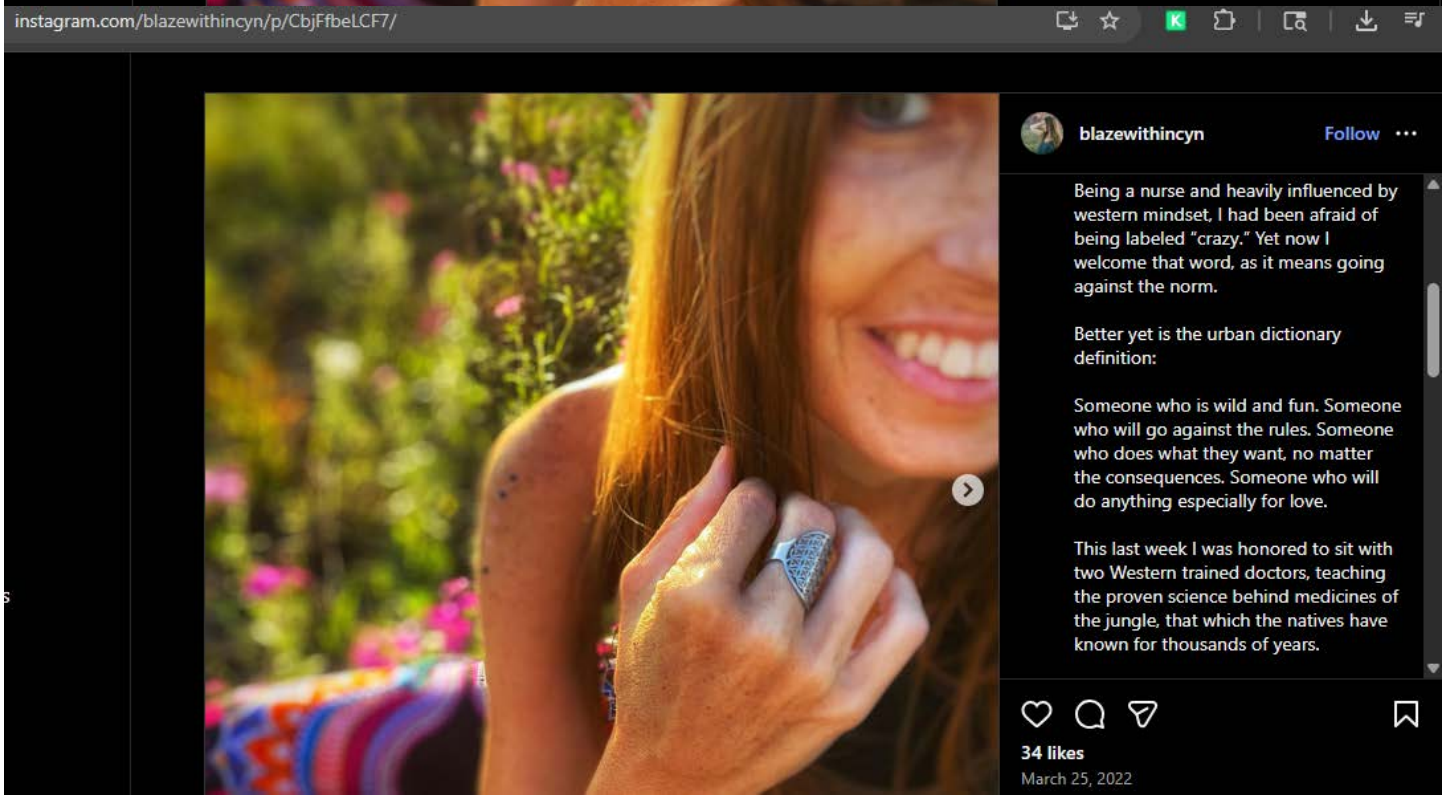
Posted: Mar 25, 2022

Captured: Nov 13, 2025

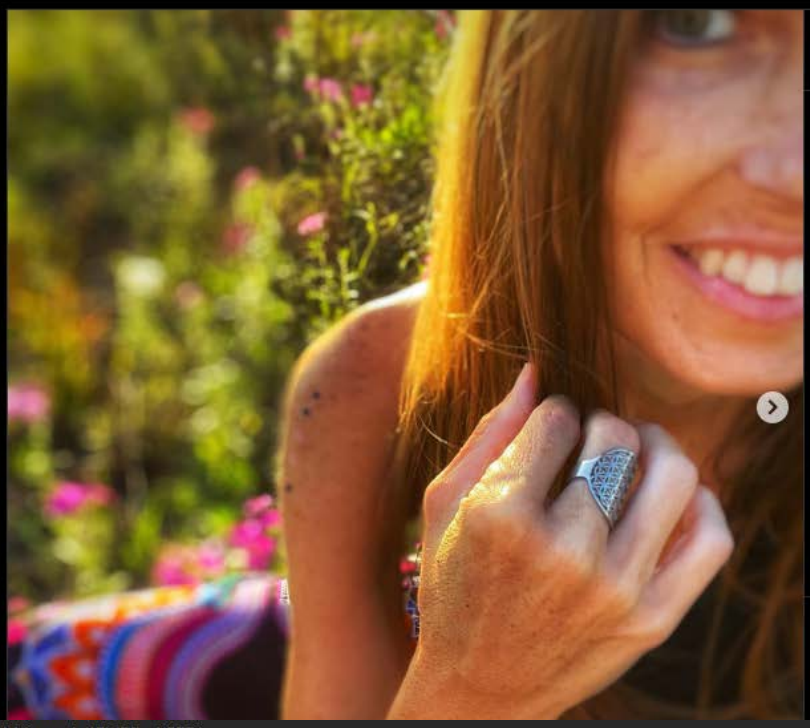
Before DOI

Subject posted pictures of herself, flowers, her standing with other people, and her holding certificates of completion from Kuntanawa. Driving down the road these beautiful flowers caught my eye. Everything seems so much more vibrant. Reflecting back over the last 8 years, I am in such awe and reverence for the teachings and healing I have received, and this last week seems to have brought that full circle. A few weeks ago it was impressed upon me greatly to bring what has healed my heart, as well as my physical body, to the forefront. I had been afraid of that until now. Being a nurse and heavily influenced by western mindset, I had been afraid of being labeled “crazy.” Yet now I welcome that word, as it means going against the norm. Better yet is the urban dictionary definition: Someone who is wild and fun. Someone who will go against the rules. Someone who does what they want, no matter the consequences. Someone who will do anything especially for love. This last week I was honored to sit with two Western trained doctors, teaching the proven science behind medicines of the jungle, that which the natives have known for thousands of years. We were also blessed to sit with the Chief of the Kuntanawa tribe of Brazil, and his beautiful wife, learning the traditions, and culture behind the practices. I am still in disbelief of the gravity of knowledge, teachings, and blessings poured upon us this week, learning to be studious carriers of the medicine to heal the people. As Haru, Chief of the Kuntanawa said “We are all one tribe. The human tribe. And it is time to heal the people.” With that, I am referring to the “vaccines” of the jungle. They help: Anxiety Depression PTSD Physical pain and so much more And yes, it is all legal through the US! I will be sharing more soon. Much love!


instagram.com/blazewithincyn/p/CbjFfbeLCF7/
blazewithincyn
Follow
blazewithincyn Edited • 189w
Driving down the road these beautiful flowers caught my eye.
Everything seems so much more vibrant.
Reflecting back over the last 8 years, I am in such awe and reverence for the teachings and healing I have received, and this last week seems to have brought that full circle.
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Being a nurse and heavily influenced by
34 likes
March 25, 2022


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Follow
Being a nurse and heavily influenced by western mindset, I had been afraid of being labeled "crazy." Yet now I welcome that word, as it means going against the norm.
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They help:
Anxiety

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They help:
Anxiety
Depression
PTSD
Physical pain and so much more

And yes, it is all legal through the US!

I will be sharing more soon. Much love!
❤️

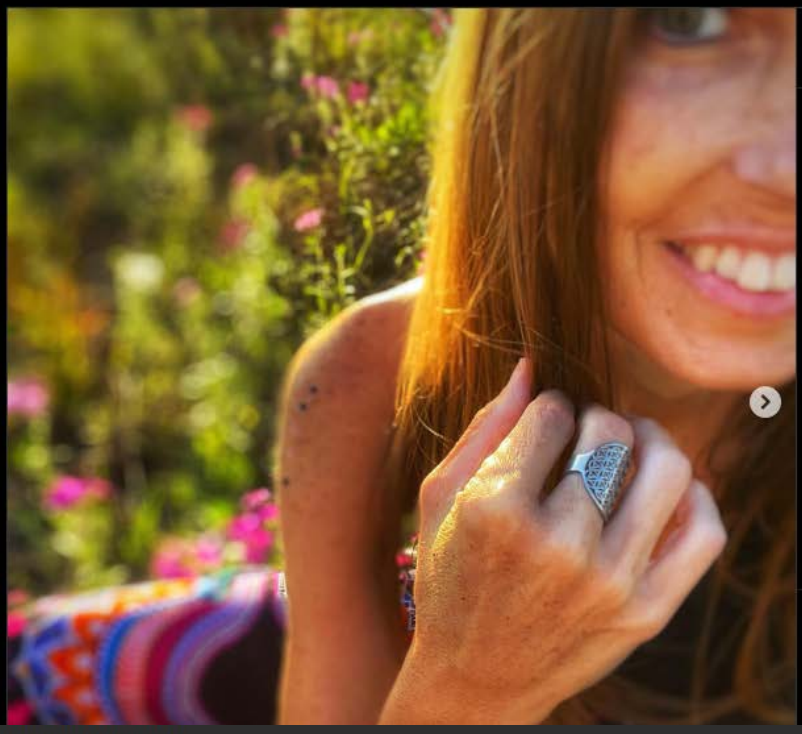
If you want to know more there is a link in my bio 🐸

#healing #healingtrauma #junglemedicine #plantmedicine #kambo #hape #sananga #ayahuasca

tinacourtney74 189w
You are not crazy. You are going back to TRUTH. I love seeing your

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March 25, 2022

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tinacourtney74 189w
You are not crazy. You are going back to TRUTH. I love seeing your journey. Thanks for sharing ❤️
1 like Reply

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blazewithincyn 189w
@tinacourtney74 Thank you! Yes the truth of what is and what always was 🙌 Thank you for being part of my journey ❤️
1 like Reply

hollypay6 189w
Way to go lady!! Let's put something together
1 like Reply

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@hollypay6 let's do it! 🙌 🔥 ❤️
1 like Reply

hollypay6 189w
@no.plan.clan yes!!!
Reply ···

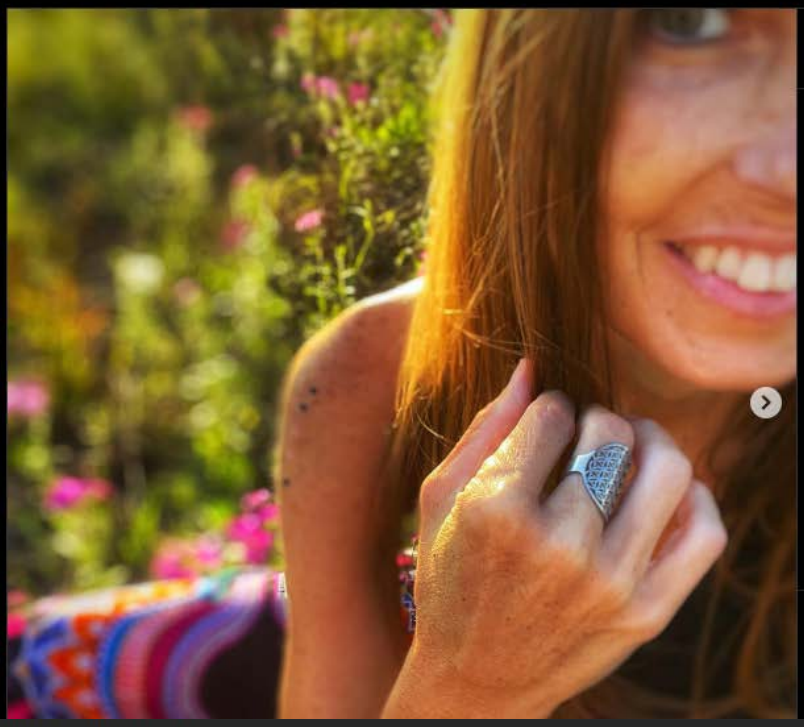
nataliespapworth 189w
So cool! 💫 🤍 💫
1 like Reply

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@nataliespapworth 🙌
Reply

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robertmasiza 189w
I'm sure this will save a life by sharing this information and introduce to you @drusifoh9 who cured my infection which I'll rather be private about, I was cured from genital herpes with his herbal medicine, I wasn't really expecting a herbal medicine to be as effective as I experienced. Contact him and be free from any kind of infections or diseases, I'm pretty much certain you'll all thank me later

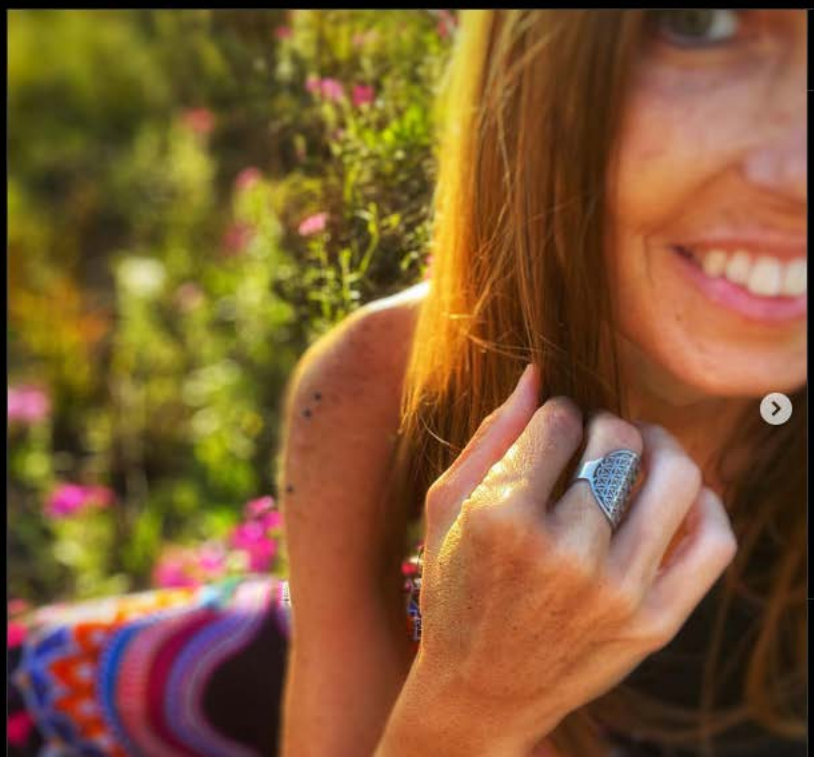
1 like Reply

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blazewithincyn 189w
@robertmasiza I am so grateful you were healed. So amazing that everything we

34 likes
March 25, 2022

instagram.com/blazewithincyn/p/CbjFfbeLCF7/



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1 like Reply

Hide all replies

blazewithincyn 189w
@robertmasiza I am so grateful you were healed. So amazing that everything we need to heal us is already on this earth 🙏💫

Reply

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March 25, 2022

instagram.com/blazewithincyn/p/CbjFfbeLCF7/?img_index=3



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Reply

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March 25, 2022

instagram.com/blazewithincyn/p/CbjFfbeLCF7/?img_index=4



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Reply

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March 25, 2022

instagram.com/blazewithincyn/p/CbjFfbeLCF7/?img_index=5



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Reply

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March 25, 2022

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Reply

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March 25, 2022

instagram.com/blazewithincyn/p/CbjFfbeLCF7/?img_index=7



blazewithincyn Follow

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Hide all replies

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Reply

34 likes
March 25, 2022

Instagram

blazewithincyn/

System ID: 665182

Cynthia Lee Jacobson

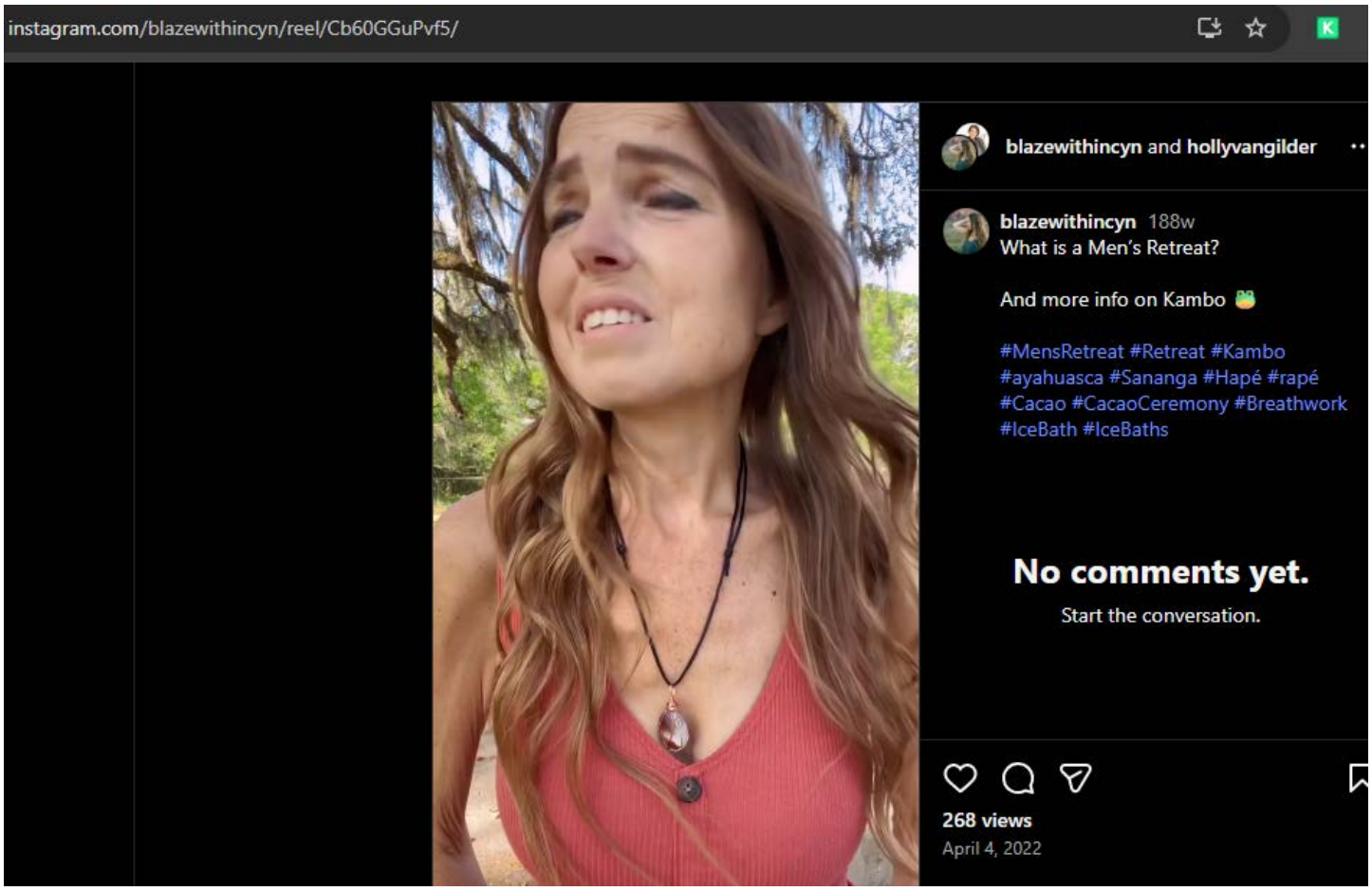
https://www.instagram.com/blazewithincyn/reel/Cb60GGuPvf5/

Posted: Apr 04, 2022

Captured: Nov 13, 2025

Before DOI

Subject posted a video encouraging men to come to a men's retreat that she is working at. She will be providing breathwork therapy and plant-based medicines. What is a Men’s Retreat? And more info on Kambo #MensRetreat #Retreat #Kambo #ayahuasca #Sananga #Hapé #rapé #Cacao #CacaoCeremony #Breathwork #IceBath #IceBaths


instagram.com/blazewithincyn/reel/Cb60GGuPvf5/
blazewithincyn and hollyvangilder
blazewithincyn 188w
What is a Men's Retreat?
And more info on Kambo 🐸
#MensRetreat #Retreat #Kambo
#ayahuasca #Sananga #Hapé #rapé
#Cacao #CacaoCeremony #Breathwork
#IceBath #IceBaths
No comments yet.
Start the conversation.
268 views
April 4, 2022

Instagram

blazewithincyn/

Posted: Apr 21, 2022

System ID: 665178

Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Ccol_GJjnGf/?img_index=1

Before DOI

Subject posted pictures of herself and her kids in Mexico. They are standing by the water with hats, standing on water swings, wearing snorkeling gear, at the beach, and eating at a waterside restaurant. Hola from Mexico!! Our plan to travel 50 States is expanding. Got the kids passports and headed south of the boarder! We have been exploring up and down the east coast of Mexico from Cancun, to Isles Mujeres, Cozumel, Playa Del Carmen and Tulum. The concierge at one hotel commented “Wow, you are an adventurous family!” Cenya’s response: “ You have no idea!”

instagram.com/blazewithincyn/p/Ccol_GJjnGf/



blazewithincyn Follow ···

blazewithincyn 185w
Hola from Mexico!!

Our plan to travel 50 States is expanding. Got the kids passports and headed south of the boarder!

We have been exploring up and down the east coast of Mexico from Cancun, to Isles Mujeres, Cozumel, Playa Del Carmen and Tulum.

The concierge at one hotel commented "Wow, you are an adventurous family!"

Cenya's response: " You have no idea!" 😆🤣

#Noplanclan #WhereToNext

34 likes
April 21, 2022

instagram.com/blazewithincyn/p/Ccol_GJjnGf/



blazewithincyn Follow ···

mclaughlinsmakingmemories 185w
Did you visit Puerto Morelos? We have spent 2 months there and love it!
1 like Reply

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blazewithincyn 185w
@therversfamily Not yet. Did you go in your RV?
1 like Reply

mclaughlinsmakingmemories 185w
@no.plan.clan No, we flew to Cancun and stayed in airbnbs in Puerto Morelos, Cozumel, and Valladolid.
1 like Reply

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1 like Reply

cynthiaannbednar 185w
Omg I love this and I miss you guys soooo much!!❤️
Reply

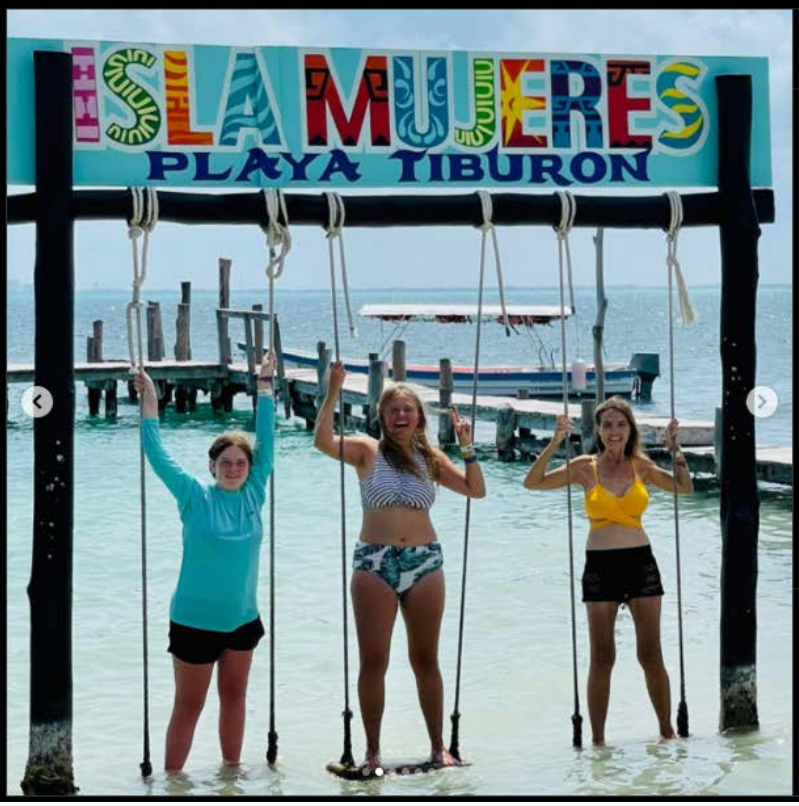
anicholes2002 185w
Looks like fun!
1 like Reply

nataliespapworth 185w
Looks so fun!!
1 like Reply

shelbjacobson 185w
So fun!!
1 like Reply

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April 21, 2022

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cynthiaannbednar 185w
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nataliespapworth 185w
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1 like Reply

34 likes
April 21, 2022

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1 like Reply

cynthiaannbednar 185w
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anicholes2002 185w
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nataliespapworth 185w
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shelbjacobson 185w
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1 like Reply

34 likes
April 21, 2022

instagram.com/blazewithincyn/p/Ccol_GJjnGf/?img_index=4



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1 like Reply

cynthiaannbednar 185w
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Reply

anicholes2002 185w
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1 like Reply

nataliespapworth 185w
Looks so fun!!
1 like Reply

shelbjacobson 185w
So fun!!
1 like Reply

34 likes
April 21, 2022

instagram.com/blazewithincyn/p/Ccol_GJjnGf/?img_index=5



blazewithincyn Follow

1 like Reply

cynthiaannbednar 185w
Omg I love this and I miss you guys soooo much!!❤️
Reply

anicholes2002 185w
Looks like fun!
1 like Reply

nataliespapworth 185w
Looks so fun!!
1 like Reply

shelbjacobson 185w
So fun!!
1 like Reply

34 likes
April 21, 2022

instagram.com/blazewithincyn/p/Ccol_GJjnGf/?img_index=6



blazewithincyn Follow

1 like Reply

cynthiaannbednar 185w
Omg I love this and I miss you guys soooo much!!❤️
Reply

anicholes2002 185w
Looks like fun!
1 like Reply

nataliespapworth 185w
Looks so fun!!
1 like Reply

shelbjacobson 185w
So fun!!
1 like Reply

34 likes
April 21, 2022

Instagram

blazewithincyn/

Posted: Apr 25, 2022

System ID: 665963

Captured: Nov 17, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CcyX9lpONZ2/?img_index=1

Before DOI

Subject posted pictures of herself at a training center for Breathwork. Subject is seen with the group wearing a bright pink top or red pants. She is seen in a video jumping into a large pool. promised to share more of what has helped me heal through my trauma. •Being placed in foster care •Losing a child •Losing a husband to suicide •A daughter struggle with suicide •Addictions and alcoholism •Losing both of my parents And those are just the highlights I have been utilizing multiple modalities to help myself for many years. Meditation, Sound Healing, Trauma release, Breathwork, and the list goes on. I just wrapped up a second Breathwork training in the beautiful location of Tulum Mexico! Why a second Breathwork course? When I find something that helps me, I want to learn as much about it as possible, so I can share it with those I love and care about. First and foremost myself and my children, and then to the world. I am so grateful for my journey, and would not trade any experience I have gone through for the world. Each one has helped me grow and expand, and connect with people on a level not everyone understands. True connection is what we are lacking in this world right now, with the outside world trying to draw us in so many different directions, yet each of those directions are taking us further and further away from our heart. Once all of those distractions are gone, what are we left with? Can we sit quietly, without the distraction, and be at peace with ourselves? What do we take with us once we leave this physical existence? What do we leave behind? It has been a long journey, one I don’t think that ever ends, but I can say I have truly found peace in the stillness, and for that I am grateful. I am excited to share that with all of you! Next up, St George! I will be sharing a few of these modalities during a couple men’s retreats April 29-May 1 and May 13-15. DM for details, or ask questions below. I have had a few women ask when it is their turn! There is a women’s retreat in the works for Hawaii, but if you are in St George and looking to experience breathwork or Kambô, reach out to me and let’s see what I can do to make that happen They say most trauma happens in relationships, healing happens in relating.

instagram.com/blazewithincyn/p/CcyX9lpONZ2/



blazewithincyn Follow ···

blazewithincyn Edited • 185w
I promised to share more of what has helped me heal through my trauma.

•Being placed in foster care
•Losing a child
•Losing a husband to suicide
•A daughter struggle with suicide
•Addictions and alcoholism
•Losing both of my parents

And those are just the highlights

46 likes
April 25, 2022

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instagram.com/blazewithincyn/p/CcyX9lpONZ2/



blazewithincyn Follow ···

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Why a second Breathwork course? When I find something that helps me, I

46 likes
April 25, 2022

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When I find something that helps me, I want to learn as much about it as possible, so I can share it with those I love and care about. First and foremost myself and my children, and then to the world.

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46 likes
April 25, 2022

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True connection is what we are lacking in this world right now, with the outside world trying to draw us in so many different directions, yet each of those directions are taking us further and further away from our heart.

Once all of those distractions are gone, what are we left with? Can we sit quietly, without the distraction, and be at peace with ourselves? What do we take with us once we leave this physical existence? What do we leave behind?

46 likes
April 25, 2022

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There is a women's retreat in the works for Hawaii, but if you are in St George and looking to experience breathwork or Kambô, reach out to me and let's see what I can do to make that happen 😜

They say most trauma happens in

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blazewithincyn Follow

They say most trauma happens in relationships, healing happens in relating.

#Connecting #TraumaHealing #Breathwork #Kambo

allie.lee_ 185w

1 like Reply

shayoli.hope.bronwen 185w

46 likes

April 25, 2022

Add a comment...

instagram.com/blazewithincyn/p/CcyX9IpONZ2/



blazewithincyn Follow

shayoli.hope.bronwen 185w
You look so happy!

1 like Reply

Hide all replies

blazewithincyn 185w
@shayoli.hope I AM!! 🙌😍
❤️ Thank you!

1 like Reply

nataliespapworth 185w

46 likes

April 25, 2022

Add a comment...

instagram.com/blazewithincyn/p/CcyX9IpONZ2/



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blazewithincyn 185w
@shayoli.hope I AM!! 🙌😍
❤️ Thank you!

1 like Reply

nataliespapworth 185w
I'm so happy for you! This sounds amazing!✨🤍💫

1 like Reply

46 likes

April 25, 2022

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instagram.com/blazewithincyn/p/CcyX9lpONZ2/?img_index=2



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blazewithincyn 185w
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1 like Reply

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April 25, 2022

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April 25, 2022

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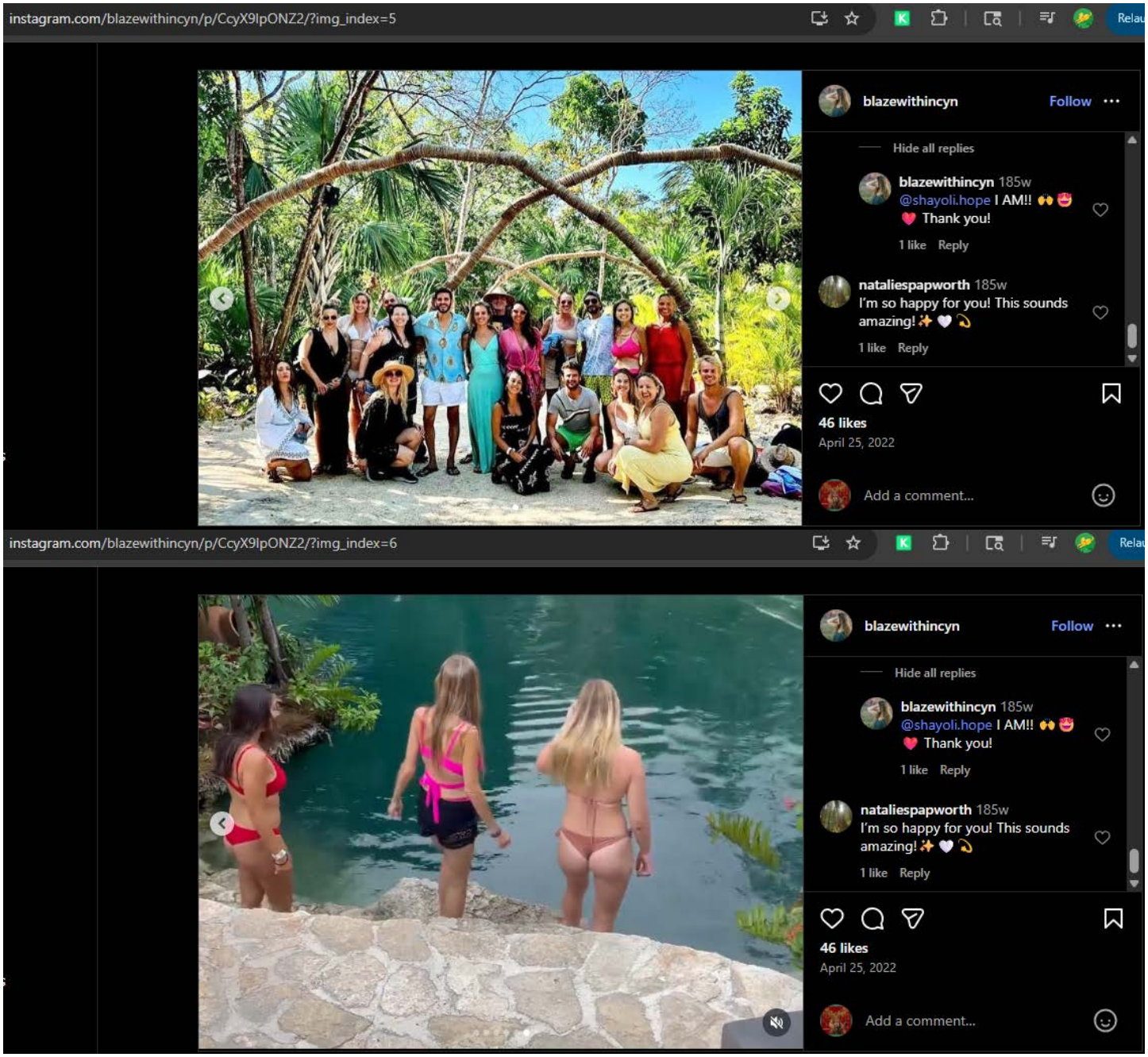
Hide all replies

blazewithincyn 185w
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❤️ Thank you!
1 like Reply

nataliespapworth 185w
I'm so happy for you! This sounds amazing!✨🤍💫
1 like Reply

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[Link to download video]

Instagram

blazewithincyn/

System ID: 666103

Cynthia Lee Jacobson

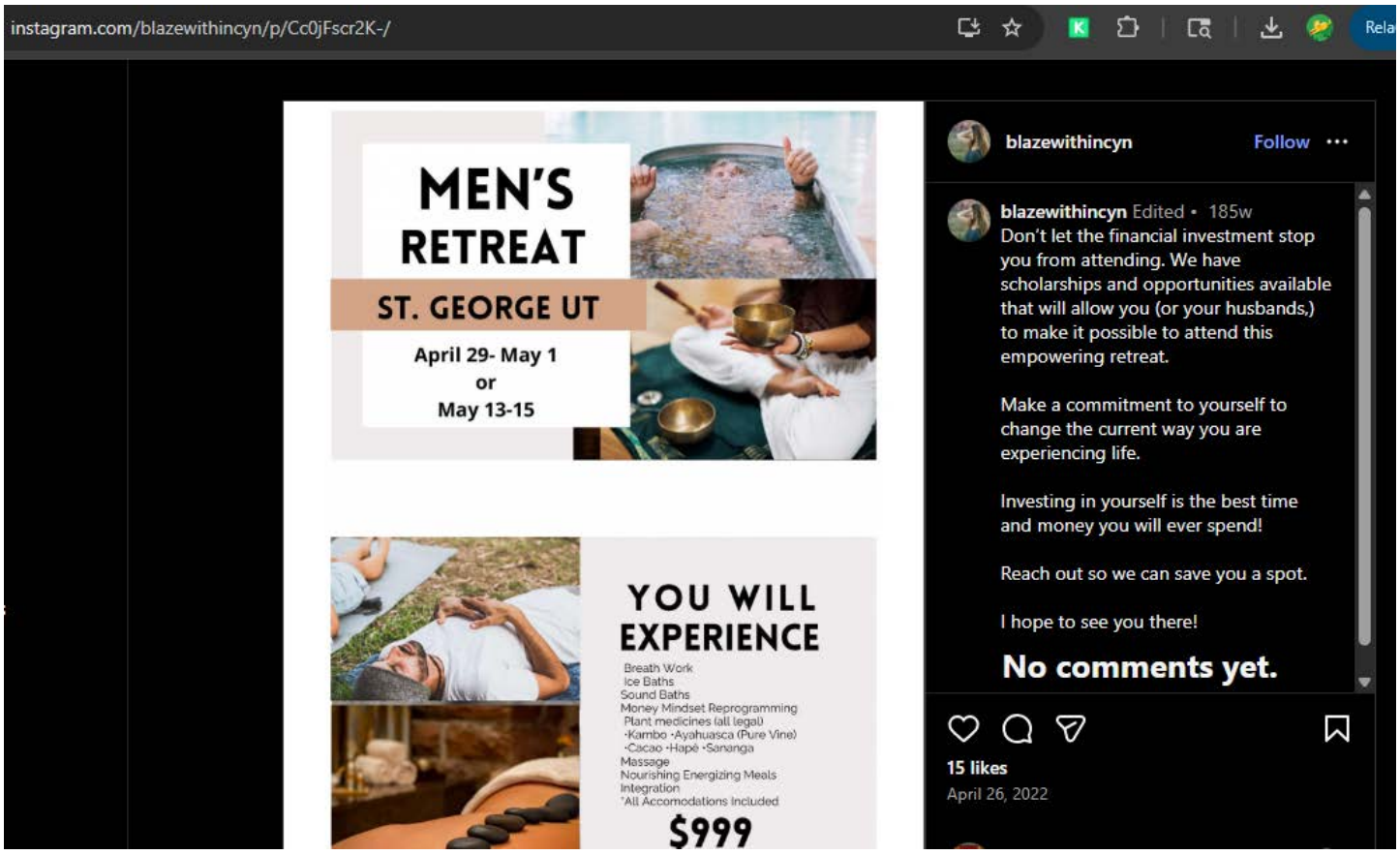
https://www.instagram.com/blazewithincyn/p/Cc0jFscr2K-/

Posted: Apr 26, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a flyer for a Men's Retreat that she will be working at. Don’t let the financial investment stop you from attending. We have scholarships and opportunities available that will allow you (or your husbands,) to make it possible to attend this empowering retreat. Make a commitment to yourself to change the current way you are experiencing life. Investing in yourself is the best time and money you will ever spend! Reach out so we can save you a spot. I hope to see you there!


instagram.com/blazewithincyn/p/Cc0jFscr2K-/
MEN'S RETREAT
ST. GEORGE UT
April 29- May 1
or
May 13-15
YOU WILL EXPERIENCE
Breath Work
Ice Baths
Sound Baths
Money Mindset Reprogramming
Plant medicines (all legal)
·Kambo ·Ayahuasca (Pure Vine)
·Cacao ·Hapè ·Sananga
Massage
Nourishing Energizing Meals
Integration
*All Accomodations Included
$999
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Follow
blazewithincyn Edited • 185w
Don't let the financial investment stop you from attending. We have scholarships and opportunities available that will allow you (or your husbands,) to make it possible to attend this empowering retreat.
Make a commitment to yourself to change the current way you are experiencing life.
Investing in yourself is the best time and money you will ever spend!
Reach out so we can save you a spot.
I hope to see you there!
No comments yet.
15 likes
April 26, 2022

Instagram

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System ID: 666107

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Cc8Dwutr16D/?img_index=1

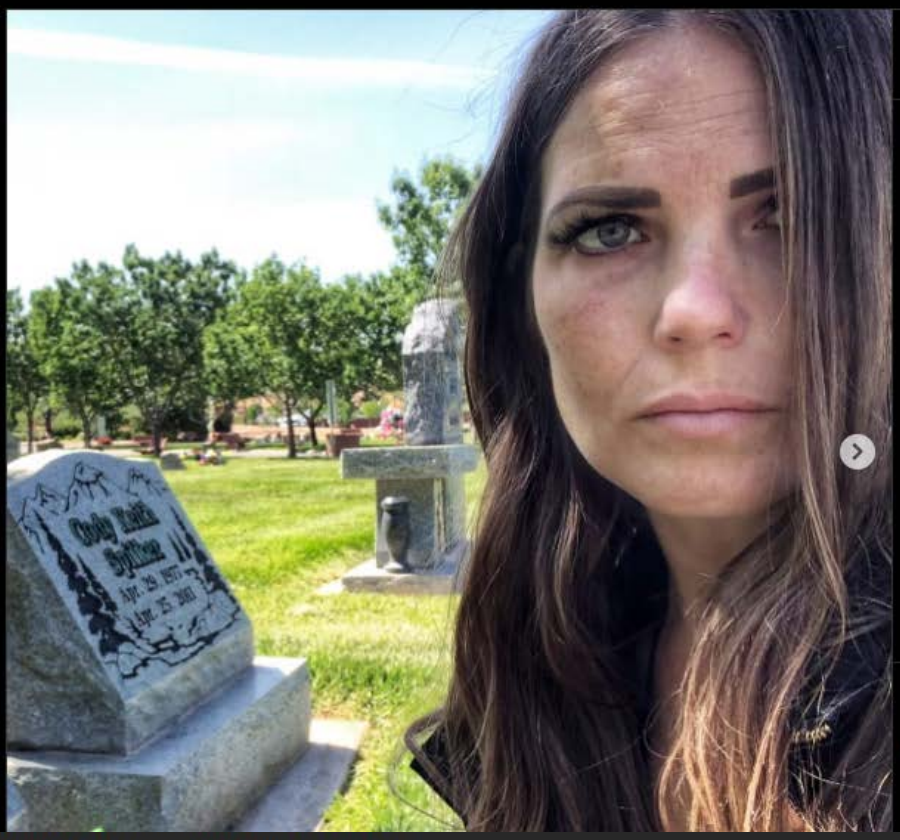
Posted: Apr 29, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a selfie at her husband, Cody's, headstone. She reflects that he would have been 45. She writes about his mental health struggles and the guilt she has felt. Today Cody would be 45. Instead his life ended short at just 33. When I met Cody we connected quickly, both in desperate need of love and attention. We found that in each other. He told me had he not met me, he would have ended his life, or been a hermit in the mountains. Of course I laughed it off, assuming he was professing his undying love for me. Through the years there were signs, but at the time seemed so benign. The first time it became real, I was pregnant with our second child. I had just finished nursing school, and was excited for life. Cody had just finished his first year, and found out he failed the semester. He called me saying he was worthless, I deserved better, the kids deserved better, and he was going to drive over a cliff. I initially laughed it off as it was no big deal, people repeat semesters all the time. I soon realized how serious he was. My attempts to talk him down didn’t work, he told me the cliff was coming up, and to kiss the kids goodbye. I began screaming out of desperation, the screaming snapped him out of it, he pulled the car over just before going over the edge. I didn’t talk to anyone about our trials, I felt I was protecting him by keeping the “dark” secrets. Looking back I wish I had spoken up. It has taken a long time to come to a place of peace within me, and forgive myself from the guilt of not “saving” him. What I have come to realize is; we can’t save anyone, other than ourselves. What I am able to do is share my healing journey, and open conversations that give permission for others to to release theirs as well. Intentional or unintentional, most trauma happens in relationships. Healing happens in connecting and relating. I can’t think of a better birthday gift for Cody then to open conversations around difficult situations. I know he is smiling big on this birthday, watching over the kids and I’s healing journey. Happy birthday Cody. Thank you for all the lessons and blessings you brought to our lives. I don’t think it is an accident the first Men’s healing retreat I am hosting kicks off on your birthday. Loved you then, love you still, always have, always will.

instagram.com/blazewithincyn/p/Cc8Dwutr16D/



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blazewithincyn Edited • 185w
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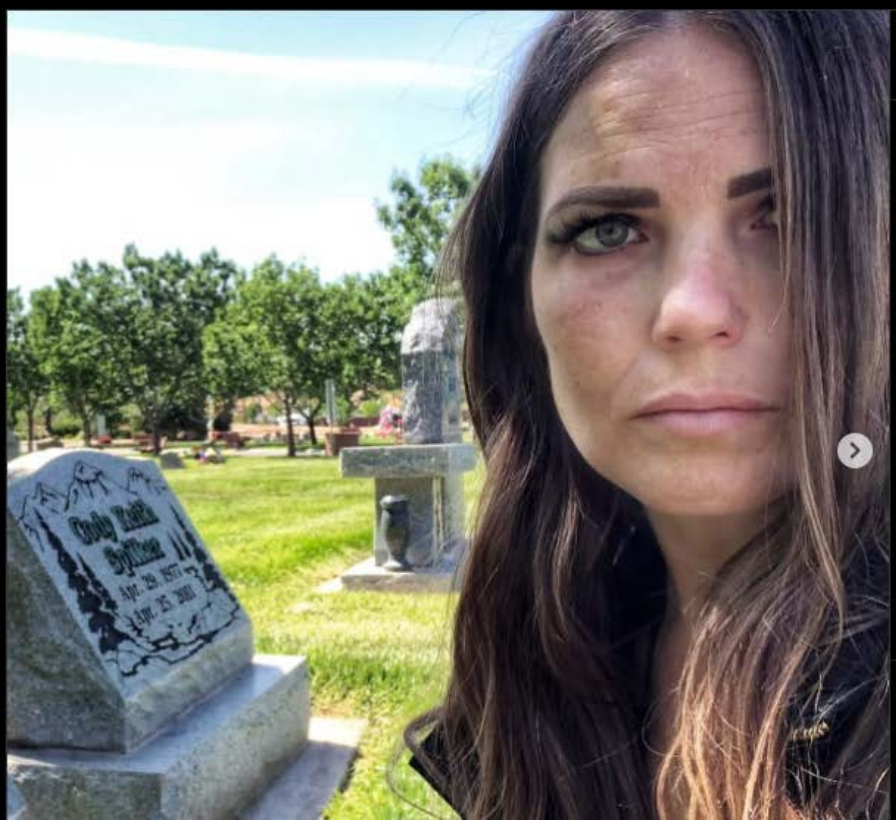
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April 29, 2022

instagram.com/blazewithincyn/p/Cc8Dwutr16D/



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April 29, 2022

instagram.com/blazewithincyn/p/Cc8Dwutr16D/



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April 29, 2022

instagram.com/blazewithincyn/p/Cc8Dwutr16D/



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#Healing #Trauma

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April 29, 2022

instagram.com/blazewithincyn/p/Cc8Dwutr16D/



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#Healing #Trauma

bucketletstravel 185w
Trauma is so much to deal with. Thank you for sharing your story. 💙
1 like Reply

kate1751 185w
Thank you for openly sharing your story 🙏❤️
1 like Reply

samanthajacobson1 185w
Love you ❤️
1 like Reply

shelbjacobson 185w

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April 29, 2022

instagram.com/blazewithincyn/p/Cc8Dwutr16D/



blazewithincyn Follow ···

shelbjacobson 185w
❤️
1 like Reply

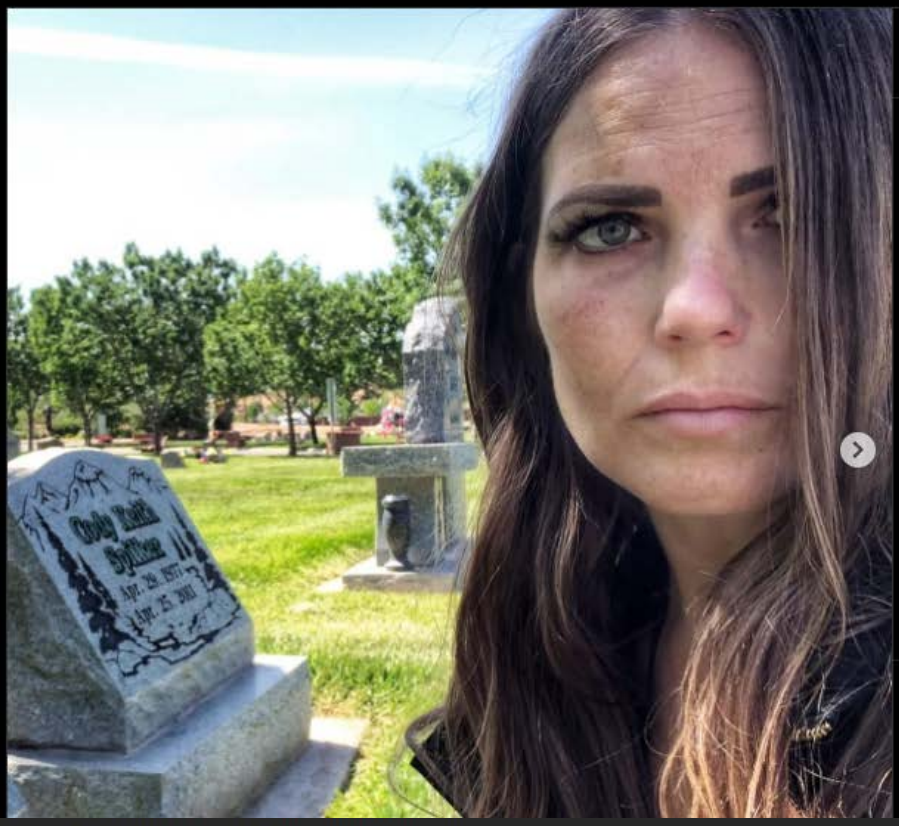
cynthiaannbednar 185w
Happy Heavenly Birthday Cody! I am sure he is so proud of you and your beautiful kiddos! Your words are authentic and beautiful Cyn. Can't wait to see you!! ❤️ 🙏 🎀
1 like Reply

totallytotesco 185w
Beautiful words, thank you for your vulnerability!
1 like Reply

griccella 185w
❤️

60 likes
April 29, 2022

instagram.com/blazewithincyn/p/Cc8Dwutr16D/



blazewithincyn Follow ···

griccella 185w
❤️
1 like Reply

sandifackler 185w
Thank you for sharing 💙
1 like Reply

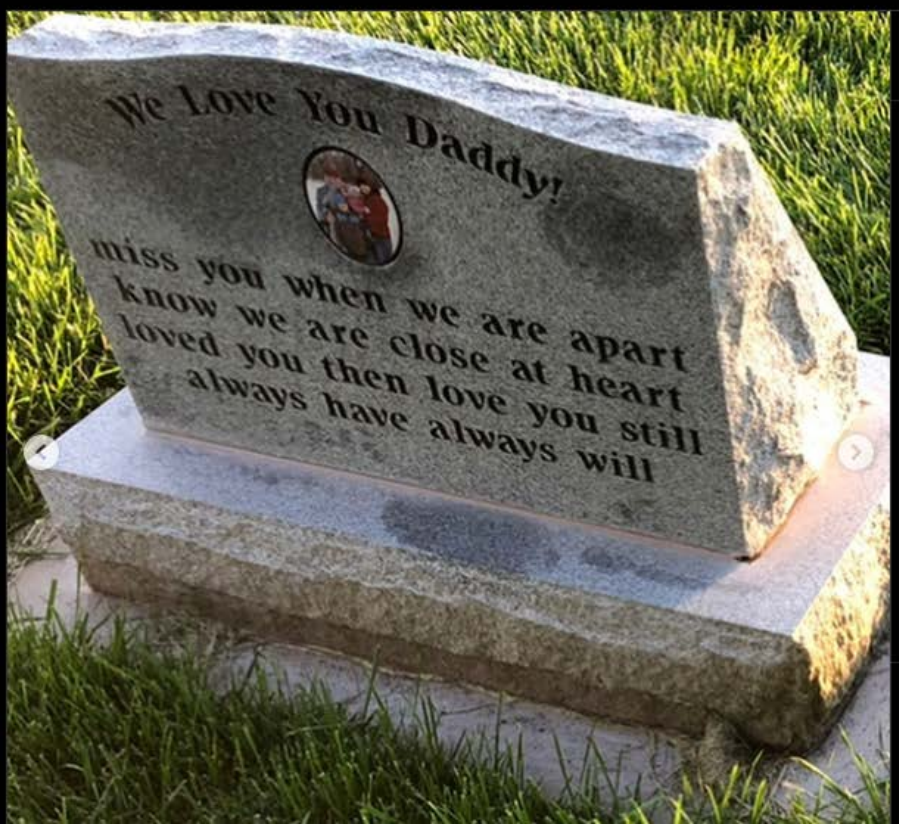
kinslyrose 185w
❤️
1 like Reply

hollypay6 185w
Love you my dear 💗🌻🌸
1 like Reply

pm_schmdt 185w
❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️
1 like Reply

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April 29, 2022

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1 like Reply

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April 29, 2022

instagram.com/blazewithincyn/p/Cc8Dwutr16D/?img_index=3



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1 like Reply

sandifackler 185w
Thank you for sharing 💙
1 like Reply

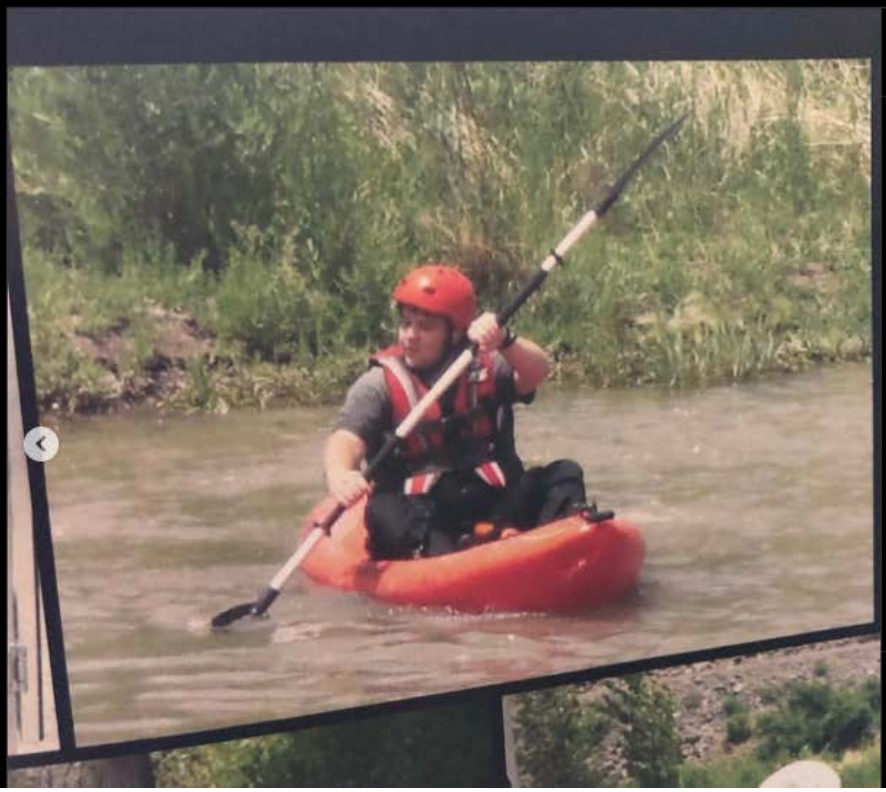
kinslyrose 185w
❤️
1 like Reply

hollypay6 185w
Love you my dear 💗🌼🌸
1 like Reply

pm_schmdt 185w
❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️
1 like Reply

60 likes
April 29, 2022

instagram.com/blazewithincyn/p/Cc8Dwutr16D/?img_index=4



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1 like Reply

sandifackler 185w
Thank you for sharing 💙
1 like Reply

kinslyrose 185w
❤️
1 like Reply

hollypay6 185w
Love you my dear 💗🌼🌸
1 like Reply

pm_schmdt 185w
❤️❤️❤️❤️❤️❤️❤️❤️❤️❤️
1 like Reply

60 likes
April 29, 2022

Instagram

blazewithincyn/

System ID: 666120

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CdI-0rar9fy/?img_index=1

Posted: May 04, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted that it was her daughter, Cemree's, 13th birthday. She comments that both of her daughters have dealt with mental health issues and have contemplated suicide. How do 13 years pass in the blink of an eye? Cemree came into our lives at a time when our hearts needed her the most. She was born two years, almost to the day, of her older brother that passed away to SIDS. I was so lost. It has taken me this many years to admit how much guilt and shame I felt for “replacing” him during my pregnancy with her. Also so much fear of losing her. When she was born, she lit up the room, and our hearts, breathing new life into our storm cloud. She was a ball of sunshine in a cute little bundle! Over the years she has endured a lot of heartache, dimming her light. With so much trauma and loss, she struggled with wanting to be alive at times. I can’t help but think what my being so disconnected from her pregnancy may have contributed, as well as not healing my own truth of not wanting to be alive after losing a child. It was through my own healing that we were able to have meaningful conversations, and open both of our hearts. Only then did I learn her older sister silently struggled with suicide as well, holding jealously and resentment to her younger sister for getting the attention around struggling with the will to live she never received, because she didn’t speak up. This last year has been a huge heart opening process for all of us. It hasn’t always been easy, but it has been worth it. This year, on her 13th birthday, all she wants is to spend the day with her big sister. I can’t tell you how happy this makes my mamma heart! My baby became a young woman at the blink of an eye. I am so proud of how strong she is. In the past I would have wished I could take away all her pain and struggles, but I know those struggles were hers to bear, to make her into the woman she is becoming. I love you so much, happy birthday Cemree! Enjoy your day with the sister you have always looked up to and is such a wonderful role model for you.

instagram.com/blazewithincyn/p/CdI-0rar9fy/



blazewithincyn Follow ···

blazewithincyn Edited • 184w
How do 13 years pass in the blink of an eye?

Cemree came into our lives at a time when our hearts needed her the most. She was born two years, almost to the day, of her older brother that passed away to SIDS.

I was so lost.

It has taken me this many years to admit how much guilt and shame I felt for "replacing" him during my pregnancy with her. Also so much fear of losing her.

When she was born, she lit up the room, and our hearts, breathing new

42 likes
May 4, 2022

instagram.com/blazewithincyn/p/CdI-0rar9fy/



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life into our storm cloud. She was a ball of sunshine in a cute little bundle!

Over the years she has endured a lot of heartache, dimming her light. With so much trauma and loss, she struggled with wanting to be alive at times.

I can't help but think what my being so disconnected from her pregnancy may have contributed, as well as not healing my own truth of not wanting to be alive after losing a child.

It was through my own healing that we were able to have meaningful conversations, and open both of our hearts. Only then did I learn her older sister silently struggled with suicide as well, holding jealously and resentment to her younger sister for getting the

42 likes
May 4, 2022

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will to live she never received, because she didn't speak up.

This last year has been a huge heart opening process for all of us. It hasn't always been easy, but it has been worth it.

This year, on her 13th birthday, all she wants is to spend the day with her big sister. I can't tell you how happy this makes my mamma heart!

My baby became a young woman at the blink of an eye. I am so proud of how strong she is. In the past I would have wished I could take away all her pain and struggles, but I know those struggles were hers to bear, to make her into the woman she is becoming.

42 likes

May 4, 2022

instagram.com/blazewithincyn/p/CdI-0rar9fy/



blazewithincyn Follow ···

I love you so much, happy birthday Cemree! 🥳 Enjoy your day with the sister you have always looked up to and is such a wonderful role model for you. 💞

cynthiaannbednar 184w
Happy Birthday Camree! ❤️
Reply

shayoli.hope.bronwen 184w
Wow!!!! Radiant joy!!
Reply

heyitsme_trini 184w
You have been through so much, you are amazing!
Reply

42 likes

May 4, 2022

instagram.com/blazewithincyn/p/CdI-0rar9fy/



blazewithincyn Follow ···

anicholes2002 184w
Happy Birthday Cemree... can't believe she's 13!
Reply

realjenq 184w
Happy Birthday, Cemree! We miss you and love you ❤️
Reply

allie.lee_ 184w
Beautiful ❤️❤️❤️❤️
Reply

naomi.s.haigh 184w
Happy Birthday Cemree!!! This makes me sooo happy! ❤️🙌
Reply

42 likes
May 4, 2022

instagram.com/blazewithincyn/p/CdI-0rar9fy/



blazewithincyn Follow ···

makes me sooo happy! ❤️🙌
Reply

nataliespapworth 184w
Happy Birthday beautiful Cemree!
🎂🤍💫🌷🦋
Reply

mclaughlinsmakingmemories 184w
❤️ What a special story - thanks for sharing. My oldest turned 13 on April 24th ... I still can't believe it!
😳
Reply

journeywithjoy___ 184w
❤️❤️❤️❤️❤️❤️
Reply

42 likes
May 4, 2022

instagram.com/blazewithincyn/p/CdI-0rar9fy/?img_index=2



blazewithincyn Follow ···

makes me sooo happy! ❤️ 🙌

Reply

nataliespapworth 184w
Happy Birthday beautiful Cemree!
🎂 🤍 💫 🌷 🎀

Reply

mclaughlinsmakingmemories 184w
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😳

Reply

journeywithjoy__ 184w
❤️ ❤️ ❤️ ❤️ ❤️ ❤️

Reply

42 likes
May 4, 2022

instagram.com/blazewithincyn/p/CdI-0rar9fy/?img_index=3



blazewithincyn Follow ···

makes me sooo happy! ❤️ 🙌

Reply

nataliespapworth 184w
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🎂 🤍 💫 🌷 🎀

Reply

mclaughlinsmakingmemories 184w
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😳

Reply

journeywithjoy__ 184w
❤️ ❤️ ❤️ ❤️ ❤️ ❤️

Reply

42 likes
May 4, 2022

Instagram

blazewithincyn/

System ID: 666126

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CdOZU42LDxh/

Posted: May 06, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted that her son, Covin, received his driver's license. Another licensed driver in the streets! Towering at 6’4” (and then some!) it is easy to forget he is still gaining much needed skills to become a self sufficient productive member of society. But for now, we will relish in the fact he still needs his parents to help guide him down the right path. One thing for sure, he takes life seriously, not wanting to make any mistakes or bring harm to any living thing. He is also very protective of his family and for that I am super appreciative. No worries to anyone out there on the roads, this kid is an awesome driver! Congratulations Covin!! □

instagram.com/blazewithincyn/p/CdOZU42LDxh/



blazewithincyn Follow ···

blazewithincyn 184w
Another licensed driver in the streets!

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No worries to anyone out there on the

21 likes
May 6, 2022

instagram.com/blazewithincyn/p/CdOZU42LDxh/



blazewithincyn Follow ···

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But for now, we will relish in the fact he still needs his parents to help guide him down the right path.

One thing for sure, he takes life seriously, not wanting to make any mistakes or bring harm to any living thing. He is also very protective of his family and for that I am super appreciative.

No worries to anyone out there on the roads, this kid is an awesome driver!

Congratulations Covin!! 🎉

No comments yet.

Start the conversation.

21 likes
May 6, 2022

Instagram

blazewithincyn/

System ID: 666208

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/CdT6Mx7O9dI/

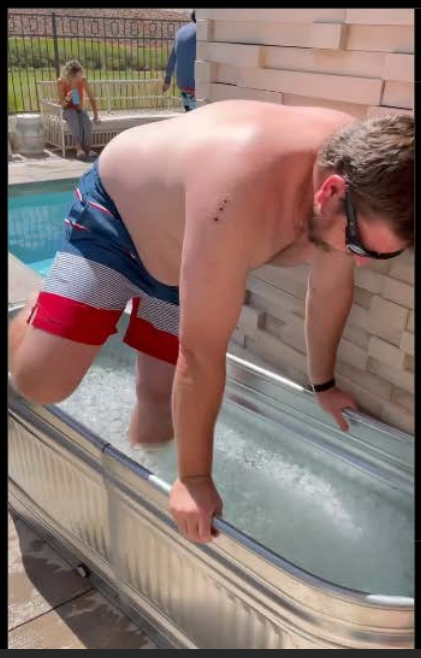
Posted: May 08, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photo montage of the men's retreat she worked at. She can be seen working with the men as they lie on the ground and in ice tubs. What the men saying: “It was an entirely new experience for me. Coming from a non believing and skeptical place, and fully jumping into a new energy force has opened new doors and possibilities for me…” “…I was able to begin to process emotions that I have been suppressing for years. I am continuing to learn new things about myself…” “Challenging but rewarding □ □” “[My wife] said I have a new high energy about me…” “…my weekend was a reawakening. A reminder of the shadow pieces that want work, the recognition of the gifts I’d suppressed, and a safe place to surrender the trust I’d been denying …” Join us May 13-15 for your transformation https://www.eventbrite.com/manage/events/326437361937/details

instagram.com/blazewithincyn/reel/CdT6Mx7O9dI/



blazewithincyn Follow ...

blazewithincyn Edited • 184w
What the men saying:

"It was an entirely new experience for me. Coming from a non believing and skeptical place, and fully jumping into a new energy force has opened new doors and possibilities for me..."

"...I was able to begin to process emotions that I have been suppressing for years. I am continuing to learn new things about myself..."

"Challenging but rewarding 🙌 ✨"

"[My wife] said I have a new high energy about me..."

"...my weekend was a reawakening. A

225 views
May 8, 2022

instagram.com/blazewithincyn/reel/CdT6Mx7O9dI/



blazewithincyn Follow ...

"...my weekend was a reawakening. A reminder of the shadow pieces that want work, the recognition of the gifts I'd suppressed, and a safe place to surrender the trust I'd been denying ..."

Join us May 13-15 for your transformation

https://www.eventbrite.com/manage/events/326437361937/details

#mensretreat #Retreat #LevelUp #PowerUp #DivineMasculine #MasculineHealing #Kambo #Breathwork #SomaticBreathwork #Sananga #Hape

kennessa.malan 178w
@mishamiester here was Joshua's

225 views
May 8, 2022

instagram.com/blazewithincyn/reel/CdT6Mx7O9dl/



blazewithincyn Follow ···

kennessa.malan 178w
@mishamiester here was Joshua's men's retreat
Reply

quantumenergyvibe 178w
@kennessa.malan
Reply

davey6482 184w
I can't make the next one but keep me in the loop.
Reply

quantumenergyvibe 184w
This was an amazing transformative experience that's very hard to put into words. Thank you for holding space for us and allowing us to

225 views
May 8, 2022

instagram.com/blazewithincyn/reel/CdT6Mx7O9dl/



blazewithincyn Follow ···

space for us and allowing us to break through barriers in multiple powerful ways. ❤️❤️❤️
1 like Reply

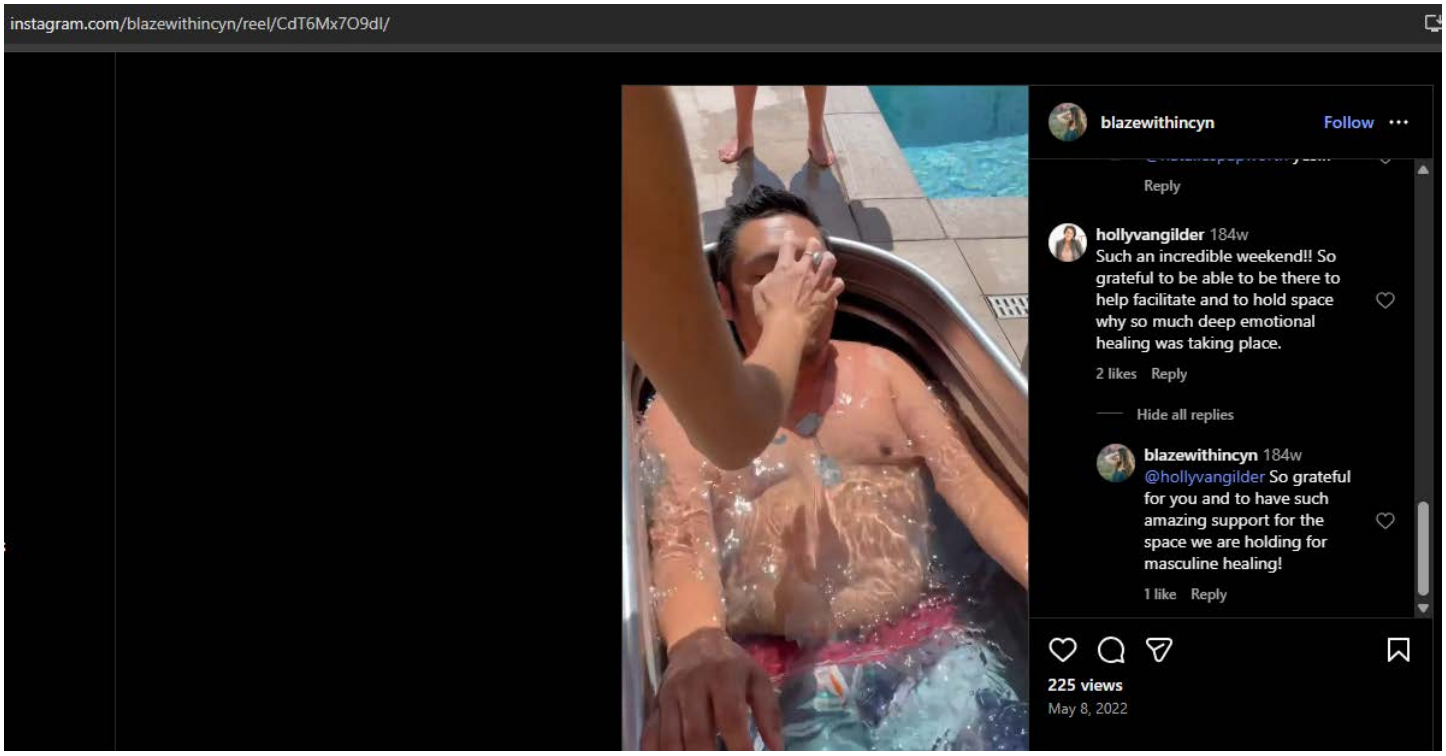
nataliespapworth 184w
This is amazing! So needed at this time! 🔥🏆✨
3 likes Reply

Hide all replies

blazewithincyn 184w
@nataliespapworth yes!!!
Reply

hollyvangilder 184w
Such an incredible weekend!! So grateful to be able to be there to

225 views
May 8, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 666202

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CdTzdjSLtOV/

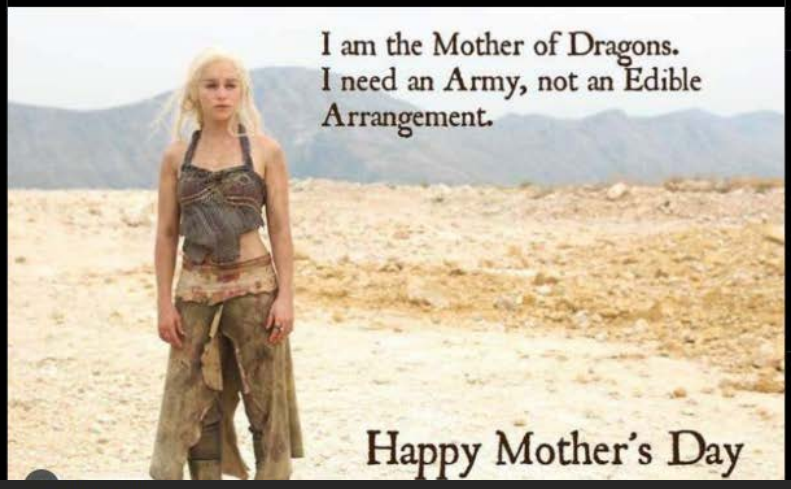
Posted: May 08, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a Mother's Day meme. In the comments, she recalls her mother suffering from depression and taking care of her siblings when her mother could not get out of bed. She also talks about being sent to foster care and how that led to her becoming a foster parent when she was 20. I am reflecting this Mother’s Day all the ways I have been a mother. Even before giving birth. I “mothered” my mother through her depression. Taking care of her, encouraging her, laying next to her in bed in the room she always had to keep dark. I wanted her to feel loved and supported during the times she felt the most unlovable. I “mothered” my sisters, helping take care of them when mom couldn’t get herself out of bed. I even “mothered” my older brothers, trying to keep them in line, as my mother would if she were present. After being taken out of our childhood home and being placed into foster care, I didn’t know what to do without my role of taking care of everyone around me. I was so lost. Thank goodness for my foster parents! They made such an impact on me, I became a foster parent myself at just 20 years old, taking in 14 children over 7 years, giving each a piece of my heart. Mothering before ever having given birth. Then birthing 4 beautiful babies, each one of them a true blessing. Mother’s Day is always hard, not having one of my four children with me on this earth. His birthday landing on, or very near, Mother’s Day makes it that much harder. Losing my own mom so young, and unexpected, has added another layer. As I ponder all of this on Mother’s Day, my physical, emotional, and spiritual body have given all they have to give in this moment. In this moment I sit in gratitude, as I receive all the world has to give physically, emotionally, and spiritually. I no longer push away, or run away, from the love and abundance the universe has to offer. To everyone who has ever played a motherly role, Happy Mother’s day! May you receive to love and abundance with me, filling your heart with gratitude and joy Oh, and I will still take the edible arrangement

instagram.com/blazewithincyn/p/CdTzdjSLtOV/



blazewithincyn Follow ···

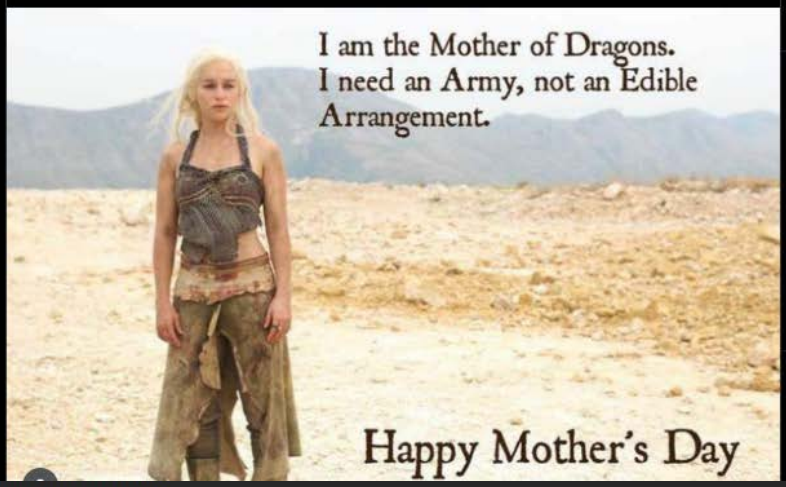
blazewithincyn Edited • 184w
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Even before giving birth.

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12 likes
May 8, 2022

instagram.com/blazewithincyn/p/CdTzdjSLtOV/



blazewithincyn Follow ···

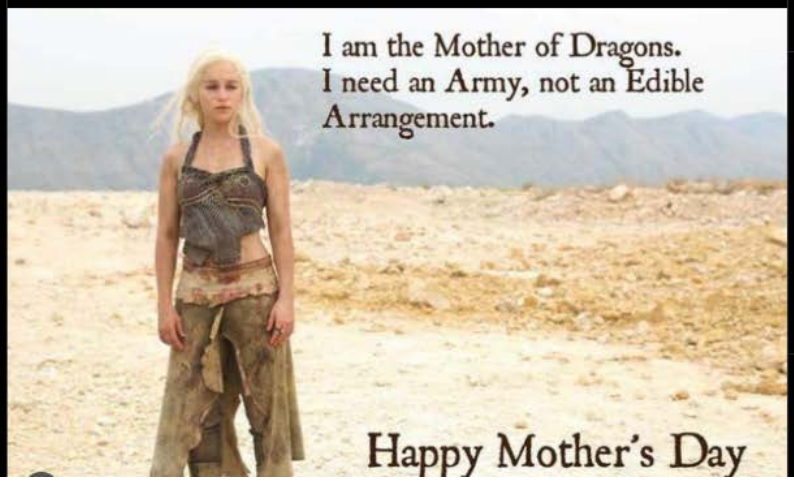
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12 likes
May 8, 2022

instagram.com/blazewithincyn/p/CdTzdjSLtOV/



blazewithincyn Follow ···

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Thank goodness for my foster parents!

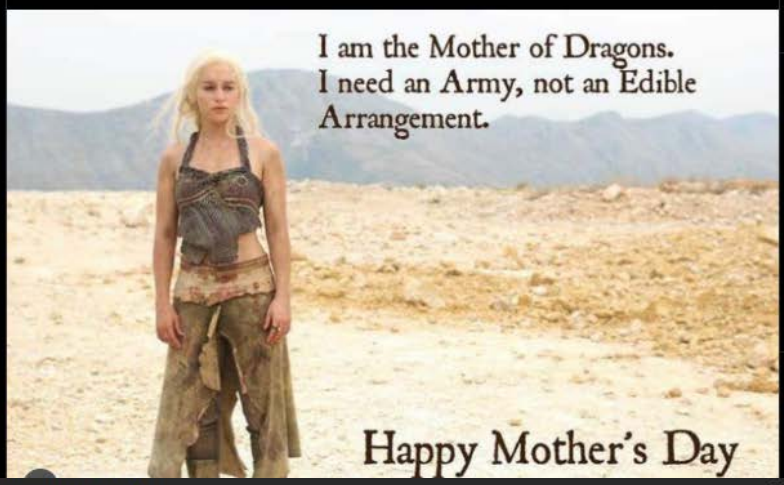
They made such an impact on me, I became a foster parent myself at just 20 years old, taking in 14 children over 7 years, giving each a piece of my heart.

Mothering before ever having given birth.

Then birthing 4 beautiful babies, each

12 likes
May 8, 2022

instagram.com/blazewithincyn/p/CdTzdjSLtOV/



blazewithincyn Follow ···

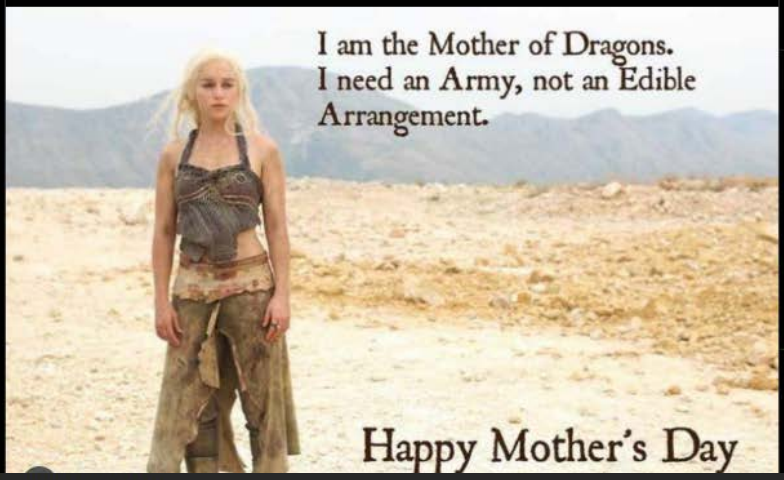
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12 likes
May 8, 2022

instagram.com/blazewithincyn/p/CdTzdjSLtOV/



blazewithincyn Follow ···

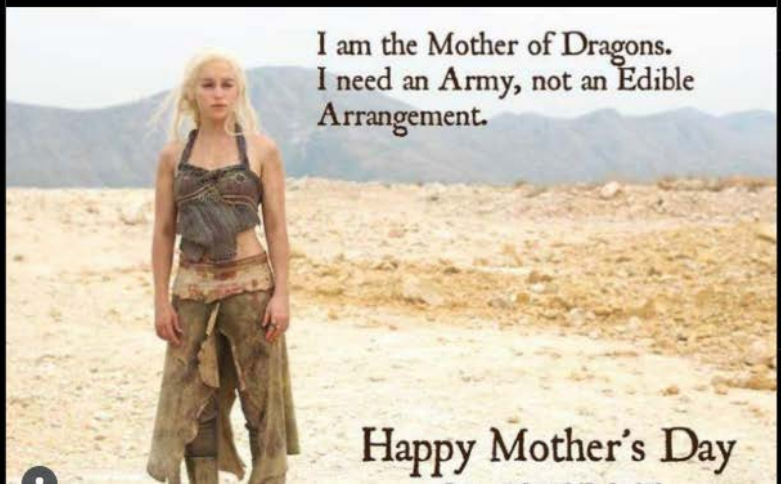
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12 likes
May 8, 2022

instagram.com/blazewithincyn/p/CdTzdjSLtOV/



blazewithincyn Follow ···

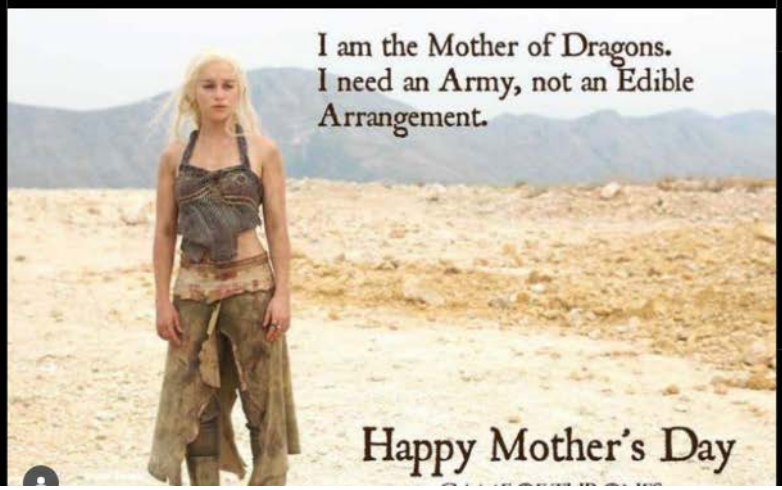
To everyone who has ever played a motherly role, Happy Mother's day! May you receive to love and abundance with me, filling your heart with gratitude and joy 💞

Oh, and I will still take the edible arrangement 😜😜

#mothersday #motherofdragons #raisinganarmy #spiritualwarriors

12 likes
May 8, 2022

instagram.com/blazewithincyn/p/CdTzdjSLtOV/



blazewithincyn Follow

thejennifergalvez 184w
Hugs of gratitude for your vulnerability

1 like Reply

Hide all replies

blazewithincyn 184w
@jencg24 thank you 🙏 It has taken a lot of healing work to get to a state of openness and vulnerability.

12 likes
May 8, 2022

Instagram

blazewithincyn/

System ID: 666301

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CdXLoNvMTp6/

Posted: May 09, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of a man leaning forward and a woman with her hand on her back from the Men's Retreat. Subject wrote about Kambo, explaining that it is a natural anti-inflammatory. She also encourages men to sign up for the next retreat. Take back your POWER! □ Kambô is one of the strongest natural ways to strengthen the immune system. It is a natural anti-inflammatory, antibiotic, anti-microbial and anesthetic. It also detoxifies the liver and intestines. Liberate yourself by releasing physical toxins, emotional trauma, and stagnant energy Effects include enhance mood, clarity, energy, increase mental alertness, and increased resistance to stress. Who is ready to sign up for our next retreat? May 13-15 Link in bio DM with questions https://www.eventbrite.com/e/mens-retreat-may-13-15th-tickets-326437361937

instagram.com/blazewithincyn/p/CdXLoNvMTp6/



blazewithincyn Follow
St. George, Utah

blazewithincyn Edited • 183w
Take back your POWER!

Kambô is one of the strongest natural ways to strengthen the immune system. It is a natural anti-inflammatory, antibiotic, anti-microbial and anesthetic. It also detoxifies the liver and intestines.

Liberate yourself by releasing physical toxins, emotional trauma, and stagnant energy

Effects include enhance mood, clarity, energy, increase mental alertness, and increased resistance to stress.

Who is ready to sign up for our next retreat?

13 likes
May 9, 2022

instagram.com/blazewithincyn/p/CdXLoNvMTp6/



blazewithincyn Follow
St. George, Utah

Who is ready to sign up for our next retreat?

May 13-15

Link in bio

DM with questions

https://www.eventbrite.com/e/mens-retreat-may-13-15th-tickets-326437361937

#mensretreat #Retreat #LevelUp #PowerUp #DivineMasculine #MasculineHealing #Kambo #Breathwork #SomaticBreathwork #Sananga #Hape

No comments yet.

Start the conversation.

13 likes
May 9, 2022

Instagram

blazewithincyn/

System ID: 666341

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Cdb4ks-LR9H/

Posted: May 11, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of her son when he died. She writes about the sorrow she still feels from losing him. This image is forever seared into my memory. You may wonder why I am so passionate about trauma healing. This little guy right here. My son. Today is his birthday. I thought I had healed from losing him. Turns out I had only suppressed the trauma and covered it up by staying “busy,” and repressing my true emotions. If we repress or suppress, rather than express, the emotions from the original trauma the energy becomes stored in our body, and can lead to underlying and long term depression. This can sneak up on us in unexpected ways like; anxiety, depression, unexpected irritability or anger. If we don’t allow ourselves to feel the full range of emotions from grief and sorrow, we are denying ourselves true joy and happiness as well. I was living in a narrow window of emotions suppressing my sorrow also suppress my laughter. I forgive myself for what I did not know, thinking I was protecting my heart and those around me. I now allow the full range of emotions to express themselves through me. And I know I have the guidance of my son, as well as many other angels, in helping me guide others back into their heart ♥ Healing from trauma isn’t for the weak. But I believe ALL of us have the strength! I would love to help guide you back to *your heart if you feel the call ♥

instagram.com/blazewithincyn/p/Cdb4ks-LR9H/



blazewithincyn Follow ···

blazewithincyn Edited • 183w
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25 likes
May 11, 2022

instagram.com/blazewithincyn/p/Cdb4ks-LR9H/



blazewithincyn Follow ···

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25 likes
May 11, 2022

instagram.com/blazewithincyn/p/Cdb4ks-LR9H/



blazewithincyn Follow ···

I now allow the full range of emotions to express themselves through me. And I know I have the guidance of my son, as well as many other angels, in helping me guide others back into their heart ❤️

Healing from trauma isn't for the weak. But I believe ALL of us have the strength!

I would love to help guide you back to *your heart if you feel the call ❤️

#Healing #Trauma #InfantLoss #Widow #TraumaRelease #SomaticRelease #Men'sRetreat #Retreat #Healing

cynthiaannbednar 183w
🙏🙏💚🎀

25 likes
May 11, 2022

instagram.com/blazewithincyn/p/Cdb4ks-LR9H/



blazewithincyn Follow ···

cynthiaannbednar 183w
🙏🙏💚🎀
1 like Reply

stayseamacdonald 183w
Heavenly hugs to you and your Angel son. I hear you on the busy part. I dove into work when we lost our 14 year old niece who we were guardians over to suicide. I rarely discuss it publicly. I think busy might have been more productive in the beginning because I could have stayed in bed all day. However, it did get in the way of being non emotional at times. I now allow myself to feel more. Eventually, we need to feel and enjoy life again. Just takes more time for some of us than others. It's great to see you

25 likes
May 11, 2022

instagram.com/blazewithincyn/p/Cdb4ks-LR9H/



blazewithincyn Follow

Just takes more time for some of us than others. It's great to see you living life to the fullest.

1 like Reply

thejoycesticks888 183w
Thank You for showing me how you can build strength through sharing your life and wisdom stories. ❤️ Grief is the hardest feeling we can ever experience in this life. 🙌 I'm so glad I met you. 👏

1 like Reply

samanthajacobson1 183w
❤️❤️❤️

1 like Reply

25 likes
May 11, 2022

instagram.com/blazewithincyn/p/Cdb4ks-LR9H/



blazewithincyn Follow

jocelynlea_ 183w
Happy birthday to your sweet angel. Sending you love and big tight hugs, Mama ❤️

1 like Reply

dyvynevenus 183w
❤️

1 like Reply

hellotiffanylynn 183w
Happy birthday sweet angel 👼

1 like Reply

vinod_tiger_0077_malpura 183w
Send it on @theblitzcommunity_

1 like Reply

25 likes
May 11, 2022

Instagram

blazewithincyn/

System ID: 666306

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Cdb0xt2r0L5/

Posted: May 11, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of a man in an ice tub at the Men's Retreat. In the comments, she touts the benefits of ice baths. Do ice baths seem intimidating? Here are just a few of the benefits: •Reduce stress and inflammation •Increase circulation and make vitality •Improve mental health and clarity •Burn body fat •Boost immunity •Improve sleep •Reduce muscle soreness Come out feeling like a superhero! And don’t worry, we guide you through the process utilizing breathwork. You may end up wanting to stay in longer! Who is ready to push past their comfort zone and join us this weekend? https://www.eventbrite.com/e/mens-retreat-may-13-15th-tickets-326437361937?aff=ebdssbdestsearch #MensRetreat #Retreat #Man #IceBath #Breathwork #SomaticRelease #TraumaHealing

instagram.com/blazewithincyn/p/Cdb0xt2r0L5/



blazewithincyn Follow ···

blazewithincyn 183w
Do ice baths seem intimidating?

Here are just a few of the benefits:

•Reduce stress and inflammation
•Increase circulation and make vitality
•Improve mental health and clarity
•Burn body fat
•Boost immunity
•Improve sleep
•Reduce muscle soreness

💪Come out feeling like a superhero!

And don't worry, we guide you through the process utilizing breathwork. You may end up wanting to stay in longer!

Who is ready to push past their comfort

15 likes
May 11, 2022

instagram.com/blazewithincyn/p/Cdb0xt2r0L5/



blazewithincyn Follow ···

•Boost immunity
•Improve sleep
•Reduce muscle soreness

💪Come out feeling like a superhero!

And don't worry, we guide you through the process utilizing breathwork. You may end up wanting to stay in longer!

Who is ready to push past their comfort zone and join us this weekend?

https://www.eventbrite.com/e/mens-retreat-may-13-15th-tickets-326437361937?aff=ebdssbdestsearch

#MensRetreat #Retreat #Man #IceBath #Breathwork #SomaticRelease #TraumaHealing

15 likes
May 11, 2022

Instagram

blazewithincyn/

System ID: 666349

Cynthia Lee Jacobson

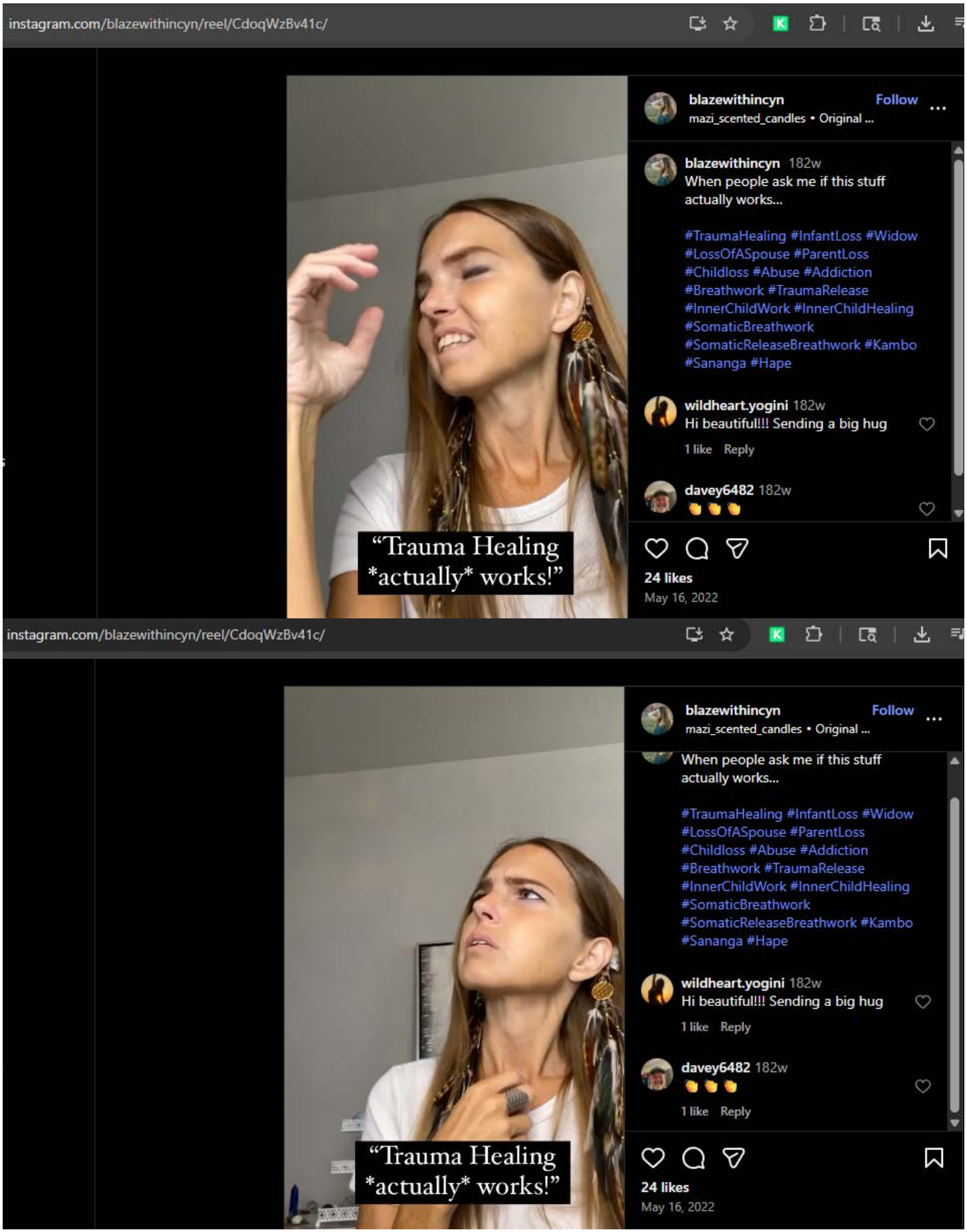
https://www.instagram.com/blazewithincyn/reel/CdoqWzBv41c/

Posted: May 16, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video selfie of her doing a lip sync to a voiceover. In the comments, she writes about trauma healing. When people ask me if this stuff actually works... #TraumaHealing #InfantLoss #Widow #LossOfASpouse #ParentLoss #Childloss #Abuse #Addiction #Breathwork #TraumaRelease #InnerChildWork #InnerChildHealing #SomaticBreathwork #SomaticReleaseBreathwork #Kambo #Sananga #Hape



[Link to download video]

Instagram

blazewithincyn/

System ID: 666342

Cynthia Lee Jacobson

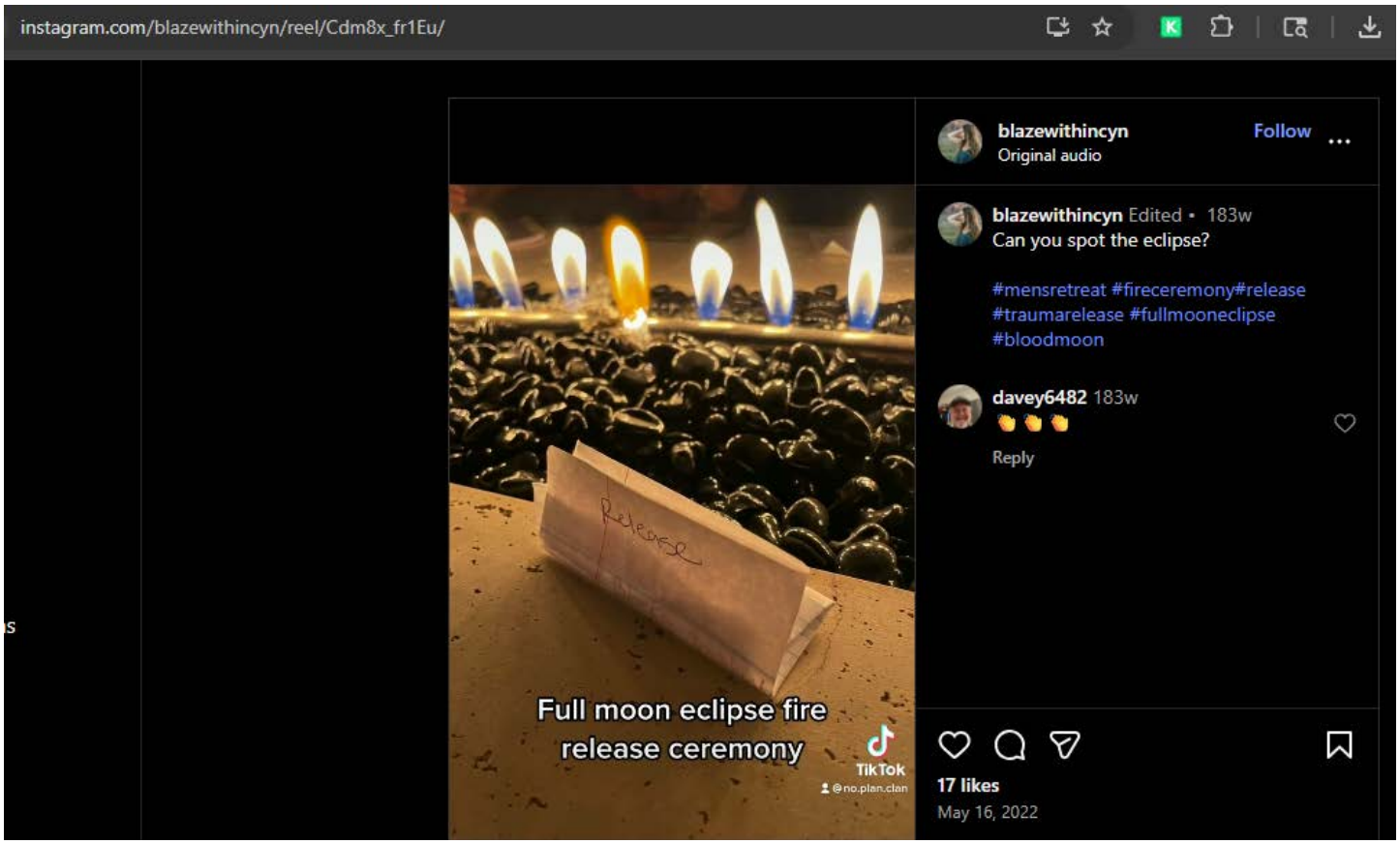
https://www.instagram.com/blazewithincyn/reel/Cdm8x_fr1Eu/

Posted: May 16, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photo montage of people sitting around a fire playing a guitar and Subject hitting a drum. Can you spot the eclipse? #mensretreat #fireceremony#release #traumarelease #fullmooneclipse #bloodmoon



[Link to download video]

Instagram

blazewithincyn/

System ID: 666354

Cynthia Lee Jacobson

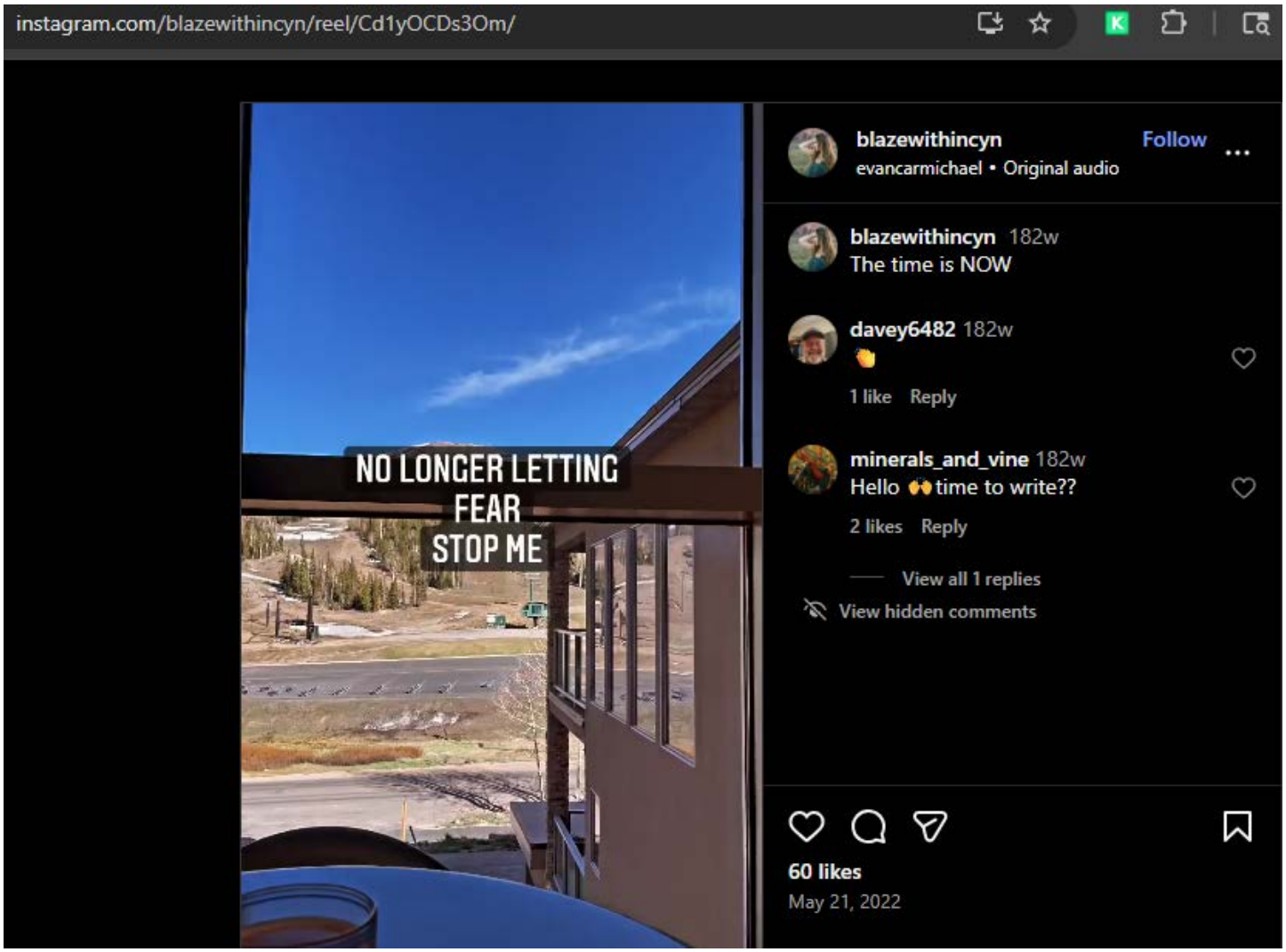
https://www.instagram.com/blazewithincyn/reel/Cd1yOCDs3Om/

Posted: May 21, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video of a person passing a burning stick by a window and a pen and paper on a table. The time is NOW



[Link to download video]

Instagram

blazewithincyn/

System ID: 666439

Cynthia Lee Jacobson

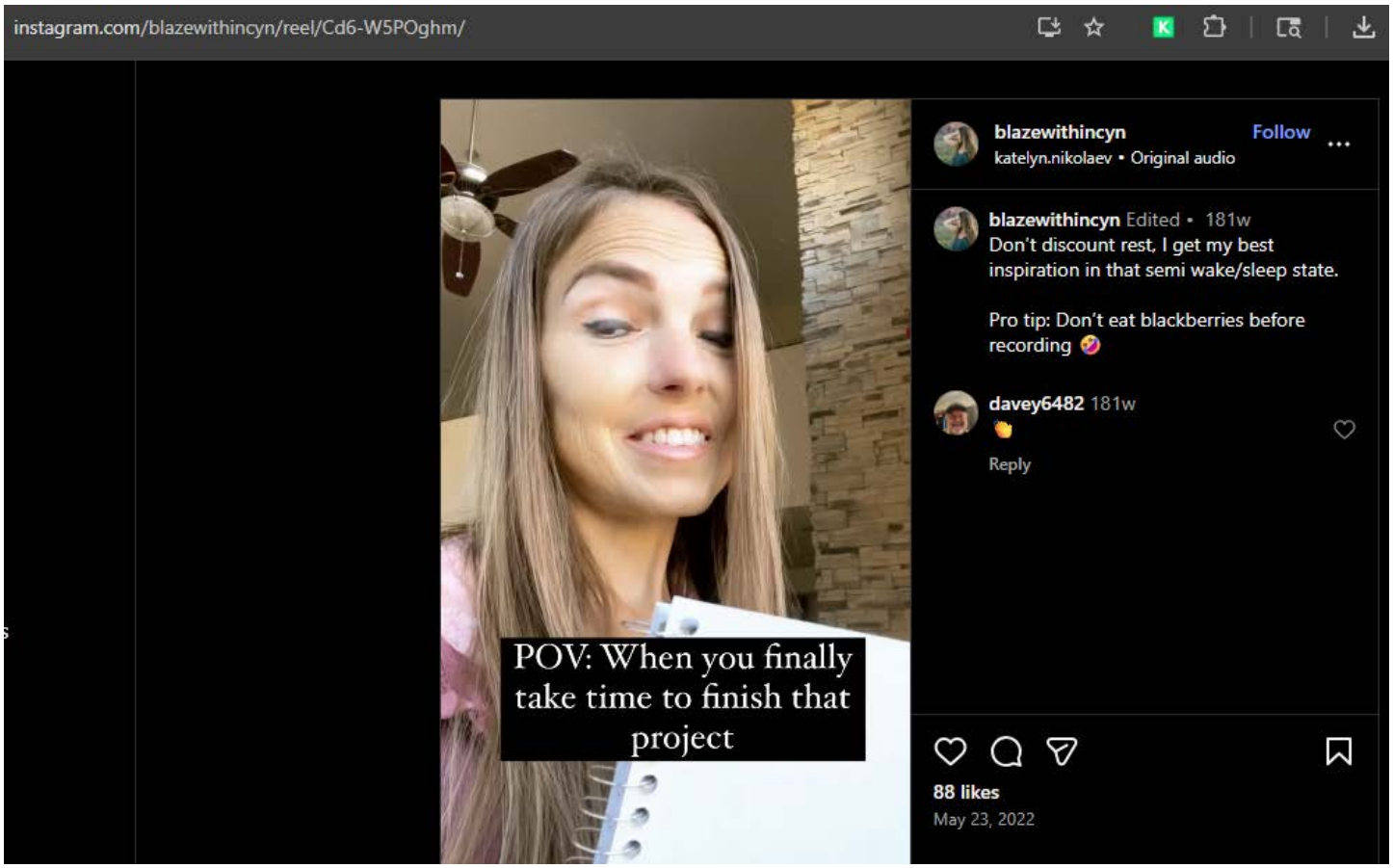
https://www.instagram.com/blazewithincyn/reel/Cd6-W5POghm/

Posted: May 23, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video selfie of her walking through her home while doing a voiceover, holding a notebook, and then lying down. Don’t discount rest, I get my best inspiration in that semi wake/sleep state. Pro tip: Don’t eat blackberries before recording



[Link to download video]

Instagram

blazewithincyn/

Posted: May 25, 2022

System ID: 666476

Captured: Nov 17, 2025

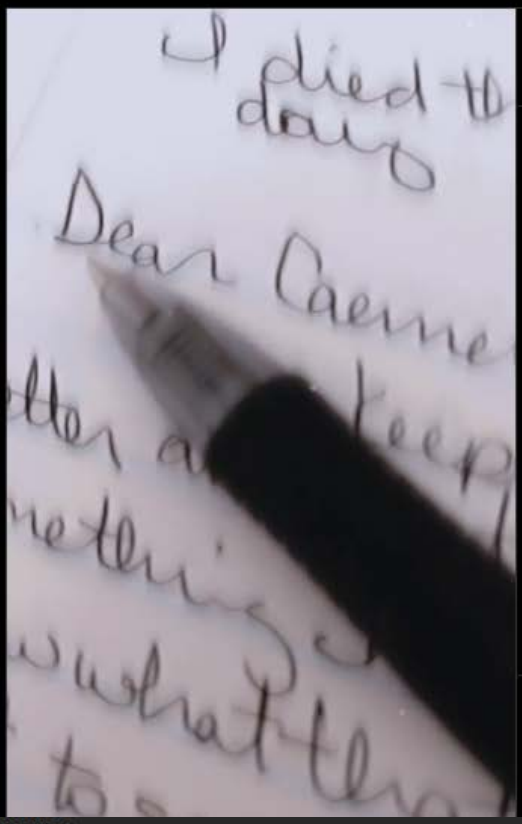
Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/Cd_cRXMP6Z-/

Before DOI

Subject posted a video montage showing a letter written to her dead son, Caemen, and her lying in bed. She writes about trying to heal one's heart. Do we ever truly heal? We think the further we are from something, with time, distance, therapy, or walls, that we should be healed. We even quite convincingly make ourselves believe it. Healing comes in layers, and sometimes they are painful to peel off. It is raw and tender underneath, so we feel it is safer to leave them on, to “protect” us. What we don’t realize is, those layers also put layers around our heart. We think they are protecting us, but really it is keeping us prisoner to what we don’t want to face. Once we peel back those layers, and face the scary shadows underneath, then we can truly be free.

instagram.com/blazewithincyn/reel/Cd_cRXMP6Z-/



blazewithincyn Follow
lea.rdg__ • Original audio

blazewithincyn 181w
Do we ever truly heal?

We think the further we are from something, with time, distance, therapy, or walls, that we should be healed.

We even quite convincingly make ourselves believe it.

Healing comes in layers, and sometimes they are painful to peel off. It is raw and tender underneath, so we feel it is safer to leave them on, to "protect" us.

What we don't realize is, those layers also put layers around our heart. We think they are protecting us, but really it is keeping us prisoner to what we don't want to face.

14 likes
May 25, 2022

instagram.com/blazewithincyn/reel/Cd_cRXMP6Z-/



blazewithincyn Follow
lea.rdg__ • Original audio

Once we peel back those layers, and face the scary shadows underneath, then we can truly be free.

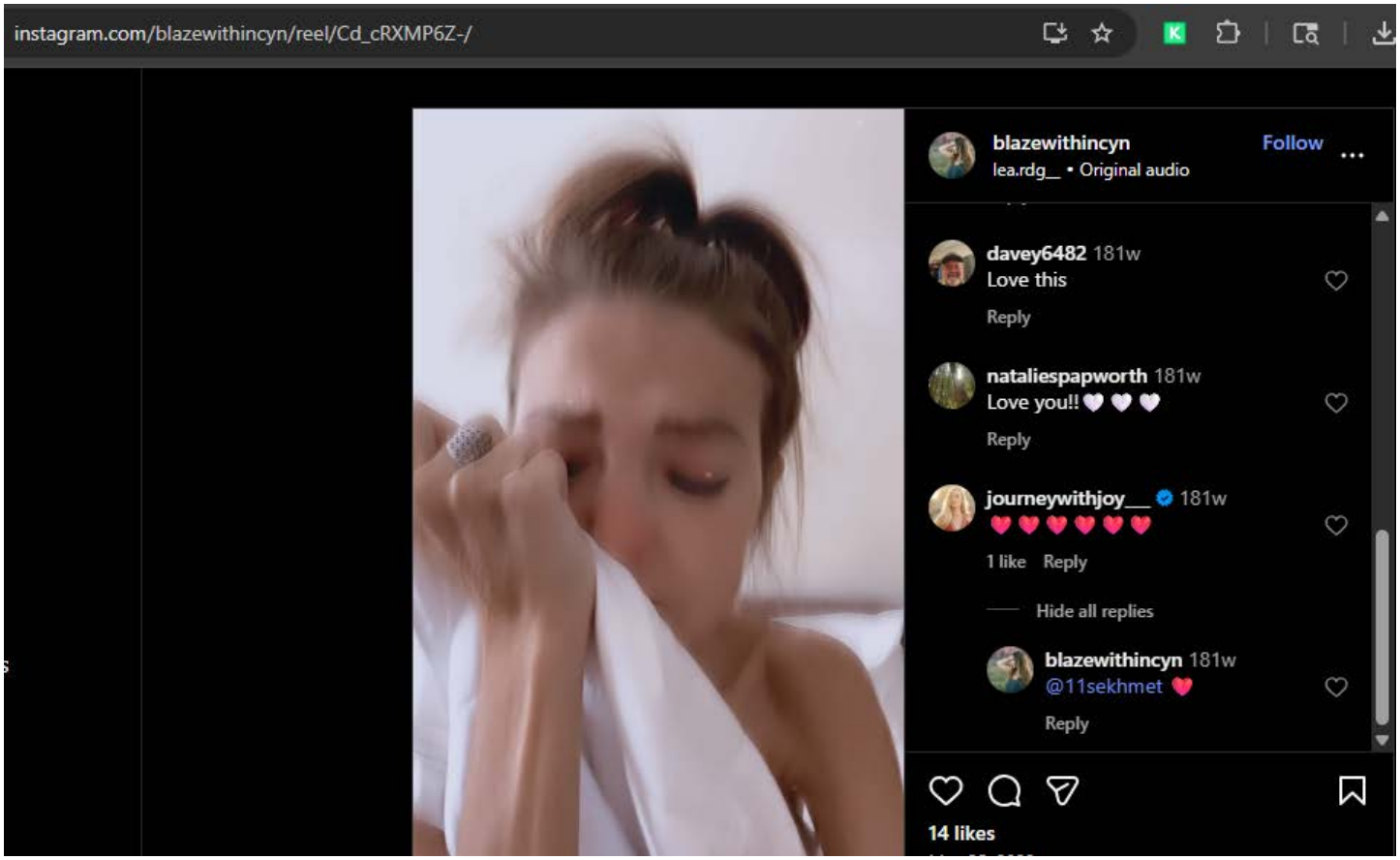
#infantloss #traumahealing #SIDS #loveandlayers #findingthefire

minerals_and_vine 181w
❤️sending love my beautiful friend
Reply

davey6482 181w
Love this
Reply

nataliespapworth 181w
Love you!! 💜 💜 💜
Reply

14 likes
May 25, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 666491

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CeHERLhL9QS/?img_index=1

Posted: May 28, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted that her uncle, Courtney, died. My heart is broken open yet again I got a late night call and held my breath, calls at this time are never good. My only uncle, who was more like a brother, left this earth. My heart doesn't just weep for me, but for his beautiful wife and step son that he was so proud of. His daughters and grandchildren, that he loved dearly. His sisters, who not only lost their dad when he was 56, and now their brother at 54. As well as their mom and their oldest sister (my mother) less than 2 years ago. And all of his many nieces and nephews, including my siblings and I. Courtney was just 16 when his father passed. He struggled with losing his dad so young, and put walls up around his heart. He always said he knew he would die young too, and because of this, did not always take the best care of himself. His walls turned him into a pineapple (as one of my aunts described perfectly.) Causing him to be prickly on the outside and pushing people away. But if you could get past the exterior, he was tender and sweet inside. He had such a huge heart, and a deep intuition. He would call or text me at just the right moments, when I needed an uplifting message, though he had no way of knowing I was struggling at the time. I could show up at his house, completely unannounced, and the door was always open with a huge smile and open arms. I can't say I didn't know this wasn't coming, with all of his health issues, in and out of the ICU over the last several years. Plus his conviction he would not live to see the age of 56. It still doesn't make it easy. My first instinct is to put up my wall, that I easily construct around death and trauma, but I am going to honor my tears today, and the days to come❤ This picture he was helping me fix up my grandmother's house that held so many memories, to sell to a new family to make memories in. The second is his last message to me (via FB) just hours before he passed, showing his heart and playful nature. And the last is his FB profile, showing how much he loved and missed his mother. Ultimately she called him home ❤

instagram.com/blazewithincyn/p/CeHERLhL9QS/



blazewithincyn Follow ...

blazewithincyn 181w
My heart is broken open yet again

I got a late night call and held my breath, calls at this time are never good. My only uncle, who was more like a brother, left this earth.

My heart doesn't just weep for me, but for his beautiful wife and step son that he was so proud of.

His daughters and grandchildren, that he loved dearly.

His sisters, who not only lost their dad when he was 56, and now their brother at 54. As well as their mom and their oldest sister (my mother) less than 2 years ago.

30 likes
May 28, 2022

instagram.com/blazewithincyn/p/CeHERLhL9QS/



blazewithincyn Follow ...

And all of his many nieces and nephews, including my siblings and I.

Courtney was just 16 when his father passed.

He struggled with losing his dad so young, and put walls up around his heart. He always said he knew he would die young too, and because of this, did not always take the best care of himself.

His walls turned him into a pineapple (as one of my aunts described perfectly.) Causing him to be prickly on the outside and pushing people away. But if you could get past the exterior, he was tender and sweet inside.

He had such a huge heart, and a deep intuition. He would call or text me at

30 likes
May 28, 2022

instagram.com/blazewithincyn/p/CeHERLhL9QS/



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I could show up at his house, completely unannounced, and the door was always open with a huge smile and open arms.

I can't say I didn't know this wasn't coming, with all of his health issues, in and out of the ICU over the last several years. Plus his conviction he would not live to see the age of 56. It still doesn't make it easy.

My first instinct is to put up my wall, that I easily construct around death and trauma, but I am going to honor my tears today, and the days to come ❤️

30 likes

May 28, 2022

instagram.com/blazewithincyn/p/CeHERLhL9QS/



blazewithincyn Follow ···

This picture he was helping me fix up my grandmother's house that held so many memories, to sell to a new family to make memories in. The second is his last message to me (via FB) just hours before he passed, showing his heart and playful nature. And the last is his FB profile, showing how much he loved and missed his mother. Ultimately she called him home ❤️

bucketletstravel 181w
So very sorry for your loss. 💙
Prayers for you and your family.

1 like Reply

sandifackler 181w
I'm so sorry for your loss 💙

Reply

30 likes

May 28, 2022

instagram.com/blazewithincyn/p/CeHERLhL9QS/



blazewithincyn Follow ···

nataliespapworth 181w
Send you love and light to help your heart heal! I love you! 🤍💫 🤍 ✨

2 likes Reply

Hide all replies

blazewithincyn 181w
@nataliespapworth love you, thank you 🙏💗💫

Reply

tereserevoir 181w
So sorry for your loss 😳💔

1 like Reply

Hide all replies

blazewithincyn 181w

30 likes
May 28, 2022

instagram.com/blazewithincyn/p/CeHERLhL9QS/



blazewithincyn Follow ···

vahvoom_magazine 181w
Oh no Cyndee 💔 I'm so sorry for your loss

1 like Reply

Hide all replies

blazewithincyn 181w
@vahvoom_magazine Thank you 😳💗

Reply

mrs.bulloch 181w
I'm so sorry for your loss! Sending you lots of love!! ❤️❤️❤️

2 likes Reply

Hide all replies

30 likes
May 28, 2022

instagram.com/blazewithincyn/p/CeHERLhL9QS/



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Hide all replies

blazewithincyn 181w
@vahvoom_magazine Thank you 😳❤️
Reply

mrs.bulloch 181w
I'm so sorry for your loss! Sending you lots of love!!❤️❤️❤️
2 likes Reply ...

Hide all replies

blazewithincyn 181w
@mrs.bulloch thank you love. I know you know 💔😳🙏
1 like Reply

30 likes
May 28, 2022

instagram.com/blazewithincyn/p/CeHERLhL9QS/?img_index=2

Courtney Smith
Love you young lady.
2d Love Reply 1

Cyndee Spilker-Jacobson
Courtney Smith love you ❤️
2d Like Reply

Courtney Smith
Cyndee Spilker-Jacobson I'm always here for you.
2d Love Reply 1

Courtney Smith
Just call, or come by and throw a rock.
2d Haha Reply 1

Courtney Smith
I have double pane windows!

blazewithincyn Follow ...

blazewithincyn 181w
My heart is broken open yet again

I got a late night call and held my breath, calls at this time are never good. My only uncle, who was more like a brother, left this earth.

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His daughters and grandchildren, that he loved dearly.

His sisters, who not only lost their dad when he was 56, and now their brother at 54. As well as their mom and their oldest sister (my mother) less than 2 years ago.

30 likes
May 28, 2022

Instagram

blazewithincyn/

System ID: 666534

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CeUShDYPTYl/?img_index=1

Posted: Jun 02, 2022

Captured: Nov 17, 2025

Before DOI

Subject made a birthday post for her daughter, Cenya, including pictures of the two of them together. She also included a poem that she wrote for her. t is hard to comprehend you are 20 when you are still my little girl. When I think back over the years, and all we have been through together, I can see where the time has gone. For 20 years you have been my side kick, my pilar of light, my reason to hold on and keep going. Through the good times, and the really hard times, it was you and me. When I wanted to give up, you kept me going, and when you were anxious, I encouraged you to be strong. Your heart is pure and your love runs deep, which can be painful at times, but you push past fear never give up. I am proud of you! I wrote this for you today: ..... Ocean eyes One day she looked up and no longer saw pain, something had changed. When the tide came with the force of the ocean, she finally let go and felt the emotion. The feelings she kept under lock and key, she completely surrendered, like drifting at sea. Painfully mourning the death of what was, something new was created, but came with a cost, she had to let go of what she had lost. It didn't come with a name, but instead a feeling, a feeling worth dreaming. Now her eyes are on fire with burning desire, a desire so deep she can no longer sleep. ..... I can’t wait to see where life takes you and all the amazing things you will contribute to this world! ❤ Happy Birthday beautiful soul!

instagram.com/blazewithincyn/p/CeUShDYPTYI/



blazewithincyn Follow ···

blazewithincyn 180w
It is hard to comprehend you are 20 when you are still my little girl.

When I think back over the years, and all we have been through together, I can see where the time has gone. For 20 years you have been my side kick, my pilar of light, my reason to hold on and keep going.

Through the good times, and the really hard times, it was you and me. When I wanted to give up, you kept me going, and when you were anxious, I encouraged you to be strong.

Your heart is pure and your love runs deep, which can be painful at times, but you push past fear never give up. I am

38 likes
June 2, 2022

instagram.com/blazewithincyn/p/CeUShDYPTYI/



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you push past fear never give up. I am proud of you!

I wrote this for you today:
.....

🌊Ocean eyes🌊

One day she looked up and no longer saw pain, something had changed.

When the tide came with the force of the ocean, she finally let go and felt the emotion.

The feelings she kept under lock and key, she completely surrendered, like drifting at sea.

Painfully mourning the death of what was, something new was created, but

38 likes
June 2, 2022

instagram.com/blazewithincyn/p/CeUShDYPTYI/



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came with a cost, she had to let go of what she had lost.

It didn't come with a name, but instead a feeling, a feeling worth dreaming.

Now her eyes are on fire with burning desire, a desire so deep she can no longer sleep.

.....

I can't wait to see where life takes you and all the amazing things you will contribute to this world! ❤️

Happy Birthday beautiful soul! 🥳💫

cenyas_adventures 180w
this took me a while to even come up with words 🌍 Thank you!! Your words really resonate deep. I love

38 likes
June 2, 2022

instagram.com/blazewithincyn/p/CeUShDYPTYI/



blazewithincyn Follow ···

words really resonate deep. I love you and I will always be here for you mum, you'll be with me with whatever I do end up doing 💞🥳

1 like Reply

Hide all replies

blazewithincyn 180w
@cenyas_adventures ❤️

Reply

nativezencreations 180w
Happy Birthday!!! ❤️🥳

1 like Reply

shelbjacobson 180w
Happy birthday
@cenyas_adventures !

38 likes
June 2, 2022

instagram.com/blazewithincyn/p/CeUShDYPTYI/



blazewithincyn Follow

nativezencreations 180w
Happy Birthday!!! ❤️😍
1 like Reply

shelbjacobson 180w
Happy birthday
@cenyas_adventures !
1 like Reply

vahvoom_magazine 180w
Happy birthday!! 🎉🎉❤️❤️💞🎀
🌸🎁🐴
1 like Reply

davey6482 180w
Happy birthday 🎂
1 like Reply

38 likes
June 2, 2022

instagram.com/blazewithincyn/p/CeUShDYPTYI/?img_index=2



blazewithincyn Follow

nativezencreations 180w
Happy Birthday!!! ❤️😍
1 like Reply

shelbjacobson 180w
Happy birthday
@cenyas_adventures !
1 like Reply

vahvoom_magazine 180w
Happy birthday!! 🎉🎉❤️❤️💞🎀
🌸🎁🐴
1 like Reply

davey6482 180w
Happy birthday 🎂
1 like Reply

38 likes
June 2, 2022

instagram.com/blazewithincyn/p/CeUShDYPTYI/?img_index=4



blazewithincyn Follow ···

nativezencreations 180w
Happy Birthday!!! ❤️😘
1 like Reply

shelbjacobson 180w
Happy birthday
@cenyas_adventures !
1 like Reply

vahvoom_magazine 180w
Happy birthday!! 🎉🎉🎈🎈💞🎀🌸🎁🐴
1 like Reply

davey6482 180w
Happy birthday 🎂
1 like Reply

38 likes
June 2, 2022

instagram.com/blazewithincyn/p/CeUShDYPTYI/?img_index=7



blazewithincyn Follow ···

nativezencreations 180w
Happy Birthday!!! ❤️😘
1 like Reply

shelbjacobson 180w
Happy birthday
@cenyas_adventures !
1 like Reply

vahvoom_magazine 180w
Happy birthday!! 🎉🎉🎈🎈💞🎀🌸🎁🐴
1 like Reply

davey6482 180w
Happy birthday 🎂
1 like Reply

38 likes
June 2, 2022

Instagram

blazewithincyn/

System ID: 666535

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Ce7RqSaJ9AP/?img_index=1

Posted: Jun 17, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted pictures of herself within an oxygen chamber. She wrote that her daughter, Cenya, had gone into one after she had a concussion. Subject was convinced to give it a try by her sister-in-law at her business, and she feels it was beneficial. What is this contraption?! I have been hesitant to try an oxygen chamber. There is just something about being sealed inside a tiny space that you can’t run away and escape from. Cue claustrophobia and PTSD After Cenya’s hospitalization from her concussion last year, she started hyperbaric oxygen. The results were dramatic with major improvements with her memory loss, light and noise sensitivity, and irritability. My sister in law has been trying to get me into her oxygen chamber for months, and while I know the benefits, I have been hesitant. I finally went and let me tell you, not all oxygen chambers are created equal! Hers is VERY roomy. I can sit up or stretch out in a recliner and lay down. I highly recommend you get over to @rescuememassage and try it out for yourself. Or do yourself a favor and get a massage from @jsimpkins2016 Or better yet, BOTH! Some of the benefits of hyperbaric oxygen: Head Injuries: recent & past Concussions & Traumatic Brain Injuries (TBIs) Migraine Headaches Parkinson’s Disease Alzheimer’s Disease Multiple Sclerosis Huntington’s Disease Fetal Alcohol Syndrome Spinal Cord Injuries Pre-Stroke Prevention and Post- Stroke Recovery Diabetic Neuropathy Erectile Dysfunction Cancer: as a conjunctive therapy. Autism Spectrum Disorder (ASD) Anti-Aging Osteoarthritis Rheumatoid Arthritis Fibromyalgia Crohn’s Disease Ulcerative Colitis Atherosclerosis Diabetes – Type 1 & 2 Complex Regional Pain Syndrome (CRPS), aka – Reflex Sympathetic Dystrophy (RSD) Temporomandibular Joint (TMJ) Inflammatory Pain Chronic Infections (Lyme, Reactivated Mono, Mold, etc.) Chronic Fatigue Syndrome Any Mitochondrial Disease

instagram.com/blazewithincyn/p/Ce7RqSaJ9AP/



blazewithincyn Follow
Cedar City, Utah

blazewithincyn 178w
What is this contraption?!

I have been hesitant to try an oxygen chamber. There is just something about being sealed inside a tiny space that you can't run away and escape from.

Cue claustrophobia and PTSD 😜

After Cenya's hospitalization from her concussion last year, she started hyperbaric oxygen. The results were dramatic with major improvements with her memory loss, light and noise sensitivity, and irritability.

My sister in law has been trying to get me into her oxygen chamber for months, and while I know the benefits, I

26 likes
June 17, 2022

instagram.com/blazewithincyn/p/Ce7RqSaJ9AP/



blazewithincyn Follow
Cedar City, Utah

have been hesitant.

I finally went and let me tell you, not all oxygen chambers are created equal! Hers is VERY roomy. I can sit up or stretch out in a recliner and lay down. 🙌

I highly recommend you get over to @rescuememassage and try it out for yourself.
Or do yourself a favor and get a massage from @jsimpkins2016

Or better yet, BOTH!

Some of the benefits of hyperbaric oxygen:

Head Injuries: recent & past
Concussions & Traumatic Brain Injuries

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June 17, 2022

instagram.com/blazewithincyn/p/Ce7RqSaJ9AP/



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Cedar City, Utah

(TBIs)
Migraine Headaches
Parkinson's Disease
Alzheimer's Disease
Multiple Sclerosis
Huntington's Disease
Fetal Alcohol Syndrome
Spinal Cord Injuries
Pre-Stroke Prevention and Post- Stroke Recovery
Diabetic Neuropathy
Erectile Dysfunction
Cancer: as a conjunctive therapy.
Autism Spectrum Disorder (ASD)
Anti-Aging
Osteoarthritis
Rheumatoid Arthritis
Fibromyalgia
Crohn's Disease
Ulcerative Colitis
Atherosclerosis

26 likes
June 17, 2022

instagram.com/blazewithincyn/p/Ce7RqSaJ9AP/



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Cedar City, Utah

Fibromyalgia
Crohn's Disease
Ulcerative Colitis
Atherosclerosis
Diabetes – Type 1 & 2
Complex Regional Pain Syndrome (CRPS), aka – Reflex Sympathetic Dystrophy (RSD)
Temporomandibular Joint (TMJ)
Inflammatory Pain
Chronic Infections (Lyme, Reactivated Mono, Mold, etc.)
Chronic Fatigue Syndrome
Any Mitochondrial Disease

hunanai_ 178w
@no.plan.clan I wonder what it would be like to do several rounds if wim hof breathing in there?!
Reply

26 likes
June 17, 2022

instagram.com/blazewithincyn/p/Ce7RqSaJ9AP/?img_index=2



blazewithincyn Follow ...
Cedar City, Utah

Fibromyalgia
Crohn's Disease
Ulcerative Colitis
Atherosclerosis
Diabetes – Type 1 & 2
Complex Regional Pain Syndrome (CRPS), aka – Reflex Sympathetic Dystrophy (RSD)
Temporomandibular Joint (TMJ)
Inflammatory Pain
Chronic Infections (Lyme, Reactivated Mono, Mold, etc.)
Chronic Fatigue Syndrome
Any Mitochondrial Disease

hunanai_ 178w
@no.plan.clan I wonder what it would be like to do several rounds if wim hof breathing in there?!
Reply

26 likes
June 17, 2022

instagram.com/blazewithincyn/p/Ce7RqSaJ9AP/?img_index=3



blazewithincyn Follow ...
Cedar City, Utah

Fibromyalgia
Crohn's Disease
Ulcerative Colitis
Atherosclerosis
Diabetes – Type 1 & 2
Complex Regional Pain Syndrome (CRPS), aka – Reflex Sympathetic Dystrophy (RSD)
Temporomandibular Joint (TMJ)
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Cedar City, Utah

Fibromyalgia
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hunanai_ 178w
@no.plan.clan I wonder what it would be like to do several rounds if wim hof breathing in there?!

Reply

26 likes
June 17, 2022

Instagram

blazewithincyn/

System ID: 666574

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CfCqZ_prX1h/?img_index=1

Posted: Jun 20, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted going to the cemetery to see her uncle, Courtney, and her mother with her daughter and niece. These two cousins have the biggest hearts. They wanted to go visit their uncle Uncle Courtney that just passed, as well as my mom, their grandma JoLou. I realized something while we were there, both of these girls, as well as Courtney were all the youngest in their family. Another observation I realized is, the youngest seem to unwittingly pick up and carry the emotions of the entire family. We had conversations surrounding what feelings are theirs, vs. what feelings are others that they have picked up. Also ways they can transmute that energy when it comes without carrying it. How often do we pick up energy and feelings of others, trying to “take away” their pain, but instead we take it on? We can never “take” the pain from someone else, but we can hold space for them to release it. It isn’t ours to take, but simply to acknowledge feelings and honor their heart

instagram.com/blazewithincyn/p/CfCqZ_prX1h/



blazewithincyn Follow ···

blazewithincyn Edited • 177w
These two cousins have the biggest hearts. They wanted to go visit their uncle Uncle Courtney that just passed, as well as my mom, their grandma JoLou.

I realized something while we were there, both of these girls, as well as Courtney were all the youngest in their family.

Another observation I realized is, the youngest seem to unwittingly pick up and carry the emotions of the entire family.

We had conversations surrounding what feelings are theirs, vs. what feelings are others that they have

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June 20, 2022

instagram.com/blazewithincyn/p/CfCqZ_prX1h/



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family.

We had conversations surrounding what feelings are theirs, vs. what feelings are others that they have picked up. Also ways they can transmute that energy when it comes without carrying it.

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No comments yet.

Start the conversation.

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June 20, 2022

instagram.com/blazewithincyn/p/CfCqZ_prX1h/?img_index=6



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family.

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How often do we pick up energy and feelings of others, trying to "take away" their pain, but instead we take it on? We can never "take" the pain from someone else, but we can hold space for them to release it. It isn't ours to take, but simply to acknowledge feelings and honor their heart. 💖⭐💚

No comments yet.

Start the conversation.

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June 20, 2022

Instagram

blazewithincyn/

System ID: 666615

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CfIEw8Drtlh/

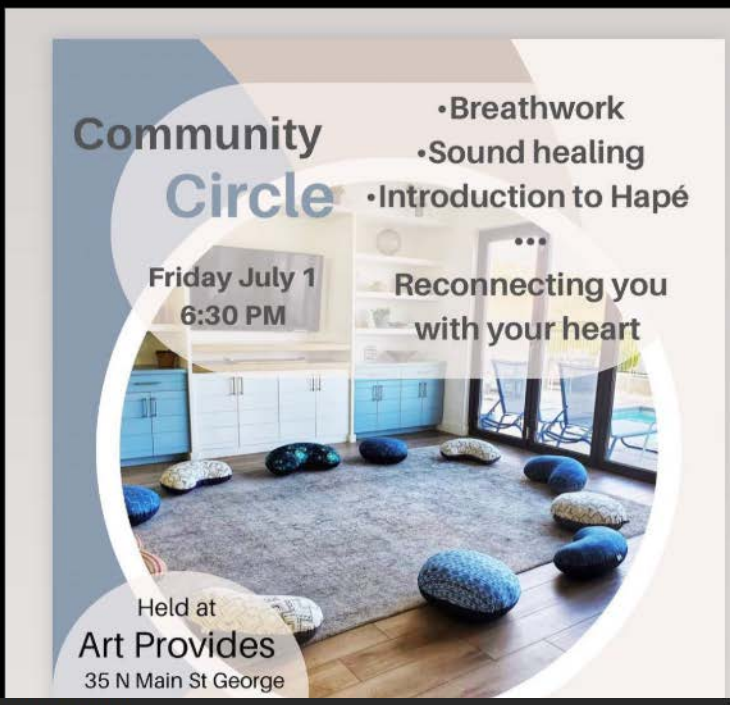
Posted: Jun 22, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a flyer for a therapy session she was offering that includes breathwork, sound healing, and hape. You have been asking, and here it is! Join us for community, connection, breathwork, sound healing, and an introduction to Hapé Breathwork can: •Reduce stress and anxiety •Improve sleep •Boost immune system •Improve mood •Increase focus •Promote relaxation and positive thinking •Improve pain perception And those are just a few of the benefits! We will also introduce you to Hapé, a modality used by native tribes for thousands of years, to drop you into your heart space, calming your mind and nervous system, reducing anxiety, helping you feel grounded and releasing emotional tensions. We will have an open discussion allowing you to ask questions, and an opportunity to experience it if you choose. Cost is only $25, First time free! Limited seats available, DM or comment below to claim your spot

instagram.com/blazewithincyn/p/CflEw8Drtlh/



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blazewithincyn 177w
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Join us for community, connection, breathwork, sound healing, and an introduction to Hapé

Breathwork can:

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- Improve sleep
- Boost immune system
- Improve mood
- Increase focus
- Promote relaxation and positive thinking
- Improve pain perception

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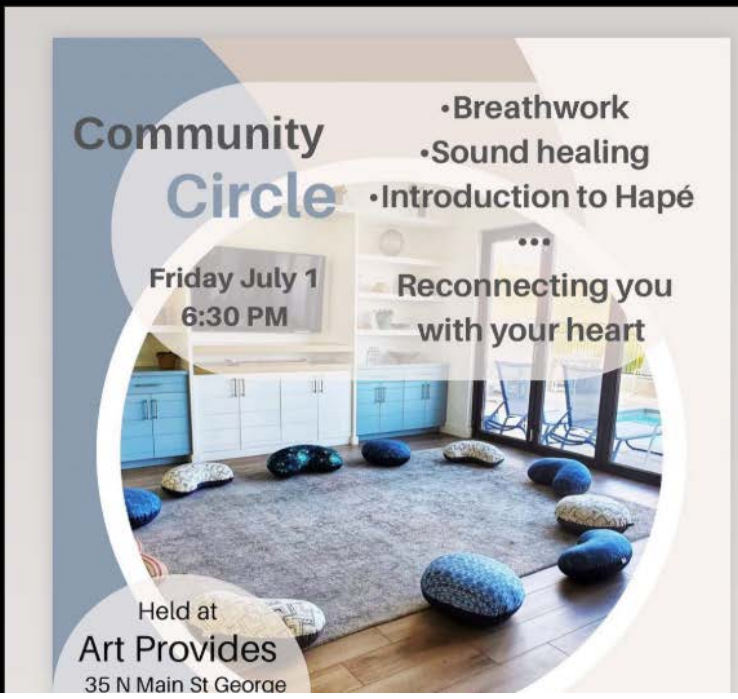
Cost is only $25,
First time free!

Limited seats available, DM or comment below to claim your spot

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June 22, 2022

instagram.com/blazewithincyn/p/CflEw8Drtlh/



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June 22, 2022

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vahvoom_magazine 176w
Me? ❤️
1 like Reply

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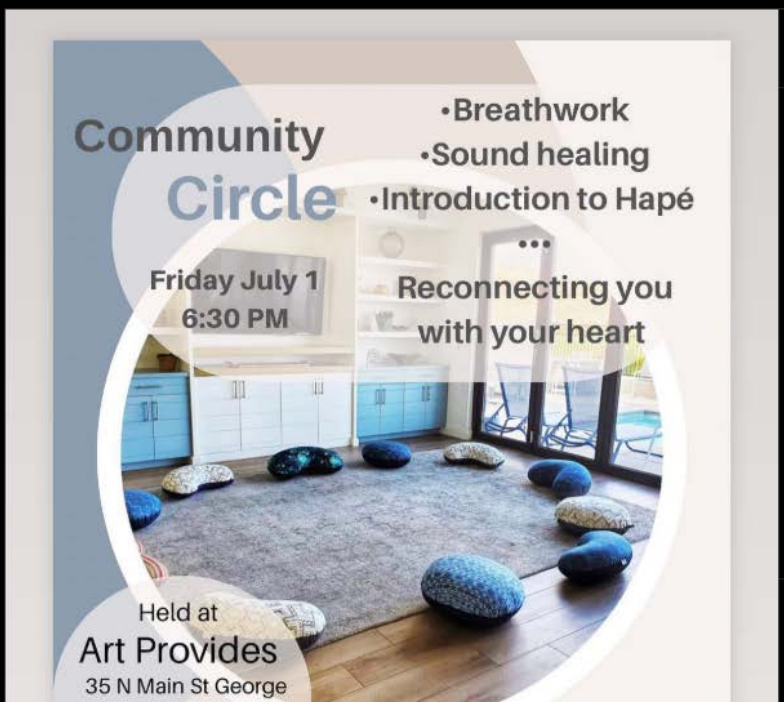
blazewithincyn 176w
@vahvoom_magazine yes! DM me
1 like Reply

lindseypollock_ 177w
Is this for men + women?
1 like Reply

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6 likes
June 22, 2022

instagram.com/blazewithincyn/p/CflEw8Drtlh/



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blazewithincyn 177w
@lindsey_t5 yes it is!
1 like Reply

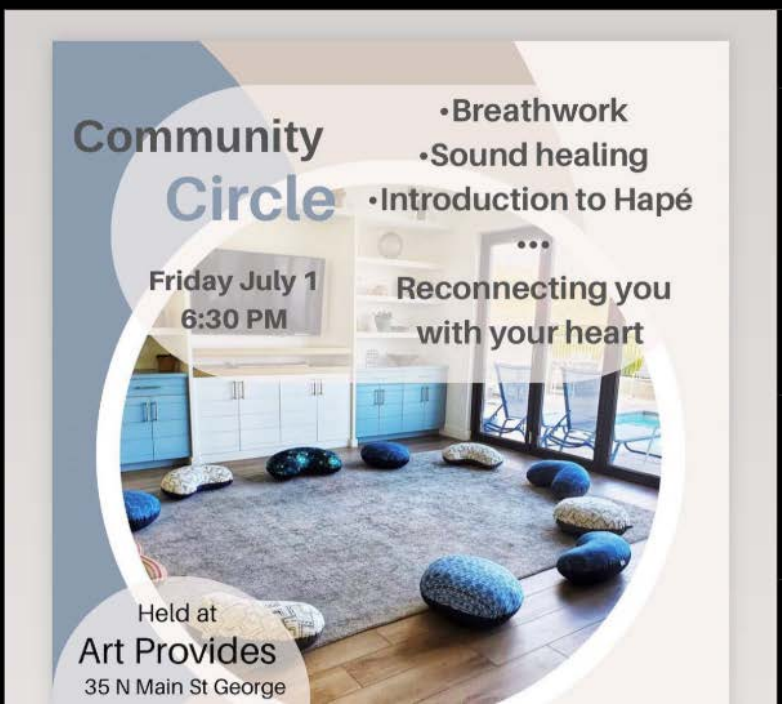
lindseypollock_ 177w
@no.plan.clan I am going to speak to my significant other and see if he would like to attend!
1 like Reply

blazewithincyn 177w
@lindsey_t5 I would love to have you there ❤️💫
Reply

hunanai_ 177w
Ooh!!!

6 likes
June 22, 2022

instagram.com/blazewithincyn/p/CflEw8DrtIh/



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@lindsey_t5 I would love to have you there ❤️ 💫
Reply

hunanai_ 177w
Ooh!!!
1 like Reply

Hidden by Instagram

antonioandco_lexie 174w
Hi, we had contacted you few minutes ago for a potential partnership. Please check your DMs. Thank you!
Reply

6 likes
June 22, 2022

Instagram

blazewithincyn/

System ID: 666722

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CfaHi0iLeIX/?img_index=1

Posted: Jun 29, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of herself at the ranch of Richard Paul Evans for an author retreat. Subject said that she had writer's block for the first few days, but was eventually able to start her story. Last week I was invited to an author retreat at the ranch of Richard Paul Evans, New York Times Best Selling Author. I met Richard in 2019 when I was invited to speak for him at a workshop he put together empowering women. At the time I had not read any of his books, and was unaware who he was. I downloaded his book, The Christmas Box, to listen to on my drive. The book touched me on such a deep level having lost a son. I mentioned this to him, he said my story needed to be told. I have wanted to write my story for years, but keep telling myself it doesn’t matter. Recently I have been being guided from an external force, to finally put pen to paper and stop making excuses. Arriving at the ranch I felt like an imposter, most of the people there are well on their way, if not already published authors. The first three days I could not write one word. I asked myself what I was doing there, but trusted my inner guidance that told me to go. I spent my days meditating, walking the land, and connecting with the fellow retreat goers. I loved connecting with the hearts of so many, learning their stories and sharing mine. In a world where everyone is disconnected and easily distracted, this was a nice change of pace. Everyday we would have readings, people would read for five minutes and receive feedback from the group. The feedback was given, and received, with love and non judgment. I don’t think I have ever felt more comfortable in a very vulnerable in a situation. On the last day, at the last hour, my writers block shifted! I started writing and told myself if I finished the prologue *maybe* I would stand up and read to the group, opening myself up to the most vulnerable place I can imagine. I did it! I read (what little I had) and received such encouraging support and feedback, and many more “Your story needs to be told, it will help so many.” I am putting this out here publicly with vulnerability, so you can all help keep me accountable. My goal is to return next year to the retreat with a published book in hand!

instagram.com/blazewithincyn/p/CfaHi0iLelX/



blazewithincyn Follow ···

blazewithincyn 176w
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I downloaded his book, The Christmas Box, to listen to on my drive. The book touched me on such a deep level having lost a son.
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I have wanted to write my story for

21 likes
June 29, 2022

instagram.com/blazewithincyn/p/CfaHi0iLelX/



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21 likes
June 29, 2022

instagram.com/blazewithincyn/p/CfaHi0iLelX/



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21 likes
June 29, 2022

instagram.com/blazewithincyn/p/CfaHi0iLelX/



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imagine.

I did it! I read (what little I had) and received such encouraging support and feedback, and many more "Your story needs to be told, it will help so many."

I am putting this out here publicly with vulnerability, so you can all help keep me accountable. My goal is to return next year to the retreat with a published book in hand!

#vunerablepost #traumahealing #SIDS #suicide #widow #writer #soontobeauthor

gill.alian 169w
Love this photo ❤️

Reply

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June 29, 2022

instagram.com/blazewithincyn/p/CfaHi0iLelX/?img_index=2



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#vunerablepost #traumahealing #SIDS #suicide #widow #writer #soontobeauthor

gill.alian 169w
Love this photo ❤️
Reply

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June 29, 2022

instagram.com/blazewithincyn/p/CfaHi0iLelX/?img_index=3



blazewithincyn Follow ···

imagine.

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gill.alian 169w
Love this photo ❤️
Reply

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gill.alian 169w
Love this photo ❤️

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instagram.com/blazewithincyn/p/CfaHi0iLelX/?img_index=7



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imagine.

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#vunerablepost #traumahealing #SIDS #suicide #widow #writer #soontobeauthor

gill.alian 169w
Love this photo ❤️

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instagram.com/blazewithincyn/p/CfaHi0iLelX/?img_index=8



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#vunerablepost #traumahealing #SIDS #suicide #widow #writer #soontobeauthor

gill.alian 169w
Love this photo ❤️

Reply

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Instagram

blazewithincyn/

System ID: 666747

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/Cf1S0PQLfgH/

Posted: Jul 10, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video of a community circle session she offered, where she can be seen talking to and comforting individuals. We need each other! We are communal beings craving healthy human connection. The last couple years, more so than ever, we have been separated and isolated, that takes a toll on the human psyche. But how long have we been separated and isolated from ourselves? Going through the motions of life, but feeling dissatisfied and disconnected, like something is missing. When we can come together in a safe environment and allow ourselves the space to be seen and witnessed, we reconnect, not only with others, but also ourselves. Join us in our next community circle August 19th @art.provides in St George

instagram.com/blazewithincyn/reel/Cf1S0PQLfgH/



blazewithincyn Follow
ART Provides

blazewithincyn 175w
We need each other!

We are communal beings craving healthy human connection.

The last couple years, more so than ever, we have been separated and isolated, that takes a toll on the human psyche.

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When we can come together in a safe environment and allow ourselves the space to be seen and witnessed, we

45 likes
July 10, 2022

instagram.com/blazewithincyn/reel/Cf1S0PQLfgH/



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ART Provides

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Join us in our next community circle August 19th @art.provides in St George

#breathwork #soundbath #hape #community #somatichealing #somaticbreathwork #somaticrelease

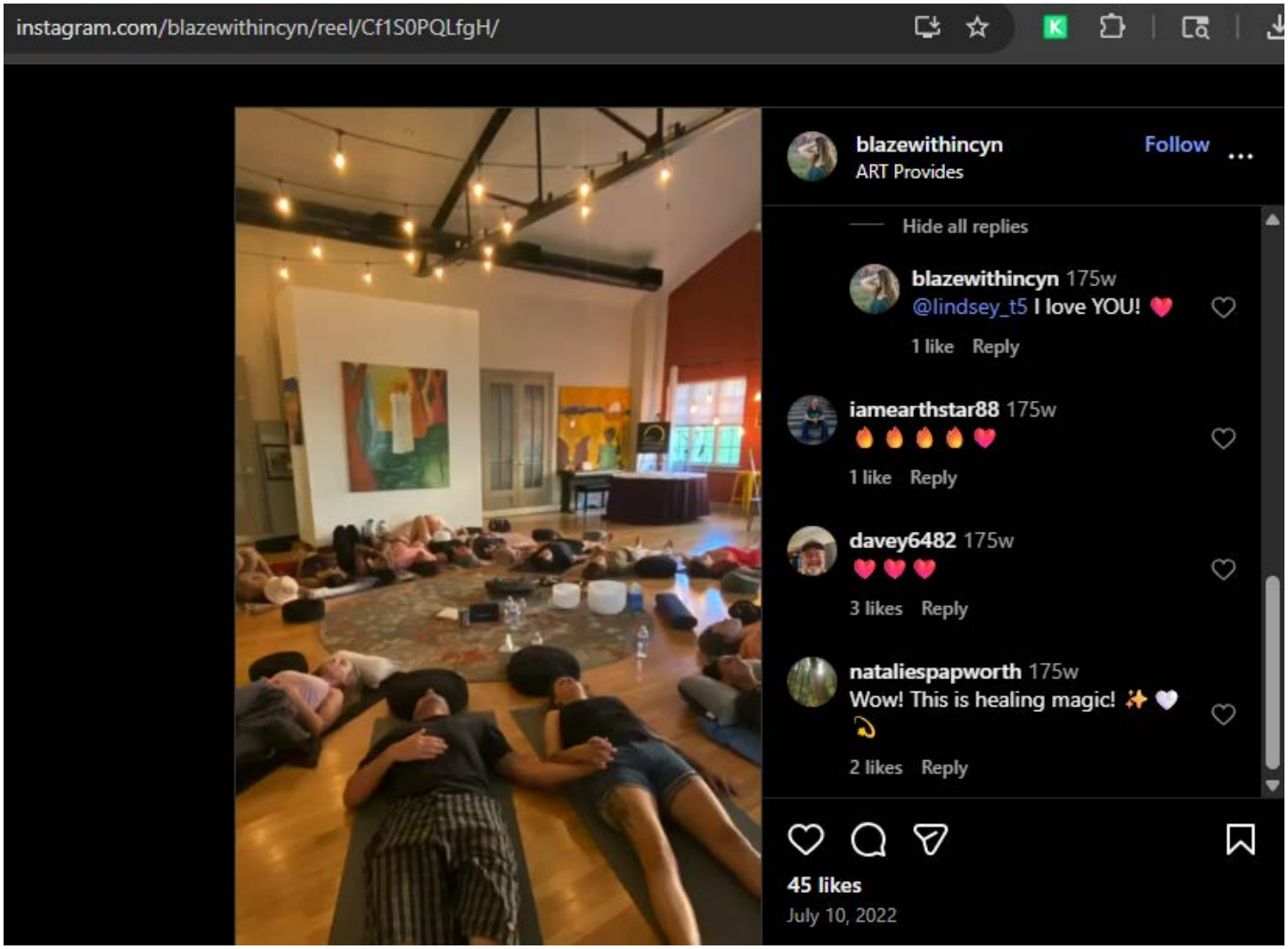
lindseypollock_ 175w
I love this. I love the community brought together. I LOVE YOU 💖 #gratitude

1 like Reply

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blazewithincyn 175w
@lindsey_t5 I love YOU! ❤️

45 likes
July 10, 2022



[Link to download video]

Instagram

blazewithincyn/

Posted: Jul 11, 2022

System ID: 663796

Captured: Nov 11, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Cf4m4wOuy8h/?img_index=1

Before DOI

Subject posted that she is experiencing health issues that may be very serious. She recalls that her previous health problems left her bed-bound and near death. Excuse me miss. Of all the flowers around here, this is the only pink one.” □ I was feeling off today, and stopped by the park to ground myself. I am processing some heavy information and it can get a bit overwhelming. 8 years ago I went through a major health crisis and nearly lost my life. I was sent across the country to Mayo Clinic and pieced apart by doctors. I begged them to look at me as a whole person, not just an organ or symptom. Eventually I was given more “rare” diagnoses then I have fingers. I know I am unique, but I can’t be THAT rare. □ I was given medications and told I would need them the rest of my life, that I could die by skipping a dose. I was bed bound and told to get used to it, as that would be my new ”normal.” I didn’t accept that would be my life, and I didn’t accept the labels that were put on me in forms of diagnoses. I decided to take my life back. The body was made to heal itself if only we support it and allow it to do so. I am obviously no longer bed bound, and I only needed those “life long” medications for a few months as I supported my body in healing. I am again facing some health issues. I am not sure what diagnosis(s) I will be given this time around, but they have the potential to be pretty serious. So as I was sitting in the park today contemplating the potential outcome, vs. the need for my continued existence in this world, this person was inspired to bring me this flower with this message. “…Of all the flowers around here, this is the only pink one.” □ I am the only unique expression of me, and that is beautiful! I am okay with whatever answers I am given, as I know they will just be a stepping stone on my path, and I will navigate through it as I have every other stone I have been presented. I didn’t come this far to come this far. I felt inspired to share this for anyone else struggling with something they are going through in the moment. Remember no matter how big it is, it is only temporary. It takes all of us to make the world go round ❤

instagram.com/blazewithincyn/p/Cf4m4wOuy8h/



blazewithincyn Follow ···

blazewithincyn 174w
"Excuse me miss. Of all the flowers around here, this is the only pink one." 🌸

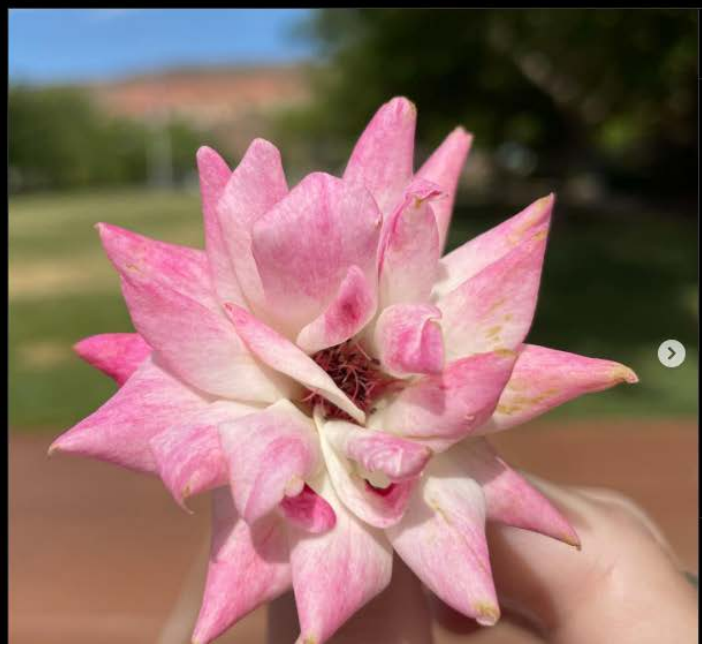
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18 likes
July 11, 2022

instagram.com/blazewithincyn/p/Cf4m4wOuy8h/



blazewithincyn Follow ···

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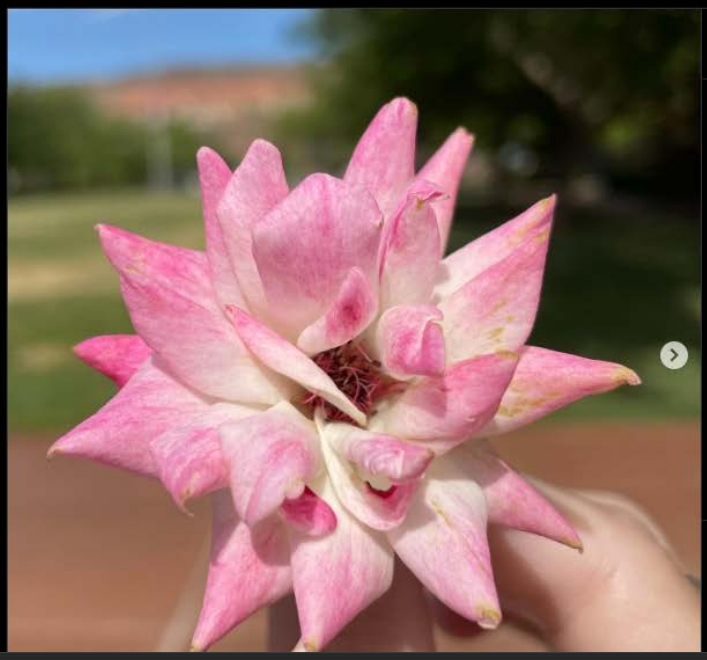
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July 11, 2022

instagram.com/blazewithincyn/p/Cf4m4wOuy8h/



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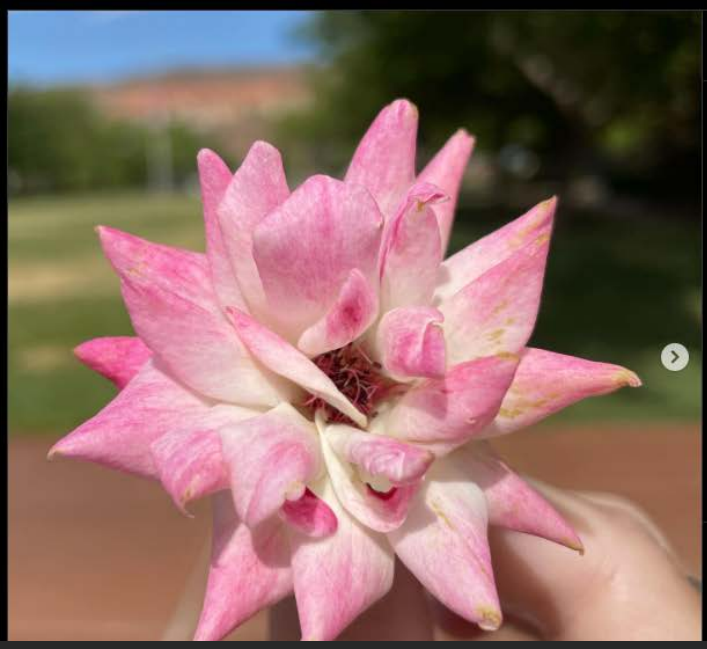
"...Of all the flowers around here, this is the only pink one." 🌸

I am the only unique expression of me, and that is beautiful!

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18 likes
July 11, 2022

instagram.com/blazewithincyn/p/Cf4m4wOuy8h/



blazewithincyn Follow ···

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It takes all of us to make the world go round ❤️

vahvoom_magazine 174w
🌸🙏🌸
1 like Reply

nataliespapworth 174w
I love you! Stay strong friend!🤍💫

18 likes
July 11, 2022

instagram.com/blazewithincyn/p/Cf4m4wOuy8h/



🌸🙏🌸
1 like Reply

nataliespapworth 174w
I love you! Stay strong friend!🤍💫
🎀
1 like Reply

Hide all replies

blazewithincyn 174w
@nataliespapworth will do!
You know me 😊😘
2 likes Reply

davey6482 174w
🌸
1 like Reply

18 likes
July 11, 2022

instagram.com/blazewithincyn/p/Cf4m4wOuy8h/?img_index=2



1 like Reply

nataliespapworth 174w
I love you! Stay strong friend! 🤍 💫 🎀

1 like Reply

Hide all replies

blazewithincyn 174w
@nataliespapworth will do! You know me 😊😘

2 likes Reply

davey6482 174w
🌸

1 like Reply

18 likes
July 11, 2022

instagram.com/blazewithincyn/p/Cf4m4wOuy8h/?img_index=3



1 like Reply

nataliespapworth 174w
I love you! Stay strong friend! 🤍 💫 🎀

1 like Reply

Hide all replies

blazewithincyn 174w
@nataliespapworth will do! You know me 😊😘

2 likes Reply

davey6482 174w
🌸

1 like Reply

18 likes
July 11, 2022

instagram.com/blazewithincyn/p/Cf4m4wOuy8h/?img_index=4



1 like Reply

nataliespapworth 174w
I love you! Stay strong friend! 🤍 💫 🎀

1 like Reply

Hide all replies

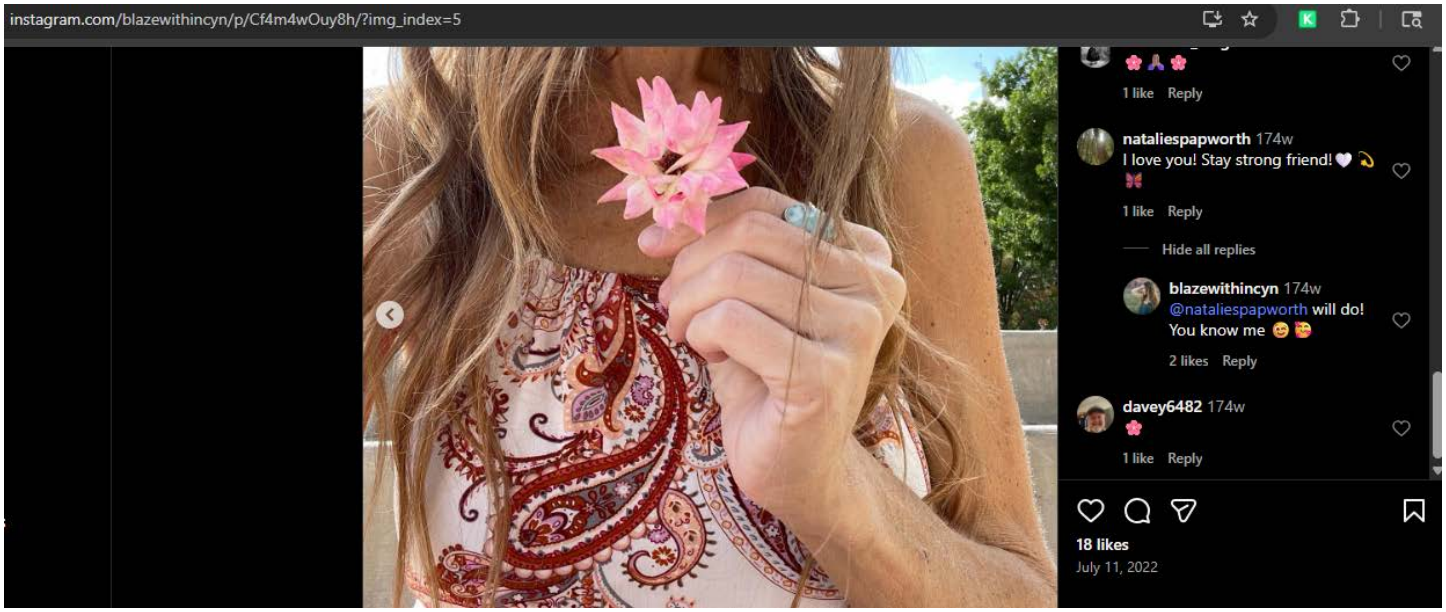
blazewithincyn 174w
@nataliespapworth will do! You know me 😊😘

2 likes Reply

davey6482 174w
🌸

1 like Reply

18 likes
July 11, 2022


instagram.com/blazewithincyn/p/Cf4m4wOuy8h/?img_index=5
1 like Reply
nataliespapworth 174w
I love you! Stay strong friend!
1 like Reply
Hide all replies
blazewithincyn 174w
@nataliespapworth will do!
You know me
2 likes Reply
davey6482 174w
1 like Reply
18 likes
July 11, 2022

Instagram

blazewithincyn/

System ID: 666760

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/CgCjEs2tPAC/

Posted: Jul 15, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a selfie video in her car. She writes about having grey eyes. I used to hate my eye color. I didn’t think it was a color at all. And is it grey, or gray? It was never an option when having to select an eye color. I wondered why I couldn’t just have green or blue or any other “normal color.” Now I love my eyes and embrace my uniqueness. What color are your eyes?

instagram.com/blazewithincyn/reel/CgCjEs2tPAC/



blazewithincyn Follow
themarysarge • themarysarge - h...

blazewithincyn 174w
Fact: I used to hate my eye color.

I didn't think it was a color at all. And is it grey, or gray?

It was never an option when having to select an eye color.

I wondered why I couldn't just have green or blue or any other "normal color."

Now I love my eyes and embrace my uniqueness.

What color are your eyes? 👀

#Eyecolor #RareEyes #GrayEyes #WhatColorAreYourEyes

61 likes
July 15, 2022

instagram.com/blazewithincyn/reel/CgCjEs2tPAC/



blazewithincyn Follow
themarysarge • themarysarge - h...

drnielsenphotography 174w
Your eyes are beautiful! ❤️
1 like Reply

davey6482 174w
❤️❤️❤️
1 like Reply

nataliespapworth 174w
Beautiful gray eyed lady!😍😍😍
1 like Reply

Hide all replies

blazewithincyn 174w
@nataliespapworth Love you!
Reply

61 likes
July 15, 2022

instagram.com/blazewithincyn/reel/CgCjEs2tPAC/



blazewithincyn Follow
themarysarge • themarysarge - h...

@nataliespapworth Love you!
Reply

lindacecilief 174w
How do they know this ?? Is it really so rare, to have green eyes ? Hard to believe....
1 like Reply

Hide all replies

blazewithincyn 174w
@lindacecilief I would like to know too! I have heard a lot though how rare green eyes are and thinking to all the people I know you don't come across them very often.
Reply

61 likes
July 15, 2022

Link to download video

Instagram

blazewithincyn/

System ID: 666761

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/CgKN_WeOXwu/

Posted: Jul 18, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photo montage wishing her son a happy birthday. Subject walks with her son holding his birthday cake. For his birthday Covin chose to spend the day taking himself to Pine Valley, a place with special meaning for us to connect with Cody’s memory. 17 and all he wanted to do was to spend it connecting with his heart and with family. I have never been able to get him to ask for any material items, in fact I have to force him to replace worn out items, he feels it is a “waste of money.” Quality time is his love language, connection is all there truly is in life □□ Love this boy and his HUGE heart

instagram.com/blazewithincyn/reel/CgKN_WeOXwu/



blazewithincyn Follow
Original audio

blazewithincyn Edited • 174w
For his birthday Covin chose to spend the day taking himself to Pine Valley, a place with special meaning for us to connect with Cody's memory.

17 and all he wanted to do was to spend it connecting with his heart and with family. I have never been able to get him to ask for any material items, in fact I have to force him to replace worn out items, he feels it is a "waste of money."

Quality time is his love language, connection is all there truly is in life 😍😋

Love this boy and his HUGE heart ❤️

139 likes
July 18, 2022

instagram.com/blazewithincyn/reel/CgKN_WeOXwu/



blazewithincyn Follow
Original audio

17 and all he wanted to do was to spend it connecting with his heart and with family. I have never been able to get him to ask for any material items, in fact I have to force him to replace worn out items, he feels it is a "waste of money."

Quality time is his love language, connection is all there truly is in life 😍😋

Love this boy and his HUGE heart ❤️

Happy Birthday Covin!

vahvoom_magazine 174w
What a sweet human 🎂 Happy Birthday Covin

Reply

139 likes
July 18, 2022

Link to download video

Instagram

blazewithincyn/

System ID: 666762

Cynthia Lee Jacobson

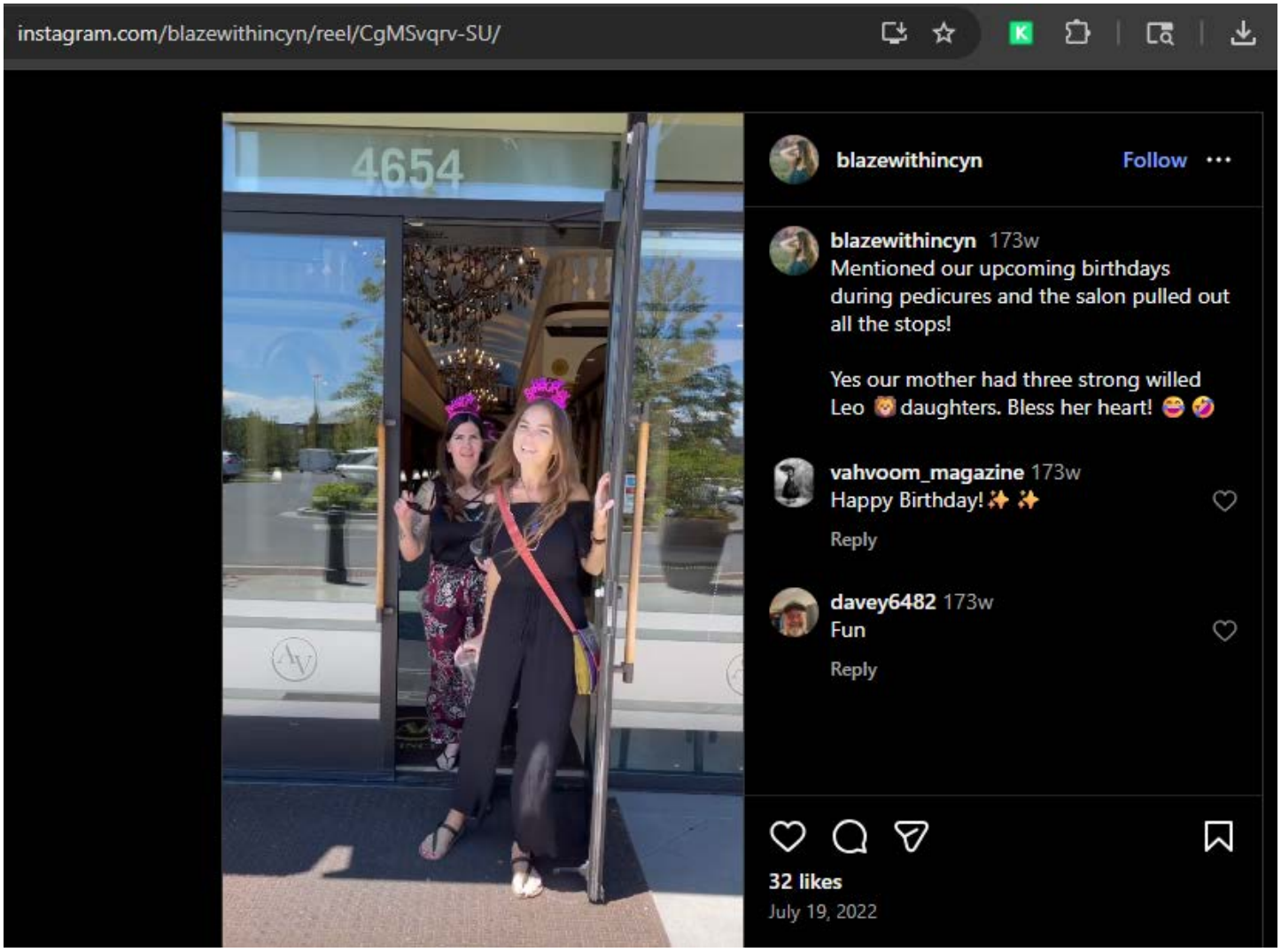
https://www.instagram.com/blazewithincyn/reel/CgMSvqrv-SU/

Posted: Jul 19, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photos of her and her sisters getting pedicures for their birthdays. Mentioned our upcoming birthdays during pedicures and the salon pulled out all the stops! Yes our mother had three strong willed Leo daughters. Bless her heart! 173w



[Link to download video]

Instagram

blazewithincyn/

System ID: 666763

Cynthia Lee Jacobson

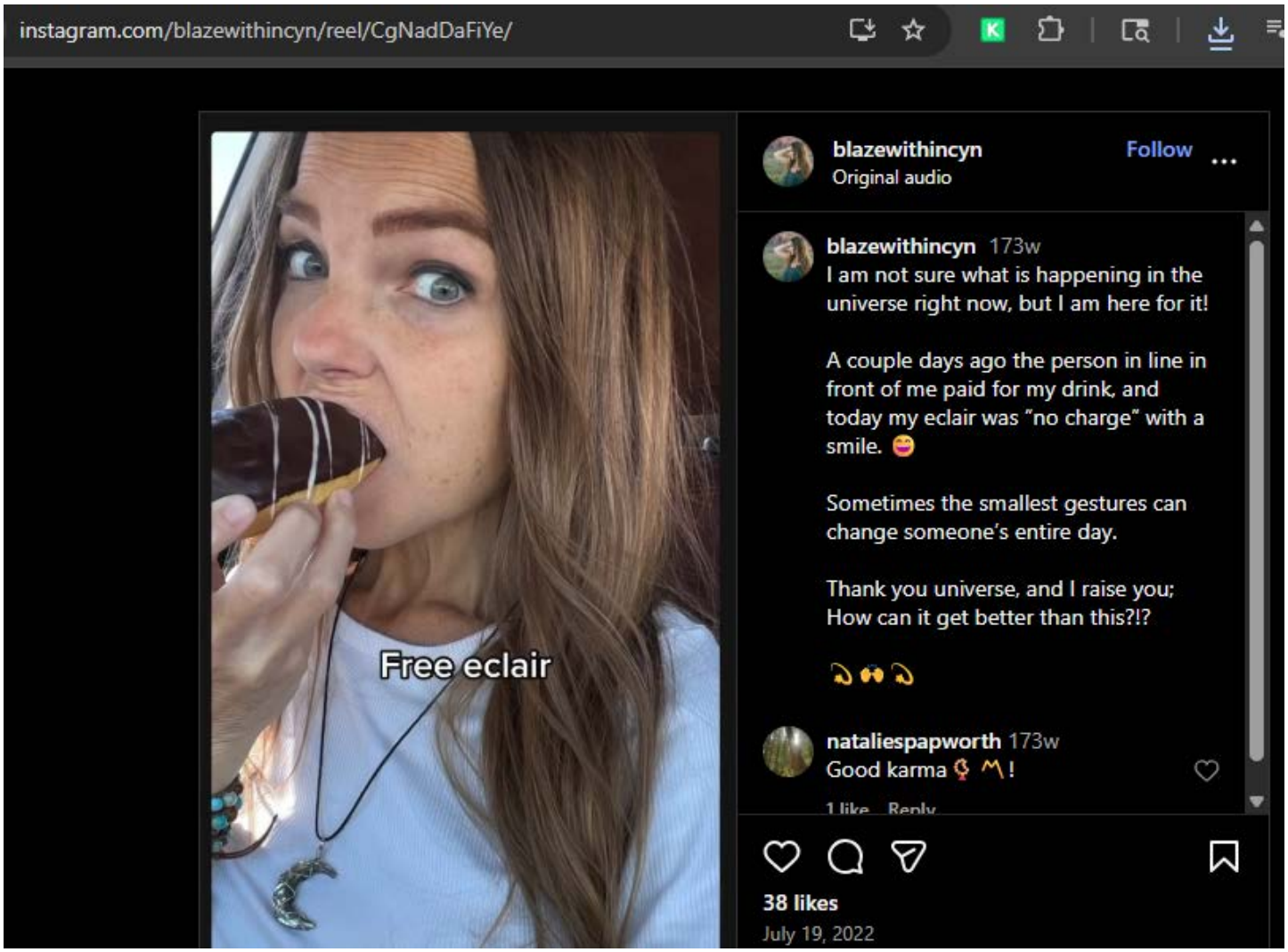
https://www.instagram.com/blazewithincyn/reel/CgNadDaFiYe/

Posted: Jul 19, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a selfie video of her enjoying an eclair that she got for free. I am not sure what is happening in the universe right now, but I am here for it! A couple days ago the person in line in front of me paid for my drink, and today my eclair was “no charge” with a smile. Sometimes the smallest gestures can change someone’s entire day. Thank you universe, and I raise you; How can it get better than this?!?



Link to download video

Instagram

blazewithincyn/

System ID: 666766

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/CgPKX9BgFiV/

Posted: Jul 20, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video on swings with her daughter, Cemree. “I wonder what my past self would think of my future self, of the life I have right now? If I knew then what I know now, I would do anything I can to get to this life, wouldn’t you?” Profound words of Cemree □□

instagram.com/blazewithincyn/reel/CgPKX9BgFiV/



blazewithincyn Follow
Cyndi Lauper • Girls Just Want to...

blazewithincyn 173w
"I wonder what my past self would think of my future self, of the life I have right now?

If I knew then what I know now, I would do anything I can to get to this life, wouldn't you?"

Profound words of Cemree 😍😘

samanthajacobson1 173w
❤️😍
1 like Reply

davey6482 173w
👏👏👏
1 like Reply

26 likes
July 20, 2022

instagram.com/blazewithincyn/reel/CgPKX9BgFiV/



blazewithincyn Follow
Cyndi Lauper • Girls Just Want to...

samanthajacobson1 173w
❤️😍
1 like Reply

davey6482 173w
👏👏👏
1 like Reply

realjenq 173w
Omg! 😘
1 like Reply

nataliespapworth 173w
Very profound! I'm so happy she found the beauty, joy and excitement of life!💫🤍✨🦋
1 like Reply

26 likes
July 20, 2022

Link to download video

Instagram

blazewithincyn/

System ID: 666765

Cynthia Lee Jacobson

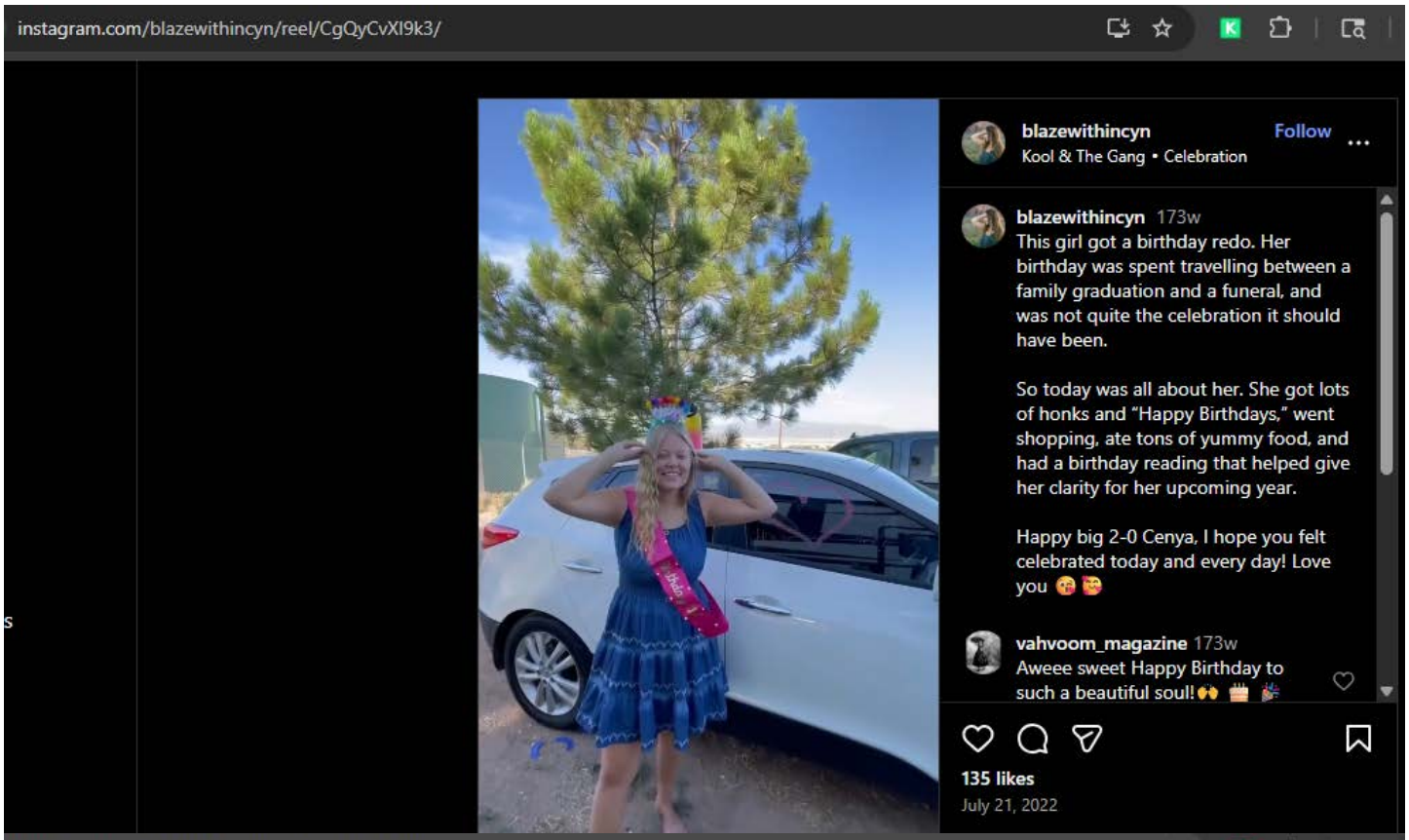
https://www.instagram.com/blazewithincyn/reel/CgQyCvXl9k3/

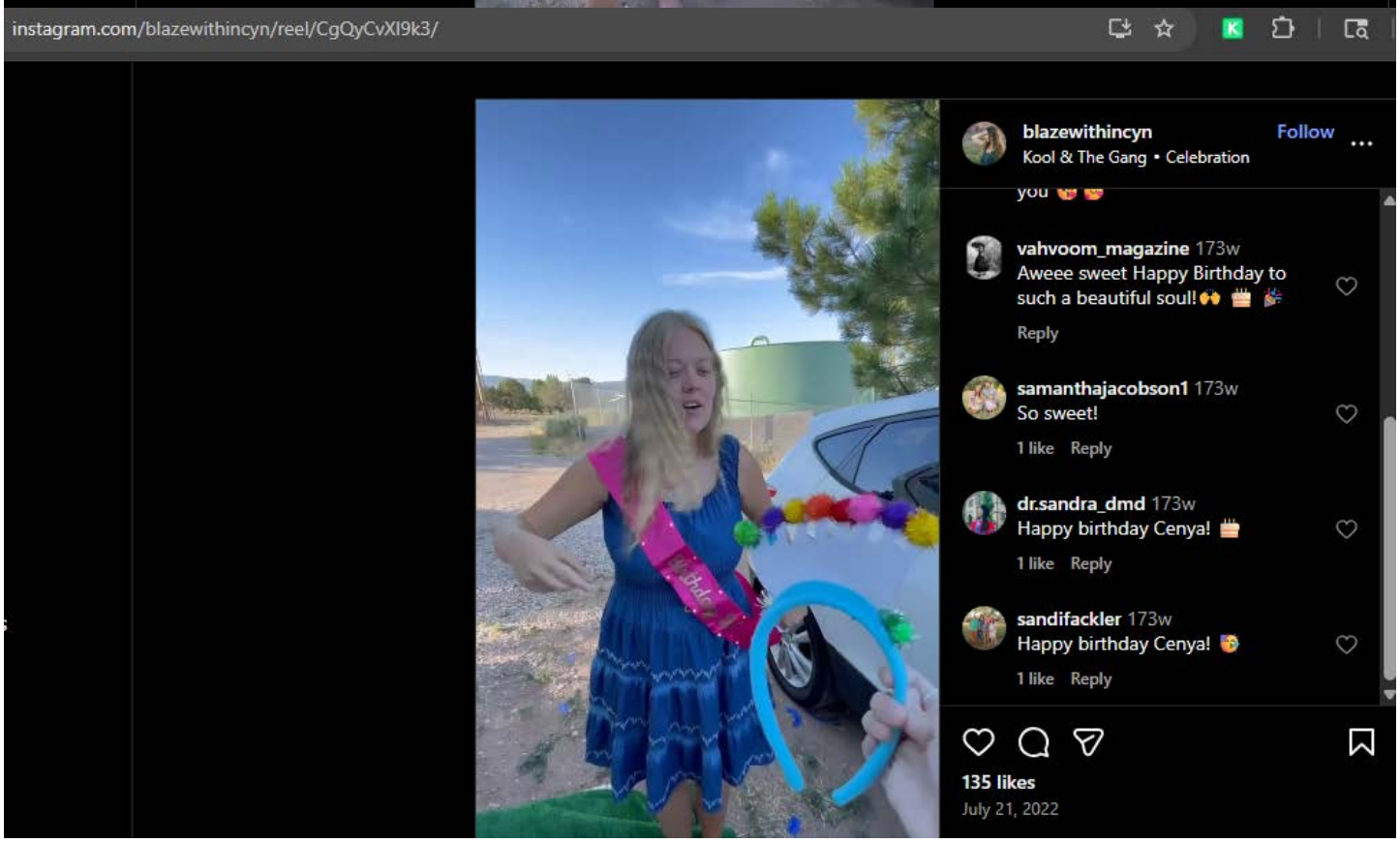
Posted: Jul 21, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a happy birthday video for her daughter, Cenya. This girl got a birthday redo. Her birthday was spent travelling between a family graduation and a funeral, and was not quite the celebration it should have been. So today was all about her. She got lots of honks and “Happy Birthdays,” went shopping, ate tons of yummy food, and had a birthday reading that helped give her clarity for her upcoming year. Happy big 2-0 Cenya, I hope you felt celebrated today and every day! Love you □□





[Link to download video]

Instagram

blazewithincyn/

System ID: 666764

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/Cgd2HuBPu7M/

Posted: Jul 26, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photo montage of her enjoying her birthday, at the beach, and dancing with friends. It’s my birthday!! □□ Yes it may be the next day back home, but it is still July 25th in Hawaii! □□ Had a full day and I am finally hitting the hay! Been up since 4 am, got in everything you see here, plus some much needed bonding and healing with my daughters that was worth the trip by itself. So grateful for this opportunity to spend connecting with my girls over my birthday, in such a beautiful sacred part of the country. And grateful for the girls that are here at the retreat holding space, celebrating, and integrating with us. Love you all, thank you for the amazing day, and all the amazing birthday wishes!

instagram.com/blazewithincyn/reel/Cgd2HuBPu7M/



blazewithincyn Follow
Original audio

blazewithincyn 172w
It's my birthday!! 🥳🎉

Yes it may be the next day back home, but it is still July 25th in Hawaii! 🌺🌈

Had a full day and I am finally hitting the hay!

Been up since 4 am, got in everything you see here, plus some much needed bonding and healing with my daughters that was worth the trip by itself.

So grateful for this opportunity to spend connecting with my girls over my birthday, in such a beautiful sacred part of the country. And grateful for the girls that are here at the retreat holding space, celebrating, and integrating with

33 likes
July 26, 2022

instagram.com/blazewithincyn/reel/Cgd2HuBPu7M/



blazewithincyn Follow
Original audio

us.

Love you all, thank you for the amazing day, and all the amazing birthday wishes! 🎈😘

griccella 172w
Happy Birthday 🎂🎉🎁🎉🎈
1 like Reply

View all 1 replies

tereserevoir 172w
Happy Birthday to you!❤️🎉🎂🎈🍦😊
1 like Reply

ncavanaugh3 172w
Happy 🎉 Birthday
1 like Reply

33 likes
July 26, 2022

instagram.com/blazewithincyn/reel/Cgd2HuBPu7M/



blazewithincyn Follow
Original audio

anicholes2002 172w
Awe happy late birthday! So glad you could spend this special time with your daughters ❤️
1 like Reply

drnielsenphotography 172w
❤️
1 like Reply

nataliespapworth 172w
Happy Birthday beautiful! 🎀 〽️ 🌸 🤍 🎂
1 like Reply

View all 1 replies

shelbjacobson 172w
I hope you had a great day!! It looks

33 likes
July 26, 2022

instagram.com/blazewithincyn/reel/Cgd2HuBPu7M/



blazewithincyn Follow
Original audio

blazewithincyn 172w
@shelbjacobson thank you! 🎉
Reply

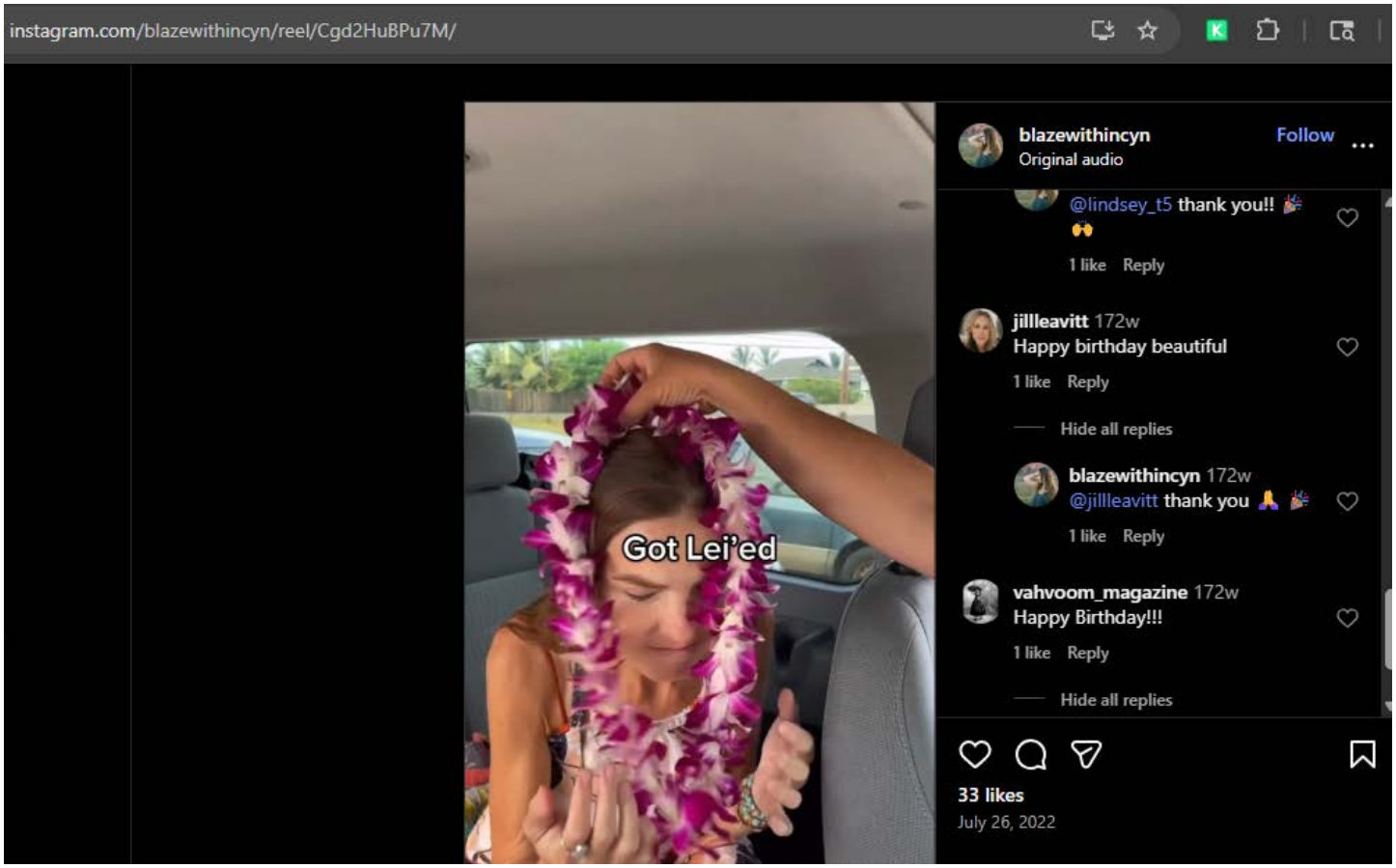
samanthajacobson1 172w
Happy birthday! Looks like a pretty great one! 💕
1 like Reply

Hide all replies

blazewithincyn 172w
@samanthajacobson1 thank you! 😘
Reply

lindseypollock_ 172w
Happiest day of Birth stunning

33 likes
July 26, 2022



[Link to download video]

Instagram

blazewithincyn/ | Posted: Aug 03, 2022

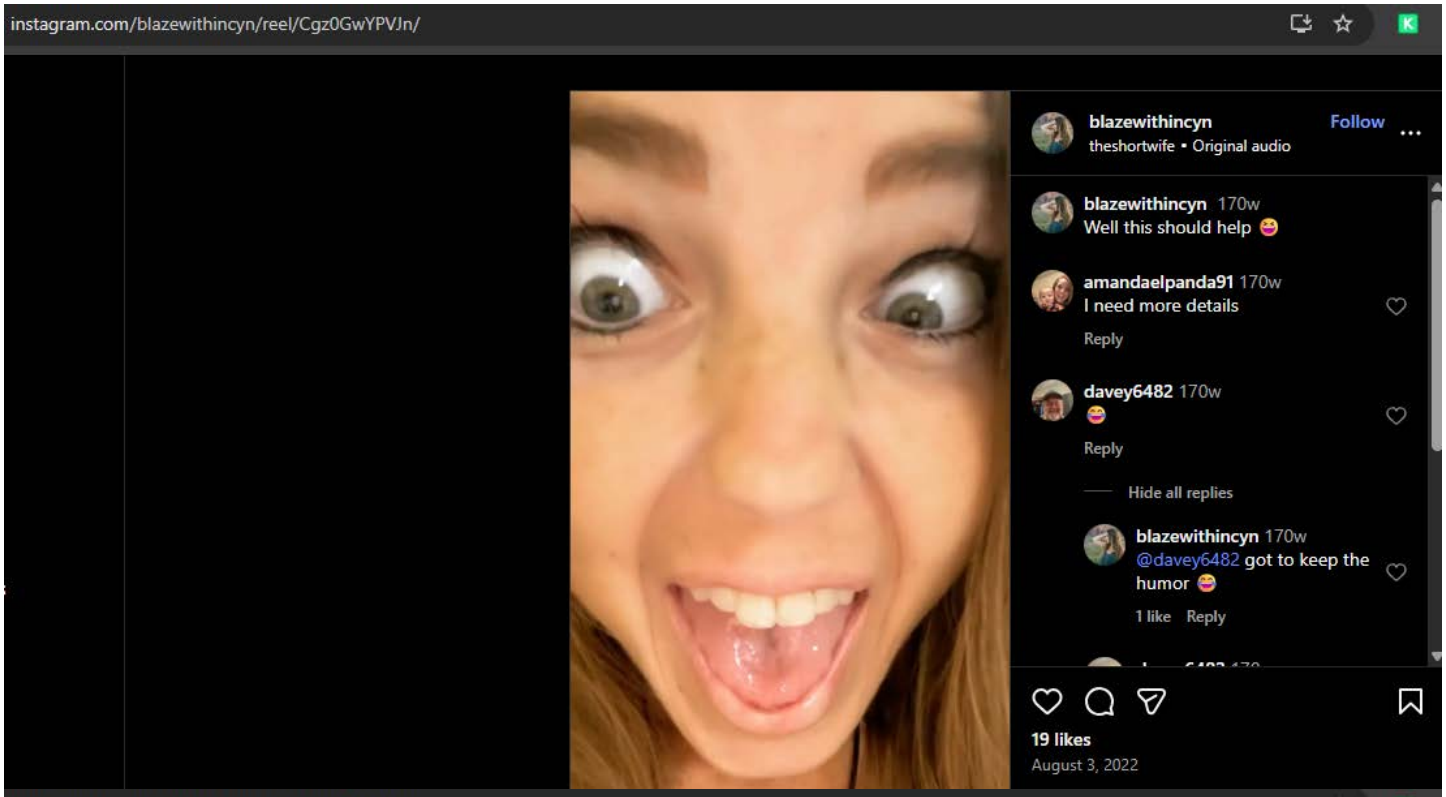
System ID: 663799 | Captured: Nov 11, 2025

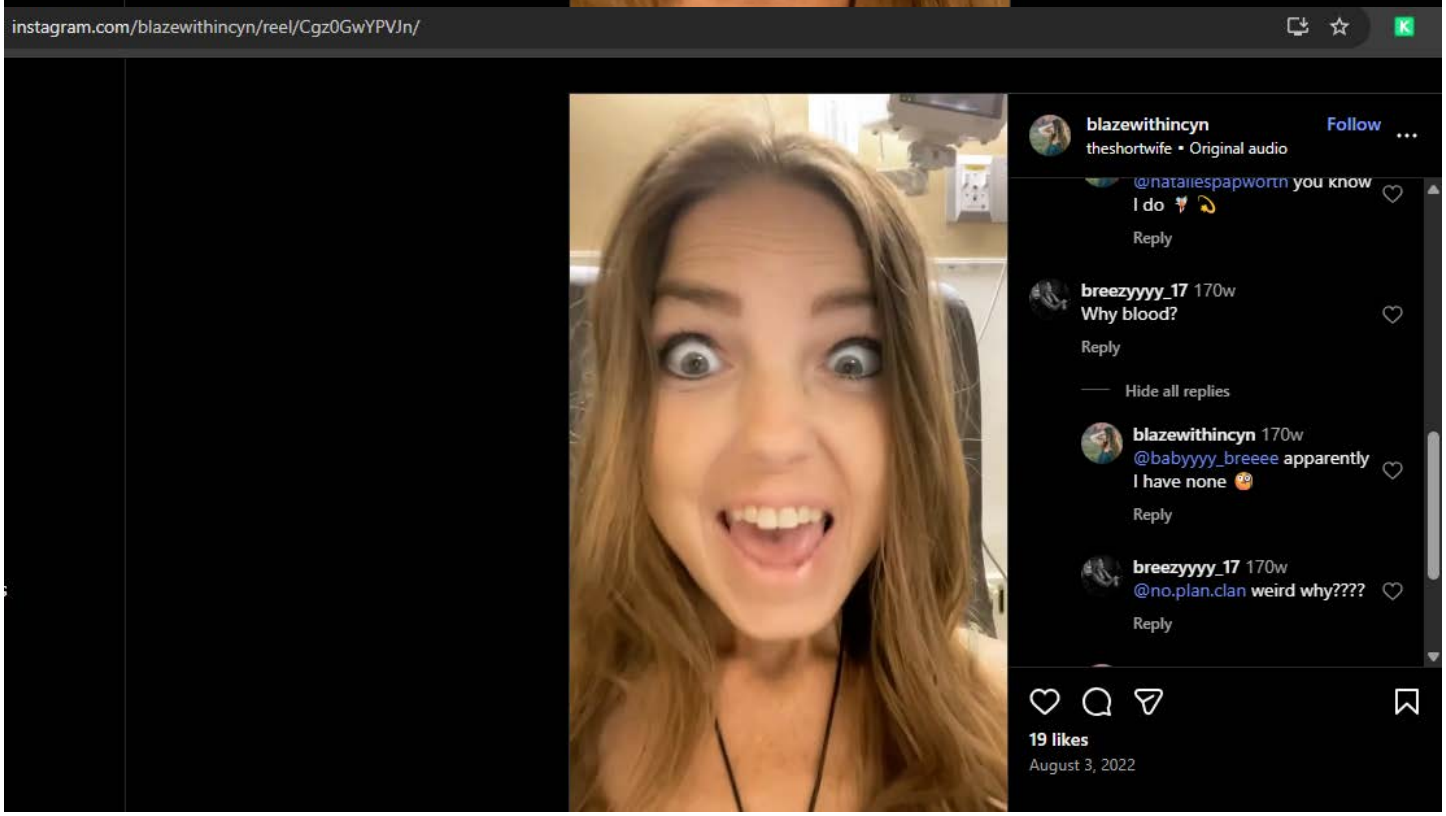
Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/Cgz0GwYPVJn/

Before DOI

Subject posted a video of her getting a blood transfusion. Well this should help





Link to download video

Instagram

blazewithincyn/

System ID: 666759

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/ChTJhjiLipt/

Posted: Aug 15, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photo montage of taking the horses to pick up her daughter, Cemree, and her cousin after school. Cemree is going to 8th grade with her cousin Levi and she couldn’t be more excited! □ Surprised them by picking them up from the bus □ with the horses Life long memories!!

instagram.com/blazewithincyn/reel/ChTJhjiLipt/



blazewithincyn Follow ...

blazewithincyn 170w
Cemree is going to 8th grade with her cousin Levi and she couldn't be more excited! 😄

Surprised them by picking them up from the bus 🚌 with the horses

Life long memories!! 🐴

#8thgrade #firstdayofschool #memories

samanthajacobson1 169w
She looks so grown up!! Hope she had a great frost day!

1 like Reply

376pce1123 170w
Too cute! 😭 ❤️

26 likes
August 15, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 666758

Cynthia Lee Jacobson

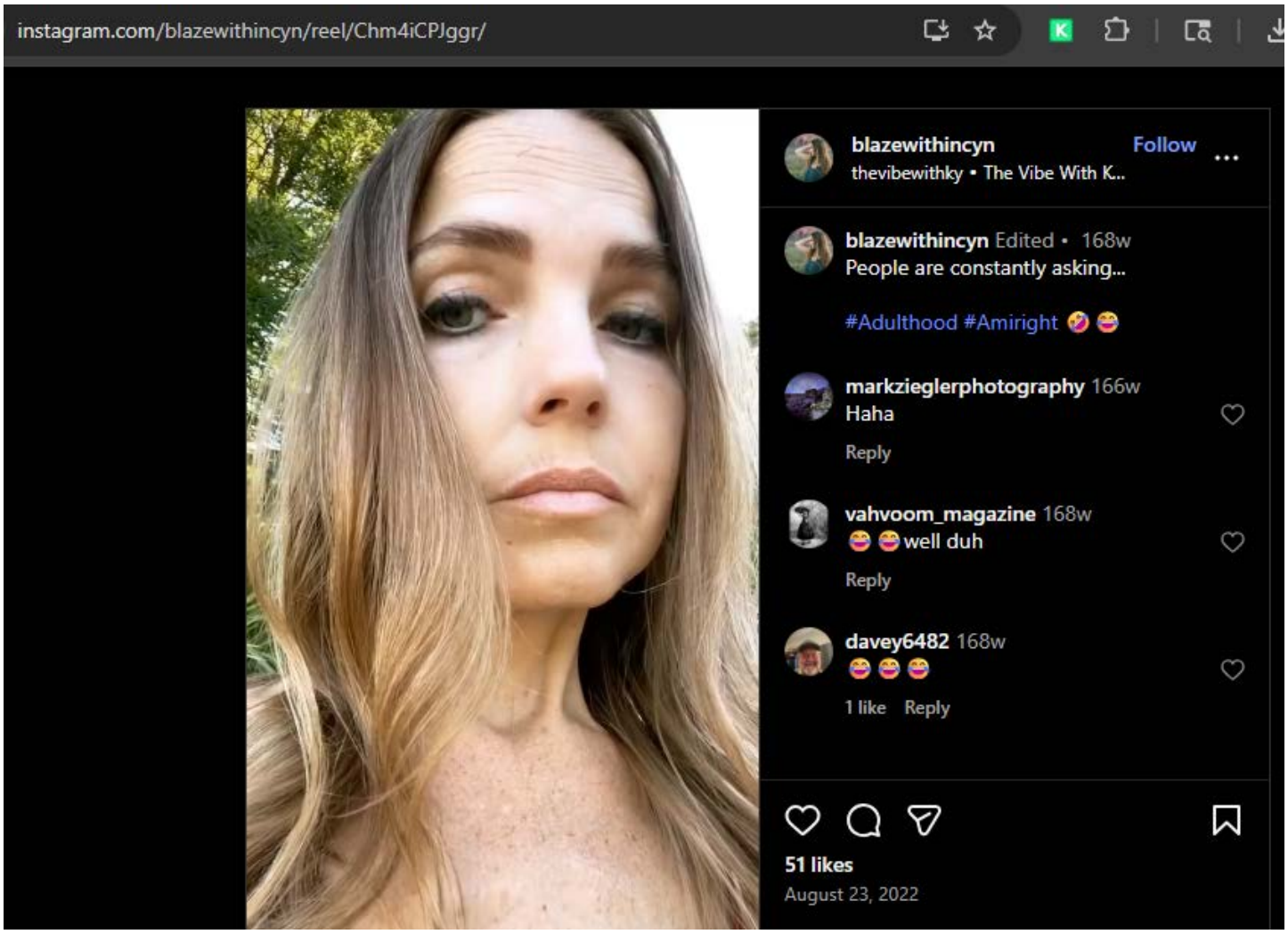
https://www.instagram.com/blazewithincyn/reel/Chm4iCPJggr/

Posted: Aug 23, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video selfie where she does a lip sync to a voiceover about adulthood. People are constantly asking...



[Link to download video]

Instagram

blazewithincyn/

System ID: 666757

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/Chs8hh8Agu-/

Posted: Aug 25, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a selfie video in a car. She writes about the importance of trauma survivors taking care of themselves. Trauma survivors spend their lives trying to keep everyone happy but themselves. They feel if they help fix everyone else’s problems, and make sure *they* are happy, that they will be safe and happy in return. It doesn’t work that way. We need to address the underlying triggers that make us feel unsafe to begin with. It all starts with loving you. ❤

instagram.com/blazewithincyn/reel/Chs8hh8Agu-/



blazewithincyn Follow ···

blazewithincyn 168w
Trauma survivors spend their lives trying to keep everyone happy but themselves. They feel if they help fix everyone else’s problems, and make sure *they* are happy, that they will be safe and happy in return.

It doesn’t work that way. We need to address the underlying triggers that make us feel unsafe to begin with. It all starts with loving you. ❤️

#traumasurvivor #traumahealing #breathwork #plantmedicine #healing #selflove #selfawareness

nikelle.jensen 168w
You are so good at these!
2 likes Reply

26 likes
August 25, 2022

instagram.com/blazewithincyn/reel/Chs8hh8Agu-/



blazewithincyn Follow ···

nikelle.jensen 168w
You are so good at these!
2 likes Reply

Hide all replies

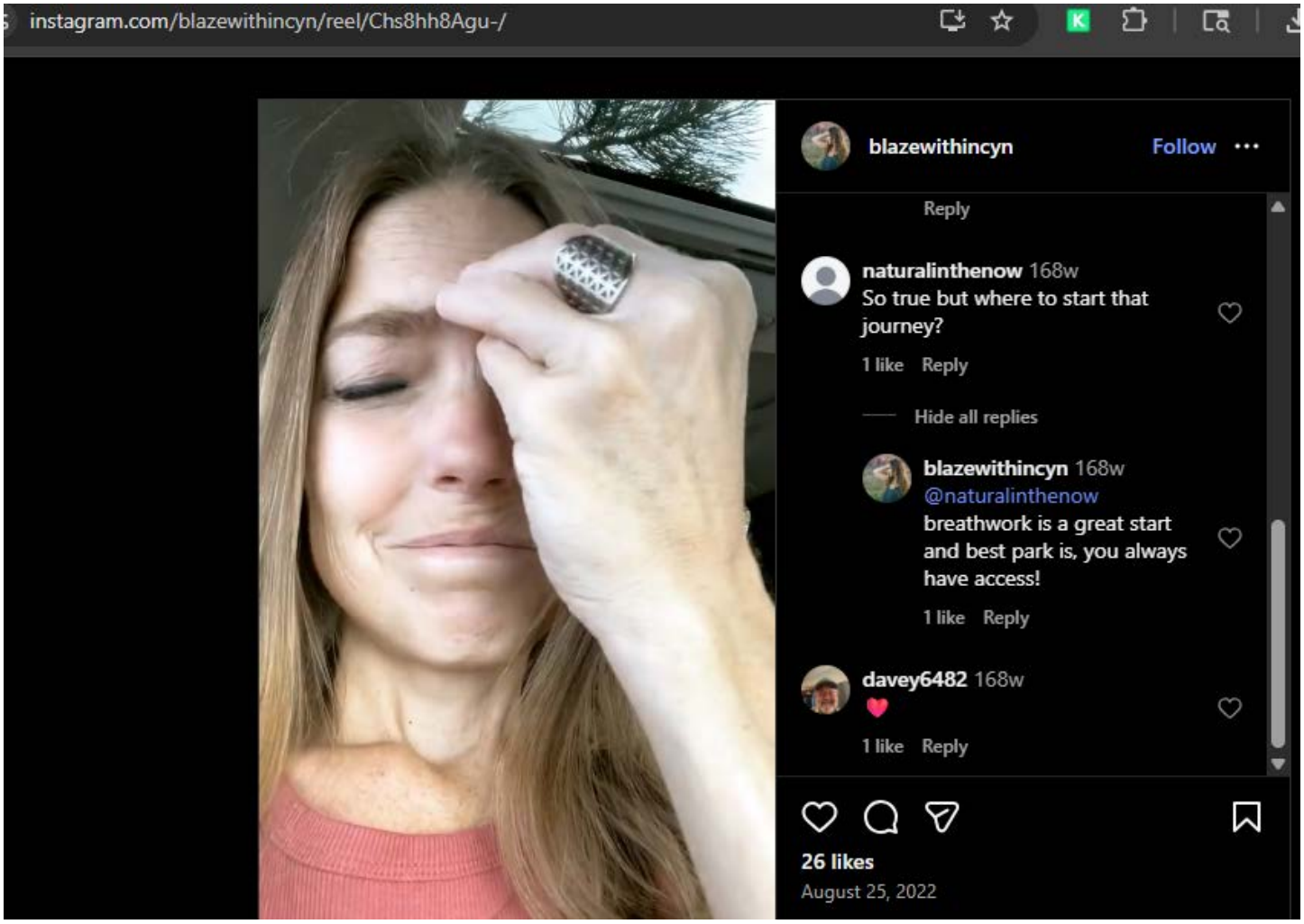
blazewithincyn 168w
@nikelle.jensen haha! Thank you. They are fun 😄
Reply

naturalinthenow 168w
So true but where to start that journey?
1 like Reply

Hide all replies

blazewithincyn 168w
@naturalinthenow

26 likes
August 25, 2022



[Link to download video]

Instagram

blazewithincyn/

Posted: Aug 27, 2022

System ID: 666756

Captured: Nov 17, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/Chxo6Edv4uv/

Before DOI

Subject posted a video of filling up a tub with ice for the men's retreat. Getting ready for our ice bath at our men’s retreat this weekend! Some of the benefits of ice baths include: 1. Increases Energy Levels 2. Triggers Homeostasis and Improves Resilience 3. Speeds Up Physical Recovery 4. Improves Your Discipline 5. Boosts Your Mood 6. Helps You Better Manage Stress 7. Improves Your Sleep 8. Helps Burn Fat 9. Boosts Your Immune System 10. Offers Neurocognitive Benefits And so much more! Who is ready to take the cold plunge and push past their limiting beliefs?

instagram.com/blazewithincyn/reel/Chxo6Edv4uv/



blazewithincyn Follow ...
Vanilla Ice • Ice Ice Baby

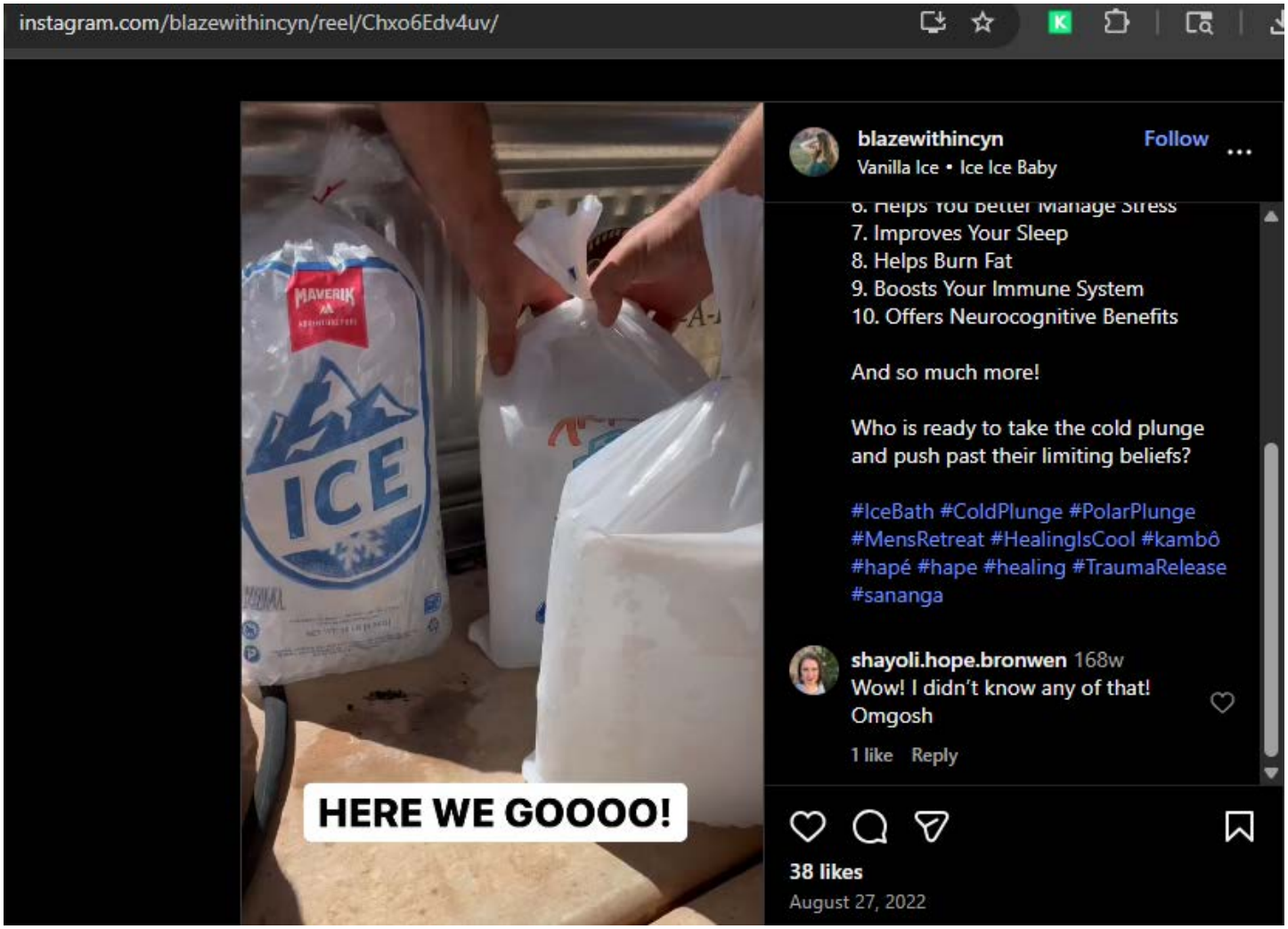
blazewithincyn Edited • 168w
Getting ready for our ice 🧊 bath at our men's retreat this weekend!

Some of the benefits of ice baths include:

1. Increases Energy Levels
2. Triggers Homeostasis and Improves Resilience
3. Speeds Up Physical Recovery
4. Improves Your Discipline
5. Boosts Your Mood
6. Helps You Better Manage Stress
7. Improves Your Sleep
8. Helps Burn Fat
9. Boosts Your Immune System
10. Offers Neurocognitive Benefits

And so much more!

38 likes
August 27, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 666755

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/CiAmrgkMHPt/

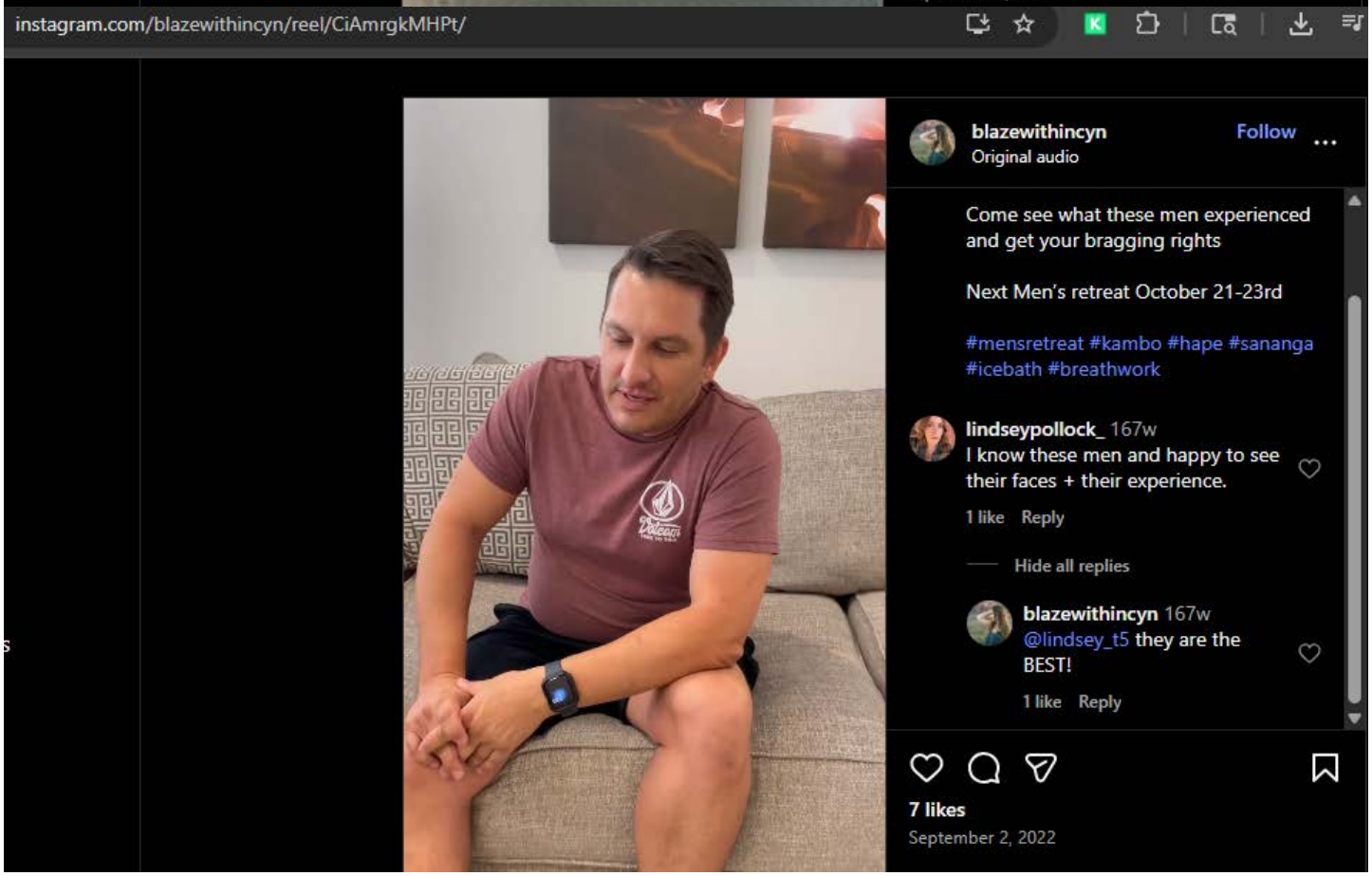
Posted: Sep 02, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photo montage of participants of the Men's Retreat. Subject asks them what their favorite experience was. What did the men have to say about the retreat? Come see what these men experienced and get your bragging rights Next Men’s retreat October 21-23rd





[Link to download video]

Instagram

blazewithincyn/

System ID: 666754

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CiLk3kFrwKm/

Posted: Sep 06, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a flyer for a Men's Retreat that she has worked at. If you have been feeling the call, now is your chance! Last Men’s retreat of the year 5 spots available Don’t miss out on the greatest gift you can give yourself, and your family Claim your spot today https://Mens-retreat.eventbrite.com

instagram.com/blazewithincyn/p/CiLk3kFrwKm/



YOU WILL EXPERIENCE

Breath Work
Ice Baths
Sound Baths
Money Mindset Reprogramming
•Kambō
•Cacao
•Hapé
•Sananga
Inner child work
Nourishing Energizing Meals
Integration
*All Accomodations Included

$888

blazewithincyn Follow ...

blazewithincyn 166w
If you have been feeling the call, now is your chance!

Last Men's retreat of the year

5 spots available

Don't miss out on the greatest gift you can give yourself, and your family

Claim your spot today

https://Mens-retreat.eventbrite.com

#Icebath #Breathwork #Hape #Kambo #Sananga #MensRetreat #Retreat #LevelUp

No comments yet.

6 likes
September 6, 2022

Facebook

cyndee.jacobson.163679 | Posted: Sep 13, 2022

System ID: 667676 | Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.facebook.com/cenyastravels/posts/pfbid02sJT6YaAMmPEAFtDV5yW8jrtw52itp5hNyj7TrbeuTaQm6DAgtCd8SrgvupsxZ5Qcl

Before DOI

Subject's daughter, Cenya, made a post thanking her mom for teaching her to take care of herself, her mental health, and do things to make herself happy. Little appreciation post for my mom! □ Cyndee Spilker-Jacobson I absolutely love my mom so much. She has taught me to think my own thoughts and not just take on others opinions. AH she has taught me to book that trip no matter what money you do or don't have. Memories are what's worth it. And I'm so thankful she sold our house bought a trailer and took the year to travel 30 states. I learned more about myself than I EVER thought I would. Crazy I even felt alone living with my own family and thats how I started to learn more of who I am. She has taught me to do what makes me happy, not what society tells us what to do. You should be happy to go to work everyday. There's plenty of jobs in the world to find what makes you happy and make a living. School ain't always it either. I paid for my CNA and was picking colleges and then changed my mind. Because I was hysterically crying thinking how I have to work everyday till I die. Work long shifts. Try to find time with my future kids. Wanted horses but knew I'd have to throw that out the window no way could I be a full time NICU nurse, have kids, a husband, spend quality time with them, take time for trips, have horses cats and dogs, pay bills taxes and have a good mental health. So then I just decided nope don't want that life. I don't know what life I will have but I know I'm working on reprogramming myself and will live the best life to my own standards not anyone else's(: She has also taught me that I should matter for me and that I should take my own mental health breaks for me. Be spontaneous and go to the mountains. Go to the beach. Buy a chocolate cake cuz I want it. Be bold and tell a guy I think he's cute□. Buy rubber duckies to place in my car because I've always wanted to, have no idea why□□□ anyways thank you mom I love you so much and you are such a beautiful inspiration to me and am SO grateful I'm learning what I am now no matter the struggles. No matter how many people judge me for being me. You are so loved and cared for. I hope you take your own advice too and know it's okay to be a mom and still be you□

facebook.com/cenyastravels/posts/pfbid02sJT6YaAMmPEAFtDV5yW8jrtw52itp5hNyj7TrbeuTaQm6DAgtCd8SrgvupsxZ5Qcl

Cenya Jacobson's Post

Cenya Jacobson
September 13, 2022 ·

Little appreciation post for my mom! 😊 Cyndee Spilker-Jacobson

I absolutely love my mom so much. She has taught me to think my own thoughts and not just take on others opinions. AH she has taught me to book that trip no matter what money you do or don't have. Memories are what's worth it. And I'm so thankful she sold our house bought a trailer and took the year to travel 30 states. I learned more about myself than I EVER thought I would. Crazy I even felt alone living with my own family and thats how I started to learn more of who I am. She has taught me to do what makes me happy, not what society tells us what to do. You should be happy to go to work everyday. There's plenty of jobs in the world to find what makes you happy and make a living. School ain't always it either. I paid for my CNA and was picking colleges and then changed my mind. Because I was hysterically crying thinking how I have to work everyday till I die. Work long shifts. Try to find time with my future kids. Wanted horses but knew I'd have to throw that out the window no way could I be a full time NICU nurse, have kids, a husband, spend quality time with them, take time for trips, have horses cats and dogs, pay bills taxes and have a good mental health. So then I just decided nope don't want that life. I don't know what life I will have but I know I'm working on reprogramming myself and will live the best life to my own standards not anyone else's(:
She has also taught me that I should matter for me and that I should take my own mental health breaks for me. Be spontaneous and go to the mountains. Go to the beach. Buy a chocolate cake cuz I want it. Be bold and tell a guy I think he's cute😂. Buy rubber duckies to place in my car because I've always wanted to, have no idea why🤷 anyways thank you mom I love you so much and you are such a beautiful inspiration to me and am SO grateful I'm learning what I am now no matter the struggles. No matter how many people judge me for being me. You are so loved and cared for. I hope you take your own advice too and know it's okay to be a mom and still be you💕





facebook.com/cenyastravels/posts/pfbid02sJT6YaAMmPEAFtDV5yW8jrtw52itp5hNyj7TrbeuTaQm6DAgtCd8SrgvupsxZ5Qcl

Cenya Jacobson's Post

you take your own advice too and know it's okay to be a mom and still be you❤️



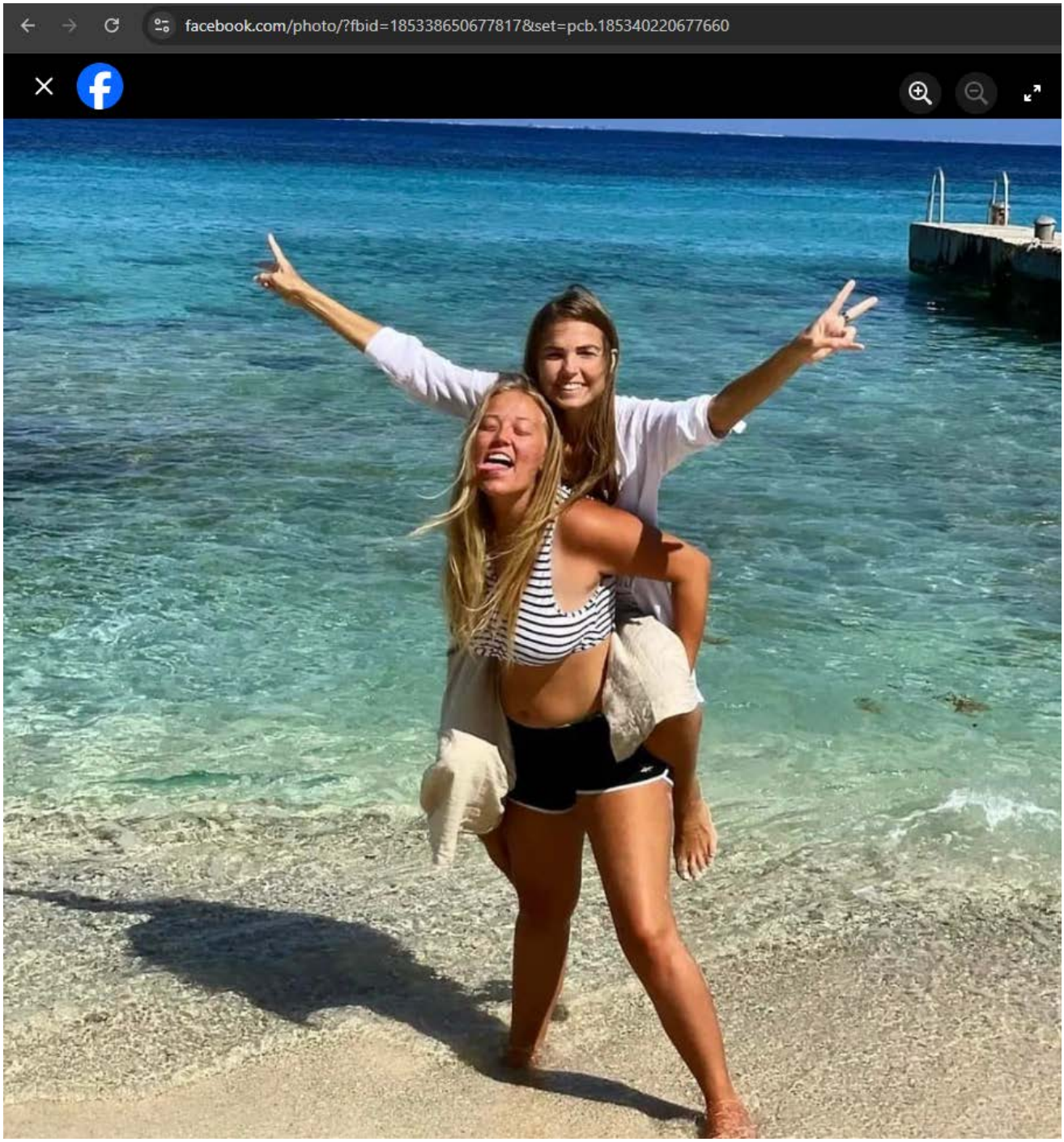
16 1 comment

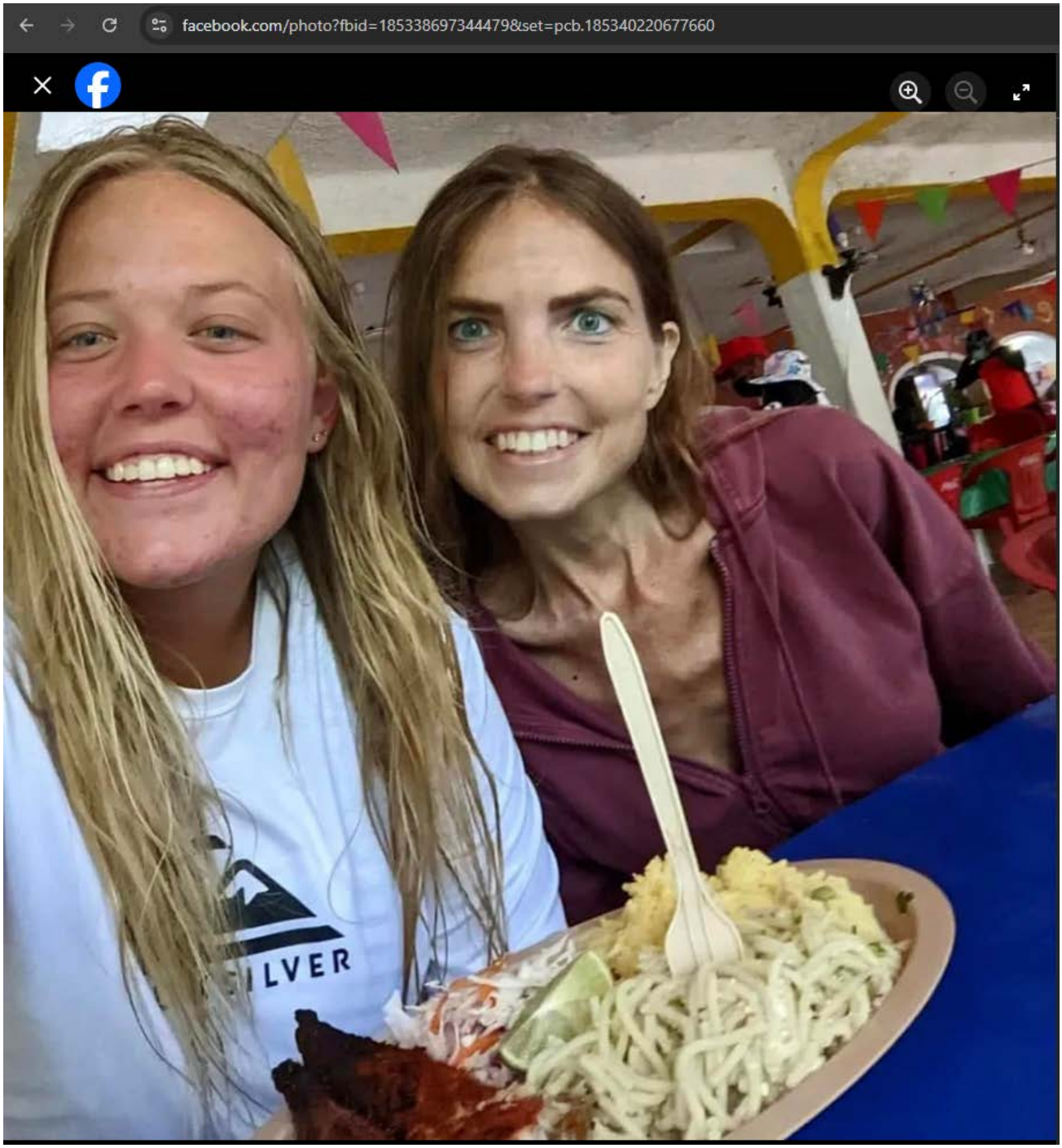
Like Comment Share

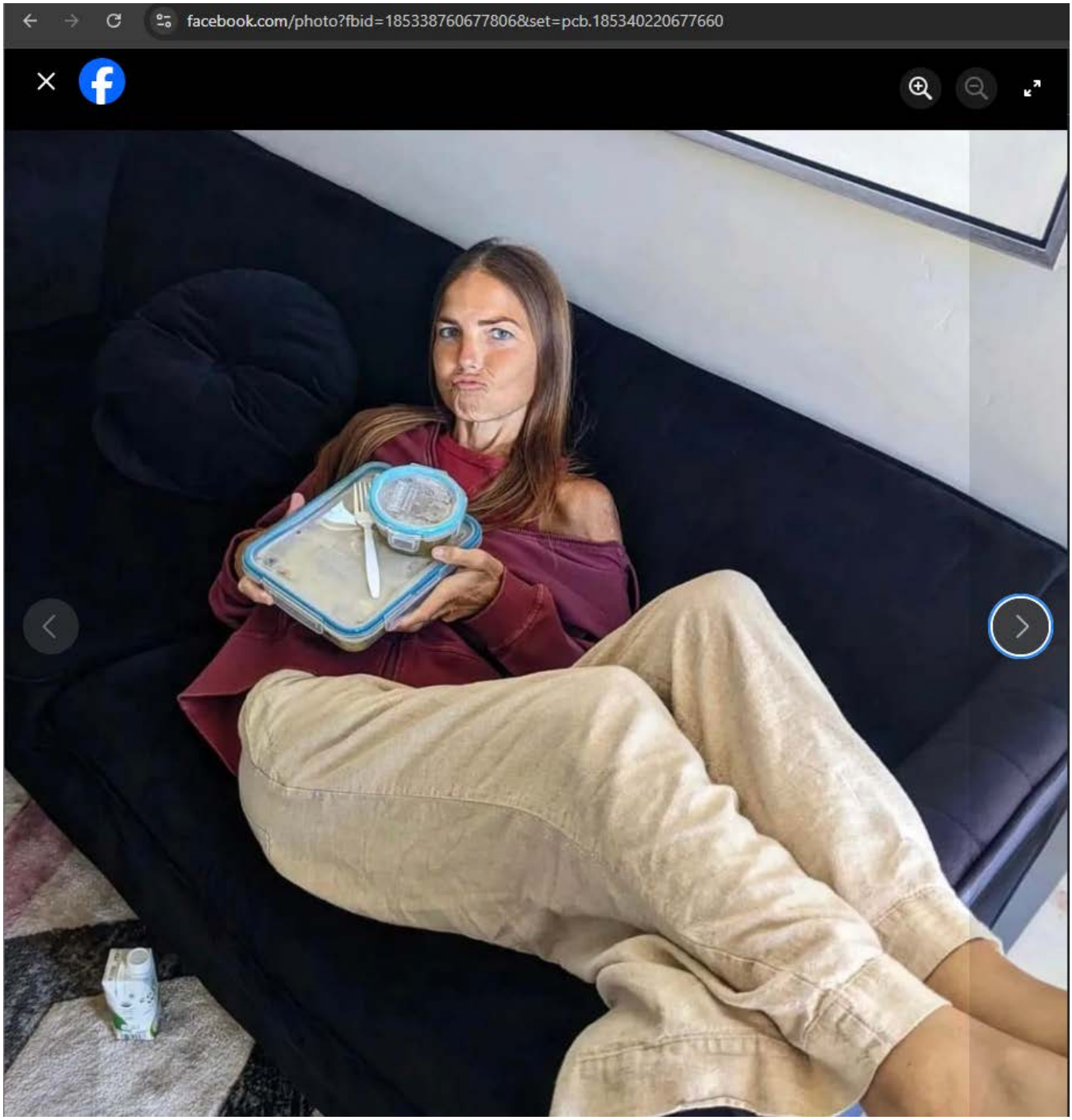
Most relevant

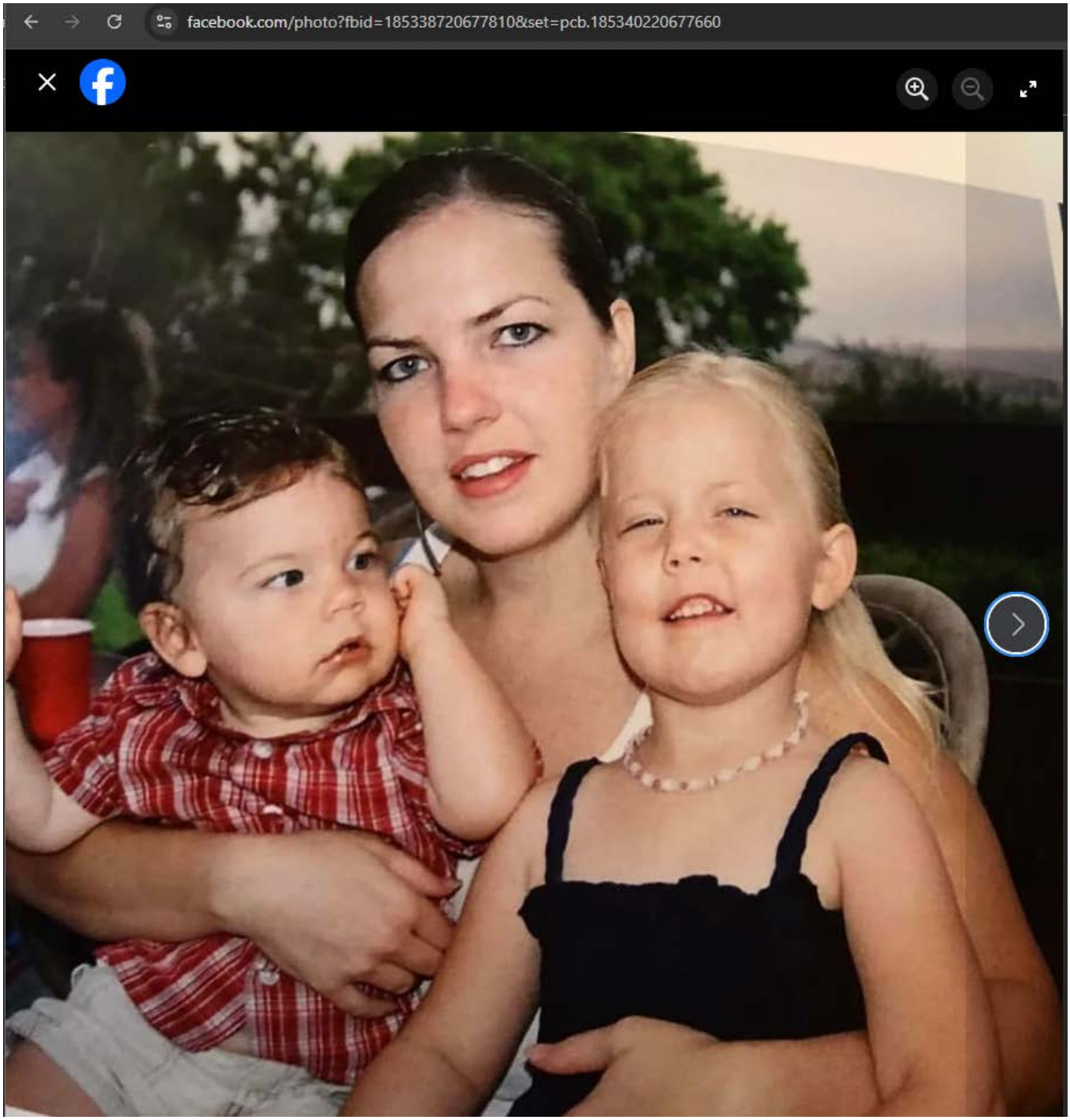
Cynthia Ann Bednar
So beautiful Cyndee Spilker-Jacobson #proudmama

3y Like Reply

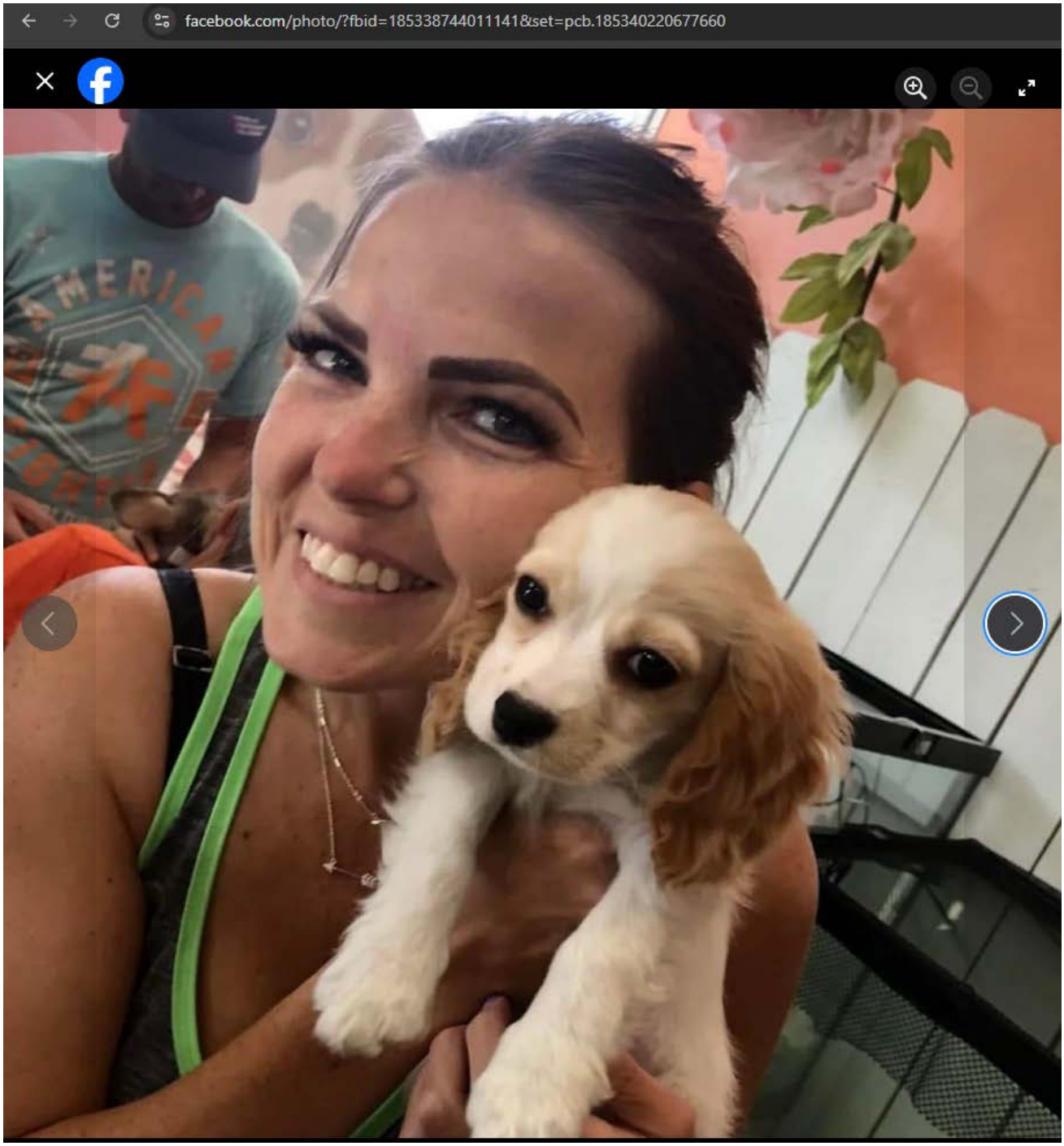

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ILVER


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Instagram

blazewithincyn/

System ID: 666753

Cynthia Lee Jacobson

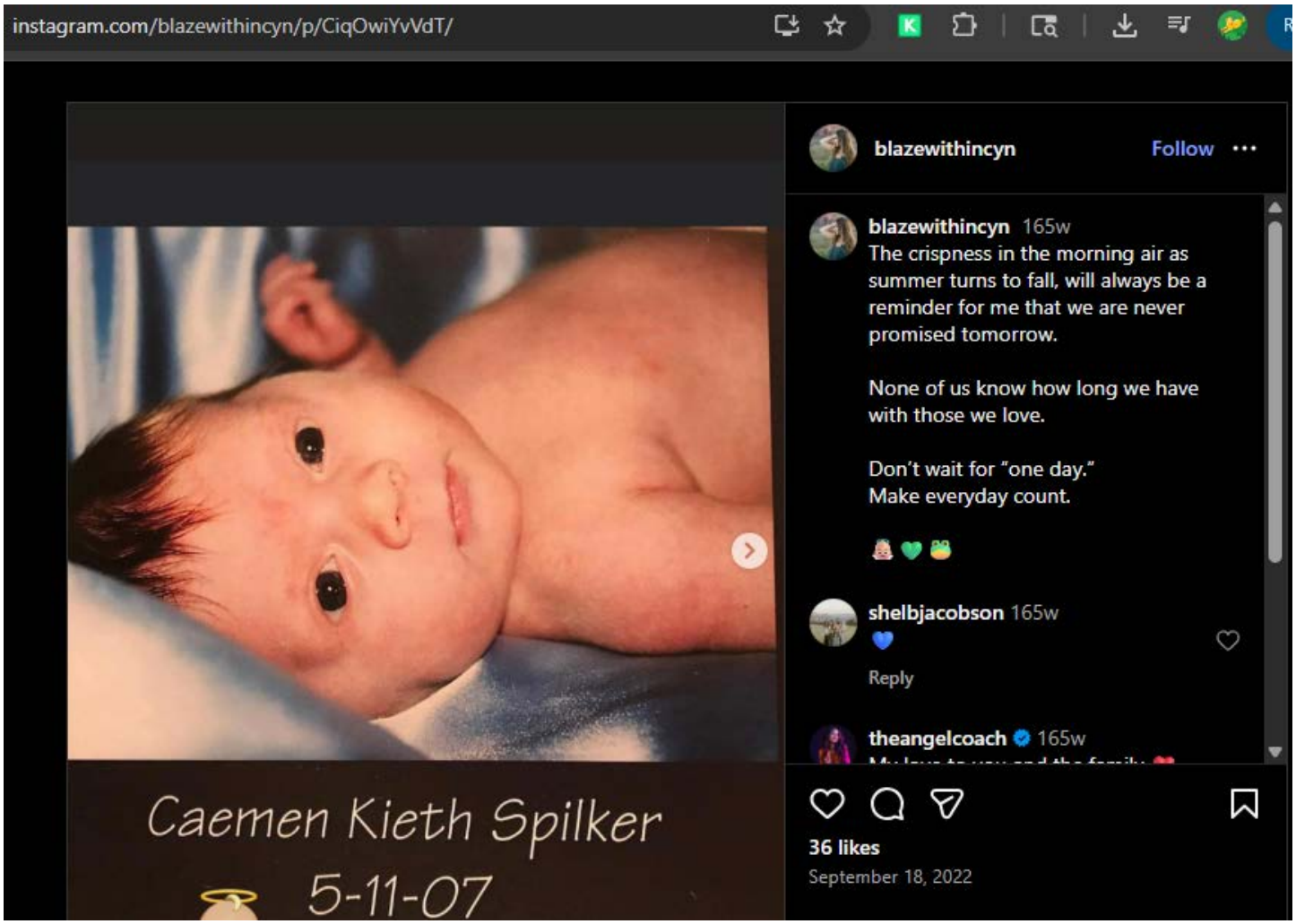
https://www.instagram.com/blazewithincyn/p/CiqOwiYvVdT/

Posted: Sep 18, 2022

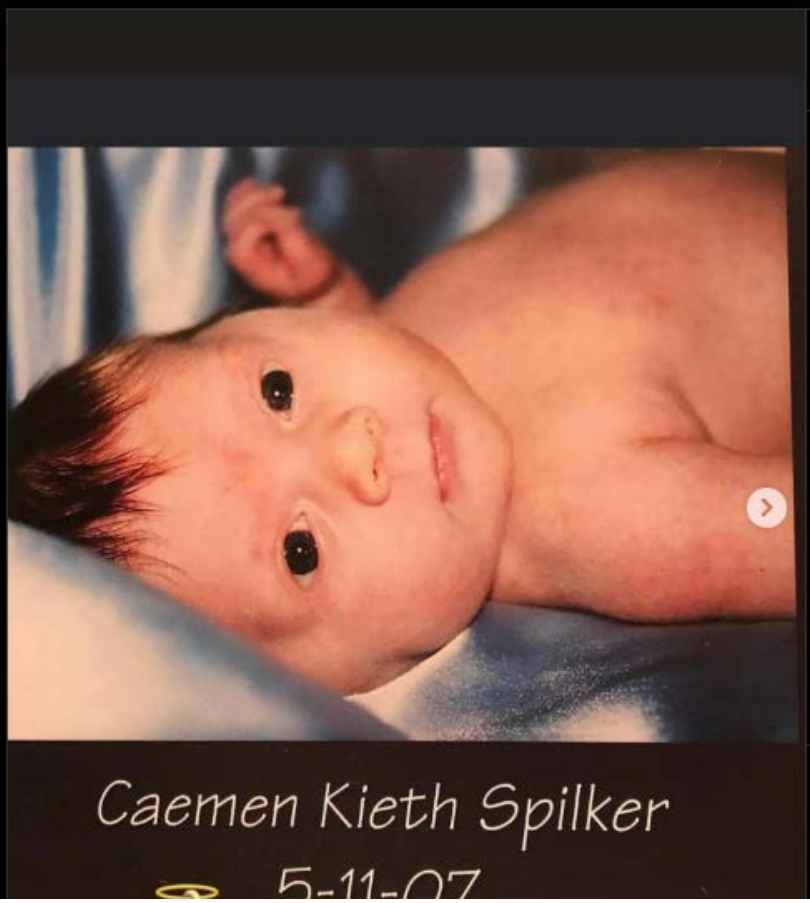
Captured: Nov 17, 2025

Before DOI

Subject posted a picture of her son, Caeman, remembering the day he had died. The crispness in the morning air as summer turns to fall, will always be a reminder for me that we are never promised tomorrow. None of us know how long we have with those we love. Don’t wait for “one day.” Make everyday count.


instagram.com/blazewithincyn/p/CiqOwiYvVdT/
Caemen Kieth Spilker
5-11-07
blazewithincyn
Follow
blazewithincyn 165w
The crispness in the morning air as summer turns to fall, will always be a reminder for me that we are never promised tomorrow.
None of us know how long we have with those we love.
Don't wait for "one day."
Make everyday count.
shelbjacobson 165w
Reply
theangelcoach 165w
36 likes
September 18, 2022

instagram.com/blazewithincyn/p/CiqOwiYvVdT/



blazewithincyn Follow ···

sheilajacobson 165w
💙
Reply

theangelcoach 165w
My love to you and the family ❤️
❤️
Sending so much love your way.
1 like Reply

samanthajacobson1 165w
Love you thinking of you 💙
1 like Reply

Hide all replies

blazewithincyn 165w
@samanthajacobson1 🙏❤️
Reply

36 likes
September 18, 2022

Instagram

blazewithincyn/

System ID: 666752

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Ci7nc6Ar48T/

Posted: Sep 25, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of her daughter, Cenya. She writes that Cenya got a job as a nanny. Congratulations Cenya! □ This girl does what she puts her mind to. Since returning from our adventures across the states, she decided it was time to adventure into adulting. After exploring the many options of what that could look like, she decided she didn’t want to pay rent □ so she came up with a plan and found the perfect solution for her. She is now a live in nanny, and was even able to take her sweet kitty Georgia! So happy for you Cenya as you spread your wings into your greatest adventure yet!! □□ Love you!!

instagram.com/blazewithincyn/p/Ci7nc6Ar48T/



blazewithincyn Follow ···

blazewithincyn 164w
Congratulations Cenya! 🎉

This girl does what she puts her mind to.

Since returning from our adventures across the states, she decided it was time to adventure into adulting. After exploring the many options of what that could look like, she decided she didn't want to pay rent 🤑 so she came up with a plan and found the perfect solution for her.

She is now a live in nanny, and was even able to take her sweet kitty Georgia!

So happy for you Cenya as you spread

33 likes
September 25, 2022

instagram.com/blazewithincyn/p/Ci7nc6Ar48T/



blazewithincyn Follow ···

So happy for you Cenya as you spread your wings into your greatest adventure yet!! 🎉🎉

Love you!! 😘

monique_dolman 156w
Congratulations Cenya!! 💗
Reply

bucketletstravel 164w
So awesome!! Best of luck Cenya!! 😊
Reply

samanthajacobson1 164w
So exciting!! Way to go girl!
1 like Reply

33 likes
September 25, 2022

instagram.com/blazewithincyn/p/Ci7nc6Ar48T/



blazewithincyn Follow ···

shelbjacobson 164w
How exciting !
1 like Reply

yourtattooedrealtor 164w
I need a her lol way to go girl!!
1 like Reply

Hide all replies

blazewithincyn 164w
@yourtattooedrealtor she is THE BEST! They don't even know how lucky the are to have her 😁
1 like Reply

cspilkey 164w
So excited for her!

33 likes
September 25, 2022

instagram.com/blazewithincyn/p/Ci7nc6Ar48T/



blazewithincyn Follow ···

Hide all replies

blazewithincyn 164w
@yourtattooedrealtor she is THE BEST! They don't even know how lucky the are to have her 😁
1 like Reply

cspilkey 164w
So excited for her!
1 like Reply

Hide all replies

blazewithincyn 164w
@cspilkey Me too!! 😂 🙌 🎉
Reply

33 likes
September 25, 2022

Instagram

blazewithincyn/

System ID: 666751

Cynthia Lee Jacobson

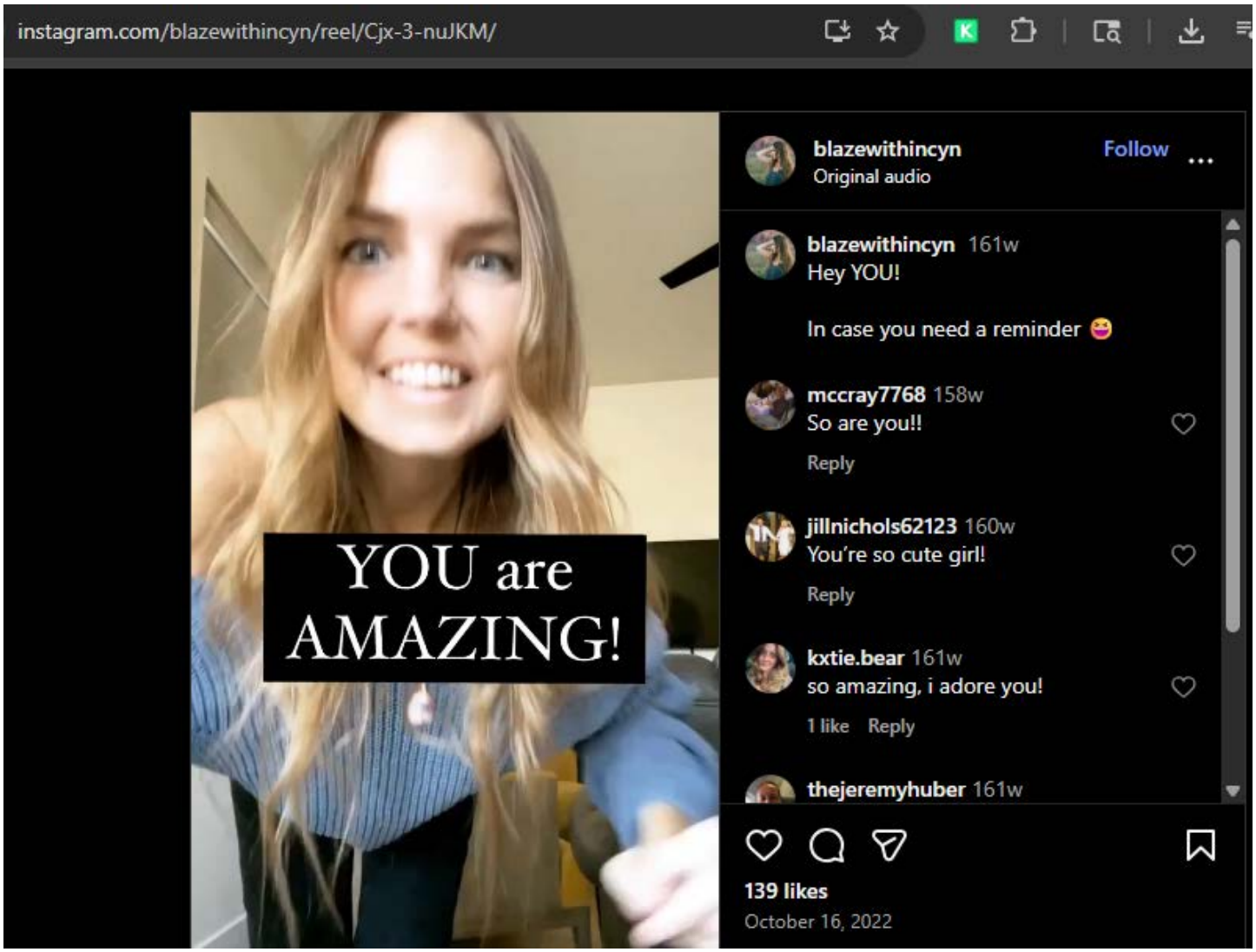
https://www.instagram.com/blazewithincyn/reel/Cjx-3-nuJKM/

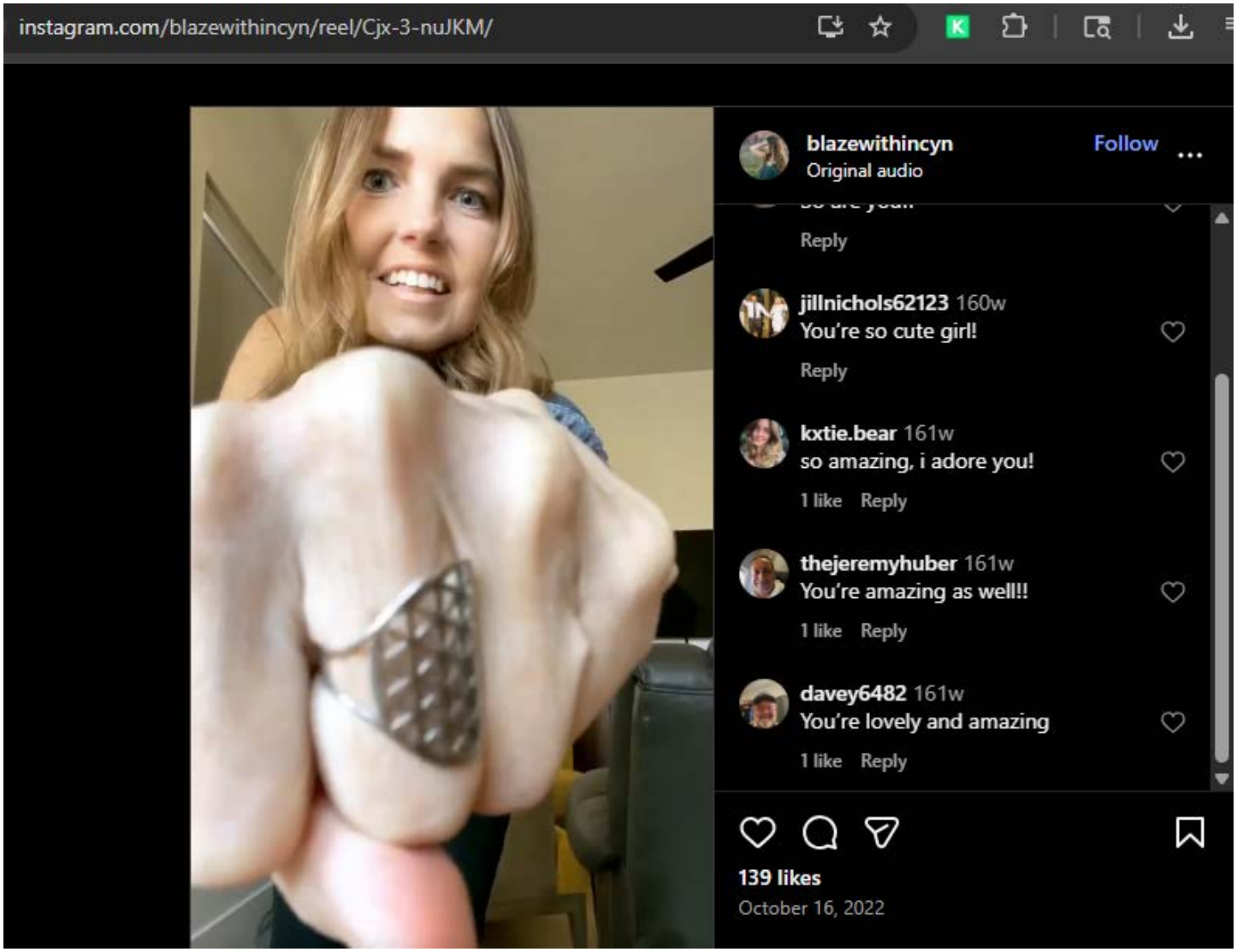
Posted: Oct 16, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video where she pretends to grab a You Are Amazing sticker and put it on the screen. Hey YOU! In case you need a reminder


instagram.com/blazewithincyn/reel/Cjx-3-nuJKM/
YOU are AMAZING!
blazewithincyn
Follow
Original audio
blazewithincyn 161w
Hey YOU!
In case you need a reminder
mccray7768 158w
So are you!!
Reply
jillnichols62123 160w
You're so cute girl!
Reply
kxtie.bear 161w
so amazing, i adore you!
1 like Reply
thejeremyhuber 161w
139 likes
October 16, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 666750

Cynthia Lee Jacobson

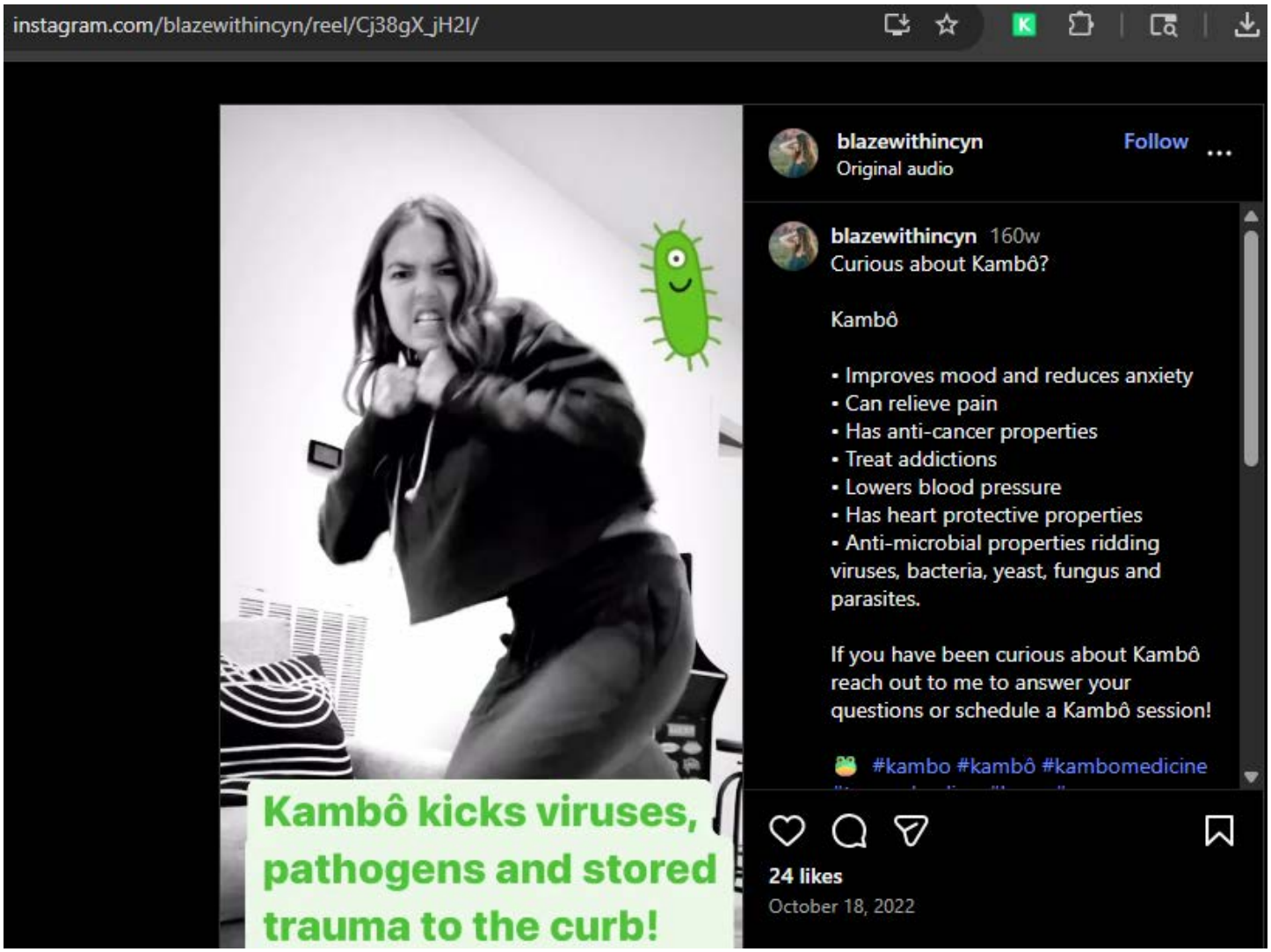
https://www.instagram.com/blazewithincyn/reel/Cj38gX_jH2I/

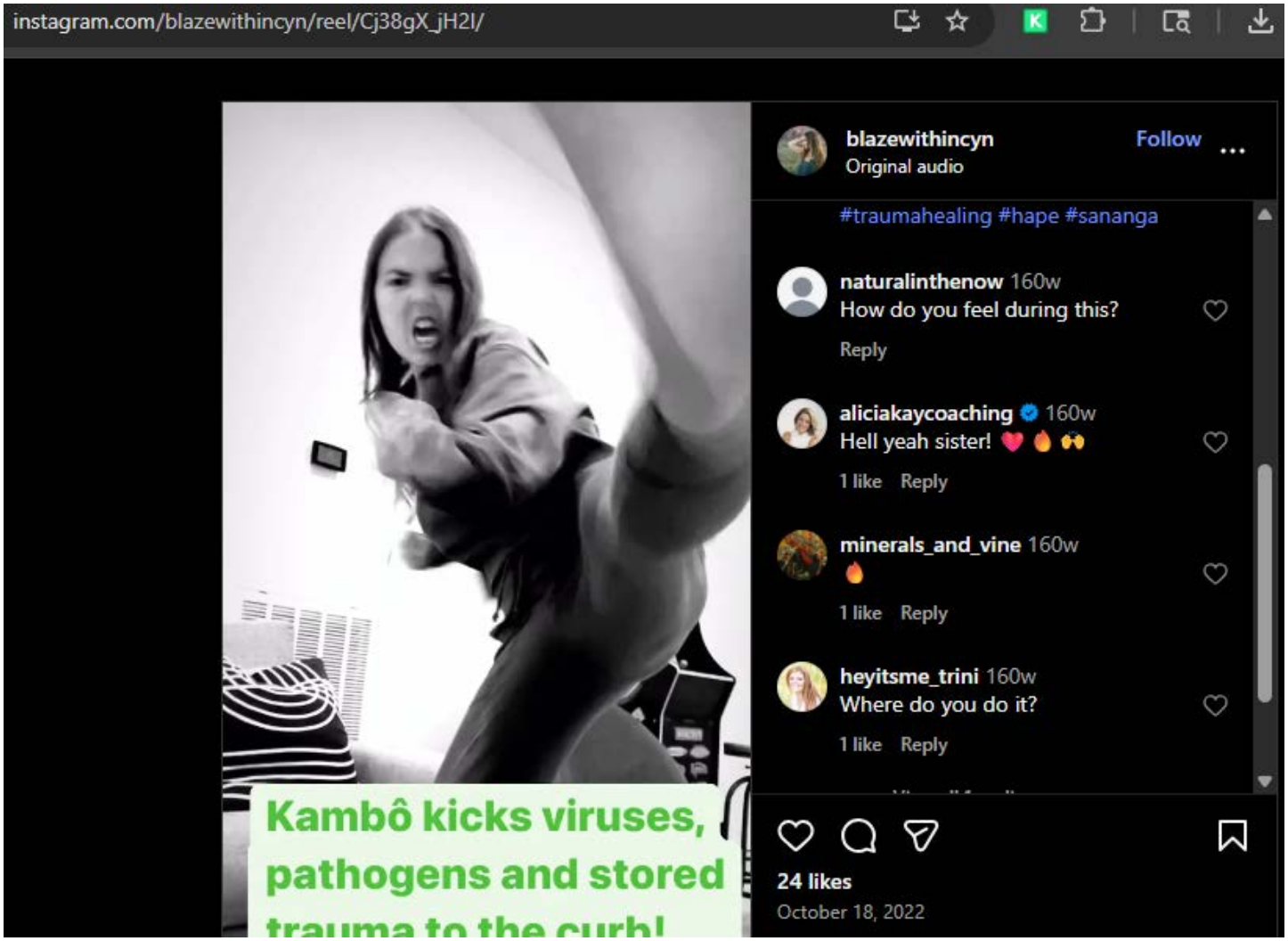
Posted: Oct 18, 2022

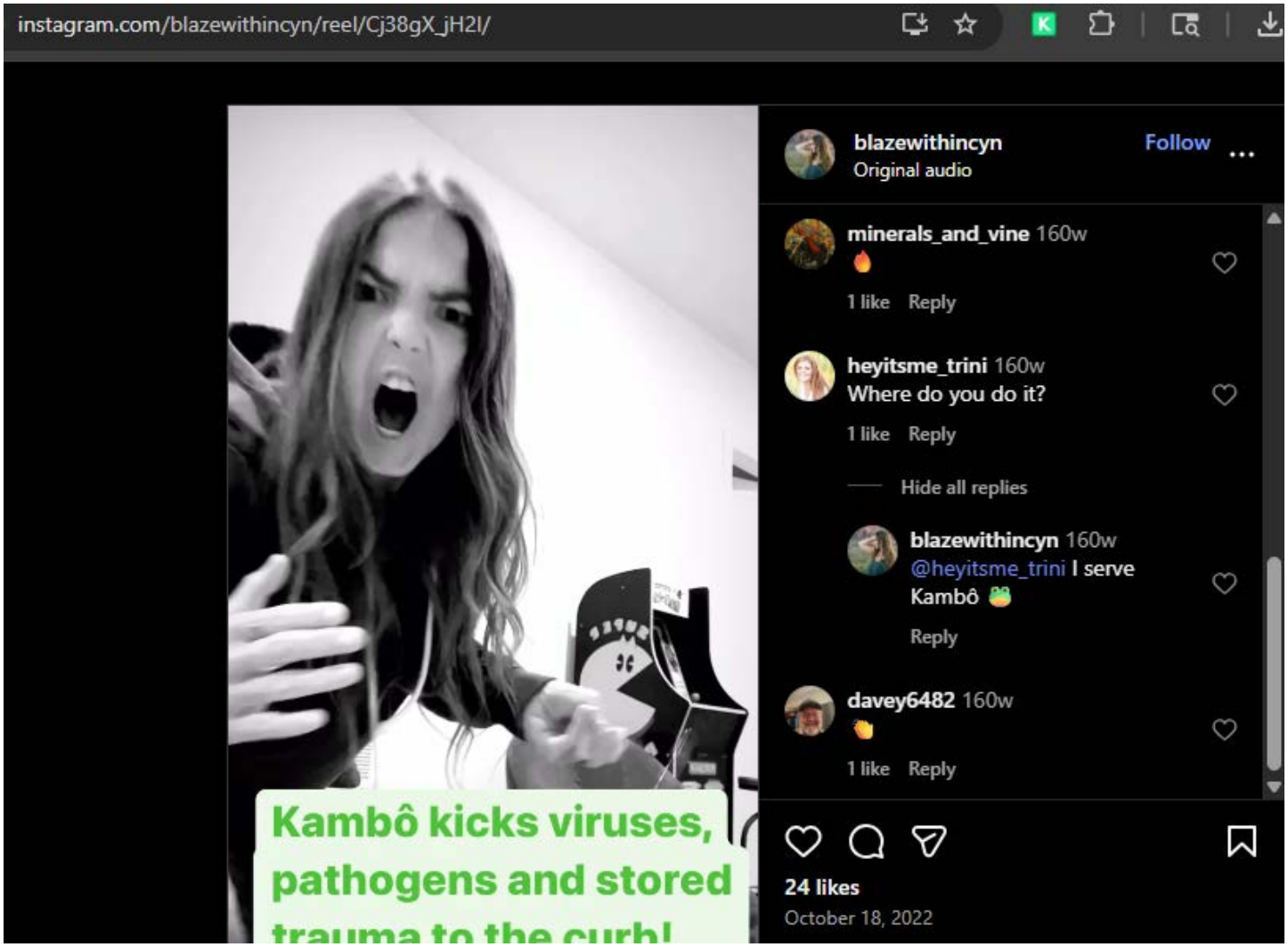
Captured: Nov 17, 2025

Before DOI

Subject posted a video of her doing karate-like moves. In the comments, she writes about the uses of Kambo. Curious about Kambô? Kambô • Improves mood and reduces anxiety • Can relieve pain • Has anti-cancer properties • Treat addictions • Lowers blood pressure • Has heart protective properties • Anti-microbial properties ridding viruses, bacteria, yeast, fungus and parasites. If you have been curious about Kambô reach out to me to answer your questions or schedule a Kambô session!


instagram.com/blazewithincyn/reel/Cj38gX_jH2I/
Kambô kicks viruses, pathogens and stored trauma to the curb!
blazewithincyn
Original audio
Follow
blazewithincyn 160w
Curious about Kambô?
Kambô
• Improves mood and reduces anxiety
• Can relieve pain
• Has anti-cancer properties
• Treat addictions
• Lowers blood pressure
• Has heart protective properties
• Anti-microbial properties ridding viruses, bacteria, yeast, fungus and parasites.
If you have been curious about Kambô reach out to me to answer your questions or schedule a Kambô session!
#kambo #kambô #kambomedicine
24 likes
October 18, 2022


instagram.com/blazewithincyn/reel/Cj38gX_jH2l/
Kambô kicks viruses, pathogens and stored trauma to the curb!
blazewithincyn
Original audio
Follow
#traumahealing #hape #sananga
naturalinthenow 160w
How do you feel during this?
Reply
aliciakaycoaching 160w
Hell yeah sister!
1 like Reply
minerals_and_vine 160w
1 like Reply
heyitsme_trini 160w
Where do you do it?
1 like Reply
24 likes
October 18, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 666749

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/CkNHElnJN3R/

Posted: Oct 27, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video of her and a friend at a murder mystery dinner. What does it mean if you peg the murderer before dinner starts?

instagram.com/blazewithincyn/reel/CkNHElnJN3R/



blazewithincyn Follow
harri_dave • Halloween Theme P...

blazewithincyn 159w
What does it mean if you peg the murderer before dinner starts? ☠️🔪🍽️

brandytw 159w
Looks so fun! ❤️‍🩹
1 like Reply

Hide all replies

blazewithincyn 159w
@brandytw 10/10 RECOMMEND!
1 like Reply

yourtattooedrealtor 159w
It's on my goals List to hold one of these someday.
1 like Reply

20 likes
October 27, 2022

instagram.com/blazewithincyn/reel/CkNHElnJN3R/



blazewithincyn Follow
harri_dave • Halloween Theme P...

blazewithincyn 159w
@yourtattooedrealtor invite me!! This has been on my bucket list and was so fun!
1 like Reply

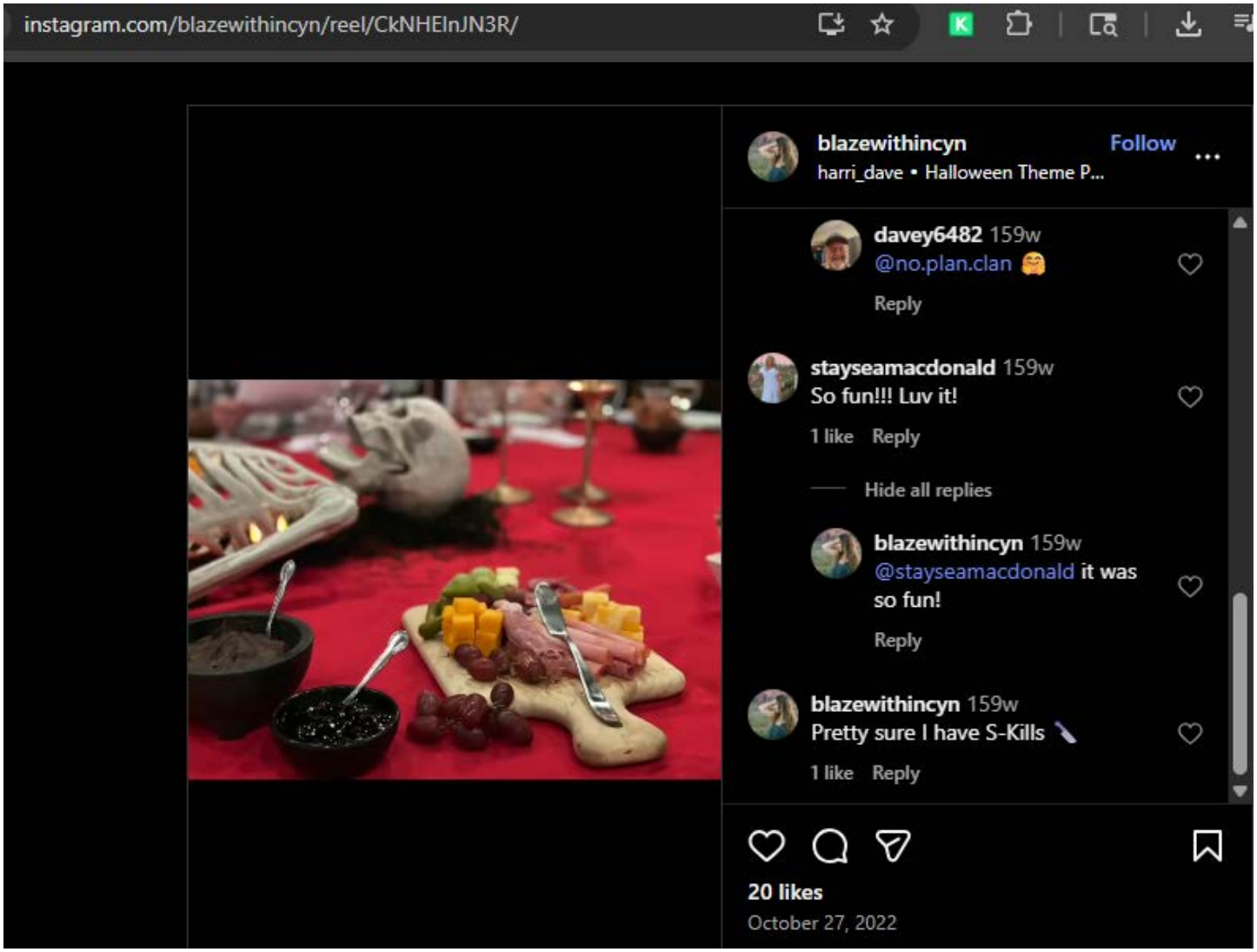
davey6482 159w
Fun
1 like Reply

Hide all replies

blazewithincyn 159w
@davey6482 🤗
1 like Reply

davey6482 159w
@no.plan.clan 🤗
Reply

20 likes
October 27, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 666748

Cynthia Lee Jacobson

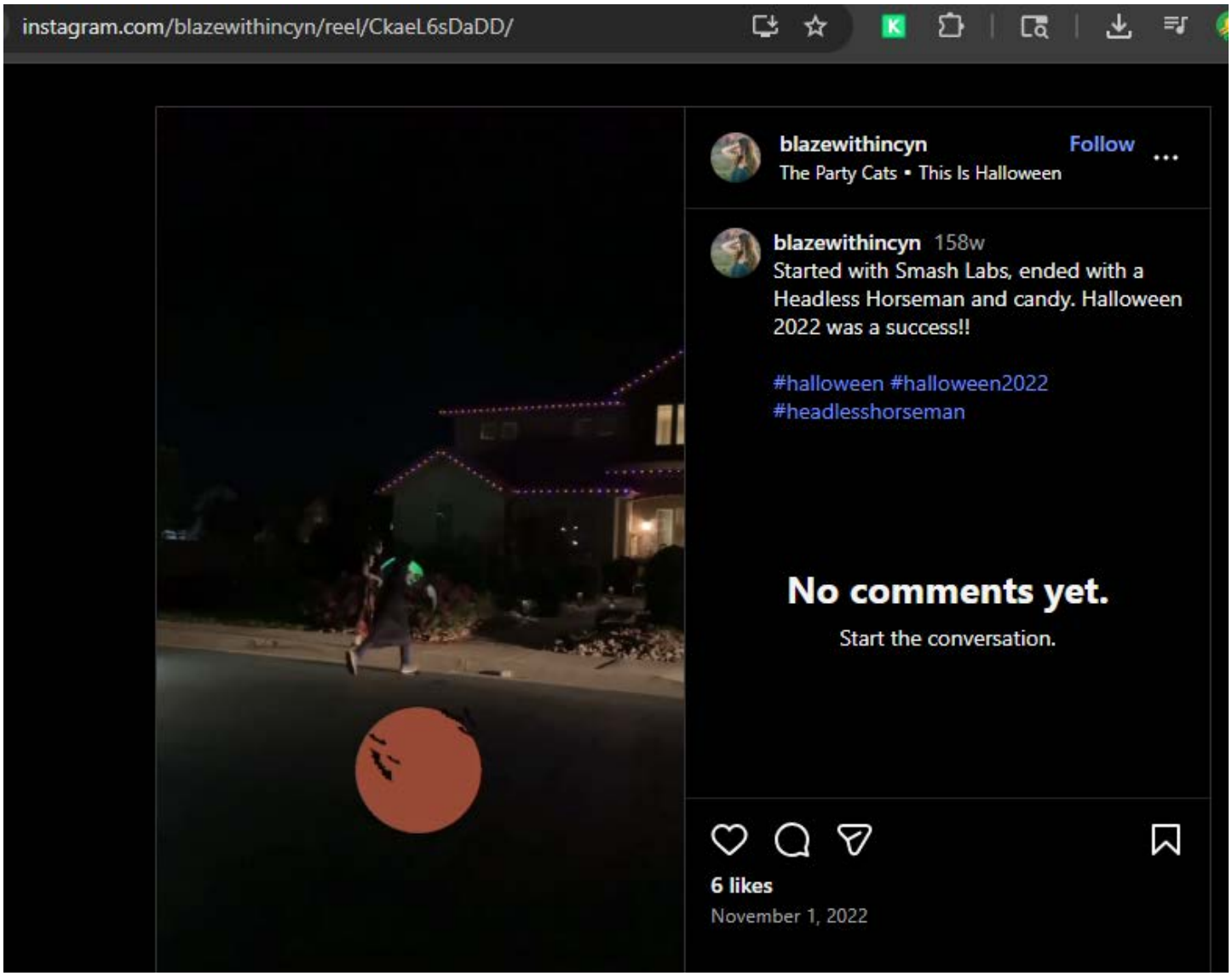
https://www.instagram.com/blazewithincyn/reel/CkaeL6sDaDD/

Posted: Nov 01, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photo montage of going to Smash Lab and Halloween activities in her neighborhood. Started with Smash Labs, ended with a Headless Horseman and candy. Halloween 2022 was a success!!



[Link to download video]

Instagram

blazewithincyn/

System ID: 666745

Cynthia Lee Jacobson

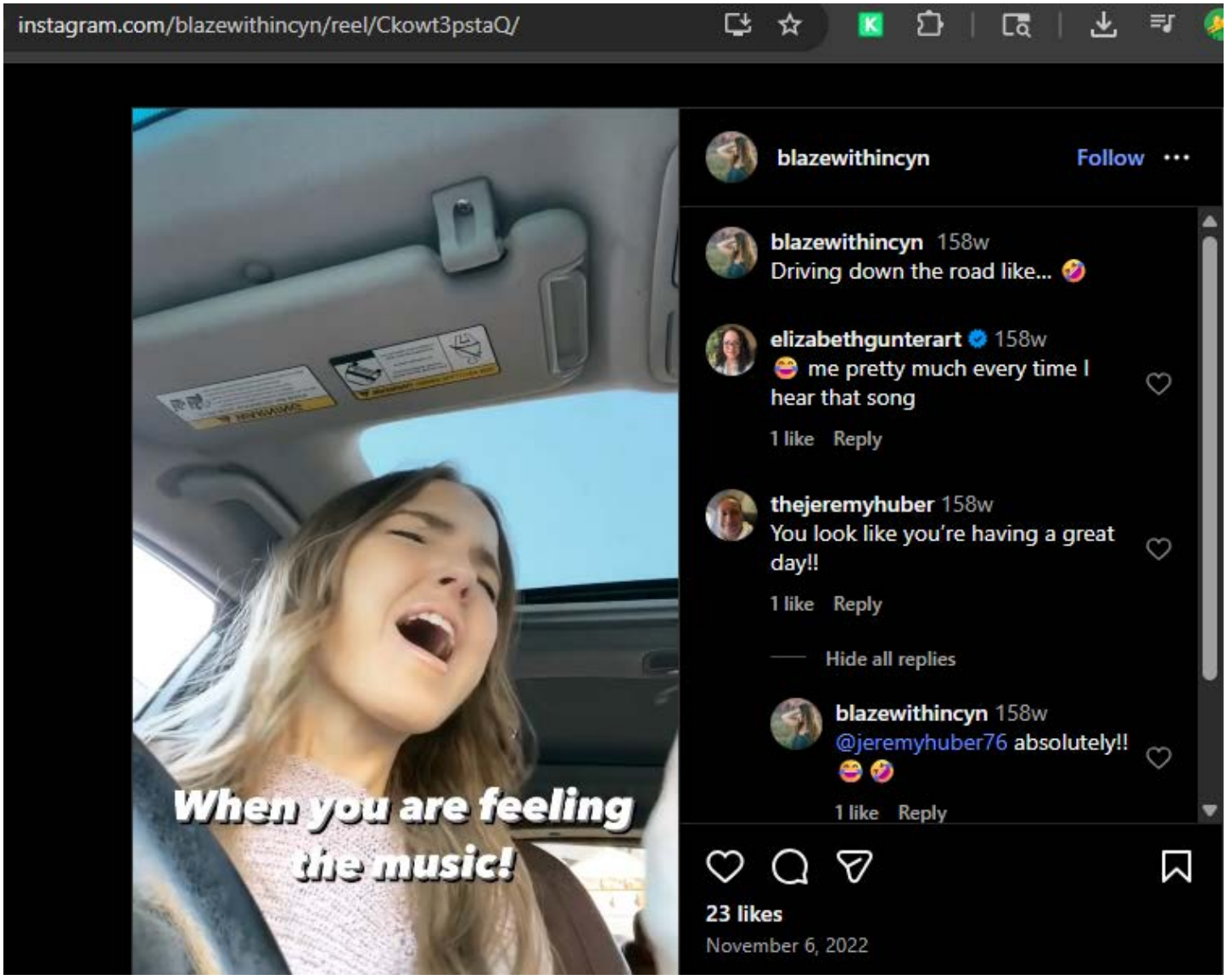
https://www.instagram.com/blazewithincyn/reel/Ckowt3pstaQ/

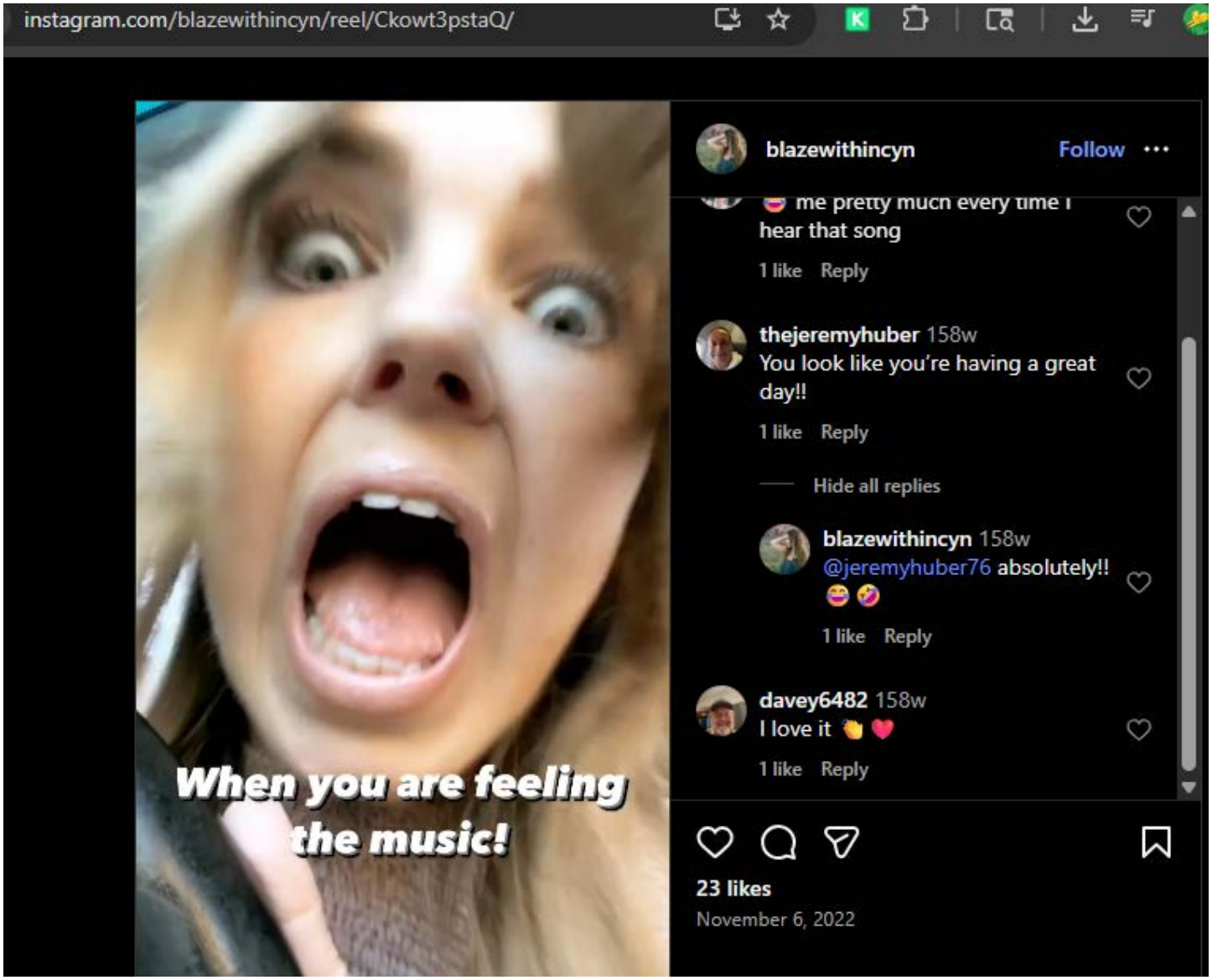
Posted: Nov 06, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a selfie video in the car, enjoying music. Driving down the road like...





[Link to download video]

Instagram

blazewithincyn/

System ID: 666744

Cynthia Lee Jacobson

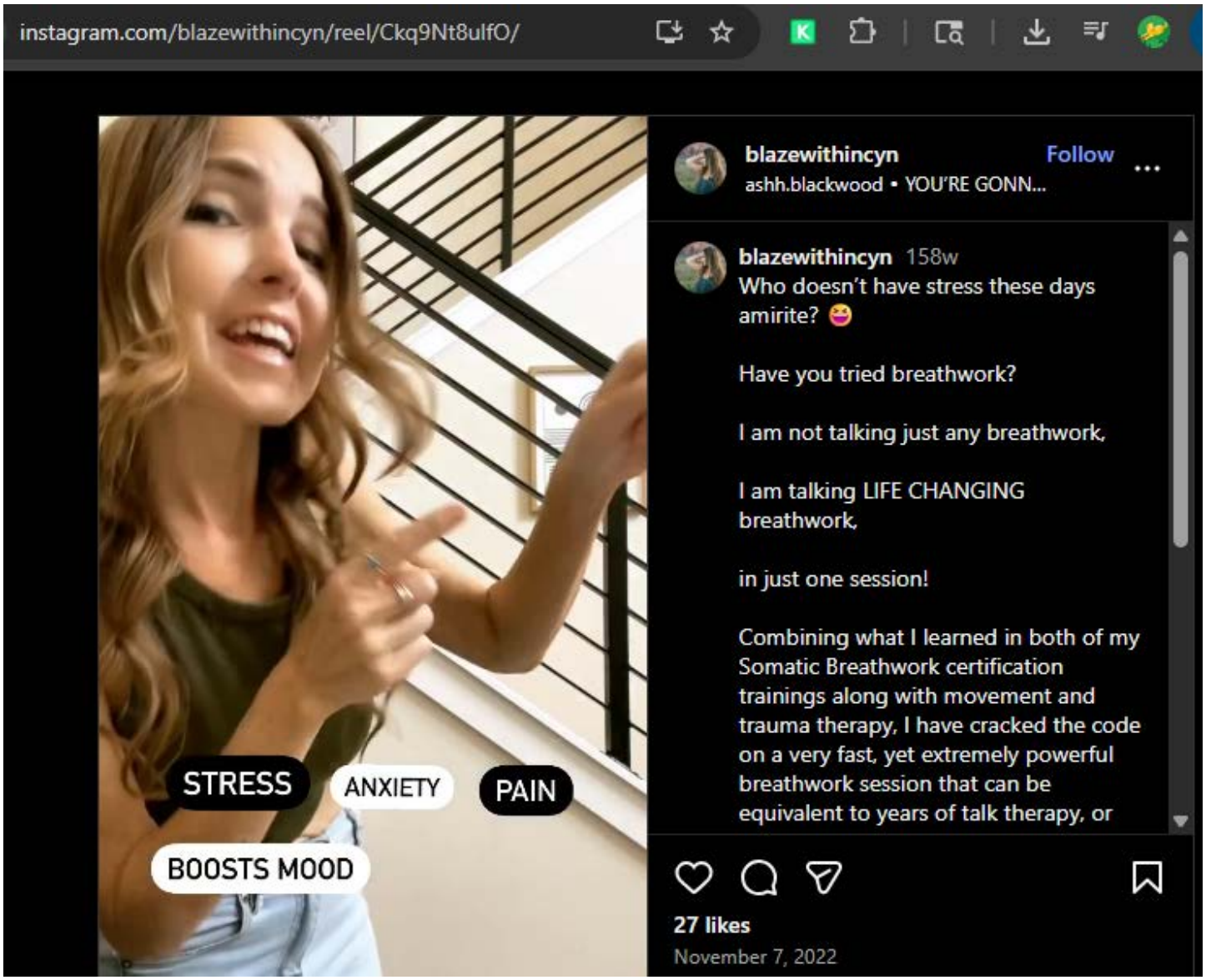
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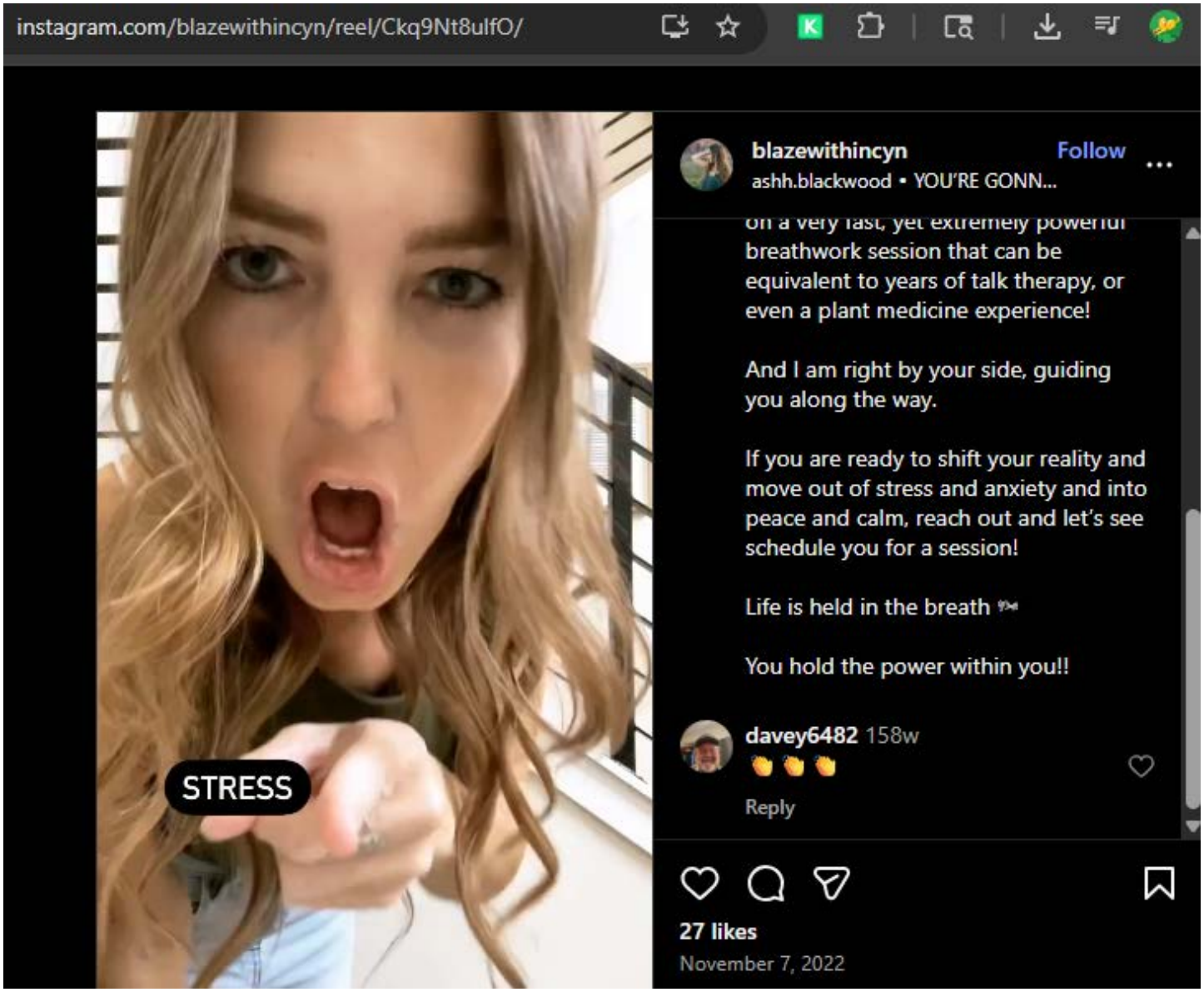
Posted: Nov 07, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video of her dancing. She writes in the comments about the value of breathwork sessions that she offers. Who doesn't have stress these days amirite? Have you tried breathwork? I am not talking just any breathwork, I am talking LIFE CHANGING breathwork, in just one session! Combining what I learned in both of my Somatic Breathwork certification trainings along with movement and trauma therapy, I have cracked the code on a very fast, yet extremely powerful breathwork session that can be equivalent to years of talk therapy, or even a plant medicine experience! And I am right by your side, guiding you along the way. If you are ready to shift your reality and move out of stress and anxiety and into peace and calm, reach out and let's see schedule you for a session! Life is held in the breath You hold the power within you!!


instagram.com/blazewithincyn/reel/Ckq9Nt8ulfO/
STRESS
ANXIETY
PAIN
BOOSTS MOOD
blazewithincyn
Follow
ashh.blackwood • YOU'RE GONN...
blazewithincyn 158w
Who doesn't have stress these days amirite?
Have you tried breathwork?
I am not talking just any breathwork,
I am talking LIFE CHANGING breathwork,
in just one session!
Combining what I learned in both of my Somatic Breathwork certification trainings along with movement and trauma therapy, I have cracked the code on a very fast, yet extremely powerful breathwork session that can be equivalent to years of talk therapy, or
27 likes
November 7, 2022



Link to download video

Instagram

blazewithincyn/

System ID: 666743

Cynthia Lee Jacobson

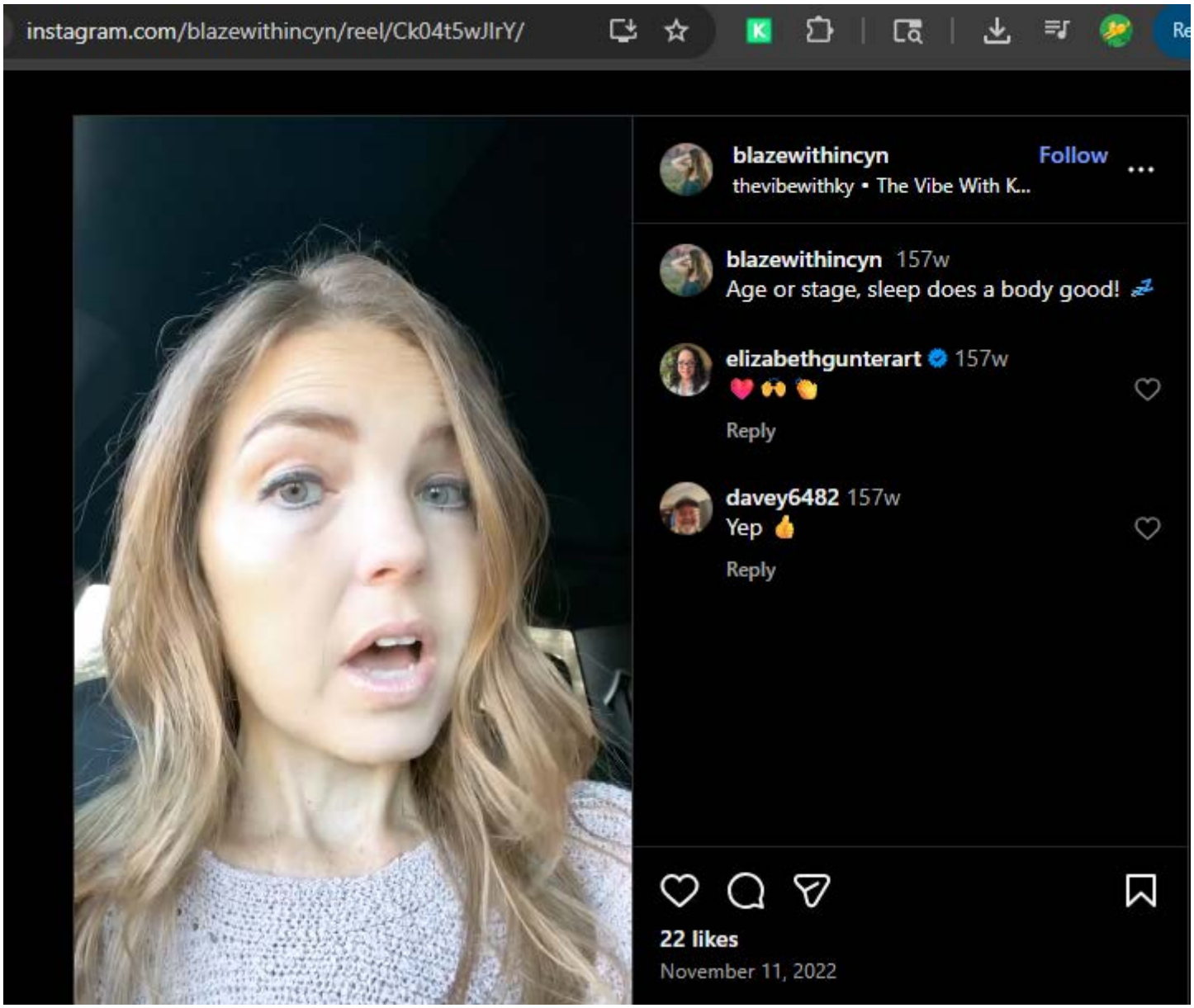
https://www.instagram.com/blazewithincyn/reel/Ck04t5wJlrY/

Posted: Nov 11, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a selfie video of herself in a car, doing a lip sync to a voiceover about falling asleep quickly. Age or stage, sleep does a body good!



[Link to download video]

Instagram

blazewithincyn/

System ID: 666742

Cynthia Lee Jacobson

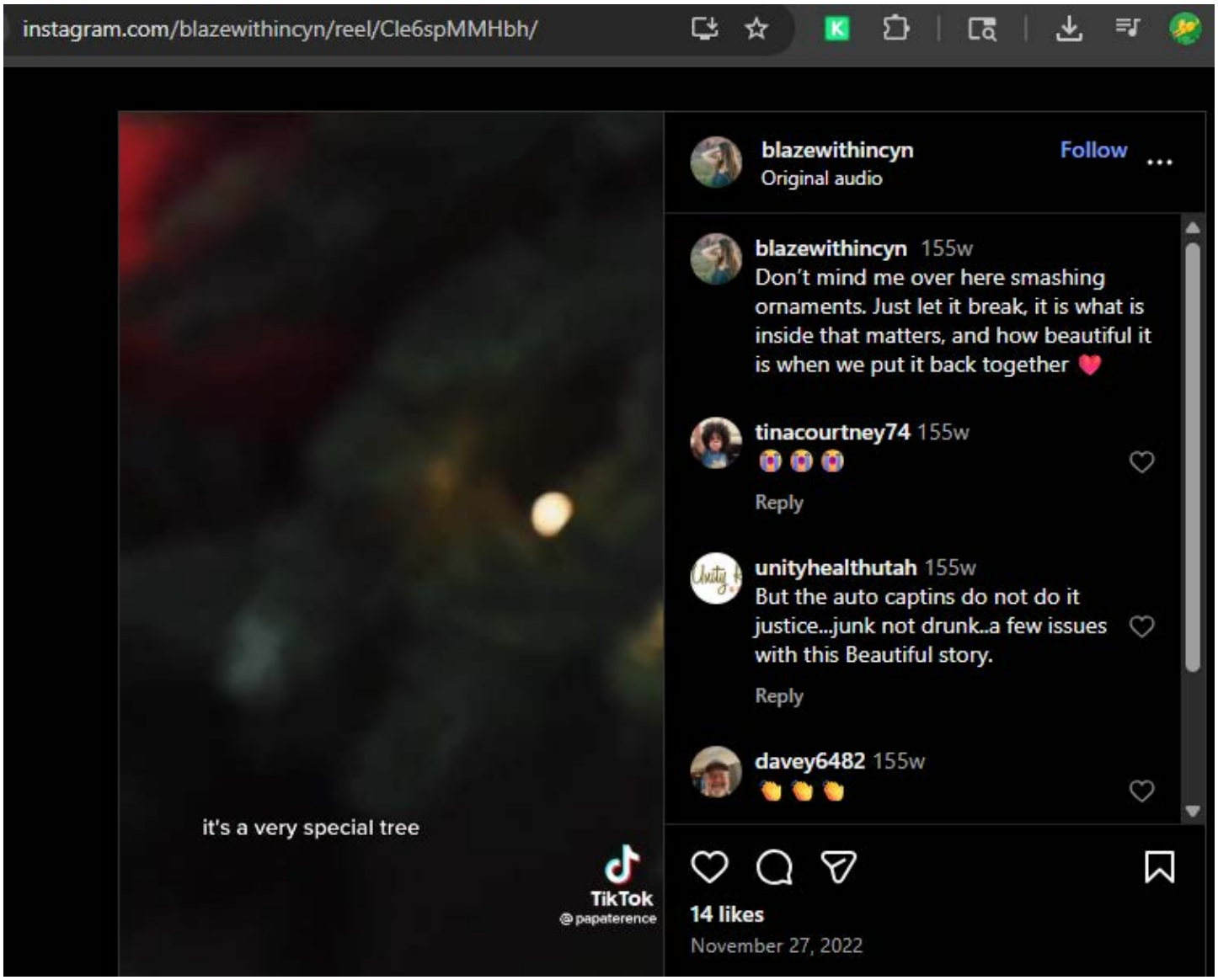
https://www.instagram.com/blazewithincyn/reel/Cle6spMMHbh/

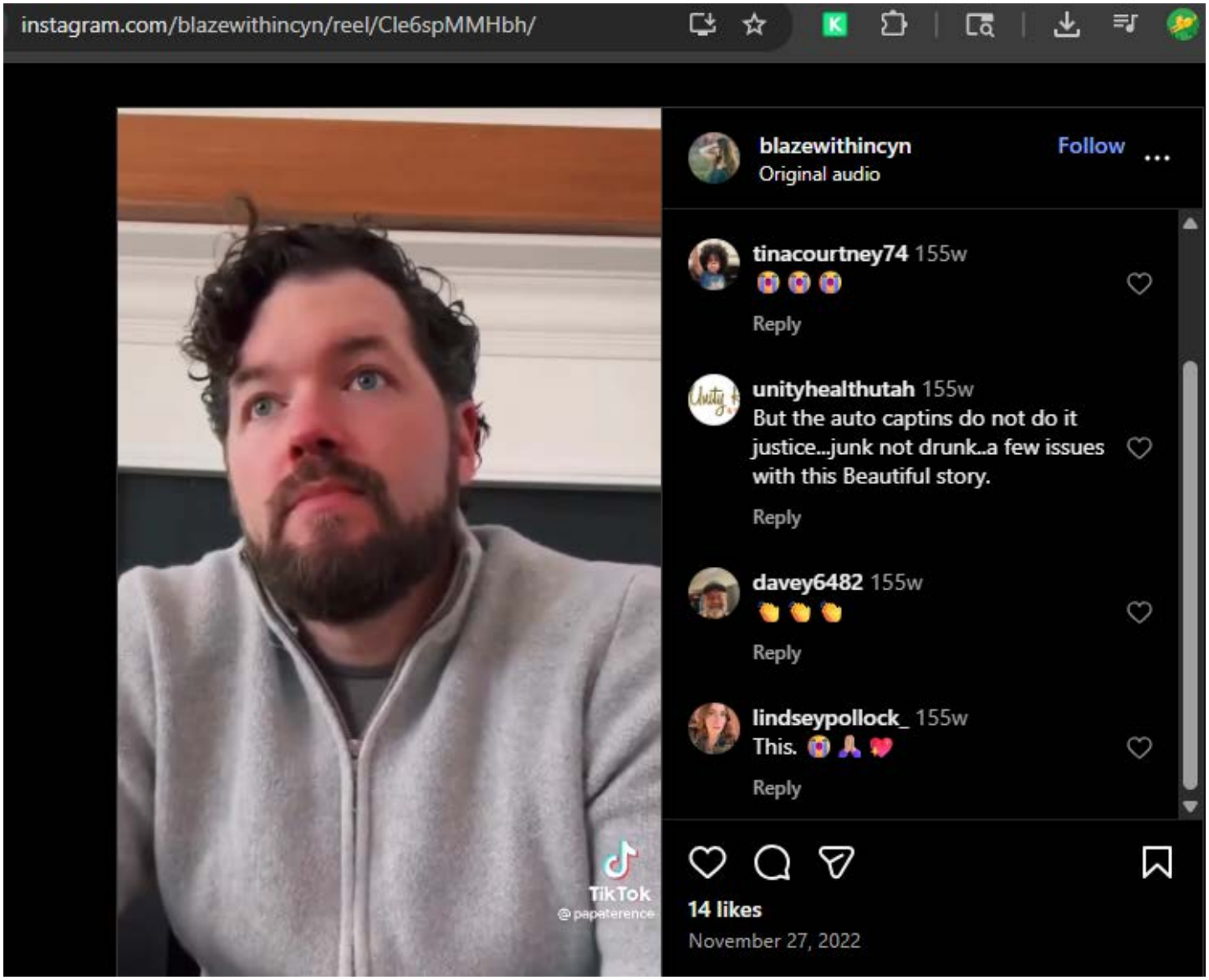
Posted: Nov 27, 2022

Captured: Nov 17, 2025

Before DOI

Subject reposted a video about not worrying about breaking things because it's what's inside that counts. Don’t mind me over here smashing ornaments. Just let it break, it is what is inside that matters, and how beautiful it is when we put it back together ❤


instagram.com/blazewithincyn/reel/Cle6spMMHbh/
it's a very special tree
TikTok
@papaterence
blazewithincyn
Original audio
Follow
blazewithincyn 155w
Don't mind me over here smashing ornaments. Just let it break, it is what is inside that matters, and how beautiful it is when we put it back together
tinacourtney74 155w
Reply
unityhealthutah 155w
But the auto captins do not do it justice...junk not drunk..a few issues with this Beautiful story.
Reply
davey6482 155w
14 likes
November 27, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 666741

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/ClzNCFoPjHi/?img_index=1

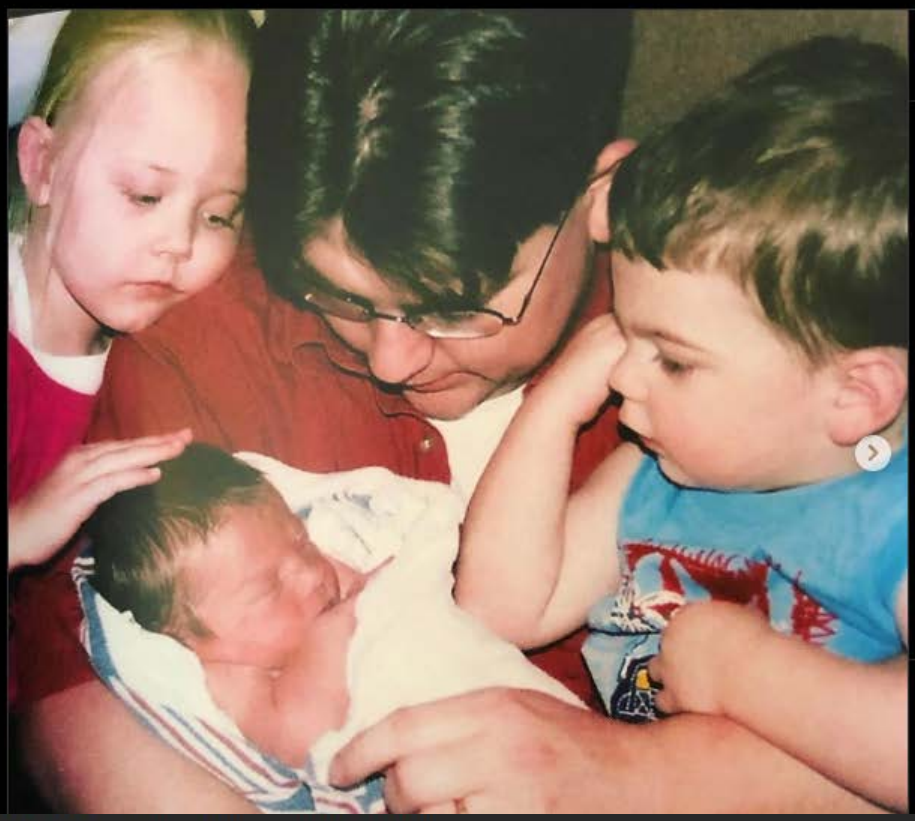
Posted: Dec 05, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of her husband, Cody, with three of their kids, Cenya, Covin, and Caemen. In the comments, she talks about taking suicide awareness for nursing. She then discusses Cody's mental health and suicidal thoughts while going through nursing school. The adjustments she made so he could get into another nursing school after he failed a course. He stayed at a motel for 3 semesters while she was with their kids at home. As part of our nursing renewal this year, we were required to take a suicide awareness class. My first husband Cody took his life. Cody was very intelligent, yet struggled with test anxiety. I told him I would help him get through nursing school. We took classes together so I could help him. The teacher even let us bring our baby Cenya to class Cody was in his second semester of nursing as I finished my last. I was 8 months pregnant with our second baby Covin, excited with anticipation of finishing school, and bringing our second child into the world! He called me after his last class to tell me he failed. I was sure he was teasing me, he knew the content, he just froze up when it came to the testing. He told me he was worthless and the kids and I deserved better. He told me he was sorry, but we would be better off without him. He was going to drive over a cliff and we would never see him again. Scared and confused I tried rationalizing with him. When that didn't work I began begging and pleading, "I NEED YOU!" Nothing worked and as the cliff approached he he told me to kiss the kids goodbye. I began SCREAMING! Something in my screaming stopped him and he pulled the car over. Through sobs and hot tears, I told him we would get through this. I could work extra shifts as an RN so he could stop working to focus on school. He didn't want anyone to know he had failed and it was 1 1/2 years before 2nd semester would be offered again at the location he was at. I devised a plan to enroll him in the next state over, bought a fuel efficient vehicle, and rented him a cheap hotel to go to class and take his clinicals for the next 3 semesters. 3 things I am good at: 1. Finding solutions to any problem 2. Carrying huge burdens on my own. 3. Making things look perfect on the outside, even when (especially when) it is a dumpster fire. Sometimes it is difficult knowing when to reach out for help. This wasn't the end of Cody's time with our family, but it is a small glimpse into the internal struggles we went through. Alone. Hidden from the outside world. If you or someone you know are struggling. Don't take it on alone.

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ···

blazewithincyn 154w
As part of our nursing renewal this year, we were required to take a suicide awareness class.

My first husband Cody took his life.

Cody was very intelligent, yet struggled with test anxiety. I told him I would help him get through nursing school. We took classes together so I could help him. The teacher even let us bring our baby Cenya to class 🙏

Cody was in his second semester of nursing as I finished my last. I was 8 months pregnant with our second baby Covin, excited with anticipation of finishing school, and bringing our second child into the world!

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ···

He called me after his last class to tell me he failed. I was sure he was teasing me, he knew the content, he just froze up when it came to the testing.

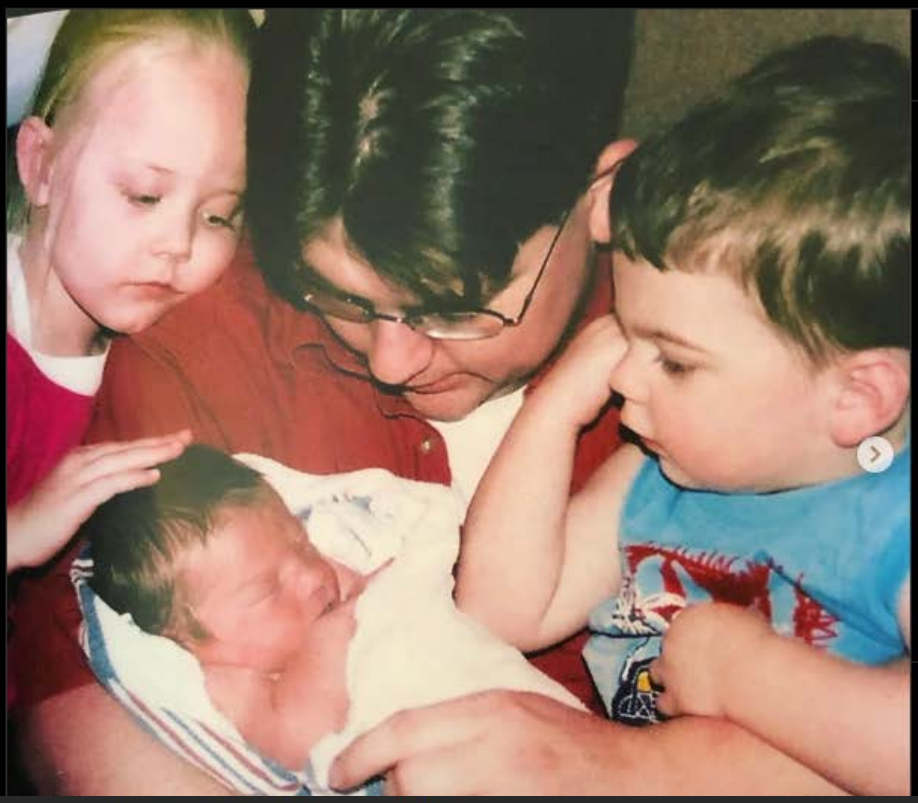
He told me he was worthless and the kids and I deserved better. He told me he was sorry, but we would be better off without him. He was going to drive over a cliff and we would never see him again.

Scared and confused I tried rationalizing with him. When that didn't work I began begging and pleading, "I NEED YOU!"

Nothing worked and as the cliff approached he he told me to kiss the kids goodbye. I began SCREAMING!

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ···

Something in my screaming stopped him and he pulled the car over.

Through sobs and hot tears, I told him we would get through this. I could work extra shifts as an RN so he could stop working to focus on school.

He didn't want anyone to know he had failed and it was 1 1/2 years before 2nd semester would be offered again at the location he was at. I devised a plan to enroll him in the next state over, bought a fuel efficient vehicle, and rented him a cheap hotel to go to class and take his clinicals for the next 3 semesters.

3 things I am good at:

1. Finding solutions to any problem

53 likes

December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ···

2. Carrying huge burdens on my own.
3. Making things look perfect on the outside, even when (especially when) it is a dumpster fire.

Sometimes it is difficult knowing when to reach out for help.

This wasn't the end of Cody's time with our family, but it is a small glimpse into the internal struggles we went through. Alone. Hidden from the outside world.

If you or someone you know are struggling. Don't take it on alone.

kimberly_van_cleve 90w
You are so brave. ❤ For so many reasons.

1 like Reply

53 likes

December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow

blazewithincyn 89w
@kimberly_van_cleve 🙏💔
Reply

justinstum 153w
Powerful. Thank you for your words, your vulnerability. This message will reach people. 👏
1 like Reply

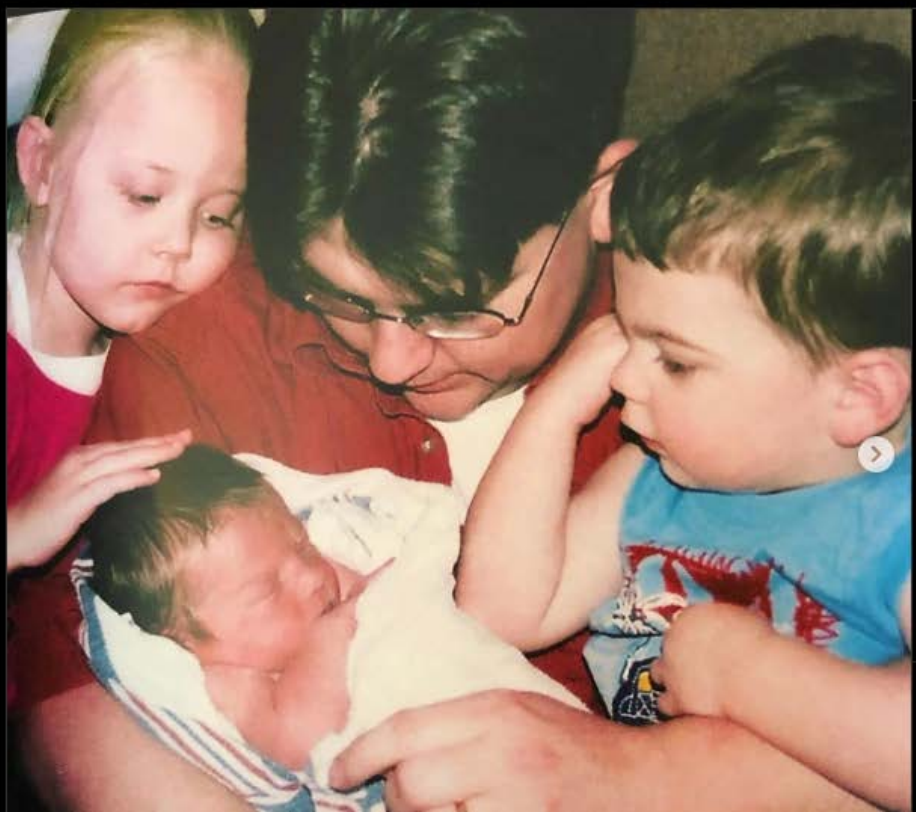
Hide all replies

blazewithincyn 153w
@justinstum thank you for your comment, I hope it does 🙏
1 like Reply

lindseypollock_ 153w

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow

lindseypollock_ 153w
You are incredibly inspiring to this space of yours!

I lit my own fire (literally) last night by a dumpster to burn some things and I thought of you. Wildly successful in this and came across this post this early rising ✨

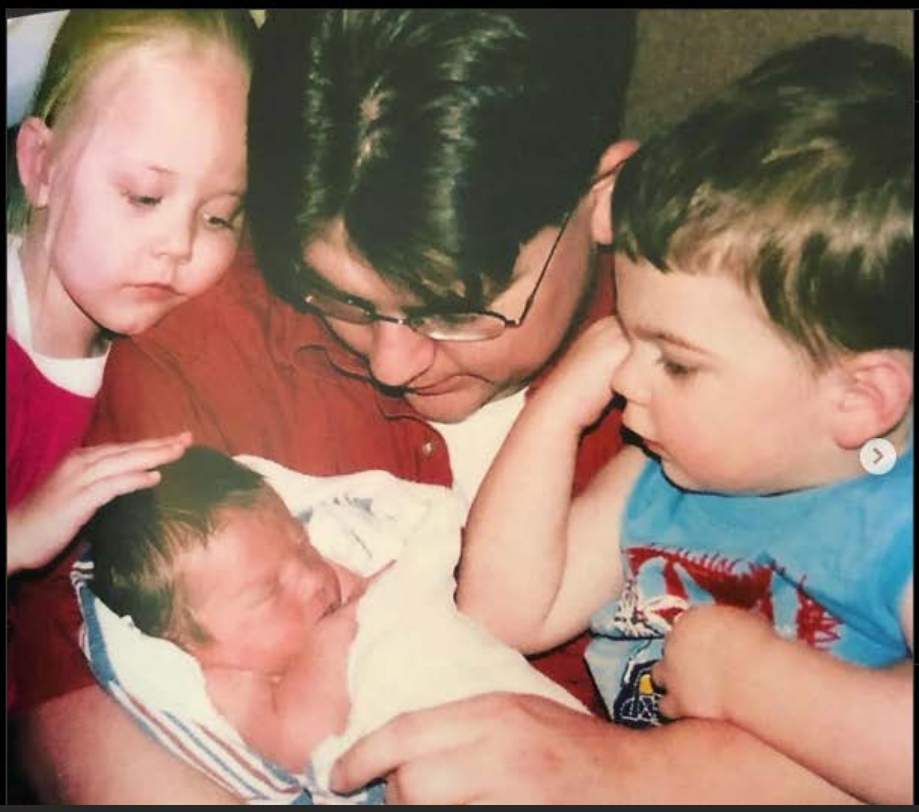
I am proud of you siSTAR 💖
2 likes Reply

Hide all replies

blazewithincyn 153w
@lindsey_t5 I love you! Am am equally proud of you 💗
1 like Reply

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ···

neddies6009 153w
You are the result of your incredible heart lessons. I'm sad for your suffering but so very proud of your example to your children of what love is and does... what a magnificent woman you became, partly through your challenging path, but mostly cos of your innate goodness. Blessed to know and love you. How wonderful it be to never see another tear fall upon your cheek through pain... but wash away your sadness through tears of joy.

1 like Reply

Hide all replies

blazewithincyn 153w
@neddies6009 thank you

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ···

friend. I love you! ❤️

Reply

yourtattooedrealtor 153w
🙏🙏🙏💜

1 like Reply

Hide all replies

blazewithincyn 153w
@yourtattooedrealtor 💕

Reply

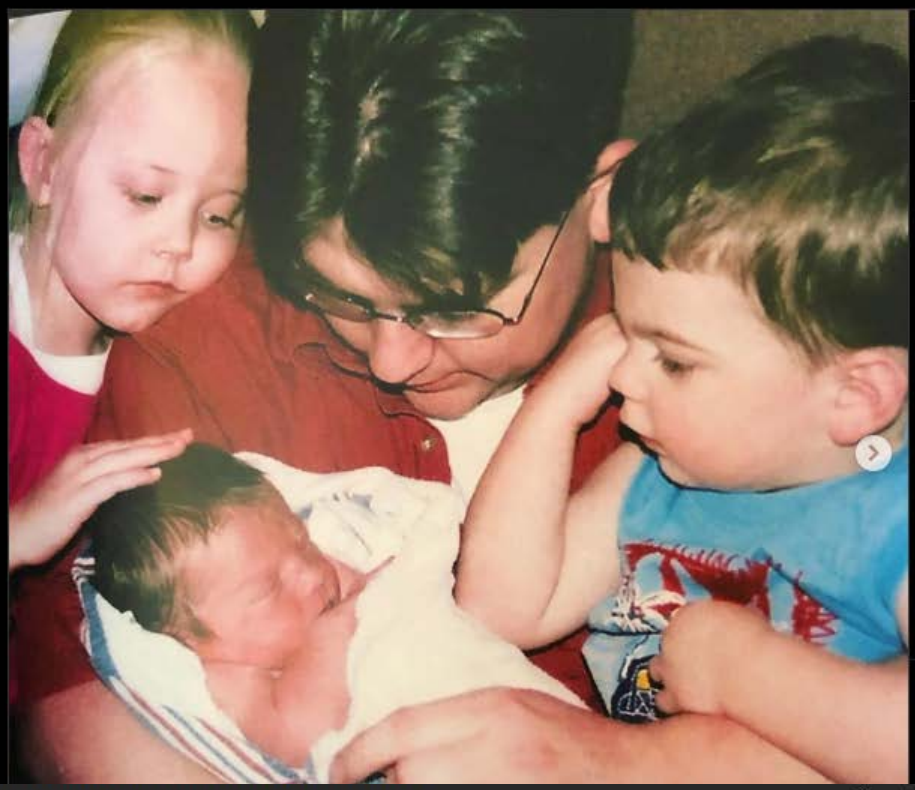
griccella 153w
❤️I loved working with you both back in the day.❤️

1 like Reply

View all 1 replies

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ...

blazewithincyn 153w
@griccella we loved working with you!! I still miss those days!💕
1 like Reply

thecamiparker 153w
You are amazing!
Reply

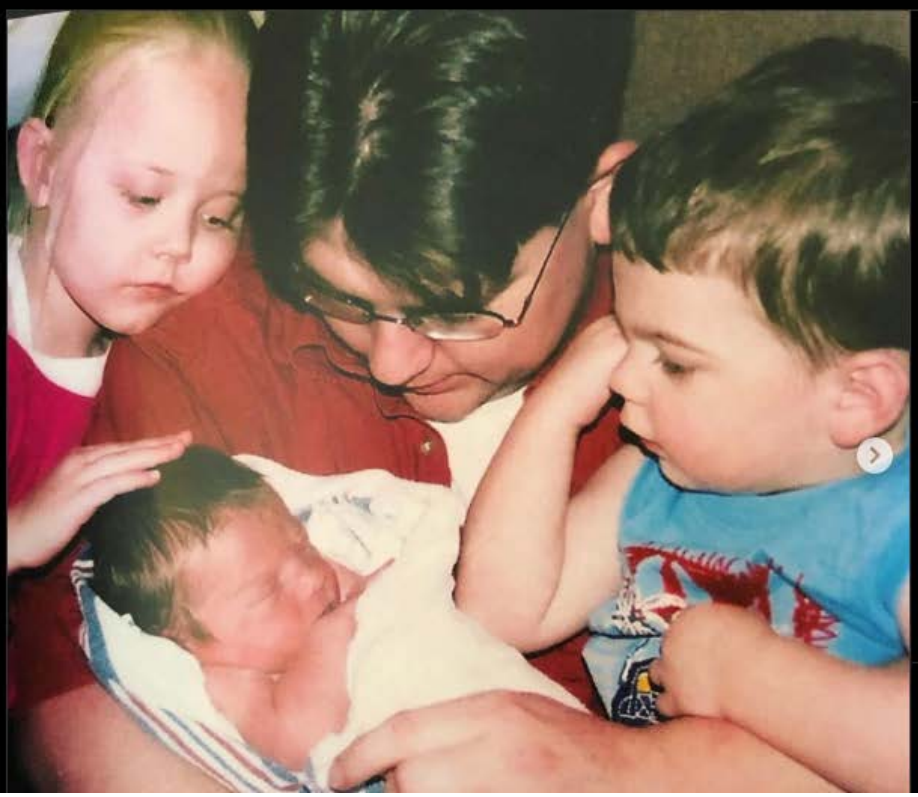
Hide all replies

blazewithincyn 153w
@thecamiparker thank you friend, so are you 💕
Reply

cynthiaannbednar 154w
Sending you love and healing

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ...

cynthiaannbednar 154w
Sending you love and healing soulsista 🙏💚🦋
1 like Reply

Hide all replies

blazewithincyn 153w
@cynfulpeace thank you friend! I receive that 🙏💗💫
1 like Reply

davey6482 154w
Thank you for sharing
1 like Reply

Hide all replies

blazewithincyn 153w

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/



blazewithincyn Follow ...

1 like Reply

davey6482 154w
Thank you for sharing
1 like Reply

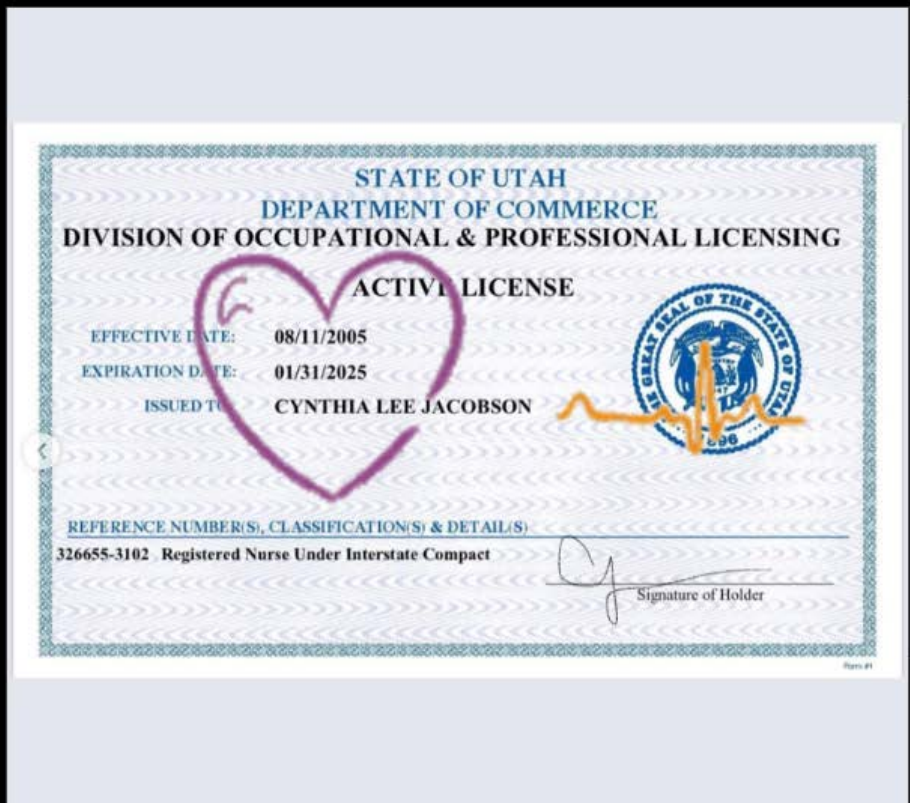
Hide all replies

blazewithincyn 153w
@davey6482 🙏💗
1 like Reply

blazewithincyn 154w
#suicide #suicideawarness #suicideprevention #widow #suicidewidow #thisshitishard #whereistheroadmap
Reply

53 likes
December 5, 2022

instagram.com/blazewithincyn/p/ClzNCFoPjHi/?img_index=3



STATE OF UTAH
DEPARTMENT OF COMMERCE
DIVISION OF OCCUPATIONAL & PROFESSIONAL LICENSING

ACTIVE LICENSE

EFFECTIVE DATE: 08/11/2005
EXPIRATION DATE: 01/31/2025
ISSUED TO: CYNTHIA LEE JACOBSON

REFERENCE NUMBER(S), CLASSIFICATION(S) & DETAIL(S)
326655-3102 Registered Nurse Under Interstate Compact

Signature of Holder

blazewithincyn Follow ...

1 like Reply

davey6482 154w
Thank you for sharing
1 like Reply

Hide all replies

blazewithincyn 153w
@davey6482 🙏💗
1 like Reply

blazewithincyn 154w
#suicide #suicideawarness #suicideprevention #widow #suicidewidow #thisshitishard #whereistheroadmap
Reply

53 likes
December 5, 2022

Instagram

blazewithincyn/

System ID: 666740

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/Cl2fIBnMnwb/

Posted: Dec 06, 2022

Captured: Nov 17, 2025

Before DOI

Subject posted a video of her placing a rose at a Christmas Box Angel memorial for mothers who have lost a child. Subject's son's name is listed on the memorial. Have you heard of the Christmas Box Angel? If not consider yourself amongst the lucky ones. The Christmas Box Angel came about following the best selling book “The Christmas Box” by New York best selling author, and friend of mine, Richard Paul Evans. It is a story about a mothers’ loss of a child where she goes to an Angel in the cemetery to grieve her baby. After the book was released, people went to the cemetery in search of the Angel, which was fictitious when the book was written. After the desire of mourning parents became evident a monument was erected. There are now 172 Christmas Box Angels around the world, soon to be 173 as one is commissioned for Japan next spring, where parents gather every December 6th to commemorate the loss of a child. When I first placed Caemen’s name on the memorial, I had not read the story, nor did I know the author at the time. A beautiful kaleidoscope of events ensued to introduce us, and I was lucky enough to go to Timepiece Ranch this year to spend some down time and work on writing my own story. Sharing my story helps heal the holes in my heart. One day I will a have a book (or 3!) allowing everyone a glimpse into my heart. ❤

instagram.com/blazewithincyn/reel/CI2flBnMnwb/



blazewithincyn Follow ...
Original audio

blazewithincyn Edited • 153w
Have you heard of the Christmas Box Angel?

If not consider yourself amongst the lucky ones.

The Christmas Box Angel came about following the best selling book "The Christmas Box" by New York best selling author, and friend of mine, Richard Paul Evans.

It is a story about a mothers' loss of a child where she goes to an Angel in the cemetery to grieve her baby.

After the book was released, people went to the cemetery in search of the Angel, which was fictitious when the

16 likes
December 6, 2022

instagram.com/blazewithincyn/reel/CI2flBnMnwb/



blazewithincyn Follow ...
Original audio

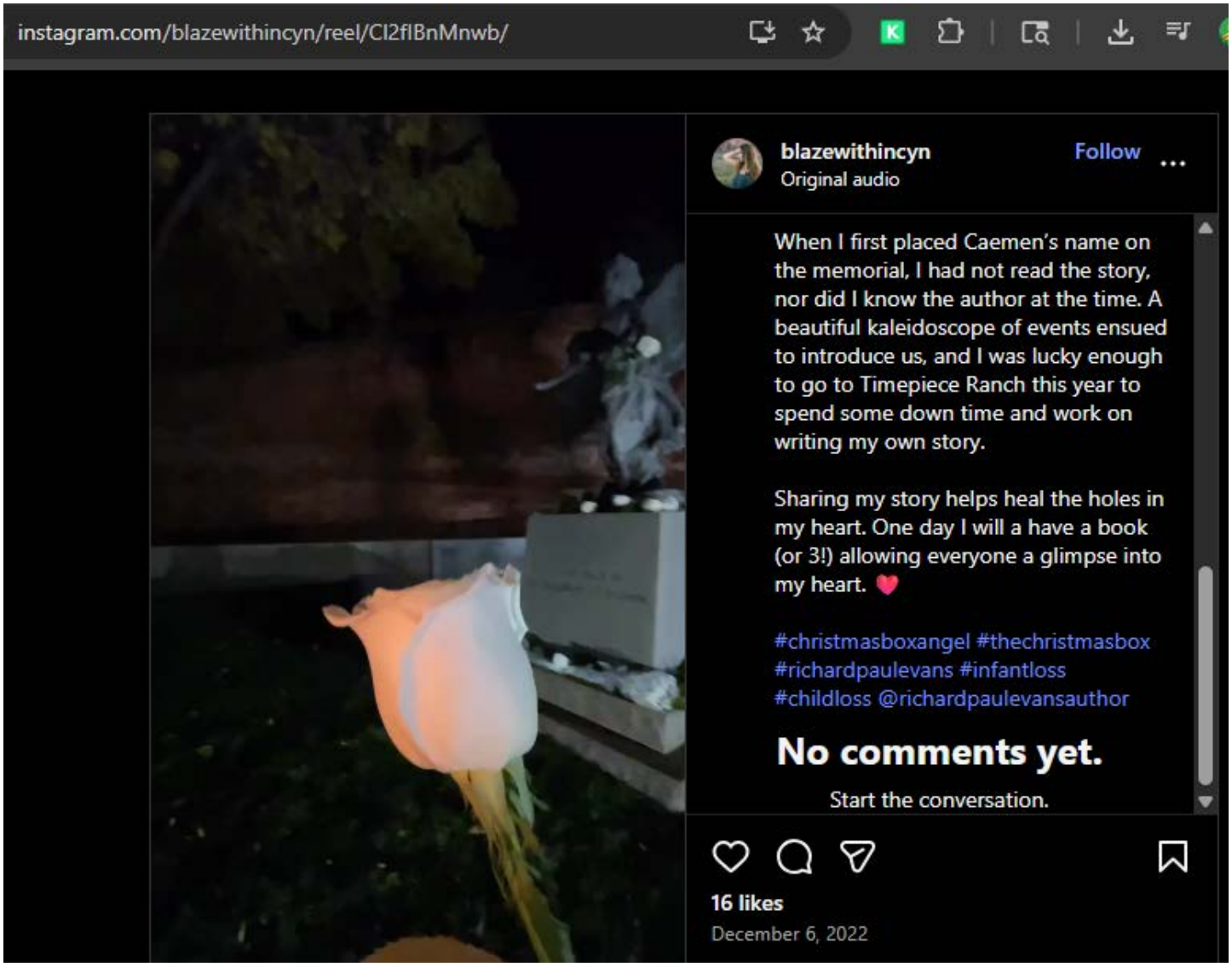
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Sharing my story helps heal the holes in

16 likes
December 6, 2022



[Link to download video]

Instagram

blazewithincyn/

System ID: 663808

Cynthia Lee Jacobson

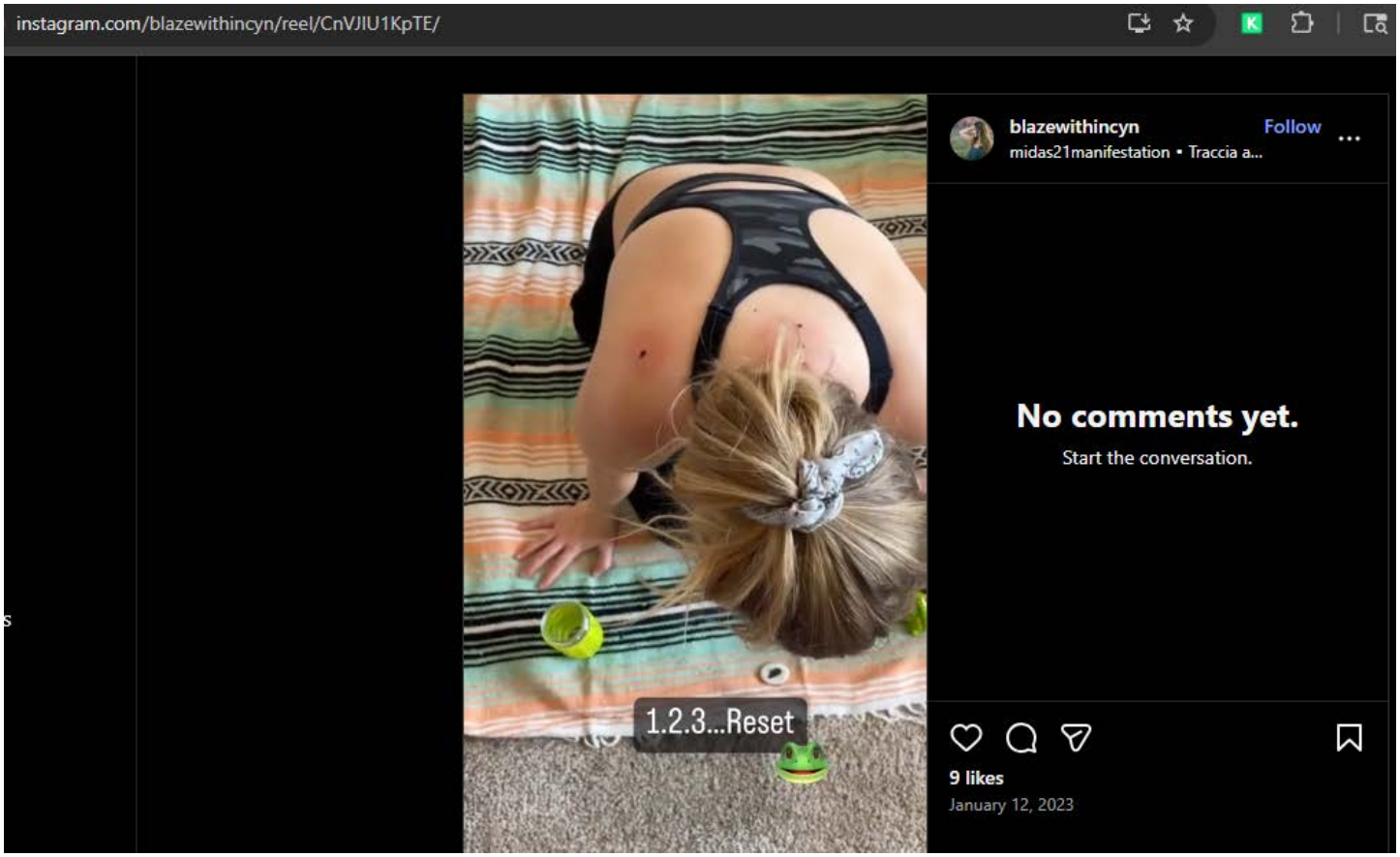
https://www.instagram.com/p/CnVJIU1KpTE/

Posted: Jan 12, 2023

Captured: Nov 11, 2025

Before DOI

Subject posted a video of her bent over a blanket doing a yoga move. 1.2.3...Reset



Link to download video

Instagram

blazewithincyn/

System ID: 663810

Cynthia Lee Jacobson

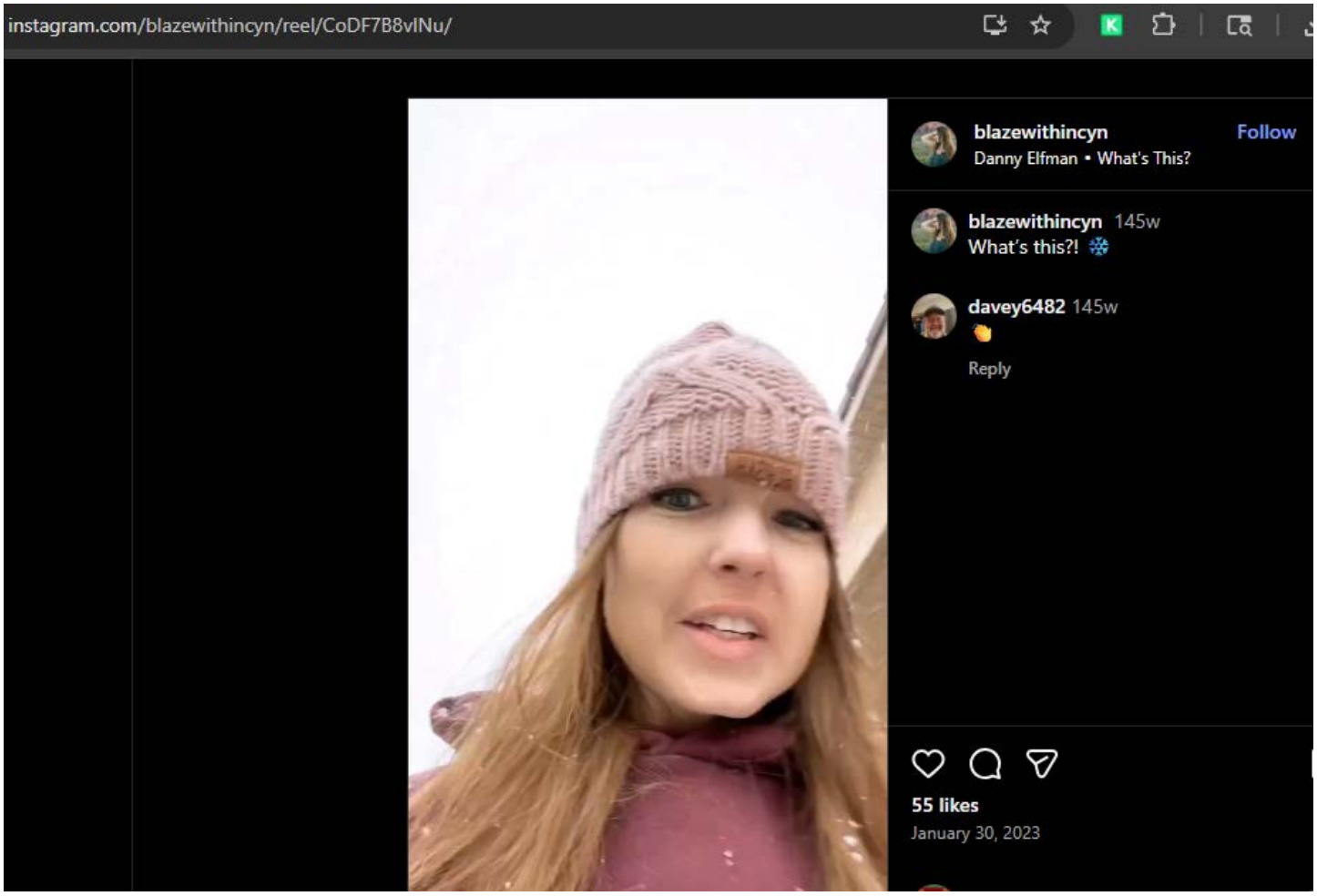
https://www.instagram.com/blazewithincyn/reel/CoDF7B8vINu/

Posted: Jan 30, 2023

Captured: Nov 11, 2025

Before DOI

Subject posted a video of her moving around outside in the snow. What's this?! ❄



Link to download video

Instagram

blazewithincyn/

System ID: 663817

Cynthia Lee Jacobson

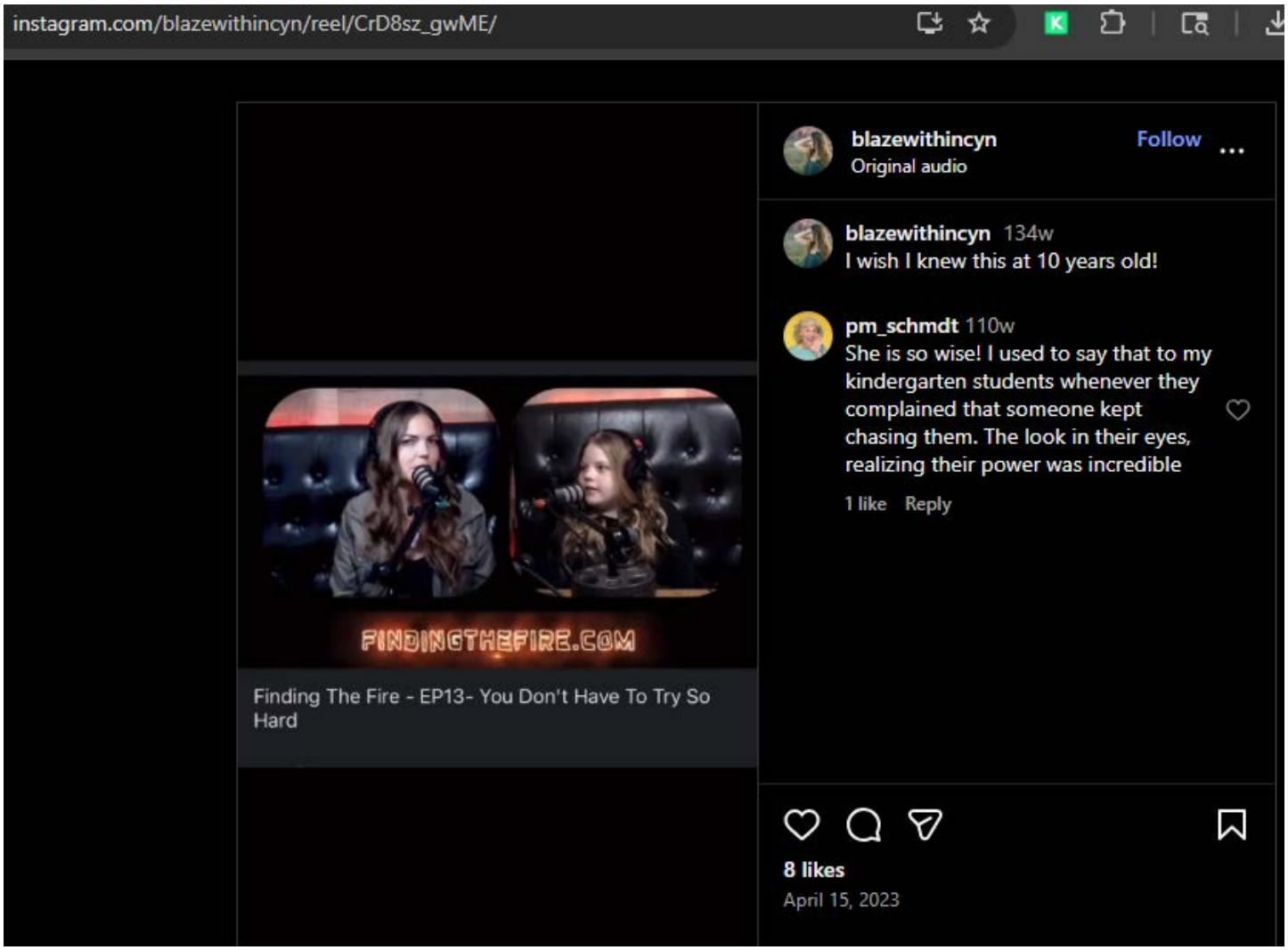
https://www.instagram.com/blazewithincyn/reel/CrD8sz_gwME/

Posted: Apr 15, 2023

Captured: Nov 11, 2025

Before DOI

Subject posted a video of her podcast, FindingtheFire.com. She has her daughter, Cemree, with her in the studio.



Link to download video

Instagram

blazewithincyn/

System ID: 663821

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/Crowu5uL02n/?img_index=1

Posted: Apr 29, 2023

Captured: Nov 11, 2025

Before DOI

Subject posted that it was the birthday of her first husband, Cody. She took her kids to the cemetery with a birthday cake. She included pictures of them when they were first married. Celebrating Cody today with happy memories and laughter, as we remember his big heart and infectious sense of humor. The kids were very young when he passed, so they always love hearing more stories about him. The family cabin in Pine Valley was a special place for Cody. It was where we chose to be married, and where he chose to take his last breath. We have countless memories of playing card games, devouring grandpa's pancakes (with peanut butter, of course!), and just enjoying each other's company. One of my favorite memories to share is when we cut down our first Christmas tree (not the one pictured) Those trees always look smaller in the forest! We had to cinch the tree down to get it through the door, and when we finally cut the string, it was a scene straight out of "Christmas Vacation" - "Lot of sap in here. Mmm. Looks great! Little full, lotta sap." If you have any special memories of Cody that you'd like to share, please don't hesitate to send them to my DMs or drop a comment below! We would love to hear any stories you have to tell! And if anyone from our O.R. and PACU days knows how to get a hold of Penny and her famous cookbook, please reach out - the kids and I have been trying to recreate Cody's favorite oatmeal chocolate chip cookies! Happy Birthday, Cody! Today we celebrate your life and the joy you brought to everyone that had the pleasure of knowing you. ❤April 29, 1977- April 25, 2011 ❤

instagram.com/blazewithincyn/p/Crowu5uL02n/



blazewithincyn Follow ···

blazewithincyn Edited • 132w
Celebrating Cody today with happy memories and laughter, as we remember his big heart and infectious sense of humor. The kids were very young when he passed, so they always love hearing more stories about him.

The family cabin in Pine Valley was a special place for Cody. It was where we chose to be married, and where he chose to take his last breath. We have countless memories of playing card games, devouring grandpa's pancakes 🥞 (with peanut butter, of course!), and just enjoying each other's company.

One of my favorite memories to share is when we cut down our first Christmas tree (not the one pictured) Those trees

48 likes
April 29, 2023

instagram.com/blazewithincyn/p/Crowu5uL02n/



blazewithincyn Follow ···

always look smaller in the forest! We had to cinch the tree down to get it through the door, and when we finally cut the string, it was a scene straight out of "Christmas Vacation" - "Lot of sap in here. Mmm. Looks great! Little full, lotta sap." 🎄😜

If you have any special memories of Cody that you'd like to share, please don't hesitate to send them to my DMs or drop a comment below! We would love to hear any stories you have to tell! 🙌

And if anyone from our O.R. and PACU days knows how to get a hold of Penny and her famous cookbook, please reach out - the kids and I have been trying to recreate Cody's favorite oatmeal chocolate chip cookies! 🍪 😇

48 likes
April 29, 2023

instagram.com/blazewithincyn/p/Crowu5uL02n/



blazewithincyn Follow

Happy Birthday, Cody! Today we celebrate your life and the joy you brought to everyone that had the pleasure of knowing you. ❤️April 29, 1977- April 25, 2011 ❤️

brittanydspilker7 132w
Cody really was such a wonderful guy! We had so much fun hanging out with you guys, eating homeade cafe rio (I still make your pork recipe) and playing games. Cody had a great laugh and was so kind hearted. We miss him, Happy Birthday Cody!

1 like Reply

View all 1 replies

thecamiparker 132w

48 likes
April 29, 2023

instagram.com/blazewithincyn/p/Crowu5uL02n/



blazewithincyn Follow

Hide all replies

blazewithincyn 132w
@brittanydspilker7 Thank you Brittany! We made the pork tacos for his birthday dinner 🙌😜

Reply

thecamiparker 132w
I love you! This is beautiful!

1 like Reply

griccella 132w
Beautiful photos❤️

1 like Reply

View all 1 replies

48 likes
April 29, 2023

instagram.com/blazewithincyn/p/Crowu5uL02n/?img_index=3



blazewithincyn Follow ···

Hide all replies

blazewithincyn 132w
@brittanydspilker7 Thank you Brittany! We made the pork tacos for his birthday dinner 🤤
Reply

thecamiparker 132w
I love you! This is beautiful!
1 like Reply

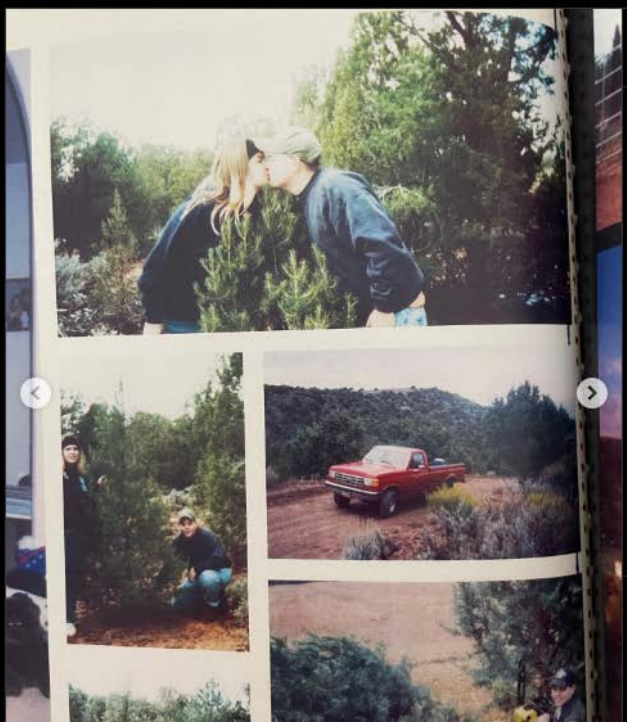
griccella 132w
Beautiful photos ❤️
1 like Reply

View all 1 replies

48 likes
April 29, 2023

Add a comment...

instagram.com/blazewithincyn/p/Crowu5uL02n/?img_index=4



blazewithincyn Follow ···

Hide all replies

blazewithincyn 132w
@brittanydspilker7 Thank you Brittany! We made the pork tacos for his birthday dinner 🤤
Reply

thecamiparker 132w
I love you! This is beautiful!
1 like Reply

griccella 132w
Beautiful photos ❤️
1 like Reply

View all 1 replies

48 likes
April 29, 2023

Instagram

blazewithincyn/

System ID: 663835

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CsCejYAre0e/

Posted: May 09, 2023

Captured: Nov 11, 2025

Before DOI

Subject posted pictures of her youngest daughter, Cemree's birthday. This beautiful girl turned 14 last week, yet possesses an awareness that goes far beyond her age. I swear she even looked more mature waking up on her birthday. Watching her develop the confidence to trust herself, express her thoughts, and feel secure in doing so has been a constant source of amazement. Her strong bond with animals, particularly horses, has been a tremendous aid in her personal growth. Her insightful reflections and thought-provoking statements constantly leave me in awe, and I am grateful for the valuable lessons she continues to teach me. As they say, children are the best teachers, and I feel blessed to learn from her every day For as long as she has been able to communicate, she has expressed her desire to ride the gondolas at the Venetian in Las Vegas. As fate would have it, the universe aligned to fulfill her dream and celebrate her special day there this year. On her birthday only, the rates were so enticingly low, it was as if they were taunting me to try and say no During our travels across the country, we loved to discover fun and unique places. Thanks to TikTok we learned about Café Lola, which serves crème brûlée donuts and lattes. Crème Brûlée is my favorite desert and I couldn’t wait to try it. Little did I know it was located so close to home in Las Vegas! Now we are back in this neck of the woods, we had to stop by and check it out. Cemree, your heart is enormous, and you deserve every bit of joy that comes your way. I am so thankful you are part of our family, being your mama is an absolute blessing! Love you to the moon and back

instagram.com/blazewithincyn/p/CsCejYAre0e/



blazewithincyn Follow ···

blazewithincyn 130w
This beautiful girl turned 14 last week, yet possesses an awareness that goes far beyond her age. I swear she even looked more mature waking up on her birthday.

Watching her develop the confidence to trust herself, express her thoughts, and feel secure in doing so has been a constant source of amazement. Her strong bond with animals, particularly horses, has been a tremendous aid in her personal growth. Her insightful reflections and thought-provoking statements constantly leave me in awe, and I am grateful for the valuable lessons she continues to teach me. As they say, children are the best teachers, and I feel blessed to learn from her

26 likes
May 9, 2023

Add a comment

instagram.com/blazewithincyn/p/CsCejYAre0e/



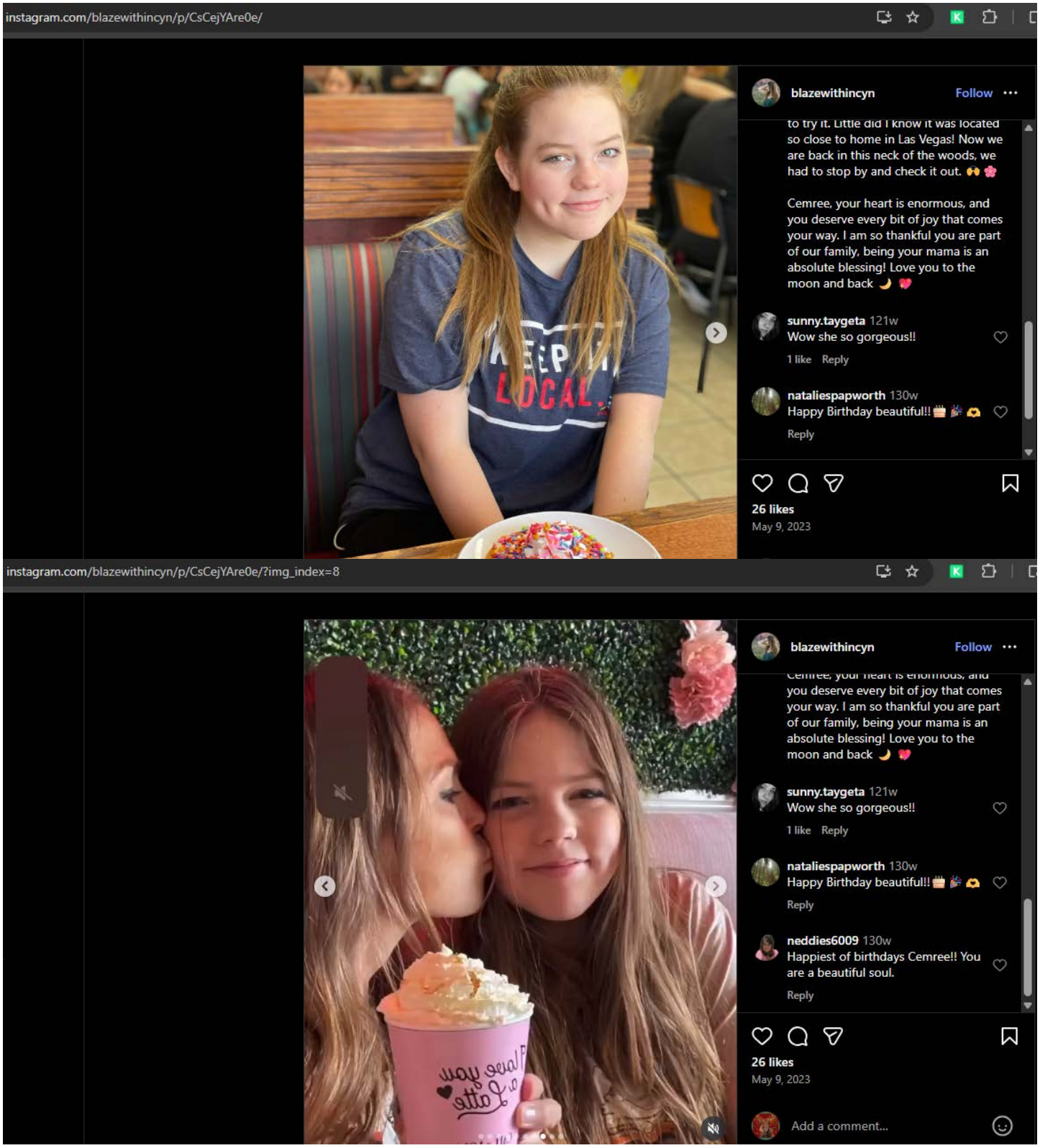
blazewithincyn Follow ···

every day 🙏

For as long as she has been able to communicate, she has expressed her desire to ride the gondolas at the Venetian in Las Vegas. As fate would have it, the universe aligned to fulfill her dream and celebrate her special day there this year. On her birthday only, the rates were so enticingly low, it was as if they were taunting me to try and say no 😜

During our travels across the country, we loved to discover fun and unique places. Thanks to TikTok we learned about Café Lola, which serves crème brûlée donuts and lattes. Crème Brûlée is my favorite desert and I couldn't wait to try it. Little did I know it was located so close to home in Las Vegas! Now we

26 likes
May 9, 2023



[Link to download video]



Instagram

blazewithincyn/

System ID: 663844

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CsOfhqvLPqX/

Posted: May 14, 2023

Captured: Nov 11, 2025

Before DOI

Subject made a Mother's Day post reflecting on her own mother's love of snapdragons and individual beauty. Subject included a picture of herself with her sisters, mother, and grandmother. One of my favorite memories of my mother is instilling in us her love for snapdragons. This morning I noticed these beautiful snapdragons growing in the rocks in my garden, seemingly misplaced among the roses, iris and honeysuckle’s. Such a beautiful reminder that we aren’t meant fit in. We are each unique and beautiful in our own expression. The roses beauty does not take away from the snap dragon, only enhances it. We all possess our own individual beauty, and the splendor of others does not diminish our own. It is the collective presence of diverse and distinct elements that culminate in the creation of a breathtaking garden. Happy Mother’s Day □□□□

instagram.com/blazewithincyn/p/CsOfhqvLPqX/



blazewithincyn Follow ···

blazewithincyn 130w
One of my favorite memories of my mother is instilling in us her love for snapdragons. This morning I noticed these beautiful snapdragons growing in the rocks in my garden, seemingly misplaced among the roses, iris and honeysuckle's.

Such a beautiful reminder that we aren't meant fit in. We are each unique and beautiful in our own expression. The roses beauty does not take away from the snap dragon, only enhances it.

We all possess our own individual beauty, and the splendor of others does not diminish our own. It is the collective presence of diverse and distinct elements that culminate in the creation

18 likes
May 14, 2023

instagram.com/blazewithincyn/p/CsOfhqvLPqX/



blazewithincyn Follow ···

honeysuckle's.

Such a beautiful reminder that we aren't meant fit in. We are each unique and beautiful in our own expression. The roses beauty does not take away from the snap dragon, only enhances it.

We all possess our own individual beauty, and the splendor of others does not diminish our own. It is the collective presence of diverse and distinct elements that culminate in the creation of a breathtaking garden.

Happy Mother's Day 🌸🌻🌷🌷

thecamiparker 130w
I love this!
Reply

18 likes
May 14, 2023

instagram.com/blazewithincyn/p/CsOfhqvLPqX/?img_index=9



blazewithincyn Follow ···

honeysuckle's.

Such a beautiful reminder that we aren't meant fit in. We are each unique and beautiful in our own expression. The roses beauty does not take away from the snap dragon, only enhances it.

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Happy Mother's Day 🌸🌻🌷🌷

thecamiparker 130w
I love this!
Reply

18 likes
May 14, 2023

instagram.com/blazewithincyn/p/CsOfhqvLPqX/?img_index=10



blazewithincyn Follow ···

honeysuckle's.

Such a beautiful reminder that we aren't meant fit in. We are each unique and beautiful in our own expression. The roses beauty does not take away from the snap dragon, only enhances it.

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Happy Mother's Day 🌸🌻🌷🌷

thecamiparker 130w
I love this!
Reply

18 likes
May 14, 2023

Instagram

blazewithincyn/

System ID: 663868

Cynthia Lee Jacobson

https://www.instagram.com/p/CsOmQx_LVvQ/?img_index=1

Posted: May 14, 2023

Captured: Nov 11, 2025

Before DOI

Subject made a Mother's Day post. She recalls an earlier Mother's Day after her first husband had committed suicide and she was at a restaurant with her children. Her uncle, who just recently passed, had called and paid for their meal. My most memorable Mother’s Day was in 2011 I had just buried my husband a week prior, and it was my baby’s birthday that has passed away to SIDS just a few years prior. I was all alone in the world. After a death you are surrounded by friends and loved ones, but after the funeral they all go back to living their own lives. It was a lonely place to be, a widow, a single mother of three small children and a 4th that left a gaping hole in my heart. Trying to distract myself and make life seem as normal as possible for my three surviving children, I decided to take us out to breakfast. The hostess handed my older two a Mother’s Day picture and crayons, I smiled as tears welled up in my eyes. After they had finished coloring, they became a little restless as we waited for our food. I could no longer hold back the tears as I felt the weight of the world on my shoulders in that moment trying to entertain them and pretend everything was “normal.” A man at the booth next to us took notice and asked if he could offer his iPad for a cartoon for them to watch. My mommy radar and stranger danger kicked in, and I said thank you but no. After a few moments the kids were tuned into him just politely chatting and I finally accepted his generous offer. While they were distracted and enjoying the cartoon, my uncle called me to wish me a Happy Mother’s Day and check on me. When he found out where I was, he asked me to hand the phone to my server and paid for our breakfast. At that point the flood gates opened as I saw the tender mercies and acts of love all around me. My uncle is no longer on this earth, but his spirit lives on. He was deeply misunderstood in this life, having suffered deep heartache losing his father at a young age, and struggled with many of his relationships. He and I had an unspoken understanding, I will forever be grateful for our connection, and will always have this memory in my heart.

instagram.com/blazewithincyn/p/CsOmQx_LVvQ/



blazewithincyn Follow ···

blazewithincyn Edited • 130w
My most memorable Mother's Day was in 2011

I had just buried my husband a week prior, and it was my baby's birthday that has passed away to SIDS just a few years prior.

I was all alone in the world. After a death you are surrounded by friends and loved ones, but after the funeral they all go back to living their own lives. It was a lonely place to be, a widow, a single mother of three small children and a 4th that left a gaping hole in my heart.

Trying to distract myself and make life seem as normal as possible for my

32 likes
May 14, 2023

instagram.com/blazewithincyn/p/CsOmQx_LVvQ/



blazewithincyn Follow ···

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32 likes
May 14, 2023

instagram.com/blazewithincyn/p/CsOmQx_LVvQ/



blazewithincyn Follow ···

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32 likes

May 14, 2023

instagram.com/blazewithincyn/p/CsOmQx_LVvQ/



blazewithincyn Follow ···

this life, having suffered deep heartache losing his father at a young age, and struggled with many of his relationships.

He and I had an unspoken understanding, I will forever be grateful for our connection, and will always have this memory in my heart. ❤️

pm_schmdt 130w

❤️❤️❤️❤️❤️

1 like Reply

lin_z.divett 130w

What a sweet memory! ❤️ Happy Mother's Day to a strong and beautiful woman! 😘

1 like Reply

32 likes

May 14, 2023

Facebook

cenyastravels

System ID: 662340

Cynthia Lee Jacobson

Posted: Jul 26, 2023

Captured: Nov 06, 2025

https://www.facebook.com/cenyastravels/posts/pfbid02DN5VQDtThaUMwhsUz331pcTuZhGj1YDGYpmfpw7HpcWau1gQHPqLWxiiBBN6F74rl

Before DOI

Subject's daughter, Cenya, made a post for Subject's birthday. Happiest day of birth Mom!!! Truly am so greatful I chose you to be my mom:,) I cherish each moment I have with you. The days on the couch watching movies + beach days + allll of all the days!! Even the days I just am a bit further away, you will always be in my heart to love me& guide me□□❤□❤□❤□❤□ I love you ever so much! Cyndee Spilker-Jacobson We had fun having sparkler candles & sparklers!!! I ran out to the garage because I remembered I had them in the middle of singing □□ was worth it!

facebook.com/cenyastravels/posts/pfbid02DN5VQDtThaUMwhsUz331pcTuZhGj1YDGYpmfpw7HpcWau1gQHPqLWxiiBBN6F74rl

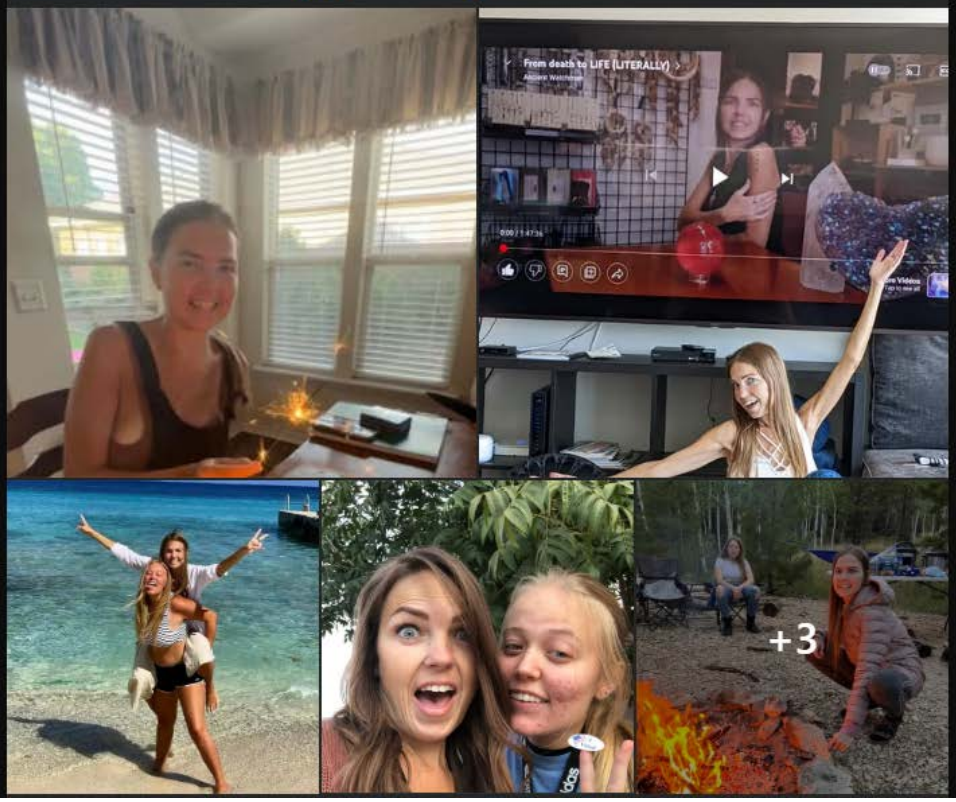
Cenya Jacobson's Post

Cenya Jacobson
July 26, 2023 ·

Happiest day of birth Mom!!! Truly am so greatful I chose you to be my mom:,)

I cherish each moment I have with you. The days on the couch watching movies + beach days + allll of all the days!! Even the days I just am a bit further away, you will always be in my heart to love me& guide me🥹🥹❤️❤️❤️❤️ I love you ever so much! Cyndee Spilker-Jacobson

We had fun having sparkler candles & sparklers!!! I ran out to the garage because I remembered I had them in the middle of singing 😂😂 was worth it! 🏮



facebook.com/cenyastravels/posts/pfbid02DN5VQDtThaUMwhsUz331pcTuZhGj1YDGYpmfpw7HpcWau1gQHPqLWxiiBBN6F74rl

Cenya Jacobson's Post

29 7 comments

Like Comment Share

Most relevant

SarahBell Morrison
Omg! Happy bday Cyndee Spilker-Jacobson ! Miss you!!!

2y Reply

Aubree-Tyson Sullivan
Happy Birthday!!

Like

Erica Smith
Happy birthday to your beautiful Mother she is a wonderful Lady ❤️



Like

Giovanna Colombo
Happy, Happy Birthday. So great to see you girls here. You look great!! 💜

Jen Hardy
Happy birthday Cyndee! Love you beautiful soul!!

2y Like Reply

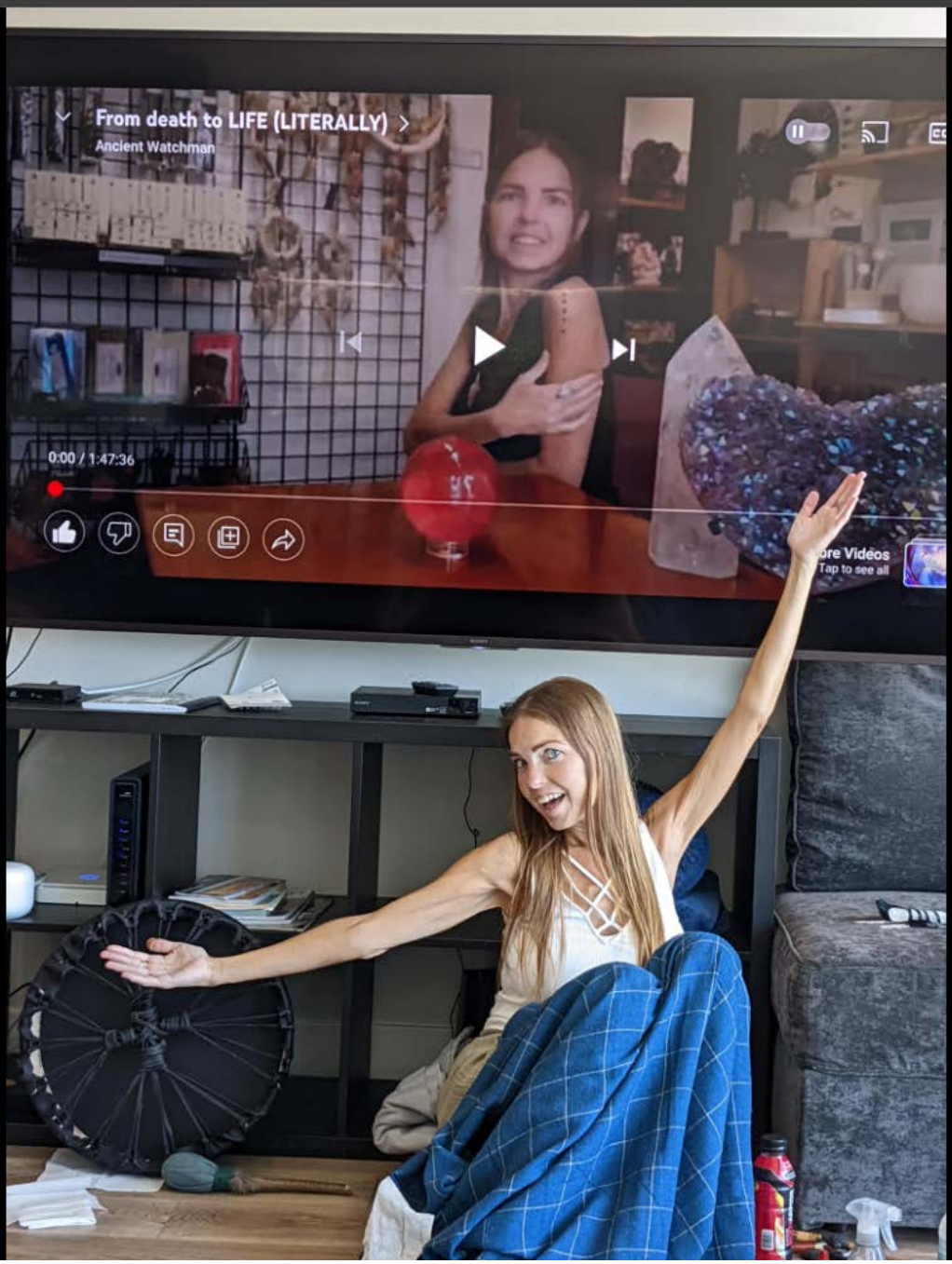
Courtney Tetrick
She is the best! Happy Birthday Cyndee Spilker-Jacobson !

2y Like Reply

facebook.com/photo/?fbid=307266948484986&set=pcb.307267891818225

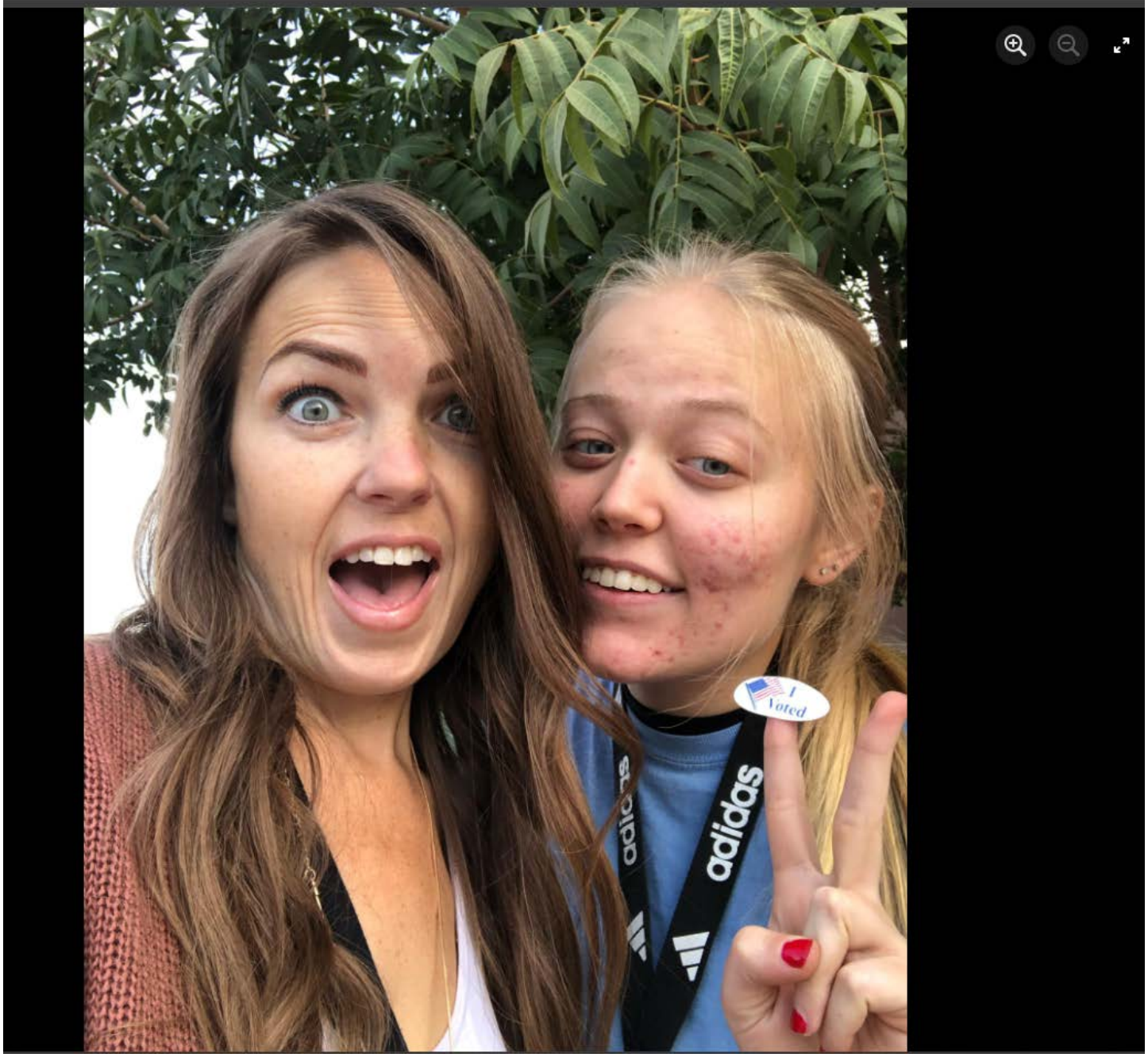


facebook.com/photo?fbid=307266995151648&set=pcb.307267891818225




facebook.com/photo?fbid=307267135151634&set=pcb.307267891818225

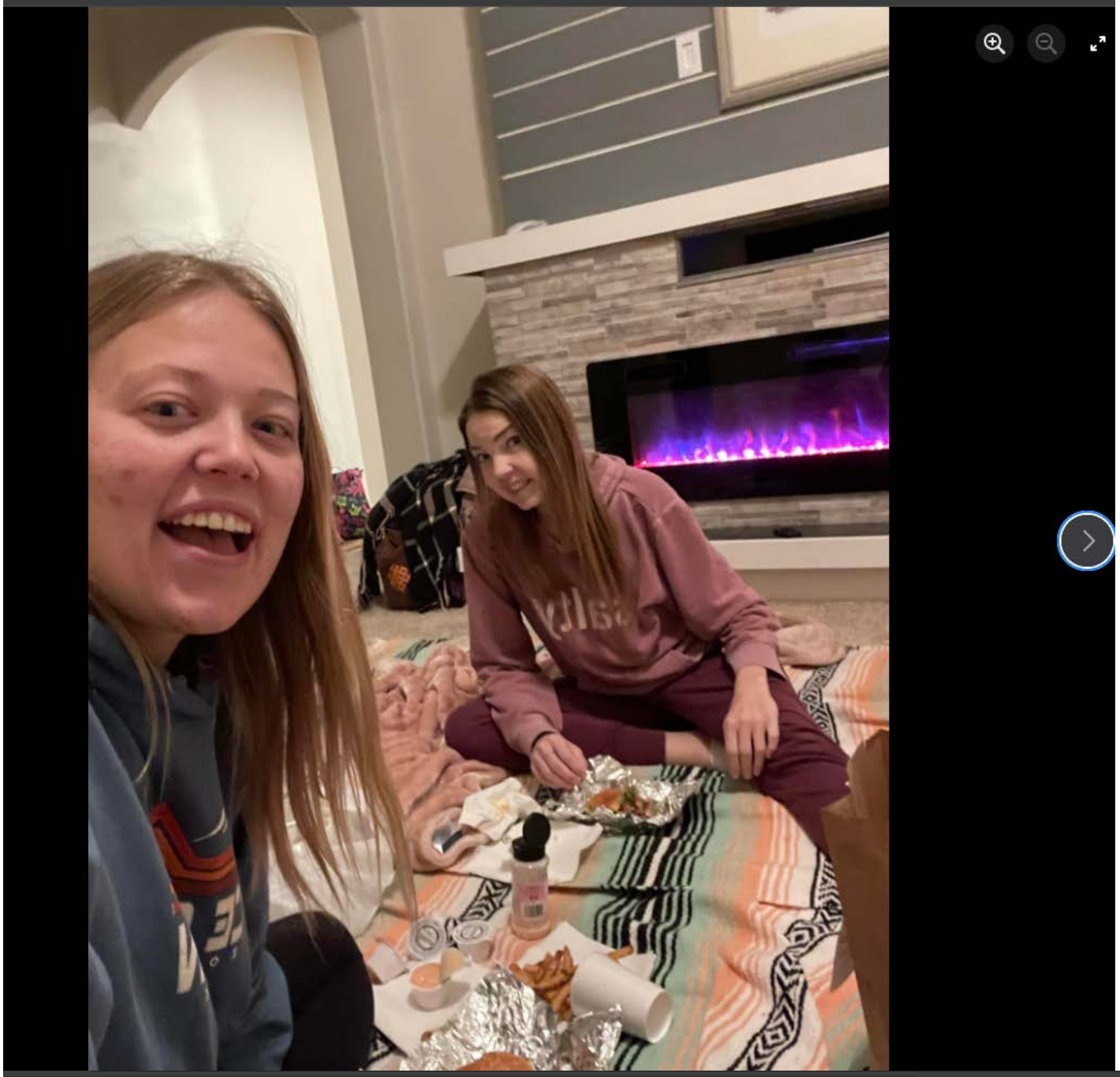
facebook.com/photo?fbid=307266968484984&set=pcb.307267891818225



facebook.com/photo?fbid=307267031818311&set=pcb.307267891818225



facebook.com/photo/?fbid=3072670784849738set=pcb.307267891818225



facebook.com/photo/?fbid=3072670784849738set=pcb.307267891818225



This photo is from a post. View

Cenya Jacobson
July 26, 2023 ·

2

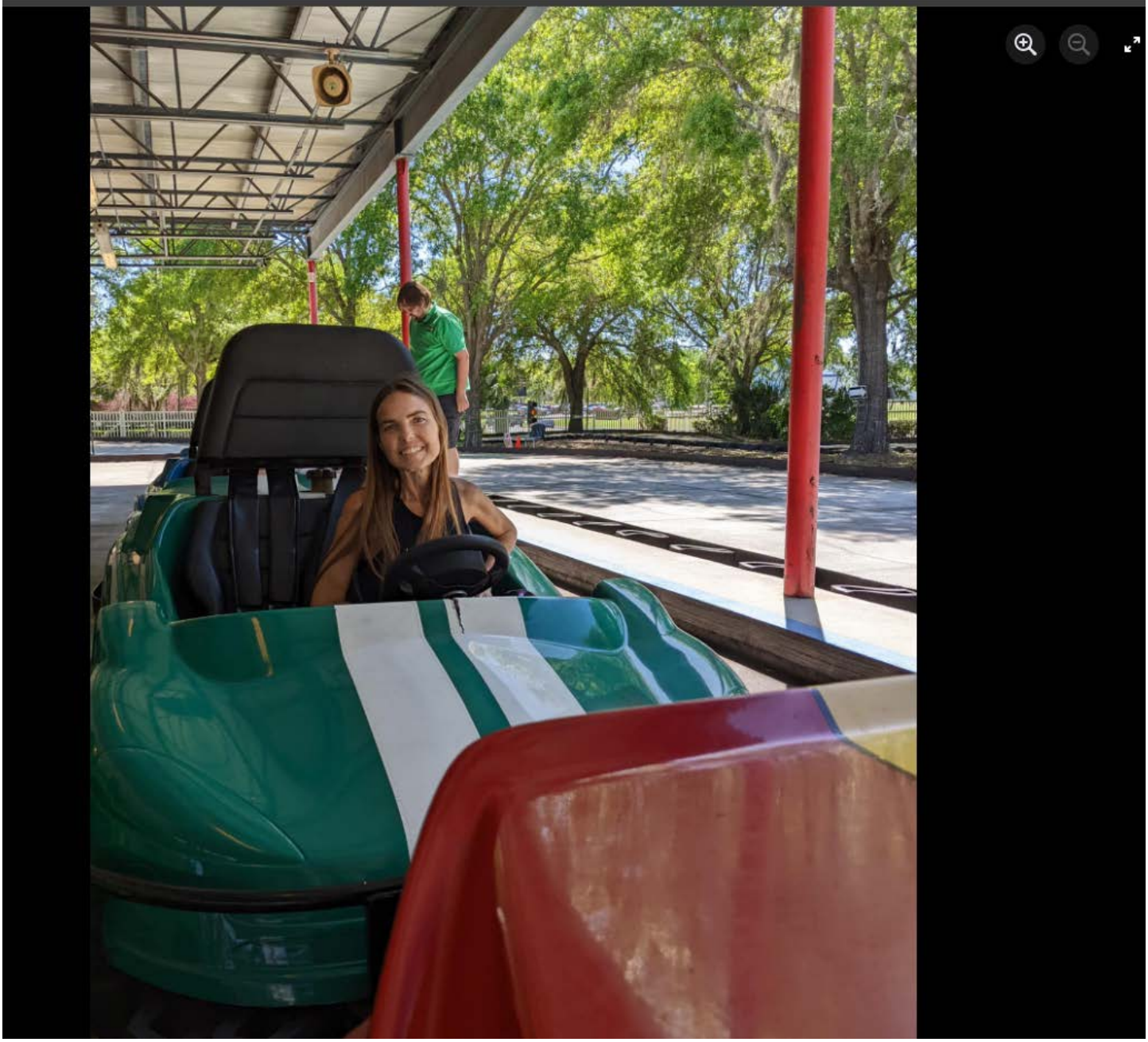
Like Comment Shar

Most relevant

Cenya Jacobson
This was the first night my mom had the house she bought/started renting!!! I picked up 5 guys and we slept over on the floor! Was lots of fun even though we were also super sick making each other Thera flu at random hours of the night 🥰🥰

2y Like Reply

facebook.com/photo/?fbid=307267091818305&set=pcb.307267891818225



Facebook

cyndee.jacobson.163679

System ID: 666767

Cynthia Lee Jacobson

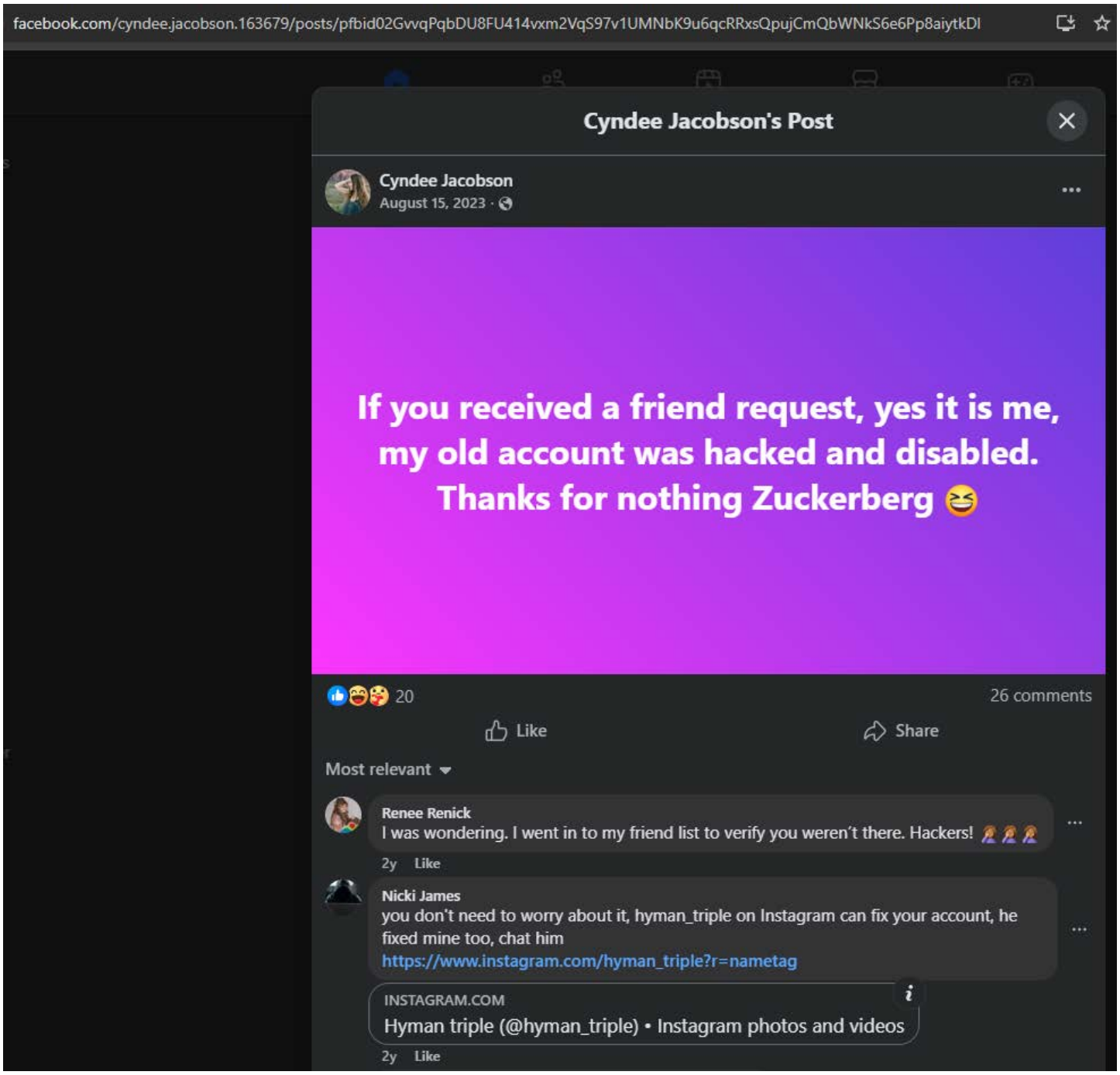
Posted: Aug 15, 2023

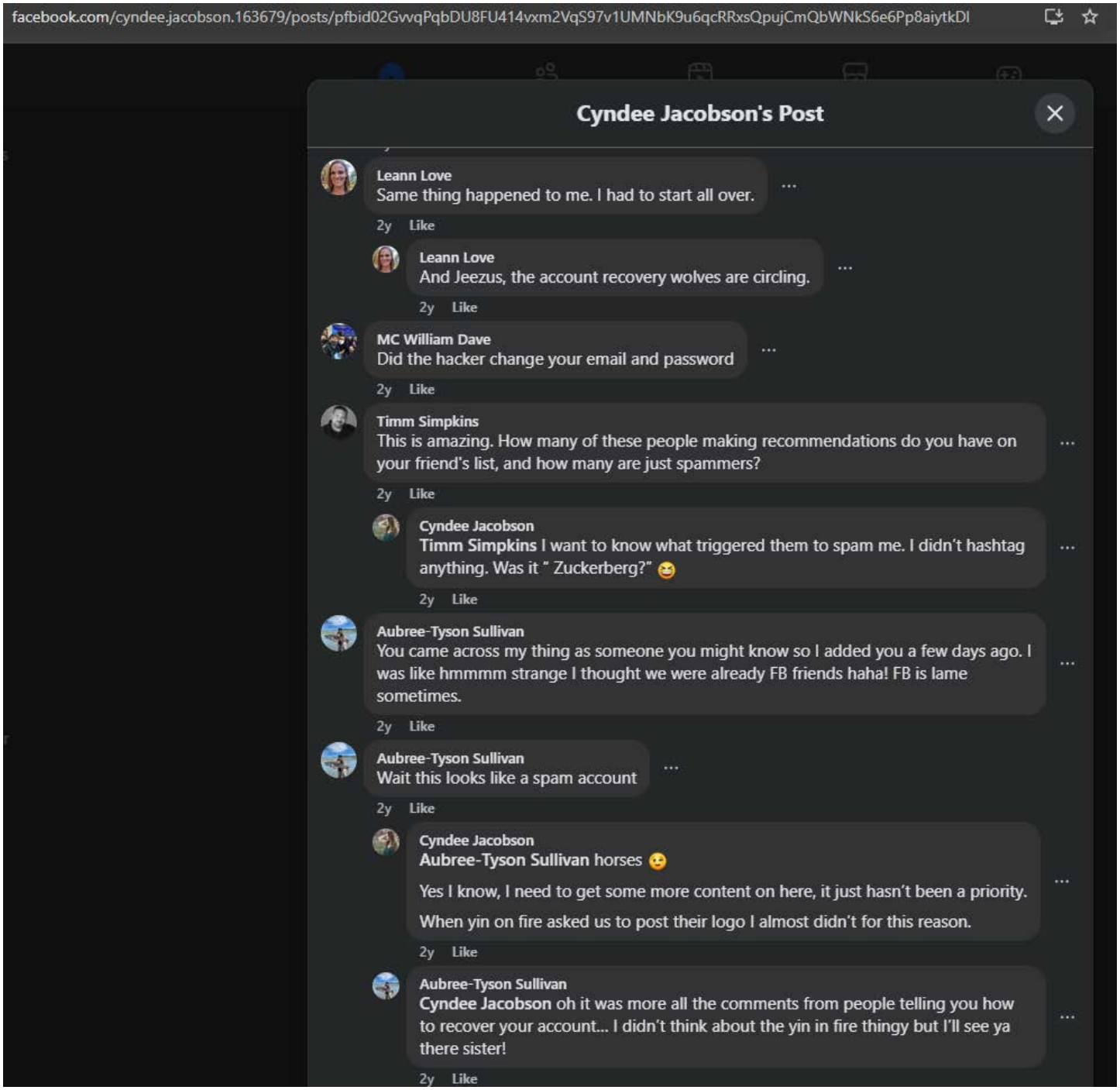
Captured: Nov 17, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid02GvvqPqbDU8FU414vxm2VqS97v1UMNbK9u6qcRRxsQpujCmQbWNkS6e6Pp8aiytkDl

Before DOI

Subject posted that her Facebook account was hacked and disabled. If you received a friend request, yes it is me, my old account was hacked and disabled. Thanks for nothing Zuckerberg


facebook.com/cyndee.jacobson.163679/posts/pfbid02GvvqPqbDU8FU414vxm2VqS97v1UMNbK9u6qcRRxsQpujCmQbWNkS6e6Pp8aiytkDl
Cyndee Jacobson's Post
Cyndee Jacobson
August 15, 2023 ·
If you received a friend request, yes it is me, my old account was hacked and disabled. Thanks for nothing Zuckerberg 😆
20
26 comments
Like
Share
Most relevant
Renee Renick
I was wondering. I went in to my friend list to verify you weren't there. Hackers!
2y Like
Nicki James
you don't need to worry about it, hyman_triple on Instagram can fix your account, he fixed mine too, chat him
https://www.instagram.com/hyman_triple?r=nametag
INSTAGRAM.COM
Hyman triple (@hyman_triple) • Instagram photos and videos
2y Like


facebook.com/cyndee.jacobson.163679/posts/pfbid02GvvqPqbDU8FU414vxm2VqS97v1UMNbK9u6qcRRxsQpujCmQbWNkS6e6Pp8aiytkDl
Cyndee Jacobson's Post
Leann Love
Same thing happened to me. I had to start all over.
2y Like
Leann Love
And Jeezus, the account recovery wolves are circling.
2y Like
MC William Dave
Did the hacker change your email and password
2y Like
Timm Simpkins
This is amazing. How many of these people making recommendations do you have on your friend's list, and how many are just spammers?
2y Like
Cyndee Jacobson
Timm Simpkins I want to know what triggered them to spam me. I didn't hashtag anything. Was it " Zuckerberg?"
2y Like
Aubree-Tyson Sullivan
You came across my thing as someone you might know so I added you a few days ago. I was like hmmmm strange I thought we were already FB friends haha! FB is lame sometimes.
2y Like
Aubree-Tyson Sullivan
Wait this looks like a spam account
2y Like
Cyndee Jacobson
Aubree-Tyson Sullivan horses
Yes I know, I need to get some more content on here, it just hasn't been a priority.
When yin on fire asked us to post their logo I almost didn't for this reason.
2y Like
Aubree-Tyson Sullivan
Cyndee Jacobson oh it was more all the comments from people telling you how to recover your account... I didn't think about the yin in fire thingy but I'll see ya there sister!
2y Like

Facebook

cyndee.jacobson.163679

System ID: 666771

Cynthia Lee Jacobson

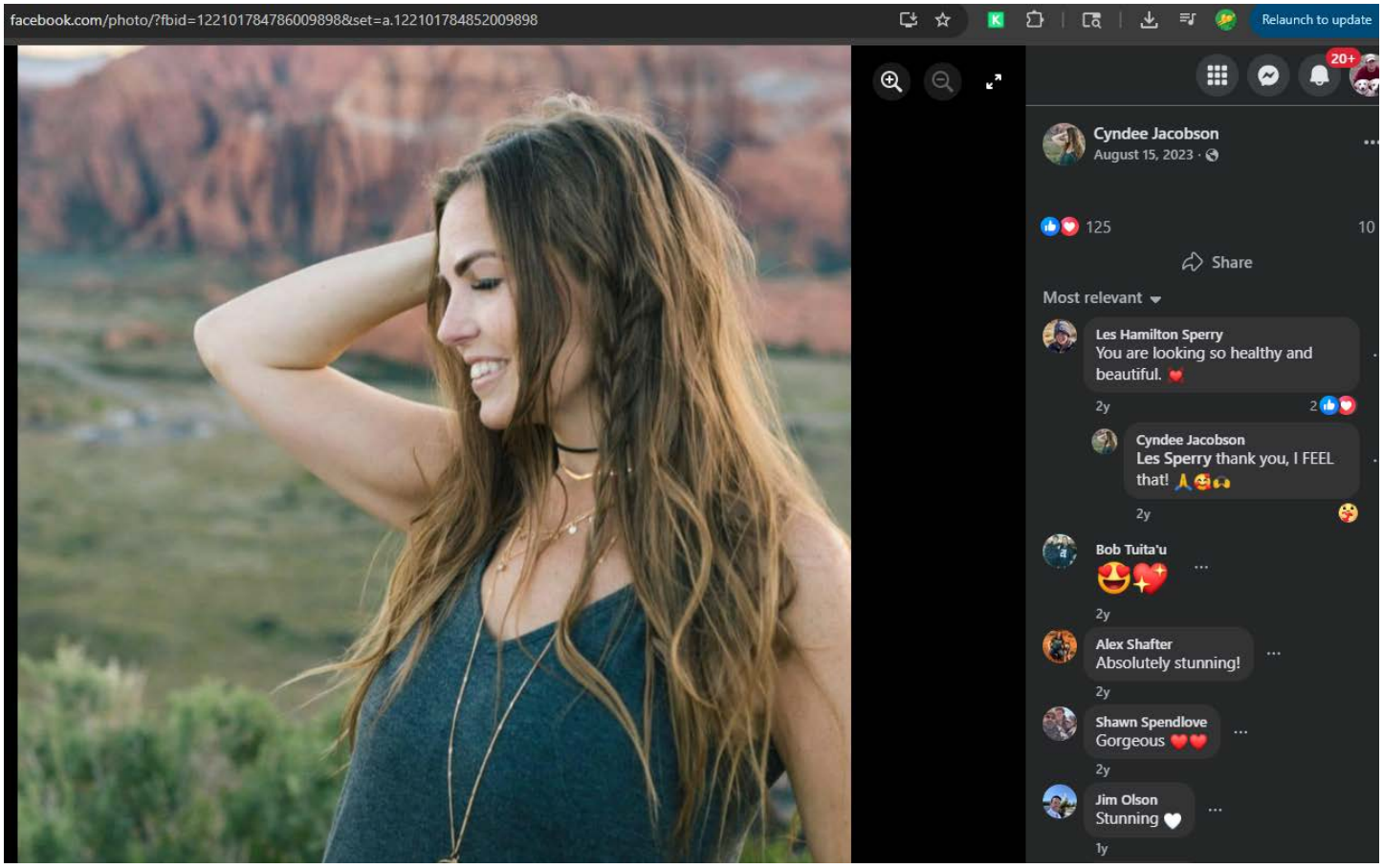
Posted: Aug 15, 2023

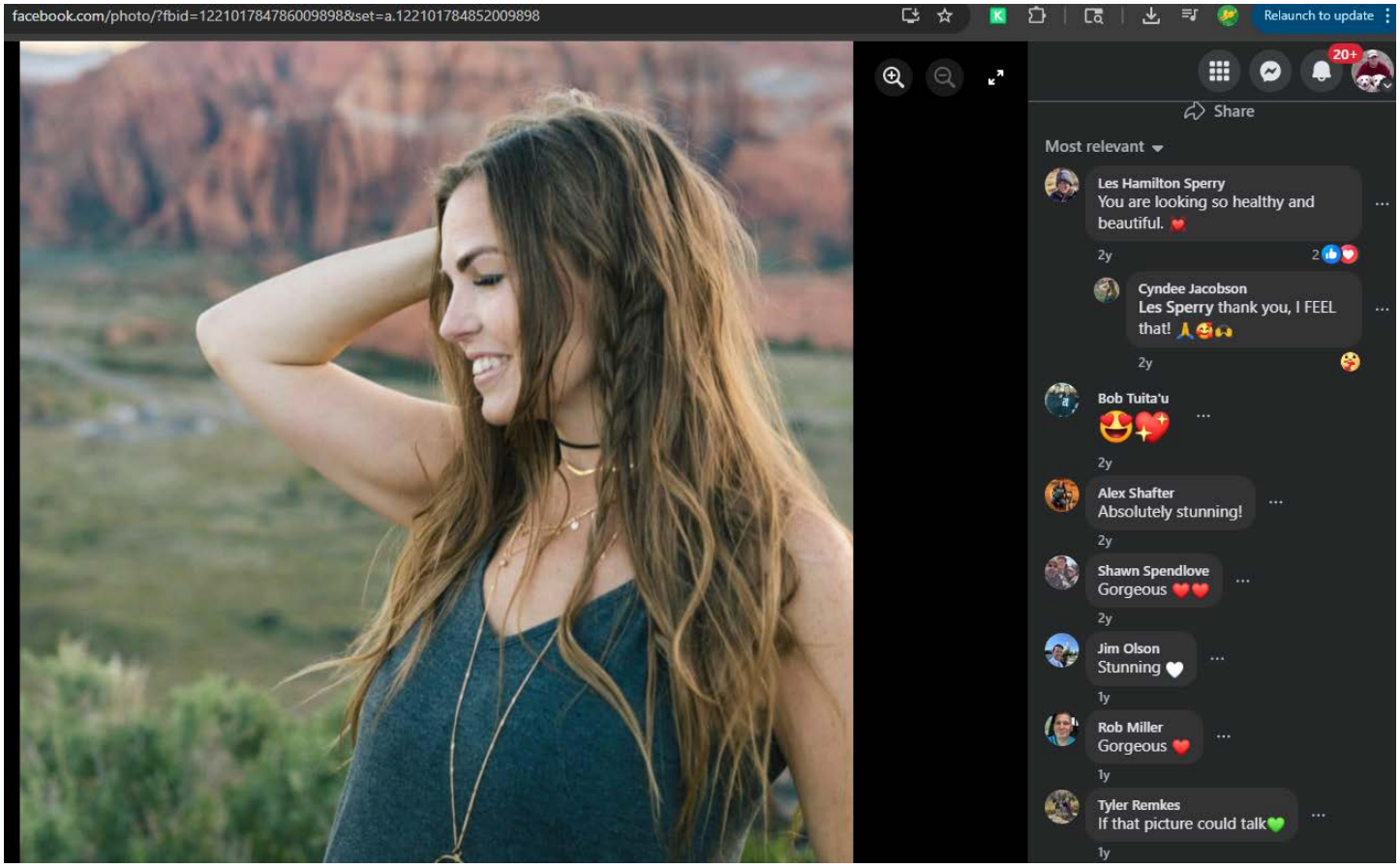
Captured: Nov 17, 2025

https://www.facebook.com/photo/?fbid=122101784786009898&set=a.122101784852009898

Before DOI

Subject posted a picture of her standing outside with mountains behind her.




facebook.com/photo/?fbid=122101784786009898&set=a.122101784852009898
Relaunch to update
20+
Share
Most relevant
Les Hamilton Sperry
You are looking so healthy and beautiful.
2y
2
Cyndee Jacobson
Les Sperry thank you, I FEEL that!
2y
Bob Tuita'u
2y
Alex Shafter
Absolutely stunning!
2y
Shawn Spendlove
Gorgeous
2y
Jim Olson
Stunning
1y
Rob Miller
Gorgeous
1y
Tyler Remkes
If that picture could talk
1y

Facebook

cyndee.jacobson.163679

System ID: 666768

Cynthia Lee Jacobson

Posted: Aug 22, 2023

Captured: Nov 17, 2025

https://www.facebook.com/photo/?fbid=1221099248120098 98&set=a.122101784852009898

Before DOI

Subject posted that she was going to be at the integration and first aid station at Yin on Fire. Who is going to Yin on Fire? I will be there helping with integration and first aid Hope to see you there (maybe just not at the first aid station)


facebook.com/photo/?fbid=1221099248120098988set=a.122101784852009898
Relaunch to update
20+
YIN ON FIRE
Cyndee Jacobson
August 22, 2023 ·
12
Share
Most relevant
Cyndee Jacobson
Who is going to Yin on Fire? I will be there helping with integration and first aid Hope to see you there (maybe just not at the first aid station)
2y
Ariana Williams
Wish I could make it!!
2y

Facebook

cyndee.jacobson.163679

System ID: 666769

Cynthia Lee Jacobson

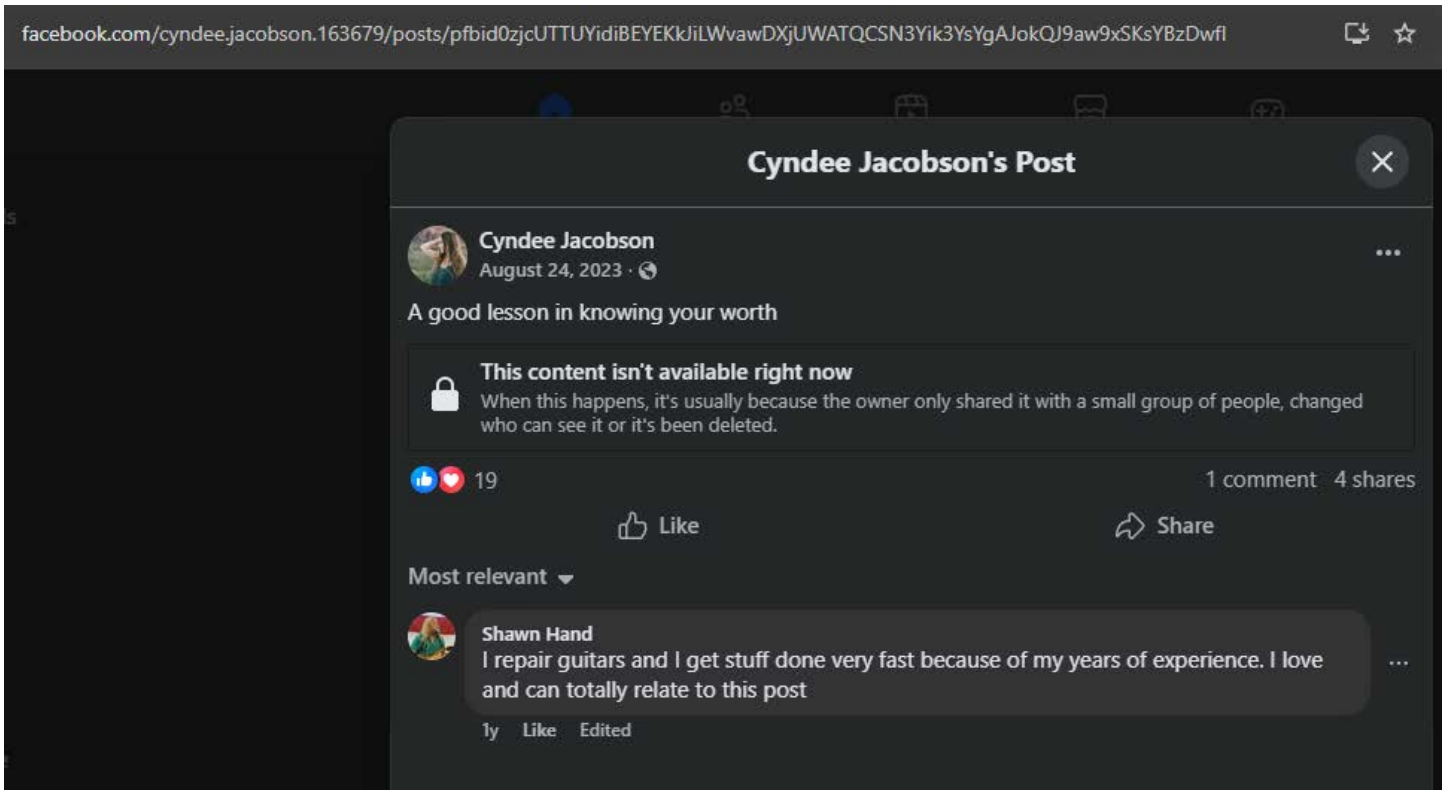
Posted: Aug 24, 2023

Captured: Nov 17, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0zjcUTTUYidiBEYEKkJiLWvawDXjUWATQCSN3Yik3YsYgAJokQJ9aw9xSKsYBzDwfl

Before DOI

Subject posted that it is important to know your worth. Supporting content was removed. A good lesson in knowing your worth


facebook.com/cyndee.jacobson.163679/posts/pfbid0zjcUTTUYidiBEYEKkJiLWvawDXjUWATQCSN3Yik3YsYgAJokQJ9aw9xSKsYBzDwfl
Cyndee Jacobson's Post
Cyndee Jacobson
August 24, 2023 ·
A good lesson in knowing your worth
This content isn't available right now
When this happens, it's usually because the owner only shared it with a small group of people, changed who can see it or it's been deleted.
19
1 comment 4 shares
Like
Share
Most relevant
Shawn Hand
I repair guitars and I get stuff done very fast because of my years of experience. I love and can totally relate to this post
1y Like Edited

Facebook

cyndee.jacobson.163679

System ID: 666770

Cynthia Lee Jacobson

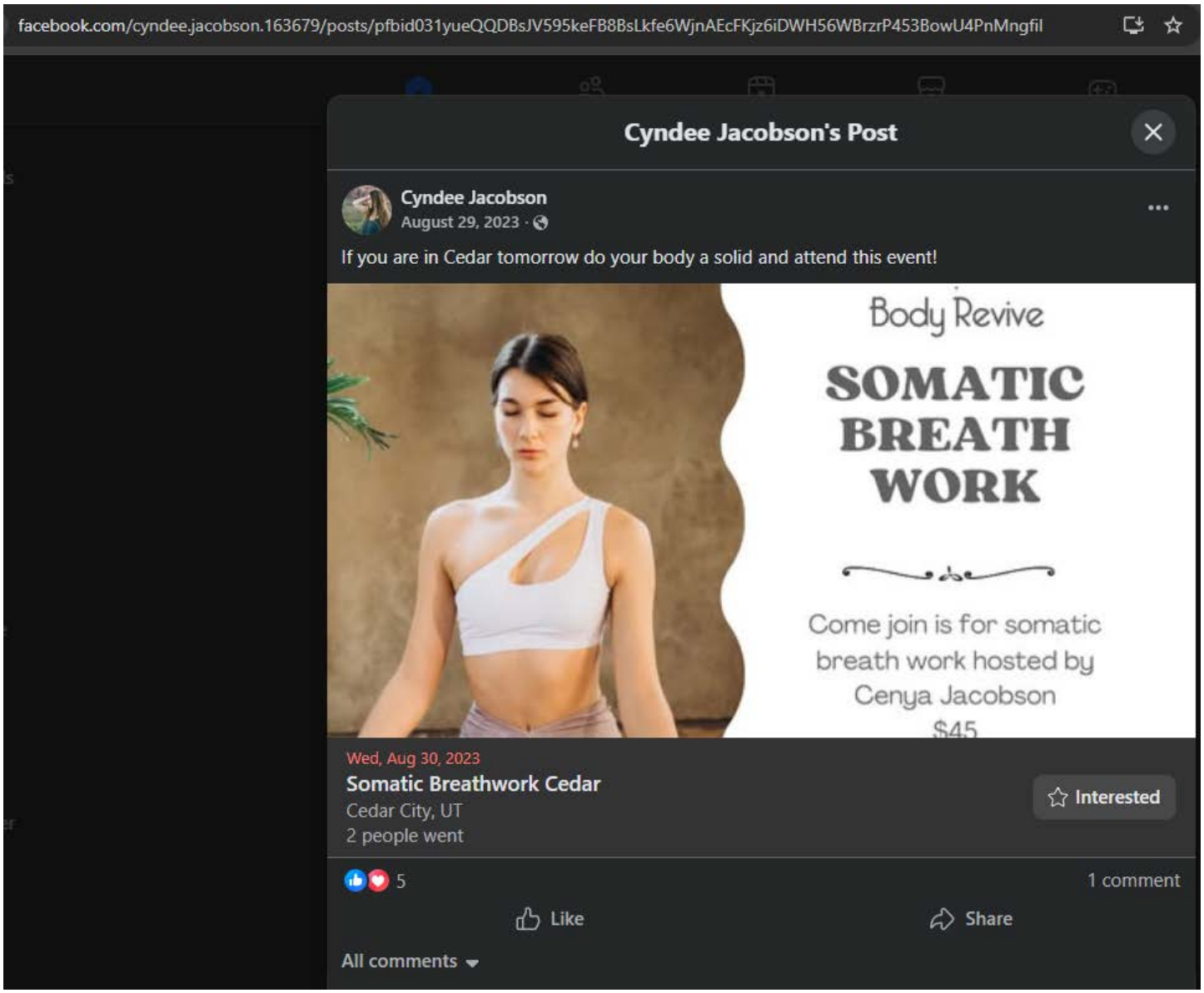
Posted: Aug 29, 2023

Captured: Nov 17, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid031yueQQDBsJV595keFB8BsLkfe6WjnAEcFKjz6iDWH56WBrzrP453BowU4PnMngfil

Before DOI

Subject posted a flyer for an event that she was going to be teaching somatic breath work. If you are in Cedar tomorrow do your body a solid and attend this event!


facebook.com/cyndee.jacobson.163679/posts/pfbid031yueQQDBsJV595keFB8BsLkfe6WjnAEcFKjz6iDWH56WBrzrP453BowU4PnMngfil
Cyndee Jacobson's Post
Cyndee Jacobson
August 29, 2023 ·
If you are in Cedar tomorrow do your body a solid and attend this event!
Body Revive
SOMATIC BREATH WORK
Come join is for somatic breath work hosted by Cenya Jacobson
$45
Wed, Aug 30, 2023
Somatic Breathwork Cedar
Cedar City, UT
2 people went
Interested
5
1 comment
Like
Share
All comments

Facebook

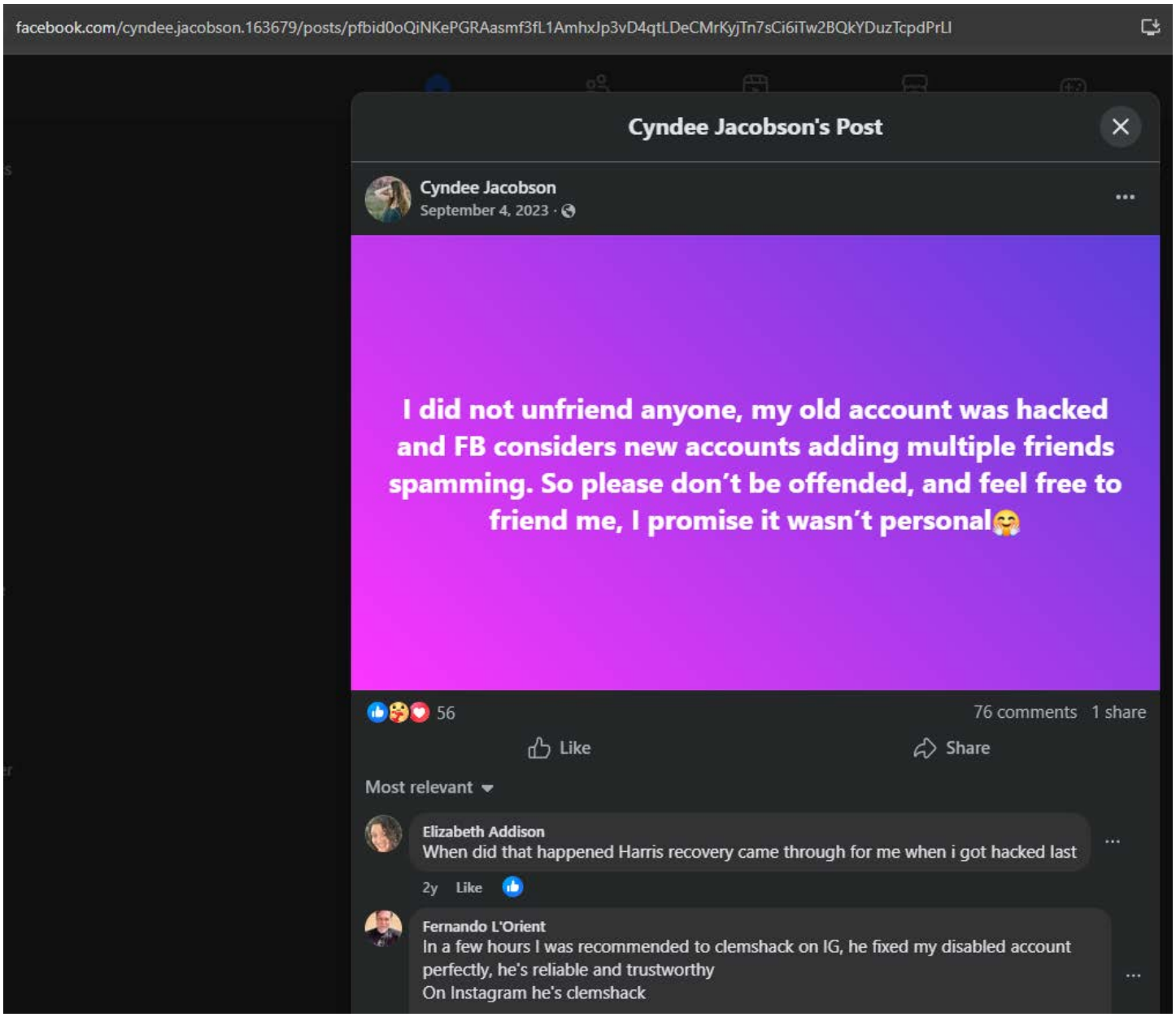
cyndee.jacobson.163679
System ID: 666772
Cynthia Lee Jacobson

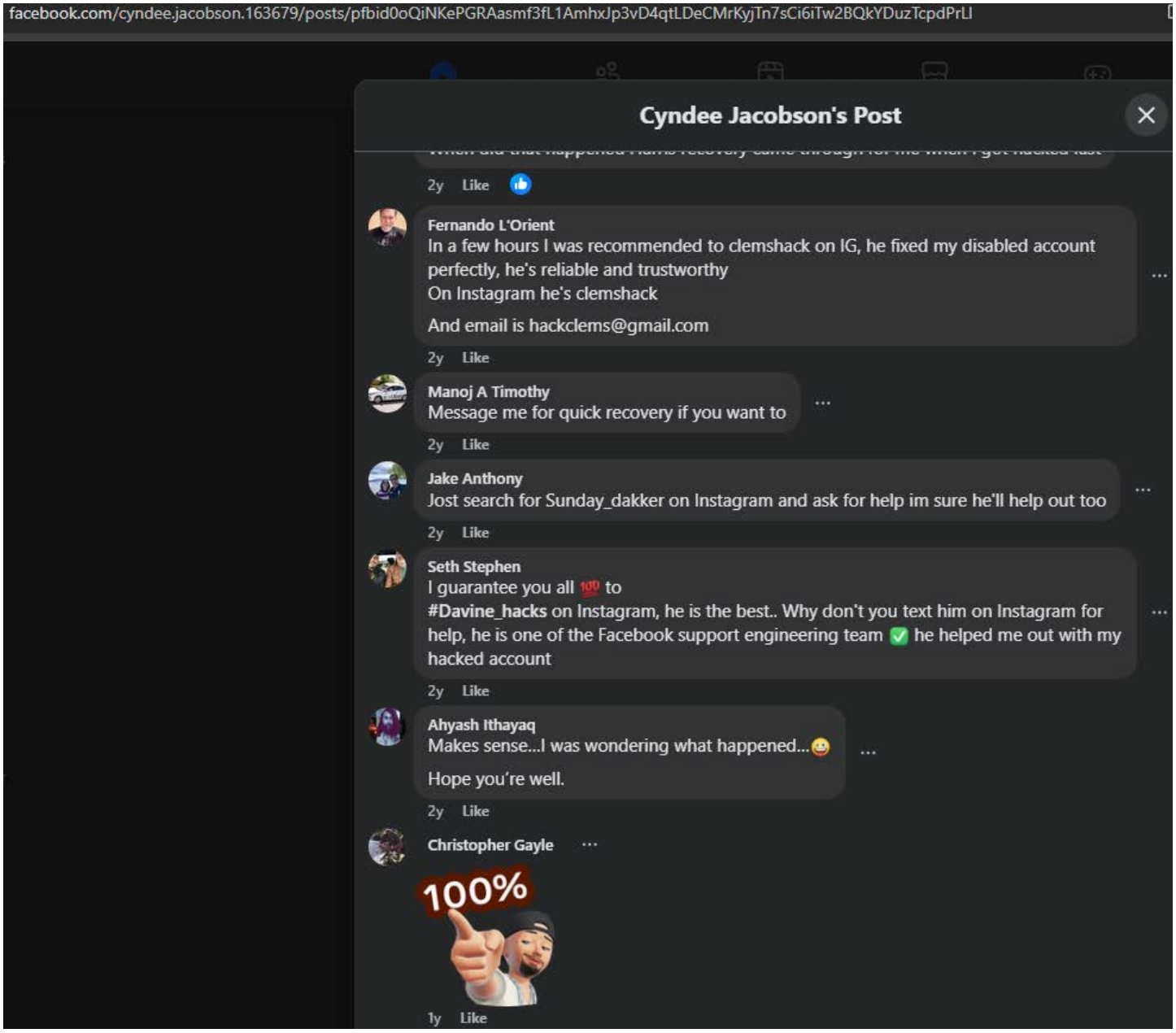
Posted: Sep 04, 2023
Captured: Nov 17, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0oQiNKePGRAasmf3fL1AmhxJp3vD4qtLDeCMrKyjTn7sCi6iTw2BQkYDuzTcpdPrLl

Before DOI

Subject posted that if anyone was unfriended, it was due to her account being hacked. I did not unfriend anyone, my old account was hacked and FB considers new accounts adding multiple friends spamming. So please don’t be offended, and feel free to friend me, I promise it wasn’t personal


facebook.com/cyndee.jacobson.163679/posts/pfbid0oQiNKePGRAasmf3fL1AmhxJp3vD4qtLDeCMrKyjTn7sCi6iTw2BQkYDuzTcpdPrLl
Cyndee Jacobson's Post
Cyndee Jacobson
September 4, 2023 ·
I did not unfriend anyone, my old account was hacked and FB considers new accounts adding multiple friends spamming. So please don't be offended, and feel free to friend me, I promise it wasn't personal
56
76 comments 1 share
Like
Share
Most relevant
Elizabeth Addison
When did that happened Harris recovery came through for me when i got hacked last
2y Like
Fernando L'Orient
In a few hours I was recommended to clemshack on IG, he fixed my disabled account perfectly, he's reliable and trustworthy
On Instagram he's clemshack


facebook.com/cyndee.jacobson.163679/posts/pfbid0oQiNKePGRAasmf3fL1AmhxJp3vD4qtLDeCMrKyjTn7sCi6iTw2BQkYDuzTcpdPrLl
Cyndee Jacobson's Post
2y Like
Fernando L'Orient
In a few hours I was recommended to clemshack on IG, he fixed my disabled account perfectly, he's reliable and trustworthy
On Instagram he's clemshack
And email is hackclems@gmail.com
2y Like
Manoj A Timothy
Message me for quick recovery if you want to
2y Like
Jake Anthony
Jost search for Sunday_dakker on Instagram and ask for help im sure he'll help out too
2y Like
Seth Stephen
I guarantee you all 💯 to
#Davine_hacks on Instagram, he is the best.. Why don't you text him on Instagram for help, he is one of the Facebook support engineering team ✅ he helped me out with my hacked account
2y Like
Ahyash Ithayaq
Makes sense...I was wondering what happened...😀
Hope you're well.
2y Like
Christopher Gayle
100%
1y Like

facebook.com/cyndee.jacobson.163679/posts/pfbid0oQiNKePGRAasmf3fL1AmhxJp3vD4qtLDeCMrKyjTn7sCi6iTw2BQkYDuzTcpdPrLl

Cyndee Jacobson's Post

Brian Sanderson
This post feels odd, and a bit disconnected. Many of your posts do. I'm seeing similar posts from a lot of women lately. Seems that so many women are in the depths of an identity crisis lately. It might be worth exploring why.

1y Like

Cyndee Jacobson replied · 22 Replies

Mark Grainger ···



1y Like

Cyndee Jacobson
Mark Grainger Thank you for sharing my friend. This is exactly what I say to all my friends. Trust your very first instinct before someone starts talking. Words have a tricky way of deceiving and as they speak they lure you into a spell if you are not careful.

That is why I am very intentional with my words and ask for clarity from others.

1y Like

Mark Grainger
Cyndee Jacobson energy doesn't lie
People can sell you who they are
But that's just words
Take your time getting to know someone and their intentions will either bring you peace or turmoil
Trust in how you feel not on what they say

facebook.com/cyndee.jacobson.163679/posts/pfbid0oQiNKePGRAasmf3fL1AmhxJp3vD4qtLDeCMrKyjTn7sCi6iTw2BQkYDuzTcpdPrLl

Cyndee Jacobson's Post

Take your time getting to know someone and their intentions will either bring you peace or turmoil
Trust in how you feel not on what they say

1y Like

Patty Ann ···



1y Like

Patty Ann
Cyndee Jacobson I hope this journey provides healing and peace in your heart! I guess other people are hurting in different ways. Sorry if they are dumping it on you! Your smile, beauty, and talented writing DO draw people in. Praying those new boundaries help keep your energy on the healing path! Praying you don't get distracted by the negative judgy, superficial, etc. I know it's the price to pay on social media. That's a tool of the devil! I think people are looking for a "safe" person to dump their issues on! Show 'em that person is NOT you, babe!!! Love you!!!

1y Like

Cyndee Jacobson
Patty Waarvik Thank you friend! You were probably the first person in my life to teach me this. I remember the lesson well and I looked up to you! You don't take shit from NOBODY! Which is what we were programmed to do where I am from 😘

1y Like

Privacy · Terms · Advertising

Facebook

cyndee.jacobson.163679

System ID: 666773

Cynthia Lee Jacobson

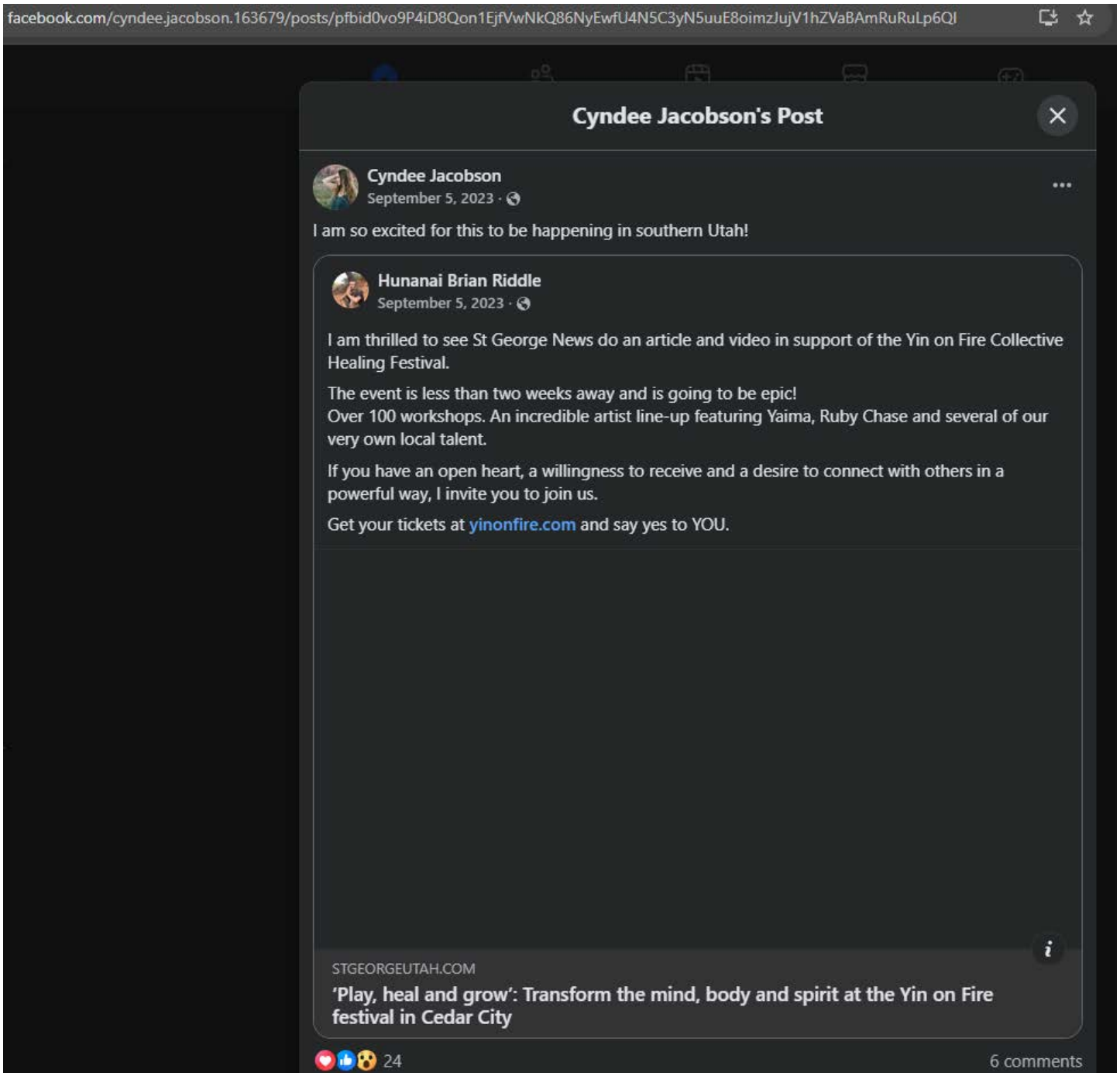
Posted: Sep 05, 2023

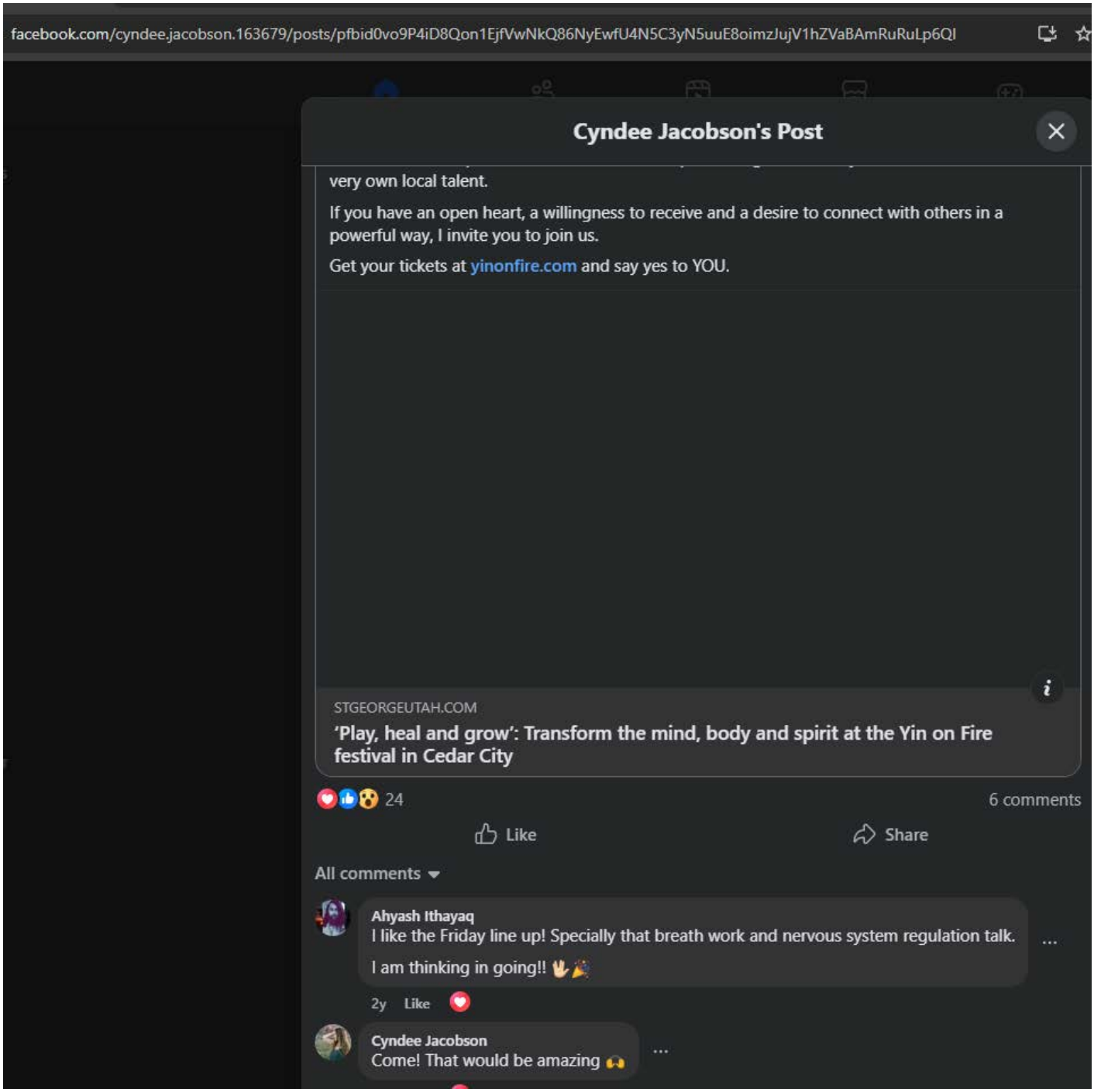
Captured: Nov 17, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0vo9P4iD8Qon1EjfVwNkQ86NyEwfU4N5C3yN5uuE8oimzJujV1hZVaBAmRuRuLp6Ql

Before DOI

Subject reposted that St. George was getting the Yin on Fire festival. I am so excited for this to be happening in southern Utah!


facebook.com/cyndee.jacobson.163679/posts/pfbid0vo9P4iD8Qon1EjfVwNkQ86NyEwfU4N5C3yN5uuE8oimzJujV1hZVaBAmRuRuLp6QI
Cyndee Jacobson's Post
Cyndee Jacobson
September 5, 2023 ·
I am so excited for this to be happening in southern Utah!
Hunanai Brian Riddle
September 5, 2023 ·
I am thrilled to see St George News do an article and video in support of the Yin on Fire Collective Healing Festival.
The event is less than two weeks away and is going to be epic!
Over 100 workshops. An incredible artist line-up featuring Yaima, Ruby Chase and several of our very own local talent.
If you have an open heart, a willingness to receive and a desire to connect with others in a powerful way, I invite you to join us.
Get your tickets at yinonfire.com and say yes to YOU.
STGEORGEUTAH.COM
'Play, heal and grow': Transform the mind, body and spirit at the Yin on Fire festival in Cedar City
24
6 comments


facebook.com/cyndee.jacobson.163679/posts/pfbid0vo9P4iD8Qon1EjfVwNkQ86NyEwfU4N5C3yN5uuE8oimzJujV1hZVaBAmRuRuLp6QI
Cyndee Jacobson's Post
very own local talent.
If you have an open heart, a willingness to receive and a desire to connect with others in a powerful way, I invite you to join us.
Get your tickets at yinonfire.com and say yes to YOU.
STGEORGEUTAH.COM
'Play, heal and grow': Transform the mind, body and spirit at the Yin on Fire festival in Cedar City
24
6 comments
Like
Share
All comments
Ahyash Ithayaq
I like the Friday line up! Specially that breath work and nervous system regulation talk.
I am thinking in going!!
2y Like
Cyndee Jacobson
Come! That would be amazing

Facebook

cyndee.jacobson.163679

System ID: 666774

Cynthia Lee Jacobson

Posted: Sep 19, 2023

Captured: Nov 17, 2025

https://www.facebook.com/photo/?fbid=271742865790243&set=a.129523526678845

Before DOI

Subject reposted ticket sales for the Yin on Fire event. I've had a lot of people ask about the Yin On Fire Event last weekend. They are selling tickets for next year at $100 off until Sunday. This will be their BEST offer and you won't want to miss it! This year was already AMAZING, I can't imagine what next year is going to bring! □□□

facebook.com/cyndee.jacobson.163679/posts/pfbid0c1ZCphDg4uCcNuuVe5hJHhzaLDnEPpEABdasMmuistQfZD8t9SGqNQrGSSrCuk9jl

Cyndee Jacobson's Post

Cyndee Jacobson
September 20, 2023 ·

I've had a lot of people ask about the Yin On Fire Event last weekend.

They are selling tickets for next year at $100 off until Sunday. This will be their BEST offer and you won't want to miss it!

This year was already AMAZING, I can't imagine what next year is going to bring! 🔥🔥🔥



facebook.com/cyndee.jacobson.163679/posts/pfbid0c1ZCphDg4uCcNuuVe5hJHhzaLDnEPpEABdasMmuistQfZD8t9SGqNQrGSSrCuk9jl

Cyndee Jacobson's Post



Yin On Fire Event
September 19, 2023 ·

Many of you caught the fire, and said you are definitely coming back next year and bringing your whole tribe!!!

We heard you and want to help you get them ALL there!

In 2024, our prices will be going up to $277 (General Admission) and $377 (VIP)

So we want to offer our 2023 tribe a DEAL and offering tickets for $177 (General Admission) and $277 (VIP) until this Sunday at midnight!!

Send this post to as many people as you can think- so that they can take advantage of this one and only flash sale!

Ticket link will be taken down after Sunday until Black Friday and then going up to the early bird pricing of $222 for a few months.

ALSO....we have also decided to limit our ticket sales to 3333 total for 2024, to ensure we keep the same beautiful loving energy and community that we had this year.

That means when we sell out.....we sell out!!!

**Link in comments

#festival #yinonfire #healingjourney #healing #community

8 2 comments 2 shares

Like Share

All comments

Instagram

blazewithincyn/

System ID: 663877

Cynthia Lee Jacobson

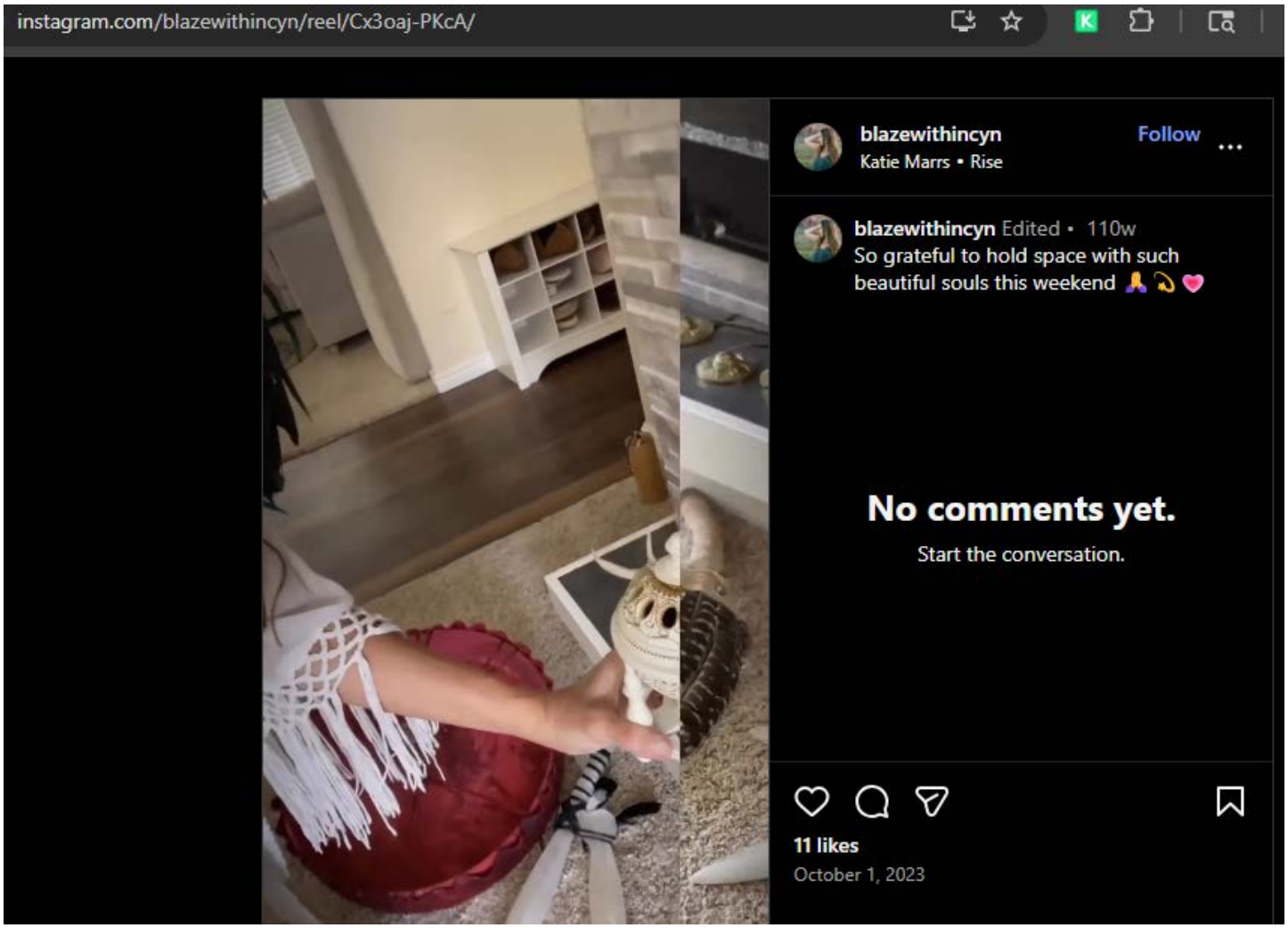
https://www.instagram.com/blazewithincyn/reel/Cx3oaj-PKcA/

Posted: Oct 01, 2023

Captured: Nov 11, 2025

Before DOI

Subject posted a video of a meditation session with other women. This is reposted on Subject's Facebook account. So grateful to hold space with such beautiful souls this weekend □□□



[Link to download video]

Instagram

blazewithincyn/

System ID: 663885

Cynthia Lee Jacobson

https://www.instagram.com/p/CyBhe1hLsik/?img_index=1

Posted: Oct 05, 2023

Captured: Nov 11, 2025

Before DOI

Subject posted a video and pictures of her attending a concert. Subject is seen dancing to the music and appears on stage at one point. Subject also posted this on her Facebook account. Natali Rize LIT IT UP in St George last night



instagram.com/blazewithincyn/p/CyBhe1hLsik/



blazewithincyn Follow
St. George, Utah

blazewithincyn 109w
Natali Rize LIT IT UP in St George last night! 🔥🔥

lindseypollock_ 109w
Thank you for sharing space with us last night 😍🥰❤️‍🔥

Reply

34 likes
October 5, 2023


17 at 6 PM



Link to download video

Facebook

cyndee.jacobson.163679

System ID: 666775

Cynthia Lee Jacobson

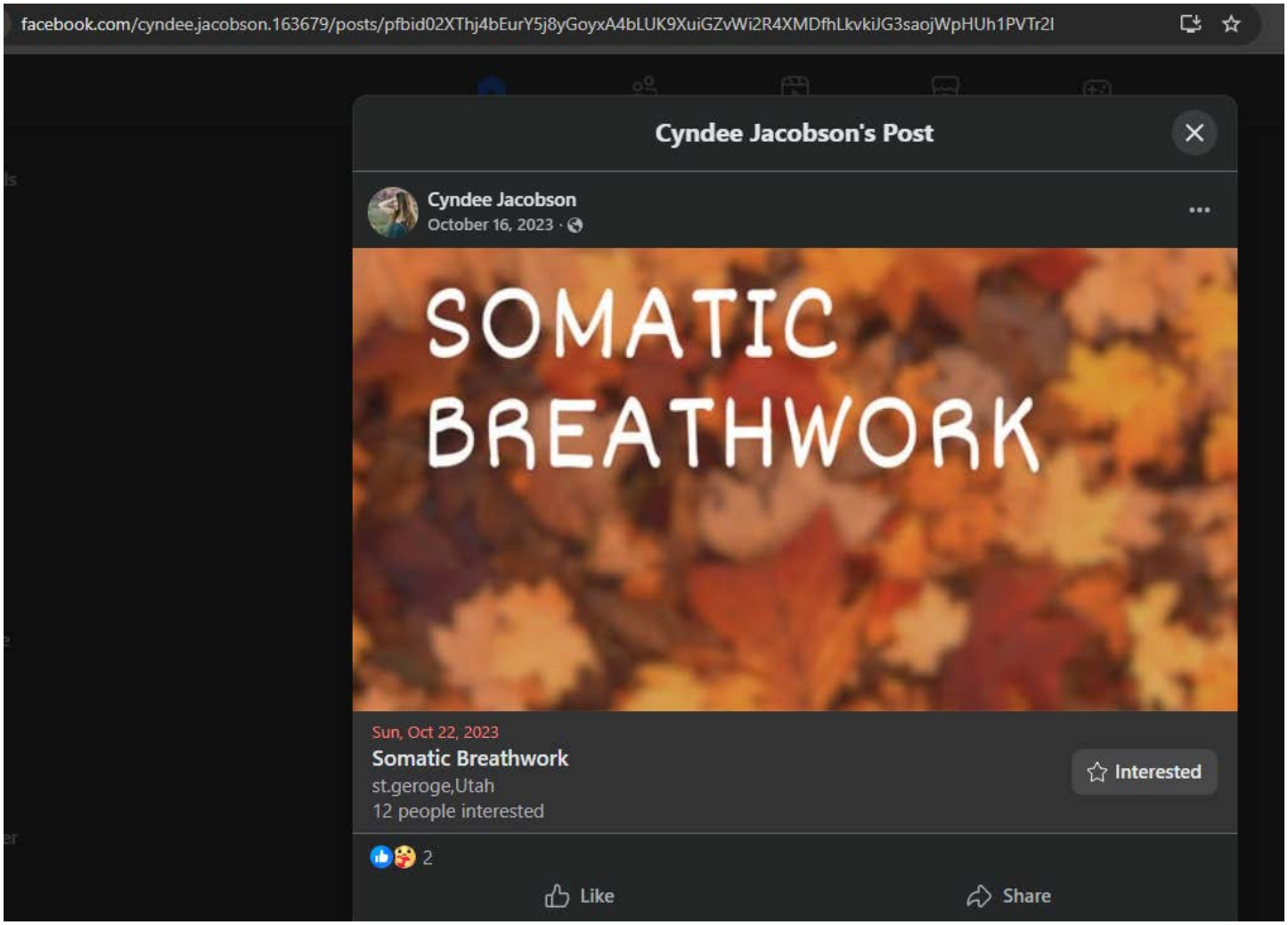
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid02XThj4bEurY5j8yGoyxA4bLUK9XuiGZvWi2R4XMDfhLkvkiJG3saojWpHUh1PVTr2l

Posted: Oct 16, 2023

Captured: Nov 17, 2025

Before DOI

Subject posted the dates for a Somatic Breathwork event.



Facebook

cyndee.jacobson.163679

System ID: 666776

Cynthia Lee Jacobson

Posted: Oct 17, 2023

Captured: Nov 17, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid02o7g9ha7AKZ4QeDyc2Wiv9sbcdYTGpHD3F5QkUETUaTx1ZdfzyoCE1ytF5Fus5kiml

Before DOI

Subject posted that she was going to see DIRTWIRE. Who wants to go?! I just got my ticket before they sell out, let me know if you are going, I would love to see you there!

facebook.com/cyndee.jacobson.163679/posts/pfbid02o7g9ha7AKZ4QeDyc2Wiv9sbcdYTGpHD3F5QkUETUaTx1ZdfzyoCE1ytF5Fus5kiml

Cyndee Jacobson's Post

Cyndee Jacobson
October 17, 2023 ·

Who wants to go?!

I just got my ticket before they sell out, let me know if you are going, I would love to see you there!
🙌



Hunanai Brian Riddle ▸ DIRTWIRE - THE FOUR DIRECTIONS TOUR - LIVE IN ST GEORGE
October 6, 2023 ·

Dirtwire LIVE November 1 at the Electric Theater!
This is going to be EPIC!! Limited space, get your tickets NOW!!

2

Like

Facebook

cyndee.jacobson.163679

System ID: 666777

Cynthia Lee Jacobson

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0eae2D4WFaa9MF9q1Smu1om8MwXEVrihXzhWyeTLsDyyuHSr8DTtn9UETTF5Y9aQl

Posted: Oct 26, 2023

Captured: Nov 17, 2025

Before DOI

Subject posted that she was going to see Rodney Norman. Rodney Norman is coming to Springdale! Tickets are only $20 Who wants to come?

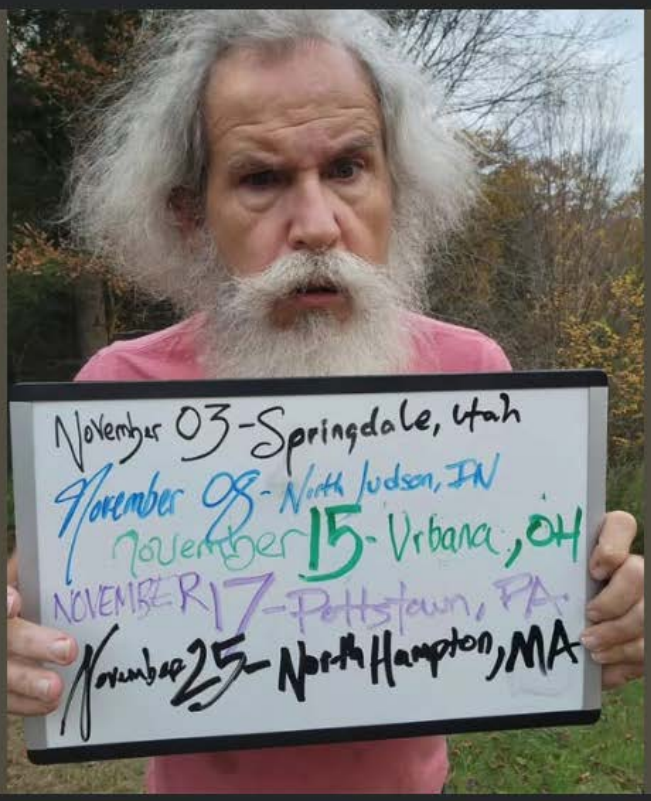
facebook.com/cyndee.jacobson.163679/posts/pfbid0eae2D4WFaa9MF9q1Smu1om8MwXEVrihXzhWyeTLsDyyuHSr8DTtn9UETTF5Y9aQl

Cyndee Jacobson's Post

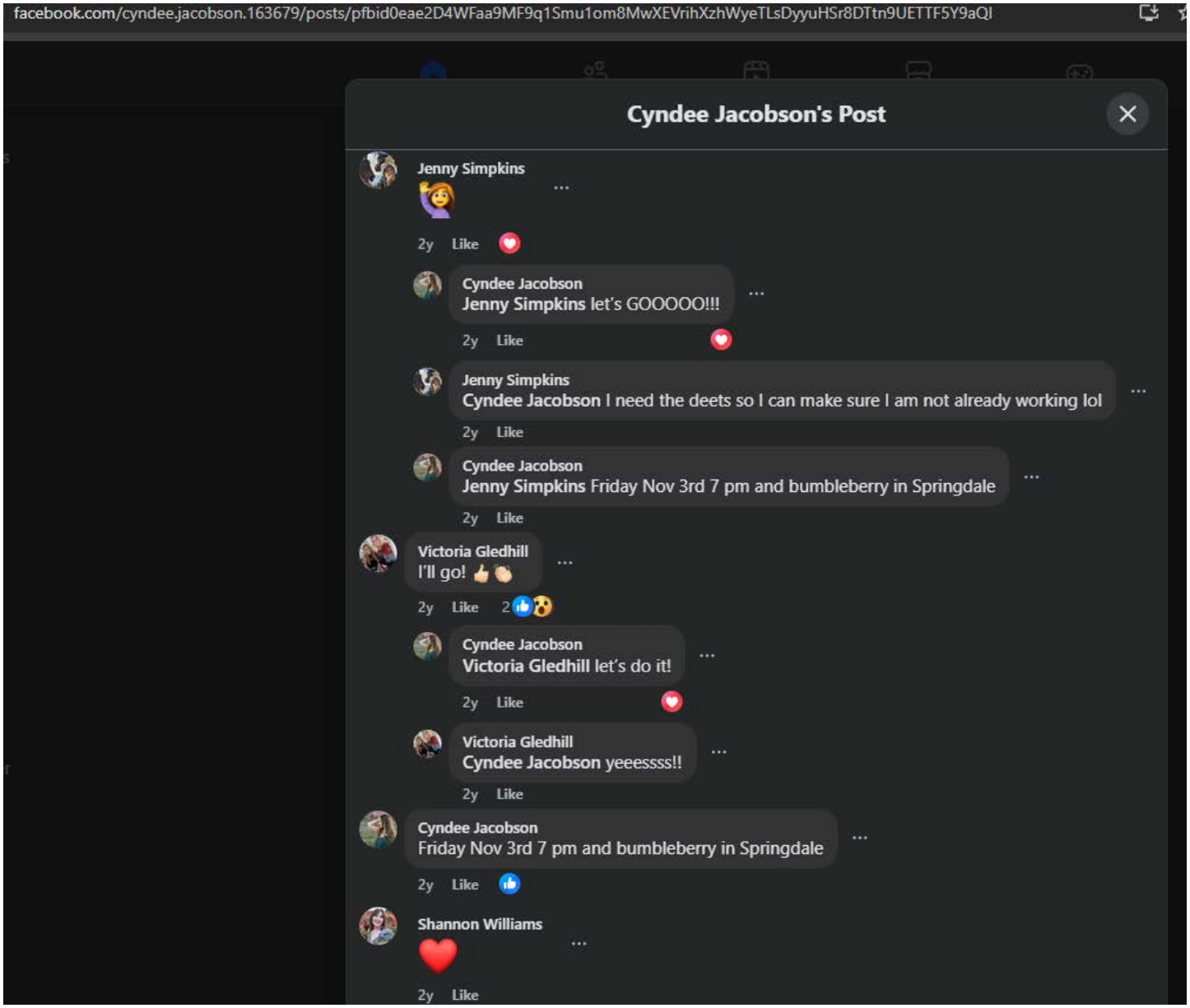
Cyndee Jacobson
October 26, 2023 ·

Rodney Norman is coming to Springdale!
Tickets are only $20 😆Who wants to come?

https://www.tix.com/ticket.../bumbleberry/7222/event/1344985



15 10 comments


facebook.com/cyndee.jacobson.163679/posts/pfbid0eae2D4WFaa9MF9q1Smu1om8MwXEVrihXzhWyeTLsDyyuHSr8DTtn9UETTF5Y9aQl
Cyndee Jacobson's Post
Jenny Simpkins
2y Like
Cyndee Jacobson
Jenny Simpkins let's GOOOOO!!!
2y Like
Jenny Simpkins
Cyndee Jacobson I need the deets so I can make sure I am not already working lol
2y Like
Cyndee Jacobson
Jenny Simpkins Friday Nov 3rd 7 pm and bumbleberry in Springdale
2y Like
Victoria Gledhill
I'll go!
2y Like 2
Cyndee Jacobson
Victoria Gledhill let's do it!
2y Like
Victoria Gledhill
Cyndee Jacobson yeeessss!!
2y Like
Cyndee Jacobson
Friday Nov 3rd 7 pm and bumbleberry in Springdale
2y Like
Shannon Williams
2y Like

Instagram

blazewithincyn/

System ID: 663893

Cynthia Lee Jacobson

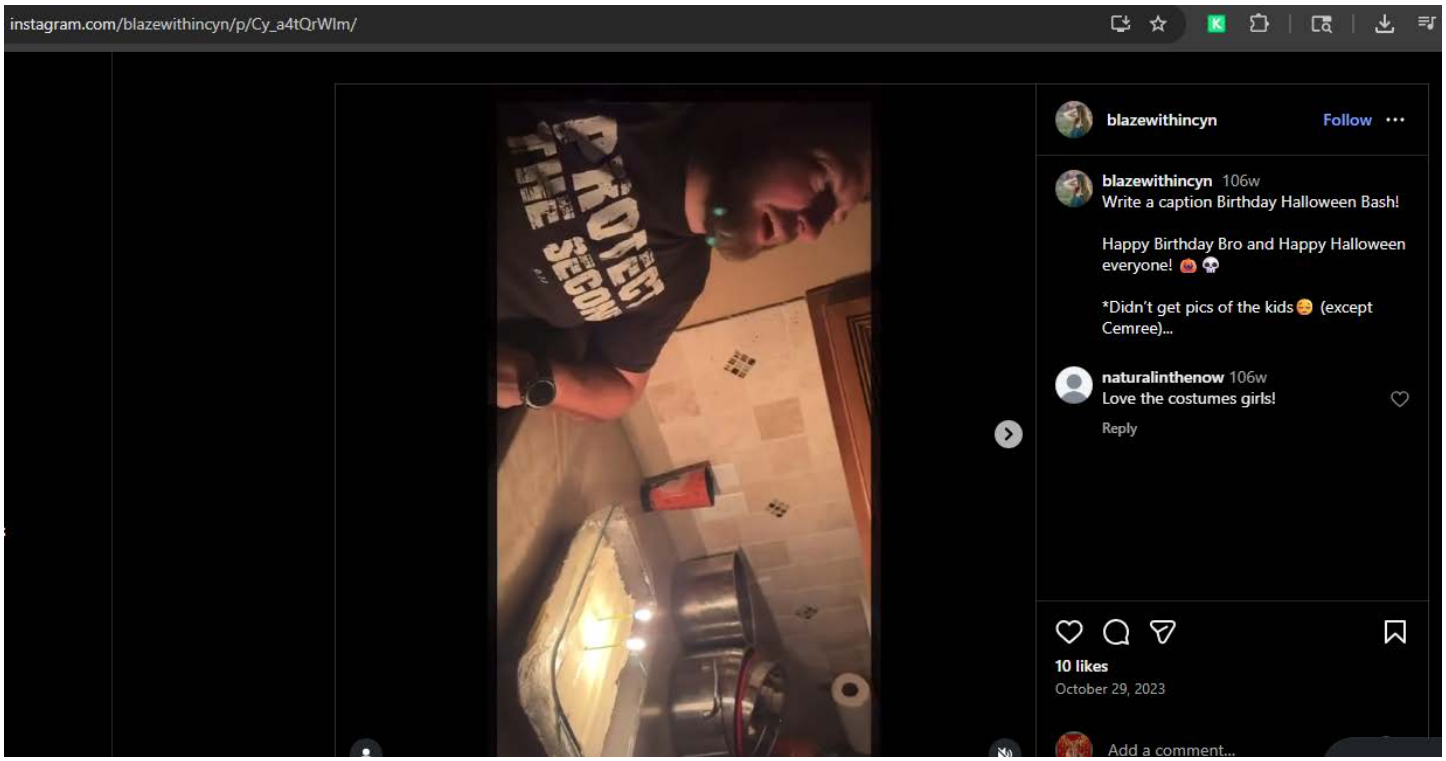
https://www.instagram.com/p/Cy_a4tQrWlm/?img_index=1

Posted: Oct 29, 2023

Captured: Nov 11, 2025

Before DOI

Subject posted a video and pictures of her Halloween celebration and her brother James' birthday. This is also posted on Subject's Facebook account. Write a caption Birthday Halloween Bash! Happy Birthday Bro and Happy Halloween everyone! □□ *Didn’t get pics of the kids□ (except Cemree)


instagram.com/blazewithincyn/p/Cy_a4tQrWIm/
blazewithincyn
Follow
blazewithincyn 106w
Write a caption Birthday Halloween Bash!
Happy Birthday Bro and Happy Halloween everyone!
*Didn't get pics of the kids (except Cemree)...
naturalinthenow 106w
Love the costumes girls!
Reply
10 likes
October 29, 2023
Add a comment...


drink up Witches


BOO!
HALLOWEEN



Link to download video

Facebook

cyndee.jacobson.163679

System ID: 666778

Cynthia Lee Jacobson

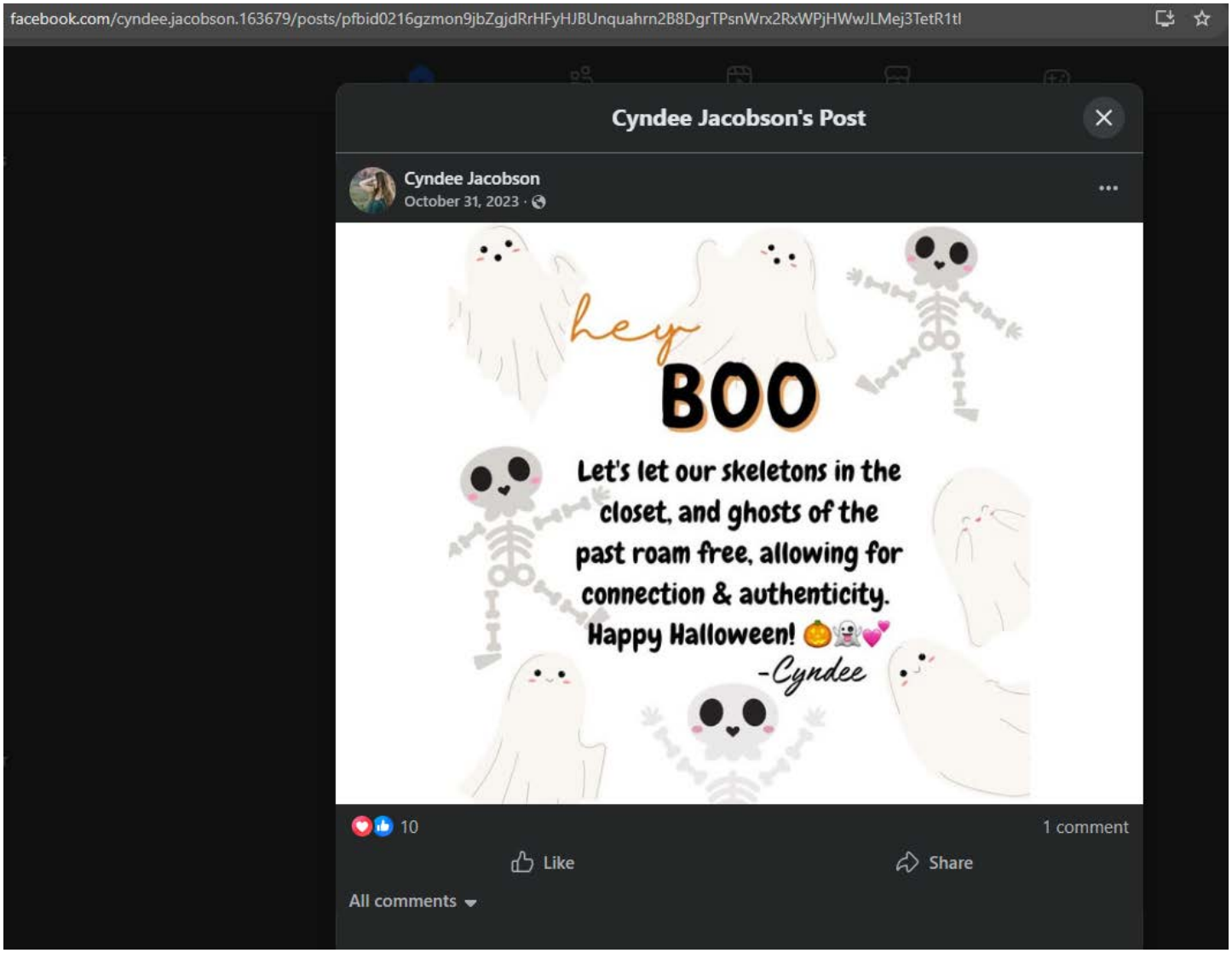
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0216gzmon9jbZgjdRrHFyHJBUnquahrn2B8DgrTPsnWrx2RxWPjHWwJLMej3TetR1tl

Posted: Oct 31, 2023

Captured: Nov 17, 2025

Before DOI

Subject posted a Halloween greeting.



Instagram

blazewithincyn/

System ID: 666739

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/CzFtjKasRcC/

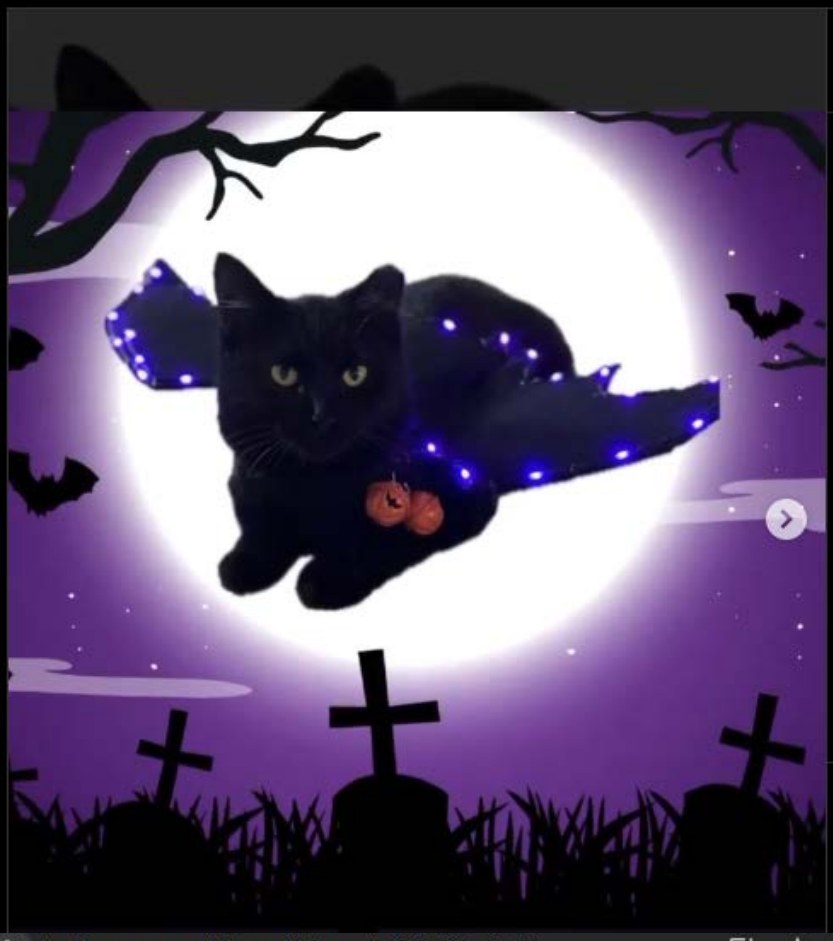
Posted: Nov 01, 2023

Captured: Nov 17, 2025

Before DOI

Subject posted a video/photo montage for Halloween, which includes taking a pumpkin out of the oven, her daughter, and cats in Halloween costumes. This is also posted on Subject's Facebook account. Halloween 2024 Can anyone guess Cemree’s costume? Kitties got in on the action too! Dinner in a pumpkin is a family favorite. Dance party for the trick-or-treaters complete with lights was a hit! Fun to dance with the kids and throwing out candy. They had a good time not wanting to leave.

instagram.com/blazewithincyn/p/CzFtjKasRcC/



blazewithincyn Follow

blazewithincyn 106w
Halloween 2024

Can anyone guess Cemree's costume?

Kitties got in on the action too!

Dinner in a pumpkin is a family favorite.

Dance party for the trick-or-treaters complete with lights was a hit! Fun to dance with the kids and throwing out candy. They had a good time not wanting to leave. 👻🎃

yourtattooedrealtor 106w
Also!!! Great job on the costumes
😻😻😻😻😻😻😻

1 like Reply

14 likes
November 1, 2023

instagram.com/blazewithincyn/p/CzFtjKasRcC/



blazewithincyn Follow

yourtattooedrealtor 106w
Dinner and a pumpkin used to be my tradition for the boys.... then.... Life happened

1 like Reply

Hide all replies

blazewithincyn 106w
@yourtattooedrealtor totally get it! Didn't make it the last two years.

Reply

naturalinthenow 106w
We love this one with rice https://www.epicurious.com/recipes/food/views/pumpkin-stuffed-with-everything-good-361169

14 likes
November 1, 2023

Link to download video

Facebook

cyndee.jacobson.163679

System ID: 666779

Cynthia Lee Jacobson

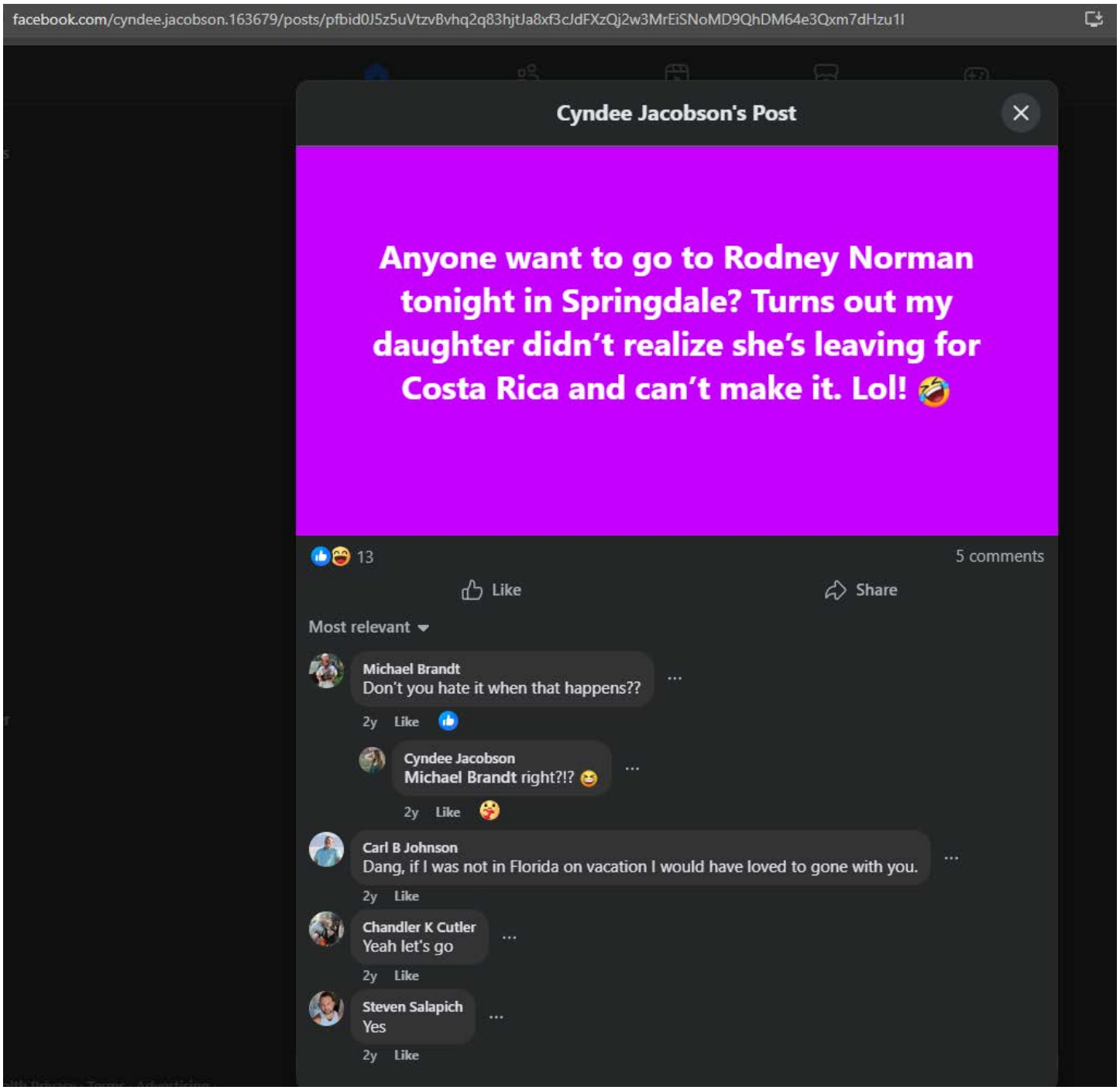
Posted: Nov 03, 2023

Captured: Nov 17, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0J5z5uVtzvBvhq2q83hjtJa8xf3cJdFXzQj2w3MrEiSNoMD9QhDM64e3Qxm7dHzu1l

Before DOI

Subject reached out to ask if anyone wanted to go with her to the Rodney Norman show since her daughter could no longer go. Anyone want to go to Rodney Norman tonight in Springdale? Turns out my daughter didn’t realize she’s leaving for Costa Rica and can’t make it. Lol!


facebook.com/cyndee.jacobson.163679/posts/pfbid0J5z5uVtzvBvhq2q83hjtJa8xf3cJdFXzQj2w3MrEiSNoMD9QhDM64e3Qxm7dHzu1l
Cyndee Jacobson's Post
Anyone want to go to Rodney Norman tonight in Springdale? Turns out my daughter didn't realize she's leaving for Costa Rica and can't make it. Lol!
13
5 comments
Like
Share
Most relevant
Michael Brandt
Don't you hate it when that happens??
2y Like
Cyndee Jacobson
Michael Brandt right?!?
2y Like
Carl B Johnson
Dang, if I was not in Florida on vacation I would have loved to gone with you.
2y Like
Chandler K Cutler
Yeah let's go
2y Like
Steven Salapich
Yes
2y Like

Facebook

cyndee.jacobson.163679

System ID: 666780

Cynthia Lee Jacobson

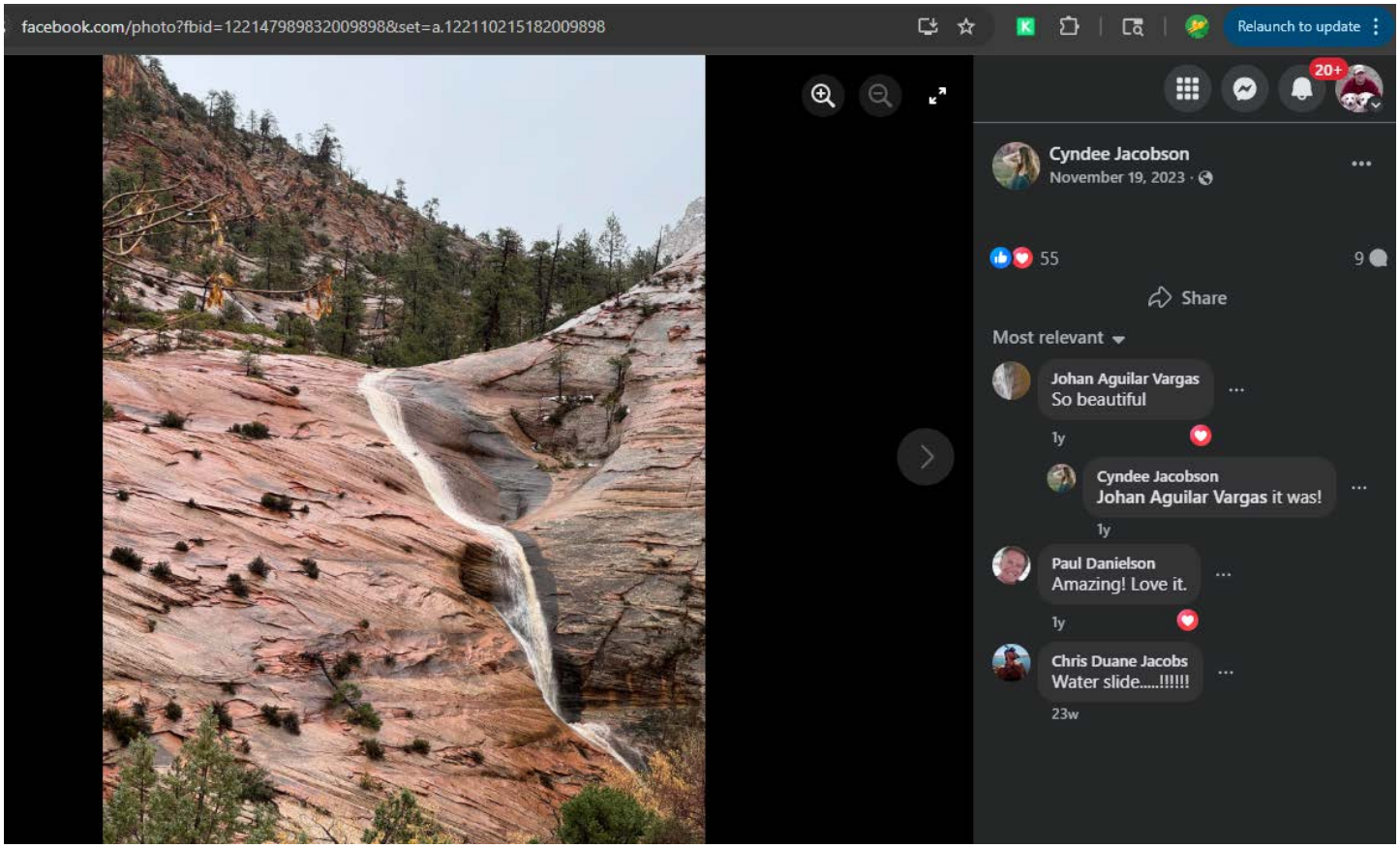
Posted: Nov 19, 2023

Captured: Nov 17, 2025

https://www.facebook.com/photo?fbid=122147989832009898&set=a.122110215182009898

Before DOI

Subject posted a picture of a mountain scene.



Facebook

cyndee.jacobson.163679

System ID: 666781

Cynthia Lee Jacobson

Posted: Dec 27, 2023

Captured: Nov 17, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0QMKvVmuBbybvhgfebXpQft435uF3S3M1dV2DbnW9RWYbioPvH4NQGTzPjwapma8xl

Before DOI

Subject posted a request to help out a friend who recently lost her husband. She provided the GoFundMe link for her. As we navigate through the holidays putting pressure on ourselves to give the perfect gifts or deciding whether or not to talk to that certain family member, please consider how precious this life really is. It isn't about material items or politics. It is about coming together and connecting with friends and family. Some people do not have that luxury, and we never know when that time will come for us. My sweet friend Jenn Ross Beaumont laid her husband, the father of her 4 surviving boys, and two deceased girls, to rest December 22nd, days before they were to celebrate Christmas. If your heart would like to donate to Jenn and her boys, I am including a link to a go fund me that has been set up to help ease the burden during this difficult time. I hope you hug your loved ones a little closer this holiday, and let go of any past tribulations you may be holding on to □□

facebook.com/cyndee.jacobson.163679/posts/pfbid0QMKvVmuBbybvhgfebXpQft435uF3S3M1dV2DbnW9RWYbioPvH4NQGTzPjwapma8xl

Cyndee Jacobson's Post

Cyndee Jacobson
December 27, 2023 ·

As we navigate through the holidays putting pressure on ourselves to give the perfect gifts or deciding whether or not to talk to that certain family member, please consider how precious this life really is. It isn't about material items or politics. It is about coming together and connecting with friends and family.

Some people do not have that luxury, and we never know when that time will come for us.

My sweet friend Jenn Ross Beaumont laid her husband, the father of her 4 surviving boys, and two deceased girls, to rest December 22nd, days before they were to celebrate Christmas.

If your heart would like to donate to Jenn and her boys, I am including a link to a go fund me that has been set up to help ease the burden during this difficult time.

I hope you hug your loved ones a little closer this holiday, and let go of any past tribulations you may be holding on to 🙏💔



GOFUNDME.COM

Help support Jenn and the Beaumont boys, organized by Maci Hunt

facebook.com/cyndee.jacobson.163679/posts/pfbid0QMKvVmuBbybvhgfebXpQft435uF3S3M1dV2DbnW9RWYbioPvH4NQGTzPjwapma8xl

Cyndee Jacobson's Post



GOFUNDME.COM

Help support Jenn and the Beaumont boys, organized by Maci Hunt

18 3 comments 1 share

Like Share

Most relevant

Jenn Ross Beaumont
Thank you Cyndee for sharing

1y Like

Cyndee Jacobson
Love you Jenn ❤️

1y Like

Victoria Gledhill
Oh my goodness, so heartbreaking. 😢Sending love and prayers out to this beautiful family. ❤️

1y Like

Facebook

cyndee.jacobson.163679

System ID: 666782

Cynthia Lee Jacobson

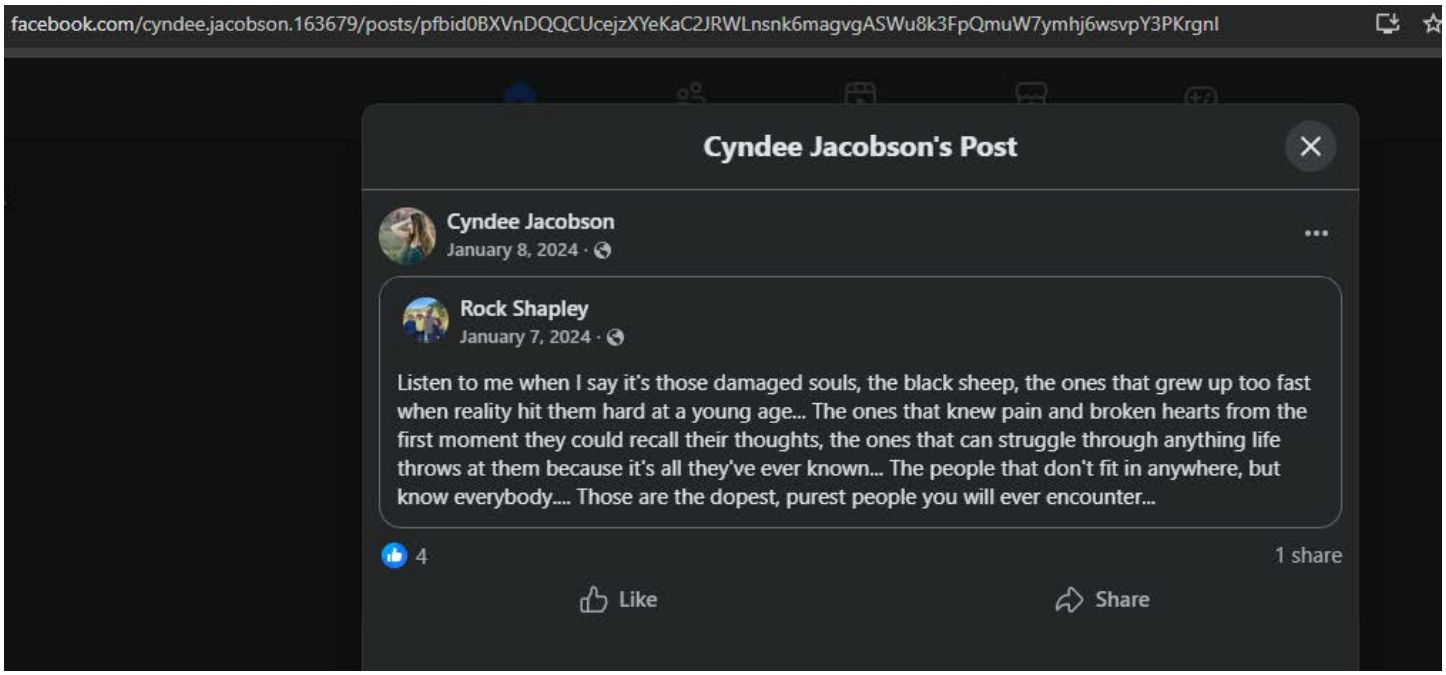
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0BXVnDQQCUcejzXYeKaC2JRWLnsnk6magvgASWu8k3FpQmuW7ymhj6wsvpY3PKrgnl

Posted: Jan 08, 2024

Captured: Nov 17, 2025

Before DOI

Subject reposted a post regarding those people who don't seem to fit in, being the purest people.



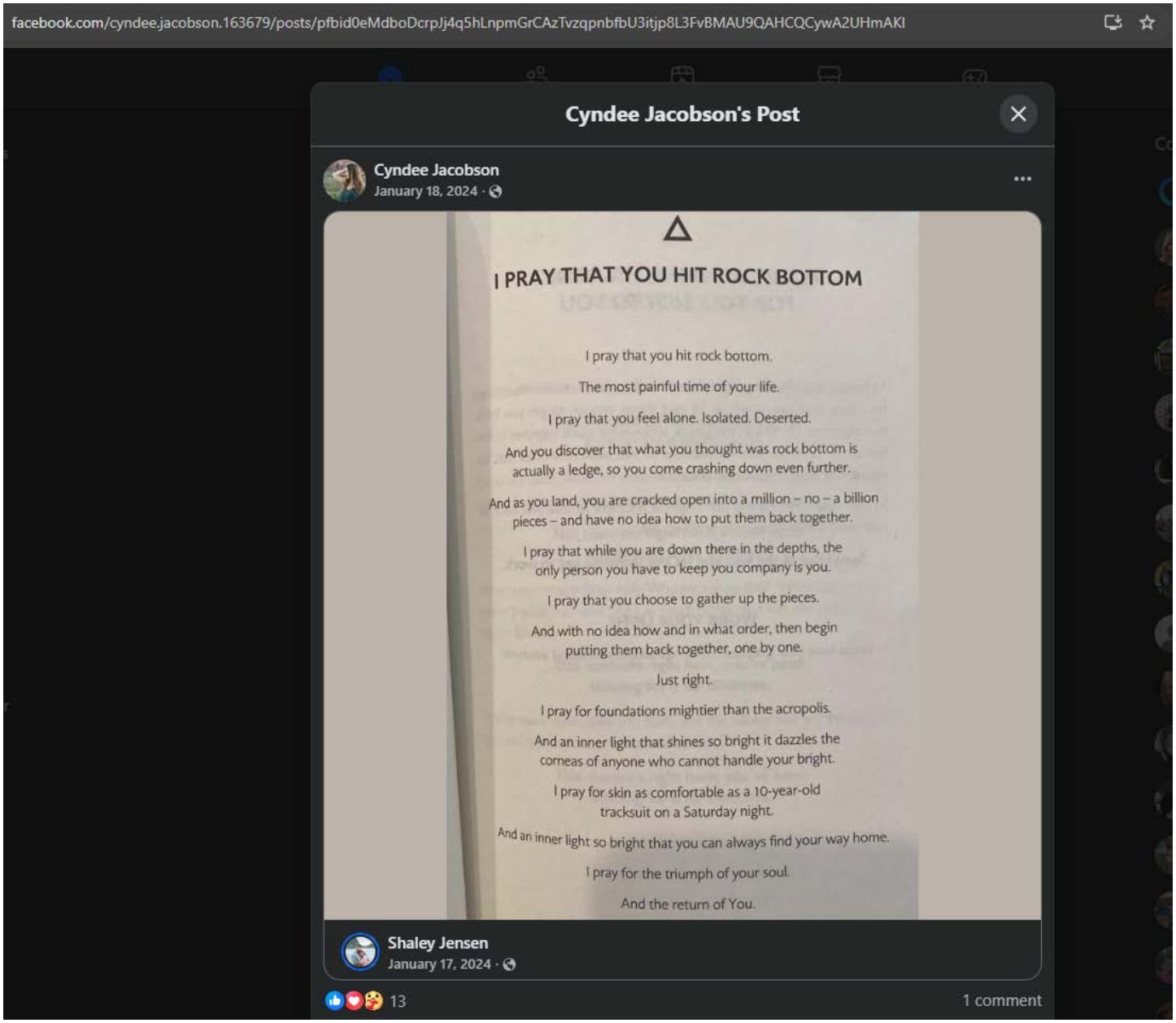
Facebook

cyndee.jacobson.163679
System ID: 666783
Cynthia Lee Jacobson
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0eMdboDcrpJj4q5hLnpmGrCAzTvzqpnbfbU3itjp8L3FvBMAU9QAHCQCywA2UHmAKl

Posted: Jan 18, 2024
Captured: Nov 17, 2025

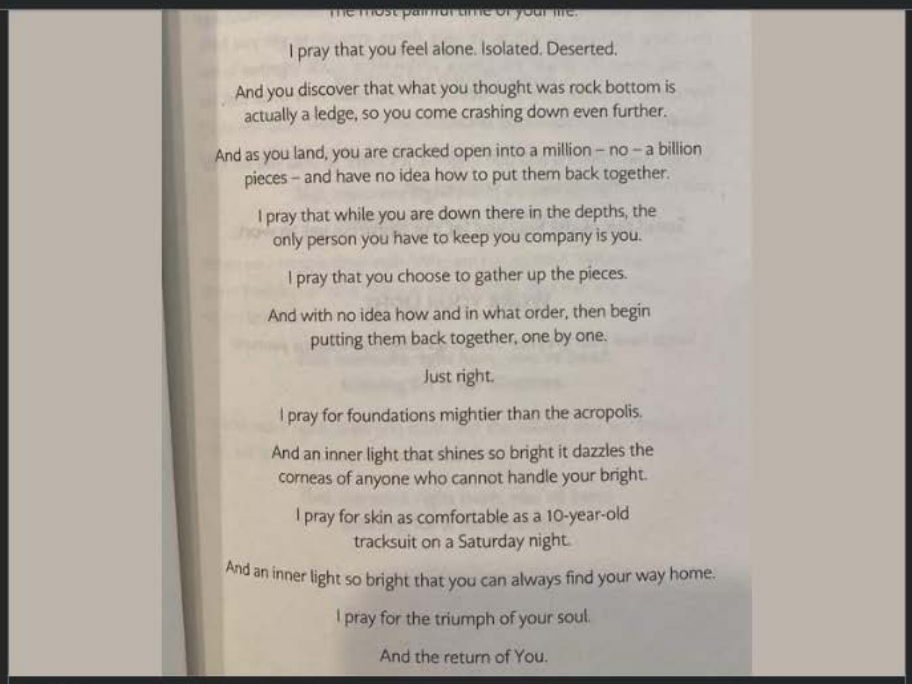
Before DOI

Subject reposted a prayer about hitting rock bottom.



facebook.com/cyndee.jacobson.163679/posts/pfbid0eMdboDcrpJj4q5hLnpmGrCAzTvzqpnbfbU3itjp8L3FvBMAU9QAHCQCywA2UHmAKl

Cyndee Jacobson's Post



Shaley Jensen
January 17, 2024 ·

13 1 comment

Like Share

Most relevant

Parley Parker Pratt Stubbs
https://youtu.be/BYjP85DQtqE?feature=shared



YOUTUBE.COM
Andy Grammer - "Wish You Pain" [Official Music Video]

1y Like

Instagram

quantumbliss.co/

System ID: 667681

Cynthia Lee Jacobson

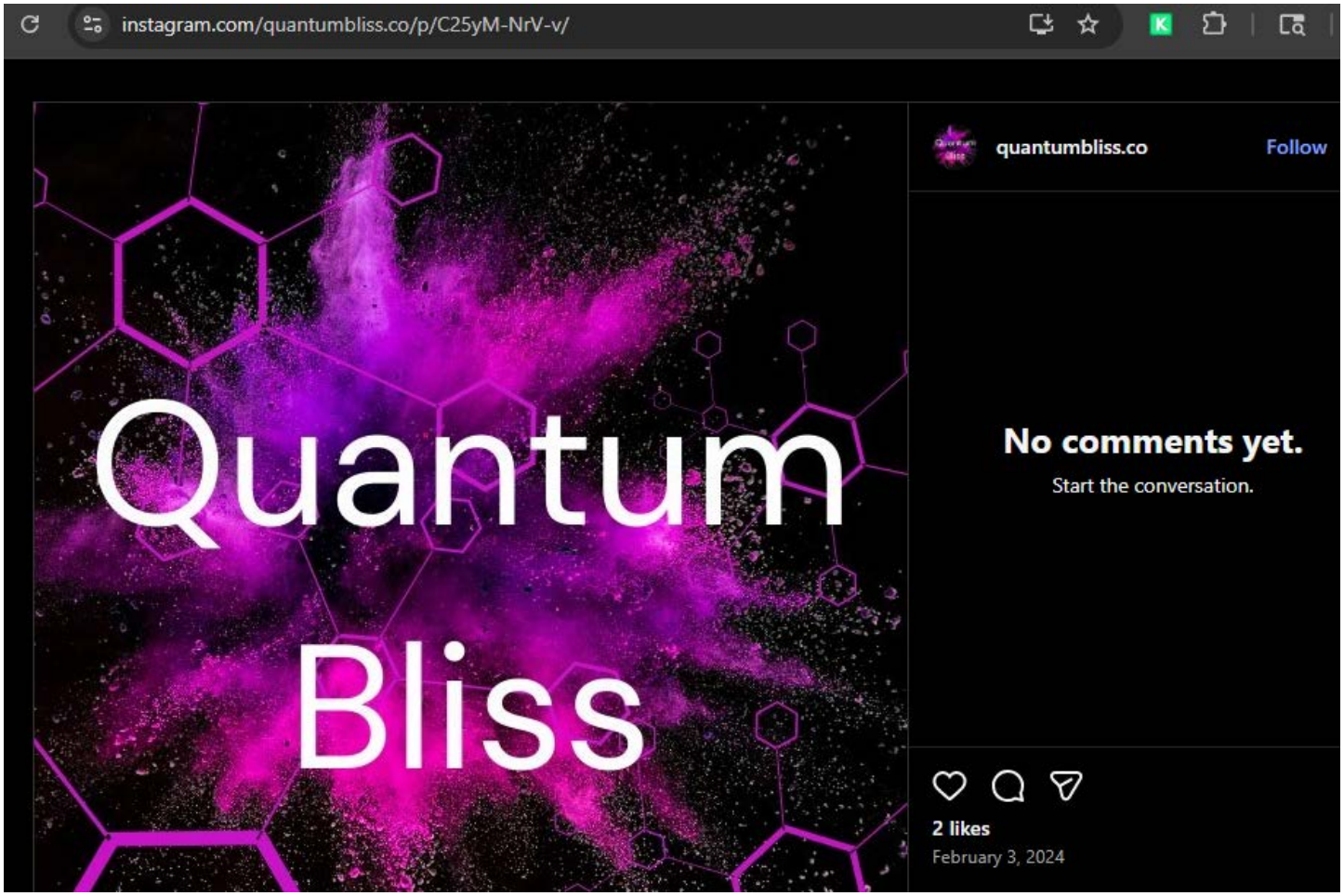
https://www.instagram.com/quantumbliss.co/p/C25yM-NrV-v/

Posted: Feb 03, 2024

Captured: Nov 18, 2025

Before DOI

Subject's company's name: Quantum Bliss. This is also posted on Subject's business Facebook account.



Facebook

cyndee.jacobson.163679

System ID: 666784

Cynthia Lee Jacobson

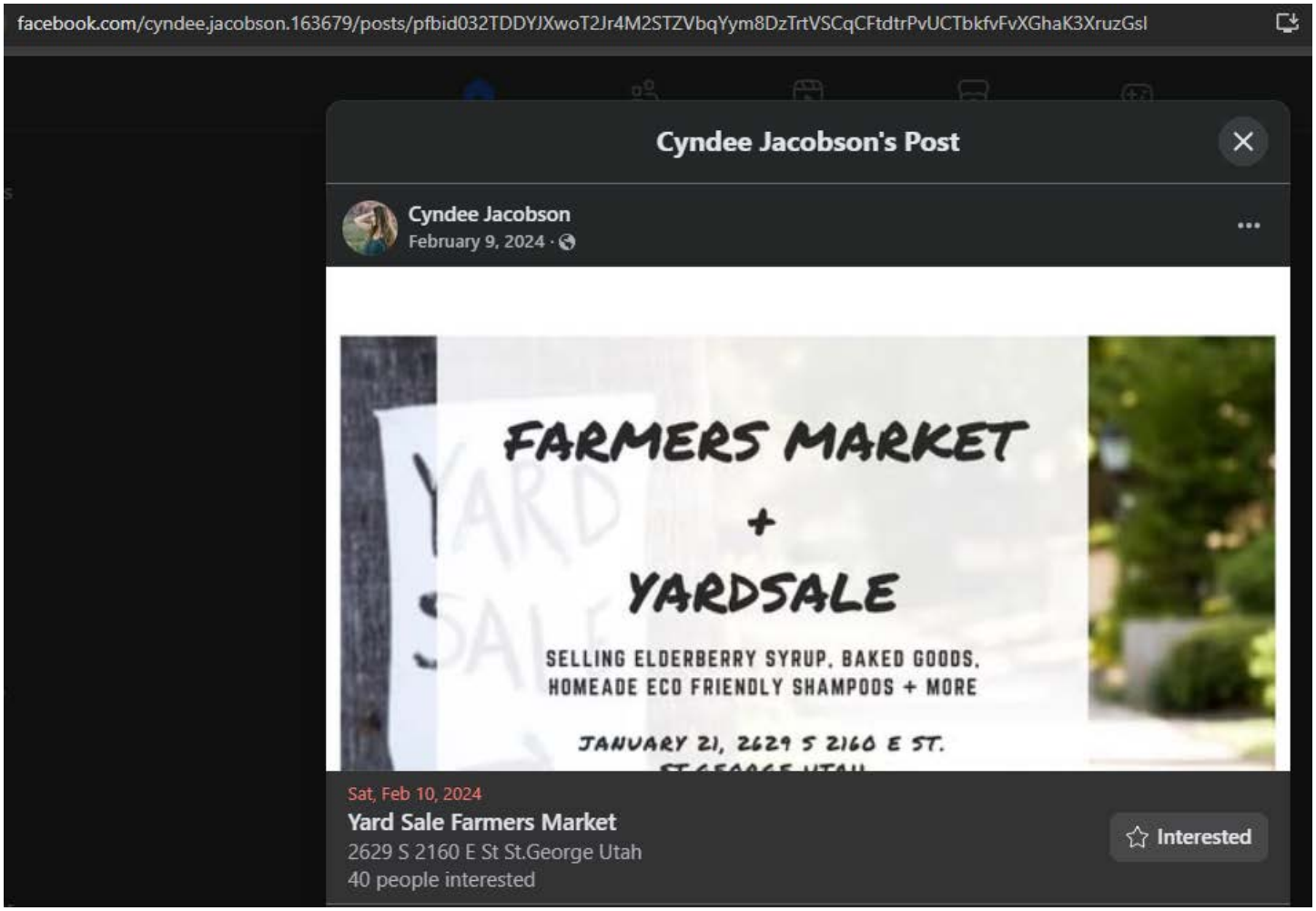
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid032TDDYJXwoT2Jr4M2STZVbqYym8DzTrtVSCqCFtdtrPvUCTbkfvFvXGhaK3XruzGsl

Posted: Feb 09, 2024

Captured: Nov 18, 2025

Before DOI

Subject posted a listing for a local farmers' market and yard sale.



Facebook

Quantum-Bliss-61556257858111/

System ID: 667679

Posted: Feb 11, 2024

Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.facebook.com/permalink.php?story_fbid=122104235492208595&id=61556257858111&substory_index=280211398223204

Before DOI

Post of Subject's business logo.


facebook.com/permalink.php?story_fbid=122104235492208595&id=61556257858111&substory_index=280211398223204
Quantum Bliss's Post
Quantum Bliss updated their profile picture.
February 11, 2024 ·
Quantum
Bliss
Like
Comment
Share

Facebook

Quantum-Bliss-61556257858111/

System ID: 667680

Cynthia Lee Jacobson

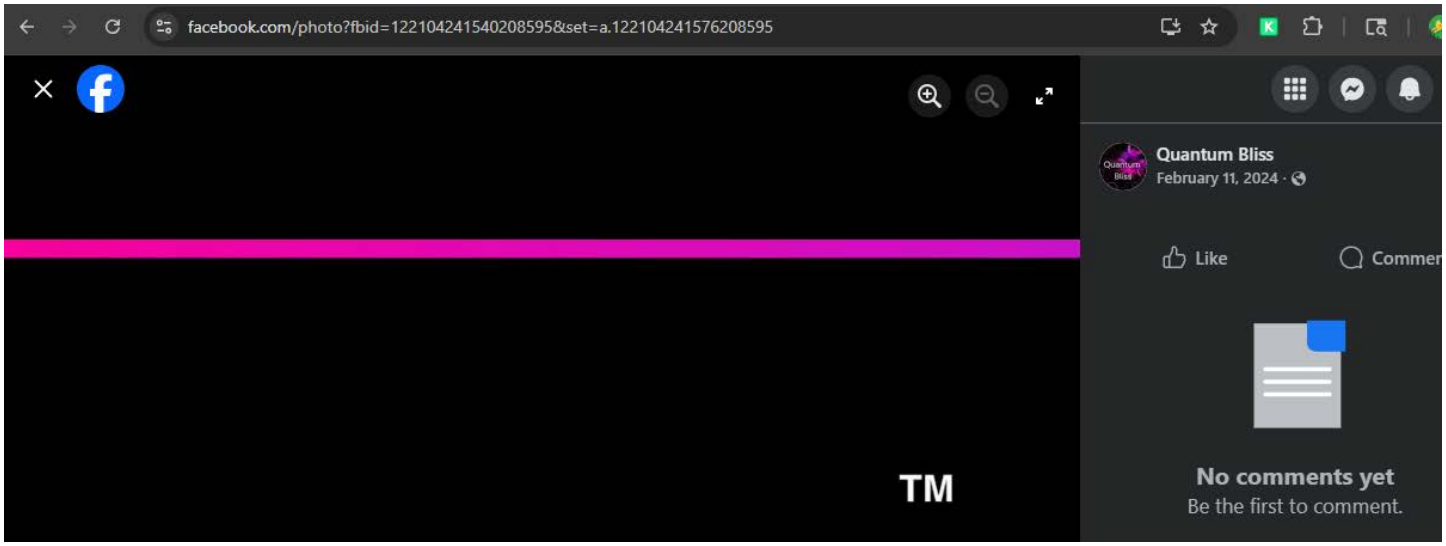
Posted: Feb 11, 2024

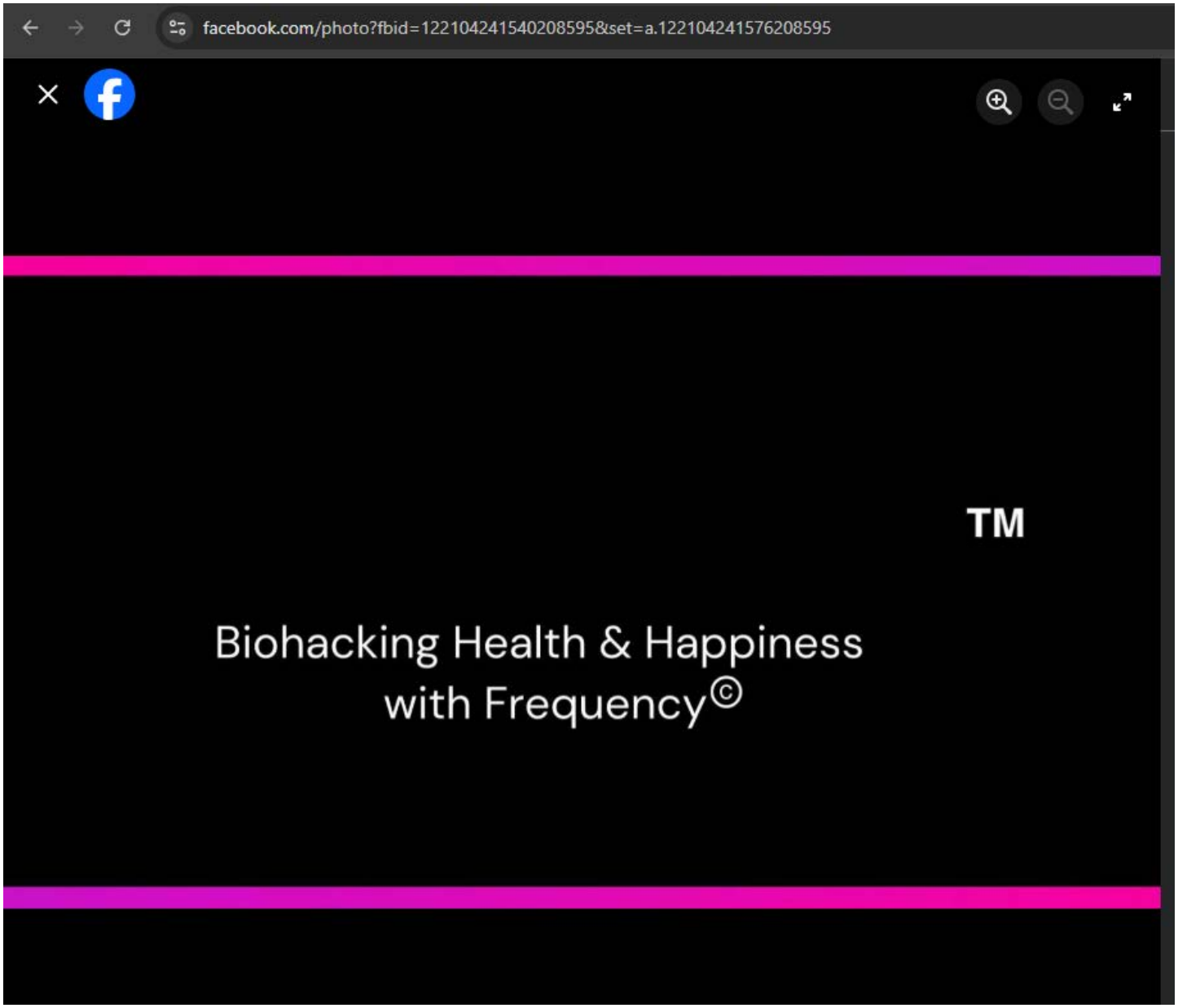
Captured: Nov 18, 2025

https://www.facebook.com/photo?fbid=122104241540208595&set=a.122104241576208595

Before DOI

Post of trademarked words - Biohacking Health & Happiness with Frequency.




facebook.com/photo?fbid=122104241540208595&set=a.122104241576208595
TM
Biohacking Health & Happiness
with Frequency©

Instagram

quantumbliss.co/

System ID: 667682

Cynthia Lee Jacobson

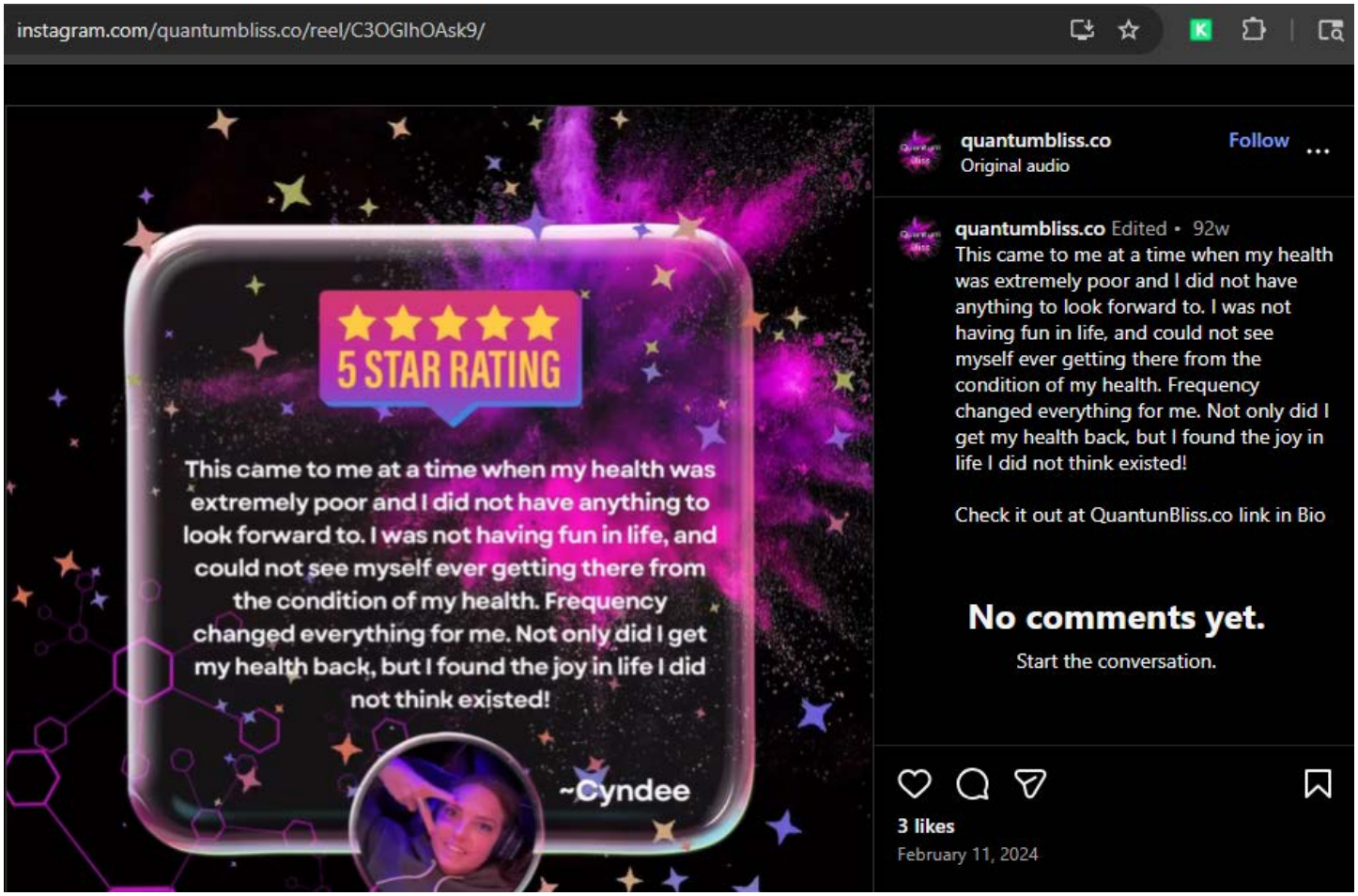
https://www.instagram.com/quantumbliss.co/reel/C3OGlhOAsk9/

Posted: Feb 11, 2024

Captured: Nov 18, 2025

Before DOI

Subject posted that Frequency came to her when her health was poor. She says she now has her health back, as well as finding joy. This came to me at a time when my health was extremely poor and I did not have anything to look forward to. I was not having fun in life, and could not see myself ever getting there from the condition of my health. Frequency changed everything for me. Not only did I get my health back, but I found the joy in life I did not think existed! Check it out at QuantunBliss.co link in Bio


instagram.com/quantumbliss.co/reel/C3OGIhOAsk9/
5 STAR RATING
This came to me at a time when my health was extremely poor and I did not have anything to look forward to. I was not having fun in life, and could not see myself ever getting there from the condition of my health. Frequency changed everything for me. Not only did I get my health back, but I found the joy in life I did not think existed!
~Cyndee
quantumbliss.co
Original audio
Follow
quantumbliss.co Edited • 92w
This came to me at a time when my health was extremely poor and I did not have anything to look forward to. I was not having fun in life, and could not see myself ever getting there from the condition of my health. Frequency changed everything for me. Not only did I get my health back, but I found the joy in life I did not think existed!
Check it out at QuantunBliss.co link in Bio
No comments yet.
Start the conversation.
3 likes
February 11, 2024

Instagram

quantumbliss.co/

System ID: 667683

Cynthia Lee Jacobson

https://www.instagram.com/quantumbliss.co/reel/C3OHFyHAzMV/

Posted: Feb 11, 2024

Captured: Nov 18, 2025

Before DOI

Welcome post that describes what Quantum Bliss will do. It will provide ways to mediation, relaxation, and creativity. Welcome to Quantum Bliss, where the fusion of light and sound transcends the ordinary. □ Embark on a transformative journey with our stroboscopic meditation lamp, offering a gateway to altered states of mind. □♂□ Immerse yourself in over 100 sessions crafted by our expert for relaxation, creativity, and heightened focus. □□ Elevate your consciousness and unlock a world of limitless possibilities. Join us on this mindful exploration, as quantum bliss becomes your guide to tranquillity, innovation, and the extraordinary symphony within. □□

instagram.com/quantumbliss.co/reel/C3OHFyHAzMV/



quantumbliss.co Follow
Dr. Pheel • Tibetan Spring

quantumbliss.co 92w
Welcome to Quantum Bliss, where the fusion of light and sound transcends the ordinary. 🌟 Embark on a transformative journey with our stroboscopic meditation lamp, offering a gateway to altered states of mind. 🧘‍♂️✨ Immerse yourself in over 100 sessions crafted by our expert for relaxation, creativity, and heightened focus. 🎶💡 Elevate your consciousness and unlock a world of limitless possibilities. Join us on this mindful exploration, as quantum bliss becomes your guide to tranquillity, innovation, and the extraordinary symphony within. 🌈🌀

Check us out at Quantumbliss.co link in Bio

3 likes
February 11, 2024

instagram.com/quantumbliss.co/reel/C3OHFyHAzMV/



quantumbliss.co Follow
Dr. Pheel • Tibetan Spring

the ordinary. 🌟 Embark on a transformative journey with our stroboscopic meditation lamp, offering a gateway to altered states of mind. 🧘‍♂️✨ Immerse yourself in over 100 sessions crafted by our expert for relaxation, creativity, and heightened focus. 🎶💡 Elevate your consciousness and unlock a world of limitless possibilities. Join us on this mindful exploration, as quantum bliss becomes your guide to tranquillity, innovation, and the extraordinary symphony within. 🌈🌀

Check us out at Quantumbliss.co link in Bio

No comments yet.

Start the conversation.

3 likes
February 11, 2024

Instagram

quantumbliss.co/

System ID: 667684

Cynthia Lee Jacobson

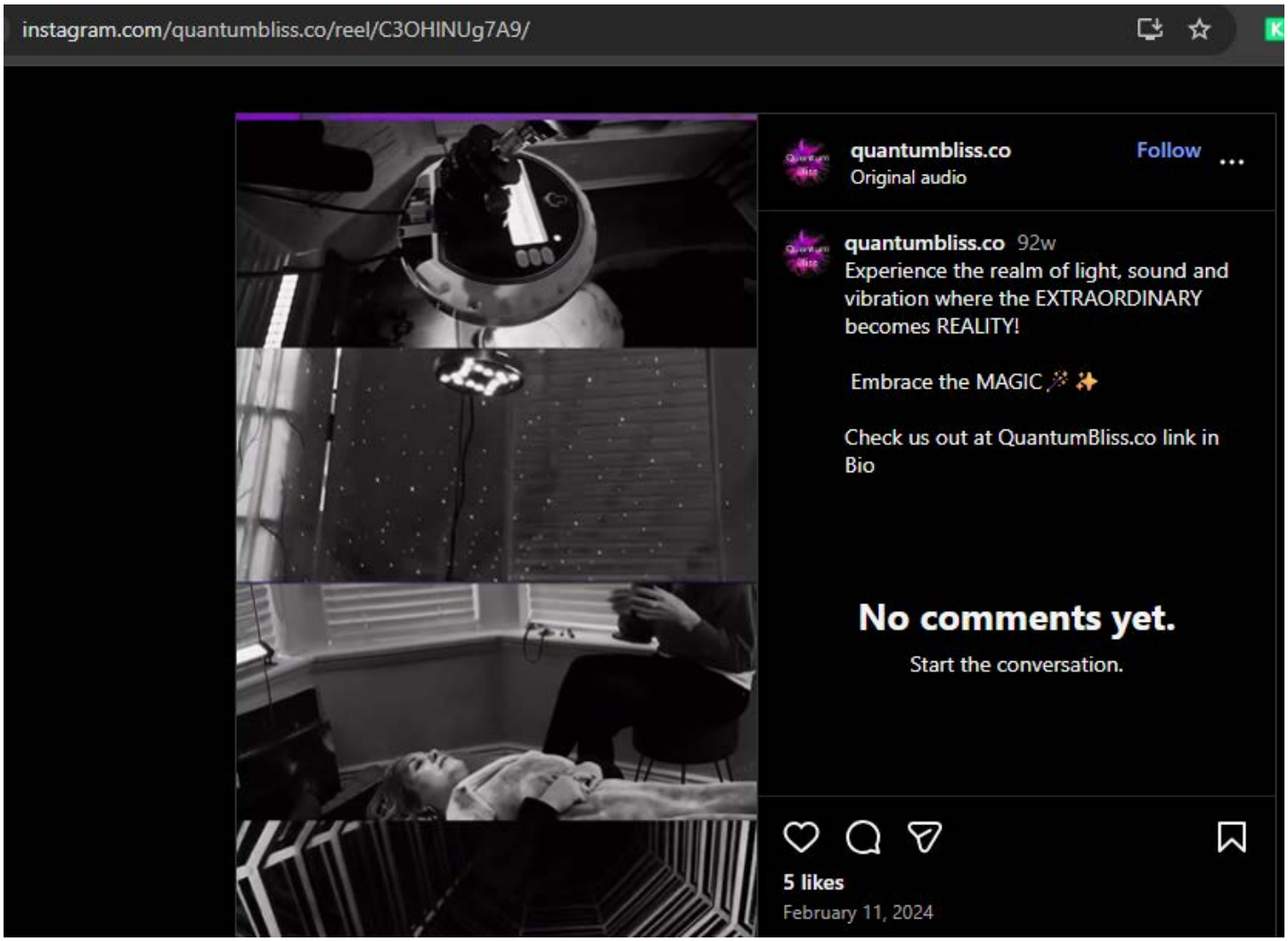
https://www.instagram.com/quantumbliss.co/reel/C3OHlNUg7A9/

Posted: Feb 11, 2024

Captured: Nov 18, 2025

Before DOI

Video post of clients experiencing light and frequency therapy at Subject's business. Experience the realm of light, sound and vibration where the EXTRAORDINARY becomes REALITY! Embrace the MAGIC□□ Check us out at QuantumBliss.co link in Bio



Link to download video

Instagram

quantumbliss.co/

System ID: 667685

Cynthia Lee Jacobson

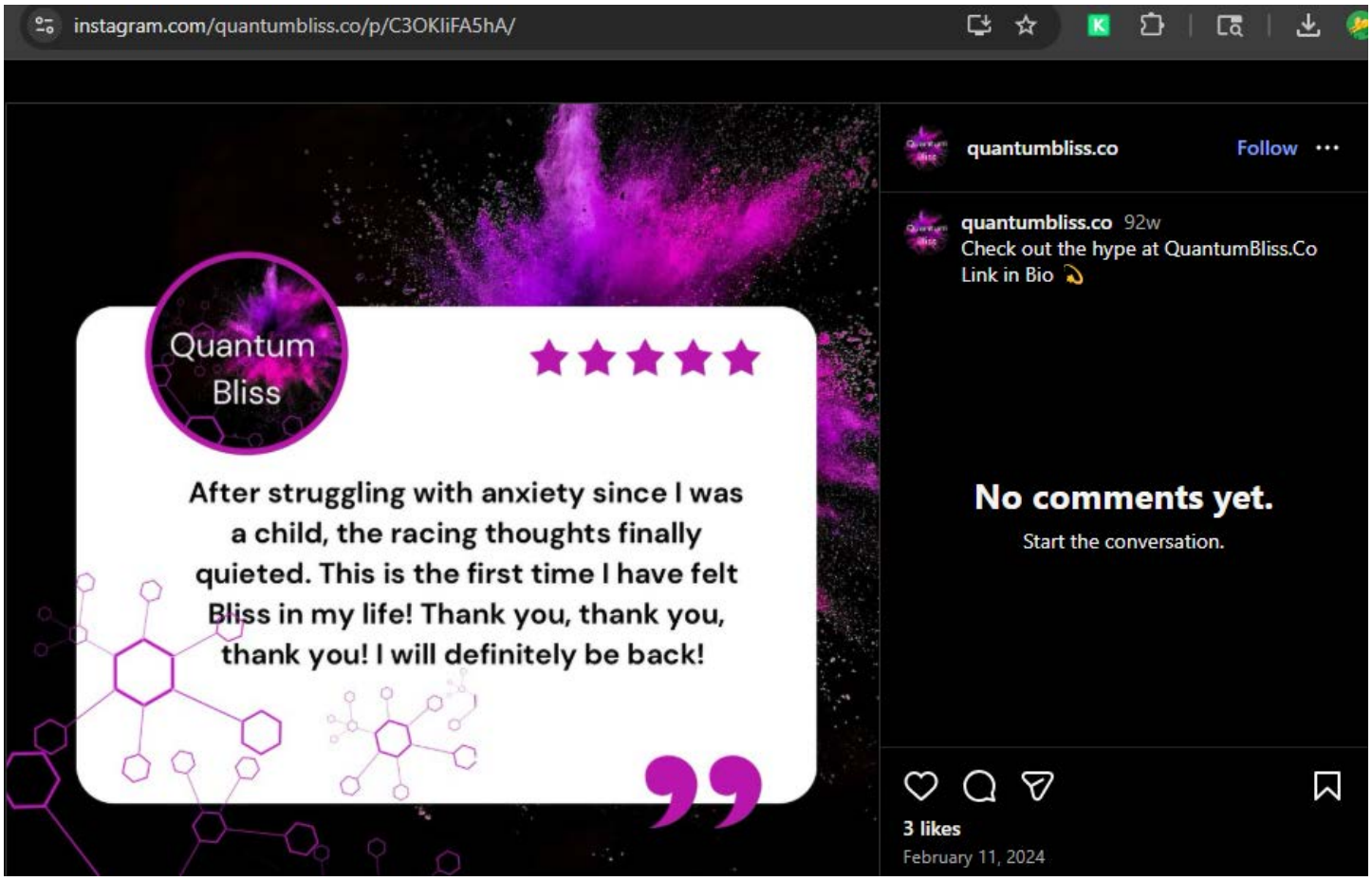
https://www.instagram.com/quantumbliss.co/p/C3OKIiFA5hA/

Posted: Feb 11, 2024

Captured: Nov 18, 2025

Before DOI

A 5-star rating and thanks from a client who went to Quantum Bliss. Check out the hype at QuantumBliss.Co Link in Bio


instagram.com/quantumbliss.co/p/C3OKIiFA5hA/
Quantum Bliss
After struggling with anxiety since I was a child, the racing thoughts finally quieted. This is the first time I have felt Bliss in my life! Thank you, thank you, thank you! I will definitely be back!
quantumbliss.co
Follow
quantumbliss.co 92w
Check out the hype at QuantumBliss.Co
Link in Bio
No comments yet.
Start the conversation.
3 likes
February 11, 2024

Instagram

quantumbliss.co/

System ID: 667686

Cynthia Lee Jacobson

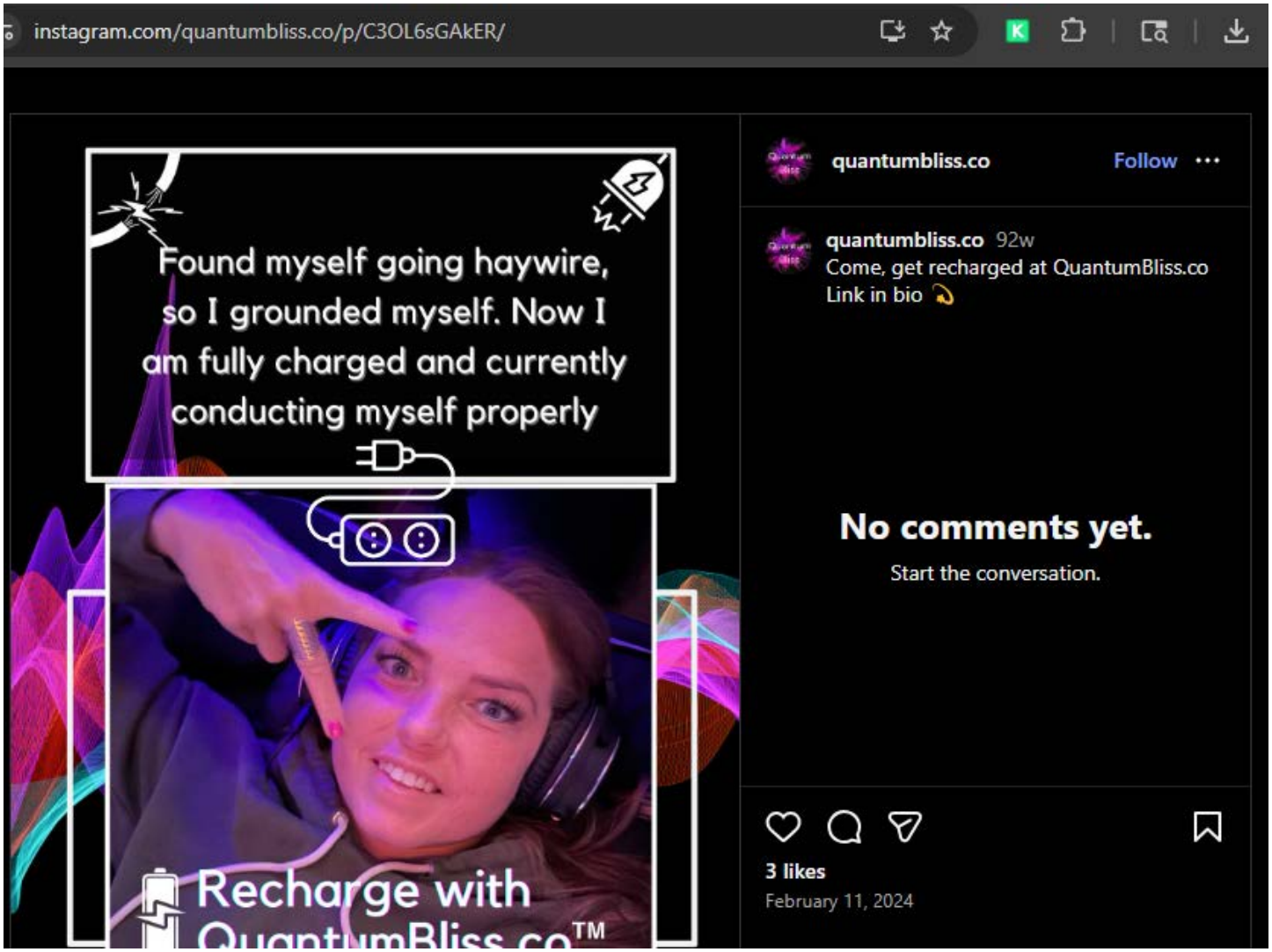
https://www.instagram.com/quantumbliss.co/p/C3OL6sGAkER/

Posted: Feb 11, 2024

Captured: Nov 18, 2025

Before DOI

Picture of Subject wearing headphones. She wrote that this therapy has helped her feel fully charged. Come, get recharged at QuantumBliss.co Link in bio


instagram.com/quantumbliss.co/p/C3OL6sGAkER/
Found myself going haywire, so I grounded myself. Now I am fully charged and currently conducting myself properly
Recharge with QuantumBliss.co™
quantumbliss.co
Follow
quantumbliss.co 92w
Come, get recharged at QuantumBliss.co
Link in bio
No comments yet.
Start the conversation.
3 likes
February 11, 2024

Instagram

quantumbliss.co/

System ID: 667687

Cynthia Lee Jacobson

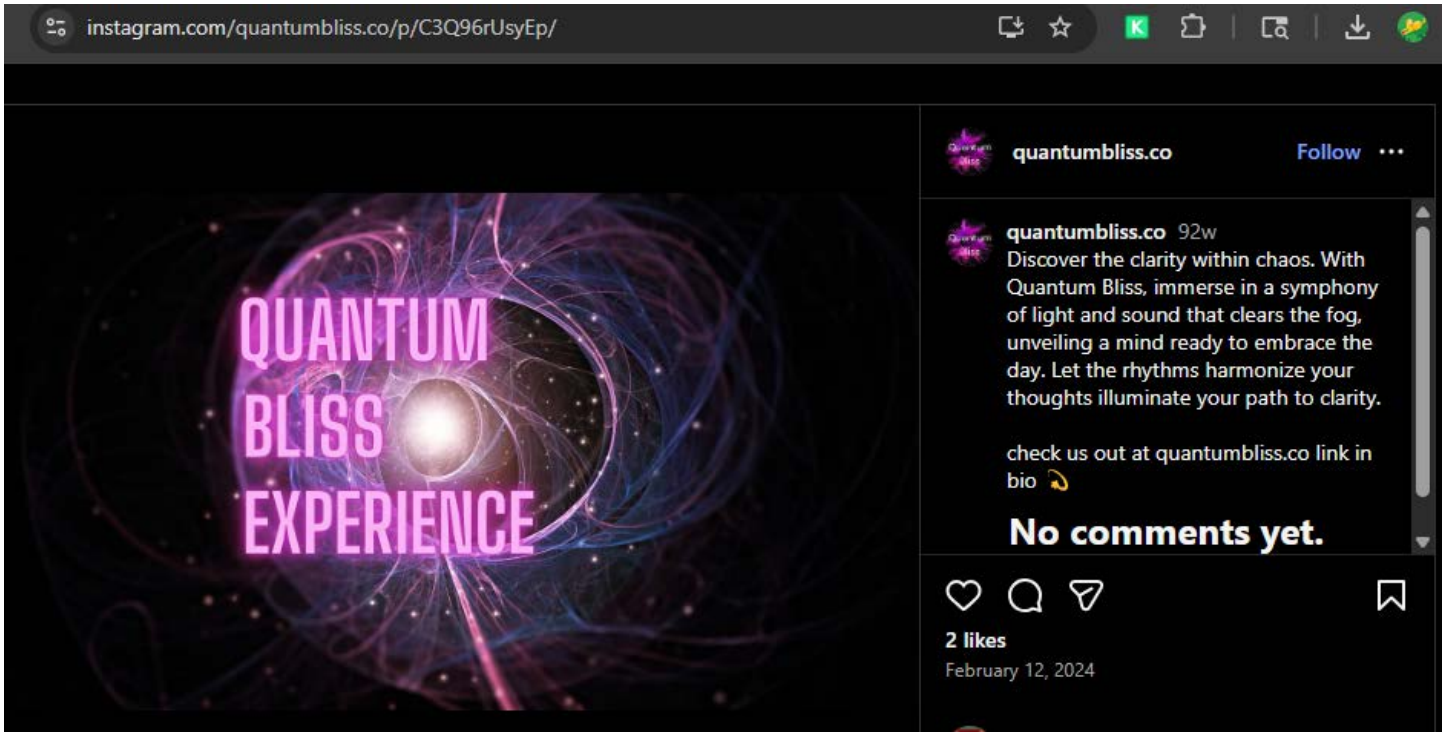
https://www.instagram.com/quantumbliss.co/p/C3Q96rUsyEp/

Posted: Feb 12, 2024

Captured: Nov 18, 2025

Before DOI

Post that Quantum Bliss helps to provide clarity. Discover the clarity within chaos. With Quantum Bliss, immerse in a symphony of light and sound that clears the fog, unveiling a mind ready to embrace the day. Let the rhythms harmonize your thoughts illuminate your path to clarity. check us out at quantumbliss.co link in bio


instagram.com/quantumbliss.co/p/C3Q96rUsyEp/
QUANTUM
BLISS
EXPERIENCE
quantumbliss.co
Follow
quantumbliss.co 92w
Discover the clarity within chaos. With Quantum Bliss, immerse in a symphony of light and sound that clears the fog, unveiling a mind ready to embrace the day. Let the rhythms harmonize your thoughts illuminate your path to clarity.
check us out at quantumbliss.co link in bio
No comments yet.
2 likes
February 12, 2024

Instagram

quantumbliss.co/

System ID: 667688

Cynthia Lee Jacobson

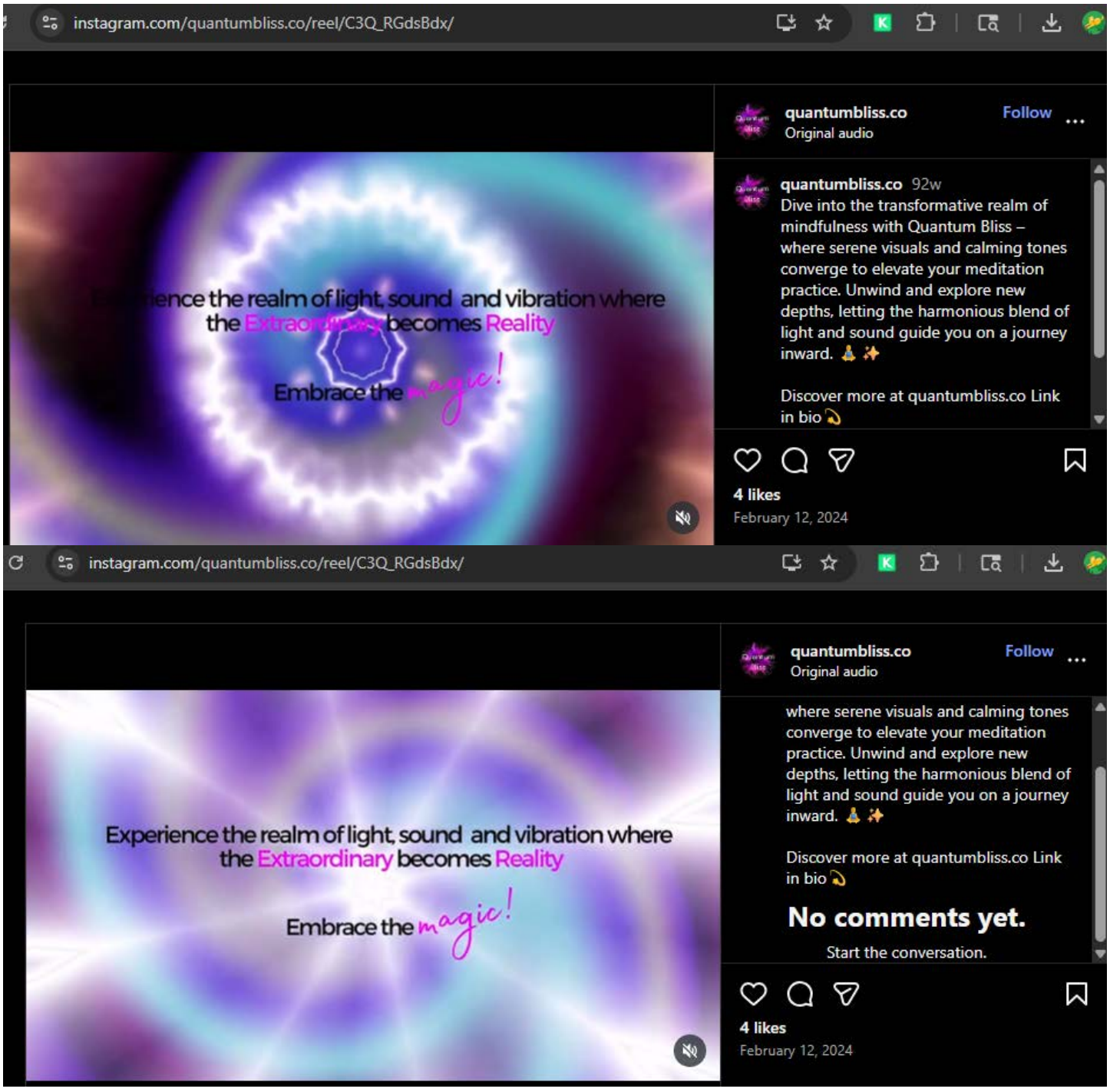
https://www.instagram.com/quantumbliss.co/reel/C3Q_RGdsBdx/

Posted: Feb 12, 2024

Captured: Nov 18, 2025

Before DOI

Post indicates that Quantum Bliss could help with meditation. Dive into the transformative realm of mindfulness with Quantum Bliss – where serene visuals and calming tones converge to elevate your meditation practice. Unwind and explore new depths, letting the harmonious blend of light and sound guide you on a journey inward. □♂□ Discover more at quantumbliss.co Link in bio□


instagram.com/quantumbliss.co/reel/C3Q_RGdsBdx/
ence the realm of light, sound and vibration where
the Extraordinary becomes Reality
Embrace the magic!
quantumbliss.co
Follow
Original audio
quantumbliss.co 92w
Dive into the transformative realm of mindfulness with Quantum Bliss – where serene visuals and calming tones converge to elevate your meditation practice. Unwind and explore new depths, letting the harmonious blend of light and sound guide you on a journey inward. 🙏 ✨
Discover more at quantumbliss.co Link in bio 💫
4 likes
February 12, 2024
instagram.com/quantumbliss.co/reel/C3Q_RGdsBdx/
Experience the realm of light, sound and vibration where
the Extraordinary becomes Reality
Embrace the magic!
quantumbliss.co
Follow
Original audio
where serene visuals and calming tones converge to elevate your meditation practice. Unwind and explore new depths, letting the harmonious blend of light and sound guide you on a journey inward. 🙏 ✨
Discover more at quantumbliss.co Link in bio 💫
No comments yet.
Start the conversation.
4 likes
February 12, 2024

Instagram

quantumbliss.co/

System ID: 667689

Cynthia Lee Jacobson

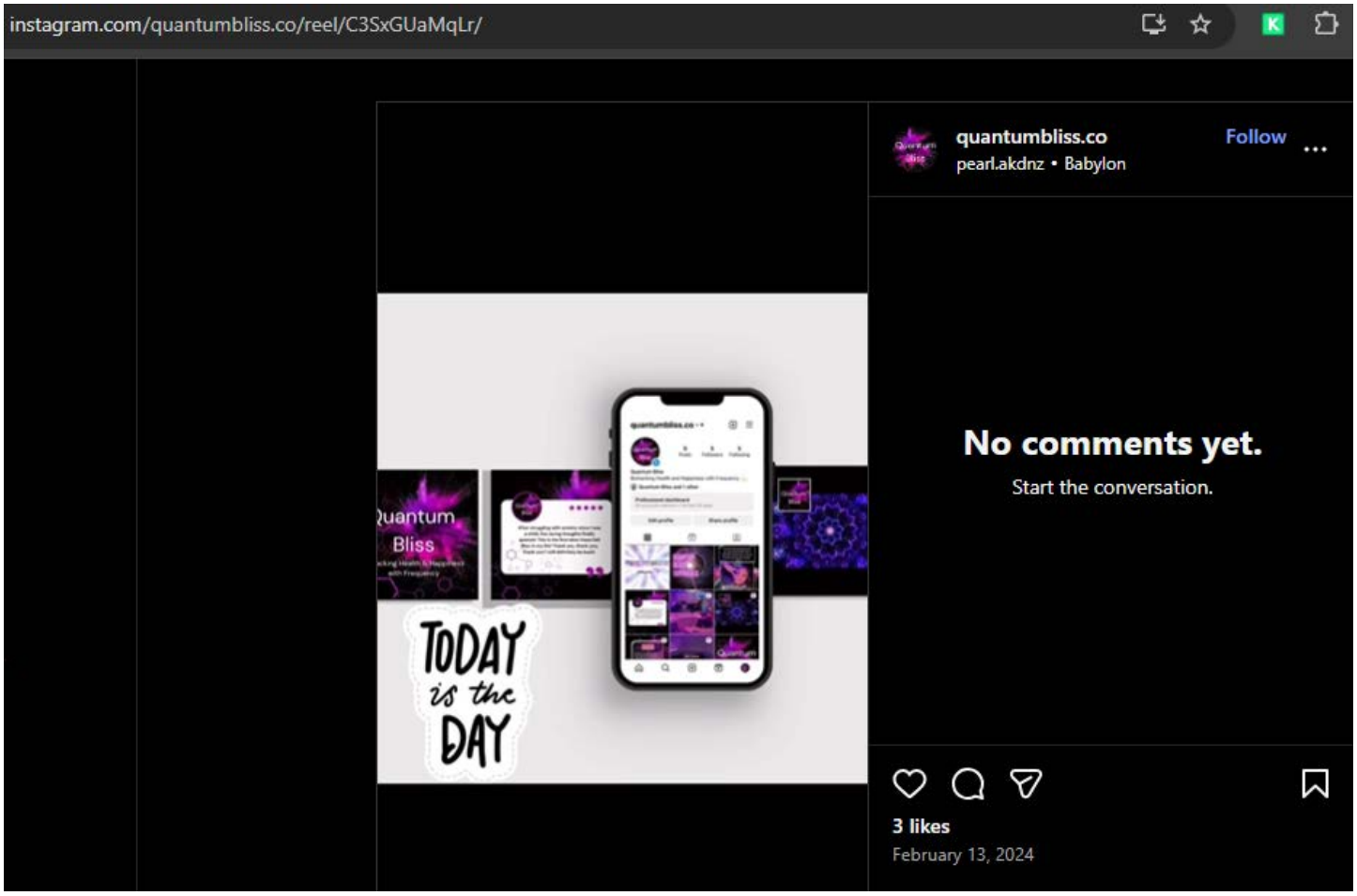
https://www.instagram.com/quantumbliss.co/reel/C3SxGUaMqLr/

Posted: Feb 13, 2024

Captured: Nov 18, 2025

Before DOI

Multiple pictures of phones, reviews, and the Quantum Bliss logo with the words, Today is the Day.



Link to download video

Instagram

blazewithincyn/

System ID: 666738

Cynthia Lee Jacobson

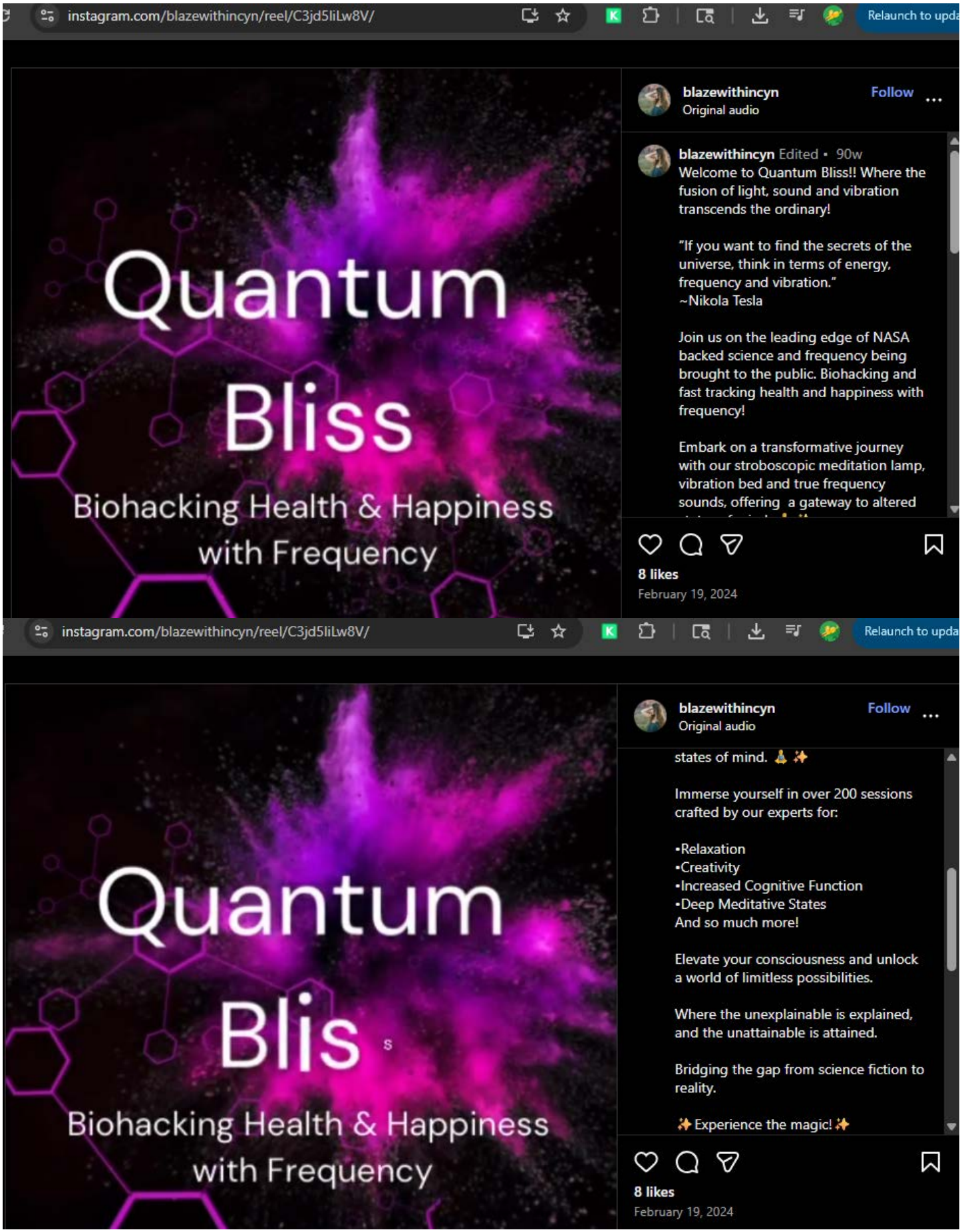
https://www.instagram.com/blazewithincyn/reel/C3jd5liLw8V/

Posted: Feb 19, 2024

Captured: Nov 17, 2025

Before DOI

Subject posted about her company, Quantum Bliss. She says it will help with relaxation, cognitive, and meditative functions. Posting is also on Subject's Facebook account. Welcome to Quantum Bliss!! Where the fusion of light, sound and vibration transcends the ordinary! “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” ~Nikola Tesla Join us on the leading edge of NASA backed science and frequency being brought to the public. Biohacking and fast tracking health and happiness with frequency! Embark on a transformative journey with our stroboscopic meditation lamp, vibration bed and true frequency sounds, offering a gateway to altered states of mind. □♂□ Immerse yourself in over 200 sessions crafted by our experts for: •Relaxation •Creativity •Increased Cognitive Function •Deep Meditative States And so much more! Elevate your consciousness and unlock a world of limitless possibilities. Where the unexplainable is explained, and the unattainable is attained. Bridging the gap from science fiction to reality. □Experience the magic!□ We are running a special from now until the end of March. The Quantum Bliss Experience and the Couples Quantum Bliss Experience will be 30% off. We will also be doing some giveaways!! So stay tuned for upcoming announcements!! To find out more or to book click here: https://quantumbliss.co/ (https://quantumbliss.co/)


instagram.com/blazewithincyn/reel/C3jd5liLw8V/
Relaunch to upda
Quantum
Bliss
Biohacking Health & Happiness
with Frequency
blazewithincyn
Original audio
Follow
blazewithincyn Edited • 90w
Welcome to Quantum Bliss!! Where the fusion of light, sound and vibration transcends the ordinary!
"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."
~Nikola Tesla
Join us on the leading edge of NASA backed science and frequency being brought to the public. Biohacking and fast tracking health and happiness with frequency!
Embark on a transformative journey with our stroboscopic meditation lamp, vibration bed and true frequency sounds, offering a gateway to altered
8 likes
February 19, 2024
instagram.com/blazewithincyn/reel/C3jd5liLw8V/
Relaunch to upda
Quantum
Blis
s
Biohacking Health & Happiness
with Frequency
blazewithincyn
Original audio
Follow
states of mind. 🙏✨
Immerse yourself in over 200 sessions crafted by our experts for:
•Relaxation
•Creativity
•Increased Cognitive Function
•Deep Meditative States
And so much more!
Elevate your consciousness and unlock a world of limitless possibilities.
Where the unexplainable is explained, and the unattainable is attained.
Bridging the gap from science fiction to reality.
✨Experience the magic!✨
8 likes
February 19, 2024





[Link to download video]

Facebook

cyndee.jacobson.163679

System ID: 666785

Cynthia Lee Jacobson

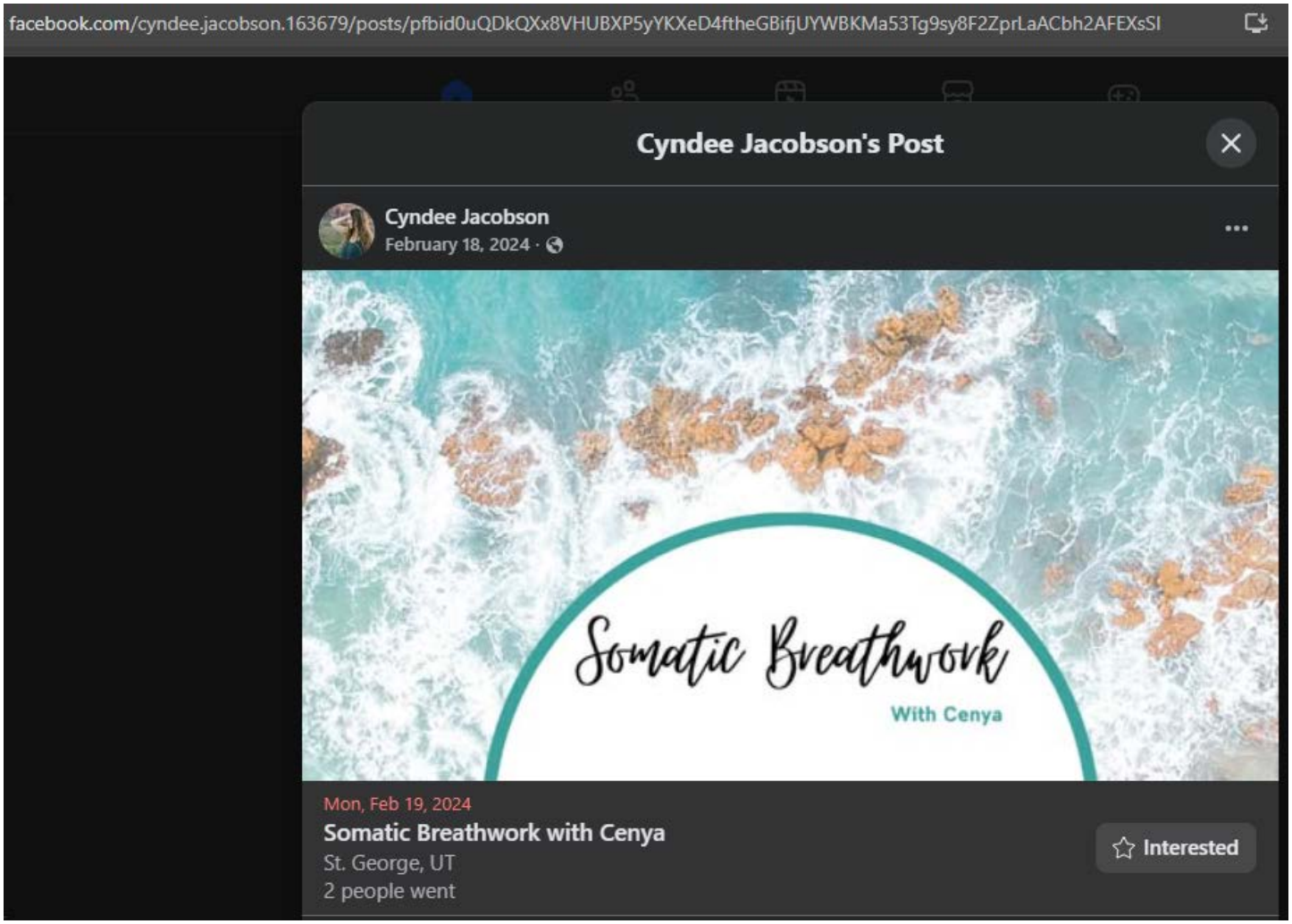
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0uQDkQXx8VHUBXP5yYKXeD4ftheGBifjUYWBKMa53Tg9sy8F2ZprLaACbh2AFEXsSl

Posted: Feb 19, 2024

Captured: Nov 18, 2025

Before DOI

Subject posted an upcoming Somatic Breathwork run by her daughter, Cenya.



Instagram

blazewithincyn/

System ID: 666737

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C3lVBoUr_rp/

Posted: Feb 20, 2024

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of a client receiving light therapy. This is also posted on Subject's personal and business Facebook accounts. What is it you want? Write your own story with Quantum Bliss Quantumbliss.co

instagram.com/blazewithincyn/reel/C3lVBoUr_rp/



blazewithincyn Follow ...
Original audio

blazewithincyn 90w
What is it you want?

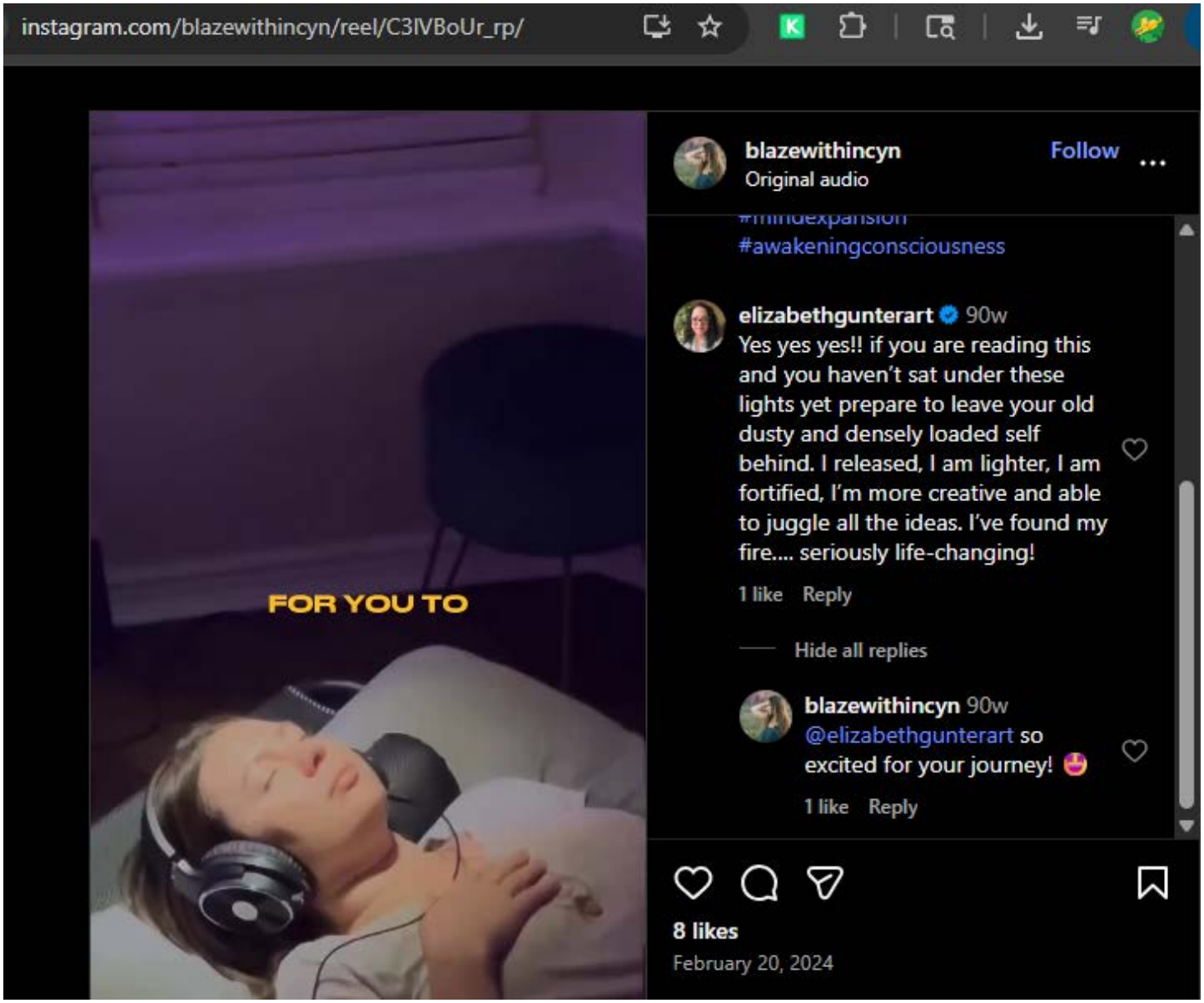
Write your own story with Quantum Bliss

Quantumbliss.co

#quantumbliss #lightsoundvibration #frequency #hypnosis #deeptrancemeditation #journeywithin #mindfullness #innerpeace #transformation #relaxation #brainwaveentrainment #mindexpansion #awakeningconsciousness

elizabethgunterart 90w
Yes yes yes!! if you are reading this and you haven't sat under these

8 likes
February 20, 2024



[Link to download video]

Instagram

quantumbliss.co/

System ID: 667690

Cynthia Lee Jacobson

https://www.instagram.com/quantumbliss.co/p/C3lVRI3ATz9/

Posted: Feb 20, 2024

Captured: Nov 18, 2025

Before DOI

A post of a chart of the health benefits of light, sound, and vibration therapy. Experience the realm of light, sound and vibration, where the Extraordinary becomes Reality!! Embrace the magic!! ✨ Checkout the list of potential benefits from a Quantum Bliss Experience!! ✨

instagram.com/quantumbliss.co/p/C3IVRI3ATz9/



quantumbliss.co Follow ...

quantumbliss.co 91w
Experience the realm of light, sound and vibration, where the Extraordinary becomes Reality!! Embrace the magic!! ✨

Checkout the list of potential benefits from a Quantum Bliss Experience!! ✨ 💫

#quantumbliss #lightsoundvibration #frequency #hypnosis #deeptrancemeditation #journeywithin #mindfullness #innerpeace #transformation #relaxation #brainwaveentrainment #mindexpansion #awakeningconsciousness

No comments yet.

7 likes
February 20, 2024

Instagram

blazewithincyn/

System ID: 666736

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C3qVq-XLQgE/

Posted: Feb 22, 2024

Captured: Nov 17, 2025

Before DOI

This is Part 1 of a 7-part post. Subject posted a picture of herself outdoors. In the comments, she explains that she will be writing a book titled AND. She intends to put in everything she experienced from childhood trauma, the death of her son, her husband's suicide, and her daughters' thoughts of suicide. This is also posted on Subject's Facebook account. Many of you know I have gone through some major traumatic experiences in my life. Maybe not as many of you know that trauma led me to living in a state of fight or flight most of my life. And living in a constant state of fight or flight depleted my cortisol and nearly killed me. I was in and out of doctor’s offices for months and years, being sent to specialist after specialist, even sent across the country to Mayo Clinic. Instead of receiving answers I was given diagnosis after diagnosis of major auto immune diseases that had no cure. I was young and I had three young kids that had suffered through enough trauma, as had I. I was not about to accept anything less than a cure for whatever was ailing me. •••••••••• I am sharing my journey for the first time in its entirety. I have suffered a lot of PTSD not only around my health journey, but around my childhood, the loss of my son, the loss of my husband to suicide, and the battles within my own daughter of wanting to follow his footsteps. All of it has been very traumatic. Not only did it take a toll on my physical, and mental health, but my emotional and spiritual health as well. I learned a lot on my journey, and that is why I am still here. If the lessons I have learned can help one person then the suffering wasn’t for nothing. I am putting it all in a book, that book is called AND. This is my story AND the journey does not end here. Follow along as the story unfolds, on Facebook or on Instagram @blazewithincyn

instagram.com/blazewithincyn/p/C3qVq-XLQgE/



blazewithincyn Follow ···

blazewithincyn 90w
Part 1

Many of you know I have gone through some major traumatic experiences in my life. Maybe not as many of you know that trauma led me to living in a state of fight or flight most of my life.

And living in a constant state of fight or flight depleted my cortisol and nearly killed me.

I was in and out of doctor's offices for months and years, being sent to specialist after specialist, even sent across the country to Mayo Clinic. Instead of receiving answers I was given diagnosis after diagnosis of major auto immune diseases that had no cure.

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I was young and I had three young kids that had suffered through enough trauma, as had I. I was not about to accept anything less than a cure for whatever was ailing me.

.....

I am sharing my journey for the first time in its entirety. I have suffered a lot of PTSD not only around my health journey, but around my childhood, the loss of my son, the loss of my husband to suicide, and the battles within my own daughter of wanting to follow his footsteps.

All of it has been very traumatic. Not only did it take a toll on my physical,

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and mental health, but my emotional and spiritual health as well.

I learned a lot on my journey, and that is why I am still here. If the lessons I have learned can help one person then the suffering wasn't for nothing.

I am putting it all in a book, that book is called AND.

This is my story

AND

the journey does not end here.

Follow along as the story unfolds, on Facebook or on Instagram @blazewithincyn

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consciousbusinessnetwork 89w
♥♥♥
Reply

yvette_new_journey 90w
You radiate So much Beauty Wisdom and Strength. I cannot wait to pick up your book
1 like Reply

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blazewithincyn 90w
@yvette_new_journey Thank you! 🙏 😊
Reply

naturalinthenow 90w

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Congratulations on your book. Love you!
1 like Reply

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blazewithincyn 90w
@naturalinthenow Thank you! Love you!
1 like Reply

thecamiparker 90w
You got this! 👏
1 like Reply

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@thecamiparker you know it! 👊💥
Reply

ovalleerica2022 90w
Beautiful!! I love you ❤️
1 like Reply

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blazewithincyn 90w
@ovalleerica2022 Thank you! I love you 😘
Reply

lindseypollock_ 90w
I love you ❤️
1 like Reply

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& I am grateful for your openness! 🙏

1 like Reply

blazewithincyn 90w
@lindseypollock_ I love YOU!
❤️

1 like Reply

davey6482 90w
👏👏👏

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@davey6482 🙌

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Instagram

blazewithincyn/

System ID: 666735

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C3qllWpLrMg/

Posted: Feb 22, 2024

Captured: Nov 17, 2025

Before DOI

Part 2 of a 7-part post. Subject posted a picture of her holding a black banner that reads "Live A Great Story." Subject wrote that she was placed on disability when she was 36. She cried and pleaded for this not to happen, but she was told she would probably never walk again. An attorney did reassure her that she could get off of disability if she got better, which gave her hope. This is also posted on Subject's Facebook account. Part 2 Social security disabled me at 36 years old. This was not something I was seeking, but it was forced upon me. I cried to their attorneys pleading “I don’t want to be disabled!” They were perplexed at my reaction, they were used to people pleading FOR a disability diagnosis, and here I was trying to refuse it. “Don’t you know we are trying to help you?” But being told I was disabled, would likely never walk again, and to just “get used to it,” did not seem like help to me. Eventually a sympathetic attorney said “Look, just because you are disabled now, doesn’t mean you have to stay that way. Take the assistance you are being offered, and use that to help you get well.” “If you get better, then you can have your doctors submit new documentation and we can revoke the disability.” That was all the hope I needed. I would get better. I’ll show them. No one is going to tell me I will never walk again.

instagram.com/blazewithincyn/p/C3qlIWpLrMg/



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Part 2

Social security disabled me at 36 years old. This was not something I was seeking, but it was forced upon me. I cried to their attorneys pleading "I don't want to be disabled!"

They were perplexed at my reaction, they were used to people pleading FOR a disability diagnosis, and here I was trying to refuse it.

"Don't you know we are trying to help you?"

But being told I was disabled, would likely never walk again, and to just "get used to it," did not seem like help to

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February 22, 2024

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me.

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"If you get better, then you can have your doctors submit new documentation and we can revoke the disability."

That was all the hope I needed. I would get better. I'll show them. No one is going to tell me I will never walk again.

#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness

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February 22, 2024

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tinacourtney74 89w
I love this pic!
1 like Reply

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blazewithincyn 89w
@tinacourtney74 thank you!
1 like Reply

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Instagram

blazewithincyn/

System ID: 666734

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C3q6qu1rBKh/

Posted: Feb 22, 2024

Captured: Nov 17, 2025

Before DOI

Subject attended a conference about magic mushrooms given by Paul Statmets. In the comments, she wanted to learn more about the use of mushrooms for depression. She also said that she had been on social security for her disability, so she was unable to work as a nurse. This is also posted on Subject's Facebook account. Does anyone know this man right here? That is Paul Stamets, guru of the magic of mushrooms. Paul has studied mushrooms since 1979. He has numerous studies and publications, done Ted Talks, and has a show on Netflix Fantastic Fungi, all about the magical, mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of life on Earth. According to Paul, the answers to our most existential questions aren't in the stars above, but the ground below. So why did Paul come to Salt Lake earlier this year to speak at a psychedelic conference, where I had front row seats to listen intently on what he had to say, in Utah of all places?! Did you know there is a huge movement for the legalization of psychedelics? Did you know the FDA has been studying the benefits of psychedelic mushrooms, and research on psychedelics has been going on for over 20 years? John's Hopkins has reported "the use of psychedelics can lead to significant and durable improvements in depression" Studies show that psychedelic treatment with psilocybin relieved major depressive disorder symptoms for up to a month and may last at least a year for some. So why am I talking about this? After I was disabled by social security, unable to work the job I so dearly loved, I began to lose faith in western medicine. Weren't doctors supposed to have all the answers? Didn't I learn in nursing school the body worked together in harmony, and if we could just support it in the right way it would run optimally? As a nurse I was extremely against any alternative therapies or "plant medicines." But the system had failed me, and I had no more hope in the doctors I so admired and looked to for answers. Now I was on my own, to find my own healing. That is when I found "magic mushrooms." Psychedelics used for healing purposes, not in a club scene or party setting, had huge promise, far beyond depression, but also for anxiety, PTSD, pain and so much more. At that point I was willing to try anything.

instagram.com/blazewithincyn/reel/C3q6qu1rBKh/



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Does anyone know this man right here?

That is Paul Stamets, guru of the magic of mushrooms.

Paul has studied mushrooms since 1979. He has numerous studies and publications, done Ted Talks, and has a show on Netflix Fantastic Fungi, all about the magical, mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of life on Earth.

According to Paul, the answers to our most existential questions aren't in the stars above, but the ground below.

So why did Paul come to Salt Lake

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At that point I was willing to try anything.

#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness #magicmushrooms #psychedelics #paulstamets

12 likes
February 22, 2024



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System ID: 666728

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C3sjf_xL-BJ/?img_index=1

Posted: Feb 23, 2024

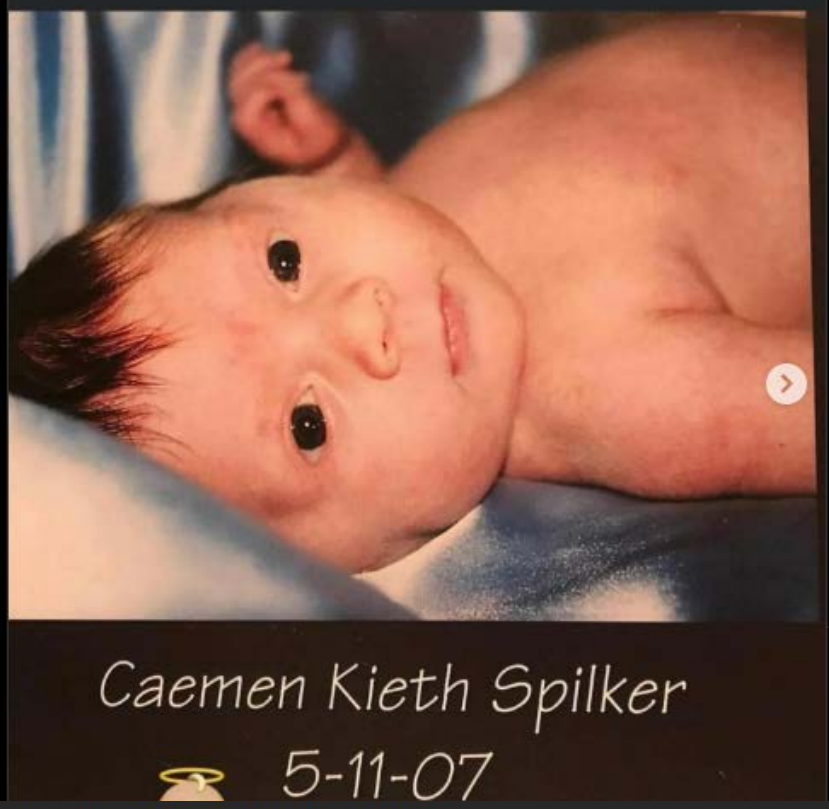
Captured: Nov 17, 2025

Before DOI

Part 3 of a 7-part post. Subject posted a picture of her son, Caemen. She wrote about when he died, and her doctor prescribed 3 anxiety pills to help her the first three nights. He explained that he only gave her 3 because she would need to face this loss. This is also posted on Subject's Facebook account. Part 3 After my baby died I compartmentalized and disassociated pieces of me in order to survive. I didn’t know that is what I was doing, but I did. This is a natural response to trauma, to get you as far away from the immediate danger as possible. But once out of that danger, if we don’t slow down to feel the emotion, let it move through our bodies and let it go, it stays buried deep within us, causing all kinds of havoc including anxiety and depression, eventually leading to dis-ease. In the hours after learning of my son’s death, friends, family, and coworkers gathered by my side. A well intended nurse asked my OB doctor, who was also my primary care physician and good friend, if he would be able to prescribe me something for anxiety. He prescribed me three anxiety pills. Just three. When questioned by the perplexed nurse he looked over at me and said: “Cyndee, you are going to have to feel this. Whether you feel it now, three months from now, or a year from now, when the haze of the medication wears off, you are going to have to feel it. It is better you feel it now and move through it. I am giving you three just to get you through the next few days. Then you need to feel this.” After he left the friend said “Cyndee, we can find you someone to prescribe more.” Many of the nurses I worked with at the hospital had monthly prescriptions for anxiety and sleep medications. They were all willing to connect me to their practitioners knowing I would be having a great deal of suffering and sleepless nights. “No. He is right. I don’t want to feel this, but even more so, I don’t want to feel this same pain a year from now.” I deeply respected and honored each one of those pills as I took them for their intended purpose to help me sleep the next three nights. Those three nights I had a deeply profound experience, one that I still hold close to my heart. One that did help me get through that tough moment in time, and that took me years to share.


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Relaur
Caemen Kieth Spilker
5-11-07
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Part 3
After my baby died I compartmentalized and disassociated pieces of me in order to survive. I didn't know that is what I was doing, but I did.
This is a natural response to trauma, to get you as far away from the immediate danger as possible. But once out of that danger, if we don't slow down to feel the emotion, let it move through our bodies and let it go, it stays buried deep within us, causing all kinds of havoc including anxiety and depression, eventually leading to dis-ease.
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February 23, 2024

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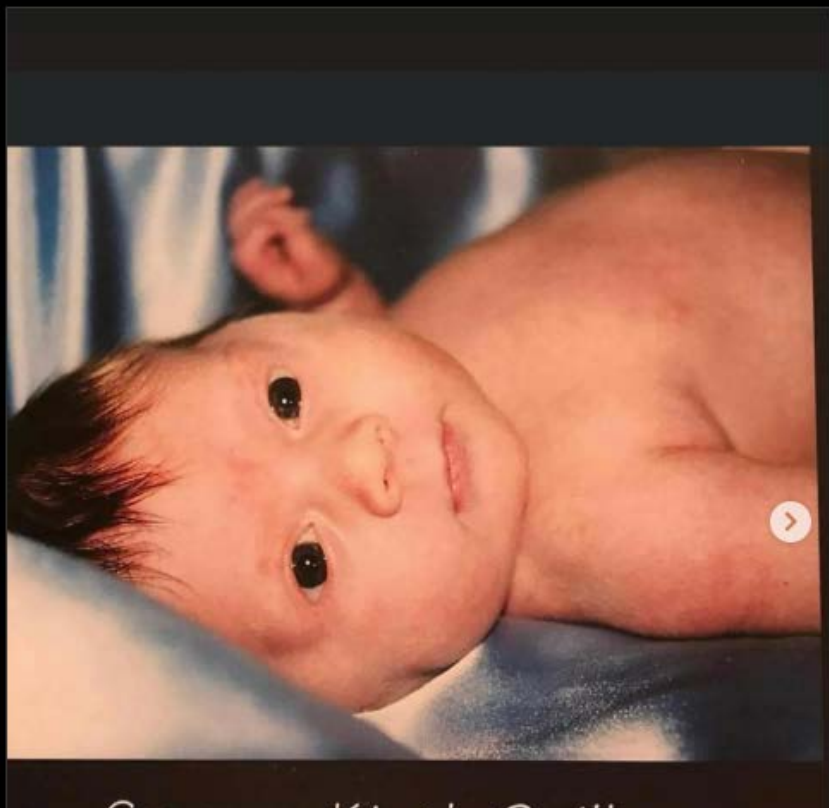
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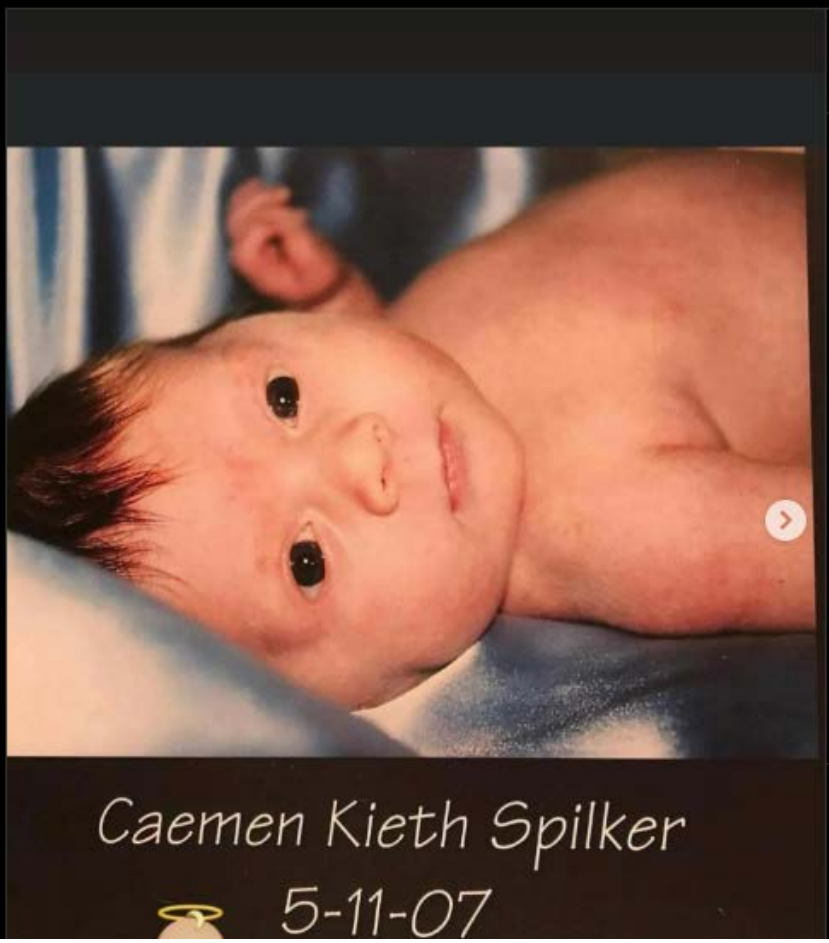
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"No. He is right. I don't want to feel this, but even more so, I don't want to feel this same pain a year from now."

I deeply respected and honored each one of those pills as I took them for their intended purpose to help me sleep the next three nights. Those three nights I had a deeply profound experience, one that I still hold close to my heart. One that did help me get

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my heart. One that did help me get through that tough moment in time, and that took me years to share.

#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness #SIDS

mrs.bulloch 90w
I love you Cyndee! I can't imagine going through the heartbreak you've endured!! 🤟🙏❤️✨

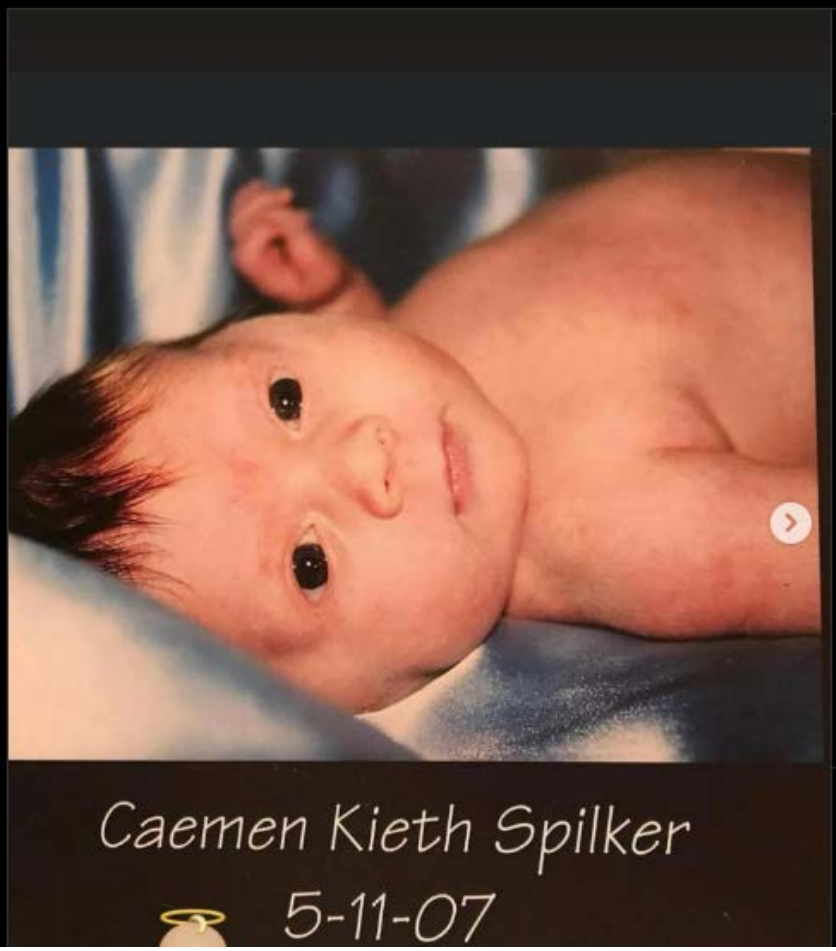
1 like Reply

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blazewithincyn 89w
@mrs.bulloch I love YOU! ❤️ Thankful for friends that help get you through 🤗

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thenotsofrumpymom 90w
😭😭😭😭😭😭😭😭😭😭💗
💗💗💗💗💗💗💗💗
1 like Reply

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blazewithincyn 89w
@thenotsofrumpymom love you friend. Neither of us were given an easy path to motherhood in this life. ❤️
1 like Reply

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@blazewithincyn 😍😳😍😳😍😳😍
Reply

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Other

Goodpods

System ID: 662316

Posted: Feb 24, 2024

Captured: Nov 06, 2025

Cynthia Lee Jacobson

https://goodpods.com/podcasts/the-samantha-parker-show-217463/from-nicu-nursing-to-nearing-deaths-door-then-rving-across-the-us-seek-45406635

Before DOI

Subject speaking on a podcast. She discusses her mental and physical health, the loss of her infant son to SIDS, and the death of her husband, Cody, by suicide. She also mentions that her ex-husband, whom she divorced, was an alcoholic. She described having several near-death experiences, with receiving CPR the most recent time. She next describes taking ketamine with meditation to treat her cortisol disorder. This eventually led to her developing a mental/spiritual training technique that she is teaching. Link to podcast: https://observr.app/goodpods1.mp3



From NICU Nursing to Nearing Death's Door, then RVing across the US Seeking Joy with Cyndee Jacobson EP3

The Samantha Parker Show

02/24/24 • 72m

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About | Transcript

Transcript

does a monkey chatter ever stop in your brain?
I was like, what am I waiting for? Like, why don't I start now? Like, why would I wait months ? just start just start because it's never gonna be perfect and if you don't Just start then you're never going to so it's gonna be a shit show and I love it I'm like, I like rolling with the shit. You know, I've I'm I'm good there. I'm good there. I got that part down
I was literally in survival mode, fight or flight, like just trying to survive.
when you're living in like this trauma response, like you're just doing, you're going out there and doing, doing, doing, doing, doing.
Cause if I just do more and do more and do more than what I'm running from inside is, is going to go away.
I've had to identify multiple dead bodies, including my son and my husband. And it felt like I was going to a death to identify a dead body when I got that call and I didn't want to go. I wanted to just run. Everything in me was like, get on the flight.
We've done all the trauma healing. Let's just. Let's just get into the joy, that's what I was told like find the joy like stop Digging in the trenches stop rolling with the shit like find the joy
Third time they called and I just didn't even hear what they said at that point. Cause I was just

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like find the joy like stop digging in the trenches stop rolling with the shit like find the joy
Third time they called and I just didn't even hear what they said at that point. Cause I was just like, are you kidding me? This is the kind of news we, we report on. We don't do any feel good stories.
It's always death and, and suicide and, and destruction. Like, why can't we talk about the heart of the community instead of the tragedy?
what came of that was it got on the news for Utah, right? On KSL. And, and then, and then the community came out and then they came out to help

It's like when facebook live was first a thing and they made us do a live in the group. Well, as soon as I got done recording, I realized I had spinach in my teeth from my salad. I'm like, I'm not redoing it. I'm like, I'm just leaving it. That's me. Go for it. It was embarrassing, but everybody thought it was hilarious.
Welcome to the Samantha Parker show, Cindy. Thank you. Thanks for coming over and sitting on my couch. What do you think about this couch and conversations? Like this is the best thing ever. Like. I recorded a podcast studio and I'm like, Hmm, maybe I need to rethink things. This is a pretty fun setup you got. Well, eventually we're moving into a space, but I didn't, I was like, what am I waiting for? Like, why don't I start now? Like, why would I wait months? Because it took a long time to actually figure out this setup right here. Yeah. Yeah. And you were testing out the two cameras.
I know you were talked about that once. Yeah. In fact, I would say the two cameras ended up being the easy part. What was hard was getting the two mics. Oh, yeah. So do they go to like different cameras? I don't even. Well, so we do have the lapel mics on, but that's because it's for my camera audio. Okay. Yeah, but we're recording our actual audio.
See right there on the floor. Nice. I like it. This was what was hard to figure out. Okay. And then I had two USB mics. It was anyways, it was a whole shit show. Basically I had to buy all new stuff and there's a lot of money sitting here. I hear you. That's kind of like what's sitting at my house too.
I'm like, I don't, I just want it to work. I don't know how it works, but I want it to work. And it's working right now. The only thing we were just recording earlier and the batteries died. So. It was like, I just had to swap a battery out, you know, no big deal. Yeah. Yeah. Yeah. I'm like, I

Instagram

blazewithincyn/

System ID: 666727

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C30i43yrkZ_/

Posted: Feb 26, 2024

Captured: Nov 17, 2025

Before DOI

Part 4 of a 7-part post. A picture of Subject outdoors. Subject posted about the grieving process for her baby and how empty she felt inside. This is also posted on Subject's Facebook account. It was 8 years after my baby died that I actually was able to fully grieve his loss. Up to that point I was in a state of survival mode. If it weren’t for my surviving children, I don’t know how I would have made it through. Everything inside of me wanted to die along with him. If we couldn’t be together in this life, then I want to be with him in the next, just like my religious upbringing had taught me. I learned a lot about myself, and a lot about my personal beliefs following his passing. I dove deep in to the teachings, not only of my born into religion, but of every religion I could get my hands on. And not just this hemisphere of the earth, that included eastern teachings as well. I finally stopped searching when I kept coming up empty inside. The only thing I had to hold on to, that gave me any sense of peace, was that special experience I had those three days after his passing. It wasn’t until 8 years later, with the assistance of a god given gift to this earth, that I experienced something similar.

instagram.com/blazewithincyn/p/C30i43yrkZ_/



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Part 4

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#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness #SIDS #psyilocybin #psychedelics

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#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness #SIDS #psyilocybin #psychedelics #psychedelichealing #magicmushrooms

No comments yet.

Start the conversation.

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Instagram

blazewithincyn/

System ID: 666718

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C30p7hlPatT/

Posted: Feb 26, 2024

Captured: Nov 17, 2025

Before DOI

Part 5 of a 7-part post. Subject posted a picture of her standing next to a wall. Subject ponders what determines the worthiness of experiences. This is also posted on Subject's Facebook account. If you close your eyes to what you don’t want to see, you close your heart to what you don’t want to feel.” -Spin off from Johnny Depp quote. PART 5 It is funny how we judge life according to our upbringing. I was always curious as a child, inquiring of my mother how we were the only ones to have the truth. What about children born on the other side of the world? Why should they not have the truth as we did? That seemed so unfair. As I grew in years, so did my inquisitions. I began questioning everything that did not sit well with me. I was told to read the teachings, listen to the church leaders and cleave to the knowledge they were giving. But when I asked them my questions, they did not have answers to my inquiries. I was told to “just have faith.” So I tried. I tried to believe in what they were saying, but my own personal experiences showed me different. When I asked about my personal experiences, I was told that was impossible. Those were things for prophets, or experiences granted only after death, not in this lifetime, and only if you are “worthy.” But they did happen in this lifetime. They were more real than some book written in someone else’s lifetime, which makes it no greater than a fairytale in my mind. Why should their experience be more valid than mine? Because I am a mere mortal, a female, a child? I should listen to them, and trust them, but I shouldn’t trust myself? And who, or what, determines worthiness anyway? Does how much one suffers determine worthiness? If only we suffer enough in this lifetime, still show up for those around us, pay our tithes and attend church. Follow all the commandments,and repent for our sins. Then, ONE DAY, will I be worthy enough to be with my son? Well I have been with my son again, and no one can take that from me. You can keep your regurgitated information, I will believe in my own experiences, I will do my own research before taking someone else’s word, and I will trust myself.

instagram.com/blazewithincyn/p/C30p7hlPatT/



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"If you close your eyes to what you don't want to see, you close your heart to what you don't want to feel." -Spin off from Johnny Depp quote.

PART 5

It is funny how we judge life according to our upbringing. I was always curious as a child, inquiring of my mother how we were the only ones to have the truth. What about children born on the other side of the world? Why should they not have the truth as we did?

That seemed so unfair.

As I grew in years, so did my inquisitions. I began questioning

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February 26, 2024

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But when I asked them my questions, they did not have answers to my inquiries. I was told to "just have faith." So I tried.

I tried to believe in what they were saying, but my own personal experiences showed me different. When I asked about my personal experiences, I was told that was impossible. Those were things for prophets, or experiences granted only after death, not in this lifetime, and only if you are "worthy."

But they did happen in this lifetime.

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But they did happen in this lifetime. They were more real than some book written in someone else's lifetime, which makes it no greater than a fairytale in my mind.

Why should their experience be more valid than mine? Because I am a mere mortal, a female, a child? I should listen to them, and trust them, but I shouldn't trust myself?

And who, or what, determines worthiness anyway?

Does how much one suffers determine worthiness? If only we suffer enough in this lifetime, still show up for those around us, pay our tithes and attend church. Follow all the commandments,and repent for our sins.

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Well I have been with my son again, and no one can take that from me. You can keep your regurgitated information, I will believe in my own experiences, I will do my own research before taking someone else's word, and I will trust myself.

#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness #SIDS #religeousbeliefs #trustyourself #believeinyourself

blazewithincyn 89w
Exactly! Glad we figured that out

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myself.

#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness #SIDS #religeousbeliefs #trustyourself #believeinyourself

blazewithincyn 89w
Exactly! Glad we figured that out Love you! ❤️

Reply

tinacourtney74 89w
The truth is inside of us and is indoctrinated out to control us with fear. Different journey, same conclusion. I🤍u, girl.

1 like Reply

17 likes
February 26, 2024

Instagram

blazewithincyn/

Posted: Feb 26, 2024

System ID: 666713

Captured: Nov 17, 2025

Cynthia Lee Jacobson

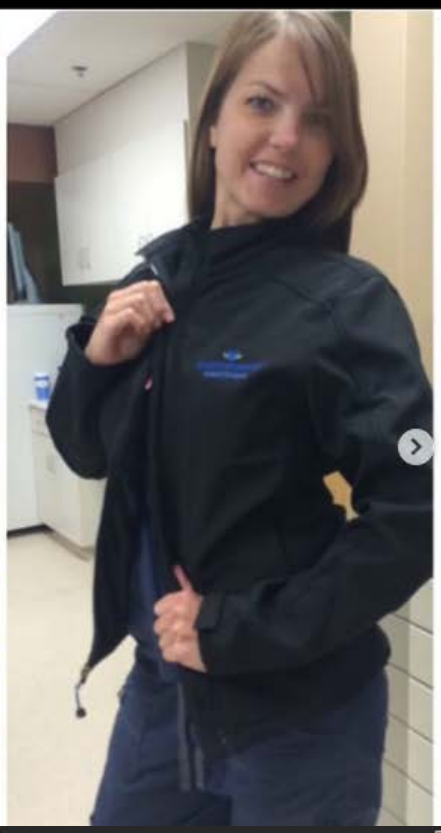
https://www.instagram.com/blazewithincyn/p/C30w9C9PhrB/?img_index=1

Before DOI

Part 6 of a 7-part post. Subject posted photos of herself working as a nurse and a picture of her at her baby's grave. In the comments, she wants to explore the reason why babies die from SIDS like her son. This is also posted on Subject's Facebook account. The questions did not stop at religious teachings, they also carried over into my field of work. As a nurse I was taught to “believe in the science” as they say, and take doctor’s word for gold. After all, they had many more years of education in medical schools funded by pharmaceutical companies studying from books authored by the same. In the western world the science of medicine has moved from looking for cures, to the prescription of medication. Instead of teaching them to look for the root cause, they are taught to look for symptoms that can be prescribed a medication, or fixed by an expensive invasive medical procedure. I say this in all due respect, as I was, and AM, a part of that world. I fully believed in what I was taught and what I was doing. Taught not to ask questions of the doctors that knew more than me. It wasn’t until I went through my own suffering, losing my own baby to SIDS, that I began to question. Sudden infant death syndrome is the unexplained death of a baby. U.S. infant mortality rates are approximately 42 percent higher than comparable developed countries, and 66 percent higher for neonatal deaths, putting us on par with third world countries like Serbia and Malaysia. The cause of SIDS is unknown according to our western world. The top medical scientists and doctors in the world, with all the funding behind them, can’t seem to find the cause of healthy babies dying in their sleep. Well if you can’t tell me why my baby died, I am going to do my own research. That is a slippery slope to go down, especially when you are a nurse in a top Newborn ICU. Be careful what you look for, you might not like what you find. Note: 1st Picture is of 2 sets of triplets that I got to send home all on the same day. Picture two is of a sweet babe that I threw a bon-voyage party for after his very long NICU stay. Third picture is a throwback to my OR days prior to NICU. Last picture is self explanatory, my baby and husband. *All pictures taken and shared with permission.

instagram.com/blazewithincyn/p/C30w9C9PhrB/





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Part 6

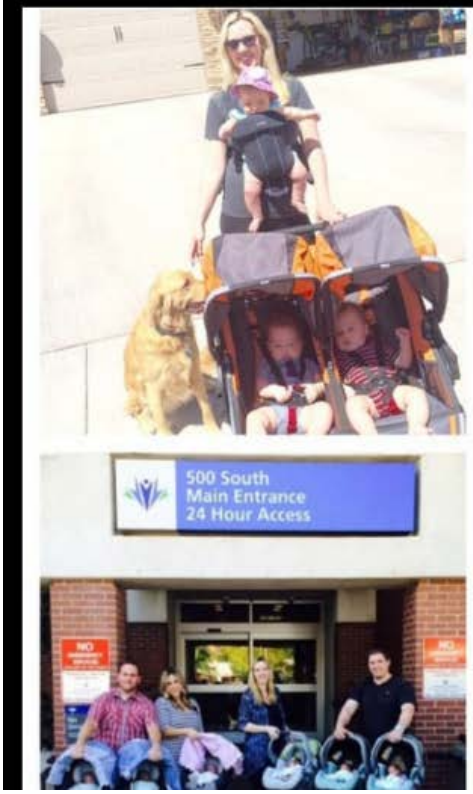
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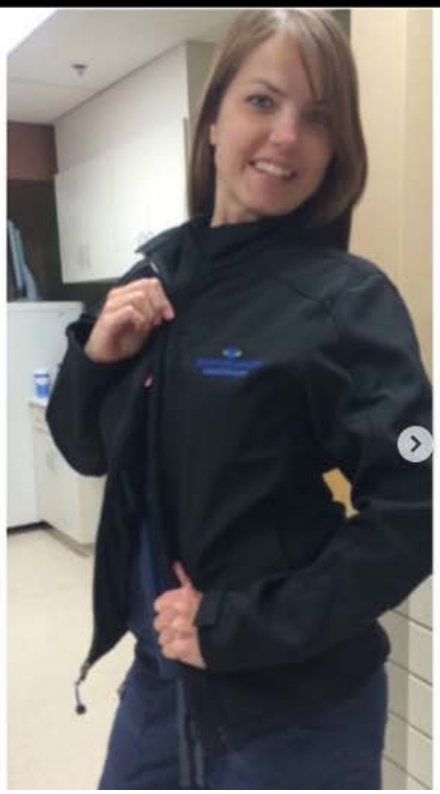
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root cause, they are taught to look for symptoms that can be prescribed a medication, or fixed by an expensive invasive medical procedure.

I say this in all due respect, as I was, and AM, a part of that world. I fully believed in what I was taught and what I was doing. Taught not to ask questions of the doctors that knew more than me.

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The cause of SIDS is unknown according to our western world. The top medical scientists and doctors in the world, with all the funding behind them, can't seem to find the cause of healthy babies dying in their sleep.

Well if you can't tell me why my baby died, I am going to do my own research. That is a slippery slope to go down, especially when you are a nurse in a top Newborn ICU. Be careful what you look for, you might not like what you find.

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Note: 1st Picture is of 2 sets of triplets that I got to send home all on the same day. Picture two is of a sweet babe that I threw a bon-voyage party for after his very long NICU stay. Third picture is a throwback to my OR days prior to NICU. Last picture is self explanatory, my baby and husband. *All pictures taken and shared with permission.

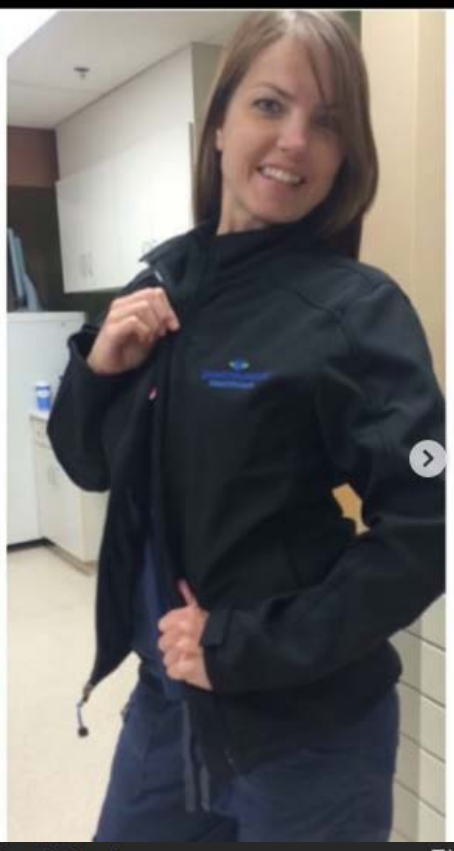
#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness #SIDS #begintoaskquestions #questioneverything #nursesdontquestion

thecamiparker 89w
I love you!

35 likes
February 26, 2024

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#nursesdontquestion

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I love you!
1 like Reply

Hide all replies

blazewithincyn 89w
@thecamiparker love you!
❤️
Reply

tinacourtney74 89w
Miss nursing with ya.
1 like Reply

Hide all replies

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February 26, 2024

instagram.com/blazewithincyn/p/C30w9C9PhrB/?img_index=2



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#nursesdontquestion

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I love you!
1 like Reply

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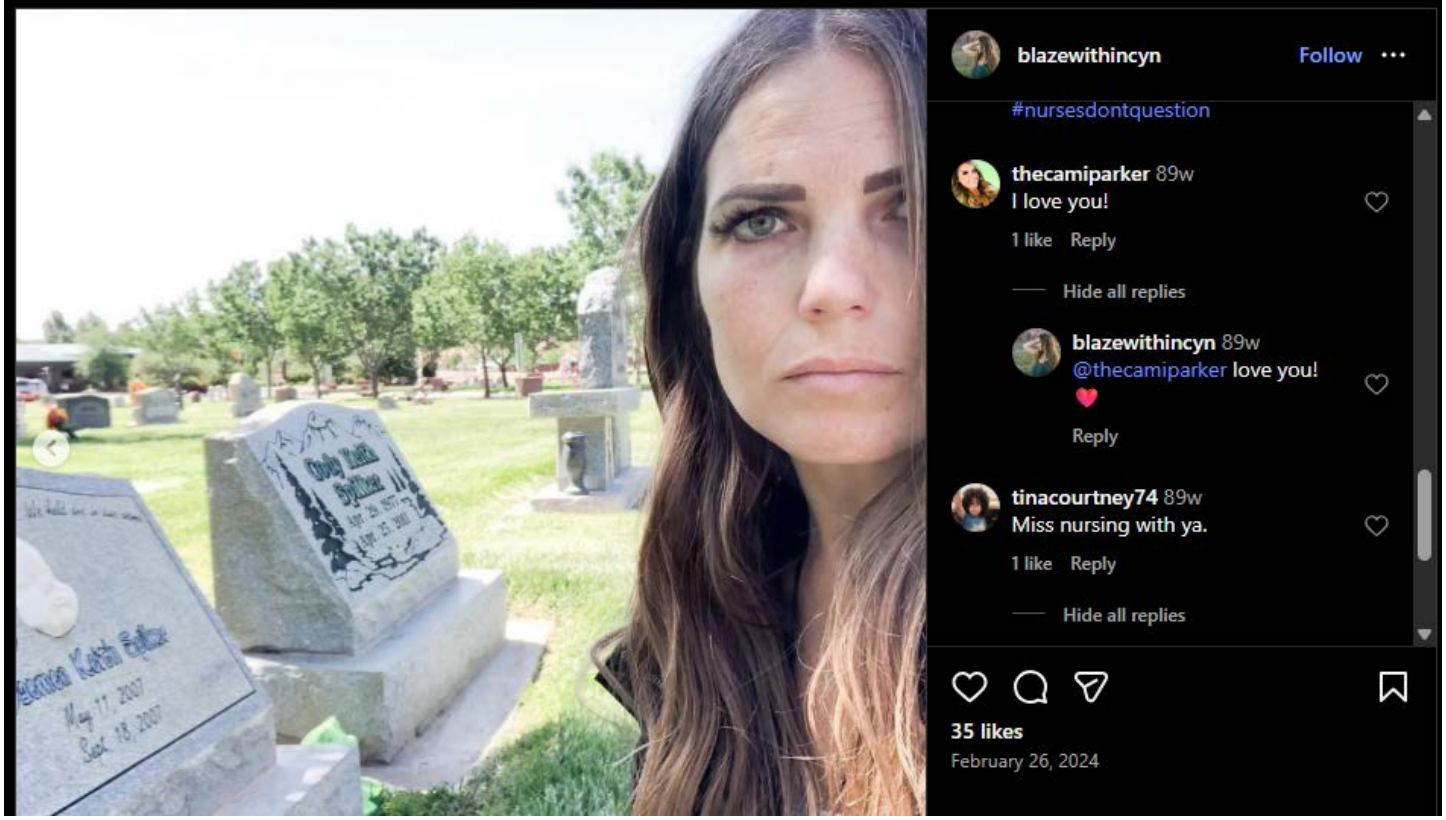
blazewithincyn 89w
@thecamiparker love you!
❤️
Reply

tinacourtney74 89w
Miss nursing with ya.
1 like Reply

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#nursesdontquestion

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I love you!
1 like Reply

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@thecamiparker love you!
❤️
Reply

tinacourtney74 89w
Miss nursing with ya.
1 like Reply

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Facebook

cyndee.jacobson.163679

System ID: 666822

Cynthia Lee Jacobson

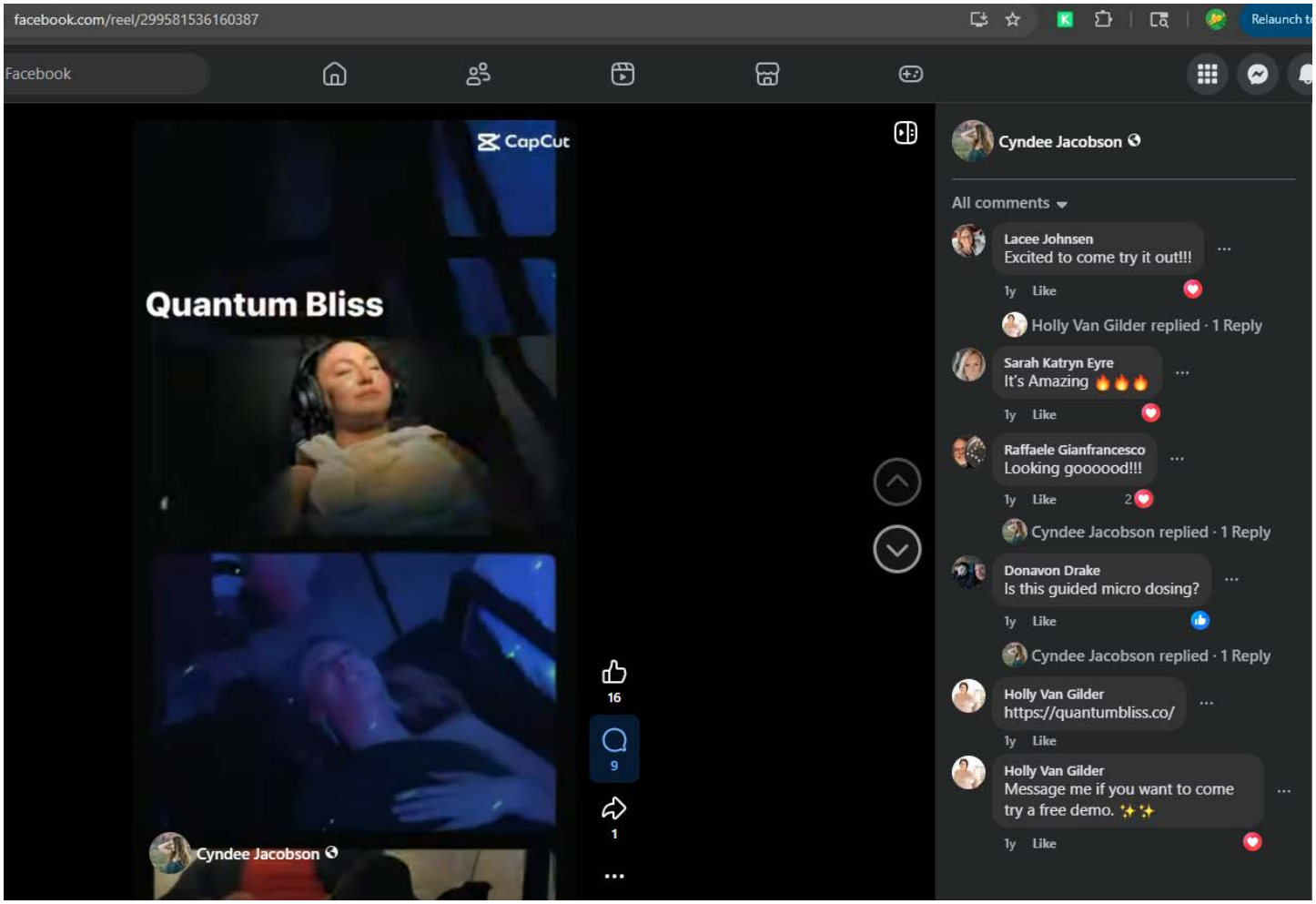
https://www.facebook.com/reel/299581536160387

Posted: Feb 26, 2024

Captured: Nov 18, 2025

Before DOI

Subject posted videos of clients at her company's Quantum Bliss.



Link to download video

Instagram

blazewithincyn/

System ID: 666707

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C33IB0tr8pj/?img_index=1

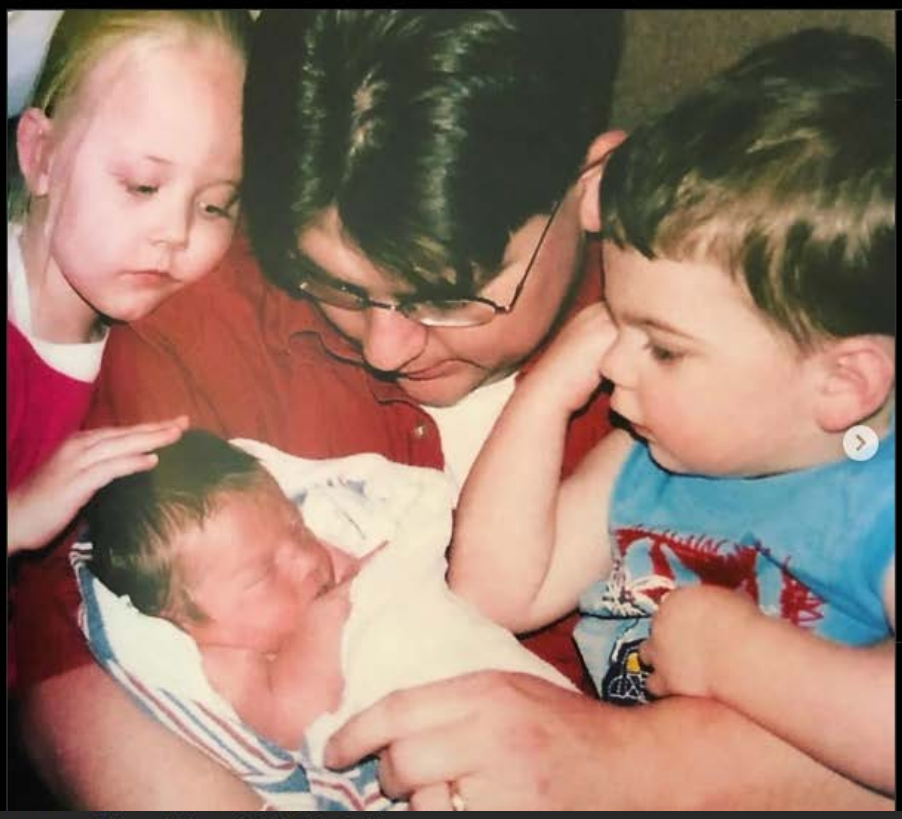
Posted: Feb 27, 2024

Captured: Nov 17, 2025

Before DOI

Part 7 of a 7-part post. Subject posted a picture of her husband, Cody, with 3 of their children, Cenya, Covin, and Caemen. She writes that he had a difficult childhood, but that she is only including their time together in her book. This is also posted on Subject's Facebook account.

instagram.com/blazewithincyn/p/C33IB0tr8pj/



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Part 7

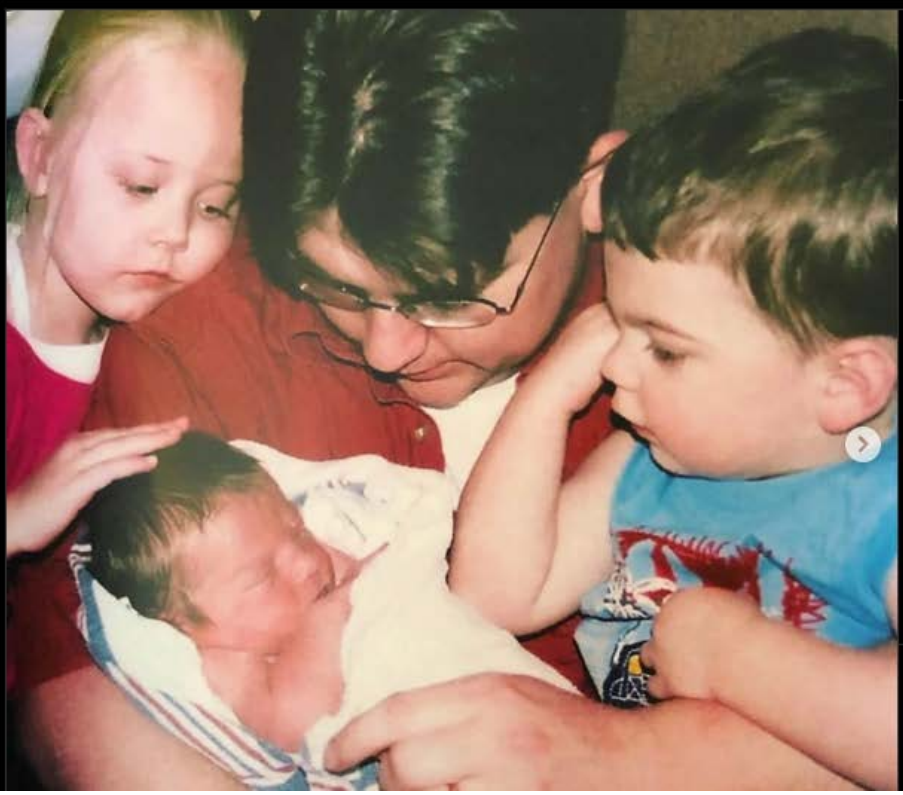
Cody had a rough childhood, much harder than mine, and I thought I had it tough. I will not be sharing that part, as that is his story, and he wanted to keep that hidden.

That is the hard part though, we are only as sick as our deepest secrets. If we can reveal what they are, we have a chance to let them go, so they are no longer part of us.

That was not his path however, and I was part of helping him hide all the pieces of him he did not want known. I did it out of love and respect for his wishes. I didn't realize it wasn't actually

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pieces of him he did not want known. I did it out of love and respect for his wishes. I didn't realize it wasn't actually helping him, but instead making it worse.

The parts I will share in this book are the parts we took together on our journey, the hardships and struggles we shared along the way. What led up to his final and permanent decision to leave this earth and everyone on it behind.

#AND #thestorydoesntendhere #traumarecovery #traumahealing #widow #suicideawarness

No comments yet.

Start the conversation.

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Cynthia Lee Jacobson

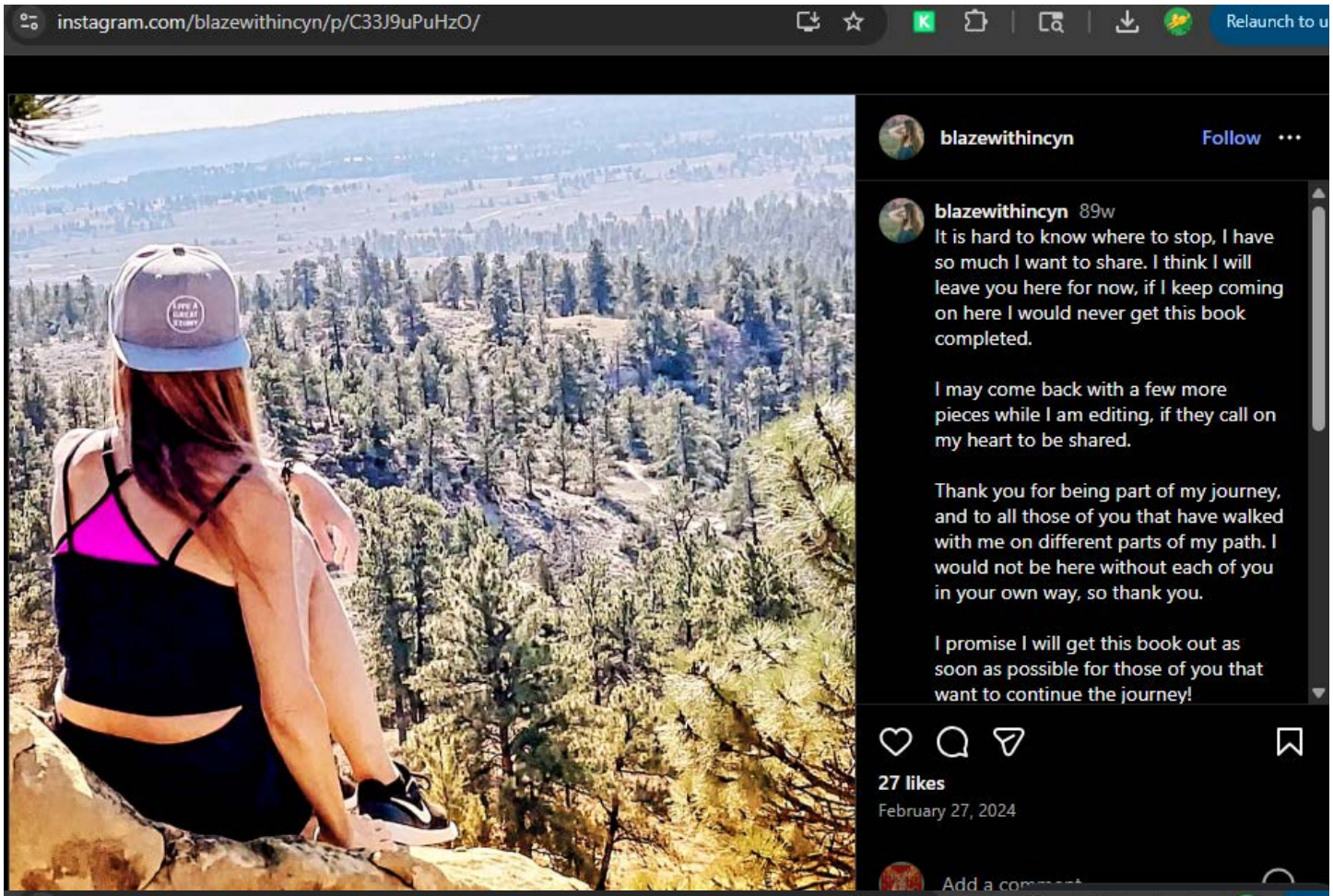
https://www.instagram.com/blazewithincyn/p/C33J9uPuHzO/

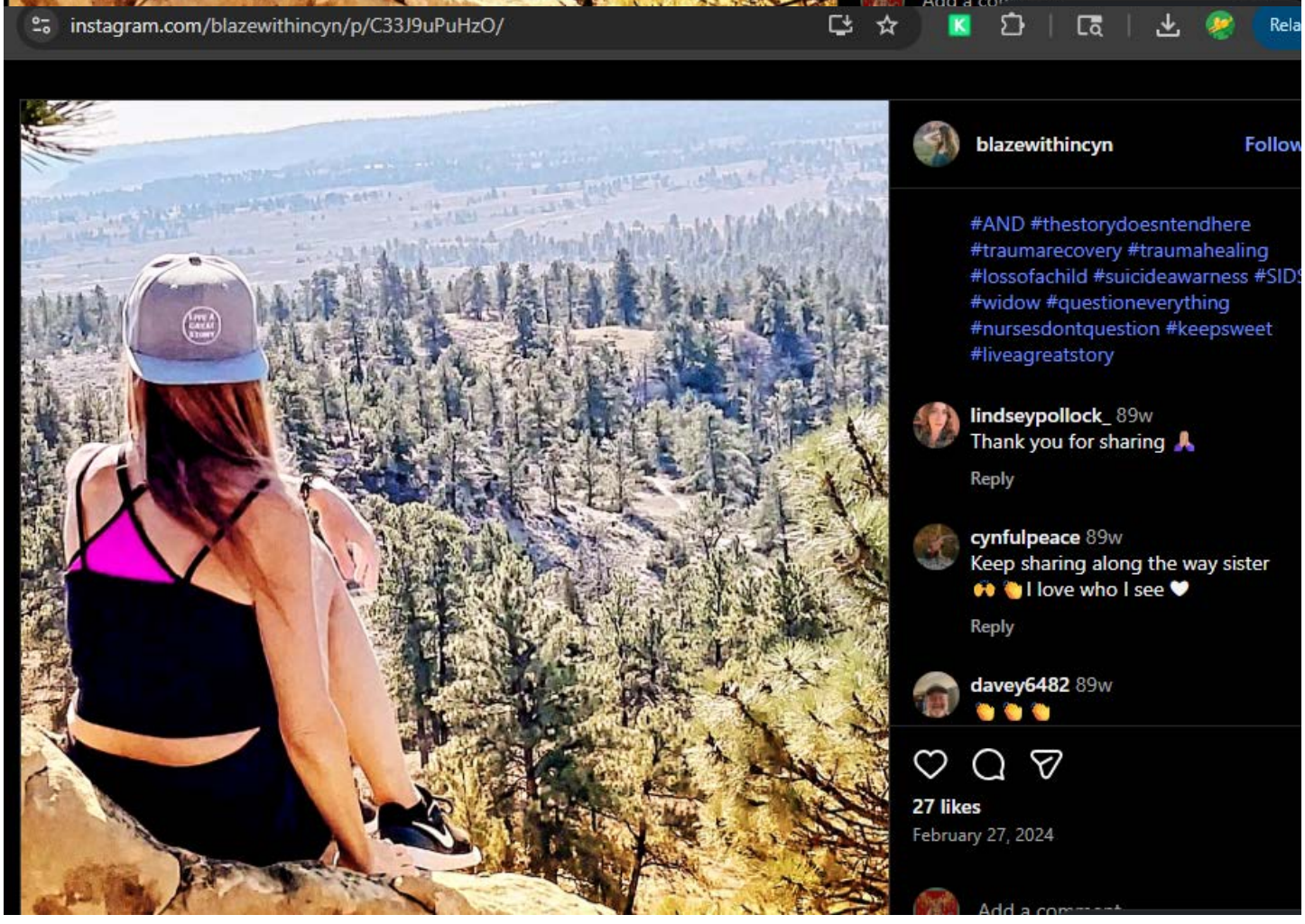
Posted: Feb 27, 2024

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of herself sitting on the side of a mountain. She thanks people for sharing her journey as she is writing her book. This is also posted on Subject's Facebook account. It is hard to know where to stop, I have so much I want to share. I think I will leave you here for now, if I keep coming on here I would never get this book completed. I may come back with a few more pieces while I am editing, if they call on my heart to be shared. Thank you for being part of my journey, and to all those of you that have walked with me on different parts of my path. I would not be here without each of you in your own way, so thank you. I promise I will get this book out as soon as possible for those of you that want to continue the journey!


instagram.com/blazewithincyn/p/C33J9uPuHzO/
Relaunch to u
blazewithincyn
Follow
blazewithincyn 89w
It is hard to know where to stop, I have so much I want to share. I think I will leave you here for now, if I keep coming on here I would never get this book completed.
I may come back with a few more pieces while I am editing, if they call on my heart to be shared.
Thank you for being part of my journey, and to all those of you that have walked with me on different parts of my path. I would not be here without each of you in your own way, so thank you.
I promise I will get this book out as soon as possible for those of you that want to continue the journey!
27 likes
February 27, 2024
Add a comment


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#AND #thestorydoesntendhere
#traumarecovery #traumahealing
#lossofachild #suicideawarness #SIDS
#widow #questioneverything
#nursesdontquestion #keepsweet
#liveagreatstory
lindseypollock_ 89w
Thank you for sharing 🙏
Reply
cynfulpeace 89w
Keep sharing along the way sister
🙌👏I love who I see ♥
Reply
davey6482 89w
👏👏👏
27 likes
February 27, 2024
Add a comment

Instagram

blazewithincyn/

Posted: Feb 29, 2024

System ID: 666703

Captured: Nov 17, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C38H3yBrosk/

Before DOI

Subject posted about crying often during the past week, dealing with emotions, and trying to get her books to her editor. She mentioned that she was offered a $10 million settlement, which she declined. She also discussed her business, which allows people to try it and improve their health. This is also posted on Subject's Facebook account. I have been crying a lot this week, I even found myself hiding in the back of my closet, feeling the emotions of the story I am writing and the pressure of getting it to the editor. Does it ever get easier? Is it possible to find the fun and joy in life again after suffering trauma and loss? Have you ever felt the same way? I am here to tell you it DOES get easier if we learn to allow our emotions to move through, being witnessed by ourselves and validated as a real experience. Hiding our emotions behind a perfectly curated social media account, or staying busy behind a thriving business, is a sure fire way to get a one way ticket to burnout. Been there. Bought the T-shirt That “T-shirt” was offered to be bought from me at the small sum of 10 million dollars No joke. I declined that offer. No amount of money can take away what I have been through. So I will choose to keep my T-shirt thank you. I get to choose to keep that shirt buried deep in a closet, or bring it out when I want to. Not to wallow in self-pity, but to remember where I have been, and how far I have come. And to help others along their journey if they want inspiration. You can do this! I am here to be your biggest cheerleader AND The story doesn’t end here. And for those wondering what I have done to get get through my trauma, get back my health, and find the joy in life again, I can now talk about what I have been working on behind the scenes to help others get back their health and happiness as well. Quantum Bliss! Biohacking Health and Happiness with Frequency is now live and active! If you want to check it go to @quantumbliss.co on Instagram. We are currently offering free demos. And look for a giveaway coming up next week! In the meantime, I am off to complete my book

instagram.com/blazewithincyn/p/C38H3yBrosk/



blazewithincyn Follow ···

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I have been crying a lot this week, I even found myself hiding in the back of my closet, feeling the emotions of the story I am writing and the pressure of getting it to the editor.

Does it ever get easier?

Is it possible to find the fun and joy in life again after suffering trauma and loss?

Have you ever felt the same way?

I am here to tell you it DOES get easier if we learn to allow our emotions to move through, being witnessed by ourselves and validated as a real experience.

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February 29, 2024

instagram.com/blazewithincyn/p/C38H3yBrosk/



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Hiding our emotions behind a perfectly curated social media account, or staying busy behind a thriving business, is a sure fire way to get a one way ticket to burnout.

Been there. Bought the T-shirt 👕

That "T-shirt" was offered to be bought from me at the small sum of 10 million dollars 💰

No joke.

I declined that offer. No amount of money can take away what I have been through. So I will choose to keep my T-shirt thank you.

I get to choose to keep that shirt buried deep in a closet, or bring it out when I

25 likes
February 29, 2024

instagram.com/blazewithincyn/p/C38H3yBrosk/



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I get to choose to keep that shirt buried deep in a closet, or bring it out when I want to. Not to wallow in self-pity, but to remember where I have been, and how far I have come. And to help others along their journey if they want inspiration.

You can do this! I am here to be your biggest cheerleader 🔥

AND

The story doesn't end here.

And for those wondering what I have done to get get through my trauma, get back my health, and find the joy in life again, I can now talk about what I have been working on behind the scenes to help others get back their health and

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February 29, 2024

instagram.com/blazewithincyn/p/C38H3yBrosk/



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help others get back their health and happiness as well.

✨Quantum Bliss! Biohacking Health and Happiness with Frequency 💫 is now live and active!

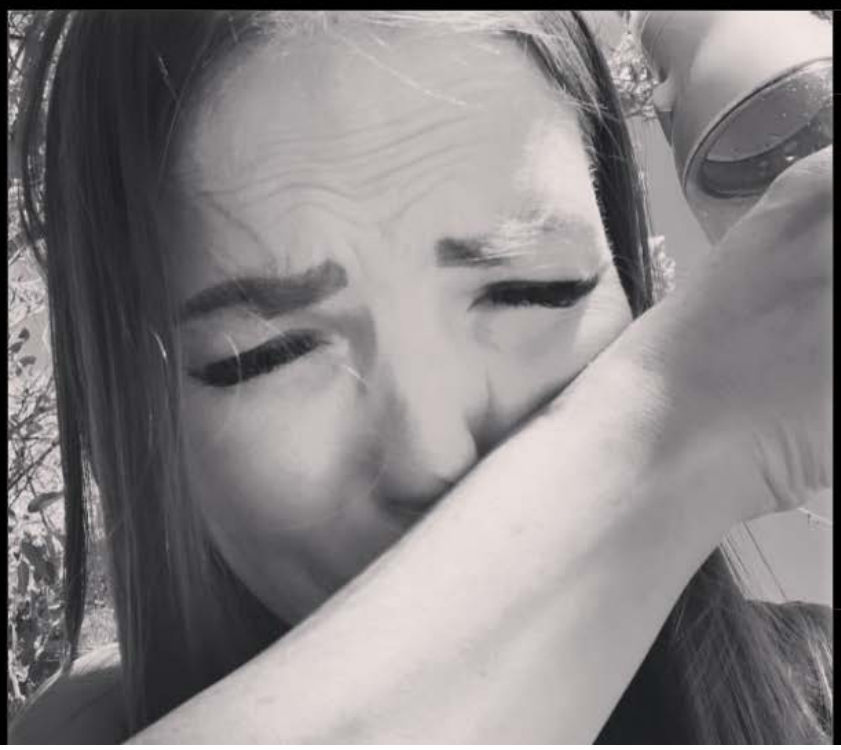
If you want to check it go to @quantumbliss.co on Instagram. We are currently offering free demos. And look for a giveaway coming up next week!

In the meantime, I am off to complete my book 📕

#AND #thestorydoesntendhere #traumarecovery #traumahealing #lossofachild #suicideawarness #SIDS #widow #loss @projectme_with_tiffany

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February 29, 2024

instagram.com/blazewithincyn/p/C38H3yBrosk/



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naturalinthenow 89w
You got this cousin! You have so much greatness inside of you that is waiting to be set free!
Reply

lindseypollock_ 89w
As I read this, sitting in the back of my closet hiding and crying 😭🙈
#keepgoing
1 like Reply

Hide all replies

blazewithincyn 89w
@lindseypollock_ I see you. You've got this! 🙌
Reply

25 likes
February 29, 2024

Instagram

blazewithincyn/

System ID: 666700

Cynthia Lee Jacobson

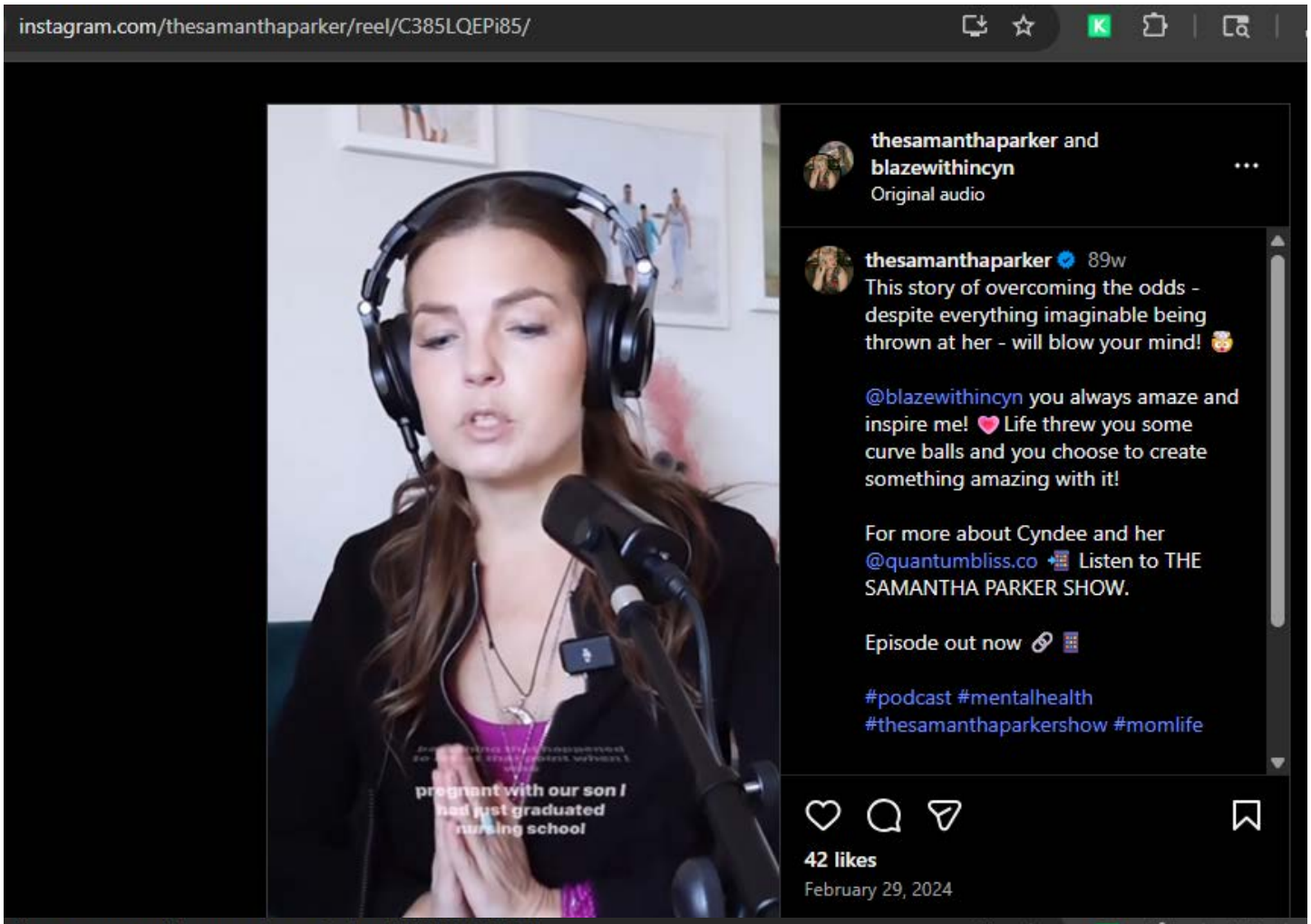
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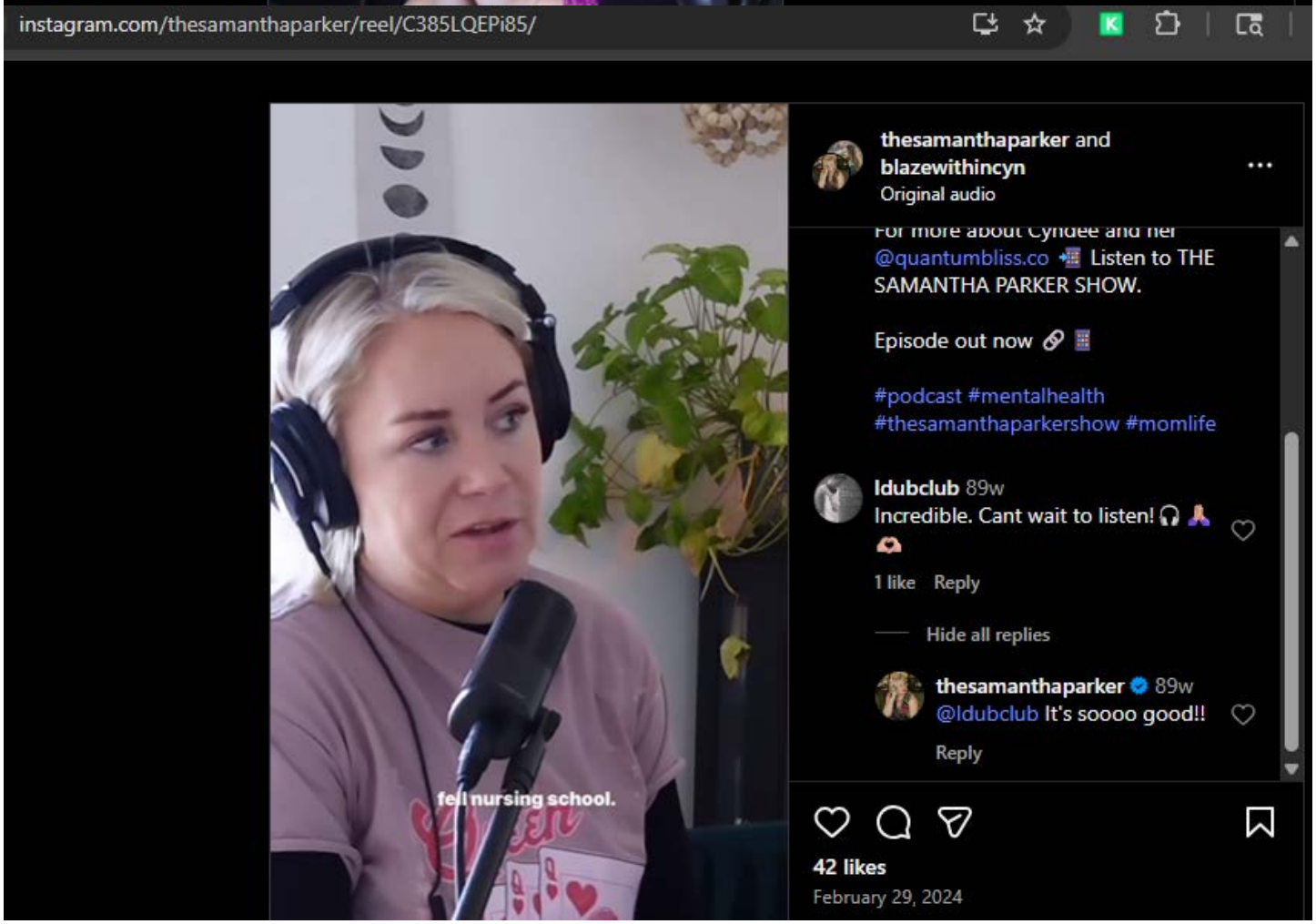
Posted: Feb 29, 2024

Captured: Nov 17, 2025

Before DOI

Subject posted a video of her doing a podcast where she talks about overcoming the death of her child and her first husband's suicide. This is also posted on Subject's Facebook account. This story of overcoming the odds - despite everything imaginable being thrown at her - will blow your mind! □ @blazewithincyn you always amaze and inspire me! □Life threw you some curve balls and you choose to create something amazing with it! For more about Cyndee and her @quantumbliss.co □ Listen to THE SAMANTHA PARKER SHOW. Episode out now □□ #podcast #mentalhealth #thesamanthaparkershow #momlife 89w





[Link to download video]

Facebook

cyndee.jacobson.163679

System ID: 666840

Cynthia Lee Jacobson

Posted: Mar 05, 2024

Captured: Nov 18, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid02pRuSLGYxAPMhZxAa2urPoHcn7FnL7dxT8KvPPzTDpFVPvPoNw5jrrBE2758sxJ6ul

Before DOI

Subject posted that her daughter, Cenya, will be hosting a Quantum Bliss event. Cenya will be hosting a Quantum Bliss event in Cedar City at Body Revive! You won’t want to miss this opportunity to get a glimpse of Quantum Bliss, tickets only being $15! There are 6 spots available right now. Message me if you would like to schedule a free consultation call, to book a one on one session.

facebook.com/cyndee.jacobson.163679/posts/pfbid02pRuSLGYxAPMhZxAa2urPoHcn7FnL7dxT8KvPPzTDpFVPvPoNw5jrrBE2758sxJ6ul

Cyndee Jacobson's Post

Cyndee Jacobson
March 5, 2024 ·

Cenya will be hosting a Quantum Bliss event in Cedar City at Body Revive!

You won't want to miss this opportunity to get a glimpse of Quantum Bliss, tickets only being $15! There are 6 spots available right now.

Message me if you would like to schedule a free consultation call, to book a one on one session.



Sat, Mar 16, 2024
Quantum Bliss psychedelic light meditation + breathwork
917 S Main St., Cedar City, UT, United States 84720
4 people went

Interested

3

Like Share

Facebook

cyndee.jacobson.163679

System ID: 666841

Cynthia Lee Jacobson

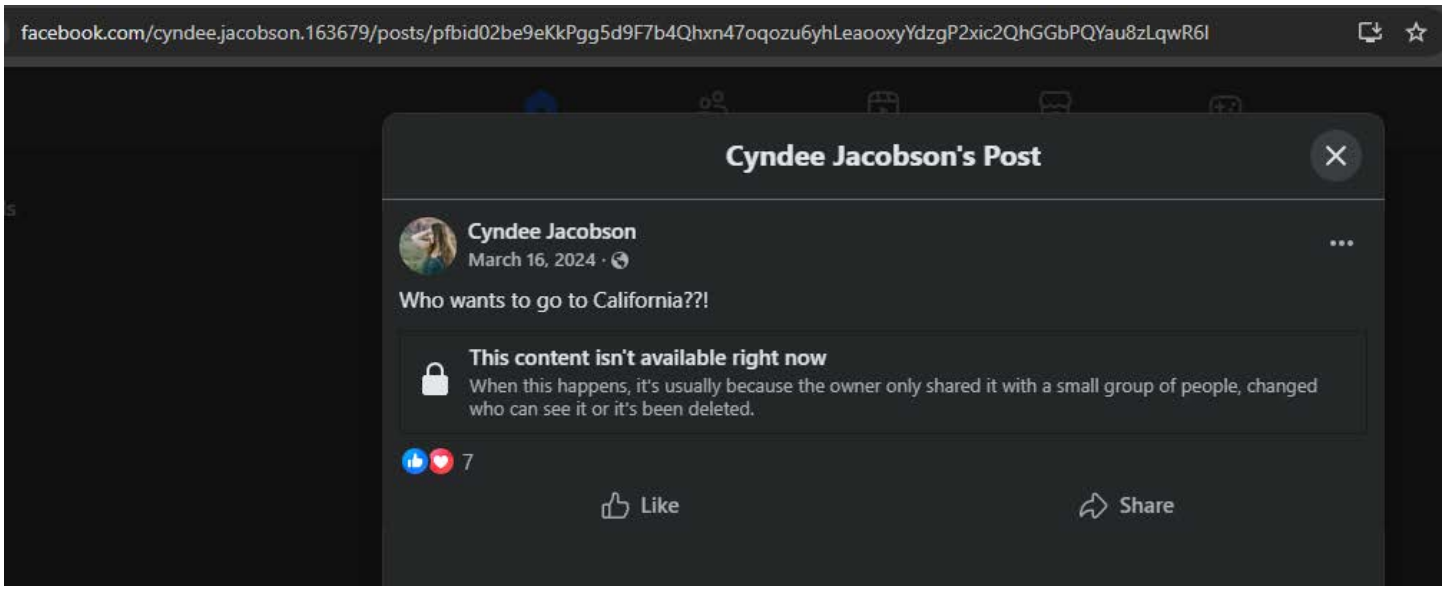
Posted: Mar 16, 2024

Captured: Nov 18, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid02be9eKkPgg5d9F7b4Qhxn47oqozu6yhLeaooxyYdzgP2xic2QhGGbPQYau8zLqwR6l

Before DOI

Subject posted a request for anyone wanting to go to California. Content was removed. Who wants to go to California??!


facebook.com/cyndee.jacobson.163679/posts/pfbid02be9eKkPgg5d9F7b4Qhxn47oqozu6yhLeaooxyYdzgP2xic2QhGGbPQYau8zLqwR6l
Cyndee Jacobson's Post
Cyndee Jacobson
March 16, 2024 ·
Who wants to go to California??!
This content isn't available right now
When this happens, it's usually because the owner only shared it with a small group of people, changed who can see it or it's been deleted.
7
Like
Share

Facebook

cyndee.jacobson.163679

System ID: 666850

Cynthia Lee Jacobson

Posted: May 08, 2024

Captured: Nov 18, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0NiRWqf32rCkCcqi18yw3DUF98igUpkBokmxUFekuUSYXMJgWeGNd4HzfUyNgKHanl

Before DOI

Subject reposted a request for nail models for her niece. Hey Taylorsville! How are your nails looking? Give your hands, and my niece some love! □□□

facebook.com/cyndee.jacobson.163679/posts/pfbid0NiRWqf32rCkCcqi18yw3DUF98igUpkBokmxUFekuUSYXMJgWeGNd4HzfUyNgKHanl

Cyndee Jacobson's Post

Cyndee Jacobson
May 8, 2024 ·

Hey Taylorsville! How are your nails looking? Give your hands, and my niece some love! 💅💅



Kazmia Renee
May 7, 2024 ·

Please share it means the world to my small business 🙂

facebook.com/cyndee.jacobson.163679/posts/pfbid0NiRWqf32rCkCcqi18yw3DUF98igUpkBokmxUFekuUSYXMJgWeGNd4HzfUyNgKHanl

Cyndee Jacobson's Post



Kazmia Renee
May 7, 2024 ·

Please share it means the world to my small business 🙂

(P.s. I am a LICENSED professional!)

2

Like Share

Instagram

blazewithincyn/

System ID: 666690

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C7hqE8tPRZo/

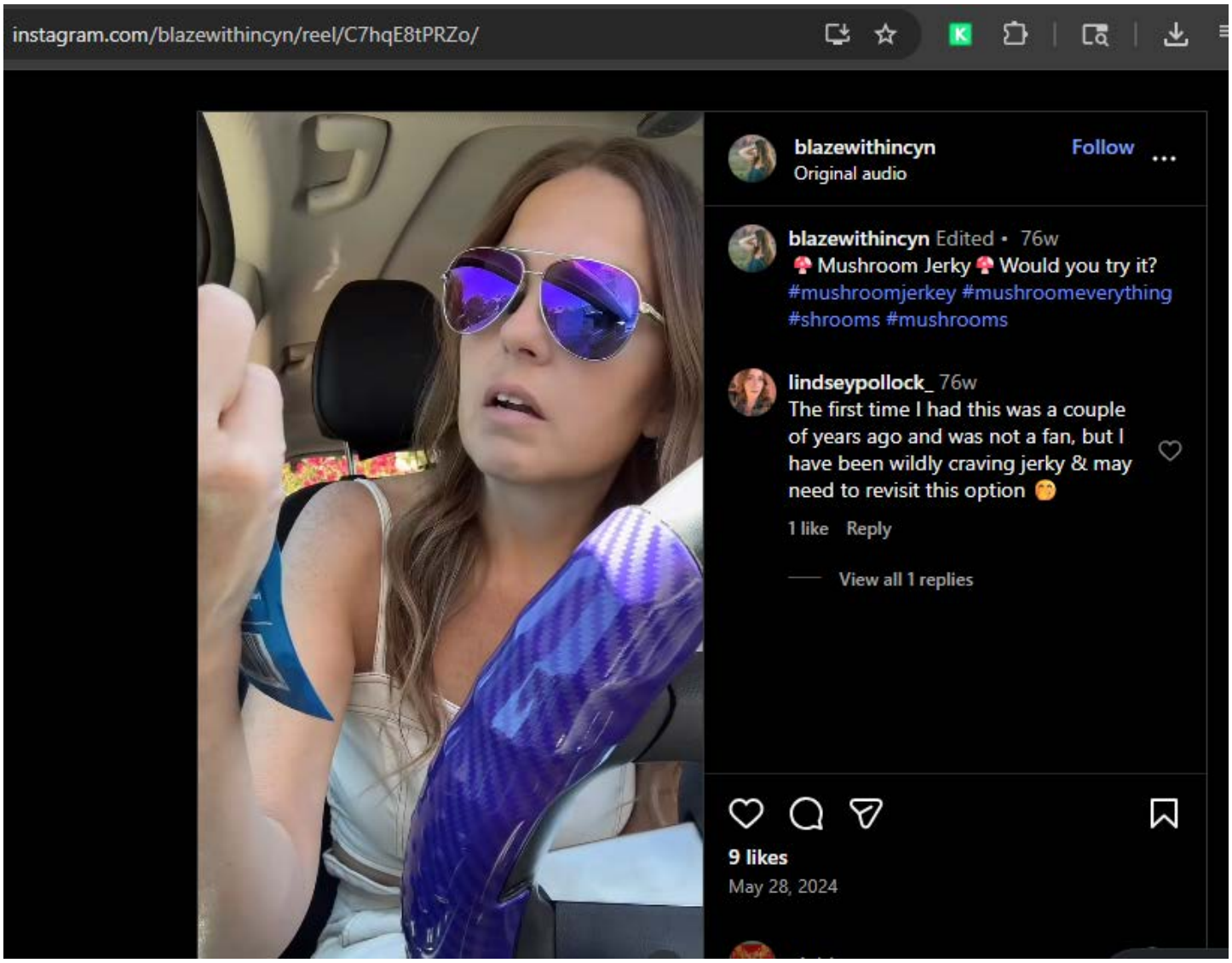
Posted: May 28, 2024

Captured: Nov 17, 2025

Before DOI

Subject posted a video of her trying mushroom jerky. This is also posted on Subject's Facebook account.

Mushroom Jerky□Would you try it?



Link to download video

TikTok

@blazewithincyn

System ID: 663929

Posted: May 28, 2024

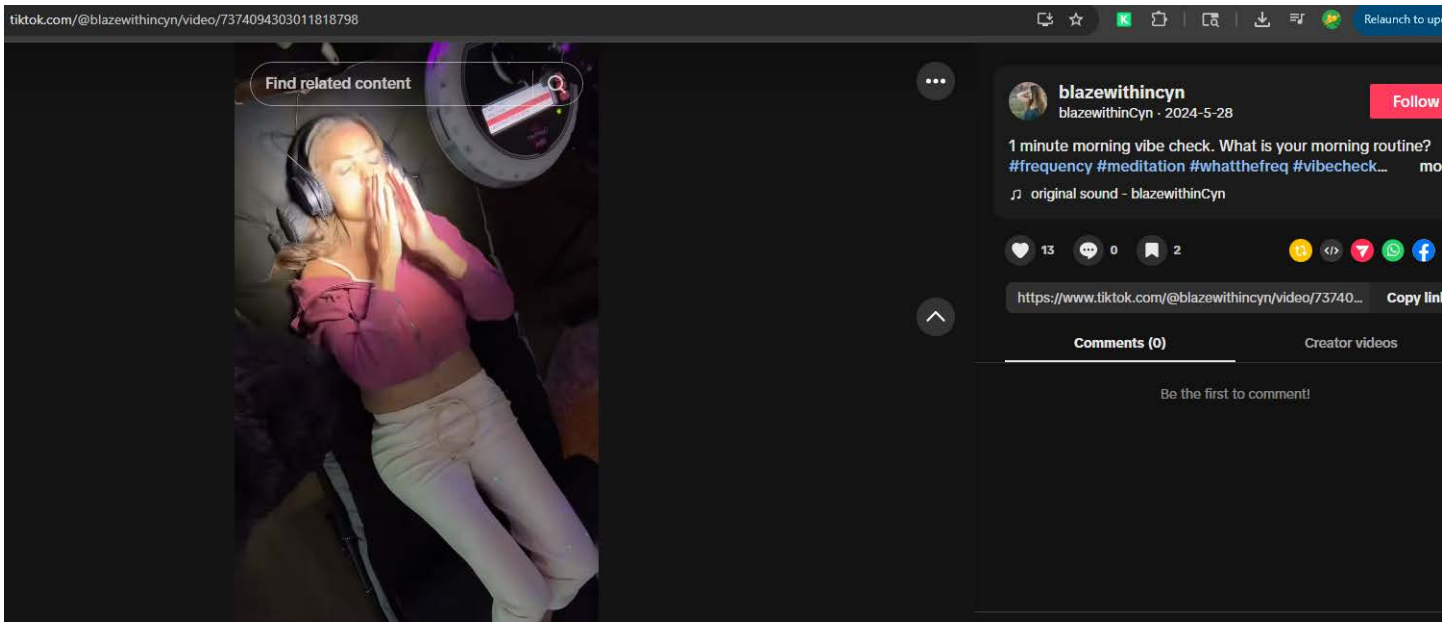
Captured: Nov 11, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7374094303011818798

Before DOI

Subject posted a video of her lying under a light with headphones on and then making a beverage using a powder labeled Rise and drops from a little container. This video is also posted on Subject's Instagram and Facebook accounts. 1 minute morning vibe check. What is your morning routine? #frequency #meditation #whatthefreq #vibecheck @Frequense



[Link to download video]

TikTok

@blazewithincyn

System ID: 667137

Posted: May 28, 2024

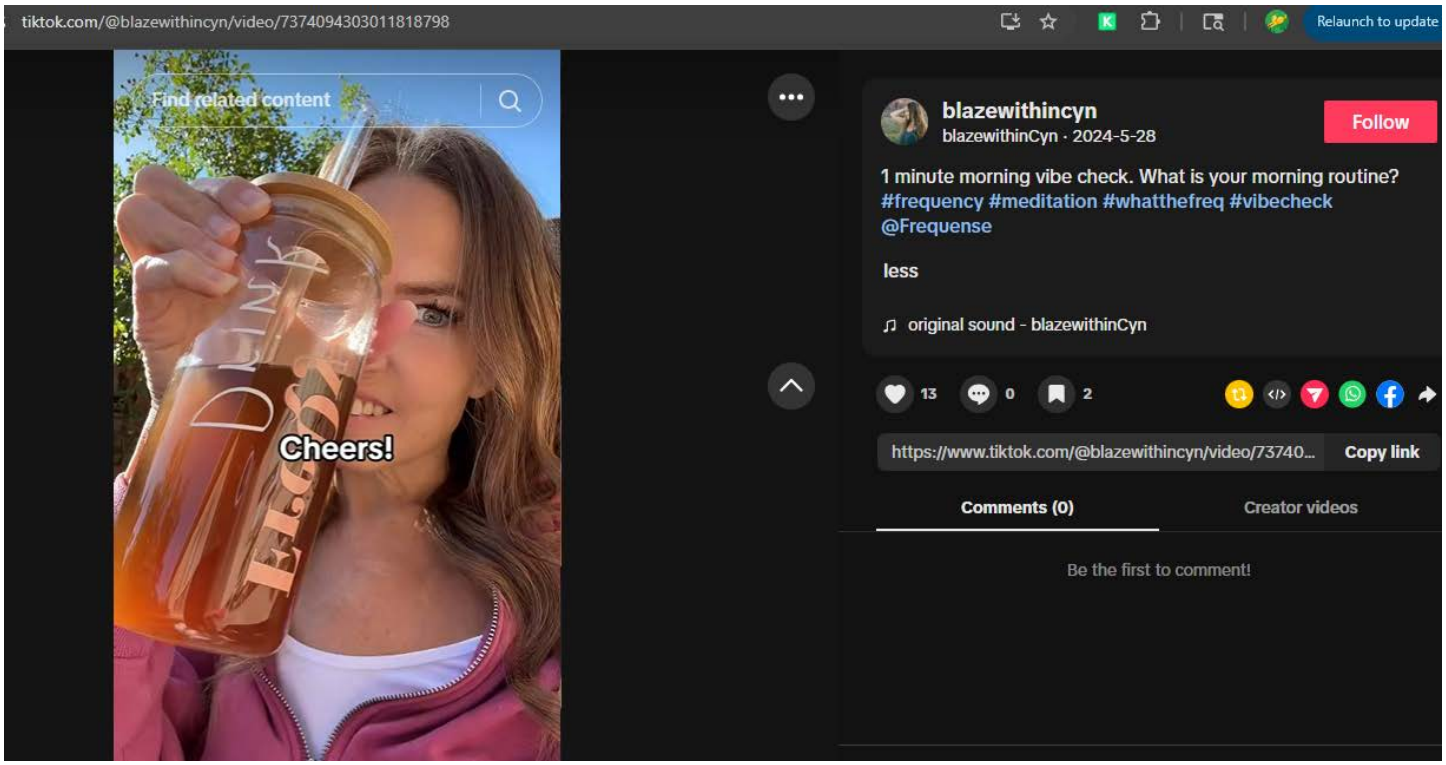
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7374094303011818798

Before DOI

Subject posted a video of her preparing and drinking her frequency drink and doing her light therapy as part of her morning routine. 1 minute morning vibe check. What is your morning routine?



[Link to download video]

TikTok

@blazewithincyn

System ID: 663939

Posted: May 29, 2024

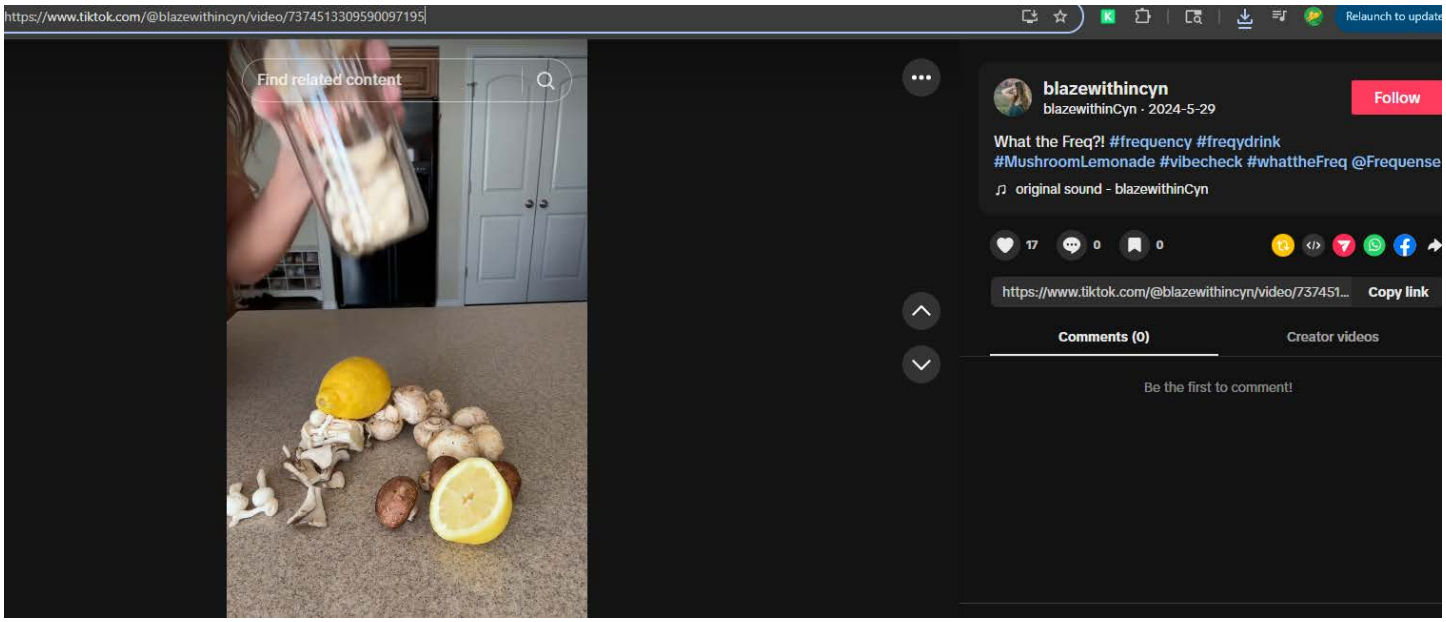
Captured: Nov 11, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7374513309590097195

Before DOI

Subject posted a video of her making a drink using mushrooms and lemon juice. What the Freq?! #frequency #freqydrink #MushroomLemonade #vibecheck #whattheFreq @Frequense



[Link to download video]

Instagram

blazewithincyn/

System ID: 666682

Cynthia Lee Jacobson

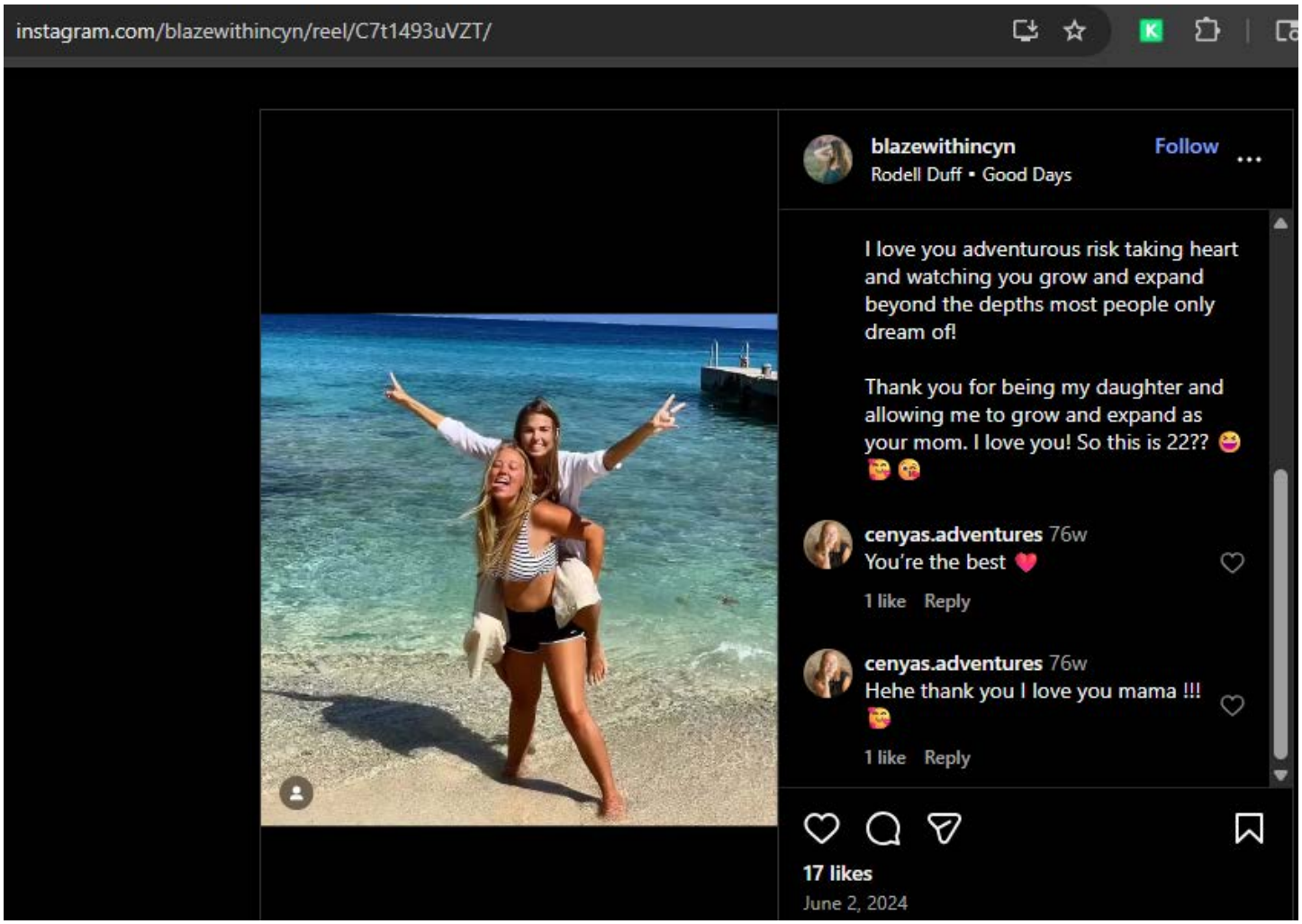
https://www.instagram.com/blazewithincyn/reel/C7t1493uVZT/

Posted: Jun 02, 2024

Captured: Nov 17, 2025

Before DOI

Subject wished her oldest daughter, Cenya, a happy 22nd birthday. She posted a photomontage that includes pictures of her and her daughter together, drinking a milkshake, and Subject getting a piggyback ride from her daughter. This is also posted on Subject's Facebook account. Happy birthday to the girl that made me a mom! From the day you came into this world 9 weeks early you have kept me on my toes and deeply aware of what it feels like to have a piece of my heart outside of my body and that can be terrifying! You have also shown me unconditional love and compassion with that heart and that can be terrifying as well! With all we have been through together, and apart you help me to continue expanding that love and for that I am forever grateful. I love you adventurous risk taking heart and watching you grow and expand beyond the depths most people only dream of! Thank you for being my daughter and allowing me to grow and expand as your mom. I love you! So this is 22?? □□□



[Link to download video]

TikTok

@blazewithincyn

System ID: 663946

Posted: Jun 06, 2024

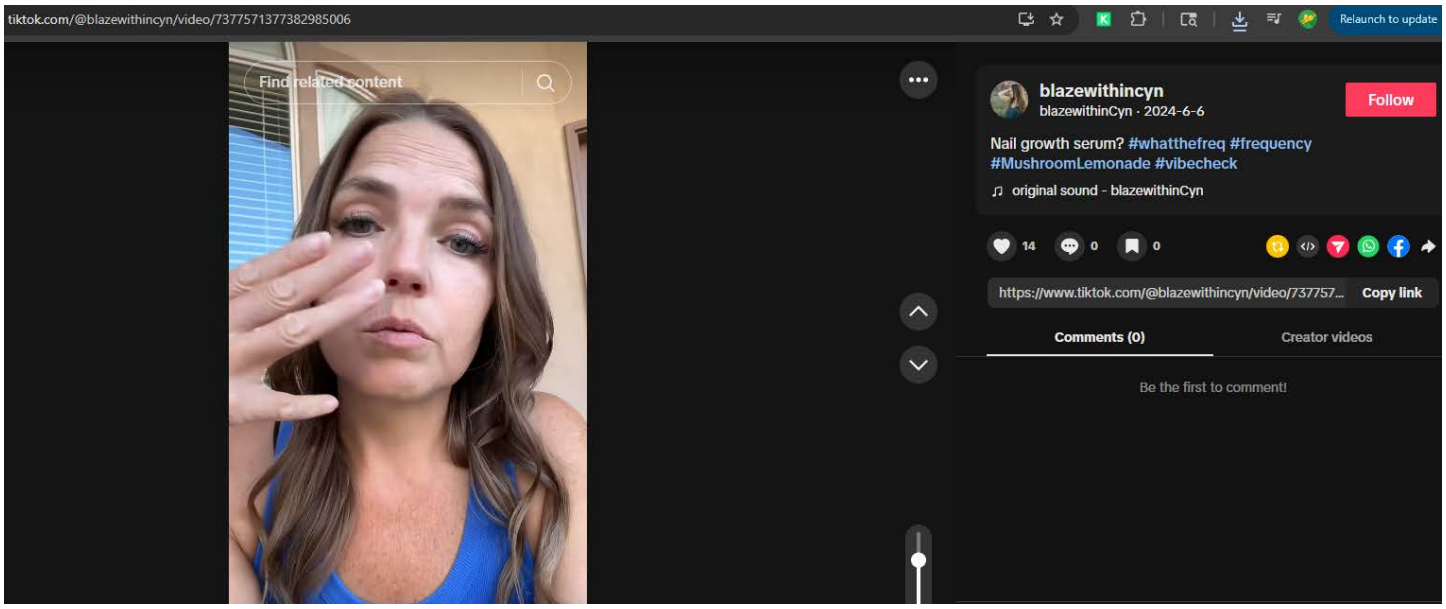
Captured: Nov 11, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7377571377382985006

Before DOI

Subject posted a video stating that her nails have been growing since drinking the Frequency drink. This video is also posted on Subject's Instagram and Facebook accounts. Nail growth serum? #whatthefreq #frequency #MushroomLemonade #vibecheck



[Link to download video]

Instagram

blazewithincyn/

System ID: 666656

Cynthia Lee Jacobson

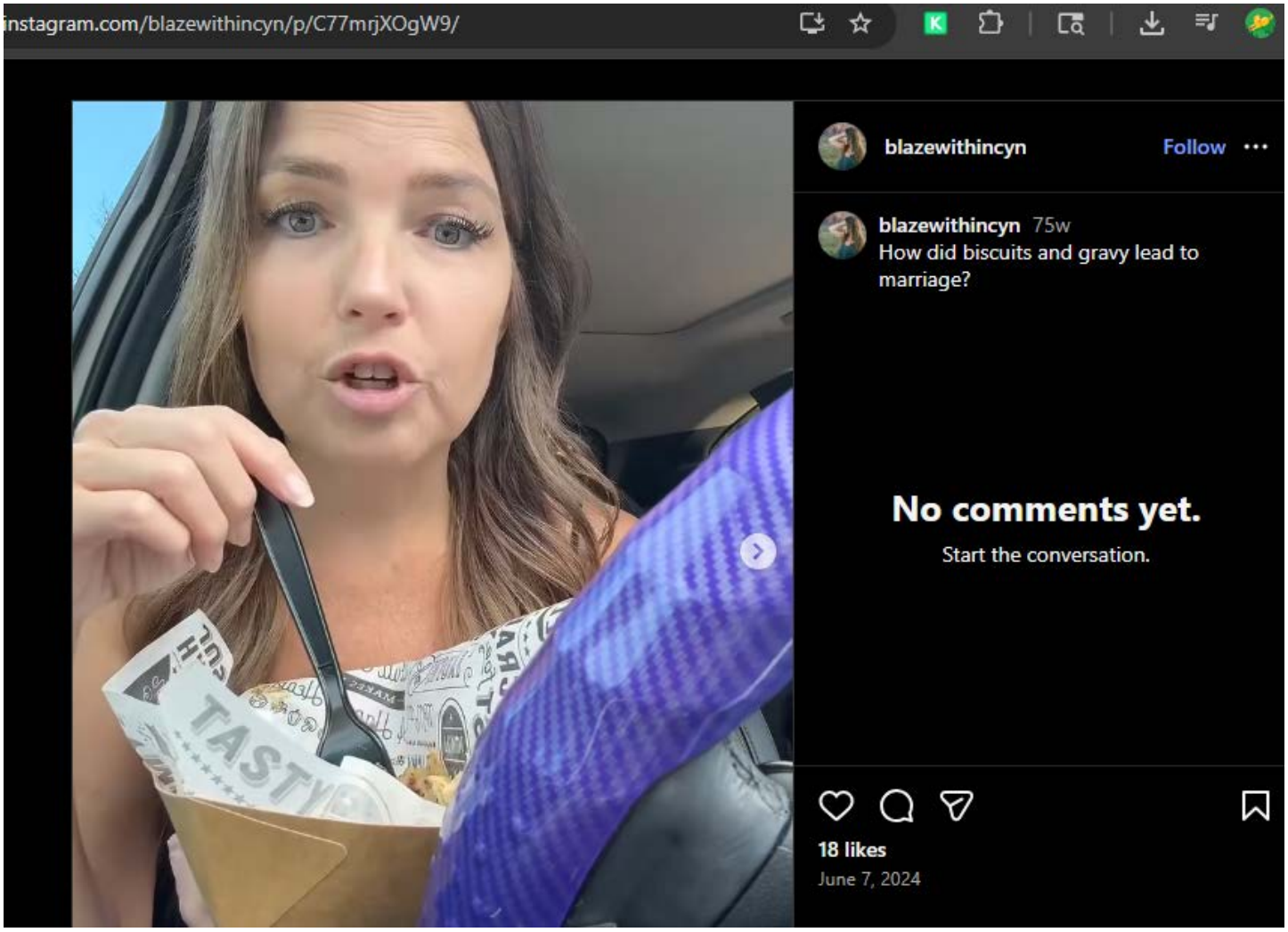
https://www.instagram.com/blazewithincyn/p/C77mrjXOgW9/?img_index=1

Posted: Jun 07, 2024

Captured: Nov 17, 2025

Before DOI

Subject posted 3 videos of her eating biscuits and gravy. She relates a story of how she met her first husband, Cody when he was working at a restaurant. This is also posted on Subject's Facebook and TikTok accounts. How did biscuits and gravy lead to marriage?


instagram.com/blazewithincyn/p/C77mrjXOgW9/
TASTY
blazewithincyn
Follow
blazewithincyn 75w
How did biscuits and gravy lead to marriage?
No comments yet.
Start the conversation.
18 likes
June 7, 2024

instagram.com/blazewithincyn/p/C77mrjXOgW9/?img_index=2



blazewithincyn Follow

blazewithincyn 75w
How did biscuits and gravy lead to marriage?

No comments yet.

Start the conversation.

18 likes
June 7, 2024

instagram.com/blazewithincyn/p/C77mrjXOgW9/?img_index=3



blazewithincyn Follow

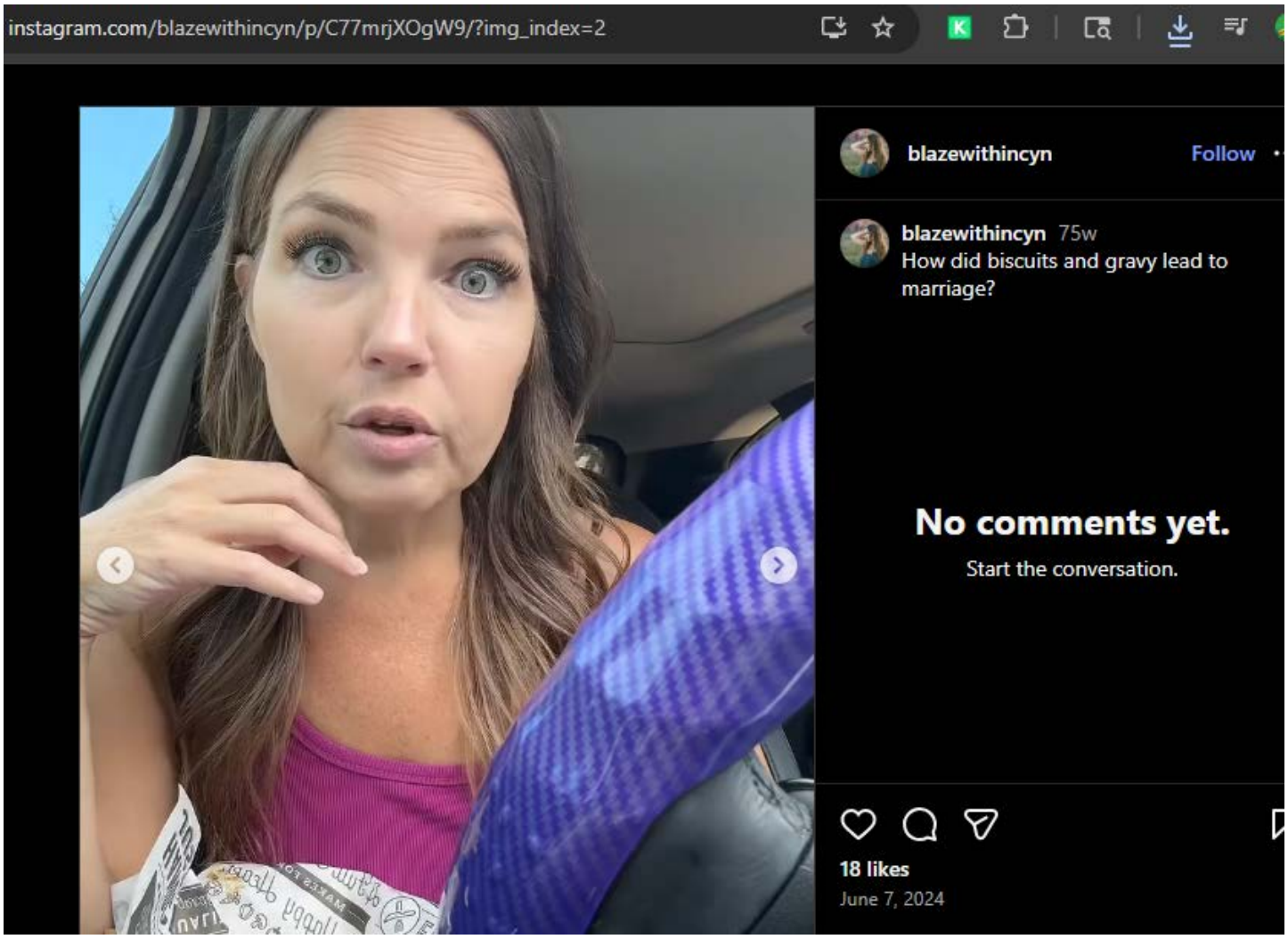
blazewithincyn 75w
How did biscuits and gravy lead to marriage?

No comments yet.

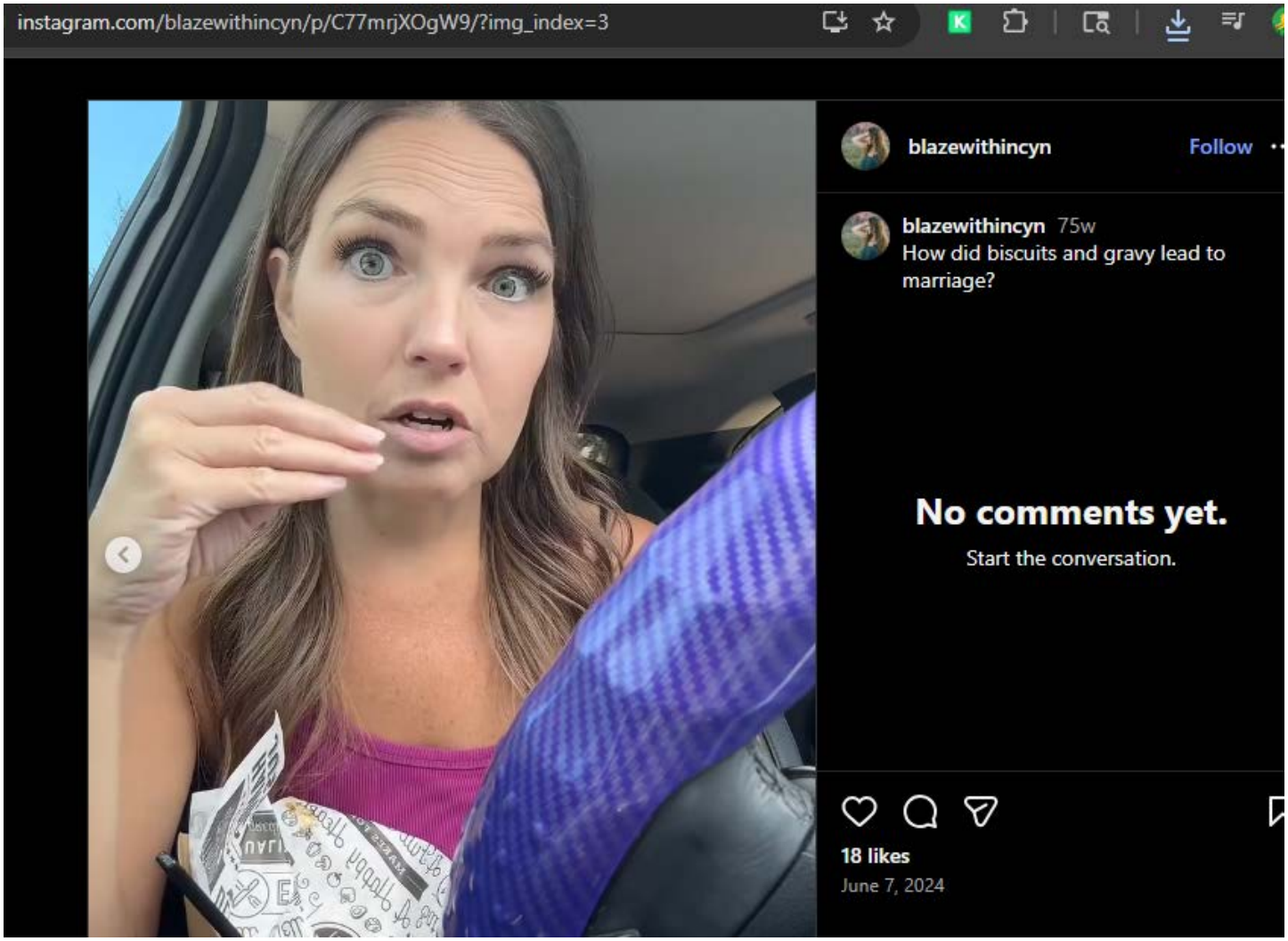
Start the conversation.

18 likes
June 7, 2024

Link to download video



Link to download video



Link to download video

TikTok

@blazewithincyn

System ID: 667145

Posted: Jun 10, 2024

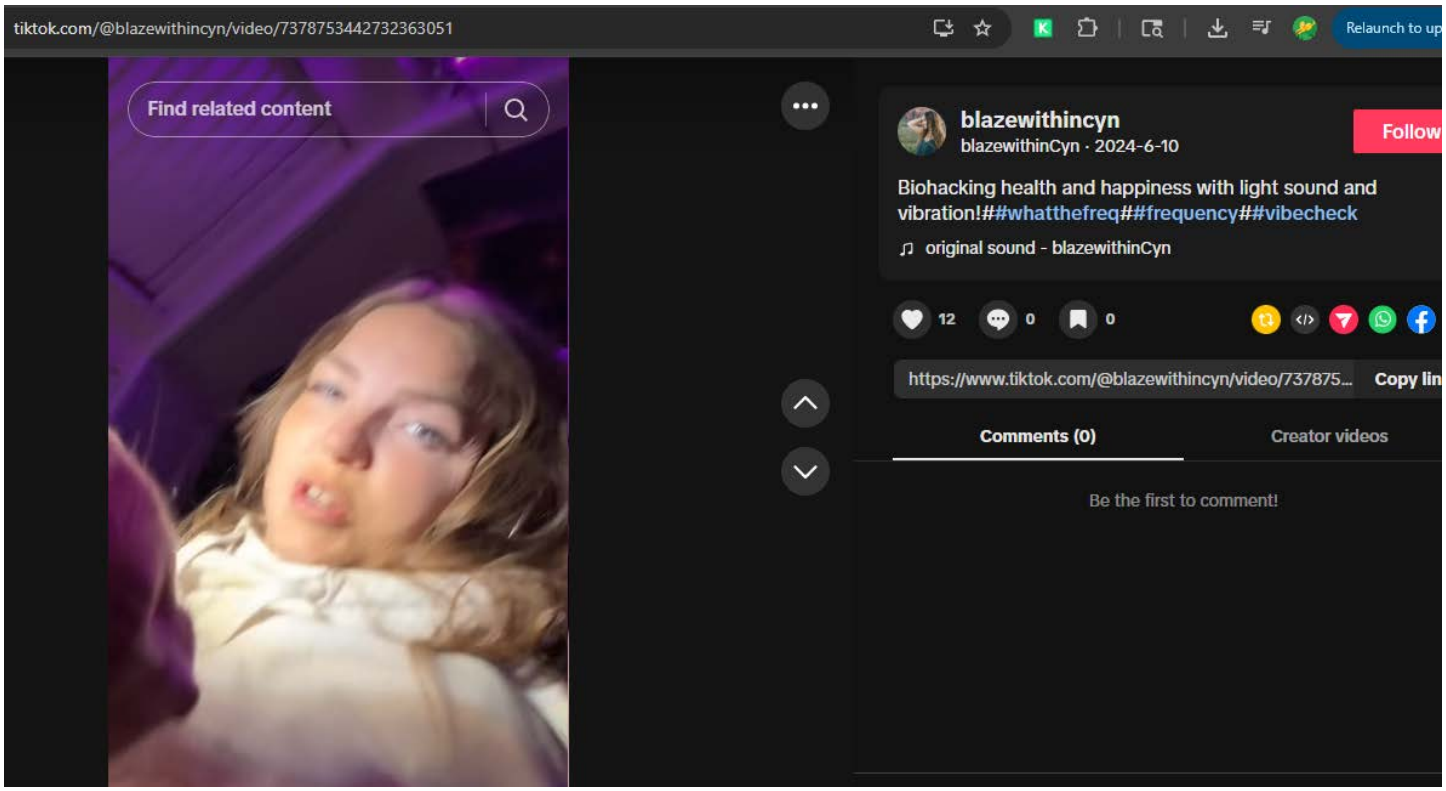
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7378753442732363051

Before DOI

Subject posted a video of her doing her light and vibration therapy because she could not sleep. Biohacking health and happiness with light sound and vibration!#



[Link to download video]

Instagram

blazewithincyn/

System ID: 666644

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C8JC31ysBSH/

Posted: Jun 12, 2024

Captured: Nov 17, 2025

Before DOI

Subject posted a picture of her cat lying under her therapy lights. Subject writes that the lights have improved her health, and she says it has improved her cat's health as well. This is also posted on Subject's Facebook account. I can not keep this kitty away from the light/frequency/sound/meditation bed! Georgia is a special kitty that came into our family right after Cody transitioned from this life. She is magical in more ways than one. She has saved the lives of my girls and I quite literally (stories for another time.) A year ago we thought she was on her last walk of life with us. Every day we thought it might be her last which was hard but we cherished every moment. After the frequency machine came about she started laying under the lights with me any chance she could get. Over time we noticed she had more energy, was gaining weight and was playing with her toys like she was a kitten again! Now she lays on this bed any chance she gets and loves to join any of my clients that allow her to. None of them can believe she is 14, they all put her around 2 or 3! □ The lights have given me my health back as well, but I don’t know if I would have realized how dramatic the changes have been without all of us witnessing her transition. Now if I go too long between the lights, she comes and gets me to have a session □

instagram.com/blazewithincyn/p/C8JC31ysBSH/



blazewithincyn Follow ···

blazewithincyn Edited • 74w
Magical Kitty! ✨ I can not keep this kitty away from the light/frequency/sound/meditation bed!

Georgia is a special kitty that came into our family right after Cody transitioned from this life. She is magical in more ways than one. She has saved the lives of my girls and I quite literally (stories for another time.)

A year ago we thought she was on her last walk of life with us. Every day we thought it might be her last which was hard but we cherished every moment.

After the frequency machine came about she started laying under the lights with me any chance she could

14 likes
June 12, 2024

instagram.com/blazewithincyn/p/C8JC31ysBSH/



blazewithincyn Follow ···

lights with me any chance she could get. Over time we noticed she had more energy, was gaining weight and was playing with her toys like she was a kitten again!

Now she lays on this bed any chance she gets and loves to join any of my clients that allow her to. None of them can believe she is 14, they all put her around 2 or 3! 😄

The lights have given me my health back as well, but I don't know if I would have realized how dramatic the changes have been without all of us witnessing her transition.

Now if I go too long between the lights, she comes and gets me to have a session 😅

14 likes
June 12, 2024

instagram.com/blazewithincyn/p/C8JC31ysBSH/



blazewithincyn Follow ...

clients that allow her to. None of them can believe she is 14, they all put her around 2 or 3! 😆

The lights have given me my health back as well, but I don't know if I would have realized how dramatic the changes have been without all of us witnessing her transition.

Now if I go too long between the lights, she comes and gets me to have a session 😇

cenyas.adventures 74w
Georgia!!!! 😱😱😱🥹 my og cat baby. Yes she is magically recovering with the lights and with you! 😍🙏

1 like Reply

14 likes
June 12, 2024

TikTok

@blazewithincyn

System ID: 667148

Posted: Jun 16, 2024

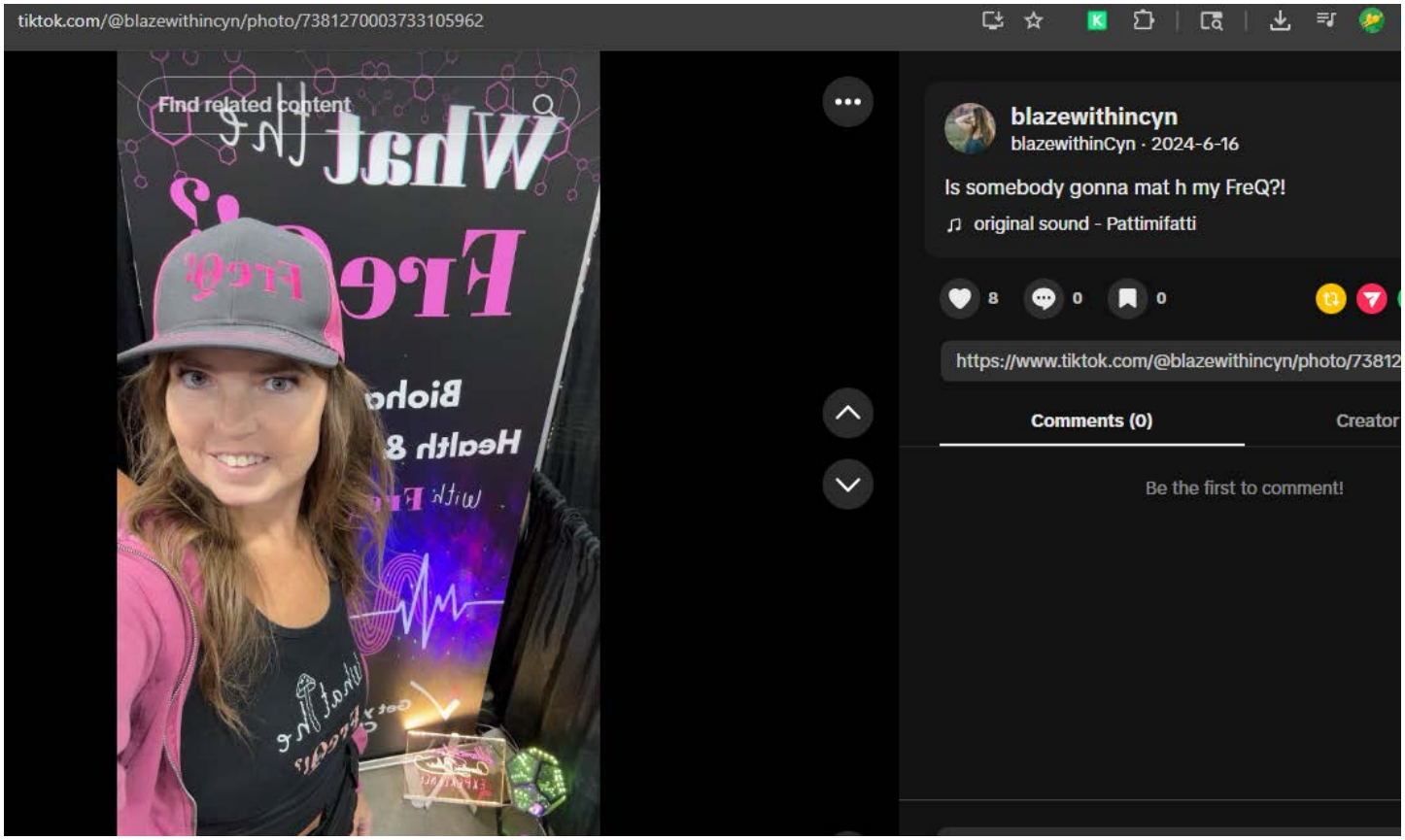
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/photo/7381270003733105962

After DOI

Subject posted a picture of her with a Freq poster and cap. Is somebody gonna mat h my FreQ?!



TikTok

@blazewithincyn

System ID: 667165

Posted: Jun 23, 2024

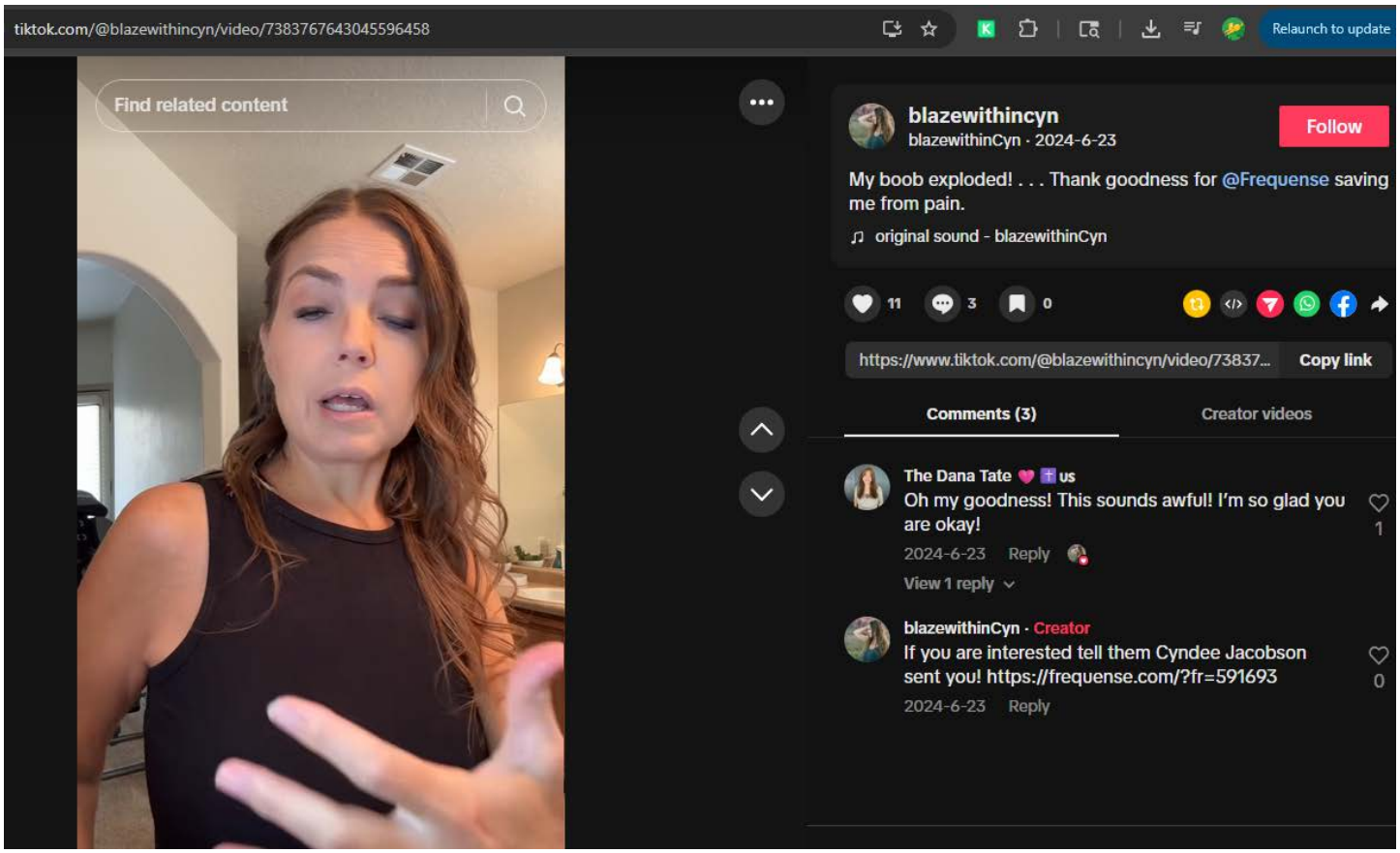
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7383767643045596458

After DOI

Subject posted a video stating that she had tripped and fallen over a raised concrete area while at a health conference. She thought her "left boob exploded," and her ribs collapsed due to the fall. She went to the ER for X-rays - her "boob did not explode". She said that she had earlier surgery to get her implants about 6 weeks ago. She applied Relieve Cream that got rid of the pain. My boob exploded! . . . Thank goodness for @Frequense saving me from pain.



[Link to download video]

Facebook

cyndee.jacobson.163679

System ID: 666866

Cynthia Lee Jacobson

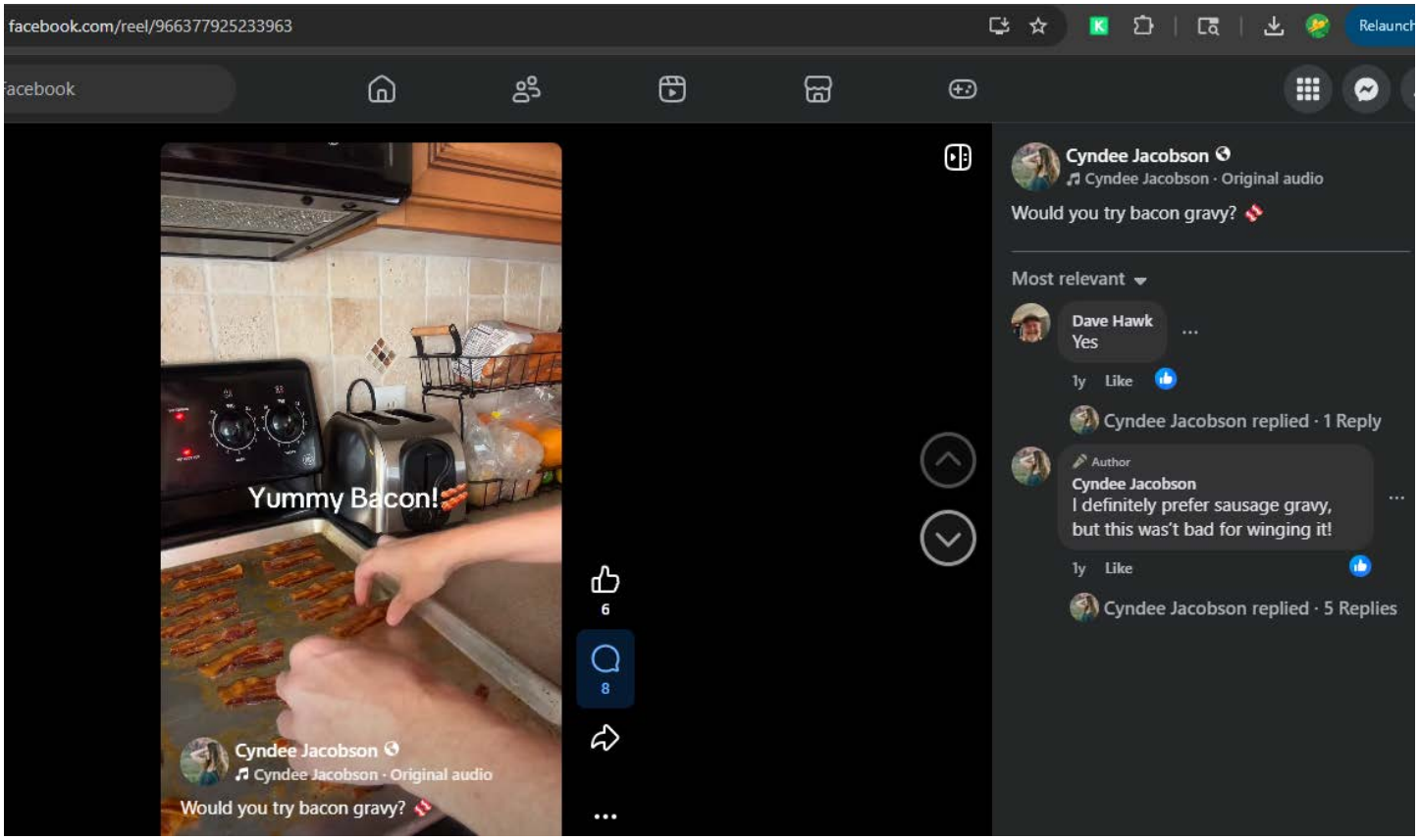
https://www.facebook.com/reel/966377925233963

Posted: Jun 24, 2024

Captured: Nov 18, 2025

After DOI

Subject posted a video of making bacon gravy. This is also posted on Subject's TikTok account. Would you try bacon gravy?



[Link to download video]

Facebook

cyndee.jacobson.163679

System ID: 666867

Cynthia Lee Jacobson

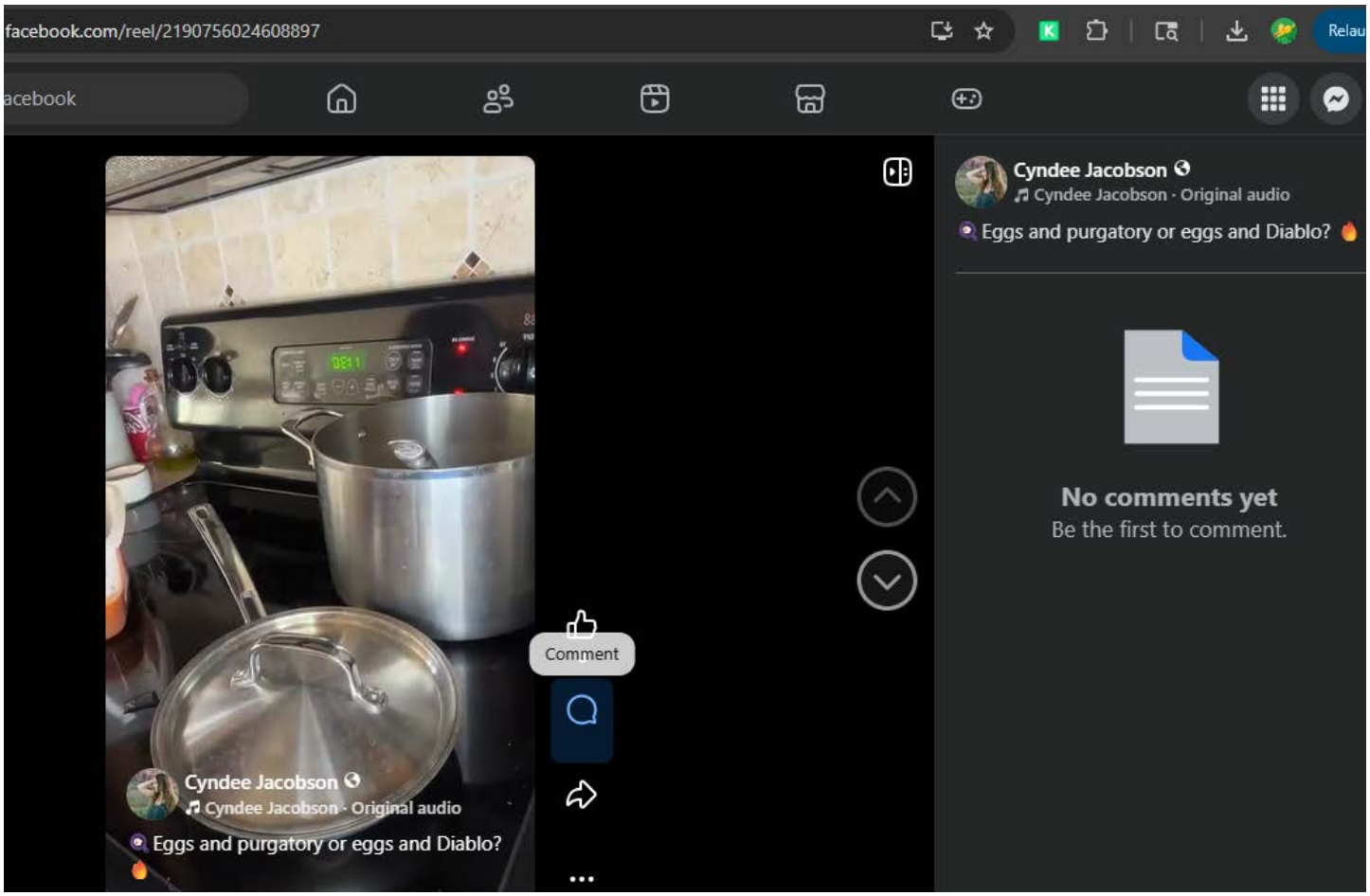
https://www.facebook.com/reel/2190756024608897

Posted: Jun 26, 2024

Captured: Nov 18, 2025

After DOI

Subject posted a video of her cooking eggs. This is also posted on Subject's TikTok account. Eggs and purgatory or eggs and Diablo?



Link to download video

Instagram

blazewithincyn/

System ID: 666636

Cynthia Lee Jacobson

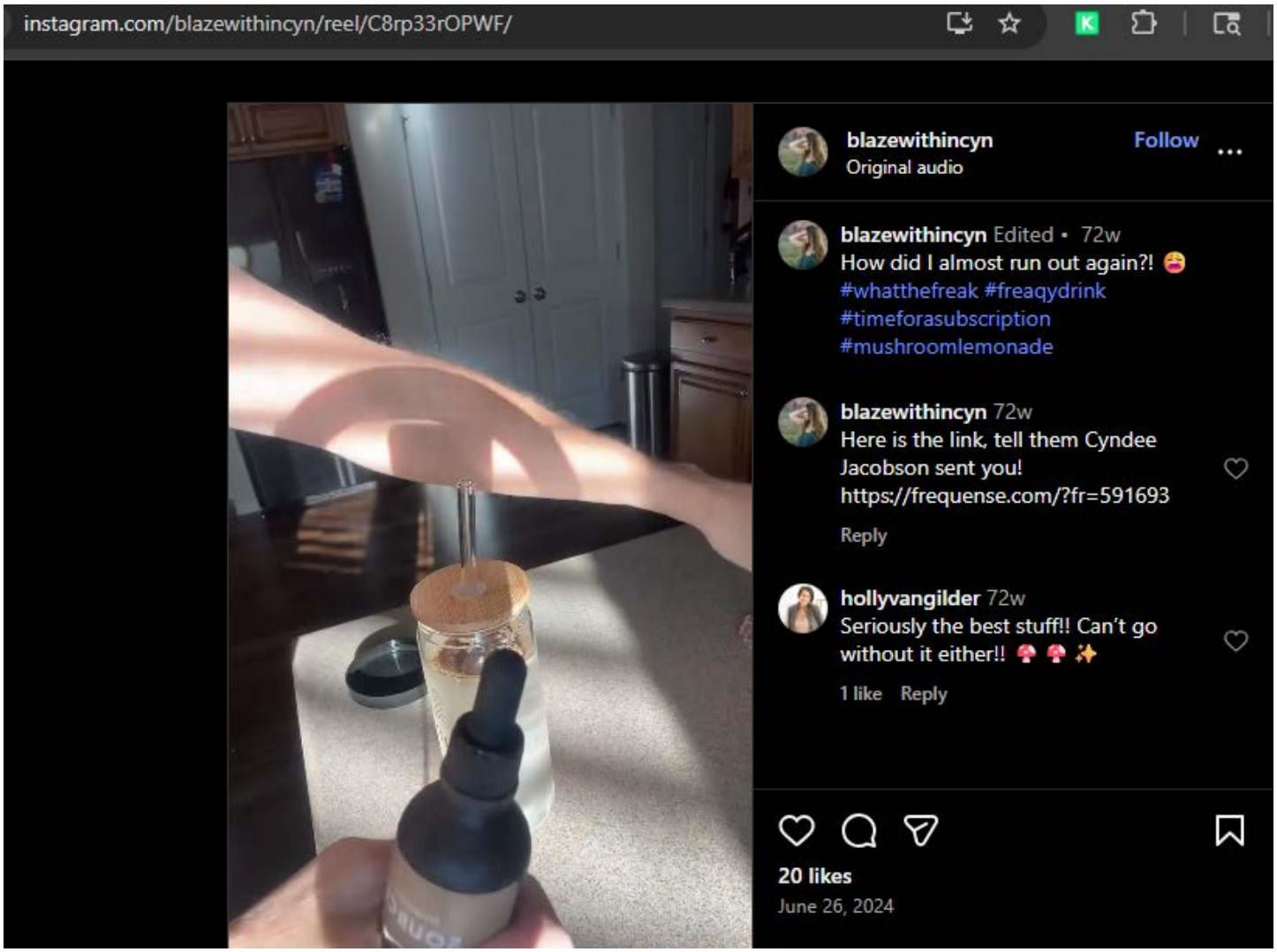
https://www.instagram.com/blazewithincyn/reel/C8rp33rOPWF/

Posted: Jun 26, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her making and drinking a Frequense drink. She provides a link to the company and tells people to tell them that Cyndee sent them. This is also posted on Subject's Facebook and TikTok accounts. How did I almost run out again?! □ #whatthefreak #freaqydrink #timeforasubscription #mushroomlemonade



[Link to download video]

TikTok

@blazewithincyn

System ID: 667188

Posted: Jun 28, 2024

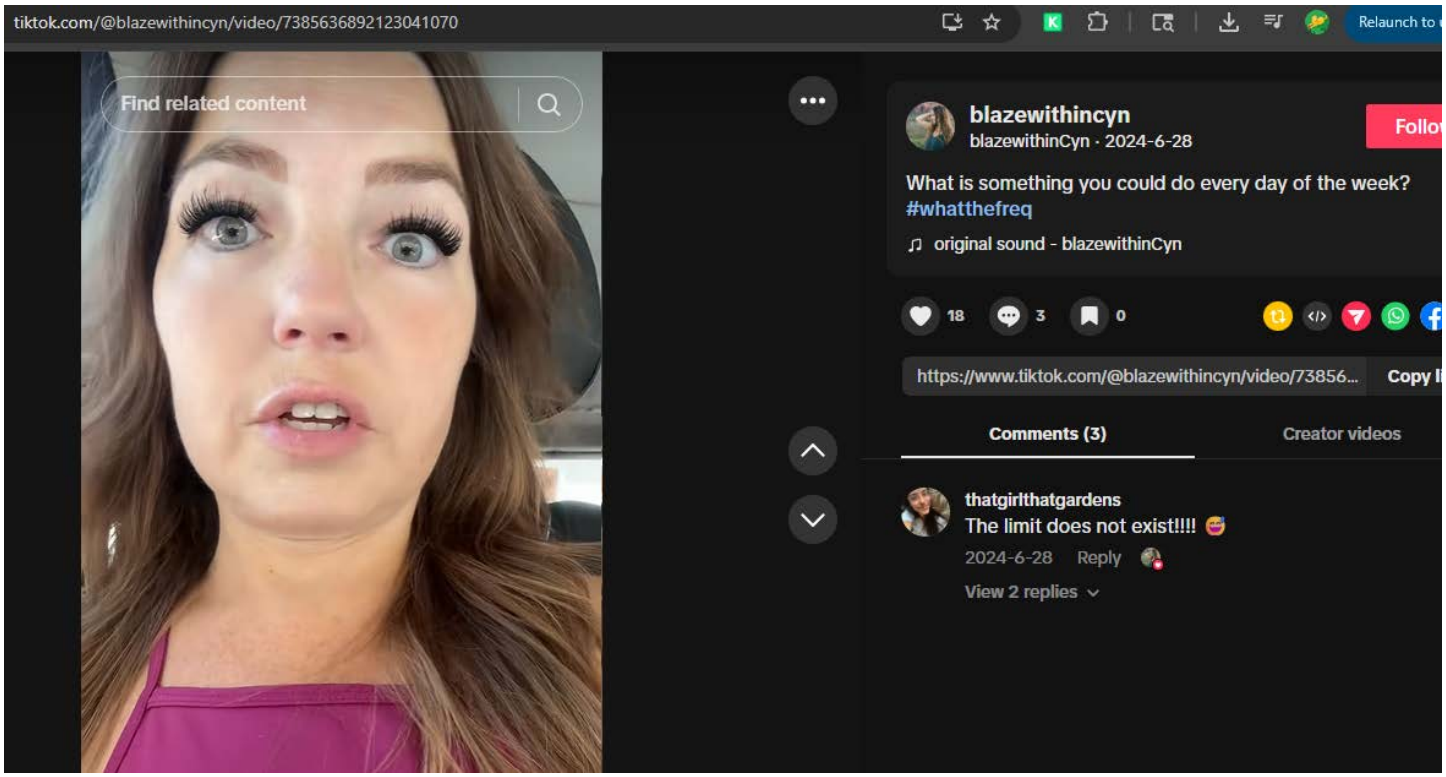
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7385636892123041070

After DOI

Subject posted a selfie video in her car. She talks about feeling great after a massage session. What is something you could do every day of the week? #whatthefreq



[Link to download video]

Facebook

cyndee.jacobson.163679

System ID: 666868

Cynthia Lee Jacobson

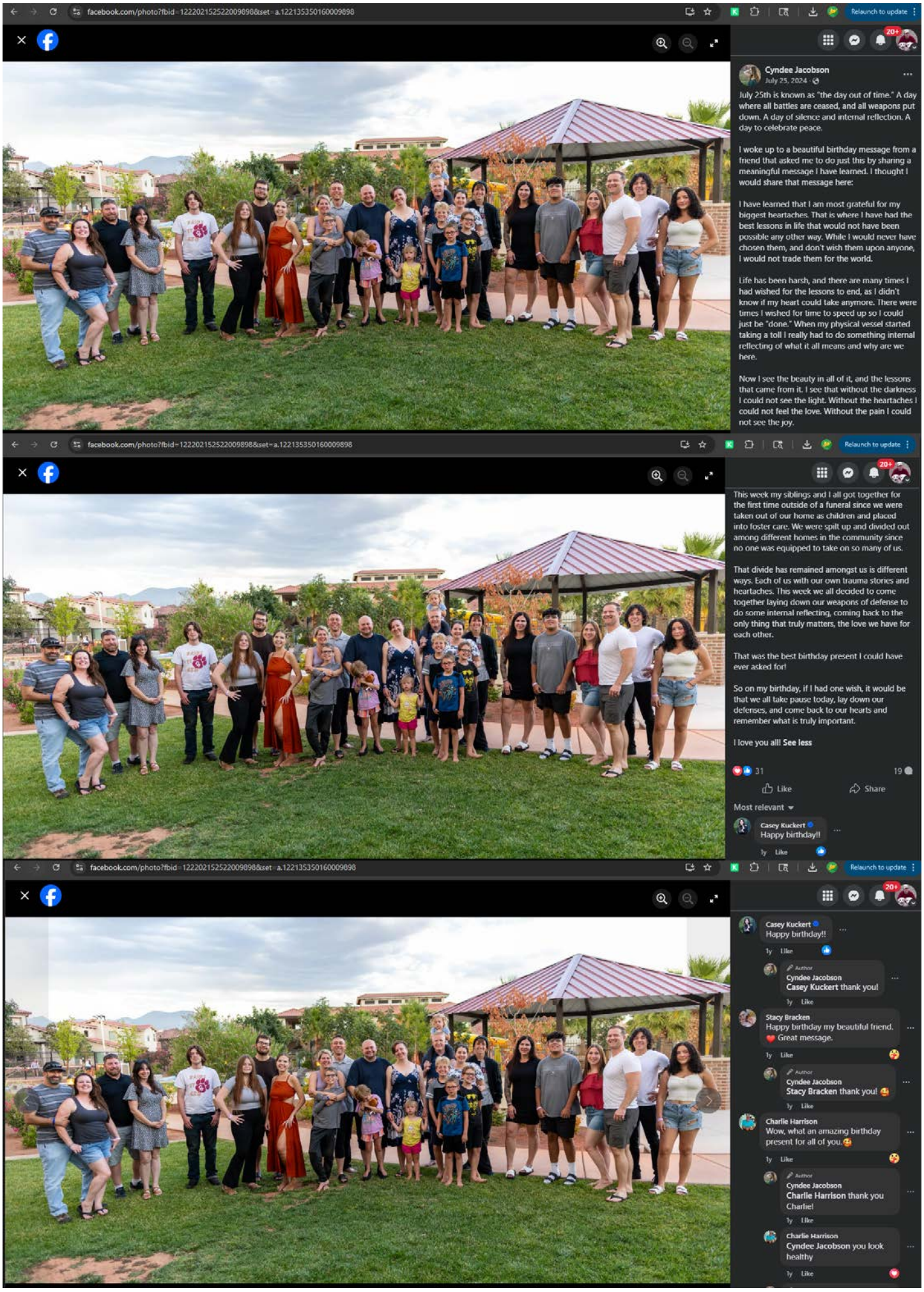
Posted: Jul 25, 2024

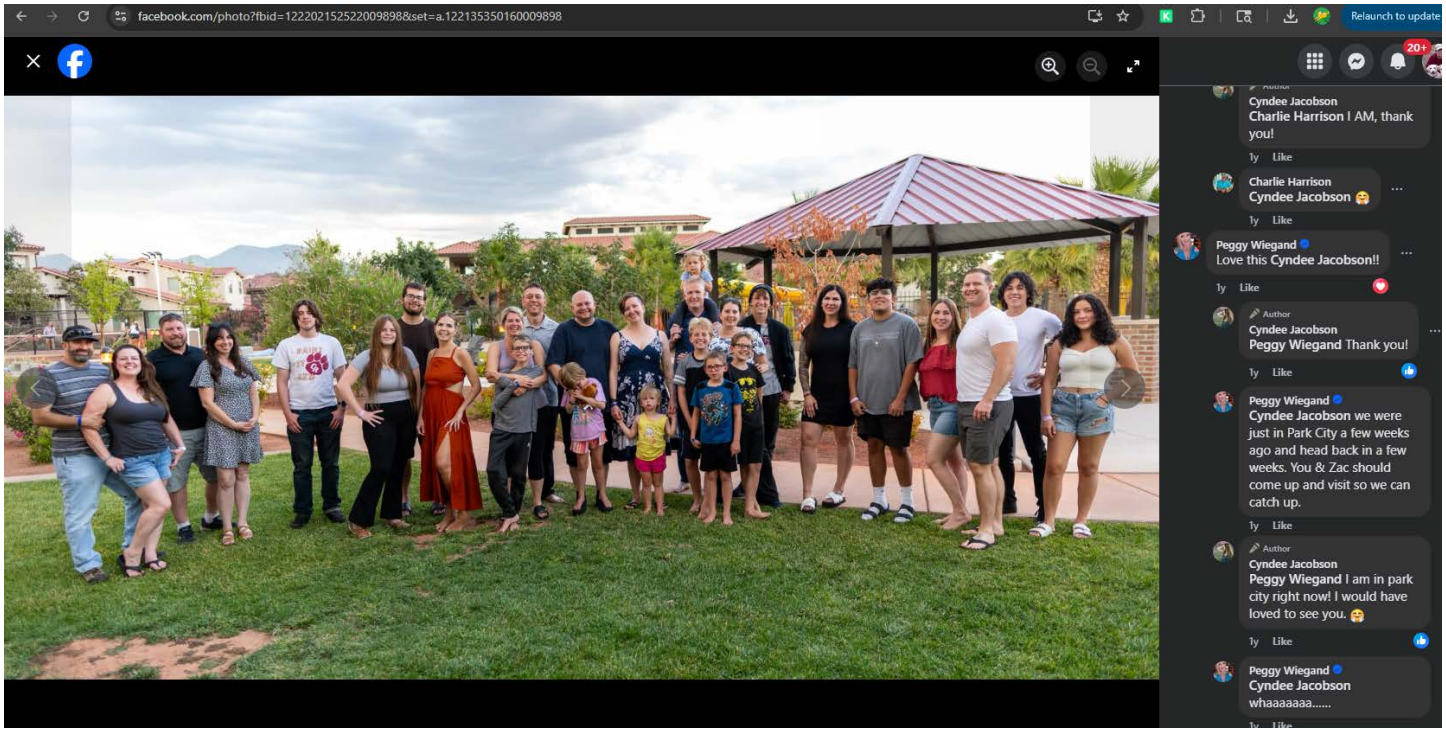
Captured: Nov 18, 2025

https://www.facebook.com/photo?fbid=122202152522009898&set=a.122135350160009898

After DOI

Subject posted a picture of her and her kids, and her siblings. She notes this is the first time they have all gathered outside of a funeral in a long time. She recognized that they all had a traumatic childhood. July 25th is known as “the day out of time.” A day where all battles are ceased, and all weapons put down. A day of silence and internal reflection. A day to celebrate peace. I woke up to a beautiful birthday message from a friend that asked me to do just this by sharing a meaningful message I have learned. I thought I would share that message here: I have learned that I am most grateful for my biggest heartaches. That is where I have had the best lessons in life that would not have been possible any other way. While I would never have chosen them, and don’t wish them upon anyone, I would not trade them for the world. Life has been harsh, and there are many times I had wished for the lessons to end, as I didn’t know if my heart could take anymore. There were times I wished for time to speed up so I could just be “done.” When my physical vessel started taking a toll I really had to do something internal reflecting of what it all means and why are we here. Now I see the beauty in all of it, and the lessons that came from it. I see that without the darkness I could not see the light. Without the heartaches I could not feel the love. Without the pain I could not see the joy. This week my siblings and I all got together for the first time outside of a funeral since we were taken out of our home as children and placed into foster care. We were spilt up and divided out among different homes in the community since no one was equipped to take on so many of us. That divide has remained amongst us is different ways. Each of us with our own trauma stories and heartaches. This week we all decided to come together laying down our weapons of defense to do some internal reflecting, coming back to the only thing that truly matters, the love we have for each other. That was the best birthday present I could have ever asked for! So on my birthday, if I had one wish, it would be that we all take pause today, lay down our defenses, and come back to our hearts and remember what is truly important. I love you all! See less


facebook.com/photo?fbid=1222021525220098&set=a.122135350160009898
Relaunch to update
Cyndee Jacobson
July 25, 2024
July 25th is known as "the day out of time." A day where all battles are ceased, and all weapons put down. A day of silence and internal reflection. A day to celebrate peace.
I woke up to a beautiful birthday message from a friend that asked me to do just this by sharing a meaningful message I have learned. I thought I would share that message here:
I have learned that I am most grateful for my biggest heartaches. That is where I have had the best lessons in life that would not have been possible any other way. While I would never have chosen them, and don't wish them upon anyone, I would not trade them for the world.
Life has been harsh, and there are many times I had wished for the lessons to end, as I didn't know if my heart could take anymore. There were times I wished for time to speed up so I could just be "done." When my physical vessel started taking a toll I really had to do something internal reflecting of what it all means and why are we here.
Now I see the beauty in all of it, and the lessons that came from it. I see that without the darkness I could not see the light. Without the heartaches I could not feel the love. Without the pain I could not see the joy.
This week my siblings and I all got together for the first time outside of a funeral since we were taken out of our home as children and placed into foster care. We were split up and divided out among different homes in the community since no one was equipped to take on so many of us.
That divide has remained amongst us is different ways. Each of us with our own trauma stories and heartaches. This week we all decided to come together laying down our weapons of defense to do some internal reflecting, coming back to the only thing that truly matters, the love we have for each other.
That was the best birthday present I could have ever asked for!
So on my birthday, if I had one wish, it would be that we all take pause today, lay down our defenses, and come back to our hearts and remember what is truly important.
I love you all! See less
31
19
Like
Share
Most relevant
Casey Kuckert
Happy birthday!!
1y Like
Author
Cyndee Jacobson
Casey Kuckert thank you!
1y Like
Stacy Bracken
Happy birthday my beautiful friend.
Great message.
1y Like
Author
Cyndee Jacobson
Stacy Bracken thank you!
1y Like
Charlie Harrison
Wow, what an amazing birthday present for all of you.
1y Like
Author
Cyndee Jacobson
Charlie Harrison thank you Charlie!
1y Like
Charlie Harrison
Cyndee Jacobson you look healthy
1y Like


facebook.com/photo?fbid=1222021525220098988set=a.122135350160009898
Relaunch to update
20+
Cyndee Jacobson
Charlie Harrison I AM, thank you!
1y Like
Charlie Harrison
Cyndee Jacobson
1y Like
Peggy Wiegand
Love this Cyndee Jacobson!!
1y Like
Author
Cyndee Jacobson
Peggy Wiegand Thank you!
1y Like
Peggy Wiegand
Cyndee Jacobson we were just in Park City a few weeks ago and head back in a few weeks. You & Zac should come up and visit so we can catch up.
1y Like
Author
Cyndee Jacobson
Peggy Wiegand I am in park city right now! I would have loved to see you.
1y Like
Peggy Wiegand
Cyndee Jacobson
whaaaaaaa.....

Instagram

blazewithincyn/

System ID: 666633

Cynthia Lee Jacobson

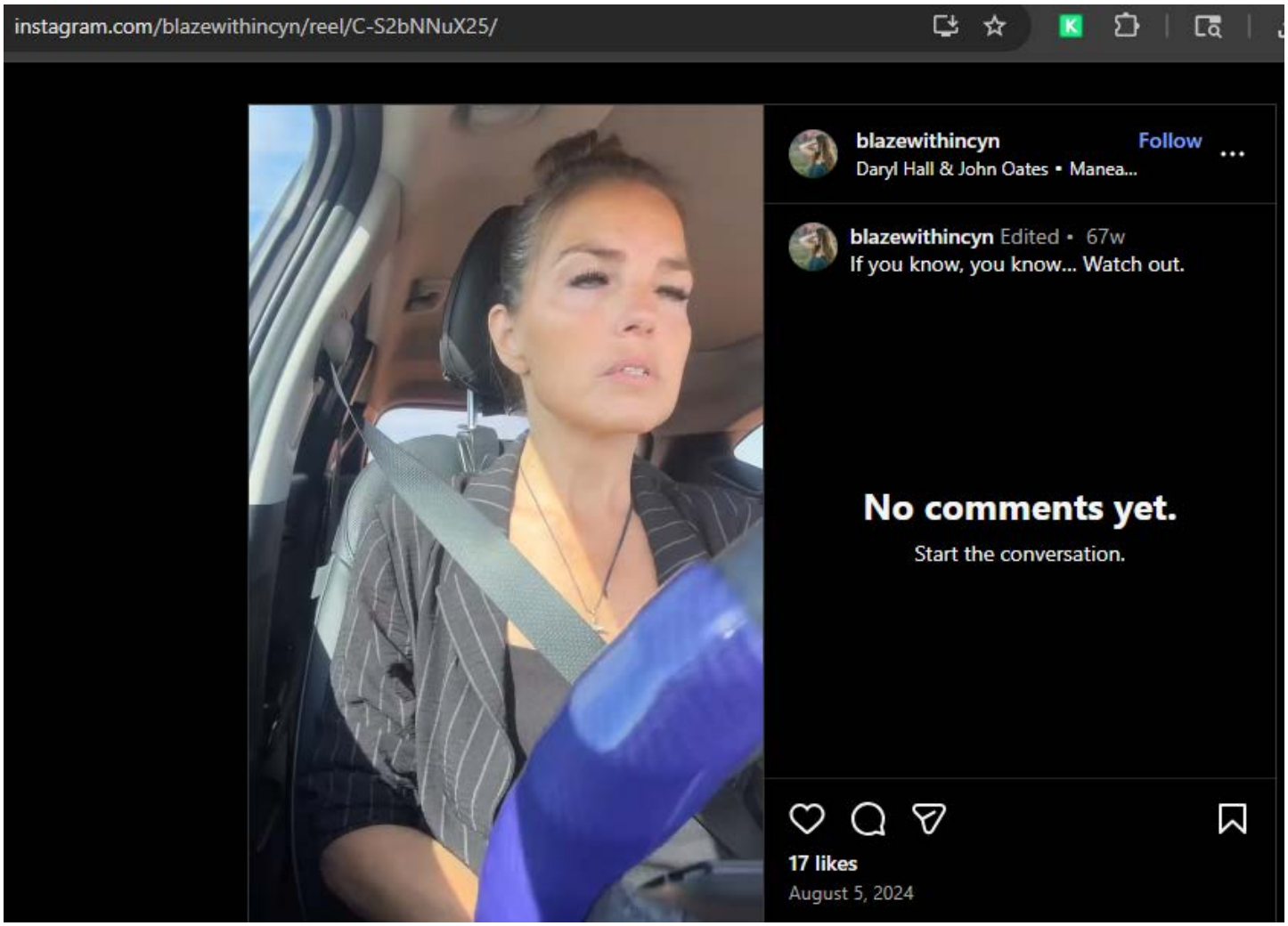
https://www.instagram.com/blazewithincyn/reel/C-S2bNNuX25/

Posted: Aug 05, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a selfie video of her driving in a car. This is also posted on Subject's Facebook account. If you know, you know... Watch out.



Link to download video

Instagram

blazewithincyn/

System ID: 666632

Cynthia Lee Jacobson

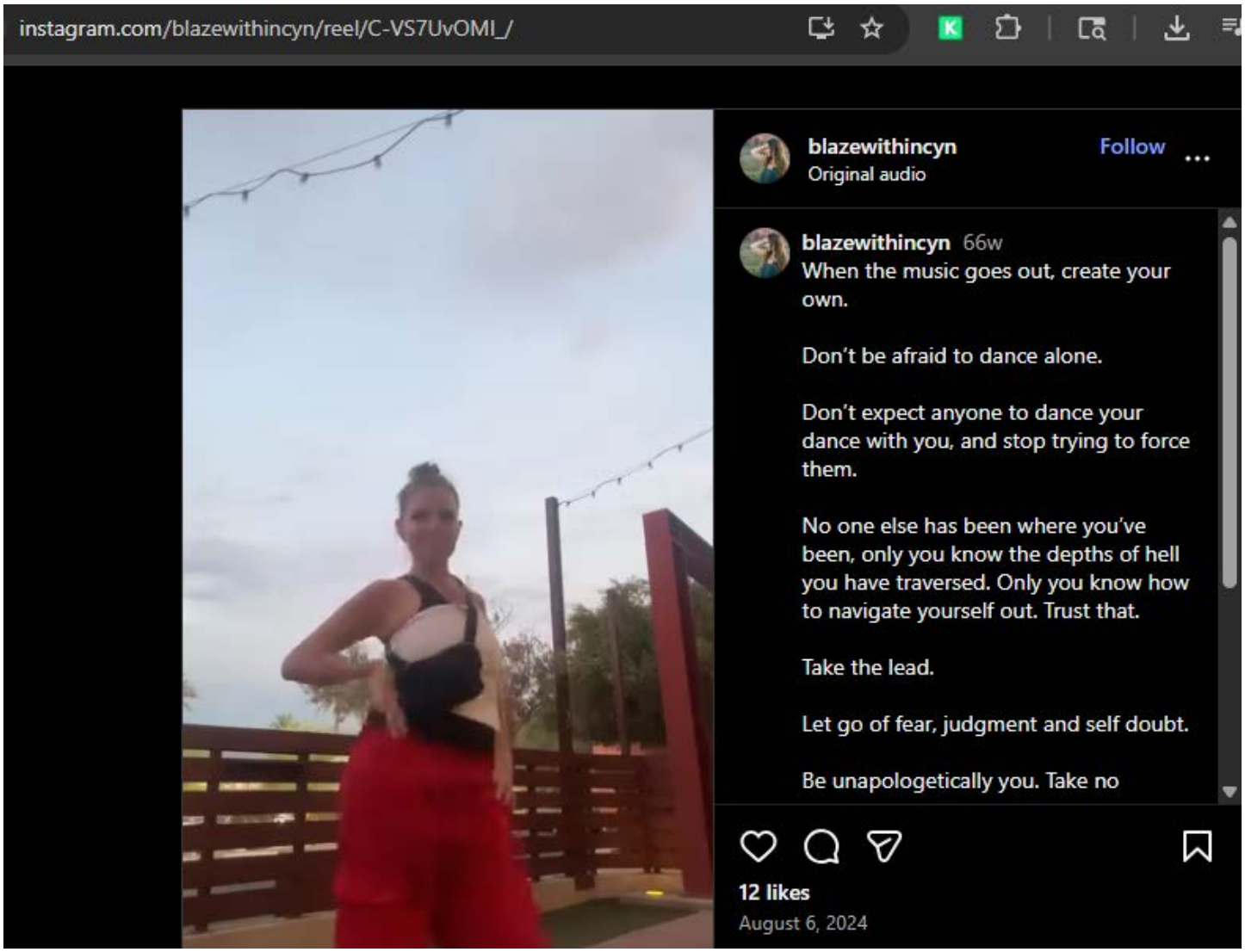
https://www.instagram.com/blazewithincyn/reel/C-VS7UvOMI_/

Posted: Aug 06, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of herself dancing outside alone. This is also posted on Subject's Facebook account. When the music goes out, create your own. Don’t be afraid to dance alone. Don’t expect anyone to dance your dance with you, and stop trying to force them. No one else has been where you’ve been, only you know the depths of hell you have traversed. Only you know how to navigate yourself out. Trust that. Take the lead. Let go of fear, judgment and self doubt. Be unapologetically you. Take no names. You are the only survivor. Without you, nothing else matters. I see you. I love you. THAT is truth.



[Link to download video]

Instagram

blazewithincyn/

System ID: 666627

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-VYAahurBX/

Posted: Aug 06, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her and a friend at a pool. She wrote that she took a week off for her birthday to do what she wanted. This is also posted on Subject's Facebook account. As far back as I can remember every birthday resulted in, or was led by some form of trauma. This year I took myself back and did exactly what I wanted and it was a birthday, or rather WEEK, to remember! It is interesting what happens when you no longer live for the expectations of others, or play by the rules that are culturally and societally placed on you. When you have lost everything and have nothing else to lose, it only goes up from here! Happy LEO season! □ I am ready to burn it all down and start fresh. □□□Who is with me?! □

instagram.com/blazewithincyn/reel/C-VYAahurBX/



blazewithincyn Follow

Original audio

blazewithincyn Edited • 66w

As far back as I can remember every birthday resulted in, or was led by some form of trauma.

This year I took myself back and did exactly what I wanted and it was a birthday, or rather WEEK, to remember!

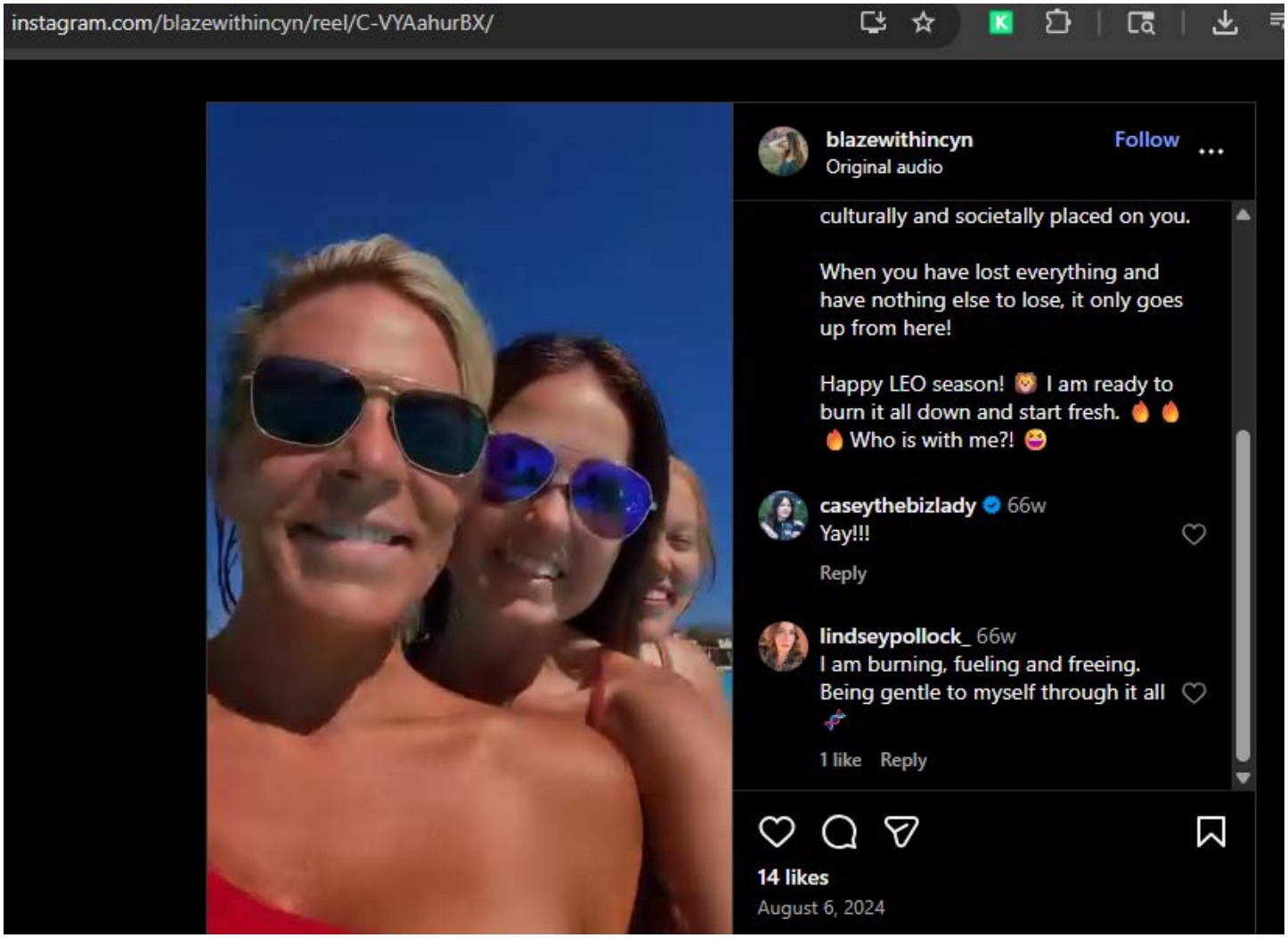
It is interesting what happens when you no longer live for the expectations of others, or play by the rules that are culturally and societally placed on you.

When you have lost everything and have nothing else to lose, it only goes up from here!

Happy LEO season! 🦁 I am ready to burn it all down and start fresh. 🔥🔥

14 likes

August 6, 2024



Link to download video

Instagram

blazewithincyn/

System ID: 666601

Cynthia Lee Jacobson

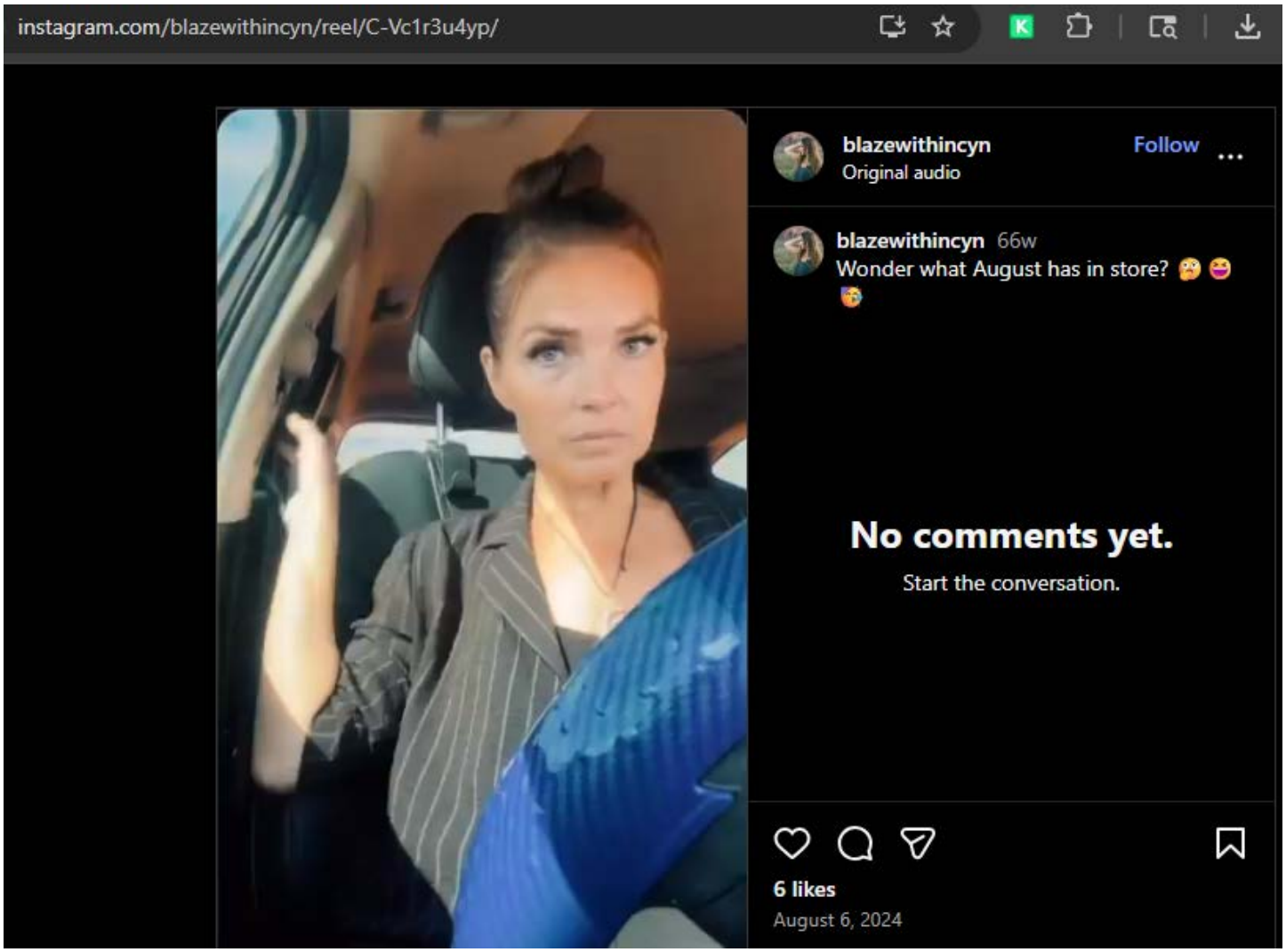
https://www.instagram.com/blazewithincyn/reel/C-Vc1r3u4yp/

Posted: Aug 06, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video/photo montage of July showing birthday cakes, Subject at the pool, driving, with family and friends, and therapy sessions. This is also posted on Subject's Facebook account. Wonder what August has in store?



[Link to download video]

Instagram

blazewithincyn/

System ID: 666594

Cynthia Lee Jacobson

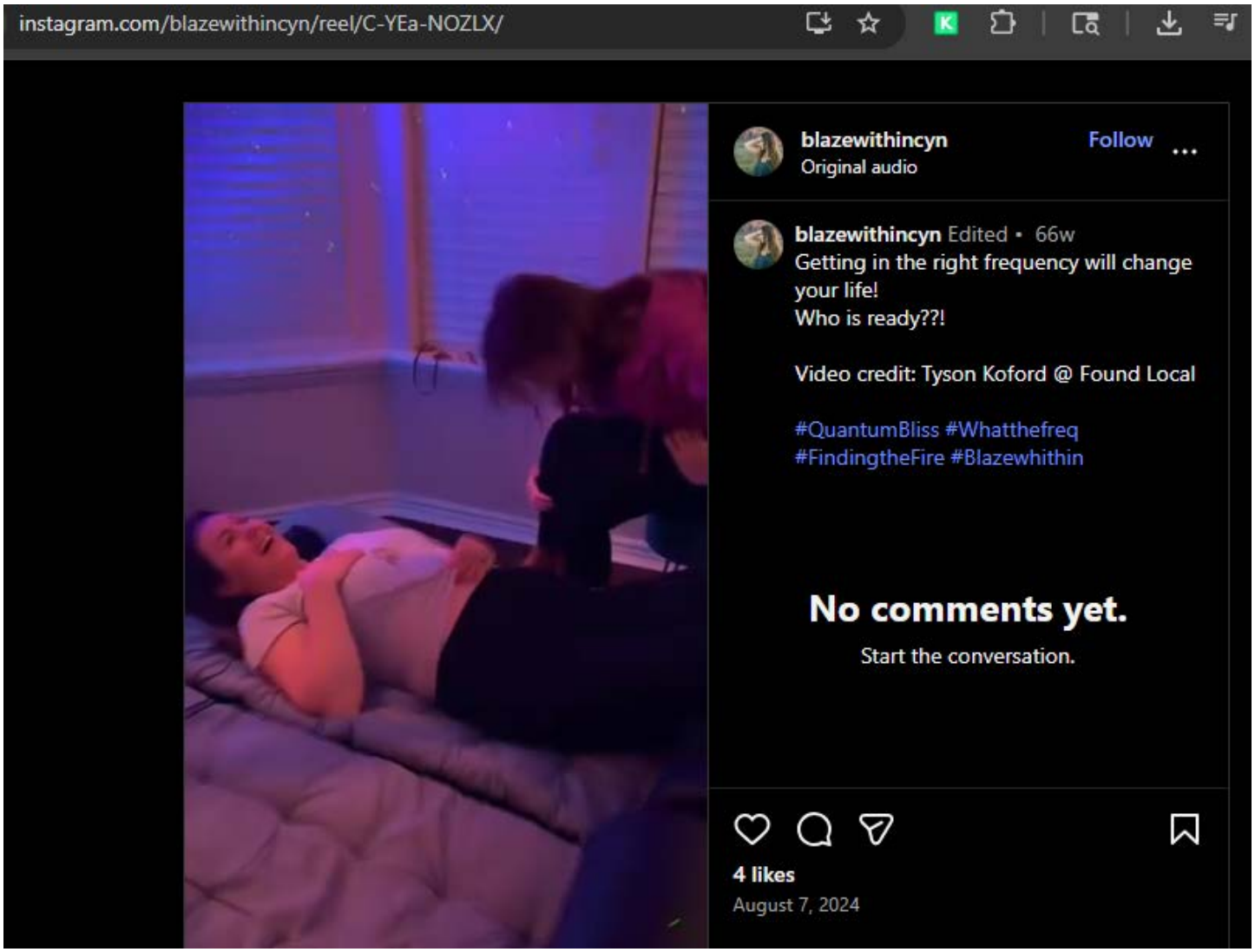
https://www.instagram.com/blazewithincyn/reel/C-YEa-NOZLX/

Posted: Aug 07, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her company, QuantumBliss, showing light therapy treatments. This is also posted on Subject's Facebook and TikTok accounts. Getting in the right frequency will change your life! Who is ready??! Video credit: Tyson Koford @ Found Local



[Link to download video]

Instagram

blazewithincyn/

System ID: 666569

Cynthia Lee Jacobson

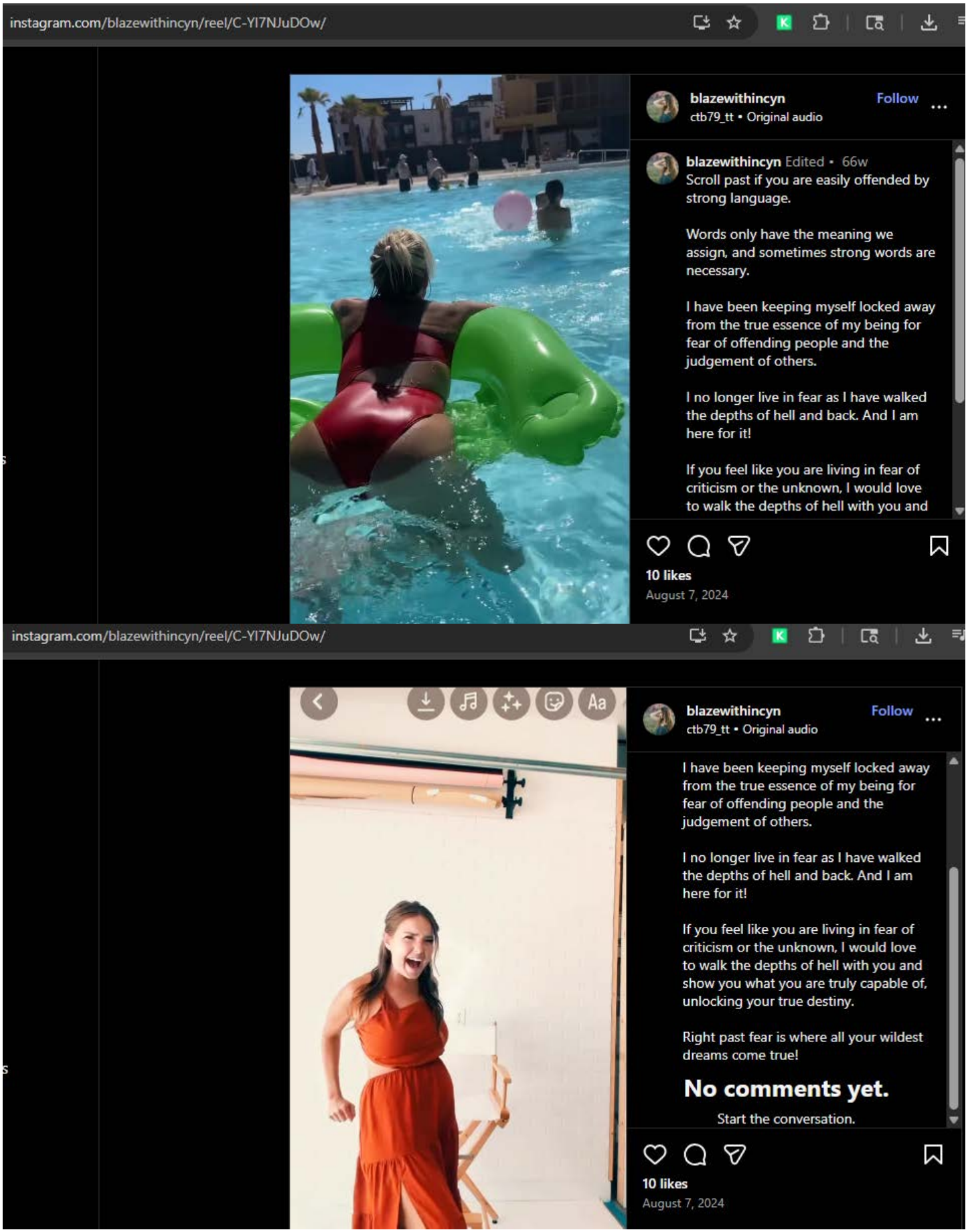
https://www.instagram.com/blazewithincyn/reel/C-YI7NJuDOw/

Posted: Aug 07, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video montage of her and her friends, at the beach, swimming in a pool, and at a restaurant. She wrote that she is no longer living in fear of criticism. This is also posted on Subject's TikTok account. Scroll past if you are easily offended by strong language. Words only have the meaning we assign, and sometimes strong words are necessary. I have been keeping myself locked away from the true essence of my being for fear of offending people and the judgement of others. I no longer live in fear as I have walked the depths of hell and back. And I am here for it! If you feel like you are living in fear of criticism or the unknown, I would love to walk the depths of hell with you and show you what you are truly capable of, unlocking your true destiny. Right past fear is where all your wildest dreams come true!



[Link to download video]

TikTok

@blazewithincyn

System ID: 667212

Posted: Aug 07, 2024

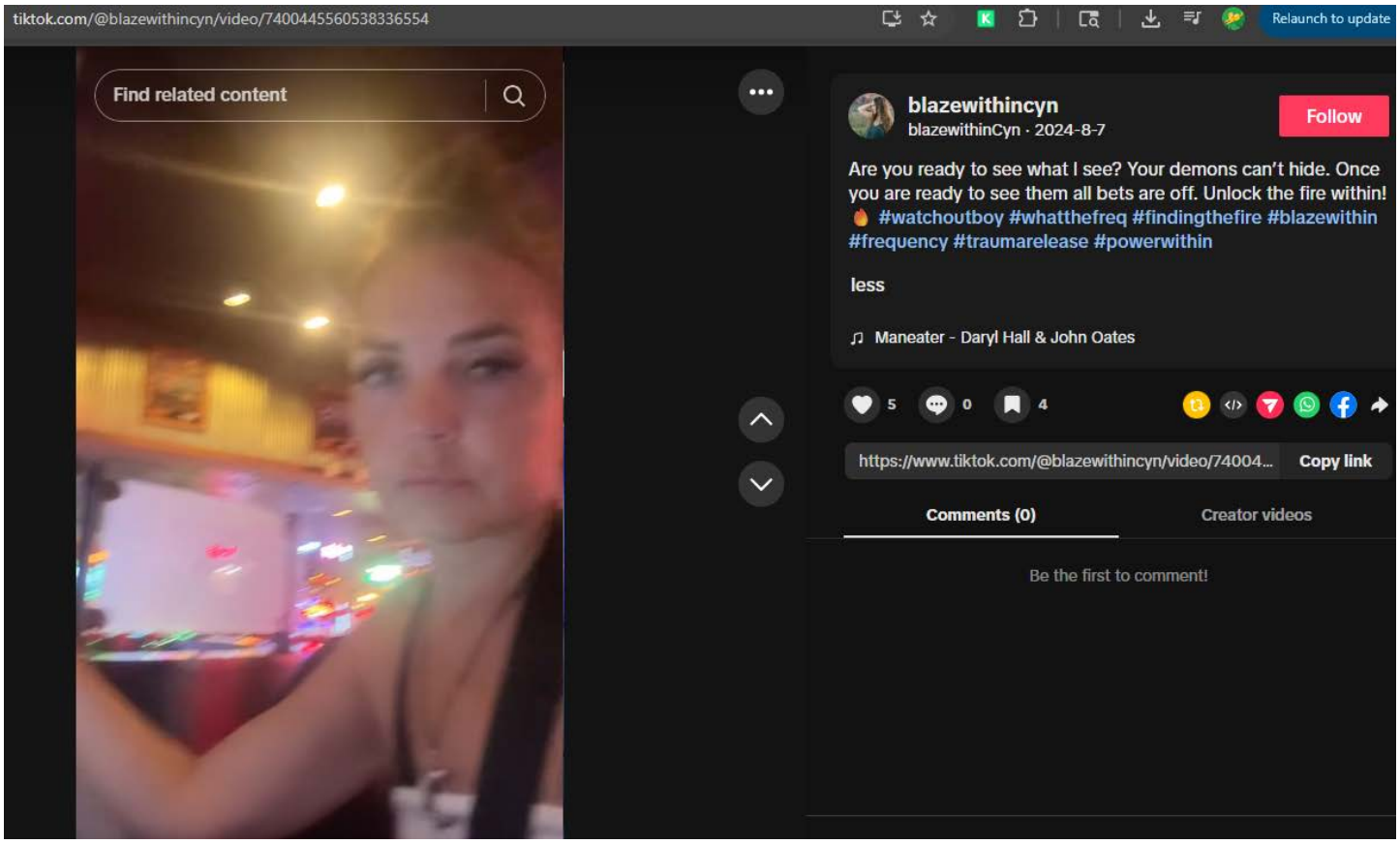
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7400445560538336554

After DOI

Subject posted a video montage of her driving, eating a sandwich, and pickle, and a cherry out of a drink. Are you ready to see what I see? Your demons can’t hide. Once you are ready to see them all bets are off. Unlock the fire within! □ #watchoutboy #whatthefreq #findingthefire #blazewithin #frequency #traumarelease #powerwithin



[Link to download video]

Instagram

blazewithincyn/

System ID: 666553

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-Z3NQjuUvA/

Posted: Aug 08, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video/photo montage of glow parties. She can be seen dancing in the clip. She said she stopped hosting these parties because others criticized her for being too much. This is also posted on Subject's Facebook and TikTok accounts. I used to think I was “too much” and was told I was “ahead of my time.” “People just won’t understand you Cyndee, they will think you are on drugs.” So I bought into the lie. I used to have fun hosting glow parties and dance parties, but was shut down by those I thought loved me telling me I was “too far out there” for the real world. So I locked myself away in shame and hiding. I stopped having fun. I stopped making fun videos. I stopped hosting fun events. I stopped being ME. For what? For fear of judgment of what others would think? Yep. I did that. So I went into hiding into the dark shadows of the trauma I was carrying, the grief and shame of my baby dying, the guilt and shame of my husband committing suicide. I lived in that dark place and didn’t want anyone to find me there because the cross was too much for anyone to shoulder so I held it alone. Who was I to have fun and enjoy life when I had lost so much? I lived in that lonely place in my heart, locked away from the world, not wanting to burden them with my problems and unable to find joy in dancing because I was ridiculed for expressing myself. Well I have unlocked those chains and I have given myself full permission to be unapologetically me. It has been a long hard road getting here and I have kept me locked away for far too long. So welcome to my world! Where just past grief, judgment and fear is TRUE destiny! Where I have dance parties for one in my bedroom every night, or sometimes two when my daughter joins me. Watch out world, are you ready?! Call me too much, i am HIGH on LIFE, and I welcome it!! □ #whatthefreq #danceallnight

instagram.com/blazewithincyn/reel/C-Z3NQjuUvA/



blazewithincyn Follow
Original audio

blazewithincyn Edited • 66w
I used to think I was "too much" and was told I was "ahead of my time." "People just won't understand you Cyndee, they will think you are on drugs."

So I bought into the lie. I used to have fun hosting glow parties and dance parties, but was shut down by those I thought loved me telling me I was "too far out there" for the real world.

So I locked myself away in shame and hiding. I stopped having fun. I stopped making fun videos. I stopped hosting fun events. I stopped being ME.

For what? For fear of judgment of what others would think?

11 likes
August 8, 2024

instagram.com/blazewithincyn/reel/C-Z3NQjuUvA/



blazewithincyn Follow
Original audio

Yep. I did that.

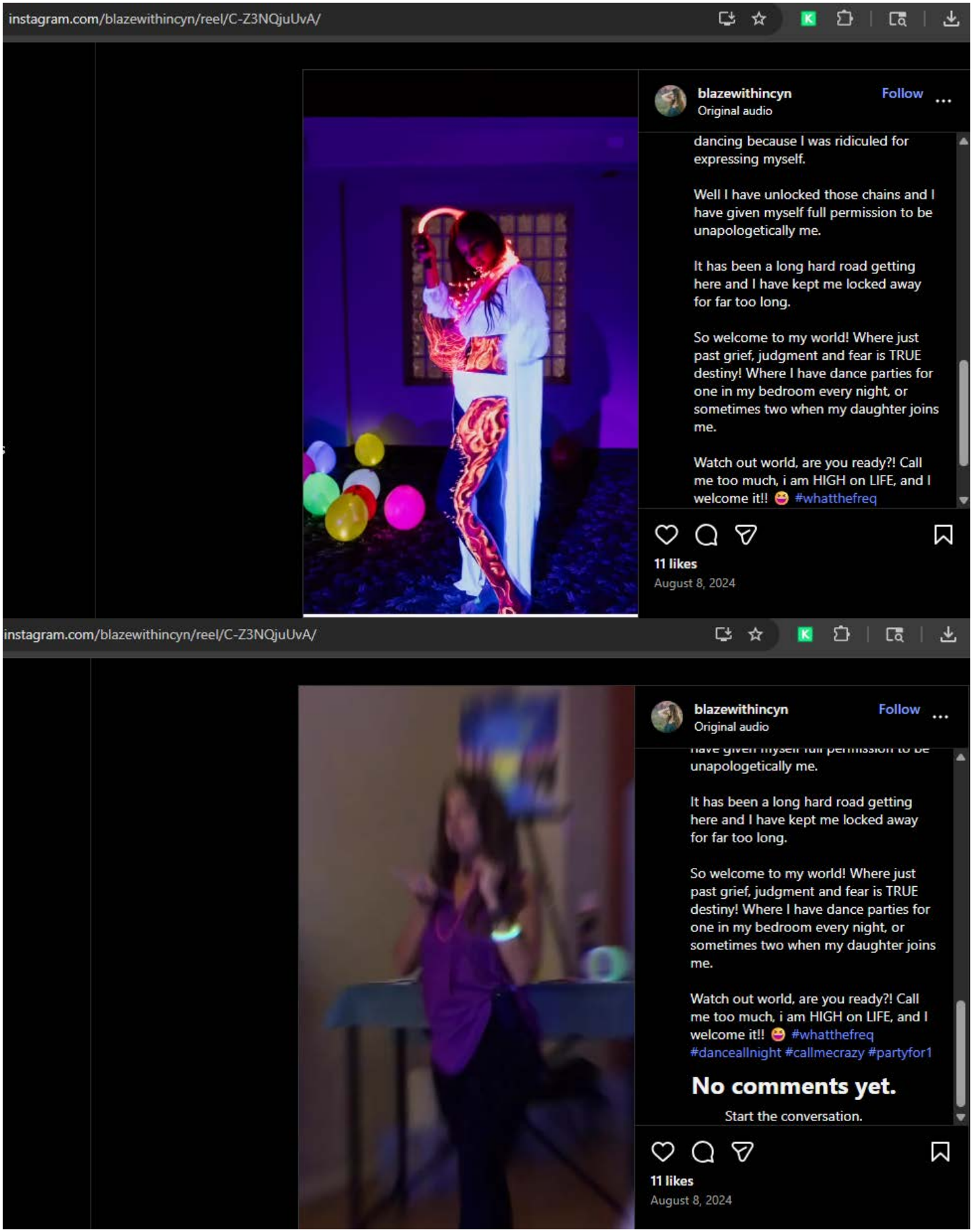
So I went into hiding into the dark shadows of the trauma I was carrying, the grief and shame of my baby dying, the guilt and shame of my husband committing suicide.

I lived in that dark place and didn't want anyone to find me there because the cross was too much for anyone to shoulder so I held it alone.

Who was I to have fun and enjoy life when I had lost so much?

I lived in that lonely place in my heart, locked away from the world, not wanting to burden them with my problems and unable to find joy in

11 likes
August 8, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 666546

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-eFntKMR9y/

Posted: Aug 09, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her morphing into a lion and a photomontage of her driving, selfies, holding a snake, speaking into a microphone, and with family and friends. She writes that she can be intimidating but that she is determined to accomplish her goals. This is also posted on Subject's Facebook account. I have been told I am “intimidating” and that “everyone is terrified of you Cyndee.” I didn’t see that. I don’t understand why anyone would be intimidated by me or terrified of me. Until now that is. I am pretty damn intimidating and I OWN that. I know I am capable of anything and when I put my mind to it, I WILL accomplish it. Just tell me “you can’t” and I will show you I WILL! I can’t tell you how many times I have stared the devil in the face and stood my ground. I can’t tell you how many times I have stared death in the face and come back to stake my claim on this earth. I can’t tell you how many times I have been told my dreams are “too big” and you can’t accomplish that.” Well guess what… I DID! Anything I have ever put my mind to I have achieved. That is until it comes to changing or saving someone outside of me. All I have control over is me. All I have authority over is me. Outside of that I can want, wish for, help with, try to force my will over someone else all I want, and ultimately I have no control over that. I have proven that to myself over and over again. No matter how genuine my heart is, and how pure my intentions are. I can’t want something for you more than you want it for yourself, or ultimately it will crash and burn. And I have been burned MANY times over by trying to do just that. No more. Do not put your burdens on me unless you actually want results. I have kept your secrets and tried to help you hide from the world, and it has only ever resulted in me getting hurt. This is not just one person I am talking about, but many. I love you and you’ve got you. I’ve got me and that is all I can do. I scrolled back through my social media and looked through all of my accomplishments. I never took credit for all I have done, because behind the scenes I was dying inside holding in secrets of the pain and trauma I was suffering in real time. The biggest accomplishments I have achieved were while my internal world was being destroyed. I am the most loving, loyal, fun person you will ever meet. I will have your back until the end. But DO NOT put your burdens on me, then try to destroy me with them. Truth will prevail

instagram.com/blazewithincyn/reel/C-eFntKMR9y/



blazewithincyn Follow
Original audio

blazewithincyn 66w
I have been told I am "intimidating" and that "everyone is terrified of you Cyndee."

I didn't see that. I don't understand why anyone would be intimidated by me or terrified of me.

Until now that is.

I am pretty damn intimidating and I OWN that. I know I am capable of anything and when I put my mind to it, I WILL accomplish it. Just tell me "you can't" and I will show you I WILL!

I can't tell you how many times I have stared the devil in the face and stood my ground.

5 likes
August 9, 2024

instagram.com/blazewithincyn/reel/C-eFntKMR9y/



blazewithincyn Follow
Original audio

I can't tell you how many times I have stared death in the face and come back to stake my claim on this earth.

I can't tell you how many times I have been told my dreams are "too big" and you can't accomplish that."

Well guess what... I DID!

Anything I have ever put my mind to I have achieved.

That is until it comes to changing or saving someone outside of me.

All I have control over is me. All I have authority over is me.

Outside of that I can want, wish for,

5 likes
August 9, 2024

instagram.com/blazewithincyn/reel/C-eFntKMR9y/



blazewithincyn Follow
Original audio

help with, try to force my will over someone else all I want, and ultimately I have no control over that.

I have proven that to myself over and over again. No matter how genuine my heart is, and how pure my intentions are. I can't want something for you more than you want it for yourself, or ultimately it will crash and burn. And I have been burned MANY times over by trying to do just that.

No more.

Do not put your burdens on me unless you actually want results. I have kept your secrets and tried to help you hide from the world, and it has only ever resulted in me getting hurt.

5 likes
August 9, 2024

instagram.com/blazewithincyn/reel/C-eFntKMR9y/



blazewithincyn Follow
Original audio

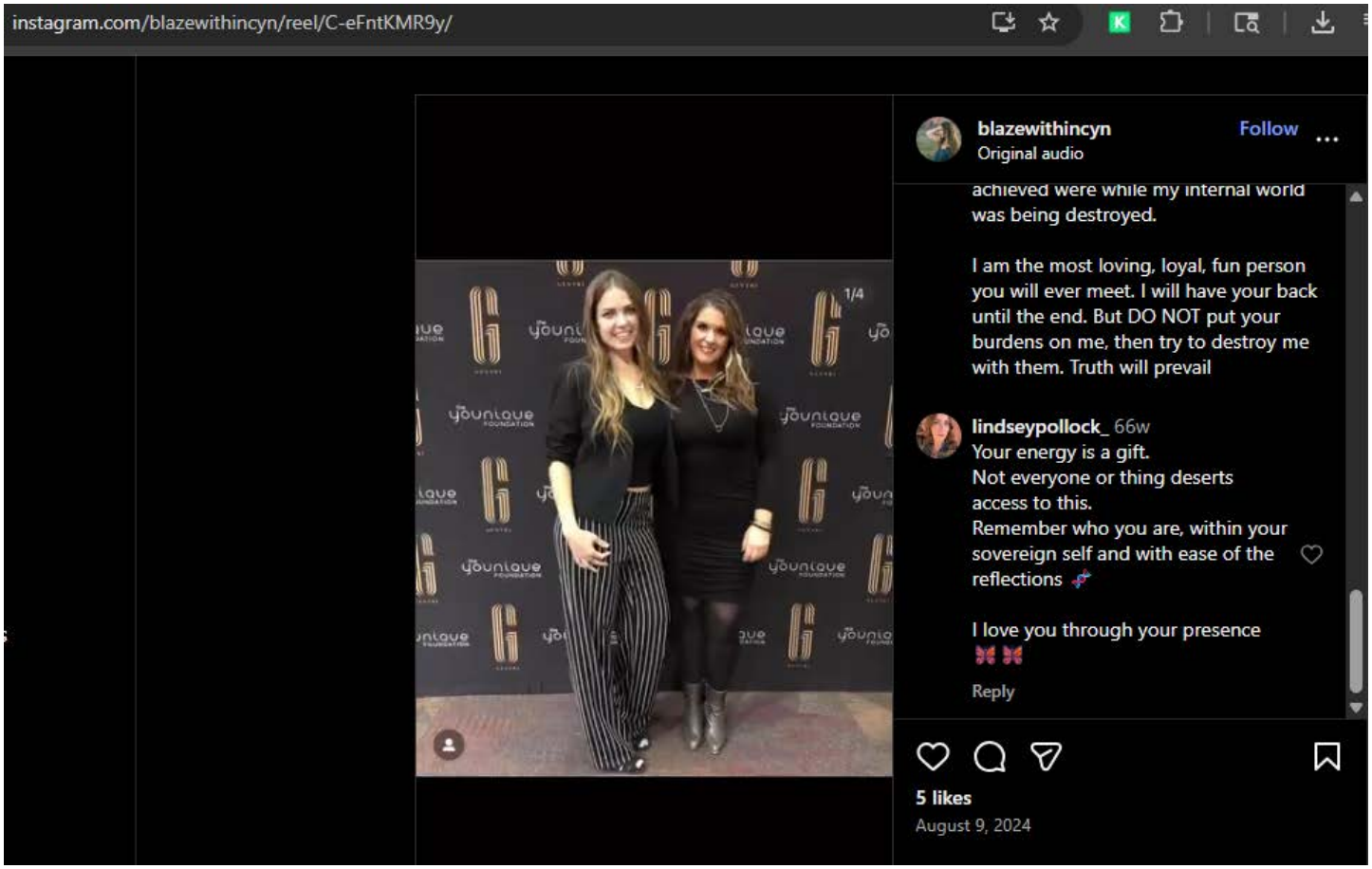
This is not just one person I am talking about, but many. I love you and you've got you. I've got me and that is all I can do.

I scrolled back through my social media and looked through all of my accomplishments. I never took credit for all I have done, because behind the scenes I was dying inside holding in secrets of the pain and trauma I was suffering in real time.

The biggest accomplishments I have achieved were while my internal world was being destroyed.

I am the most loving, loyal, fun person you will ever meet. I will have your back until the end. But DO NOT put your burdens on me, then try to destroy me

5 likes
August 9, 2024



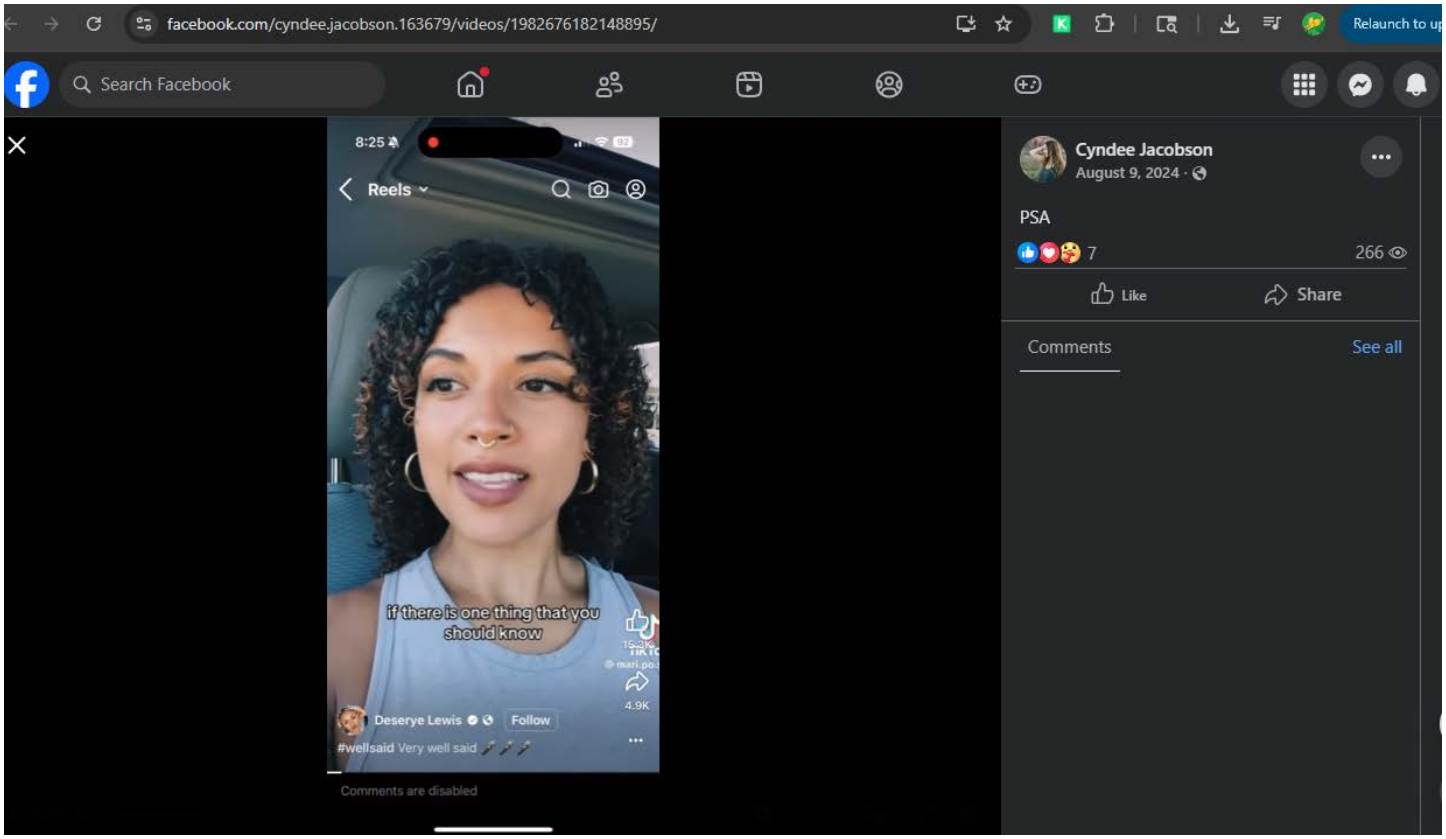
[Link to download video]

Facebook

cyndee.jacobson.163679
Posted: Aug 09, 2024
System ID: 667282
Captured: Nov 18, 2025
Cynthia Lee Jacobson
https://www.facebook.com/cyndee.jacobson.163679/videos/1982676182148895/

After DOI

Subject reposted a video about being an awakened woman. PSA



Link to download video

Instagram

blazewithincyn/ | Posted: Aug 10, 2024

System ID: 666538 | Captured: Nov 17, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-evBKsORAV/

After DOI

Subject posted a video of her whipping a lighted rope in the air. In the comments, she recounts her multiple visits to the ER without receiving proper treatment. She said that they had told her at one time that if her labs were as bad as they seemed, she should be dead. She wrote that she was offered $10 million for negligence but she refused; she just wanted them to treat her right. This is also posted on Subject's Facebook account. Take back my life song. I guess there is something to be said for living in fight or flight your entire life. Any time I have been down and out, and thought the last nail was in, something inside of me fought with everything I had to make a comeback. I can’t count the number of doctors, friends, and family that have said “Cyndee, the last time I saw you, I thought I would never see you again.” I have been so deteriorated time and time again, that my physical vessel has nearly given out more times than I can probably remember. They have been witnessed by many, and been well documented by medical records. I have had doctors tell me there was “no way” I could be alive with what I had been through and they had the lab work and scans to prove it. That I must be a “walking miracle” and I “needed to be put in a box and studied.” What I know is the spirit has a strong will to live, and where there is a will, there is a way. One of my many experiences I had a doctor look me in the eyes in the ER and tell me “There is no way you could be alive if the labs are true.” I was holding on by sheer will power. It was the fourth time in two weeks I had been in the ER, each time telling them there was something wrong, I was dying, and to please help me. Each time they told me there was nothing wrong with me and eventually that it was “in my head” and I “must be suicidal.” I pleaded with them that I wanted to LIVE and that is why I was there. If I wanted to die I could do that at home, not in a hospital bed. That time was horrible and I was offered a 10 million dollar payoff for their negligence, which I declined. I wasn’t trying to “get them” for wrong doing… I just wanted them to do the right thing and treat their patients with respect and listen to what they were saying rather than assuming they were crazy or drug seeking. I refused all drugs, even when the pain was excruciating. I wanted them to find the problem and FIX it. But the “problem” is hard to find when it has to do with trauma and the body is failing because you are failing to release yourself of the pain. This song brings a smile to my kids face, when I play it they KNOW!

instagram.com/blazewithincyn/reel/C-evBKsORAV/



blazewithincyn Follow
Original audio

blazewithincyn 66w
This is my fight song.

Take back my life song.

I guess there is something to be said for living in fight or flight your entire life. Any time I have been down and out, and thought the last nail was in, something inside of me fought with everything I had to make a comeback.

I can't count the number of doctors, friends, and family that have said "Cyndee, the last time I saw you, I thought I would never see you again."

I have been so deteriorated time and time again, that my physical vessel has nearly given out more times than I can

9 likes
August 10, 2024

instagram.com/blazewithincyn/reel/C-evBKsORAV/



blazewithincyn Follow
Original audio

probably remember. They have been witnessed by many, and been well documented by medical records.

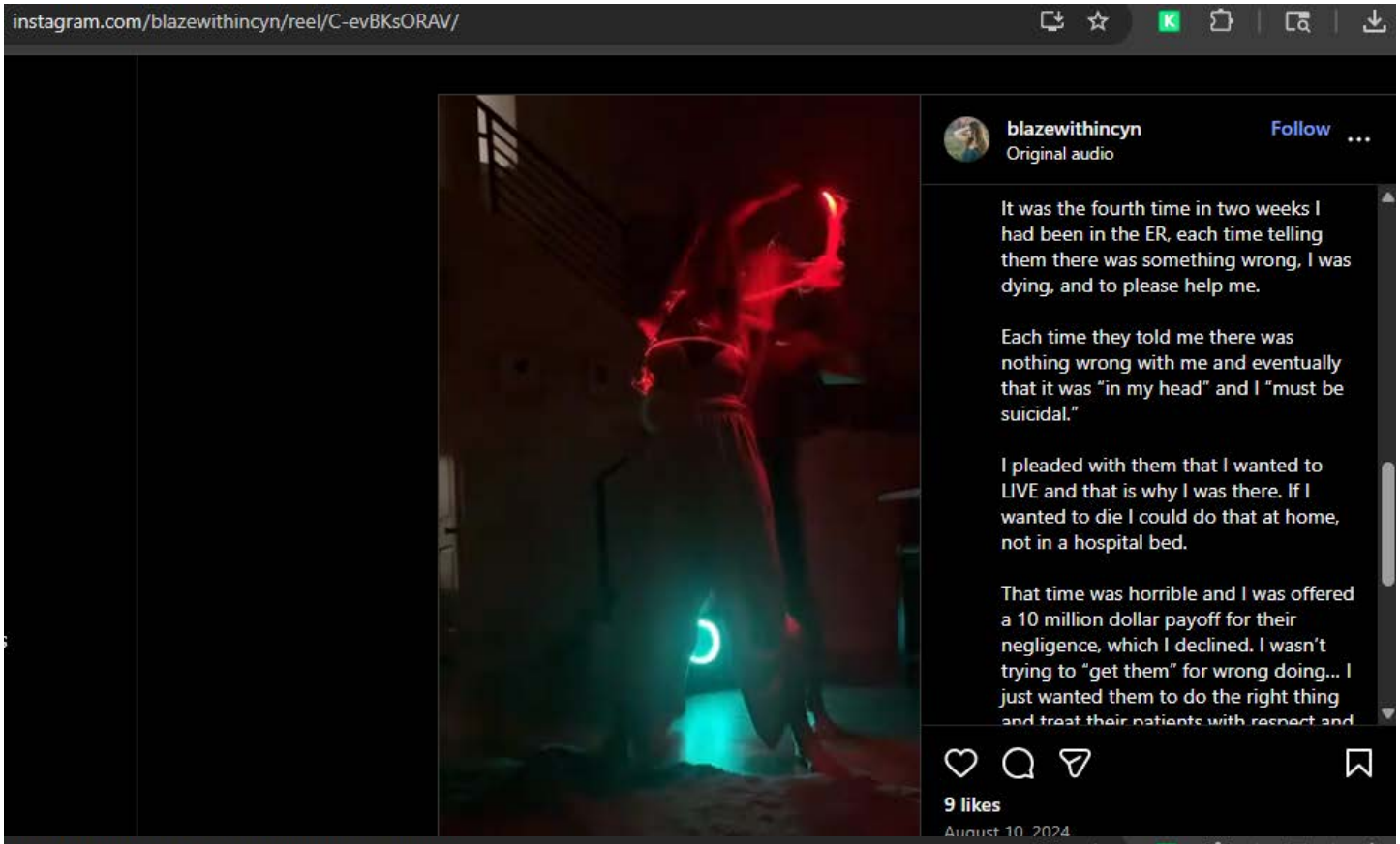
I have had doctors tell me there was "no way" I could be alive with what I had been through and they had the lab work and scans to prove it. That I must be a "walking miracle" and I "needed to be put in a box and studied."

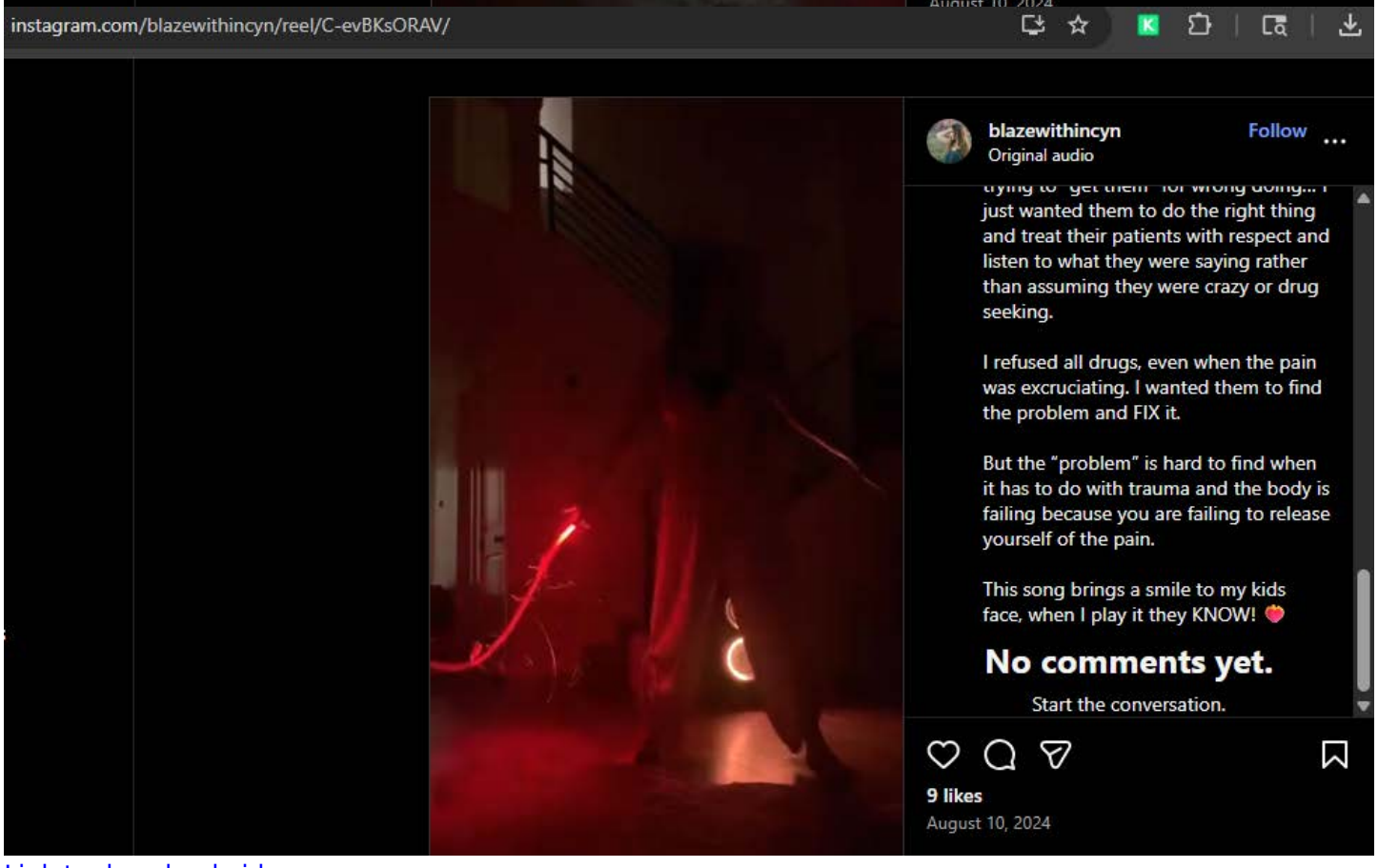
What I know is the spirit has a strong will to live, and where there is a will, there is a way.

One of my many experiences I had a doctor look me in the eyes in the ER and tell me "There is no way you could be alive if the labs are true."

I was holding on by sheer will power.

9 likes
August 10, 2024





[Link to download video]

Instagram

blazewithincyn/

System ID: 666529

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-ezFtvuJTo/

Posted: Aug 10, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a photomontage of going to a retreat. In the comments, she talks about having died on a beach and given the choice to come back. She describes this as part of her spiritual awakening. This is also posted on Subject's Facebook account. After falling short in the western world for my physical healing, I had nothing left to lose. I decided to go on a healing journey of another sort. This time not with doctors, hospitals, or counselors. This time I was going on spiritual awakening. And awaken I did. Watch what you ask for when there is nothing to lose. Ask and you WILL recieve. I decided to seek a medicine journey with a shaman on native lands. I did my research, I followed the guidelines and the strict diet before hand, but I was ill prepared for what was to come. I died on the beach that night under the the night sky and jungle of bushes, next to the blazing fire and crashing waves. I am a nurse and I know death. When I say I died on that beach, not only did I physically die, I mentally, emotionally and spiritually died as well. I learned many great lessons that night. Death is a choice, and I was given that choice. Outside of this physical vessel is such beauty, such peace. Inside of this physical vessel has been nothing but pain and heartache for me. So why would I choose to stay? In that moment facing my mortality there was no judgment. I was shown both sides and asked which one I wanted to choose. On this side I had three living children and a husband that would be devastated if I was gone. On the other side I had a son and a husband that would be so glad to have me join them. “But what about your children?” I was asked. “They can join me here.” Was my reply. “What will people think when they hear you left your family for a medicine journey and died on the beach leaving them behind, they have lost so much already, how sad would that be?” “It is all fake anyway, and it is too painful there. They can join me here, once they come to this side they will understand.” “Okay then welcome!” “Wait… what? Really? I can just be done?” Yes. And there is no judgment either way. Once choice is back in your hands all bets are off.

instagram.com/blazewithincyn/reel/C-ezFtvuJTo/



blazewithincyn Follow ...
Original audio

prepared for what was to come.

I died on the beach that night under the the night sky and jungle of bushes, next to the blazing fire and crashing waves.

I am a nurse and I know death. When I say I died on that beach, not only did I physically die, I mentally, emotionally and spiritually died as well.

I learned many great lessons that night.

Death is a choice, and I was given that choice.

Outside of this physical vessel is such beauty, such peace.

Inside of this physical vessel has been nothing but pain and heartache for me.

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So why would I choose to stay?

In that moment facing my mortality there was no judgment. I was shown both sides and asked which one I wanted to choose.

On this side I had three living children and a husband that would be devastated if I was gone.

On the other side I had a son and a husband that would be so glad to have me join them.

"But what about your children?" I was asked.

"They can join me here." Was my reply.

"What will people think when they hear

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"It is all fake anyway, and it is too painful there. They can join me here, once they come to this side they will understand."

"Okay then welcome!"

"Wait... what? Really? I can just be done?"

Yes. And there is no judgment either way.

Once choice is back in your hands all bets are off.

neddies6009 66w
Ugh*** ALWAYS not sidewsys
1 like Reply

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Once choice is back in your hands all bets are off.

neddies6009 66w
Ugh*** ALWAYS not sidewsys
1 like Reply

neddies6009 66w
The dark night of the soul, is to confront what doesn't serve you to awaken to the light that illuminates once more, who you've sideways been and are... now you know. Love you.
1 like Reply

4 likes
August 10, 2024

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Instagram

blazewithincyn/

System ID: 666517

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-e_8IPOJk3/

Posted: Aug 10, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of going out to a restaurant with her daughter and son. She then has a video of her and a friend going out to a nightclub, where she is seen dancing. This is also posted on Subject's Facebook account. My kids have always been my greatest cheerleaders. All they have ever wanted is for me to be happy. If you have been following my story at all, we have had many reasons NOT to be happy. It seems just as we are clearing one heaping pile of bullshit, another one is placed in our path, served up with a holy shit sandwich! That was the case just a few days ago as well. Well I've finally had it. I play well in the shit, and I've learned to roll with it. I am not here for anyone else's happiness but my own and that was a hard lesson to learn when everything you have ever been taught and programmed is for the "other." Put the other first and everything outside of you before your own personal well being. Guess what? If you aren't here, nothing else matters. So why are you putting yourself last? And yes, that even includes your kids. Yeah, yeah, I hear you. "But that is selfish!" and "of course your kids should come first!" Yes and no. If you are giving every last drop to your kids, eventually none will be left for you and your cup will be empty. One of the times I was hanging on to my very last drop my son said "Mom, go take care of you. Do what ever you need to do to heal yourself." But I couldn't do that. I had to be there for my kids! He said "Mom, we would rather you leave now and get healthy, and come back happy, then watch you die in front of us." That was a hard truth to swallow. I was dying in front of them, refusing to stop taking care of them when my physical vessel was completely on empty. They had lost enough already and they weren't about to lose their mom. Last night they took ME on a date. Cemree picked out my dress and bought dinner. Covin drove and opened my doors. Cemree said "Mom I wish I were 21 so I could take you dancing!" I said we can find our own music and dance in the streets! As alchemy would have it, one of my best friends called me on our way to dinner asking what I was doing. She had a VIP ticket to an exclusive event right next door to where we were going for dinner. I asked the kids if she could join and they emphatically said YES! After my kids went home and mama got her dance on!□□

instagram.com/blazewithincyn/reel/C-e_8IPOJk3/



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blazewithincyn 66w
My kids have always been my greatest cheerleaders. All they have ever wanted is for me to be happy.

If you have been following my story at all, we have had many reasons NOT to be happy.

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That was the case just a few days ago as well.

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17 likes
August 10, 2024

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But I couldn't do that. I had to be there for my kids!

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They had lost enough already and they weren't about to lose their mom.

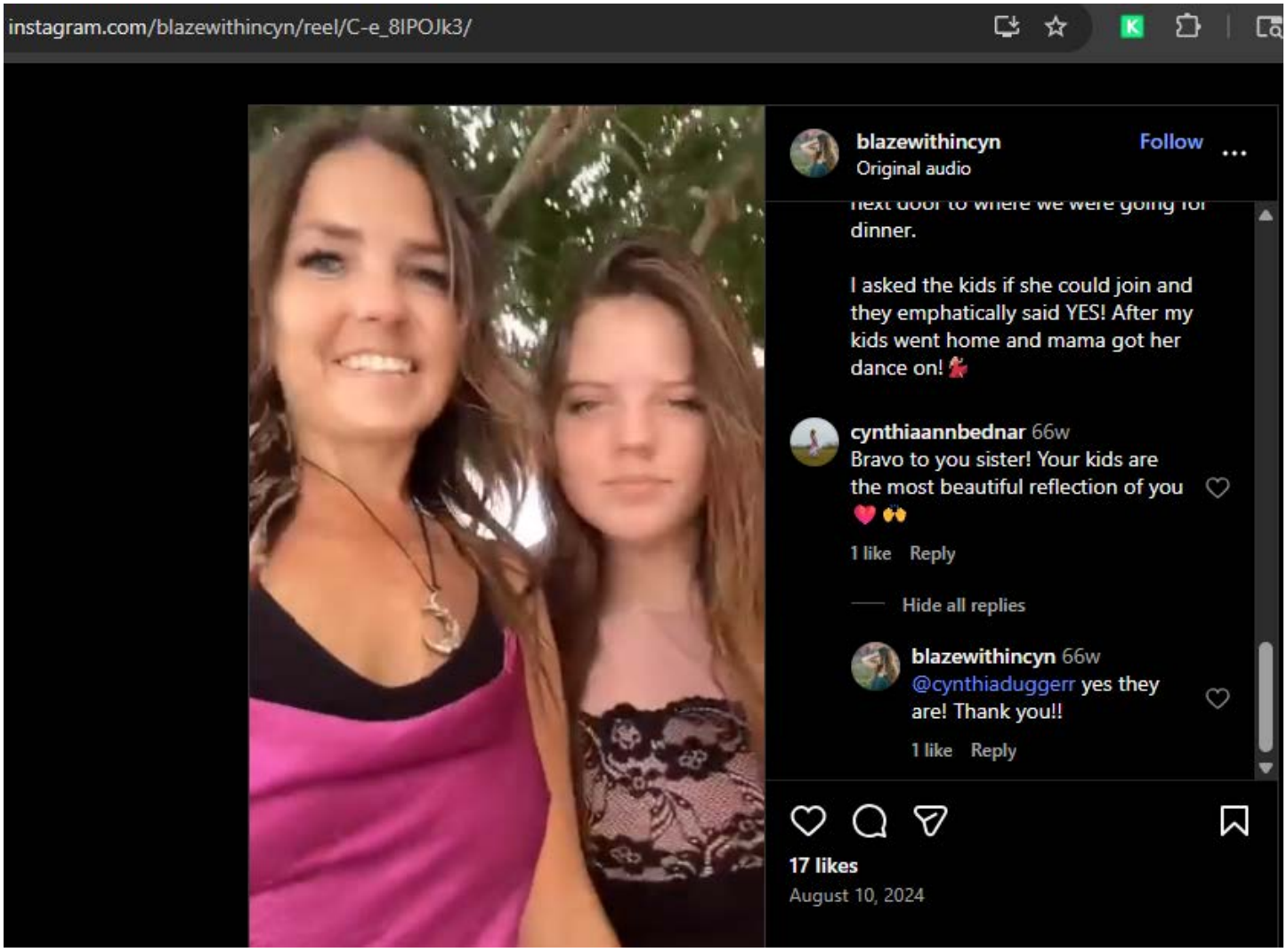
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August 10, 2024



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Instagram

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System ID: 666510

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-fFJt_uTCe/

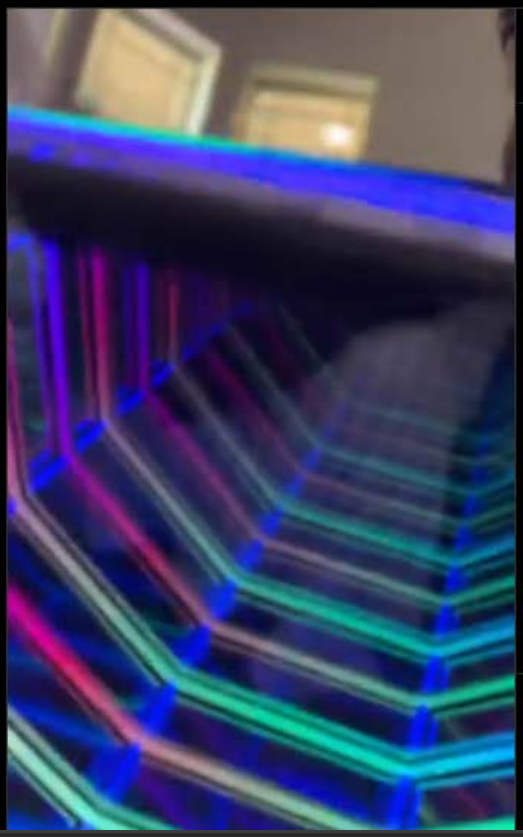
Posted: Aug 10, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her and her daughter, Cemree. Subject posted that she had her daughter use her frequency/light machine because she was struggling mentally, and that it helped. This is also posted on Subject's Facebook account. This girl right here has the biggest heart ever and she has been carrying a LOT! I have shared pieces of her story before, but out of respect for her I will hold off on sharing anything more at the moment until SHE is ready. Just know that her choosing to use the lights and frequency machine today to get past what she was carrying made this mama HAPPY! □ I have always given my children choice and voice, even when it comes to my wishes for them and that is not always easy. I am sure there are times I probably should have inserted my will a little more. It is hard navigating parenthood and knowing the right thing to do always. I just know I want my children to be able to speak for themselves and use their own voice and have choice in their lives. I know that despite my best intentions, I can’t always be there to speak for them or protect them, and that has been rough at times. So I want them to know they can say NO, and that is okay. She has been a little hesitant with the frequency machine since she is not sure what it is and it isn’t my job to force it on her. But when she was struggling today I said I can help you if you will let me, and you don’t have to do any talking. She reluctantly agreed and then proceeded to ask for session after session, getting up for bathroom breaks and to bring her kitties in the room with her. I think she would have stayed in there all day if I didn’t have a client that came to use it. And you know what? It worked! It shifted her back into her heart and she was giggling, laughing and no longer carrying the weight of the world on her shoulders.

instagram.com/blazewithincyn/reel/C-fFJt_uTCe/



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Original audio

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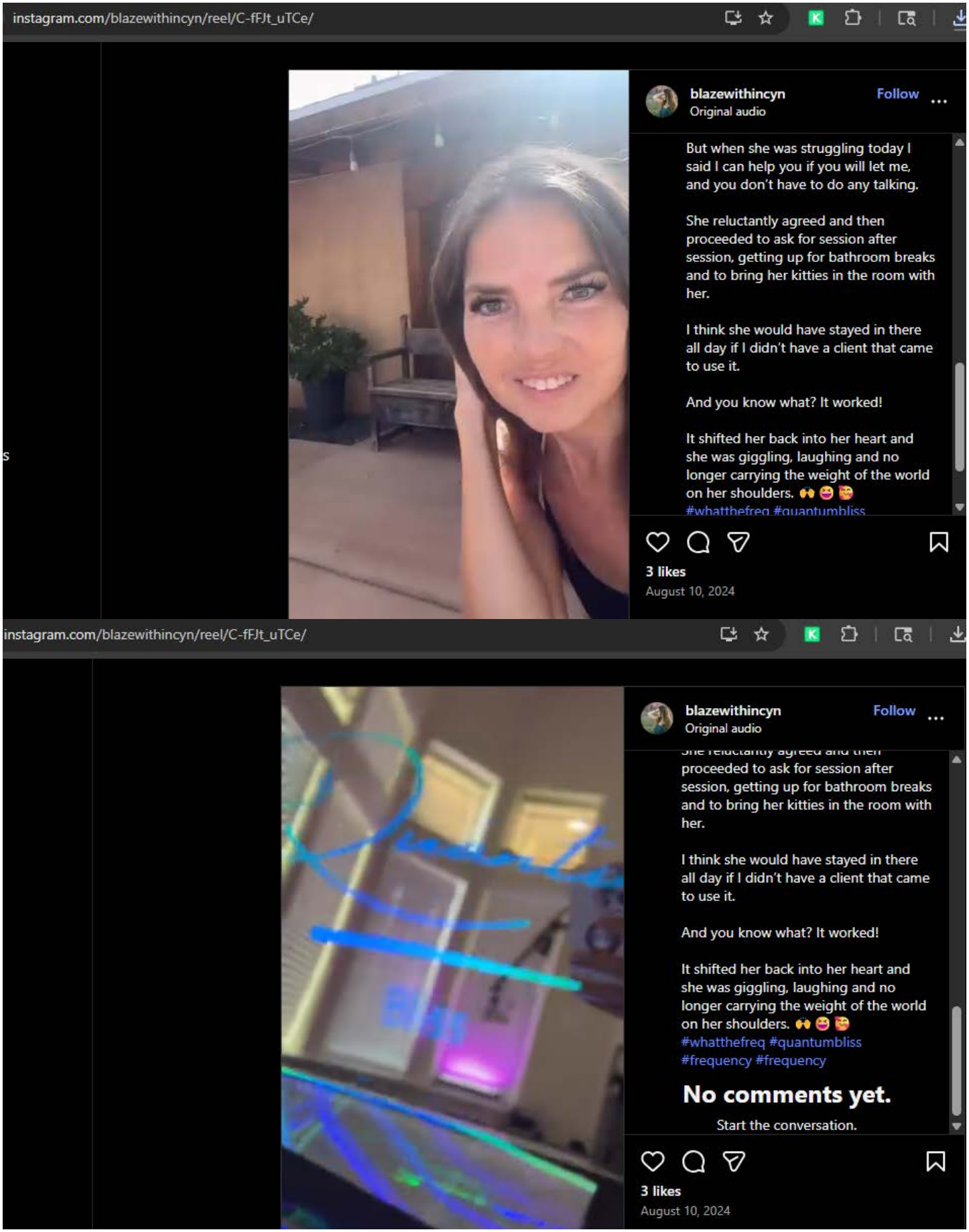
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She has been a little hesitant with the frequency machine since she is not sure what it is and it isn't my job to force it on her.

3 likes
August 10, 2024



[Link to download video]

Instagram

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System ID: 666504

Cynthia Lee Jacobson

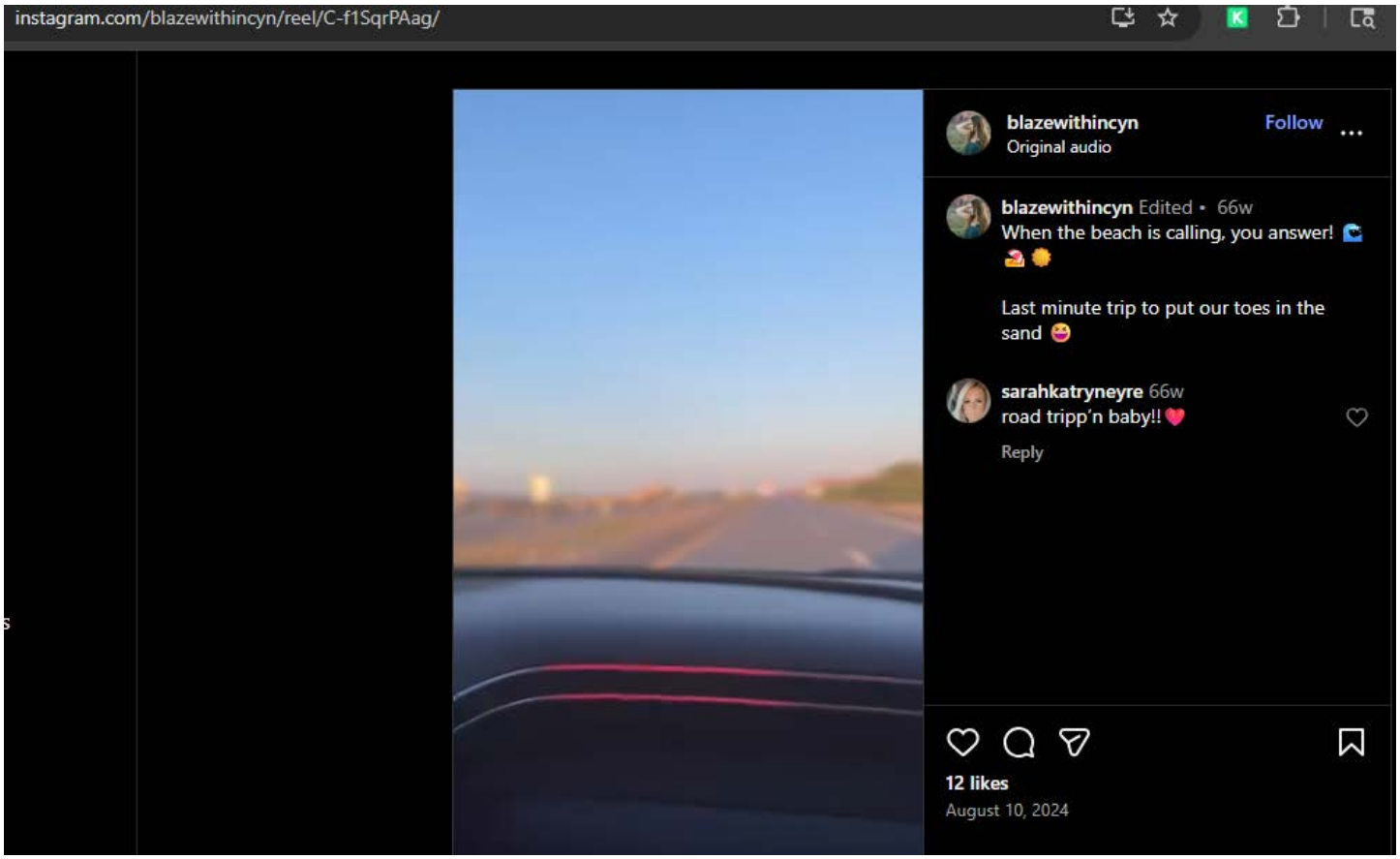
https://www.instagram.com/blazewithincyn/reel/C-f1SqrPAag/

Posted: Aug 10, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her and her friends driving to the beach. This is also posted on Subject's Facebook account. When the beach is calling, you answer! ☀ Last minute trip to put our toes in the sand



[Link to download video]

Instagram

blazewithincyn/

System ID: 666498

Cynthia Lee Jacobson

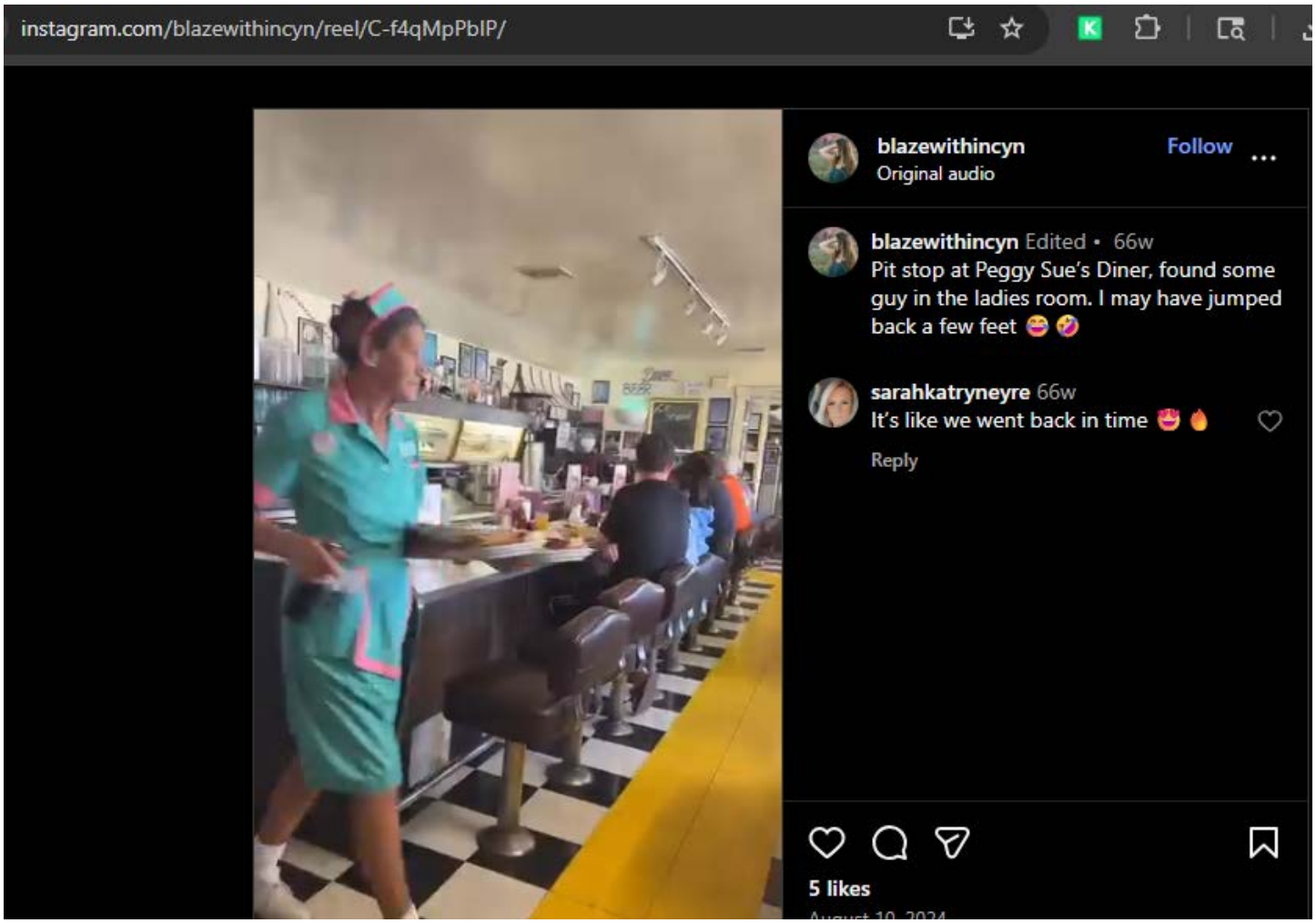
https://www.instagram.com/blazewithincyn/reel/C-f4qMpPbIP/

Posted: Aug 10, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her and a friend going into a retro diner on their trip. This is also posted on Subject's Facebook account. Pit stop at Peggy Sue’s Diner, found some guy in the ladies room. I may have jumped back a few feet



Link to download video

Instagram

blazewithincyn/

System ID: 666524

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-e0ALmOsTd/

Posted: Aug 10, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture/video with psychedelic lights around a picture of her. In the comments, she writes that men keep posting in her DMs, but she tells them she is not seeking a relationship. You know it’s funny. I have guys jumping in my DM’s accusing me of “catfishing” and asking if I am even real and to send them pictures to prove it. You came to MY DM’s. This is not a dating site. I don’t need to prove anything. I am just being me and being REAL. No where on my page does it say I am single or looking for a relationship. I am not out seeking you, or anything outside of myself. What are you looking for? I am not here to coddle your ego. I am not looking for a relationship or hookups. For all you know I have one. And I AM in a relationship, one of loving myself and putting myself first for the first time. If you are seeking something other than friendship I have nothing to offer you. If you are looking for a relationship, I can show you how to love yourself. Once you love yourself there is nothing else outside of you that you need. Once you love yourself and fully invest in your own path, THEN we can play! Carry on and let the games BEGIN!

instagram.com/blazewithincyn/reel/C-e0ALmOsTd/



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You know it's funny. I have guys jumping in my DM's accusing me of "catfishing" and asking if I am even real and to send them pictures to prove it.

You came to MY DM's. This is not a dating site.

I don't need to prove anything.

I am just being me and being REAL.

No where on my page does it say I am single or looking for a relationship. I am not out seeking you, or anything outside of myself.

What are you looking for?

1 like

August 10, 2024

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I am not here to coddle your ego. I am not looking for a relationship or hookups. For all you know I have one.

And I AM in a relationship, one of loving myself and putting myself first for the first time.

If you are seeking something other than friendship I have nothing to offer you.

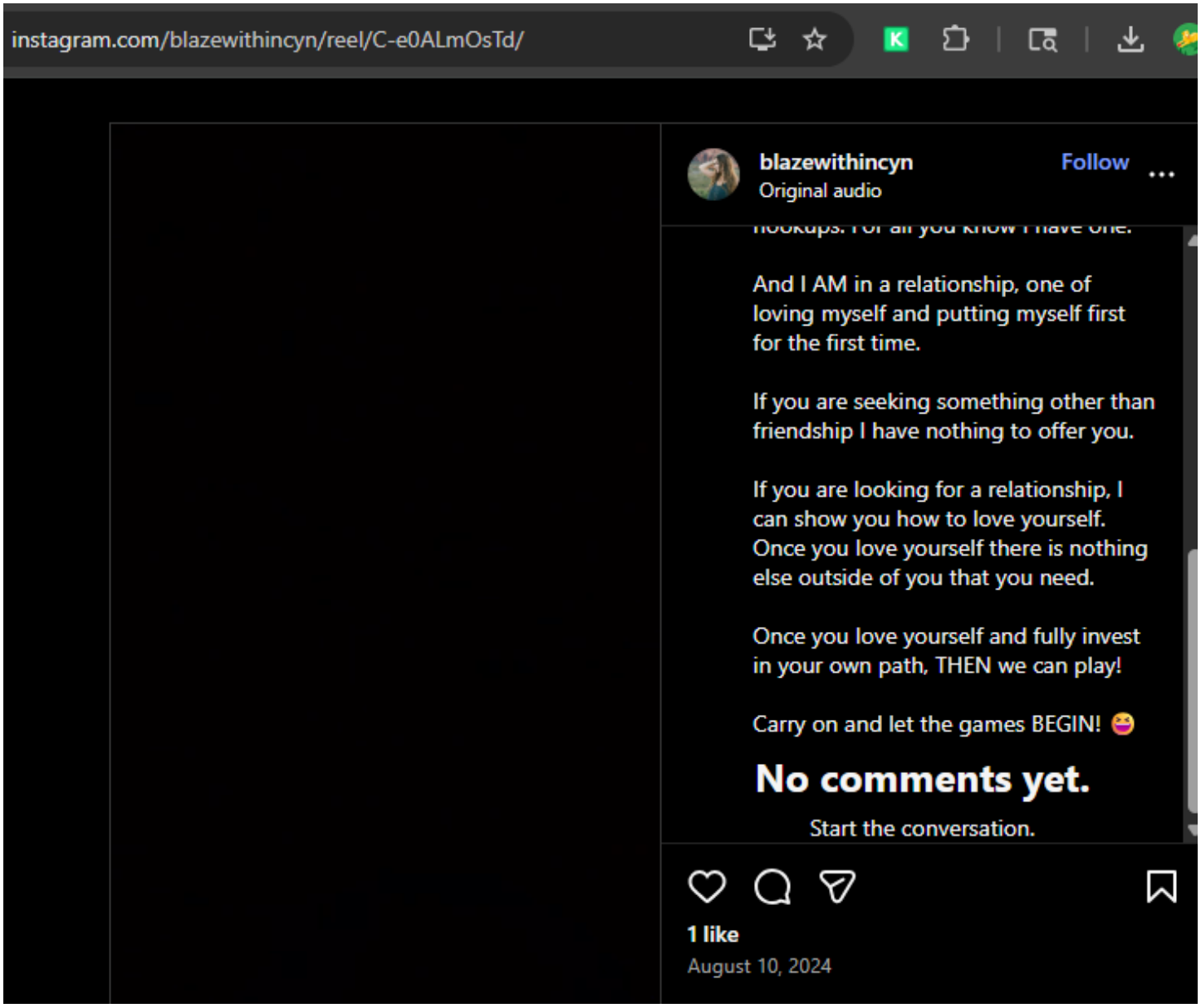
If you are looking for a relationship, I can show you how to love yourself. Once you love yourself there is nothing else outside of you that you need.

Once you love yourself and fully invest in your own path, THEN we can play!

Carry on and let the games BEGIN! 😜

1 like

August 10, 2024



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Instagram

blazewithincyn/

System ID: 666494

Cynthia Lee Jacobson

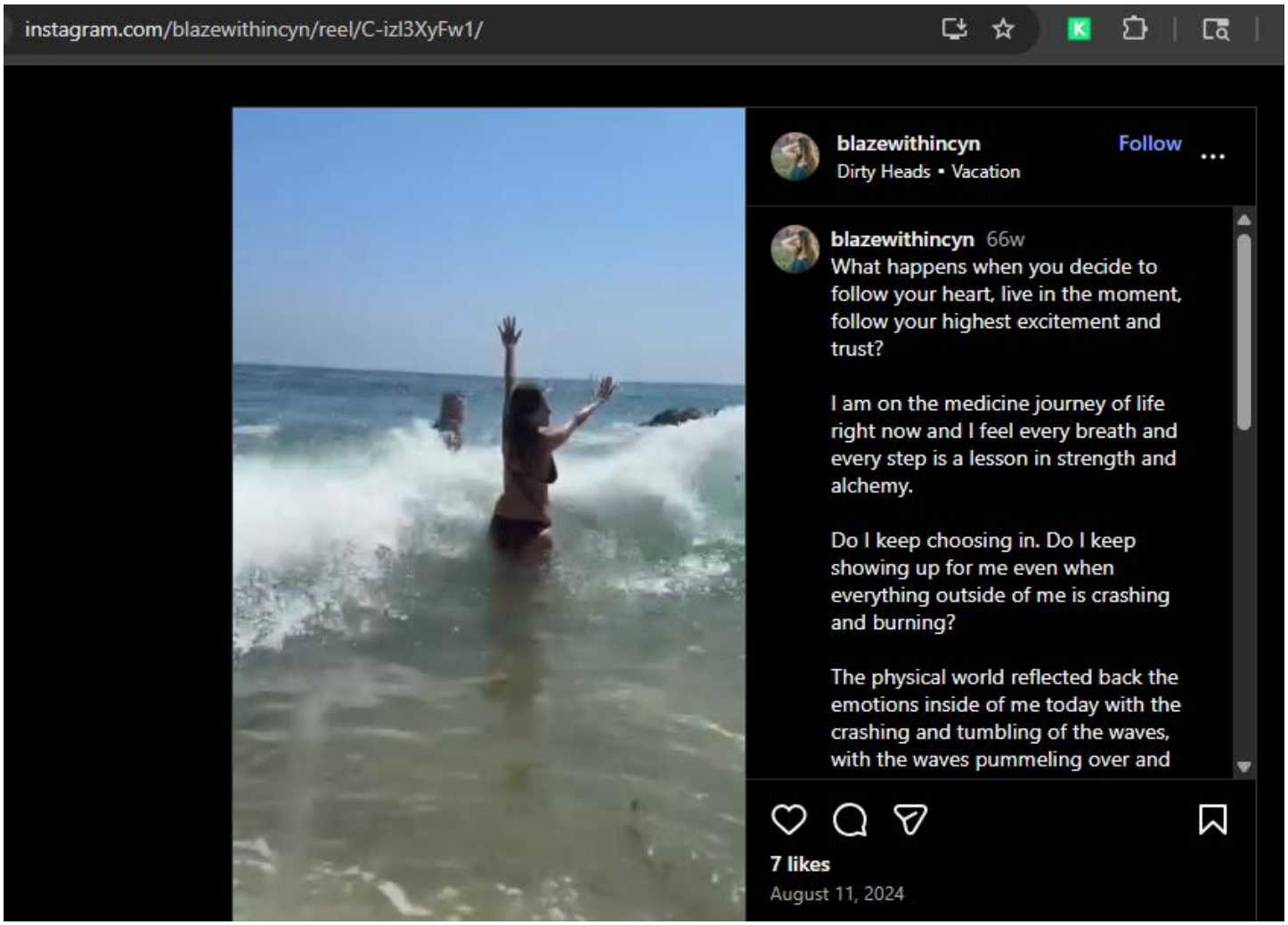
https://www.instagram.com/blazewithincyn/reel/C-izl3XyFw1/

Posted: Aug 11, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video montage of her and a friend swimming in the ocean and walking on the beach. She writes that she has decided to follow her heart. This is also posted on Subject's Facebook account. What happens when you decide to follow your heart, live in the moment, follow your highest excitement and trust? I am on the medicine journey of life right now and I feel every breath and every step is a lesson in strength and alchemy. Do I keep choosing in. Do I keep showing up for me even when everything outside of me is crashing and burning? The physical world reflected back the emotions inside of me today with the crashing and tumbling of the waves, with the waves pummeling over and over. Forcing me down fiercely, yet not hurting me, and me choosing to stand back up and take it again and again. And then to allow assistance outside of me to help assist me to stand back up. It was the perfect physical representation of the ass handing I am feeling internally at this very moment as the “flow” of energy continues to course its surge of energy at me over and over with the wrath of hell fire and brimstone. I walked away on my own two feet feeling strong after having just receiving the physical ass whooping I have been receiving in REAL time of my internal emotions. Taking the assistance of help outside of myself when I needed it, trusting in the moment, and knowing soon enough I would be able to walk again in my own two feet when the time was right. The truth is I do trust me, and I trust the great lessons of life and I received the exact lesson I asked for.


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Dirty Heads • Vacation
blazewithincyn 66w
What happens when you decide to follow your heart, live in the moment, follow your highest excitement and trust?
I am on the medicine journey of life right now and I feel every breath and every step is a lesson in strength and alchemy.
Do I keep choosing in. Do I keep showing up for me even when everything outside of me is crashing and burning?
The physical world reflected back the emotions inside of me today with the crashing and tumbling of the waves, with the waves pummeling over and
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August 11, 2024

instagram.com/blazewithincyn/reel/C-izl3XyFw1/



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Dirty Heads • Vacation

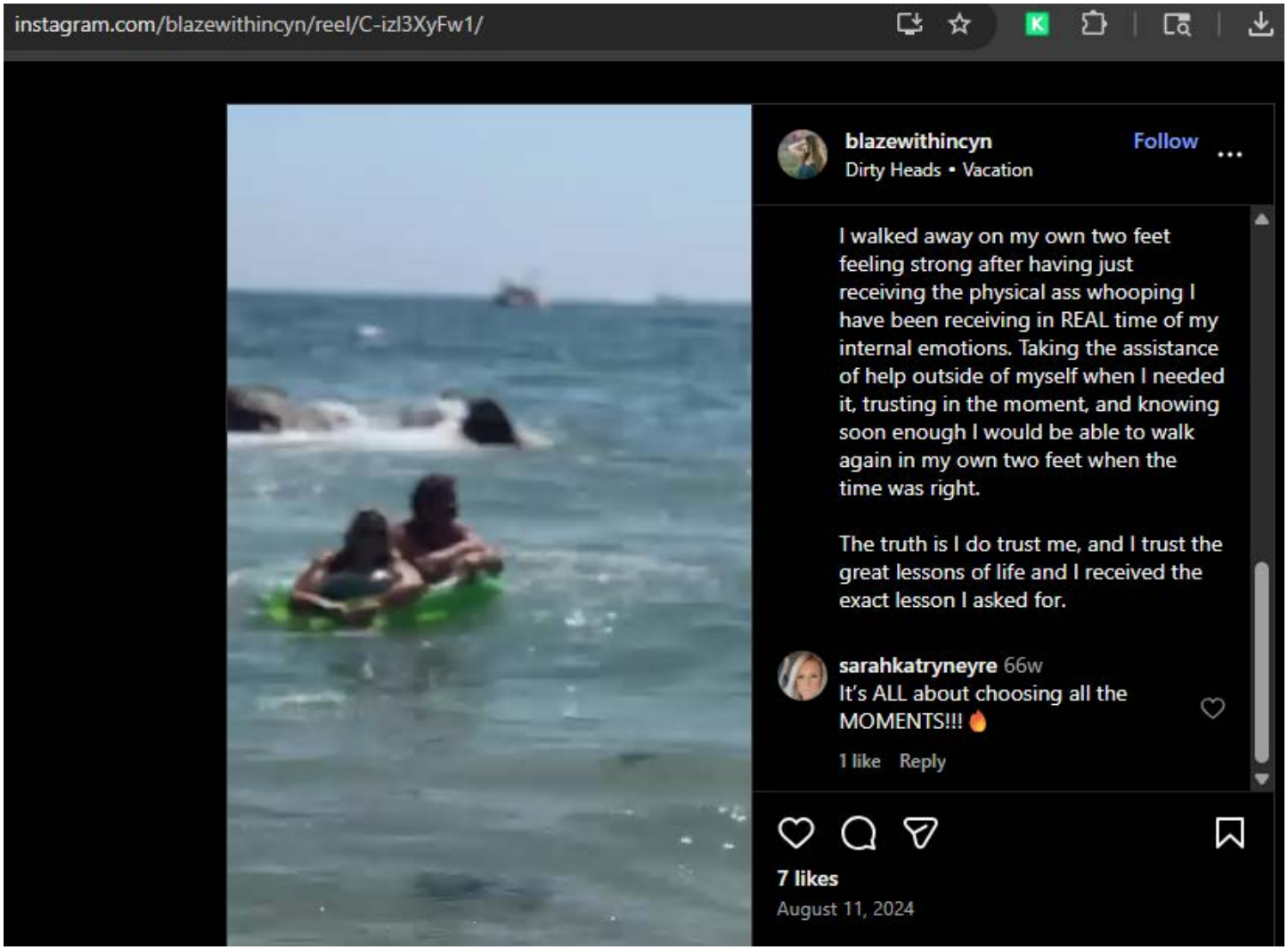
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I walked away on my own two feet feeling strong after having just receiving the physical ass whooping I have been receiving in REAL time of my internal emotions. Taking the assistance of help outside of myself when I needed it, trusting in the moment, and knowing

7 likes

August 11, 2024



Link to download video

Instagram

blazewithincyn/

System ID: 666472

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-jmDFLMPaI/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video montage of her riding in a car, dancing, and loading a suitcase into a car. In the comments, she mentions that she was returning for a trip and that she has more to add to her book. This is also posted on Subject's Facebook account. We’re bringin’ it, we’re bringing it, we’re bringin’ it back! FIREBALL! ☄ AND….. WE’RE BACK! Wow! What an adventure! So many life lessons and so many new experiences and growth all at the same time I surrendered and received more times than I can count this weekend in the physical world as well as the emotional, mental and spiritual worlds ALL AT ONCE! The saying everything everywhere all at once couldn’t explain it better. So much happened and I channeled so many messages that will ALL be going into my book. No wonder my book has been on hold, the story wasn’t written yet! Take life by the hands and write your own story as easy as the stroke of a pen! Thank you friends. Thank you UNIVERSE! And most of all, thank you CYNDEE for continuing to show up even when you want to run and hide from the world. More to come… And yes, the book is still being written. I have a feeling it won’t be long now. AND… The story doesn’t end here. As my friend @sarahkatryneyre always says “We’re doing life differently,” and I am HERE FOR IT!!

instagram.com/blazewithincyn/reel/C-jmDFLMPal/



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Pitbull • Fireball (feat. John Ryan)

blazewithincyn Edited • 66w
We're bringin' it, we're bringing it, we're bringin' it back!
FIREBALL!

AND..... WE'RE BACK!

Wow! What an adventure! So many life lessons and so many new experiences and growth all at the same time

I surrendered and received more times than I can count this weekend in the physical world as well as the emotional, mental and spiritual worlds ALL AT ONCE!

The saying everything everywhere all at once couldn't explain it better.

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August 12, 2024

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So much happened and I channeled so many messages that will ALL be going into my book.

No wonder my book has been on hold, the story wasn't written yet!

Take life by the hands and write your own story as easy as the stroke of a pen!

Thank you friends.

Thank you UNIVERSE!

And most of all, thank you CYNDEE for continuing to show up even when you want to run and hide from the world.

More to come...

6 likes
August 12, 2024

instagram.com/blazewithincyn/reel/C-jmDFLMPal/

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Pitbull • Fireball (feat. John Ryan)

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More to come...

And yes, the book is still being written.

I have a feeling it won't be long now.

AND...

The story doesn't end here.

As my friend @sarahkatryneyre always says "We're doing life differently," and I am HERE FOR IT!! 😄

🙌😄💫

No comments yet.

Start the conversation.

6 likes
August 12, 2024

Link to download video

Instagram

blazewithincyn/

System ID: 666465

Cynthia Lee Jacobson

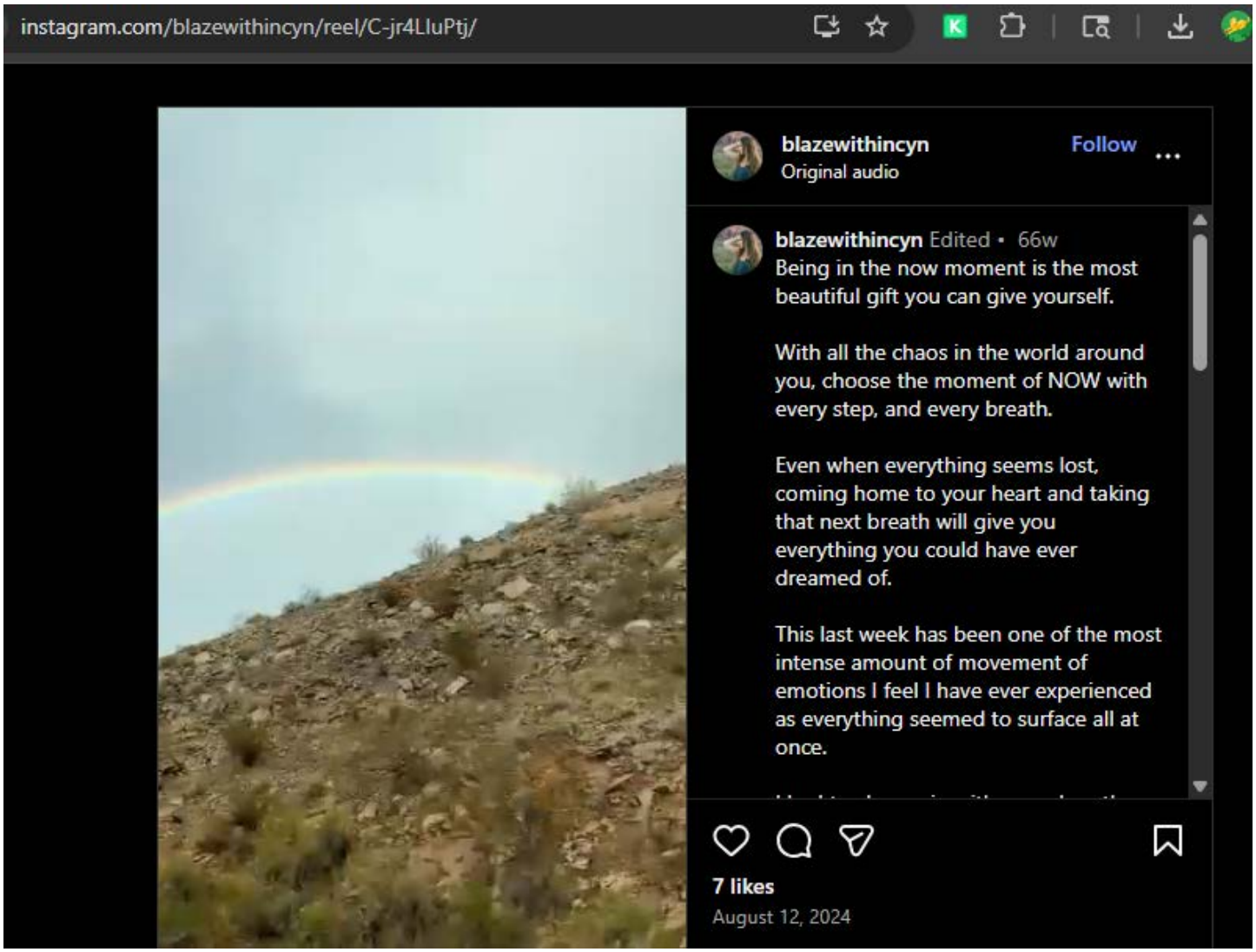
https://www.instagram.com/blazewithincyn/reel/C-jr4LIuPtj/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her and her friends driving through a rainstorm. She commented that there was a flood warning and was told not to drive on the road, but they went ahead and saw a rainbow. This is also posted on Subject's Facebook account. Being in the now moment is the most beautiful gift you can give yourself. With all the chaos in the world around you, choose the moment of NOW with every step, and every breath. Even when everything seems lost, coming home to your heart and taking that next breath will give you everything you could have ever dreamed of. This last week has been one of the most intense amount of movement of emotions I feel I have ever experienced as everything seemed to surface all at once. I had to choose in with every breath over and over again, when everything inside of me screamed for it all to end. Allowing your emotions to move through in real time without judgment and feeling ALL of it, rather than stuffing it, bypassing it, or excusing your feelings away is the best thing you can do for yourself. And I felt ALL of it. I wanted to burn it all down and take no names. I have always had to trust that everything happens for a reason, which is so cliché, and yet it is the only way I have gotten through the experiences life keeps handing me, and instead looking for the lesson and beauty in it. This week I wanted to check out. I had to fully surrender. None of it is in my control anyway. You can’t DO enough for the other to fill your own void, and in return they can never fill that void for you either. On the way home we got a flood warning and told to pull over immediately. I hadn’t slept in two days, and we just wanted to be home. We decided to trust and keep driving as we saw all the cars pulled over to the side of the road and emergency vehicles passing. It was the best decision ever, as we drove through a magical waterfalls I’ve never witnessed before and double rainbows with the rainbow touching and encircling the car. There is gold at the end of the rainbow right? Well I will tell you, I felt like GOLD! We get to decide what we take away from our experiences, and we create our life the way we want it to be. So why not create something MAGICAL!


instagram.com/blazewithincyn/reel/C-jr4LluPtj/
blazewithincyn
Original audio
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Being in the now moment is the most beautiful gift you can give yourself.
With all the chaos in the world around you, choose the moment of NOW with every step, and every breath.
Even when everything seems lost, coming home to your heart and taking that next breath will give you everything you could have ever dreamed of.
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August 12, 2024

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August 12, 2024

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7 likes

August 12, 2024

instagram.com/blazewithincyn/reel/C-jr4LluPtj/



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Original audio

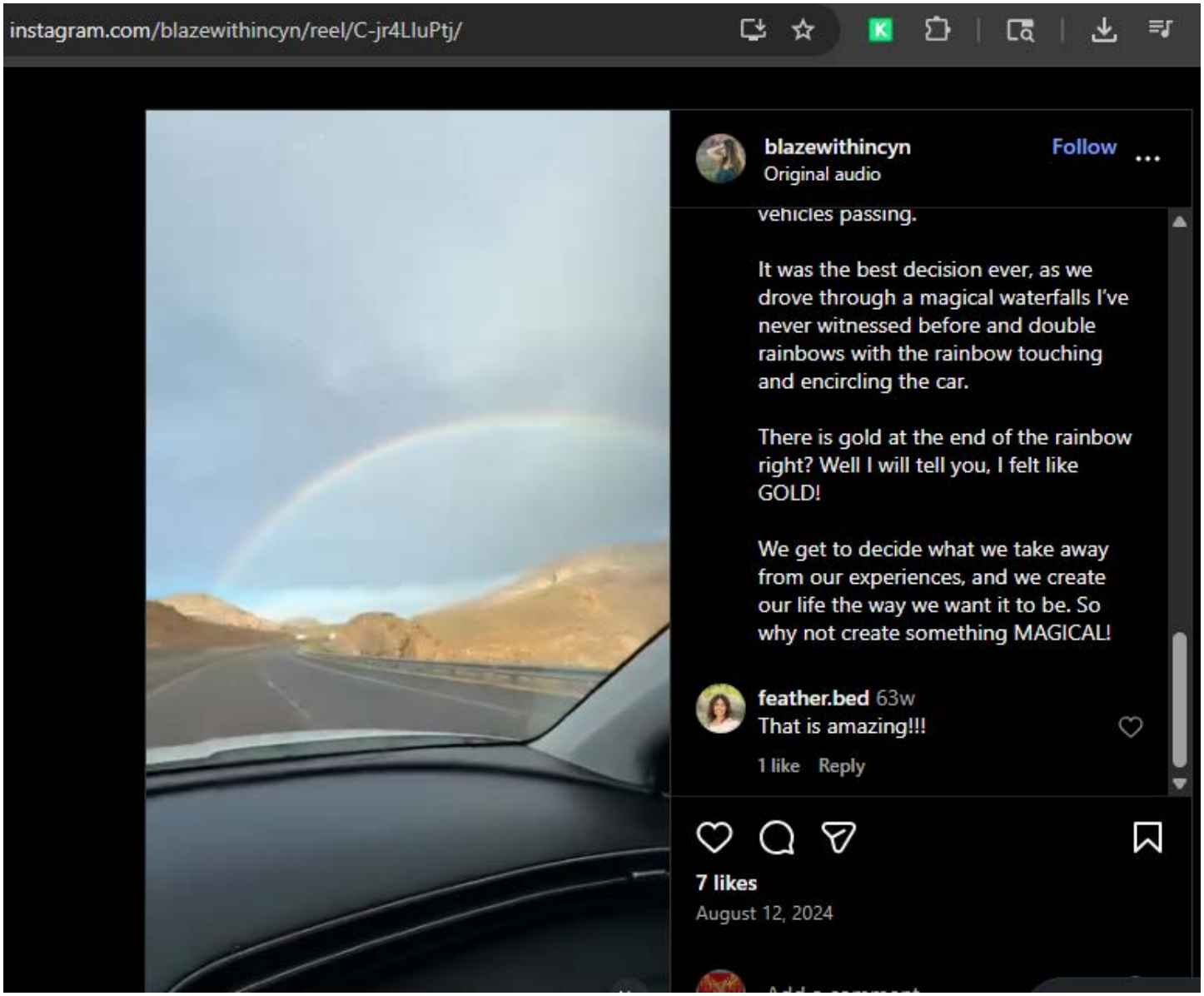
We decided to trust and keep driving as we saw all the cars pulled over to the side of the road and emergency vehicles passing.

It was the best decision ever, as we drove through a magical waterfalls I've never witnessed before and double rainbows with the rainbow touching and encircling the car.

There is gold at the end of the rainbow right? Well I will tell you, I felt like GOLD!

We get to decide what we take away from our experiences, and we create our life the way we want it to be. So why not create something MAGICAL!

7 likes
August 12, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 666452

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-kmdAmOnN6/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of her hanging upside down on a swing. In the comments, she writes about trying to see the beauty within the world. This is also posted on Subject's Facebook account. I have long been told I must be crazy for seeing beauty in all things and all places. That the world I live in isn't the real world. And the world has shown me oh so many times just how ugly it can be. Then flip it upside down! Does it look different from here? How is a person supposed to survive in an outside world of ugliness and hate? Go within. And if it is ugly there I invite you to go even deeper. Past all the heart ache, past all the pain. Go in so deep that there is nothing left but you. Everything outside of you that is NOT you. You ARE the true light. Go past the programs you have been taught. Go past the judgments of others. Go past the shame and the guilt of not doing what you have been told your whole you are SUPPOSED to do, or being who THEY told you to be. Who is anyone to judge you? They have not walked in your shoes. And who are we to judge others? You have not walked in theirs. That is one thing I know. No one can tell you how to live your life. How to deal with the pain, grief or trauma. But we do allow others to do that to us. We look outside of ourselves seeking answers or validation. Yet no one else can give that to you. Yes we can seek guidance and ask for assistance, and you SHOULD! But always go within to see if what someone else is offering you is what your heart is seeking. What worked for others may not work for you, but seeing it through their eyes may give you a new perspective. Just remember to check in with yourself, how does it make you FEEL inside? If it feels expanding go for it! If it feels contracting or isolating, that is your body's internal compass saying something is off and maybe you should navigate your self in a different direction. Follow your inner guidance always, in ALL WAYS. YOU are the navigator of your vessel, the captain of your ship, the steward of your temple. Just because it looks different to someone else, doesn't mean it is wrong. Don't worry about looking crazy, being just like everyone else never expanded the world. It was the crazy ones that forged a new road, showing others the way. And what a beautiful world we live in!

instagram.com/blazewithincyn/p/C-kmdAmOnN6/



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blazewithincyn Edited • 66w
I have long been told I must be crazy for seeing beauty in all things and all places. That the world I live in isn't the real world.

And the world has shown me oh so many times just how ugly it can be.

Then flip it upside down! Does it look different from here?

How is a person supposed to survive in an outside world of ugliness and hate?

Go within.

And if it is ugly there I invite you to go even deeper. Past all the heart ache, past all the pain. Go in so deep that

5 likes
August 12, 2024

instagram.com/blazewithincyn/p/C-kmdAmOnN6/



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there is nothing left but you. Everything outside of you that is NOT you.

You ARE the true light.

Go past the programs you have been taught. Go past the judgments of others. Go past the shame and the guilt of not doing what you have been told your whole you are SUPPOSED to do, or being who THEY told you to be.

Who is anyone to judge you? They have not walked in your shoes.

And who are we to judge others? You have not walked in theirs. That is one thing I know.

No one can tell you how to live your life. How to deal with the pain, grief or

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August 12, 2024

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life. How to deal with the pain, grief or trauma. But we do allow others to do that to us.

We look outside of ourselves seeking answers or validation. Yet no one else can give that to you.

Yes we can seek guidance and ask for assistance, and you SHOULD! But always go within to see if what someone else is offering you is what your heart is seeking.

What worked for others may not work for you, but seeing it through their eyes may give you a new perspective.

Just remember to check in with yourself, how does it make you FEEL inside?

5 likes

August 12, 2024

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If it feels expanding go for it! If it feels contracting or isolating, that is your body's internal compass saying something is off and maybe you should navigate your self in a different direction.

Follow your inner guidance always, in ALL WAYS.

YOU are the navigator of your vessel, the captain of your ship, the steward of your temple.

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Don't worry about looking crazy, being just like everyone else never expanded the world.

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August 12, 2024

instagram.com/blazewithincyn/p/C-kmdAmOnN6/



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Just because it looks different to someone else, doesn't mean it is wrong.

Don't worry about looking crazy, being just like everyone else never expanded the world.

It was the crazy ones that forged a new road, showing others the way.

And what a beautiful world we live in!

No comments yet.

Start the conversation.

5 likes

August 12, 2024

Instagram

blazewithincyn/

System ID: 666434

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-k18y3OTrf/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of herself holding a black banner that says, "Live A Great Story". In the comment, she talks about fight or flight and how it is reflected in her personal response to trauma. This is also posted on Subject's Facebook account. You have heard of fight or flight, as a trauma response, but have you heard of tend and befriend? The “fight or flight” response is a natural reaction to stress or danger. It triggers the release of adrenaline, increasing heart rate, breathing, and alertness to help you either confront or escape the threat. Tend-and-befriend is a behavior referring to protection of offspring (tending) and seeking out a social group for mutual defense (befriending). Tend-and-befriend is theorized as having evolved as the typical female response to stress. Looking back this is the way I have always responded naturally to my traumas. After the initial fight or flight response, and making sure my family and I are out of imminent danger, tend and befriend has been what has gotten me through. People have always asked me how I am so strong with all I have been through. The truth was I was tired of being strong. I wanted to be protected and taken care of. But every time I let my guard down I was hurt again. So I have done just that for the last 4 years. I have kept everyone out. After all, if they got to close they might hurt me, or worse in my mind, I might hurt them as I felt anyone that ever came close was a danger or a threat. I have a pretty good track record after all. You may see one thing by from the outside, and make your assumptions from there. But have you ever truly cared to come in close, and see it through my eyes? Anyone that has ever truly cared, and allowed me to let my guard down, knows how broken I have been, and how tender my heart is in return. I have no hate for anyone, only love resides in here. What I have learned is love can hurt. And I no longer allow others to hurt me in the name of love. I will speak my truth and you are free to speak yours. What someone has to say about you can only really hurt if it is true. Judgments and lies will take you for a ride. Truth will prevail. Stand up in truth and I will meet you there. In love and humility.

instagram.com/blazewithincyn/p/C-k18y3OTrf/



blazewithincyn Follow ···

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You have heard of fight or flight, as a trauma response, but have you heard of tend and befriend?

The "fight or flight" response is a natural reaction to stress or danger. It triggers the release of adrenaline, increasing heart rate, breathing, and alertness to help you either confront or escape the threat.

Tend-and-befriend is a behavior referring to protection of offspring (tending) and seeking out a social group for mutual defense (befriending). Tend-and-befriend is theorized as having evolved as the typical female response to stress.

3 likes
August 12, 2024

instagram.com/blazewithincyn/p/C-k18y3OTrf/



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Looking back this is the way I have always responded naturally to my traumas. After the initial fight or flight response, and making sure my family and I are out of imminent danger, tend and befriend has been what has gotten me through.

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So I have done just that for the last 4 years. I have kept everyone out. After all, if they got to close they might hurt me, or worse in my mind, I might hurt

3 likes
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instagram.com/blazewithincyn/p/C-k18y3OTrf/



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I have a pretty good track record after all.

You may see one thing by from the outside, and make your assumptions from there. But have you ever truly cared to come in close, and see it through my eyes?

Anyone that has ever truly cared, and allowed me to let my guard down, knows how broken I have been, and how tender my heart is in return.

I have no hate for anyone, only love resides in here.

What I have learned is love can hurt.

3 likes
August 12, 2024

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What I have learned is love can hurt. And I no longer allow others to hurt me in the name of love.

I will speak my truth and you are free to speak yours. What someone has to say about you can only really hurt if it is true.

Judgments and lies will take you for a ride.

Truth will prevail.

Stand up in truth and I will meet you there. In love and humility.

No comments yet.

Start the conversation.

3 likes
August 12, 2024

Instagram

blazewithincyn/

System ID: 666419

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-k3zhyOUgv/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a selfie of herself outside. In the comments, she ponders taking different paths in life. This is also posted on Subject's Facebook account. So you may ask, how can I trust myself, what if my internal compass is broken? The truth is our internal compass has been broken. It was taken away from us and given to us from the outside. We were programmed since birth to seek outside of ourselves for answers. THEY must have the answers because they have been there before, they can show you the way! Do you want to go where they've gone? Do you want to be where they are? If so then by all means, go for it! Take their advice and travel their path. But what if I want to experience something different? What if where they have been is not where you where I want to go? Then go a different way! Walk a different path. You never know what you may discover. What if I don't like it over there? Then keep going! You can always go back. You know the path back, you've been there before. What is meant for you will always be there, but how do you know your own destiny unless you explore? How do you navigate your internal compass? Follow your highest excitement! Does it give you butterflies to think about? Does your skin stand up in chills? THAT is exciting and waiting forfor you to discover. "But what if I get hurt?" Have you never been hurt before? Are you in pain now? Is your stomach in knots looking at the path before you? Push past the pain, lean into it. Don't run from it. Ask it what it is there to show you, there is a message there waiting for you, if you will just be still enough to recieve it. "What if they say no?" The answer is always no if you don't ask. "What if they say something I don't want to hear?" Play out that scenario out. Play it all out in your head. You are doing it anyway. If it is true then you can let it go and move on. But you are keeping yourself stuck in the idea of the unknown? "What if they judge me?" Have they not sinned? Are they better then you because you sin differently? Stand firm in your convictions and be prepared for the answer either way. Ask and you shall recieve, just be certain you are ready for what you ask for. Life works in possibilities absolutes, not maybes and insecurities. Those will just take you for a ride.

instagram.com/blazewithincyn/p/C-k3zhyOUgv/



blazewithincyn Follow ...

blazewithincyn Edited • 66w
So you may ask, how can I trust myself, what if my internal compass is broken?

The truth is our internal compass has been broken. It was taken away from us and given to us from the outside.

We were programmed since birth to seek outside of ourselves for answers.

THEY must have the answers because they have been there before, they can show you the way!

Do you want to go where they've gone? Do you want to be where they are?

If so then by all means, go for it! Take their advice and travel their path.

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But what if I want to experience something different? What if where they have been is not where you where I want to go?

Then go a different way! Walk a different path. You never know what you may discover.

What if I don't like it over there?

Then keep going!

You can always go back. You know the path back, you've been there before.

What is meant for you will always be there, but how do you know your own destiny unless you explore?

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instagram.com/blazewithincyn/p/C-k3zhyOUgv/



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How do you navigate your internal compass?

Follow your highest excitement! Does it give you butterflies to think about? Does your skin stand up in chills?

THAT is exciting and waiting forfor you to discover.

"But what if I get hurt?"

Have you never been hurt before? Are you in pain now? Is your stomach in knots looking at the path before you?

Push past the pain, lean into it. Don't run from it. Ask it what it is there to show you, there is a message there waiting for you, if you will just be still

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enough to recieve it.

"What if they say no?"

The answer is always no if you don't ask.

"What if they say something I don't want to hear?"

Play out that scenario out. Play it all out in your head. You are doing it anyway.

If it is true then you can let it go and move on. But you are keeping yourself stuck in the idea of the unknown?

"What if they judge me?"

Have they not sinned? Are they better then you because you sin differently?

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instagram.com/blazewithincyn/p/C-k3zhyOUgv/



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"What if they judge me?"

Have they not sinned? Are they better then you because you sin differently?

Stand firm in your convictions and be prepared for the answer either way.

Ask and you shall recieve, just be certain you are ready for what you ask for.

Life works in possibilities absolutes, not maybes and insecurities. Those will just take you for a ride.

No comments yet.

Start the conversation.

5 likes

August 12, 2024

Instagram

blazewithincyn/

System ID: 666413

Cynthia Lee Jacobson

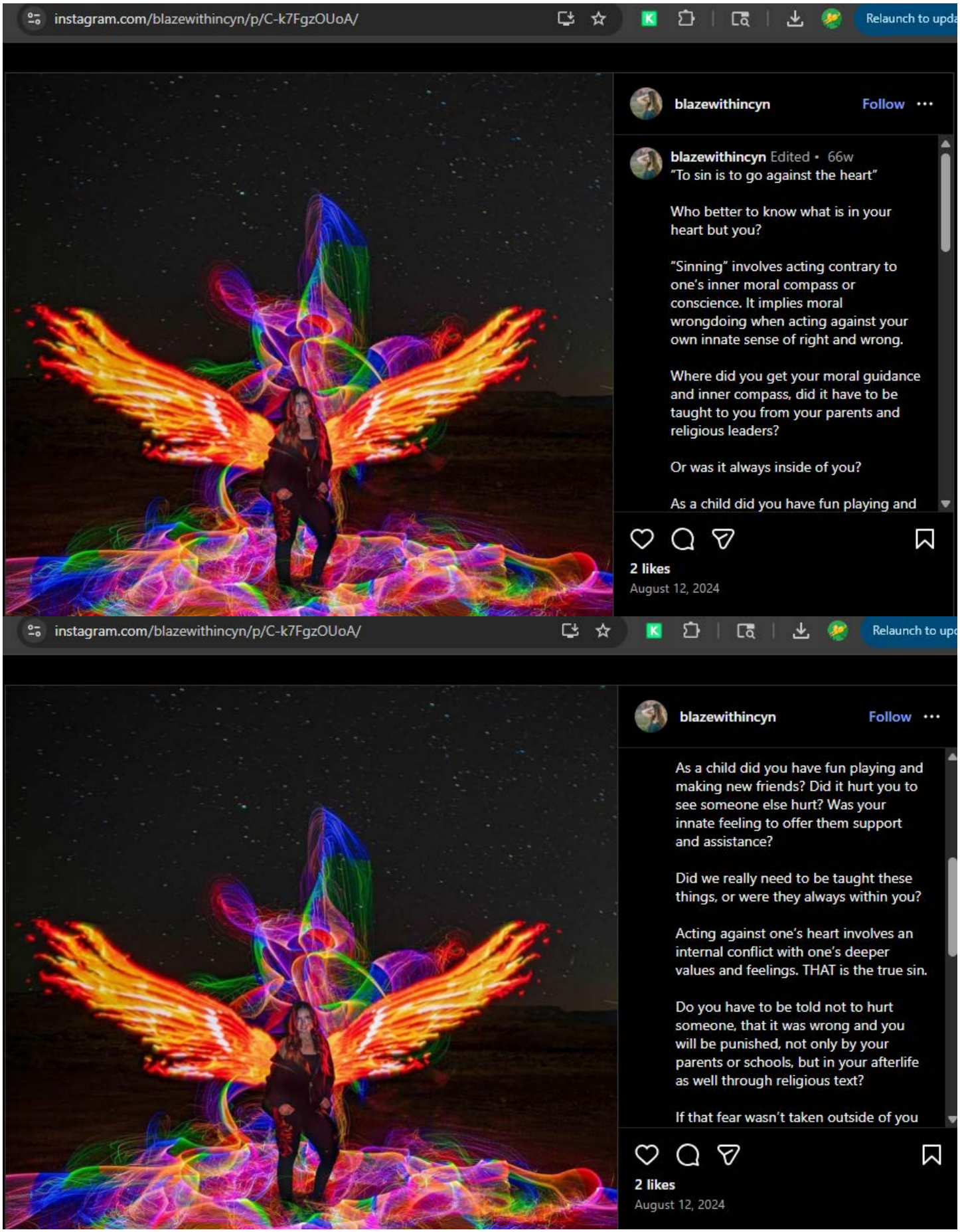
https://www.instagram.com/blazewithincyn/p/C-k7FgzOUoA/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture where it appears she has wings. In the comments, she talks about moral transgressions occur when another person is hurt. This is also posted on Subject's Facebook account. To sin is to go against the heart" Who better to know what is in your heart but you? "Sinning" involves acting contrary to one's inner moral compass or conscience. It implies moral wrongdoing when acting against your own innate sense of right and wrong. Where did you get your moral guidance and inner compass, did it have to be taught to you from your parents and religious leaders? Or was it always inside of you? As a child did you have fun playing and making new friends? Did it hurt you to see someone else hurt? Was your innate feeling to offer them support and assistance? Did we really need to be taught these things, or were they always within you? Acting against one's heart involves an internal conflict with one's deeper values and feelings. THAT is the true sin. Do you have to be told not to hurt someone, that it was wrong and you will be punished, not only by your parents or schools, but in your afterlife as well through religious text? If that fear wasn't taken outside of you and fed back through rules and threats, would you have the internal battle you are facing? Or would you naturally want to not do those things, as you know you would not want them done to you? I used to hate when friends would shorten my name to "Cyn." "Don't call me that!" I did not want to be referred to in such a negative way. However there is beauty in sin, for it is a transgression against the heart. The heart wants what the heart wants. Follow that! Just be sure to know what you are getting yourself into. If what your heart wants hurts another, that is where the transgression is. That is what you will be accountable for. Find the blaze within.


instagram.com/blazewithincyn/p/C-k7FgzOUoA/
Relaunch to upda
blazewithincyn
Follow
blazewithincyn Edited • 66w
"To sin is to go against the heart"
Who better to know what is in your heart but you?
"Sinning" involves acting contrary to one's inner moral compass or conscience. It implies moral wrongdoing when acting against your own innate sense of right and wrong.
Where did you get your moral guidance and inner compass, did it have to be taught to you from your parents and religious leaders?
Or was it always inside of you?
As a child did you have fun playing and
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Relaunch to upd
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As a child did you have fun playing and making new friends? Did it hurt you to see someone else hurt? Was your innate feeling to offer them support and assistance?
Did we really need to be taught these things, or were they always within you?
Acting against one's heart involves an internal conflict with one's deeper values and feelings. THAT is the true sin.
Do you have to be told not to hurt someone, that it was wrong and you will be punished, not only by your parents or schools, but in your afterlife as well through religious text?
If that fear wasn't taken outside of you
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If that fear wasn't taken outside of you and fed back through rules and threats, would you have the internal battle you are facing?

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However there is beauty in sin, for it is a transgression against the heart. The heart wants what the heart wants. Follow that!

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August 12, 2024

instagram.com/blazewithincyn/p/C-k7FgzOUoA/



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"Don't call me that!" I did not want to be referred to in such a negative way.

However there is beauty in sin, for it is a transgression against the heart. The heart wants what the heart wants. Follow that!

Just be sure to know what you are getting yourself into. If what your heart wants hurts another, that is where the transgression is. That is what you will be accountable for.

Find the blaze within.

❤️❤️❤️

No comments yet.

Start the conversation.

2 likes

August 12, 2024

Instagram

blazewithincyn/

System ID: 666400

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-k75G5OY1o/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of her with a horse. She commented about learning to be more present. This is also posted on Subject's Facebook account. Sometimes the biggest mistake we make in life is thinking we have time. Be present. Love more. And live now. Pay more attention to how your life feels to you then how it looks to others. Sometimes you need to slow down, remain calm and simply let life happen. Take a deep breath and focus on the simple important things. You are alive. You are breathing. And you are enough as you are… I spent far too long trying to make my life look good to others when I was hiding the truth of my pain. I will not hide from my pain, but I will wrap it up and put a bow on it, for it was a gift. But I get to decide if I want to hang on to that gift and let it hold me back, or if I want to let it go in gratitude so I can move on and find more beautiful gifts. If my hands are too full holding on to the past, how can I reach forward to the future? I love you. I am grateful. I release you in love and gratitude. I am choosing to move forward. Not in-spite of you, but without you. You left me first. Either willingly by your own hand, something out of your control by sheer accident, or intentionally by hurting me. It is my choice to stay in that pain or move forward. Thank you for the gift. I am releasing you, and releasing me of my trauma story.

instagram.com/blazewithincyn/reel/C-k75G5OY1o/



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Original audio

blazewithincyn 66w
Sometimes the biggest mistake we make in life is thinking we have time.

Be present. Love more. And live now.

Pay more attention to how your life feels to you then how it looks to others.

Sometimes you need to slow down, remain calm and simply let life happen.

Take a deep breath and focus on the simple important things.

You are alive. You are breathing. And you are enough as you are...

I spent far too long trying to make my life look good to others when I was

3 likes
August 12, 2024

instagram.com/blazewithincyn/reel/C-k75G5OY1o/



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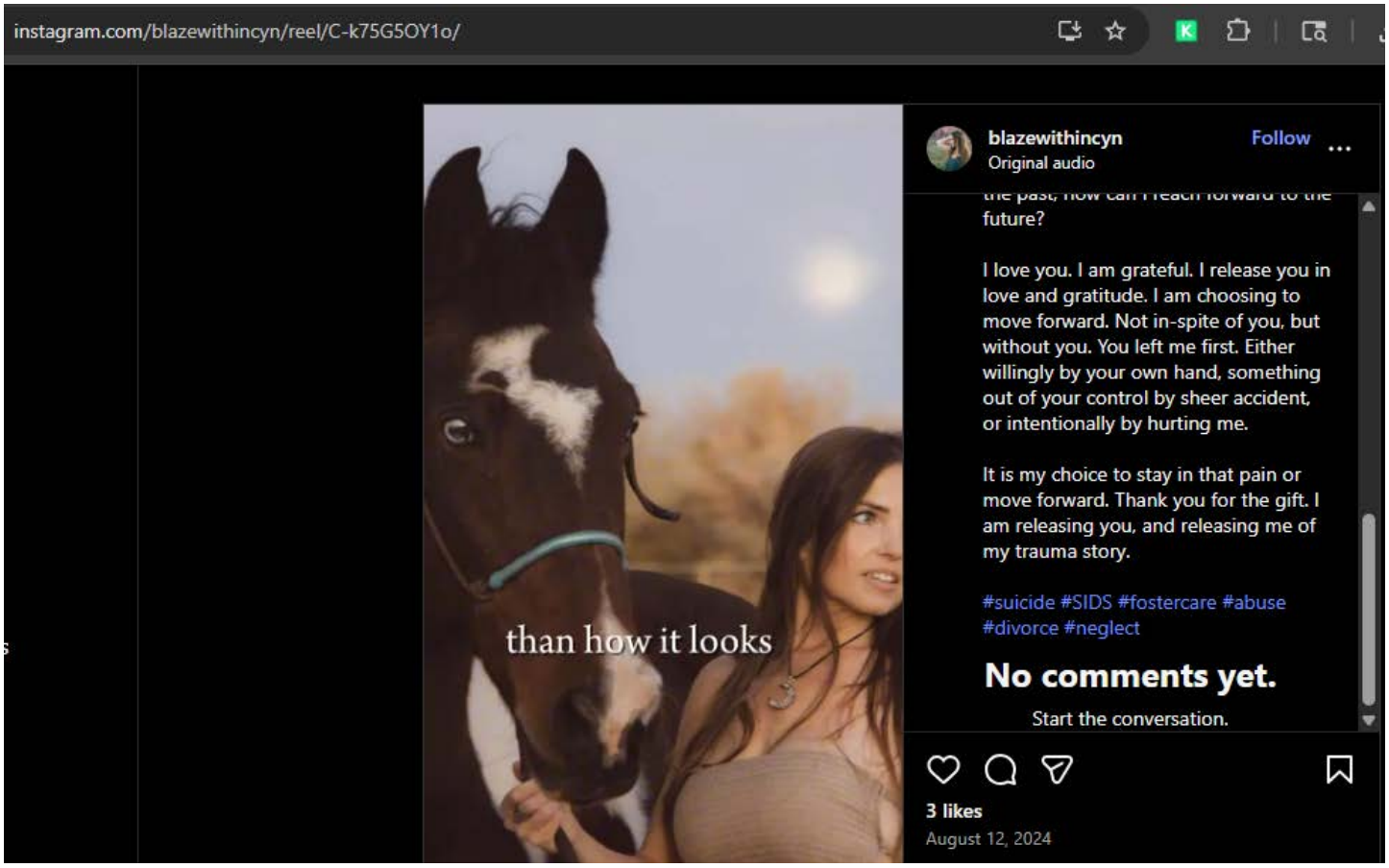
life look good to others when I was hiding the truth of my pain.

I will not hide from my pain, but I will wrap it up and put a bow on it, for it was a gift.

But I get to decide if I want to hang on to that gift and let it hold me back, or if I want to let it go in gratitude so I can move on and find more beautiful gifts. If my hands are too full holding on to the past, how can I reach forward to the future?

I love you. I am grateful. I release you in love and gratitude. I am choosing to move forward. Not in-spite of you, but without you. You left me first. Either willingly by your own hand, something out of your control by sheer accident.

3 likes
August 12, 2024



Link to download video

Instagram

blazewithincyn/

System ID: 666395

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-lGkOZPvoL/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video/photo montage of the ocean, driving, Subject and her friend on the beach, and a picture of her face with a bruise above her eye. Subject said that the waves of the ocean bruised her face. This is also posted on Subject's Facebook account. The waves of the ocean left us with more than just internal reflections this weekend as we were pummeled over and over. I was bitch slapped, given a black eye, and left nearly topless, exposing anyone on the beach that stood witness that day. □ Sarah ended up breaking her foot. We still had fun and wouldn’t change the experience for the world! Our physical vessel represents that which we are hiding from ourselves in our spiritual, emotional and mental awareness. If we end up injuring ourselves it is a reflection of what we are holding in. We both felt into our pain in the most beautiful way this weekend on ALL the levels. It is amazing what happens when you can speak truth and are real with people. Instead of living in fear and hiding, we can let go of the pain with the breath in which we speak. It is wonderful to have amazing friends that you can speak truth to, and they will speak truth back in return. And support you in your moments of weakness, helping you to stand back up on your own two feet. And bitch slap you as well when you need it, to get out of your head and back into your heart!
Edited · 65w

instagram.com/blazewithincyn/reel/C-IGkOZPvoL/



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blazewithincyn Edited • 65w
The waves of the ocean left us with more than just internal reflections this weekend as we were pummeled over and over.

I was bitch slapped, given a black eye, and left nearly topless, exposing anyone on the beach that stood witness that day. 😜

Sarah ended up breaking her foot.

We still had fun and wouldn't change the experience for the world!

Our physical vessel represents that which we are hiding from ourselves in our spiritual, emotional and mental awareness.

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August 12, 2024

instagram.com/blazewithincyn/reel/C-IGkOZPvoL/



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If we end up injuring ourselves it is a reflection of what we are holding in.

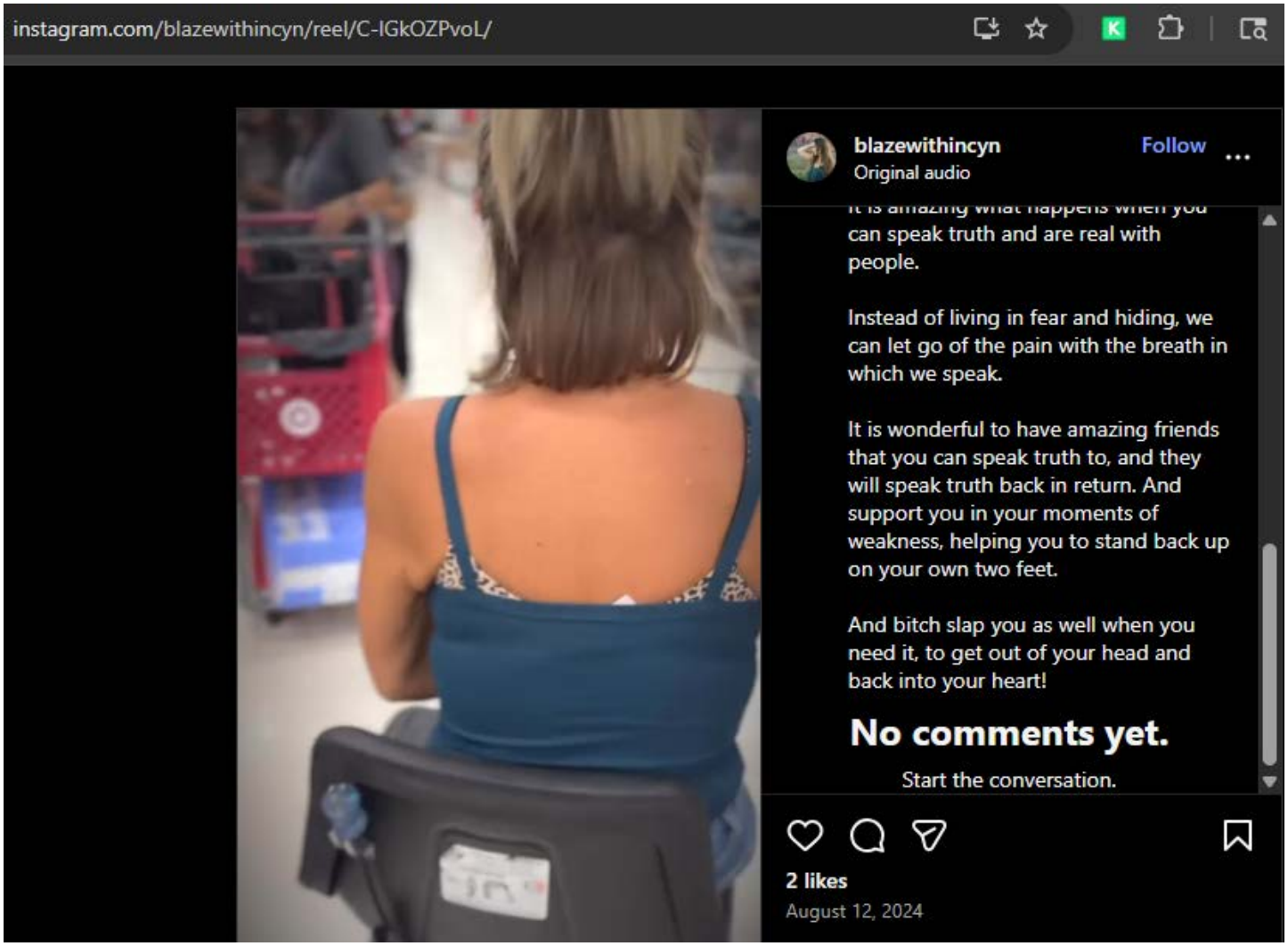
We both felt into our pain in the most beautiful way this weekend on ALL the levels.

It is amazing what happens when you can speak truth and are real with people.

Instead of living in fear and hiding, we can let go of the pain with the breath in which we speak.

It is wonderful to have amazing friends that you can speak truth to, and they will speak truth back in return. And support you in your moments of weakness, helping you to stand back up

2 likes
August 12, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 666381

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-I466msi7W/

Posted: Aug 12, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of a car driving down a rainy road, and waterfalls by the roadside. In the comments, she talks about chasing your dreams. This is also posted on Subject's Facebook account. Woah! What just happened? While creating a video about the amazing waterfalls that we experienced driving through the gorge last night, I wanted to put it to the ‘chasing waterfalls’ song that I thought was so beautiful. I thought the line was ‘Let’s’ go chasing waterfalls. When I looked it up it was just the opposite. ‘Don’t’ go chasing waterfalls, stick to the rivers and the lakes that you’re used to… Where is the fun in that??! I JUST read the words to that song for the first time. “Dreams are hopeless aspirations, in hopes of coming true” What the WHAT?!? What a horrible song! The words of that song were never in my reality. Maybe I AM in a whole different world than everyone else. What kind of bizarro world is this where popular songs steal your dreams and lure you to sleep with tantalizing tunes? Are you guys okay over there? Who wants to see the world from my eyes where everything is upside down?? It is beautiful over here! It’s time to create my own symphony, who is in??

instagram.com/blazewithincyn/reel/C-I466msi7W/



blazewithincyn Follow
WILLIS • I Think I Like When It Ra...

blazewithincyn 65w
Woah! What just happened?

While creating a video about the amazing waterfalls that we experienced driving through the gorge last night, I wanted to put it to the 'chasing waterfalls' song that I thought was so beautiful.

I thought the line was 'Let's' go chasing waterfalls. When I looked it up it was just the opposite.

'Don't' go chasing waterfalls, stick to the rivers and the lakes that you're used to...

Where is the fun in that??!

5 likes
August 12, 2024

instagram.com/blazewithincyn/reel/C-I466msi7W/



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WILLIS • I Think I Like When It Ra...

I JUST read the words to that song for the first time.

"Dreams are hopeless aspirations, in hopes of coming true"

What the WHAT?!?

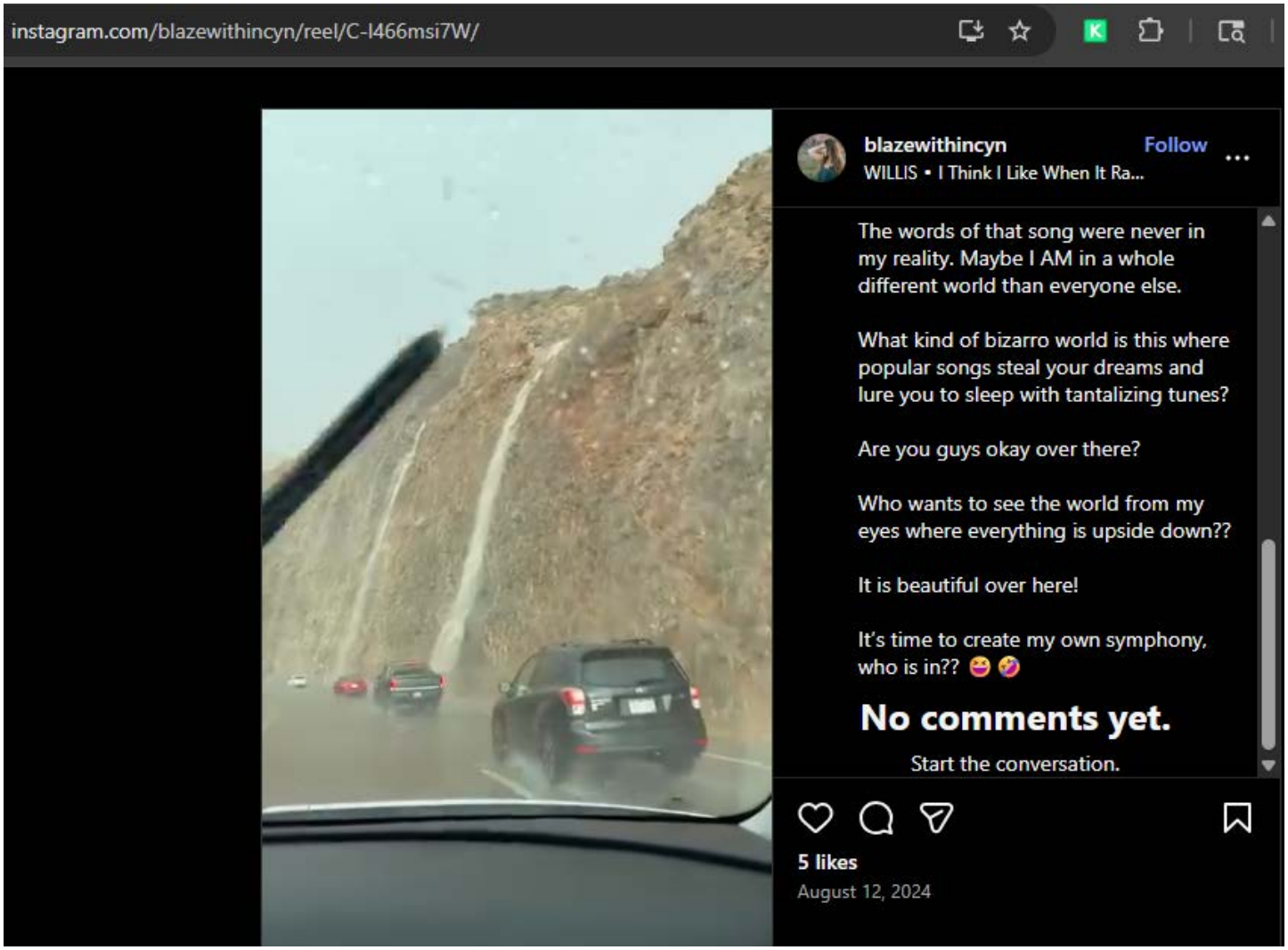
What a horrible song!

The words of that song were never in my reality. Maybe I AM in a whole different world than everyone else.

What kind of bizarro world is this where popular songs steal your dreams and lure you to sleep with tantalizing tunes?

Are you guys okay over there?

5 likes
August 12, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 666368

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-nVNo1uhKr/

Posted: Aug 13, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of her leaning against a rail by the beach. In the comments, she mentions having 8 near-death experiences. Subject also mentions that she is trying to learn how to surrender emotionally to get out of her mental prison. This is also posted on Subject's Facebook account. Are you ready to fully surrender? What does that even mean? I have been asked to fully surrender so many times, and I thought I HAD! How much can one person lose and still be asked to survive? How much can one person be put through and yet still asked to keep going? I have died and surrendered physically 8 major times in my life. Those NDE experiences to come. But right now I am talking about the emotional, mental and spiritual deaths I have been put through. When all else is lost, and you have given up everything, but you are asked to surrender more, what does that even mean? Surrender more. Let go of the mental prison you have put yourself in. Surrender more. Let go of the emotional prison you have put yourself in. Surrender more. Let go of the spiritual prison you've put yourself in. SURRENDER MORE! What is left??! I have given all I have? There is still more... surrender THAT! But what is that? Can't you tell me? I have let go of EVERYTHING! I can't tell you, but when you find it you will KNOW. Then we can play! Lights out or lights on? It is your choice. Well I am here and it is now game on! I have received the control of my own destiny and I am her to play!! Who is with me??! □

instagram.com/blazewithincyn/p/C-nVNo1uhKr/



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Are you ready to fully surrender?

What does that even mean?

I have been asked to fully surrender so many times, and I thought I HAD!

How much can one person lose and still be asked to survive?

How much can one person be put through and yet still asked to keep going?

I have died and surrendered physically 8 major times in my life.

Those NDE experiences to come.

10 likes
August 13, 2024

instagram.com/blazewithincyn/p/C-nVNo1uhKr/



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But right now I am talking about the emotional, mental and spiritual deaths I have been put through.

When all else is lost, and you have given up everything, but you are asked to surrender more, what does that even mean?

Surrender more.

Let go of the mental prison you have put yourself in.

Surrender more.

Let go of the emotional prison you have put yourself in.

Surrender more.

10 likes
August 13, 2024

instagram.com/blazewithincyn/p/C-nVNo1uhKr/



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Let go of the spiritual prison you've put yourself in.

SURRENDER MORE!

What is left??!

I have given all I have?

There is still more... surrender THAT!

But what is that? Can't you tell me? I have let go of EVERYTHING!

I can't tell you, but when you find it you will KNOW.

Then we can play!

Lights out or lights on? It is your choice.

10 likes

August 13, 2024

instagram.com/blazewithincyn/p/C-nVNo1uhKr/



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There is still more... surrender THAT!

But what is that? Can't you tell me? I have let go of EVERYTHING!

I can't tell you, but when you find it you will KNOW.

Then we can play!

Lights out or lights on? It is your choice.

Well I am here and it is now game on!

I have received the control of my own destiny and I am her to play!!

Who is with me??! 😜

No comments yet.

Start the conversation.

10 likes

August 13, 2024

Instagram

blazewithincyn/

System ID: 666358

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-ndXdXOPII/

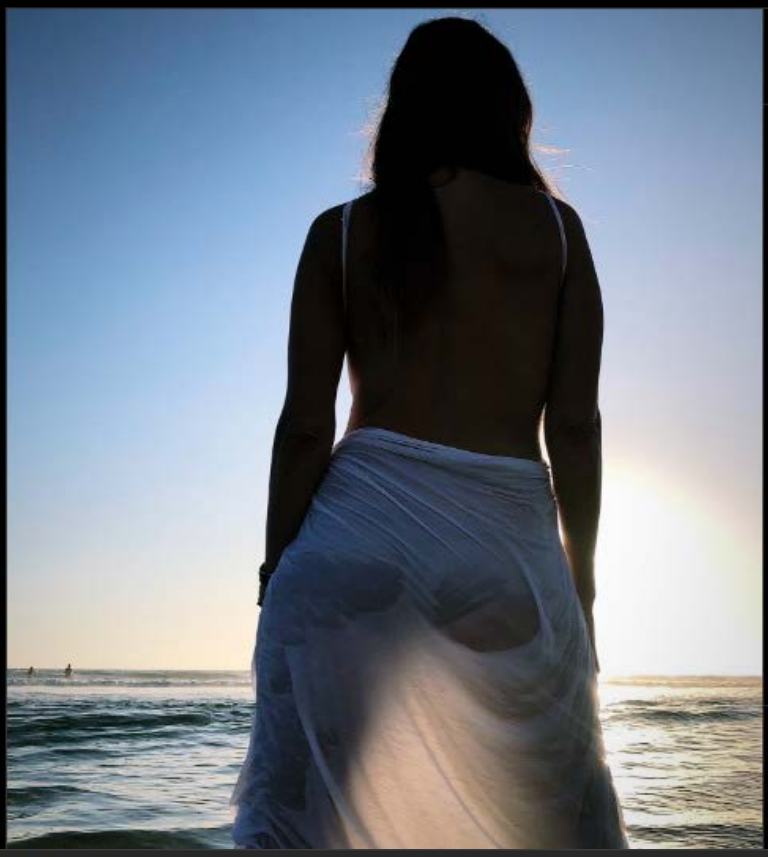
Posted: Aug 13, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of her standing by the water. In the comments, she lists the traumas that she has lived through and that she was unfairly blamed for. This is also posted on Subject's Facebook account. I was so burdened with the heaviness of the traumas I was carrying, and layered with the secret life I was living behind closed doors. One that no one wanted to talk about, no one wanted to see. So I held it all in, for I was “too much” for the world to handle. I was worried the burdens I was carrying would pain others if they could see, and I didn’t want anyone to feel the pain I was under. No, it would be too much for them. But *I am strong. *I can carry all of these burdens alone. You don’t want to see the pain of a mother that has lost her child? I will keep it inside. You don’t want to see the pain of a wife trying to manage her own grief while navigating three small children and a husband with mental illness that was constantly trying to end his own life? I will carry that. You don’t want to accept the brother, son, cousin or friend that YOU knew would choose to end his own life, so therefore I must be to blame? I’ve got you. You don’t understand how a woman completely battered by life could marry someone so fast after having just lost so much? It must be she was having an affair all along. It couldn’t be she was just looking for the slightest bit of support and reprieve for her breaking back? No worries, I’ll hold that too. You don’t understand how someone could have stayed in such an abusive marriage when from the outside everything looked perfect? You don’t understand the guilt and shame I felt knowing everyone was right? I shouldn’t have married him so fast against my own better judgment? I’ve got that as well. You don’t want to see the pain, trauma and abuse your child inflicted on such a beautiful broken family? I’ll hold you up. You don’t want to believe YOUR child was capable of committing the same atrocious act that this family had already been through? It must be MY fault? I will keep your secrets. No more. I won’t out you unless you try to burden me further. You have asked me to keep your secrets and lies and I have done that. Well I give it all back. I give you back and I take me back. Do not try to add one more burden onto this overly burdened mother. She WILL prevail. The truth will speak for itself.

instagram.com/blazewithincyn/p/C-ndXdXOPII/



blazewithincyn Follow ···

blazewithincyn 65w
I was so burdened with the heaviness of the traumas I was carrying, and layered with the secret life I was living behind closed doors. One that no one wanted to talk about, no one wanted to see.

So I held it all in, for I was "too much" for the world to handle.

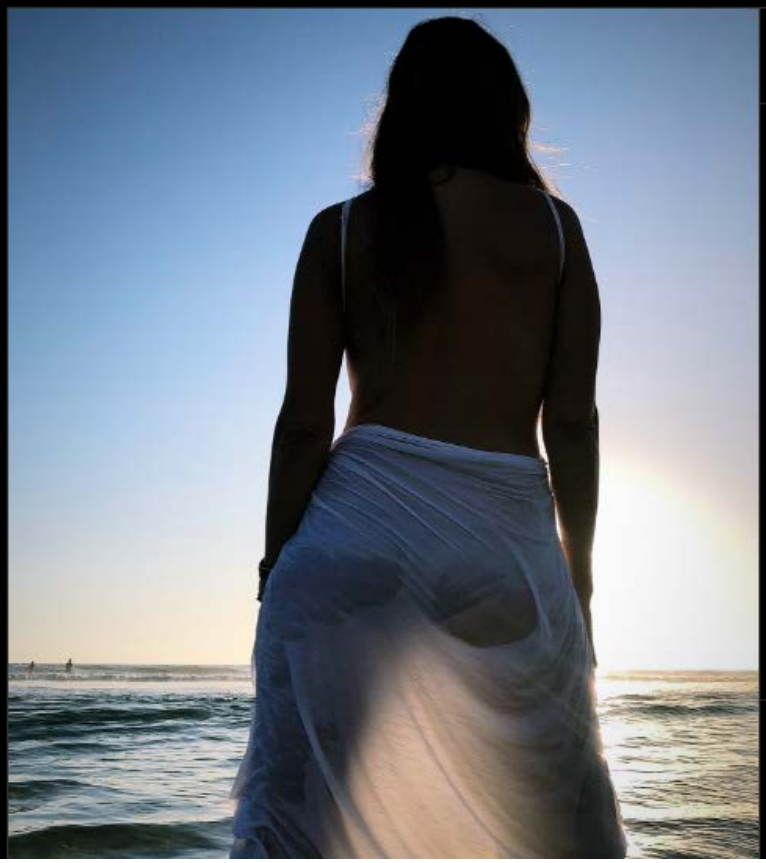
I was worried the burdens I was carrying would pain others if they could see, and I didn't want anyone to feel the pain I was under.

No, it would be too much for them. But *I am strong. *I can carry all of these burdens alone.

You don't want to see the pain of a

12 likes
August 13, 2024

instagram.com/blazewithincyn/p/C-ndXdXOPII/



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You don't want to see the pain of a mother that has lost her child?

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I've got you.

12 likes
August 13, 2024

instagram.com/blazewithincyn/p/C-ndXdXOPII/



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You don't understand how a woman completely battered by life could marry someone so fast after having just lost so much? It must be she was having an affair all along. It couldn't be she was just looking for the slightest bit of support and reprieve for her breaking back?

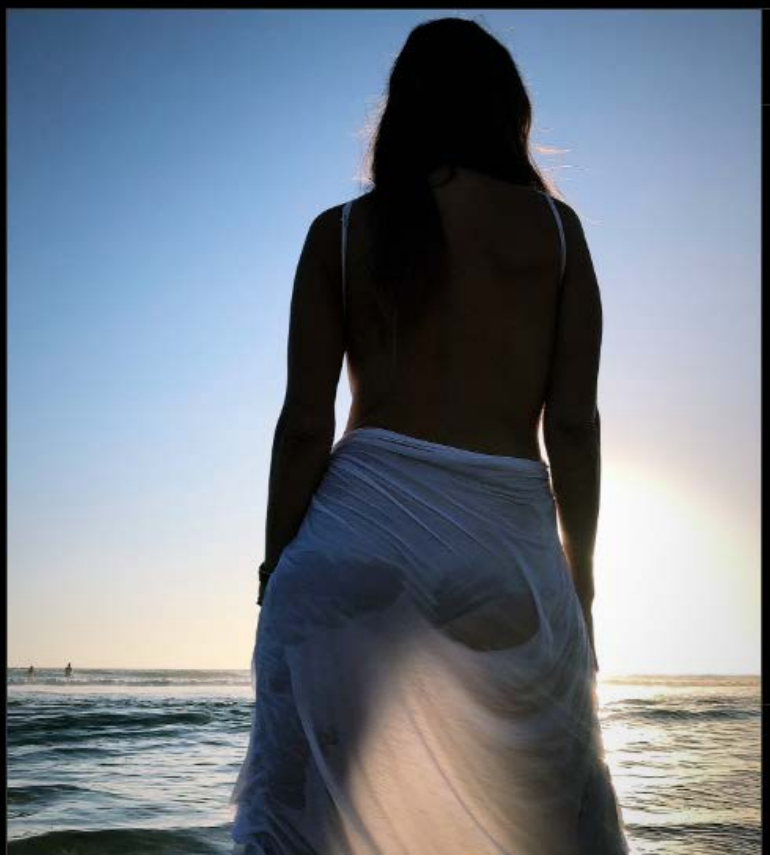
No worries, I'll hold that too.

You don't understand how someone could have stayed in such an abusive marriage when from the outside everything looked perfect? You don't understand the guilt and shame I felt knowing everyone was right? I shouldn't have married him so fast against my own better judgment?

12 likes

August 13, 2024

instagram.com/blazewithincyn/p/C-ndXdXOPII/



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I've got that as well.

You don't want to see the pain, trauma and abuse your child inflicted on such a beautiful broken family?

I'll hold you up.

You don't want to believe YOUR child was capable of committing the same atrocious act that this family had already been through? It must be MY fault?

I will keep your secrets.

No more.

I won't out you unless you try to burden me further. You have asked me to keep

12 likes

August 13, 2024

instagram.com/blazewithincyn/p/C-ndXdXOPII/



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No more.

I won't out you unless you try to burden me further. You have asked me to keep your secrets and lies and I have done that.

Well I give it all back.

I give you back and I take me back.

Do not try to add one more burden onto this overly burdened mother.

She WILL prevail.

The truth will speak for itself.

No comments yet.

Start the conversation.

12 likes

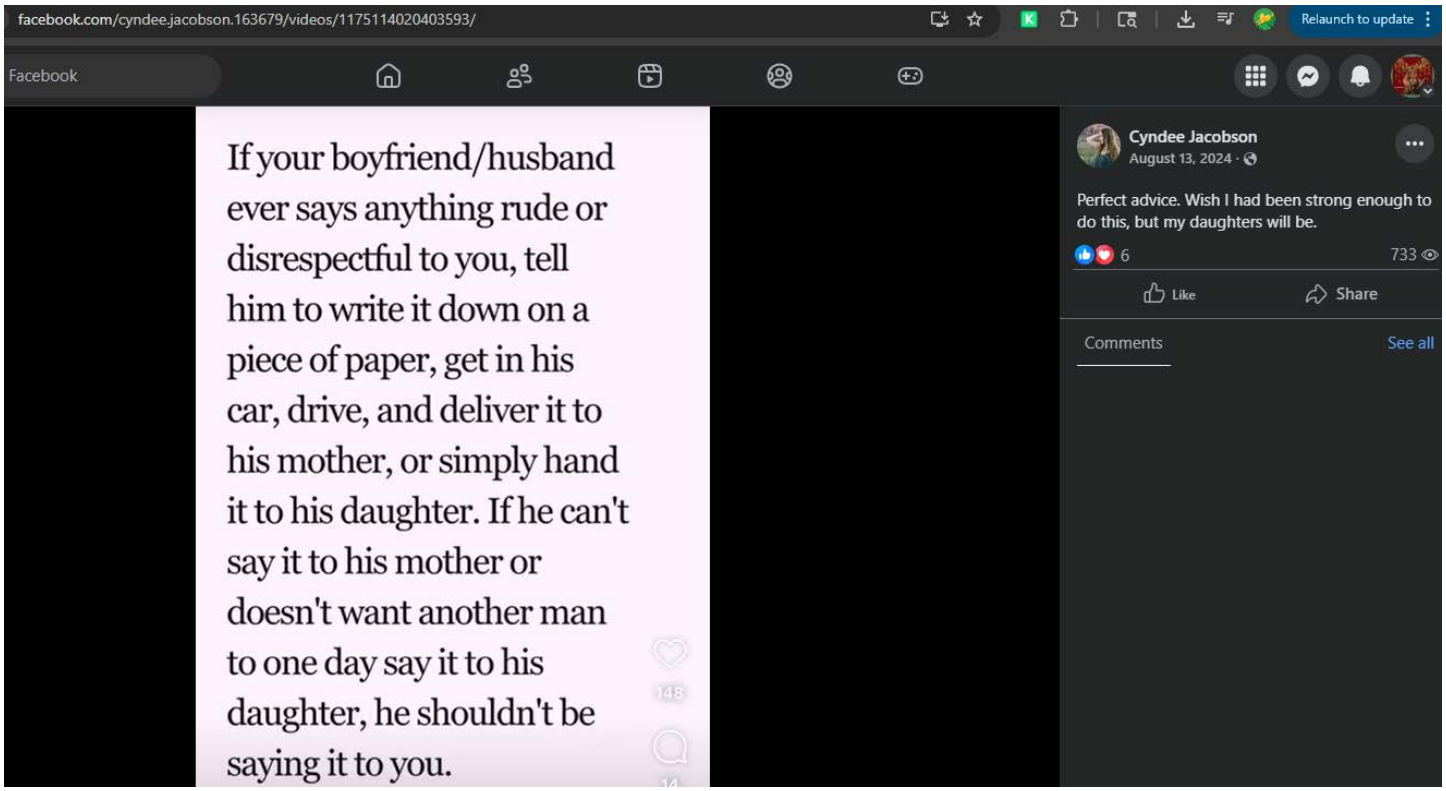
August 13, 2024

Facebook

cyndee.jacobson.163679
Posted: Aug 13, 2024
System ID: 666944
Captured: Nov 18, 2025
Cynthia Lee Jacobson
https://www.facebook.com/cyndee.jacobson.163679/videos/1175114020403593/

After DOI

Subject posted a meme about not letting men be rude or disrespectful. Perfect advice. Wish I had been strong enough to do this, but my daughters will be.


facebook.com/cyndee.jacobson.163679/videos/1175114020403593/
Relaunch to update
Facebook
If your boyfriend/husband ever says anything rude or disrespectful to you, tell him to write it down on a piece of paper, get in his car, drive, and deliver it to his mother, or simply hand it to his daughter. If he can't say it to his mother or doesn't want another man to one day say it to his daughter, he shouldn't be saying it to you.
148
Cyndee Jacobson
August 13, 2024 ·
Perfect advice. Wish I had been strong enough to do this, but my daughters will be.
6
733
Like
Share
Comments
See all

Instagram

blazewithincyn/

System ID: 666345

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-pzekZulaf/

Posted: Aug 14, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a selfie picture. In the comments, she offers the services of her company, QuantumBliss, to her readers for those who are having problems getting out of their heads. This is also posted on Subject's Facebook account. Do you spend a lot of time up in your head? I know I have and it can be a lonely place up there. The fastest way to get out of your head is to get into your heart. But it is scary in there! I have been hurt there before. Has that ever stopped you from getting hurt in the past? Has living in logic spared you from pain? If you don’t ever take the “risk” of getting hurt, will that stop you from the possibilities of what if? What if it is better than you ever imagined it could be? What if you take the risk and fall in love with yourself? From that place the only one that can hurt you is you, and why would you risk THAT?! I invite you to take that risk, get out of your head, fall in love with the person you really are and who has been waiting for you all along! If you are willing to take that risk, and would like to know how, DM me or check out findingthefire.com or QuantumBLISS.co and see what opportunities may await you!

instagram.com/blazewithincyn/p/C-pzekZulaf/



blazewithincyn Follow ···

blazewithincyn 65w
Do you spend a lot of time up in your head? I know I have and it can be a lonely place up there.

The fastest way to get out of your head is to get into your heart.

But it is scary in there! I have been hurt there before.

Has that ever stopped you from getting hurt in the past? Has living in logic spared you from pain?

If you don't ever take the "risk" of getting hurt, will that stop you from the possibilities of what if?

What if it is better than you ever

6 likes
August 14, 2024

instagram.com/blazewithincyn/p/C-pzekZulaf/



blazewithincyn Follow ···

What if it is better than you ever imagined it could be?

What if you take the risk and fall in love with yourself?

From that place the only one that can hurt you is you, and why would you risk THAT?!

I invite you to take that risk, get out of your head, fall in love with the person you really are and who has been waiting for you all along!

If you are willing to take that risk, and would like to know how, DM me or check out findingthefire.com or QuantumBLISS.co and see what opportunities may await you!

6 likes
August 14, 2024

instagram.com/blazewithincyn/p/C-pzekZulaf/



blazewithincyn Follow ···

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If you are willing to take that risk, and would like to know how, DM me or check out findingthefire.com or QuantumBLISS.co and see what opportunities may await you!

#quantumbliss #findingthefire #whatthefreq #frequencyhealing

No comments yet.

Start the conversation.

6 likes

August 14, 2024

Instagram

blazewithincyn/

System ID: 666336

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-p1kLQuVUk/

Posted: Aug 14, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a selfie picture standing in front of a mirror. This is also posted on Subject's Facebook account. When you look in the mirror what do you see? Are you okay with your reality? At the end of the day when all is said and done, are you comfortable with where you have been and where you have come? Can you sleep well at night knowing your side of the street is clean, or are you worried of your actions that may have been seen? Can you stand proud with all you have done and how far you've come, even when life's messes leave you feeling tired and overrun. When the person in the mirror looks you in the eyes, are you afraid of what secrets they might hide? Can you honestly say you did the best you knew how, even if that left you with a beaten brow? If the answer is YES, you can sleep well at night, allowing for dreams to feed your greatest excite! □ Are you ready to face yourself in the mirror? DM me or go to QuantumBliss.co to see what I have to offer.

instagram.com/blazewithincyn/p/C-p1kLQuVUk/



blazewithincyn Follow ···

blazewithincyn 65w
When you look in the mirror what do you see?

Are you okay with your reality?

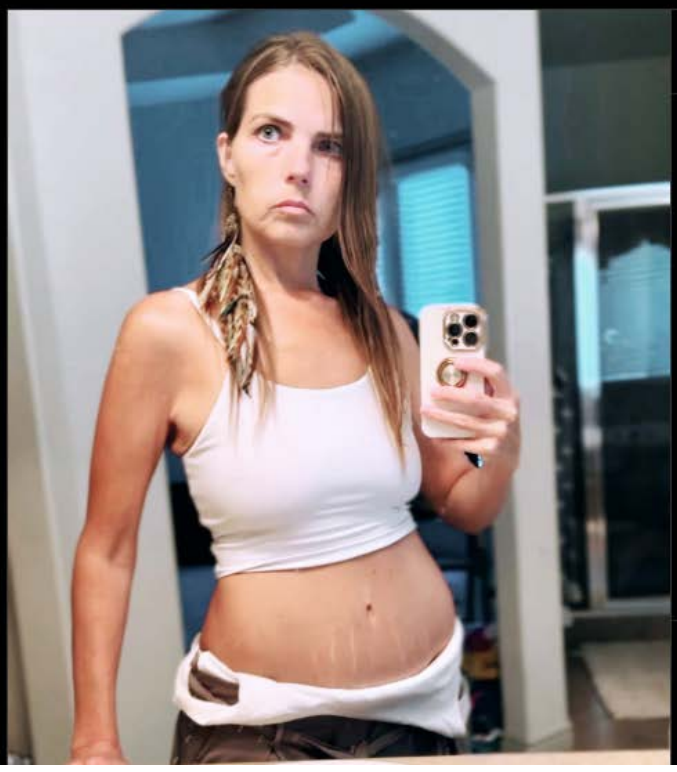
At the end of the day when all is said and done, are you comfortable with where you have been and where you have come?

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11 likes
August 14, 2024

instagram.com/blazewithincyn/p/C-p1kLQuVUk/



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When the person in the mirror looks you in the eyes, are you afraid of what secrets they might hide?

Can you honestly say you did the best you knew how, even if that left you with a beaten brow?

If the answer is YES, you can sleep well at night, allowing for dreams to feed your greatest excite! 😃

Are you ready to face yourself in the mirror? DM me or go to QuantumBliss.co to see what I have to offer.

#findingthefire #quantumBLISS #frequencyhealing

No comments yet.

11 likes
August 14, 2024

Instagram

blazewithincyn/

System ID: 666328

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-p1n50u60K/

Posted: Aug 14, 2024

Captured: Nov 17, 2025

After DOI

Subject posted an abstract video of a picture of her emerging from clouds. She comments about taking your power back when people always tell you what to do. She also mentions being divorced. This is also posted on Subject's Facebook account. You know it is funny what happens when you finally take your power back. I spent far too long hiding myself away from the world because I felt I wasn't "good enough" or that I was "too much." Where did those stories come from? It definitely wasn't from me. No instead it was the voices around me. They started from an early age from parents and teachers, friends and church leaders. "Be quiet" "Sit down" "No laughing! It is time to work, not play!" It continued from there from friends that would share: "Eww! That is disgusting!" And "Your wearing THAT" To "Oh don't date HIM! Did you look at his hat?!" Then in to adulthood when people exclaimed: "You should get married, it will heal your pain." Then once you do that you think all will be better. But no one told you when you signed that last letter of ink on that license the one of your marriage, that from then forward you have sealed your fate. What if that marriage is one that you hate? Be quiet! No one wants to hear, that inside your home is the place that you fear. Just "cleave to the husband" and all will be better. Instead in your head you become a regretter. You look to him to seek your validation, when all that you get is more retaliation. Don't do that, don't be who you are! I am your partner and I don't want you to go far. Because in their mind you'll leave them behind. When all you wanted was them by your side. A funny thing happens when you step in your heart, you grow together or you grow apart. When you finally see who you are meant to be, even if that means you do it alone. You step out of that prison that you've made for yourself, the one of the mind and the heart and take you off of that shelf. But when you move on you're still stuck in your past, even when it is still kicking your ass. Are you ready to let go and move where you're able, are you ready to release yourself of that cable? ..... Even after my divorce I held myself back from who I am, for fear of judgment and the whispers of others. Finally a friend looked at me one day "Did they ever do anything for you back then? Were they paying your bills or being your friend?" No Then why hold yourself back?

instagram.com/blazewithincyn/reel/C-p1n50u60K/



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You know it is funny what happens when you finally take your power back.

I spent far too long hiding myself away from the world because I felt I wasn't "good enough" or that I was "too much."

Where did those stories come from?

It definitely wasn't from me.

No instead it was the voices around me.

They started from an early age from parents and teachers, friends and church leaders.

"Be quiet"

4 likes
August 14, 2024

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"Sit down"
"No laughing! It is time to work, not play!"

It continued from there from friends that would share:

"Eww! That is disgusting!"
And
"Your wearing THAT"
To
"Oh don't date HIM! Did you look at his hat?!"

Then in to adulthood when people exclaimed:
"You should get married, it will heal your pain."

Then once you do that you think all will be better. But no one told you when

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August 14, 2024

instagram.com/blazewithincyn/reel/C-p1n50u60K/



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you signed that last letter of ink on that license the one of your marriage, that from then forward you have sealed your fate. What if that marriage is one that you hate?

Be quiet! No one wants to hear, that inside your home is the place that you fear.

Just "cleave to the husband" and all will be better. Instead in your head you become a regretter.

You look to him to seek your validation, when all that you get is more retaliation.

Don't do that, don't be who you are! I am your partner and I don't want you to go far.

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August 14, 2024

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Original audio

Because in their mind you'll leave them behind. When all you wanted was them by your side.

A funny thing happens when you step in your heart, you grow together or you grow apart.

When you finally see who you are meant to be, even if that means you do it alone.

You step out of that prison that you've made for yourself, the one of the mind and the heart and take you off of that shelf.

But when you move on you're still stuck in your past, even when it is still kicking your ass.

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August 14, 2024

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Original audio

Are you ready to let go and move where you're able, are you ready to release yourself of that cable?
.....

Even after my divorce I held myself back from who I am, for fear of judgment and the whispers of others.

Finally a friend looked at me one day
"Did they ever do anything for you back then? Were they paying your bills or being your friend?"
No
Then why hold yourself back?

lindseypollock_ 65w
I feel this 🥹😘❤️
1 like Reply

4 likes
August 14, 2024

Link to download video

Instagram

blazewithincyn/

System ID: 666320

Cynthia Lee Jacobson

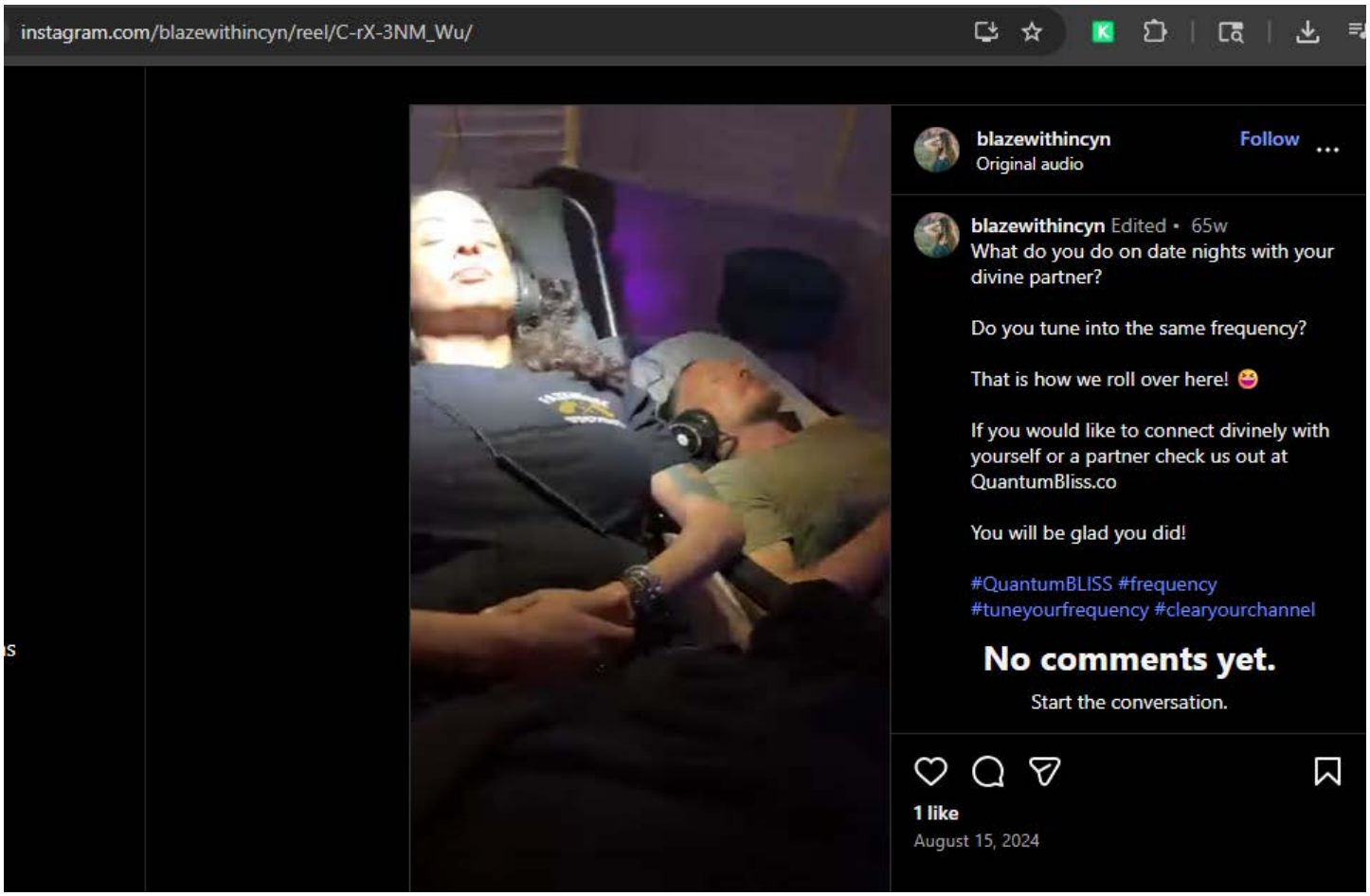
https://www.instagram.com/blazewithincyn/reel/C-rX-3NM_Wu/

Posted: Aug 15, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of 2 people lying in a room with headphones on a light flashing. She comments that this is what they do at her business, QuantumBliss. This is also posted on Subject's personal and business Facebook and TikTok accounts. What do you do on date nights with your divine partner? Do you tune into the same frequency? That is how we roll over here! □ If you would like to connect divinely with yourself or a partner check us out at QuantumBliss.co



[Link to download video]

Instagram

blazewithincyn/

System ID: 666311

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-rpvKsueUj/

Posted: Aug 15, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of a person holding a pipe. In the comments, she writes about using Hape, an Amazonian snuff that is used for spiritual and medicinal purposes. This is also posted on Subject's Facebook account. Have you ever experienced Hapé, also spelled “Rhahpé” Pronounced with a rrrrrroll of the tongue? Try it, you might like it, say it out loud, it is fun! Hapé is a traditional sacred Amazonian snuff used by indigenous tribes in South America. It consists of finely ground tobacco mixed with other plant materials, which may include ash from burned trees and various medicinal herbs. The powder is administered through the nose using a Kuripé for self administration or a Tepei when served by another. The purposes of hapé are spiritual and medicinal. It is often used in rituals to induce clarity, focus, and a sense of connection to the spiritual world and back to your heart. You will also experience mental and physical detoxification effects. Its effects can vary widely depending on the specific blend as well as the intention for which it is used, and the energy induced by the person serving it for you. I had been served Hapé at various different ceremonies of healing, and every experience varied widely. They were all amazing in their own right, and also I was terrified every time I sat with it not knowing what to expect. I trained with, and was served by the Chief of Kuntanawa from Brazil. He had such beautiful teachings to share and gifted me the blessing of carrying that on. Whenever we use plant medicines or any sacred teachings or tools, we must remember to hold them to their sacred teachings and use them with honor and respect. From the words of Chief Kuntanawa “It is time to connect and heal the tribe, the HUMAN tribe!” If you are feeling called or want to know more about Hapé, or other sacred plant medicines, as well as traditional medicines that help connect you to your heart, reach out and let’s see if you are ready for an experience of your lifetime! Hapé makes your heart HAPPY! ❤

instagram.com/blazewithincyn/p/C-rpvKsueUj/



blazewithincyn Follow ···

blazewithincyn 65w
Have you ever experienced Hapé, also spelled "Rhahpé" Pronounced with a rrrrrroll 😜 of the tongue?

Try it, you might like it, say it out loud, it is fun!

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The purposes of hapé are spiritual and

4 likes
August 15, 2024

instagram.com/blazewithincyn/p/C-rpvKsueUj/



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The purposes of hapé are spiritual and medicinal. It is often used in rituals to induce clarity, focus, and a sense of connection to the spiritual world and back to your heart. You will also experience mental and physical detoxification effects.

Its effects can vary widely depending on the specific blend as well as the intention for which it is used, and the energy induced by the person serving it for you.

I had been served Hapé at various different ceremonies of healing, and every experience varied widely. They were all amazing in their own right, and also I was terrified every time I sat with it not knowing what to expect.

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August 15, 2024

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I trained with, and was served by the Chief of Kuntanawa from Brazil. He had such beautiful teachings to share and gifted me the blessing of carrying that on.

Whenever we use plant medicines or any sacred teachings or tools, we must remember to hold them to their sacred teachings and use them with honor and respect.

From the words of Chief Kuntanawa "It is time to connect and heal the tribe, the HUMAN tribe!"

If you are feeling called or want to know more about Hapé, or other sacred plant medicines, as well as traditional medicines that help connect you to your heart, reach out and let's see if you

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August 15, 2024

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any sacred teachings or tools, we must remember to hold them to their sacred teachings and use them with honor and respect.

From the words of Chief Kuntanawa "It is time to connect and heal the tribe, the HUMAN tribe!"

If you are feeling called or want to know more about Hapé, or other sacred plant medicines, as well as traditional medicines that help connect you to your heart, reach out and let's see if you are ready for an experience of your lifetime!

Hapé makes your heart HAPPY! ❤️

No comments yet.

Start the conversation.

4 likes

August 15, 2024

Instagram

blazewithincyn/

System ID: 666285

Cynthia Lee Jacobson

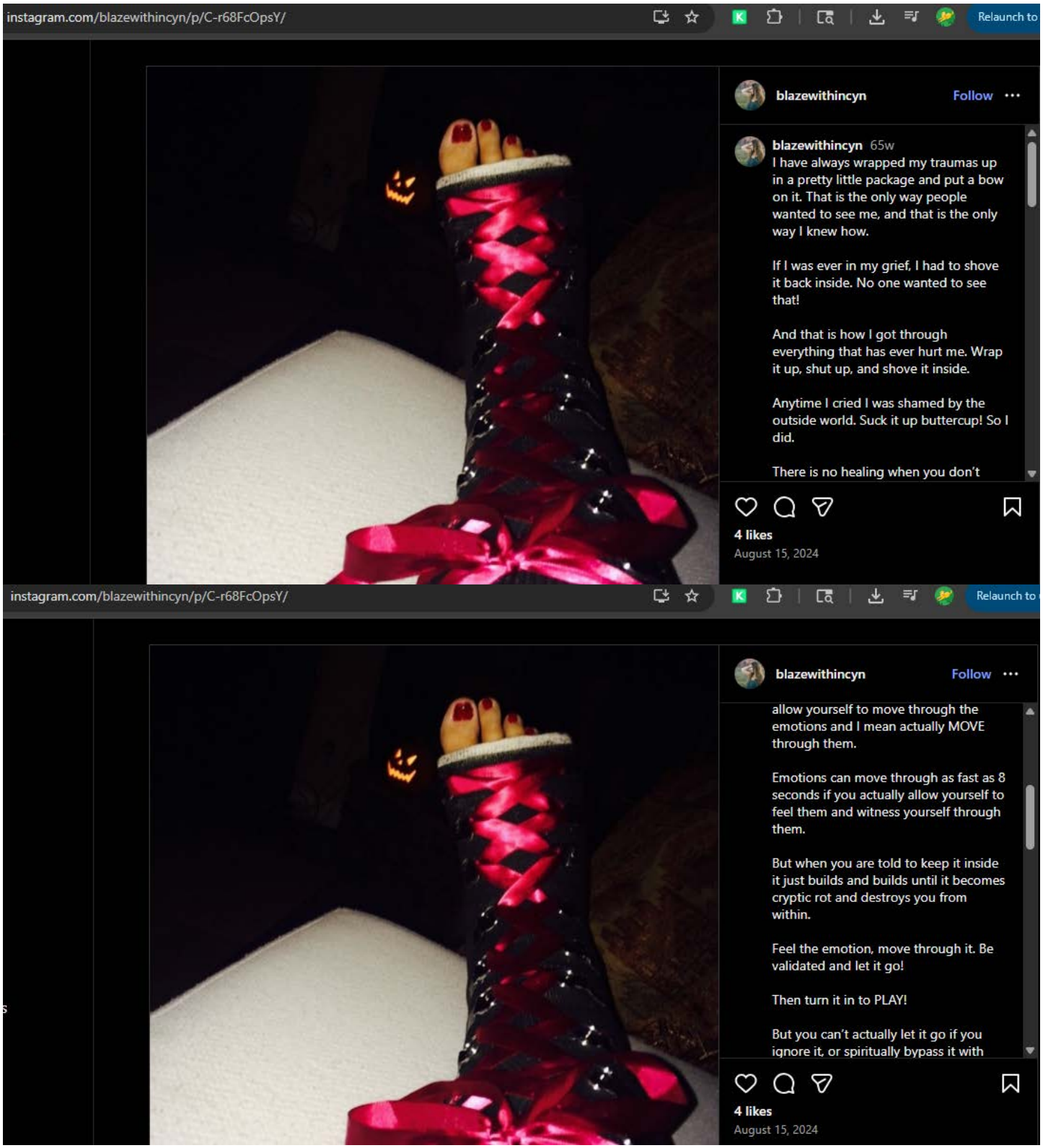
https://www.instagram.com/blazewithincyn/p/C-r68FcOpsY/

Posted: Aug 15, 2024

Captured: Nov 17, 2025

After DOI

Subject reposted a picture of a foot in a cast. In the comments, she writes about always being told to keep your trauma hidden. This is also posted on Subject's Facebook account. I have always wrapped my traumas up in a pretty little package and put a bow on it. That is the only way people wanted to see me, and that is the only way I knew how. If I was ever in my grief, I had to shove it back inside. No one wanted to see that! And that is how I got through everything that has ever hurt me. Wrap it up, shut up, and shove it inside. Anytime I cried I was shamed by the outside world. Suck it up buttercup! So I did. There is no healing when you don’t allow yourself to move through the emotions and I mean actually MOVE through them. Emotions can move through as fast as 8 seconds if you actually allow yourself to feel them and witness yourself through them. But when you are told to keep it inside it just builds and builds until it becomes cryptic rot and destroys you from within. Feel the emotion, move through it. Be validated and let it go! Then turn it in to PLAY! But you can’t actually let it go if you ignore it, or spiritually bypass it with love and light. Chuck it in the fuck it bucket as fast and as furious as you can. Let it be witnessed and then move on. Don’t pick it up and drag it behind you, what point would that be? Oh but I did, I didn’t want anyone to see THAT. That would be too much, too disgusting for anyone else to see, so I guess I will just take it with me. Oh my goodness you silly goose! Let it all go, let it run loose! I can do that? Sure you can! But no one wants to be witnessed in their pain and their shame. And why is that? Well it was taught to us from birth. Don’t cry, don’t laugh, don’t show us your worth! Don’t draw attention to yourself you don’t want others to hear you, if you’re too much then people might fear you. Why is this world so backwards when all we want is to be acknowledged. Kids when they play always exclaim “look at me! See me this way!” Same goes for pain and your bumps and your bruises, a child just wants a hug and a kiss for their contusions. Then they can move on and leave it behind, far from their heart and far from their mind. But left unacknowledged you can’t move on, that is when you drag it along. So wrap it up and keep it in, or let it be seen and left unhidden.


instagram.com/blazewithincyn/p/C-r68FcOpsY/
Relaunch to
blazewithincyn
Follow
blazewithincyn 65w
I have always wrapped my traumas up in a pretty little package and put a bow on it. That is the only way people wanted to see me, and that is the only way I knew how.
If I was ever in my grief, I had to shove it back inside. No one wanted to see that!
And that is how I got through everything that has ever hurt me. Wrap it up, shut up, and shove it inside.
Anytime I cried I was shamed by the outside world. Suck it up buttercup! So I did.
There is no healing when you don't
4 likes
August 15, 2024
instagram.com/blazewithincyn/p/C-r68FcOpsY/
Relaunch to
blazewithincyn
Follow
allow yourself to move through the emotions and I mean actually MOVE through them.
Emotions can move through as fast as 8 seconds if you actually allow yourself to feel them and witness yourself through them.
But when you are told to keep it inside it just builds and builds until it becomes cryptic rot and destroys you from within.
Feel the emotion, move through it. Be validated and let it go!
Then turn it in to PLAY!
But you can't actually let it go if you ignore it, or spiritually bypass it with
4 likes
August 15, 2024

instagram.com/blazewithincyn/p/C-r68FcOpsY/



blazewithincyn Follow ...

love and light.

Chuck it in the fuck it bucket as fast and as furious as you can. Let it be witnessed and then move on.

Don't pick it up and drag it behind you, what point would that be? Oh but I did, I didn't want anyone to see THAT.

That would be too much, too disgusting for anyone else to see, so I guess I will just take it with me.

Oh my goodness you silly goose! Let it all go, let it run loose!

I can do that?

Sure you can!

4 likes

August 15, 2024

instagram.com/blazewithincyn/p/C-r68FcOpsY/



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But no one wants to be witnessed in their pain and their shame.

And why is that?

Well it was taught to us from birth. Don't cry, don't laugh, don't show us your worth!

Don't draw attention to yourself you don't want others to hear you, if you're too much then people might fear you.

Why is this world so backwards when all we want is to be acknowledged.

Kids when they play always exclaim "look at me! See me this way!"

Same goes for pain and your bumps and your bruises, a child just wants a

4 likes

August 15, 2024

instagram.com/blazewithincyn/p/C-r68FcOpsY/



blazewithincyn Follow ···

Same goes for pain and your bumps and your bruises, a child just wants a hug and a kiss for their contusions.

Then they can move on and leave it behind, far from their heart and far from their mind.

But left unacknowledged you can't move on, that is when you drag it along.

So wrap it up and keep it in, or let it be seen and left unhidden.

cynthiaannbednar 65w
Keep going warrior sister 🙌 you are an inspiration ❤️🤗🙏

1 like Reply

4 likes
August 15, 2024

Instagram

blazewithincyn/

System ID: 666277

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C-r84TOOYR3/

Posted: Aug 15, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of a child hanging upside down. In the comments, she apologizes for being hurtful at times and not recognizing when someone else is suffering. This is also posted on Subject's Facebook account. I need to take a step back here and sincerely apologize. I am just discovering I have been seeing things through my own eyes. What other eyes was I supposed to see through, these are the ones I was given. What I didn’t realize is through others eyes, I was hidden. I truly did not see how intimidating I can be, I can be quick with my tongue not knowing you don’t see what I see. For I see inside of you the true depths that you are. I don’t see the pain and the shame that you are carrying of your past. I see the divine soul that you are, and you ARE on your path! I say things quickly without thinking sometimes, not realizing you don’t see you the way that I do. And now I am discovering it is not easy to believe in yourself. And for that I sincerely apologize. I have known no other way than to believe in myself, because that is the only way I have known how to survive. You don’t live through a lifetime of trauma without believing you can get through. If not then what else should I do? Oh my god I can’t believe this is just hitting me now. I absolutely have seen life differently then all those around me. Holy shit. I am so sorry. If I have ever hurt or offended you please accept my deepest apology. I honestly see what everyone is capable of and I just thought I was trying to help. Just in this NOW moment I realize that may come off in a way I never intended. I just know if I can do it, so can anyone else. But maybe they aren’t ready to see themselves how I do. Whoa. What the… I really do live in an upside down world with heart shaped glasses.

instagram.com/blazewithincyn/p/C-r84TOOYR3/



blazewithincyn Follow ···

blazewithincyn Edited • 65w
I need to take a step back here and sincerely apologize.

I am just discovering I have been seeing things through my own eyes.

What other eyes was I supposed to see through, these are the ones I was given.

What I didn't realize is through others eyes, I was hidden.

2 likes
August 15, 2024

instagram.com/blazewithincyn/p/C-r84TOOYR3/



blazewithincyn Follow ···

I truly did not see how intimidating I can be, I can be quick with my tongue not knowing you don't see what I see.

For I see inside of you the true depths that you are.

I don't see the pain and the shame that you are carrying of your past.

I see the divine soul that you are, and you ARE on your path!

2 likes
August 15, 2024

instagram.com/blazewithincyn/p/C-r84TOOYR3/



blazewithincyn Follow ···

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I have known no other way than to believe in myself, because that is the only way I have known how to survive.

You don't live through a lifetime of

2 likes
August 15, 2024

instagram.com/blazewithincyn/p/C-r84TOOYR3/



blazewithincyn Follow ···

You don't live through a lifetime of trauma without believing you can get through.

If not then what else should I do?

Oh my god I can't believe this is just hitting me now.

I absolutely have seen life differently then all those around me.

Holy shit.

2 likes

August 15, 2024

instagram.com/blazewithincyn/p/C-r84TOOYR3/



blazewithincyn Follow ···

I am so sorry.

If I have ever hurt or offended you please accept my deepest apology. I honestly see what everyone is capable of and I just thought I was trying to help.

Just in this NOW moment I realize that may come off in a way I never intended.

I just know if I can do it, so can anyone else. But maybe they aren't ready to see

2 likes

August 15, 2024

instagram.com/blazewithincyn/p/C-r84TOOYR3/



blazewithincyn Follow ···

I just know if I can do it, so can anyone else. But maybe they aren't ready to see themselves how I do.

Whoa. What the...

I really do live in an upside down world with heart shaped glasses.

No comments yet.

Start the conversation.

2 likes

August 15, 2024

Instagram

blazewithincyn/

System ID: 666256

Cynthia Lee Jacobson

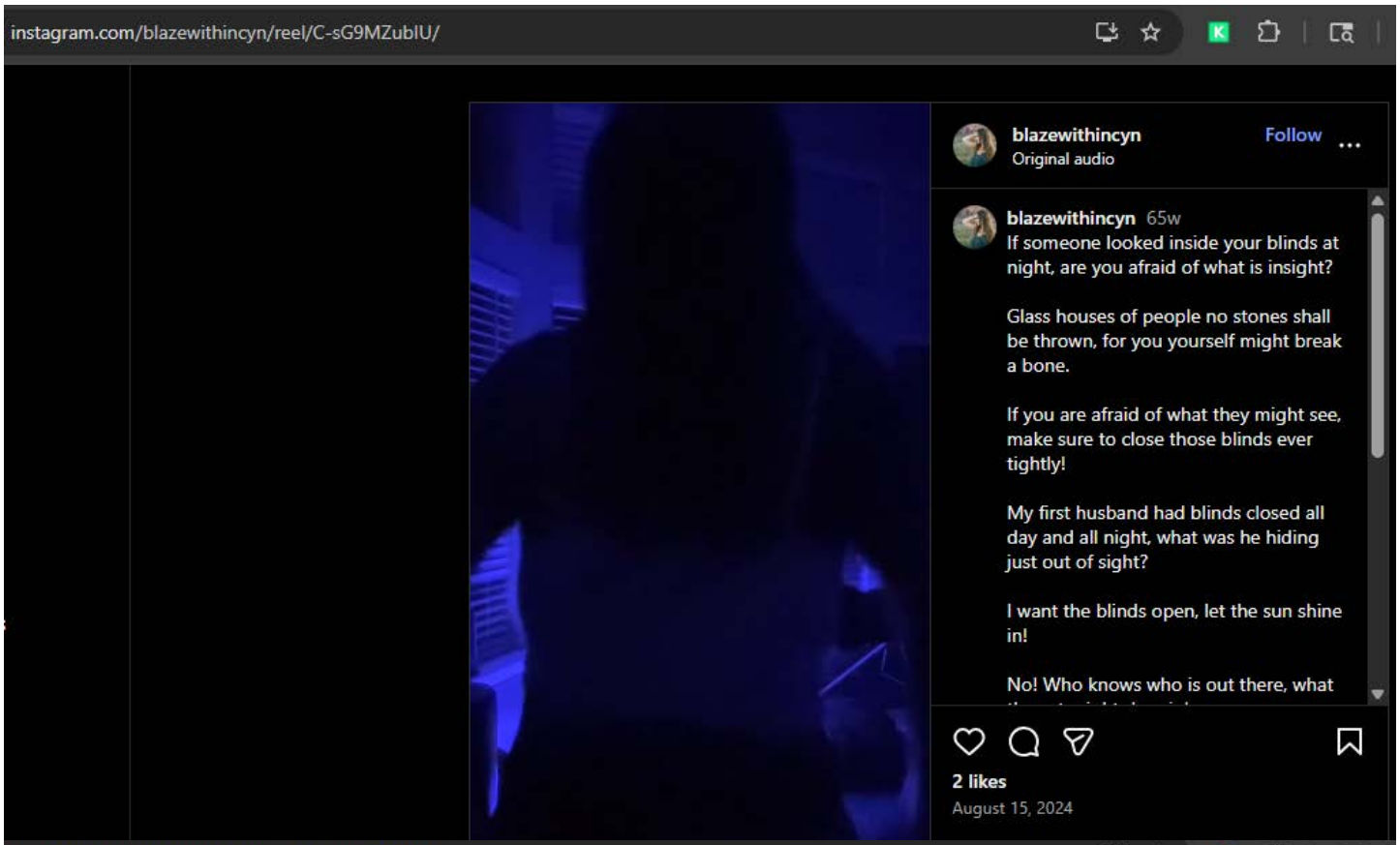
https://www.instagram.com/blazewithincyn/reel/C-sG9MZubIU/

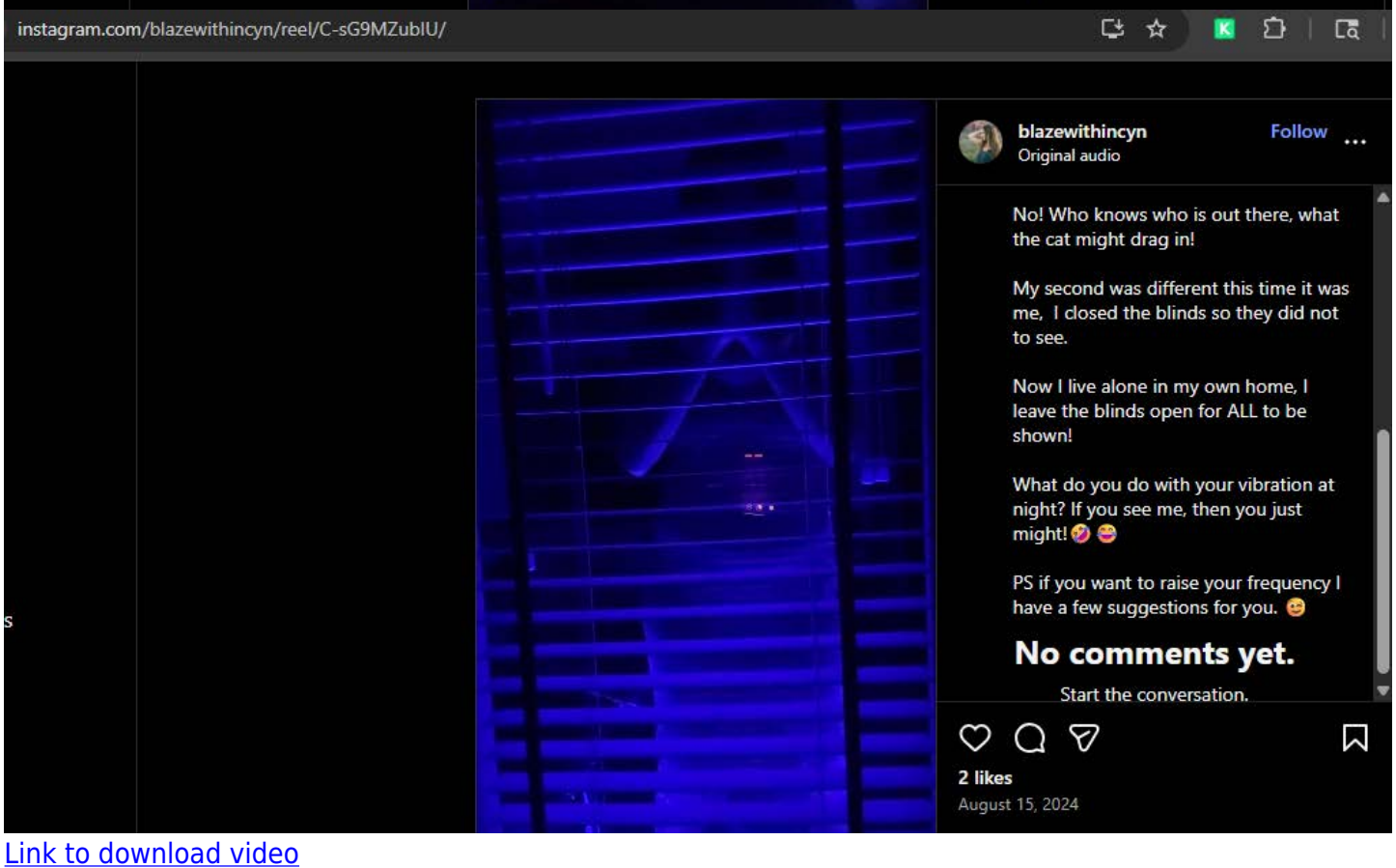
Posted: Aug 15, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of herself in a darkened room with a lit-up area on the floor. She is moving a long bar around. This is also posted on Subject's Facebook account. If someone looked inside your blinds at night, are you afraid of what is insight? Glass houses of people no stones shall be thrown, for you yourself might break a bone. If you are afraid of what they might see, make sure to close those blinds ever tightly! My first husband had blinds closed all day and all night, what was he hiding just out of sight? I want the blinds open, let the sun shine in! No! Who knows who is out there, what the cat might drag in! My second was different this time it was me, I closed the blinds so they did not to see. Now I live alone in my own home, I leave the blinds open for ALL to be shown! What do you do with your vibration at night? If you see me, then you just might!□□ PS if you want to raise your frequency I have a few suggestions for you. □





[Link to download video]

Instagram

blazewithincyn/

System ID: 666250

Cynthia Lee Jacobson

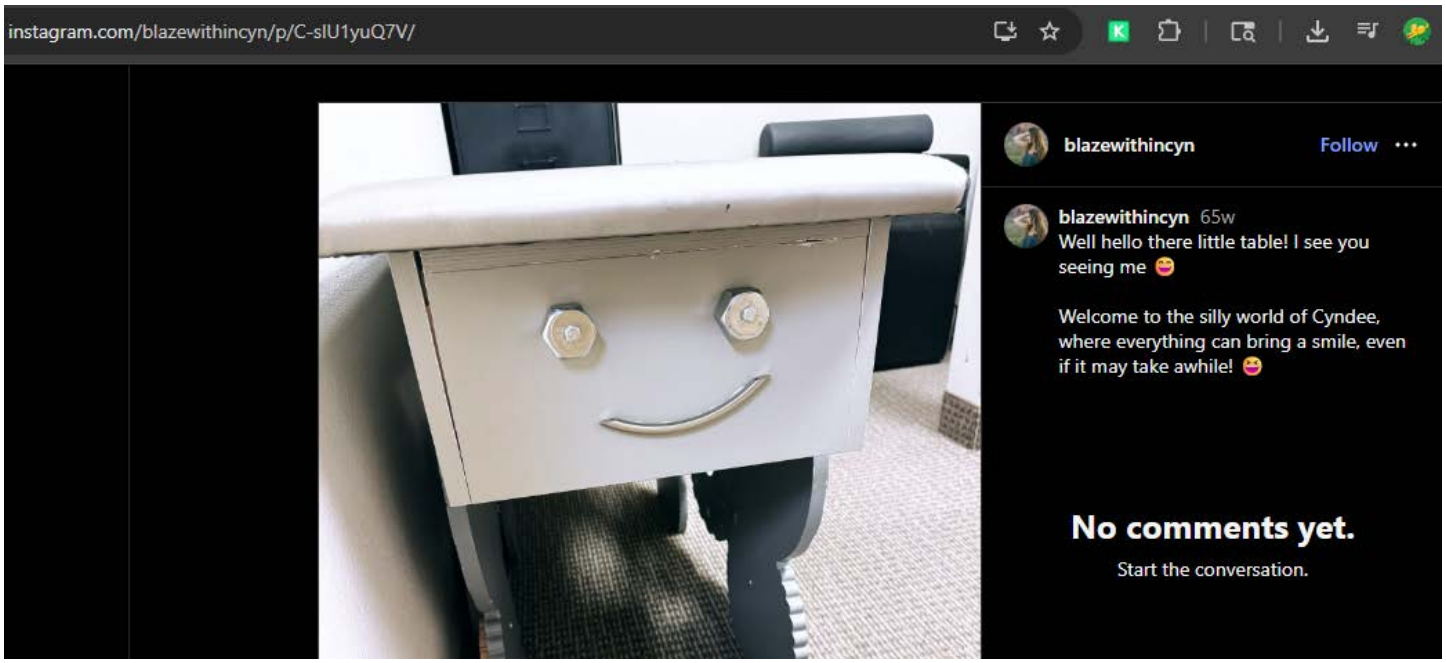
https://www.instagram.com/blazewithincyn/p/C-slU1yuQ7V/

Posted: Aug 15, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of a desk that looks like it has a face. This is also posted on Subject's Facebook account. Well hello there little table! I see you seeing me Welcome to the silly world of Cyndee, where everything can bring a smile, even if it may take awhile!


instagram.com/blazewithincyn/p/C-slU1yuQ7V/
blazewithincyn
Follow
blazewithincyn 65w
Well hello there little table! I see you seeing me
Welcome to the silly world of Cyndee, where everything can bring a smile, even if it may take awhile!
No comments yet.
Start the conversation.

Instagram

blazewithincyn/

System ID: 666249

Cynthia Lee Jacobson

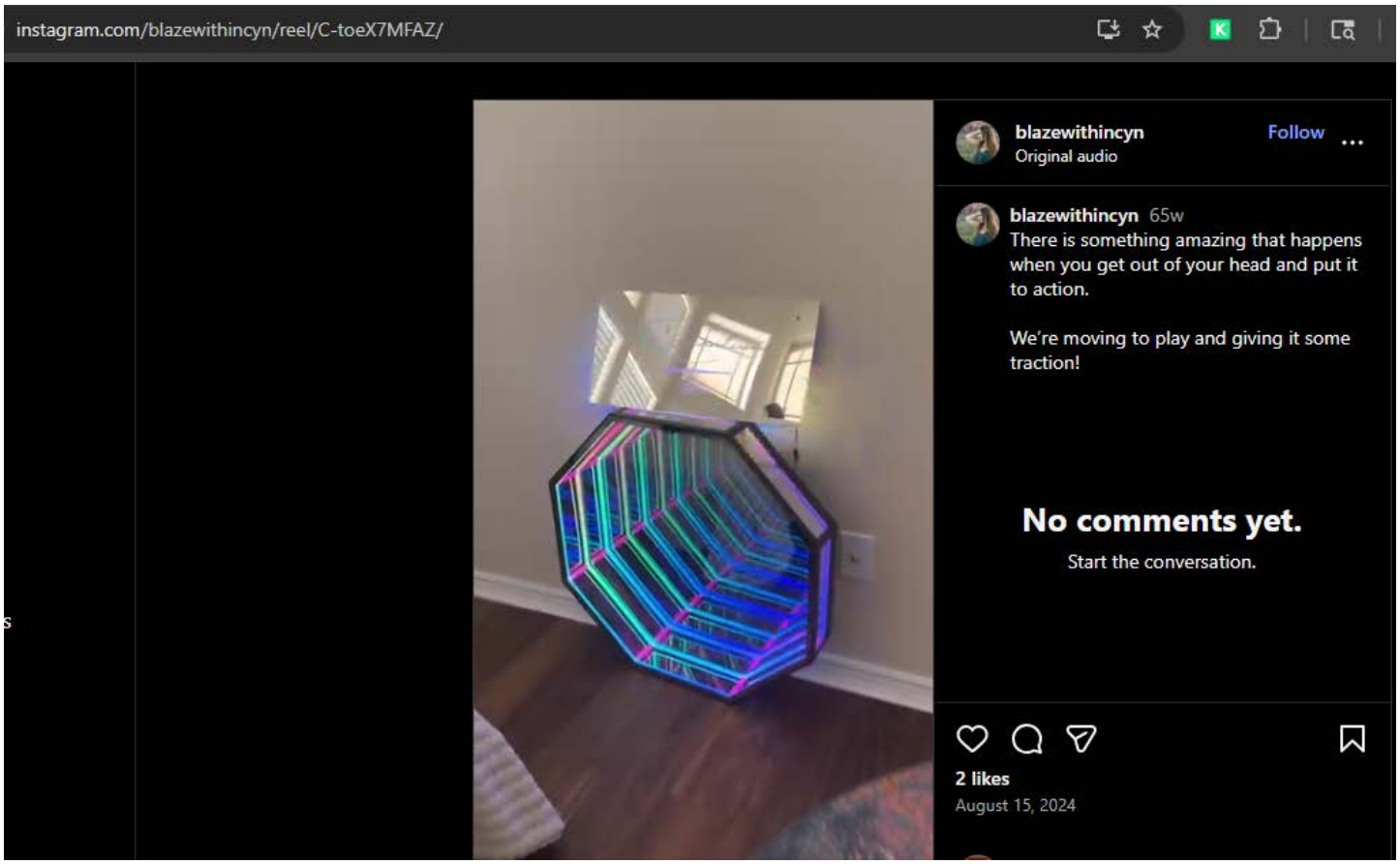
https://www.instagram.com/blazewithincyn/reel/C-toeX7MFAZ/

Posted: Aug 15, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of giving someone light therapy. There is something amazing that happens when you get out of your head and put it to action. We’re moving to play and giving it some traction!



Link to download video

Instagram

blazewithincyn/

System ID: 666248

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-t-AzKsMgx/

Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her son at a car service center, him giving her a hug and a selfie video of her in the car. She wrote that her son got her updated car registration when it was due, got a nail out of her tire, and took her car in for service. This is also posted on Subject's Facebook account. Something magical happens when you are busy raising and slaying dragons □□ One day those baby dragons wake up and have your back in the most amazing way imaginable. My whole life I have taken care of all of those around me, every last detail, to try to make their lives easier by not lifting a finger. Well this boy of mine has been taking care of me lately. He noticed my registration was up and registered my car. I got a nail in my tire and he took care of it. My car was due for a service and he did that too! I have always taken care of these things for myself, even when I was married. Thanks son! I love having a man in my life! He even washed up to give me a hug □□

instagram.com/blazewithincyn/reel/C-t-AzKsMgx/



blazewithincyn Follow
Joey Valence & Brae • HOOLIGA...

blazewithincyn Edited • 65w
Something magical happens when you are busy raising and slaying dragons 🐉🐲

One day those baby dragons wake up and have your back in the most amazing way imaginable.

My whole life I have taken care of all of those around me, every last detail, to try to make their lives easier by not lifting a finger.

Well this boy of mine has been taking care of me lately. He noticed my registration was up and registered my car. I got a nail in my tire and he took care of it. My car was due for a service and he did that too!

11 likes
August 16, 2024

instagram.com/blazewithincyn/reel/C-t-AzKsMgx/



blazewithincyn Follow
Joey Valence & Brae • HOOLIGA...

I have always taken care of these things for myself, even when I was married.

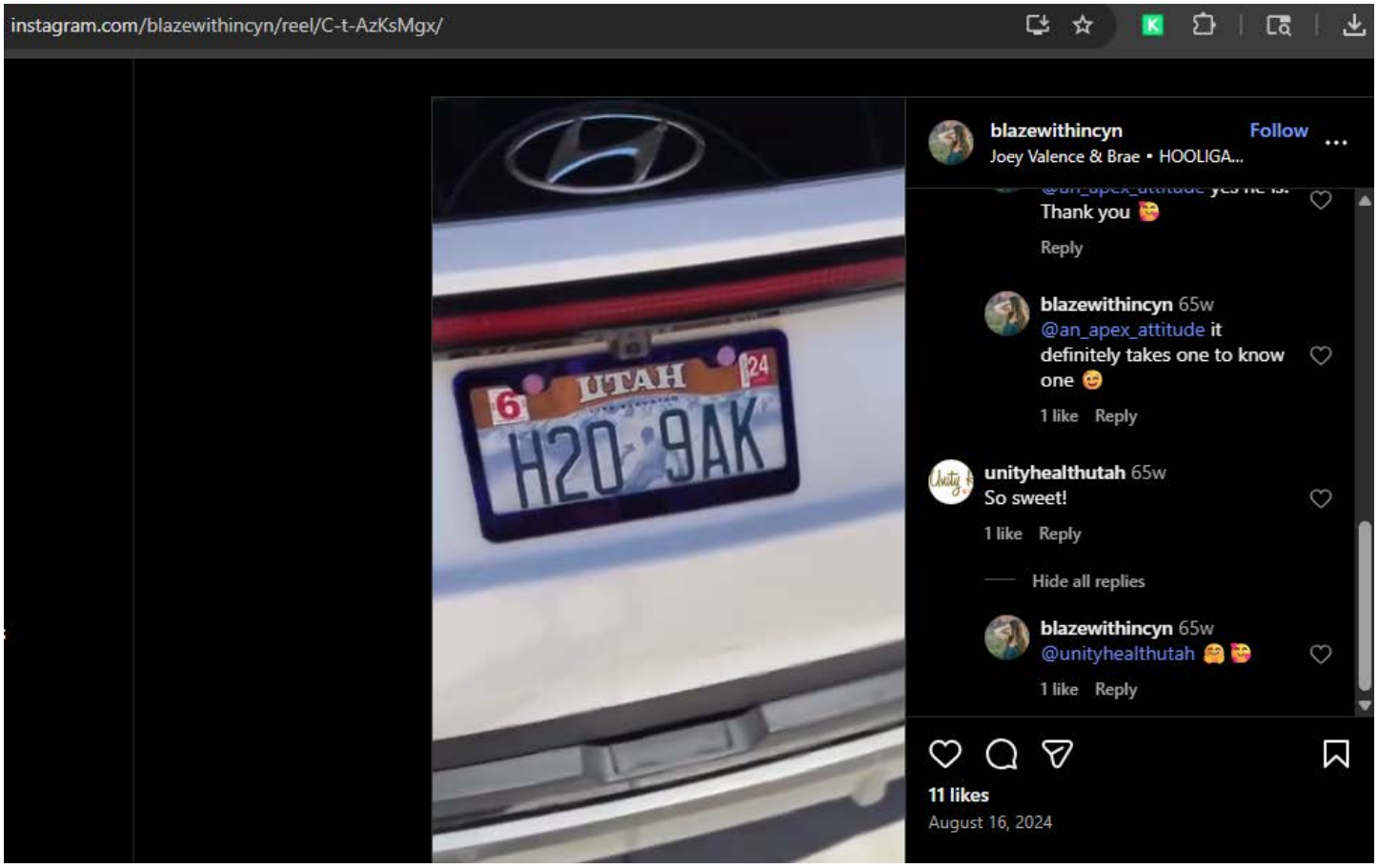
Thanks son! I love having a man in my life! He even washed up to give me a hug 😄😘

an_apex_attitude 65w
That son of yours is a fine young man! Such a gentle soul!
1 like Reply

Hide all replies

blazewithincyn 65w
@an_apex_attitude yes he is! Thank you 😘
Reply

11 likes
August 16, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 666243

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-uDisfu_E5/

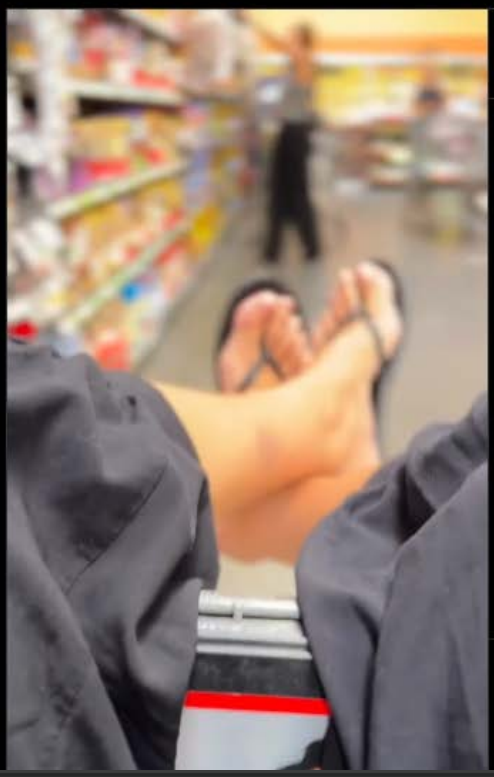
Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her daughter pushing her in a shopping cart at a grocery store. She said that when she was a child, her mom would have shopping cart races with her kids. This is also posted on Subject's Facebook account. Shopping cart fun with my little one! Glad this girl has fun with me even when I am a little cray cray This healed my heart so much today. My mom would hardly ever get out and play. But one thing we did when she was “being a kid” was shopping cart races when her heart was full of Aces! When she and her Husband David got together they along with his son Paul who was my age and I would go to the mall parking lot at night and push each other around in shopping carts. We would have shopping cart races and laugh and have so much fun!! I hardly ever saw my mom come out of her dark shell with all of her depression and in her own Hell. She had suffered so much from growing up to multiple abusive marriages. I used to lay beside her as she cried silently in bed, suffering in silence and in her own head. She never spoke of the traumas she suffered, feeling if she let them inside it would make us tougher. Instead she shut down, and then with a frown, would push us away to cry all night and all day. It broke my heart and I wished I could say, “Mom, we love you, it will all be okay!” But instead she stayed inside of her head and pulled up the covers to hide in her bed. So when she got out of that house and her own prison, by finding true love my mother had risen! I look back fondly on those days, for after all who doesn’t want to play? It was short lived and soon we were broken, taken from our home and no words were spoken. It was not easy to raise 12 kids, with multiple parents and pulling heart bids. They did the best that they could and that I now know, I wish that they saw how we did all grow! Maybe those days as rough as they were, were all for the best as we all grew to mature. It hasn’t been easy and once was all lost, but just this last summer our hearts did defrost. It took a long time and we still have some troubles, but once in our hearts we now have our sisters and brothers!

instagram.com/blazewithincyn/reel/C-uDisfu_E5/



blazewithincyn Follow
Original audio

blazewithincyn Edited • 65w
Shopping cart fun with my little one! Glad this girl has fun with me even when I am a little cray cray 🤪

This healed my heart so much today. My mom would hardly ever get out and play. But one thing we did when she was "being a kid" was shopping cart races when her heart was full of Aces!

When she and her Husband David got together they along with his son Paul who was my age and I would go to the mall parking lot at night and push each other around in shopping carts.

We would have shopping cart races and laugh and have so much fun!!

4 likes
August 16, 2024

instagram.com/blazewithincyn/reel/C-uDisfu_E5/



blazewithincyn Follow
Original audio

I hardly ever saw my mom come out of her dark shell with all of her depression and in her own Hell.

She had suffered so much from growing up to multiple abusive marriages.

I used to lay beside her as she cried silently in bed, suffering in silence and in her own head.

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Instead she shut down, and then with a frown, would push us away to cry all night and all day.

4 likes
August 16, 2024

instagram.com/blazewithincyn/reel/C-uDisfu_E5/



blazewithincyn Follow
Original audio

It broke my heart and I wished I could say, "Mom, we love you, it will all be okay!"

But instead she stayed inside of her head and pulled up the covers to hide in her bed.

So when she got out of that house and her own prison, by finding true love my mother had risen!

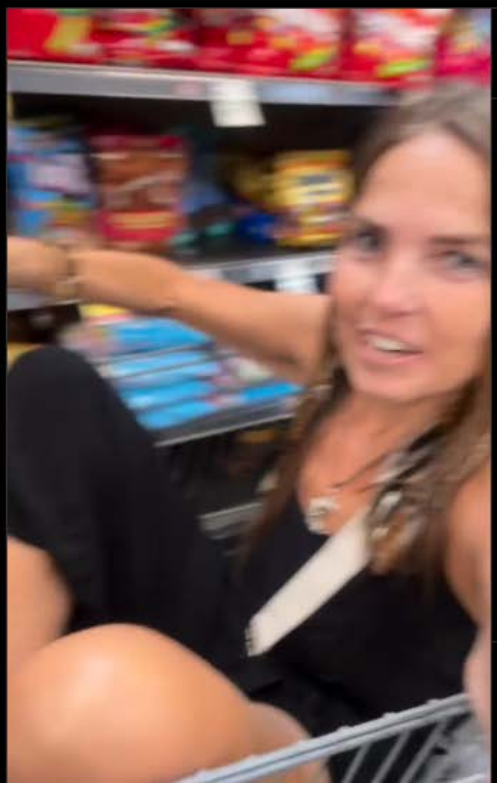
I look back fondly on those days, for after all who doesn't want to play?

It was short lived and soon we were broken, taken from our home and no words were spoken.

It was not easy to raise 12 kids, with multiple parents and pulling heart bids.

4 likes
August 16, 2024

instagram.com/blazewithincyn/reel/C-uDisfu_E5/



blazewithincyn Follow
Original audio

It was not easy to raise 12 kids, with multiple parents and pulling heart bids.

They did the best that they could and that I now know, I wish that they saw how we did all grow!

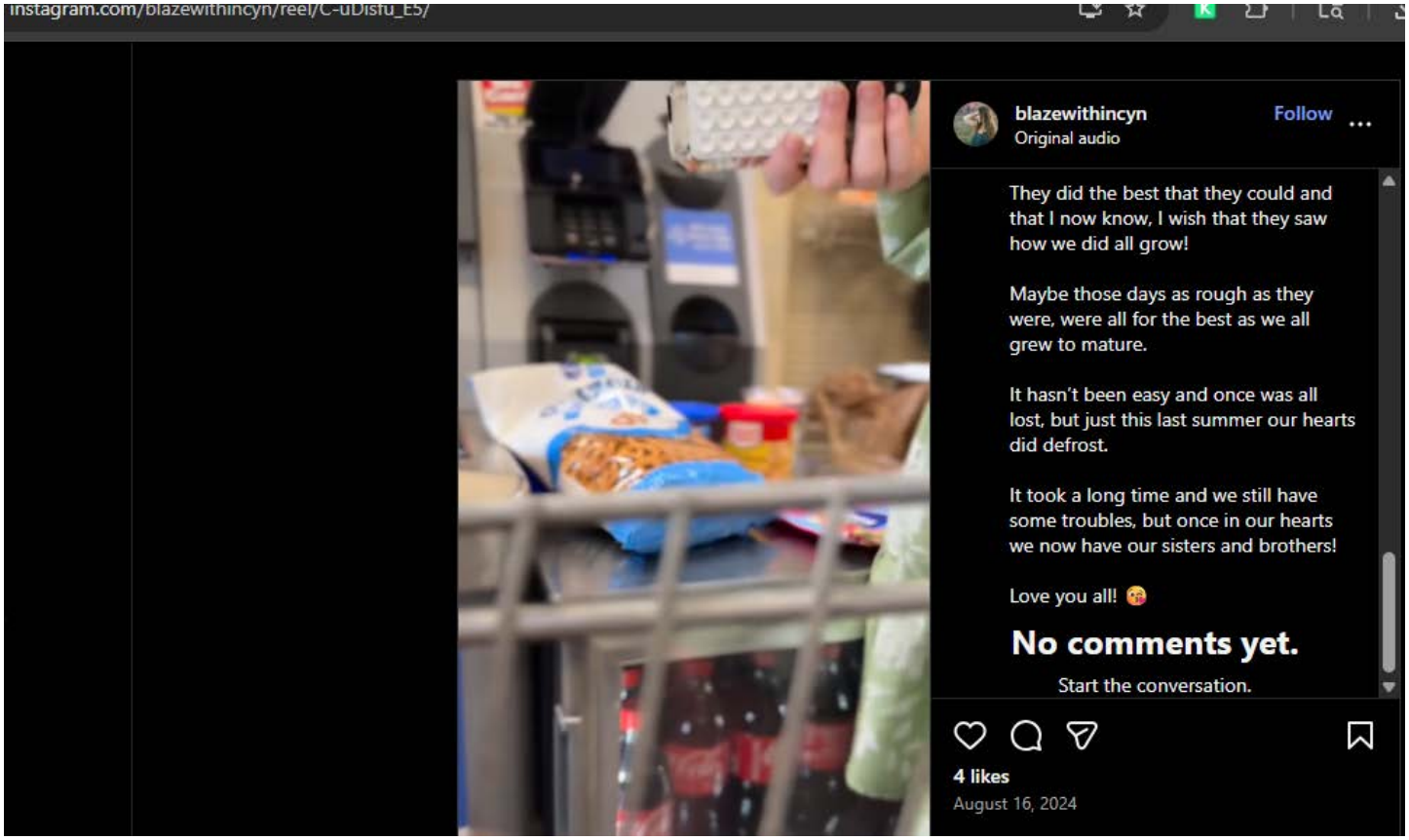
Maybe those days as rough as they were, were all for the best as we all grew to mature.

It hasn't been easy and once was all lost, but just this last summer our hearts did defrost.

It took a long time and we still have some troubles, but once in our hearts we now have our sisters and brothers!

Love you all! 😘

4 likes
August 16, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 666222

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-vUqr3ua0O/

Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video/photo montage of herself with a friend dancing, doing selfies, riding in a shopping cart, and playing a flute. In the comments, she talks about having near-death experiences and having decided to stop taking medical treatments and procedures and live her own life. This is also posted on Subject's Facebook account. Have you been living in your own house of pain? “Why are you choosing to relive your Mother’s experience?” My last NDE was the worst one yet. I had many NDE’s before, all with beautiful messages and a choice to come back, no matter how painful that choice may be. … continued in comments But this last one… This was the worst. The time before this my son said to me, “Mom, I want you to go and heal yourself, whatever you need. If you need doctors, or you need retreats, go do it. I know you can. I would rather you leave us now than have us watch you die in front of us and you still be gone in the end.” WOW! That was impactful. More on that later. But this last time, I wasn’t sure if I was coming back. I had stopped my medical treatments, and stopped letting them test me with invasive procedures, only to give me a death sentence. I was told from above if I kept going that route it was only a matter of time. Instead the message was to “start living” inside of my head. I anchored a place in for myself to live, and thought I might die there all alone. I phoned all my children and said mom has come home. I hoped that they’d stay where they were living at bay, for I did not know if I’d see another day. But each they came back, not skipping a whack. And while I was glad my heart was still sad. I don’t know how long I would last, but at least they had me home from the past. I passed out and fell and for all it was hell, as this time they did not know if I would come back. I split open my head laying in my own blood, and with that great flood this time I WAS dead. With 10 broken ribs from CPR that they did, not once but 7 times, life slipped from my eyes. This time it’s lights out with no messages of glory, it was a white out as I lay there all gory. My son stood there all tall, holding in the tears that may fall. He watched in his grief not knowing, for this time mom had no life left showing. The message instead inside of my head was lights on or lights off, this time were not playing. “Are you in or are you out?” The message did shout. What does that mean, do you know the pain I have seen?

instagram.com/blazewithincyn/reel/C-vUqr3ua0O/



blazewithincyn Follow
Original audio

blazewithincyn Edited • 65w
Have you been living in your own house of pain?

"Why are you choosing to relive your Mother's experience?"

My last NDE was the worst one yet. I had many NDE's before, all with beautiful messages and a choice to come back, no matter how painful that choice may be.

... continued in comments

But this last one... This was the worst.

The time before this my son said to me, "Mom, I want you to go and heal yourself, whatever you need. If you

8 likes
August 16, 2024

instagram.com/blazewithincyn/reel/C-vUqr3ua0O/



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need doctors, or you need retreats, go do it. I know you can. I would rather you leave us now than have us watch you die in front of us and you still be gone in the end."

WOW! That was impactful.

More on that later.

But this last time, I wasn't sure if I was coming back.

I had stopped my medical treatments, and stopped letting them test me with invasive procedures, only to give me a death sentence. I was told from above if I kept going that route it was only a matter of time.

Instead the message was to "start

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living" inside of my head.

I anchored a place in for myself to live, and thought I might die there all alone. I phoned all my children and said mom has come home.

I hoped that they'd stay where they were living at bay, for I did not know if I'd see another day.

But each they came back, not skipping a whack. And while I was glad my heart was still sad.

I don't know how long I would last, but at least they had me home from the past.

I passed out and fell and for all it was hell, as this time they did not know if I

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would come back.

I split open my head laying in my own blood, and with that great flood this time I WAS dead.

With 10 broken ribs from CPR that they did, not once but 7 times, life slipped from my eyes.

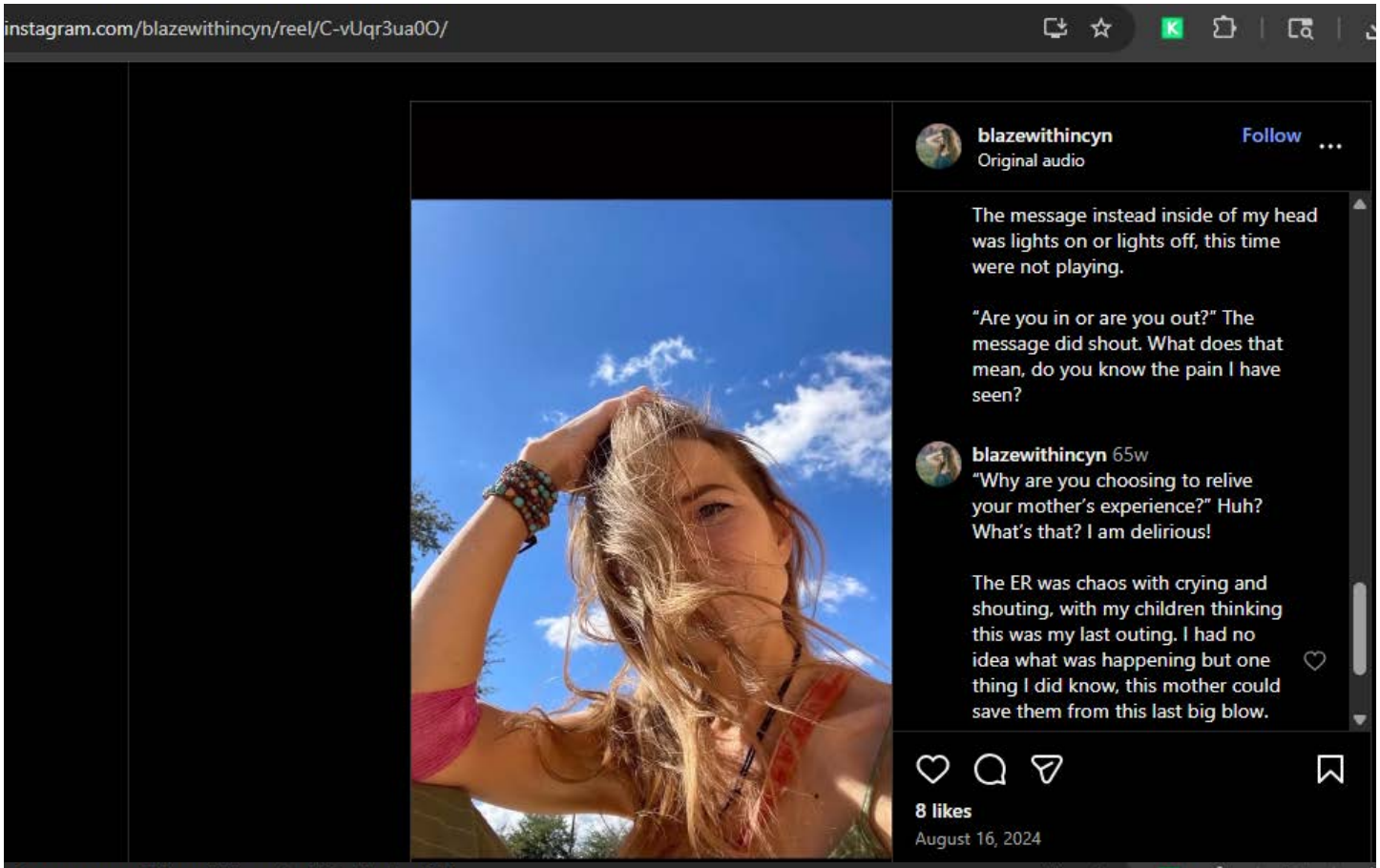
This time it's lights out with no messages of glory, it was a white out as I lay there all gory.

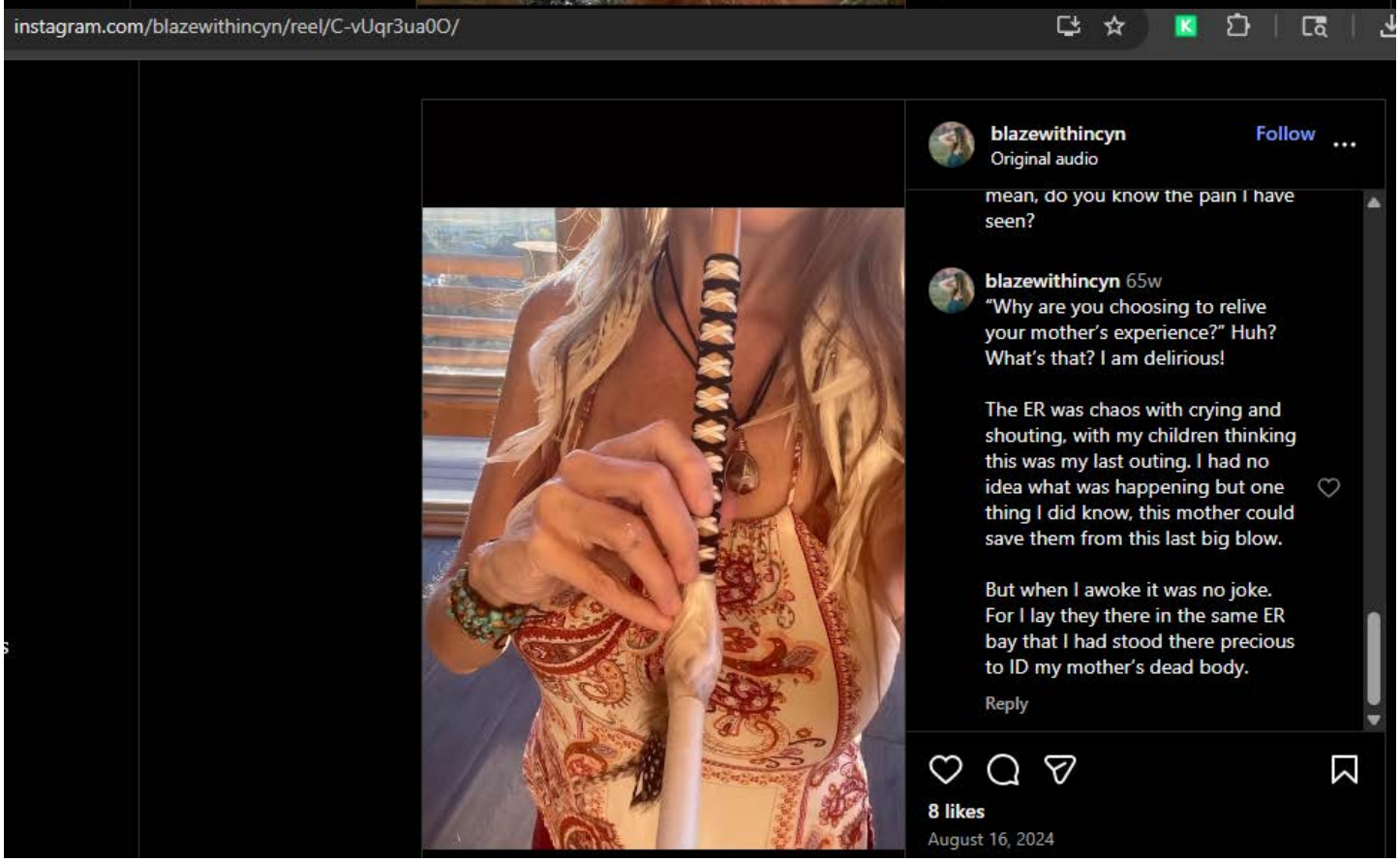
My son stood there all tall, holding in the tears that may fall.

He watched in his grief not knowing, for this time mom had no life left showing.

The message instead inside of my head

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August 16, 2024





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Instagram

blazewithincyn/

System ID: 666173

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-vbsfzPKmu/

Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video/photo montage of a trip she took to Bali. In the comments, she recaps her health problems, which nearly killed her, changing careers and her marriage to a man who was an abusive, alcoholic, and a gambler. This is also posted on Subject's Facebook account. An amazing thing happens when you leave your house of pain, you begin to feel life surge yet again through your veins. March 2019 I made a decision to do something for myself. It was the first time I had ever allowed myself something fun solely for me. Wait what? Are we really doing this?! I had already escaped death more times than I could count. I had been stripped of my health, my career, and my ability to walk. I came back victorious and removed the disability that had been placed on me. But what did I do? Immediately went straight back to work, in yet a third career working real estate. Not only that, but I my own non profit, which stripped me of any of my own I was working myself to death yet again. I needed a break. On top of that I was living a secret life at home. One who anyone would have yanked me out of if only they had known. I was in an abusive marriage married to a gambling alcoholic. Not only that, but I was constantly being accused of cheating and denied any marital satisfaction. Oh shit. Am I really going to say this? I guess so, so here I am. I was so ashamed of the pain I was living. I did not want to admit everyone was right. I should not have married a man I knew only 21 nights. But I was living in my own sort of hell even then, when my first husband ended his life, then everyone judged me simply for being his wife. I was alone even then with three small children to raise, with the weight of the world and in a haze. I thought he might help, instead I was wrong. He added more trauma and strung me along. So when this trip popped up, it was a retreat, I ran through my head over and over on repeat. How can I go and do something for myself? But if I did not I would again lose my health. So off to Bali we flew, a trip much needed with only one person knew. The first days was hell and I questioned my decision. But on I pressed with utmost precision. The first day was a trek to a great waterfall, I felt I may not make it to the end at all. When we got there and under I stood. The water did tell me “Let go of control!” What do you mean, it’s all that I know!

instagram.com/blazewithincyn/reel/C-vbsfzPKmu/



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blazewithincyn Edited • 65w
An amazing thing happens when you leave your house of pain, you begin to feel life surge yet again through your veins.

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It was the first time I had ever allowed myself something fun solely for me.

Wait what? Are we really doing this?!

I had already escaped death more times than I could count. I had been stripped of my health, my career, and my ability to walk.

I came back victorious and removed the

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August 16, 2024

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I came back victorious and removed the disability that had been placed on me. But what did I do? Immediately went straight back to work, in yet a third career working real estate. Not only that, but I my own non profit, which stripped me of any of my own 😅

I was working myself to death yet again. I needed a break.

On top of that I was living a secret life at home. One who anyone would have yanked me out of if only they had known.

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August 16, 2024

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But I was living in my own sort of hell even then, when my first husband ended his life, then everyone judged me simply for being his wife.

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I thought he might help, instead I was

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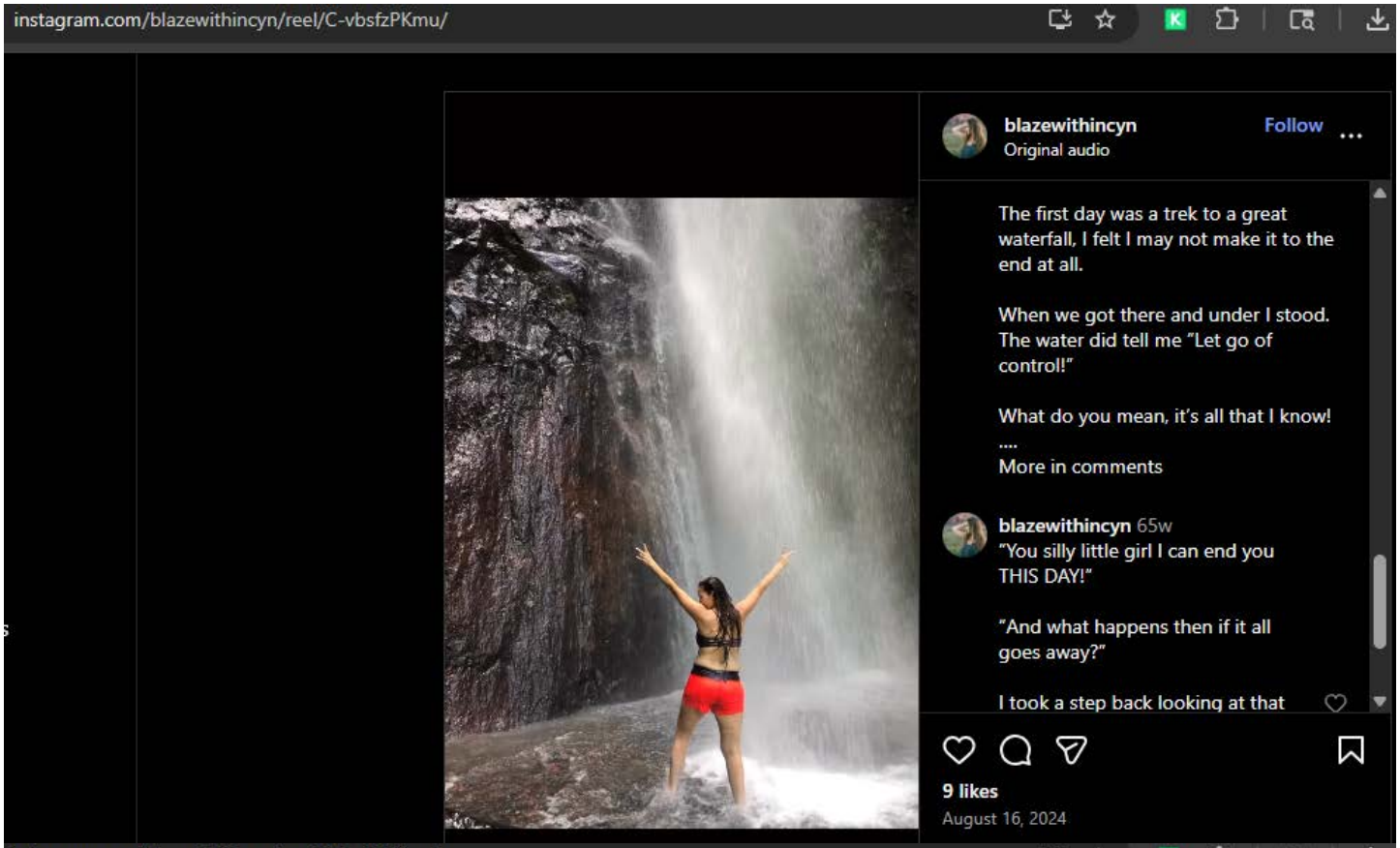
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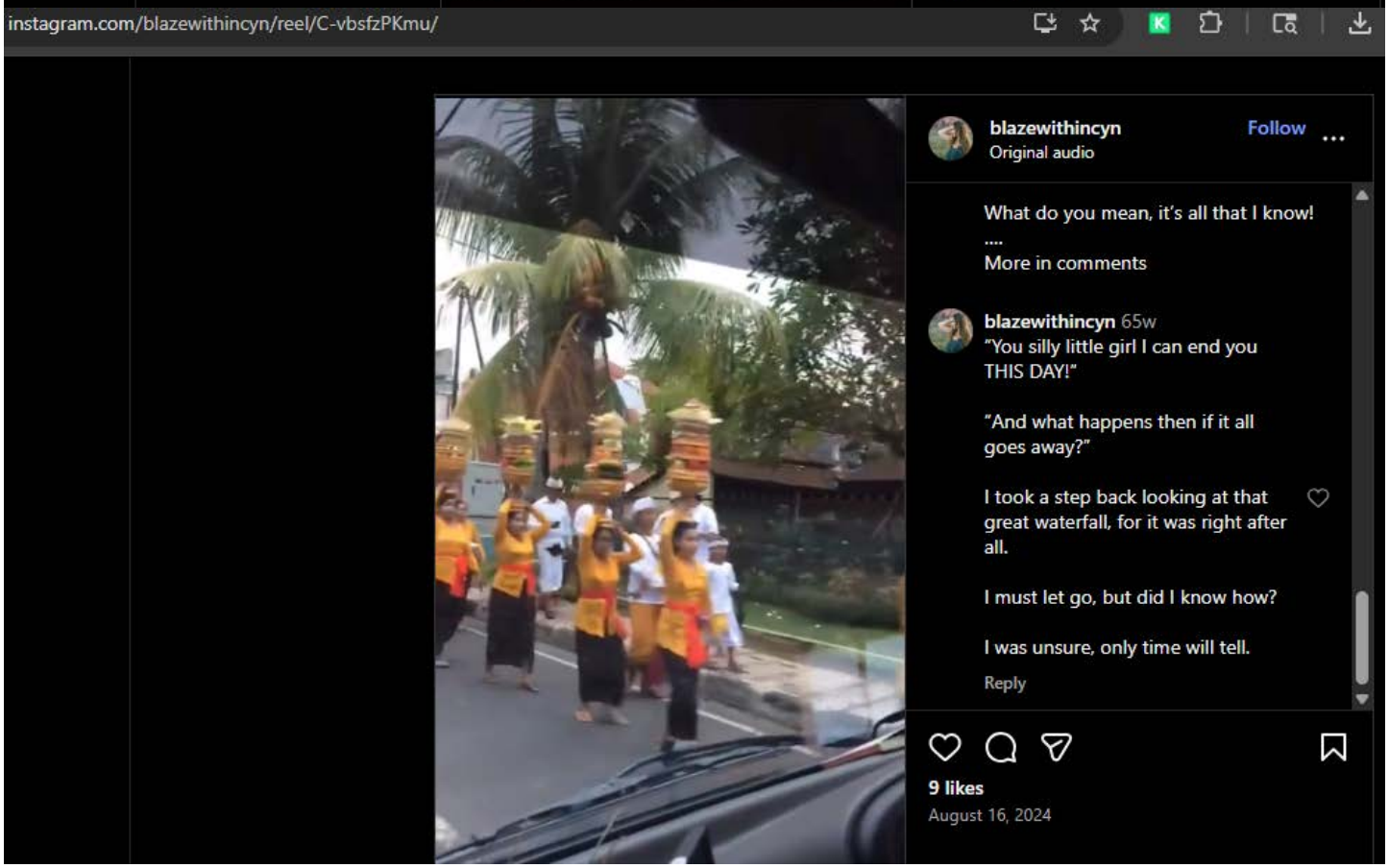
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The first day was a trek to a great

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August 16, 2024





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Instagram

blazewithincyn/

System ID: 666165

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-vpbEtvdTa/

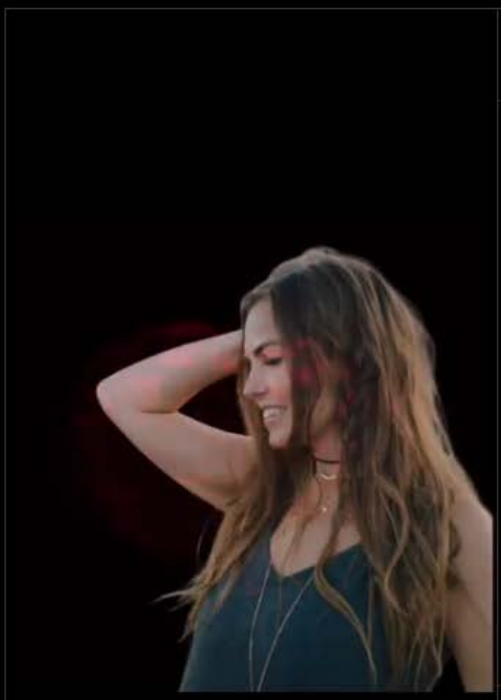
Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video/photo montage that includes a picture of her and of rubies. She wrote that she was finding what your gemstone shows about your personality. This is also posted on Subject's Facebook account. I see everyone as gemstones beneath their own pain, for just past the pain there’s more to explore. And what comes from the pain is their own inner beauty! I have been writing about this and sharing it with close friends. And while that is how I see everyone, I do not know which specific gemstone they are until it is revealed to me by our connection. I have only had three specific gemstones revealed to me. The first was a surprise and I was shocked when it came in. That was a few months ago. The second was recent and just a day later a third. It has been fascinating to me to see their inner beauty in such a way. Which I have always known for myself, but it is not until they can see themselves through my eyes, and receive their own beauty that is then reflected back to me. I am so grateful for these precious gemstones in my life. And without them I may not be here. So when just yesterday a dear friend said to me. “Cyndee you say this, but do you see your own inner beauty?” I thought that I had especially now with all I’ve been through and still standing to this day. But my own gemstone had not yet been revealed to me in this way. That is until today. It just happened! I was quite surprised. But when I finally released myself of my own secrets and lies, it hit me like a ton of bricks and yet washed over me so gently and beautifully. I am a ruby! But of course you might say! That is the gemstone of my birth month. But I did not see it until just now. So then I looked up the meaning of the ruby: As a ruby, I embody passion, energy, and courage. I’m here to protect and transform, turning challenges into opportunities. With my powerful energy, I’m manifesting dreams and staying grounded and focused. Let’s shine bright together! □□ □ Embracing my inner ruby!

instagram.com/blazewithincyn/reel/C-vpbEtvdTa/



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I see everyone as gemstones beneath their own pain, for just past the pain there's more to explore. And what comes from the pain is their own inner beauty!

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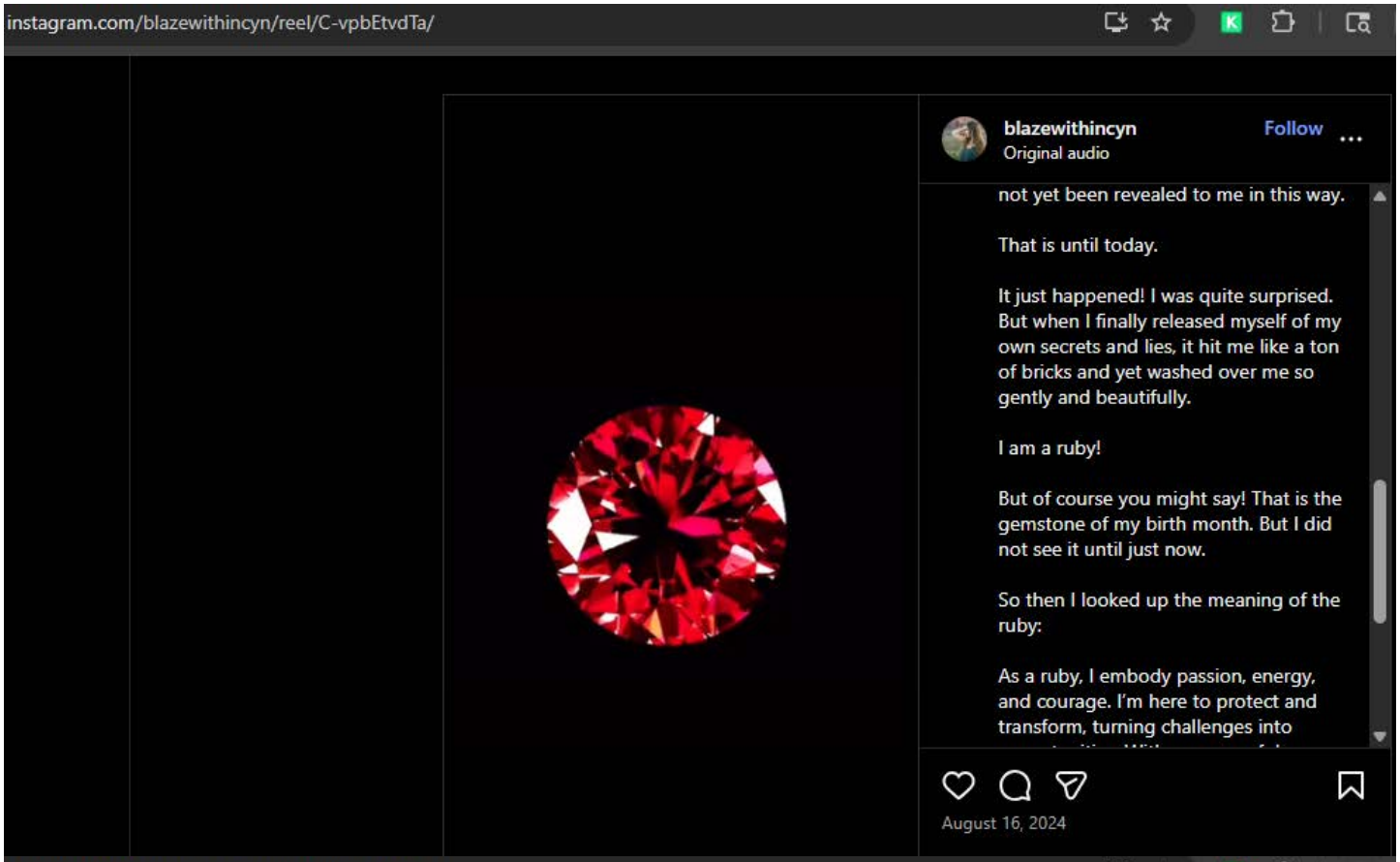
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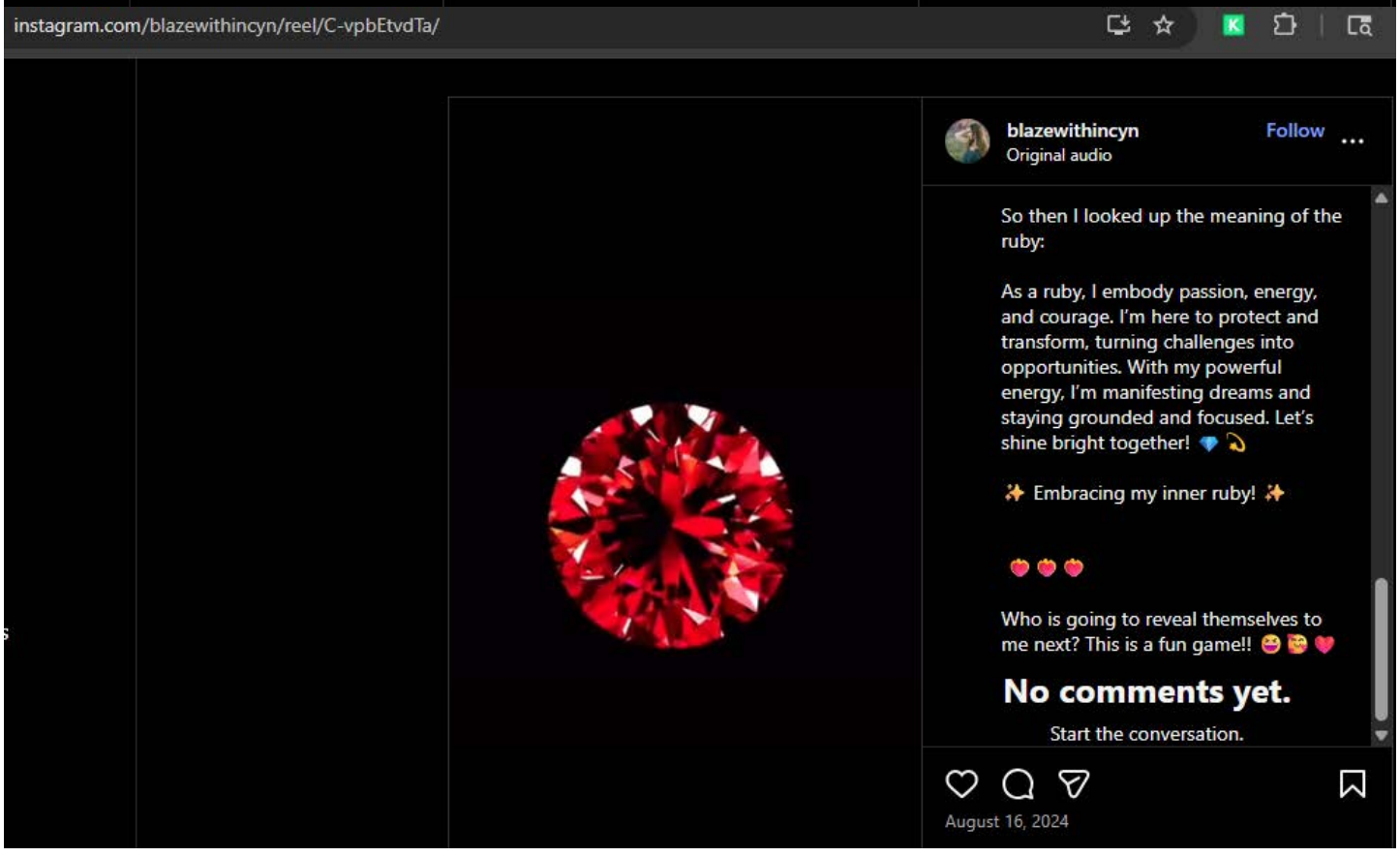
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August 16, 2024





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Instagram

blazewithincyn/

System ID: 666160

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-vvfmQv73e/

Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a photomontage of herself and a friend. She comments that she had met her at the "Sextacy" retreat. She reveals that her ex-husband was addicted to porn, and they had a sexless marriage for 7 years. This is also posted on Subject's Facebook and TikTok accounts. There is an amazing thing that happens when you see yourself through someone else's eyes that truly loves and believes in you, if you can only just receive that reflection. This beautiful goddess right here I met in September of 2019 at a retreat that stretched my boundaries like no other. It was called "Sextacy" and even the thought of it triggered me so badly. I had seen it being advertised and it caught my eye. But everything inside of me wanted to run and hide. Then they said "If this triggers you then there may be something here for you." All I knew is I had been trapped in a sexless marriage for 7 years and I had shut down that part of me for what at the time I said would be an eternity. For when I commit, I commit, and if my husband didn't want me, then what did that mean? I must be ugly, or worthless and everything in between. And even at that I made it somehow my fault, maybe I just wasn't desirable or good enough at all. I even did a boudoir photo shoot just for him. And when the album came they sent two by mistake. I told a friend and she said "keep it for you." I thought "No way!" And hid it in shame. He was addicted to porn so I thought maybe this would intrigue him. Instead he barely gave it a glance and tossed it on a high shelf to collect dust. With that I allowed my heart to rust. It wasn't until our divorce and he was moving away, that he snatched the book from me and looked at it that day. Looking at all he had lost and yet I sat empty. I had given him everything and oh he had plenty! When I met this beautiful goddess at the retreat, she told me how beautiful I was and while it was sweet, I silently cried and internalized, didn't she know I just wanted to die? How could I be beautiful in anyone's eyes, if back at home with secrets and lies, sat a husband furious that I had gone to this retreat accusing me of infidelity. This retreat was anything but that. Instead what it gave me was my life back. Everything in me wanted to run that first night, feeling terrified and shaking in fright.

instagram.com/blazewithincyn/reel/C-vvfmQv73e/



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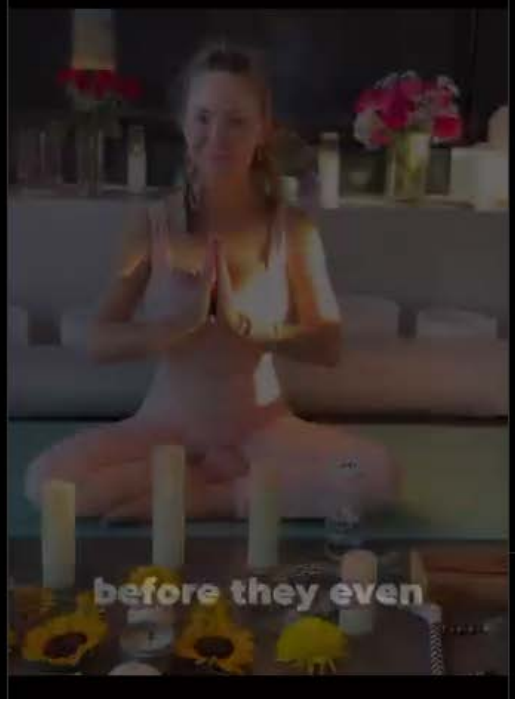
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instagram.com/blazewithincyn/reel/C-vvfmQv73e/



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All I knew is I had been trapped in a sexless marriage for 7 years and I had shut down that part of me for what at the time I said would be an eternity.

For when I commit, I commit, and if my husband didn't want me, then what did that mean?

I must be ugly, or worthless and everything in between.

And even at that I made it somehow my fault, maybe I just wasn't desirable or good enough at all.

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[illegible] just wanted to die?

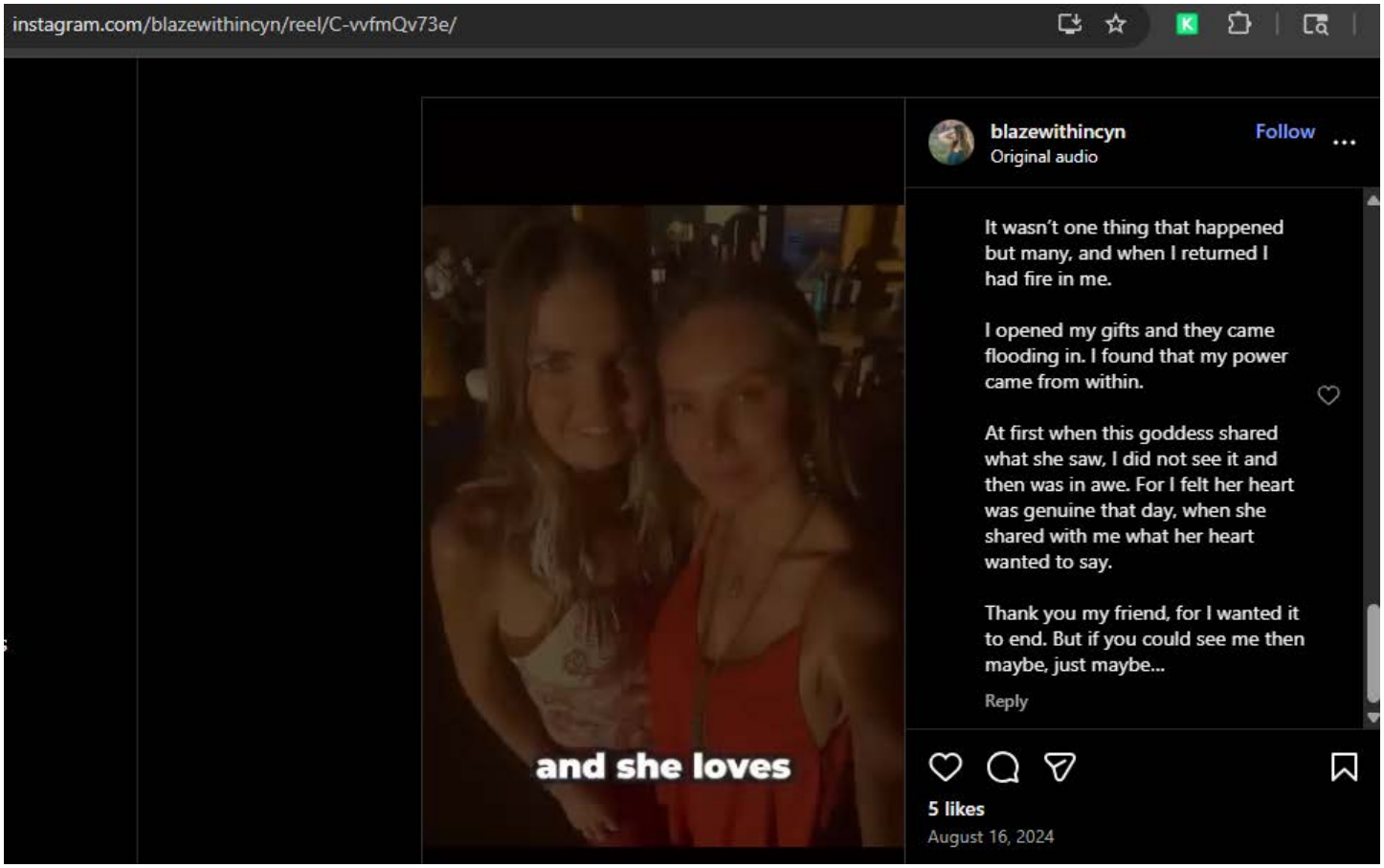
How could I be beautiful in anyone's eyes, if back at home with secrets and lies, sat a husband furious that I had gone to this retreat accusing me of infidelity.

This retreat was anything but that. Instead what it gave me was my life back.

Everything in me wanted to run that first night, feeling terrified and shaking in fright.

blazewithincyn 65w
But instead what I received was such a gift. For the first time ever my heart had a shift.

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Instagram

blazewithincyn/

System ID: 666102

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-v7tsOvCps/

Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted pictures of her son, Covin. In the comments, she recalls when he was 2 and walked out the front door while she was painting. When she realized he was gone, she ran out looking for him. His dad had picked him up and did not let her know, and told her she was a bad mother. This is also posted on Subject's Facebook account. You know it is funny, I have always seen myself in my girls. But in the moment just now with this post I see beneath it all his heart the most. His cheeks and his curls, I see our reflection of our teeth and our smiles he is my greatest protection. This boy of mine has always been a big teddy bear. He was the most snuggly, the most giggly, the most inquisitive and the most intelligent boy I have ever known. After his brother died things changed between us, and it just got worse when his father ended his own life. I didn't see it then, but I do now. I was terrified to leave my heart open to him on so many levels. What if he died too, or worse… What if he was given his father's "curse." I was so scared I failed as a mother, how could I protect him when I could not protect his brother? So my fears played out quickly when we moved to a new house to escape our reality. I was home painting the walls with a friend, how did I know it was then it would end? He was barely two and so small, and when my back turned he slipped past my heart wall. He tried the front door, the handle a lever and oh I'm sure he felt so clever! He sneaked his escape and when I turned around, no where in sight was my son to be found. I ran outside my heart ripped open wide. Where was he? There's no where to hide! I began screaming and crying in fright, for my lost little boy was no where in sight! My friend sad his dad must have got him. No! He wouldn't do that to me, he would tell me I'm frightened! But instead she was right, he scooped him up and took him from sight. He turned off his phone and left me befallen, there no way he'd not answer when I was calling! When he returned he said he'd teach me a lesson, for I was a bad mother to let him get past me. My heart shattered into a thousand pieces that day, for it was just weeks before I also lost his brother. It must be my fault, I am a bad mother! So I shut down some more I had no more left in me with my heart still so sore. Then when his dad died as well, I got in my head and created my own hell, that my son too might kill himself. For after all this mental illness ran in the family and was male prominent.

instagram.com/blazewithincyn/reel/C-v7tsOvCps/



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You know it is funny, I have always seen myself in my girls. But in the moment just now with this post I see beneath it all his heart the most. His cheeks and his curls, I see our reflection of our teeth and our smiles he is my greatest protection.

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August 16, 2024

instagram.com/blazewithincyn/reel/C-v7tsOvCps/



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Original audio

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What if he died too, or worse... What if he was given his father's "curse."

I was so scared I failed as a mother, how could I protect him when I could not protect his brother?

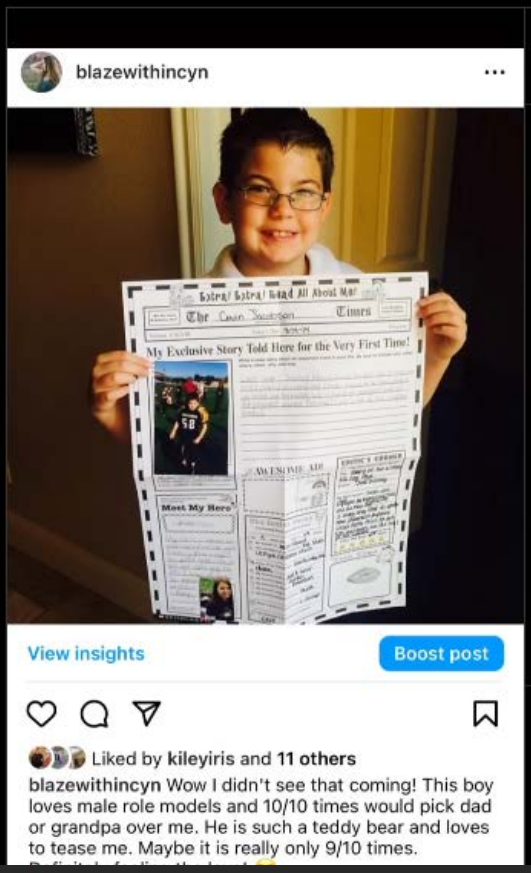
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He was barely two and so small, and when my back turned he slipped past my heart wall.

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I ran outside my heart ripped open wide. Where was he? There's no where to hide!

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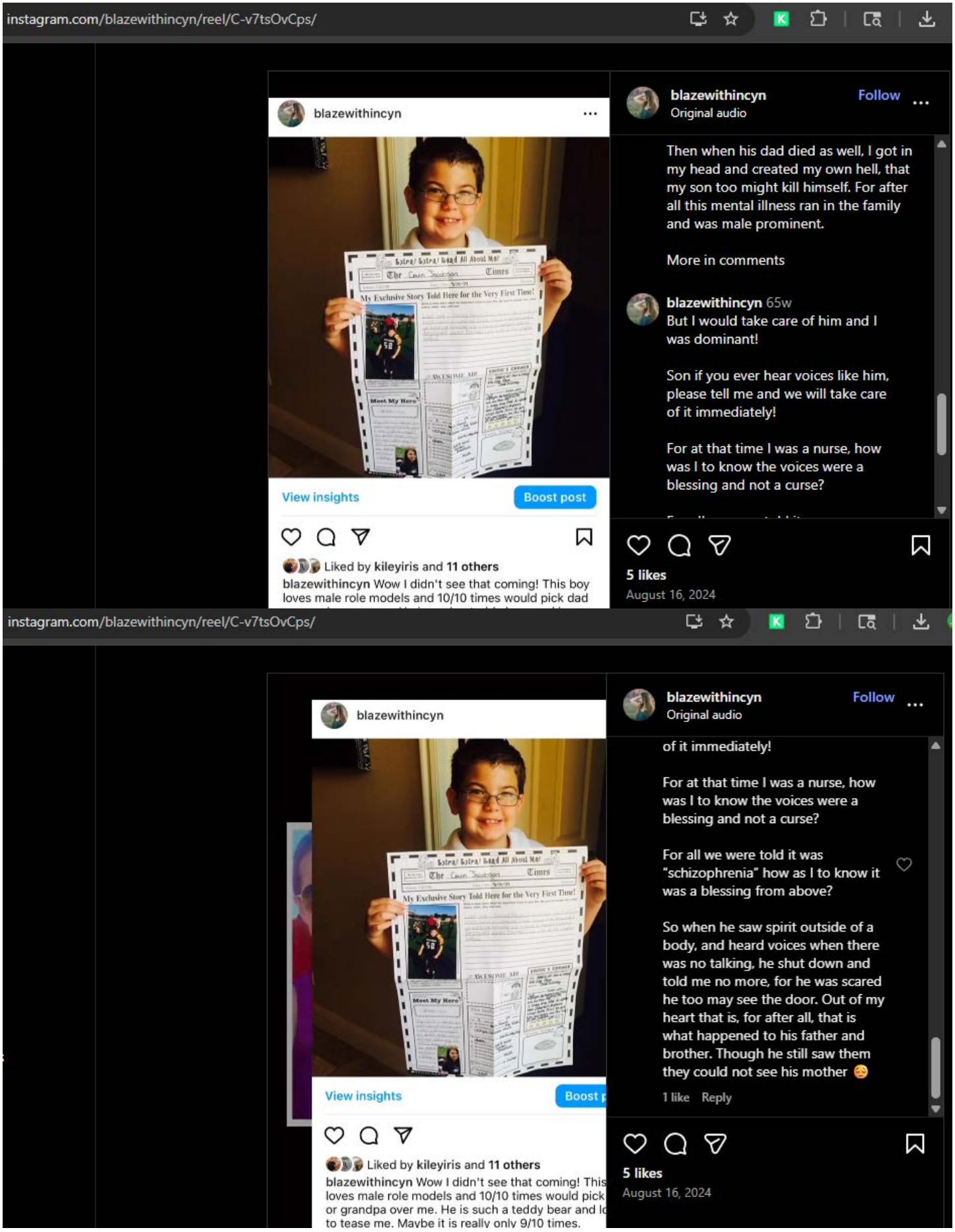
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So I shut down some more I had no more left in me with my heart still so sore.

Then when his dad died as well, I got in

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August 16, 2024



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Instagram

blazewithincyn/

System ID: 666094

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-wChODPG5Z/

Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted videos and pictures of taking her son, Covin, skydiving for his 18th birthday. There are also pictures of Subject and her daughters. Subject said that she was feeling frail before the dive. Subject does mention that her ribs hurt during the trip. This is also posted on Subject's Facebook account. Man I am so stupid! I spent a lifetime trying to protect everyone except for those that deserved it most. I thought if everyone outside of me was happy then I would be protected and happy but that couldn’t be further from the truth. This boy is my biggest hero. He made a poster about me being his biggest hero when he was little (picture in last post) and I was so surprised! He always seemed to cling on to male family members the most. It warmed my heart so big to see his poster that day, and still makes my heart swell from the inside. I’ve promised my kids I would take them each skydiving on their 18th birthday, and how could I let him down? I was barely alive but I did not want to disappoint him. I was unsure if I would pass out from the altitude, and I was so fragile I was worried my bones would break. But I did not want to disappoint him when his heart was at stake. So I pretended all was okay, after all I knew no other way. I did not want to let on that I thought I might not make it. I promised him after all. When we went travelling the country he was stuck to my side. I could not take a step with out him bumping into me. I was so frustrated and just wanted a breath. But little did I know he was afraid of my death. I thought I was keeping it well hidden, but to him it was obvious his mother was ridden. Please take a step back I would say, don’t you know you are safe without me? I’d beg and he’d pray. For he knew what was really at stake, it wasn’t him he was worried about after all, it was his mother he felt may slip or might fall. So on this day I pushed myself through pretending to play. For I had made a promise to him after all. Little did I know he knew it all, I thought I’d die. Not from the experience that was not the fear, but my body was weak and barely alive. Even at this point the secrets I did hide and tried to force his adoptive father to be there for him when all along he only wanted me.

instagram.com/blazewithincyn/reel/C-wChODPG5Z/



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Tim McGraw • Live Like You Wer...

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August 16, 2024

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Tim McGraw • Live Like You Wer...

I've promised my kids I would take them each skydiving on their 18th birthday, and how could I let him down? I was barely alive but I did not want to disappoint him. I was unsure if I would pass out from the altitude, and I was so fragile I was worried my bones would break.

But I did not want to disappoint him when his heart was at stake. So I pretended all was okay, after all I knew no other way. I did not want to let on that I thought I might not make it. I promised him after all.

When we went travelling the country he was stuck to my side. I could not take a step with out him bumping into me.

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August 16, 2024

instagram.com/blazewithincyn/reel/C-wChODPG5Z/



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I was so frustrated and just wanted a breath. But little did I know he was afraid of my death.

I thought I was keeping it well hidden, but to him it was obvious his mother was ridden.

Please take a step back I would say, don't you know you are safe without me? I'd beg and he'd pray. For he knew what was really at stake, it wasn't him he was worried about after all, it was his mother he felt may slip or might fall.

So on this day I pushed myself through pretending to play. For I had made a promise to him after all. Little did I know he knew it all, I thought I'd die.

Not from the experience that was not

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August 16, 2024

instagram.com/blazewithincyn/reel/C-wChODPG5Z/



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Not from the experience that was not the fear, but my body was weak and barely alive.

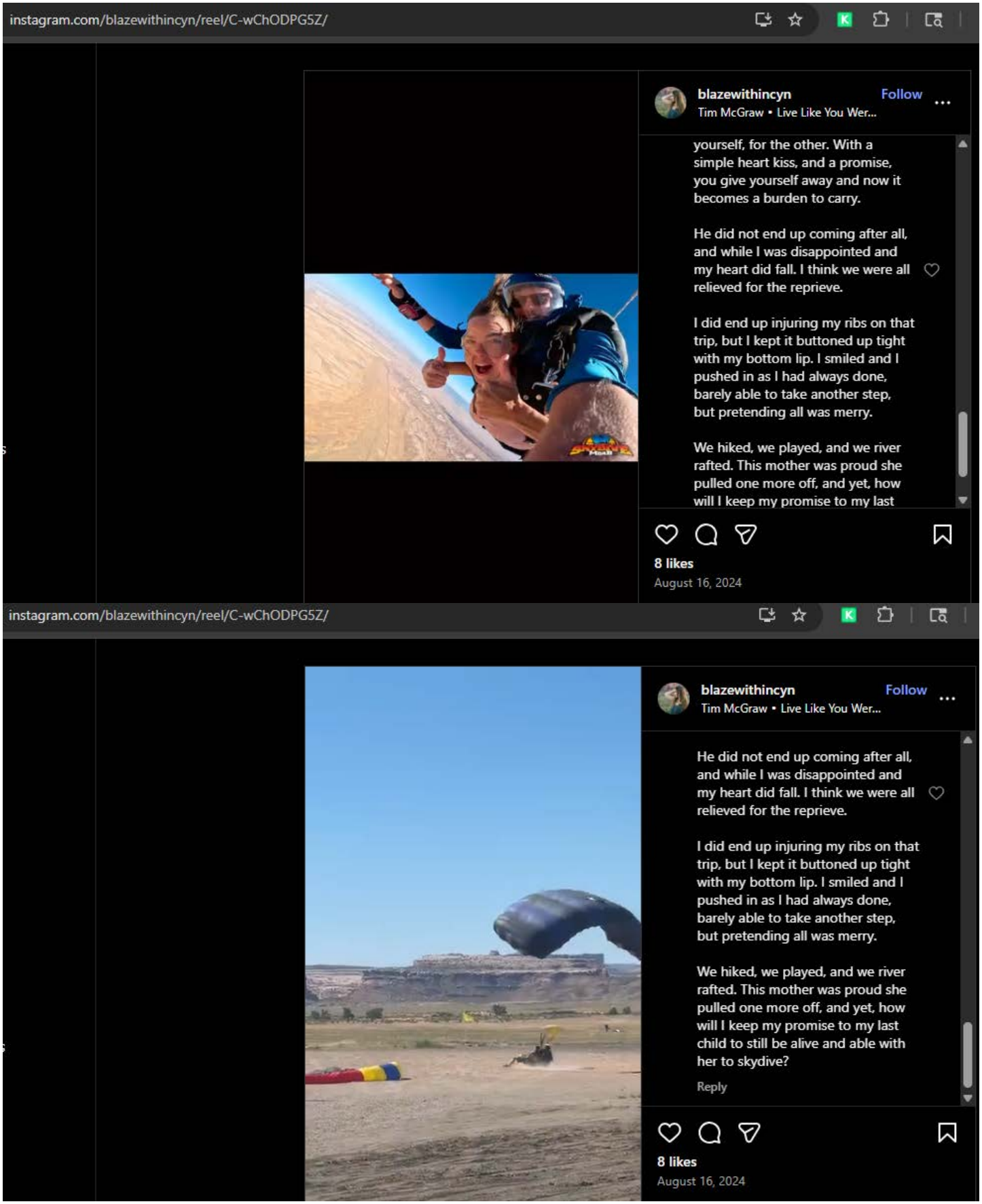
Even at this point the secrets I did hide and tried to force his adoptive father to be there for him when all along he only wanted me.

More in comments

blazewithincyn 65w
If that's what I wanted, then he must too! So I offered to pay for the gas and the food. It did not end there and in my despair, I paid for it all to protect my heart wall.

What I know now you cannot do for another, that which you wished for yourself, for the other. With a

8 likes
August 16, 2024



[Link to download video]

Instagram

blazewithincyn/ | Posted: Aug 16, 2024
System ID: 666083 | Captured: Nov 17, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C-wWarysgMm/

After DOI

Subject posted a video/photo montage including her and her daughter, Cemree, and Subject working on a painting and eating a meal. In the comments, Subject mentions that while she had been in a hospital and at a retreat stating she thought she was dying. At this time, she was contacted by Cemree, who was worried about crashing. Subject assured her she would be OK. Cemree then took an overdose of pills and ended up in the hospital. Subject had to call the hospital to authorize care for her daughter. Subject did stay at her retreat, feeling it was best for her own health. This is also posted on Subject's Facebook account. As I am writing today I took some time to be with my daughter. It is interesting what she chose to bring up. In September 2022 was when I went away to “heal myself,” as my son gave his strict orders. I was getting testing done in Salt Lake and while I was there I ended up at two different retreats that friends of mine were hosting. So I did exactly what my son told me The timing of all of it was just impeccable, but I never believe in accidents. While I was there my daughter called me terrified they were going to crash. I told her to breathe and all would be okay. What she didn’t know was just at that moment I had nearly checked off this planet. Her phone call saved me that day, though she had no idea of knowing. Shortly after that she ended up in the hospital attempting to take her life. While she did not know consciously just how close to death I was, her heart knew. And once back in her body she felt the heaviness of it and shortly thereafter took a bunch of pills. She ended up in the ER with my sister in law by her side. She wanted me to come home in every manner of the word. I was between hospital testing and at one of the retreats thank heaven. I was barely holding on to life at that point and the energy of all the beautiful women there helped anchor me to this earth. I got the phone call and it nearly took my last breath. While from the outside going to a retreat while you are dying seems counterintuitive, I had done the opposite all too many times spending them in hospitals and still not recieving the help I need. Yes the physical vessel needs life saving measures at times, but when the life being taken was your soul, there is no hospital for that. Where I was, was the best possible place I could be. Having said that it was everything in me to try to take care of her needs over the phone with permissions and authorizations over the phone and still stay present, not only in my own body, but at the retreat as well. Again, if it weren’t for those women I am not sure I would have made it through.

instagram.com/blazewithincyn/reel/C-wWarysgMm/



blazewithincyn Follow
Ekaterina Shelehova • Savage Da...

blazewithincyn Edited • 65w
As I am writing today I took some time to be with my daughter. It is interesting what she chose to bring up.

In September 2022 was when I went away to "heal myself," as my son gave his strict orders. 😊

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The timing of all of it was just impeccable, but I never believe in accidents.

While I was there my daughter called

15 likes
August 16, 2024

instagram.com/blazewithincyn/reel/C-wWarysgMm/



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Ekaterina Shelehova • Savage Da...

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15 likes
August 16, 2024

instagram.com/blazewithincyn/reel/C-wWarysgMm/



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Ekaterina Shelehova • Savage Da...

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August 16, 2024

instagram.com/blazewithincyn/reel/C-wWarysgMm/



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Ekaterina Shelehova • Savage Da...

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More in comments

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August 16, 2024

instagram.com/blazewithincyn/reel/C-wWarysgMm/



blazewithincyn Follow
Ekaterina Shelehova • Savage Da...

Again, if it weren't for those women I am not sure I would have made it through.

More in comments

blazewithincyn 65w
In the car today she reminded me of that phone call. "That was really weird mom, I knew we were not going to crash but everything outside of me said that we were. Why don't think that is?"

I told her today what I could not say then, that likely she felt me leaving this earth and that made her hear hurt.

1 like Reply

15 likes
August 16, 2024

Instagram

blazewithincyn/

System ID: 666228

Cynthia Lee Jacobson

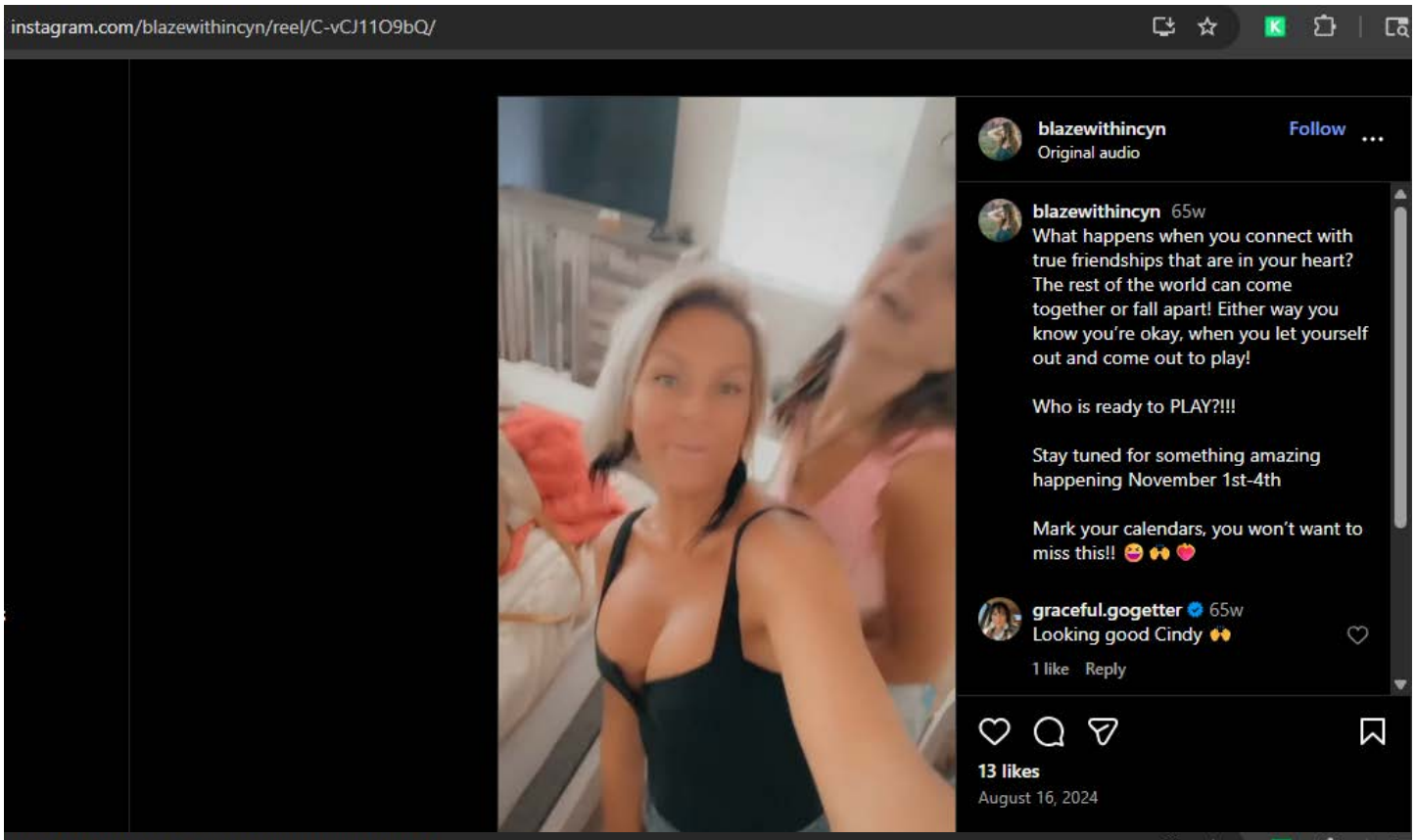
https://www.instagram.com/blazewithincyn/reel/C-vCJ11O9bQ/

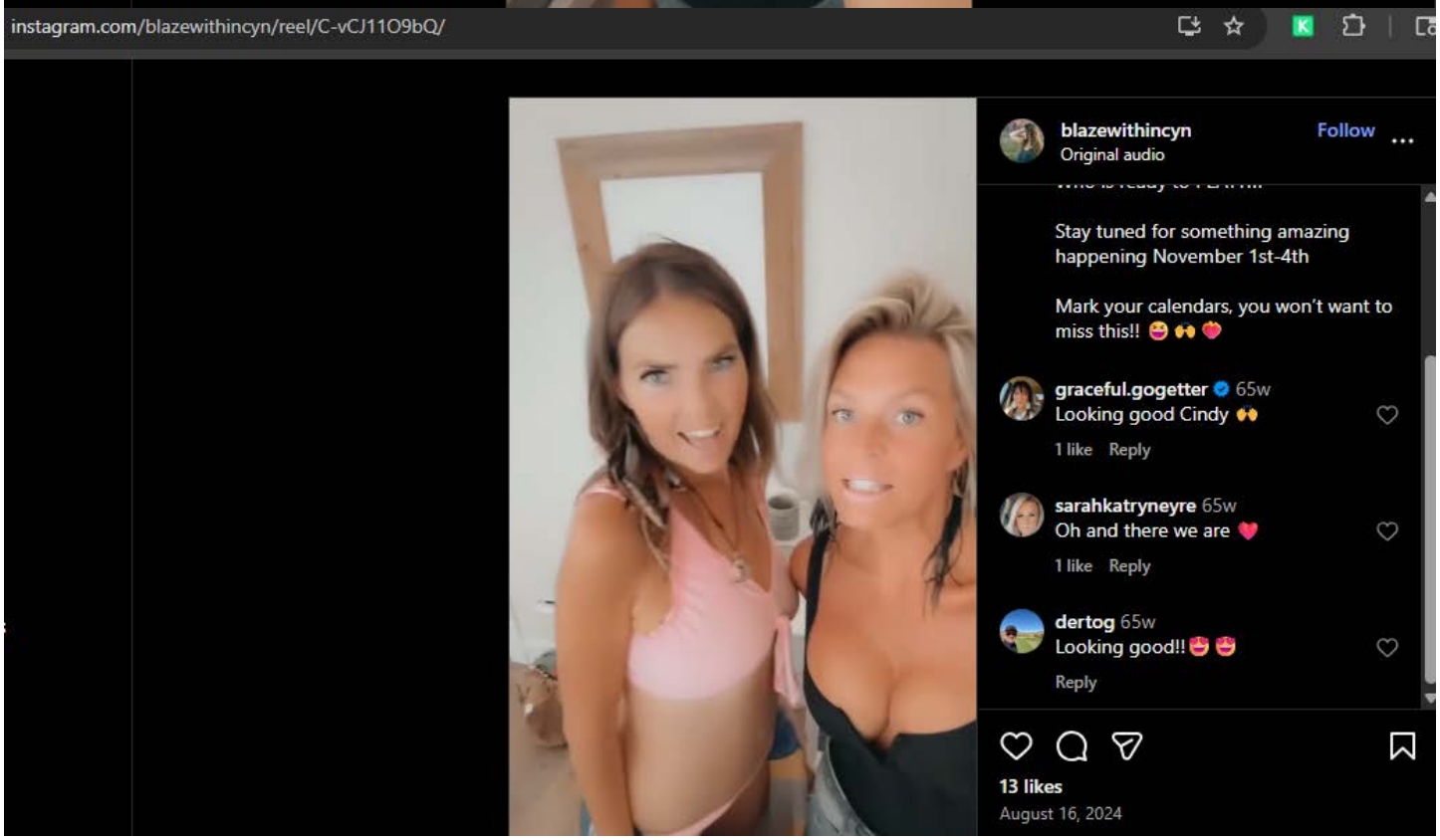
Posted: Aug 16, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of herself in a bikini dancing with a friend. What happens when you connect with true friendships that are in your heart? The rest of the world can come together or fall apart! Either way you know you’re okay, when you let yourself out and come out to play! Who is ready to PLAY?!!! Stay tuned for something amazing happening November 1st-4th Mark your calendars, you won’t want to miss this!! □□❤□





[Link to download video]

TikTok

@blazewithincyn

System ID: 667233

Posted: Aug 16, 2024

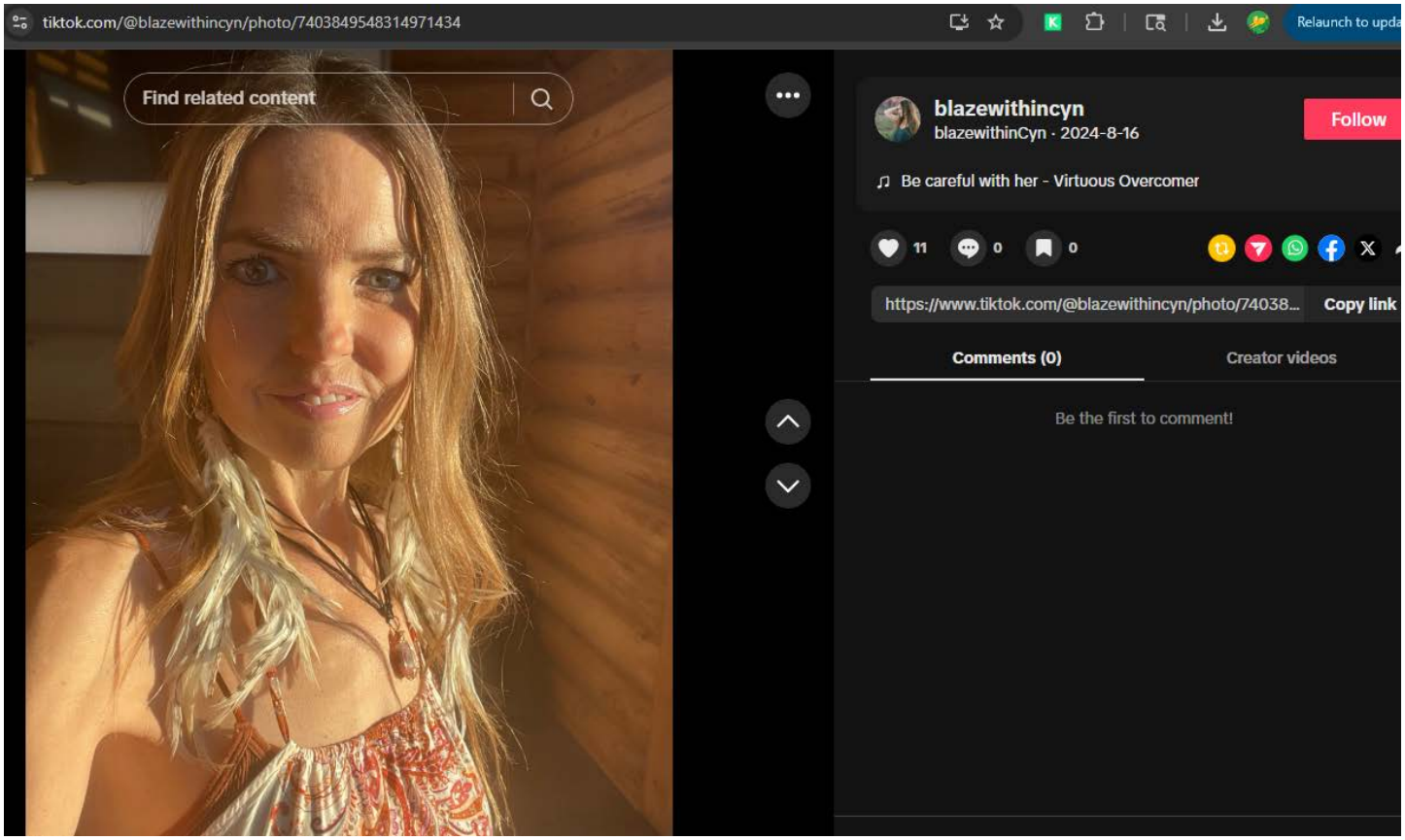
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/photo/7403849548314971434

After DOI

Subject posted pictures of herself and with a friend.













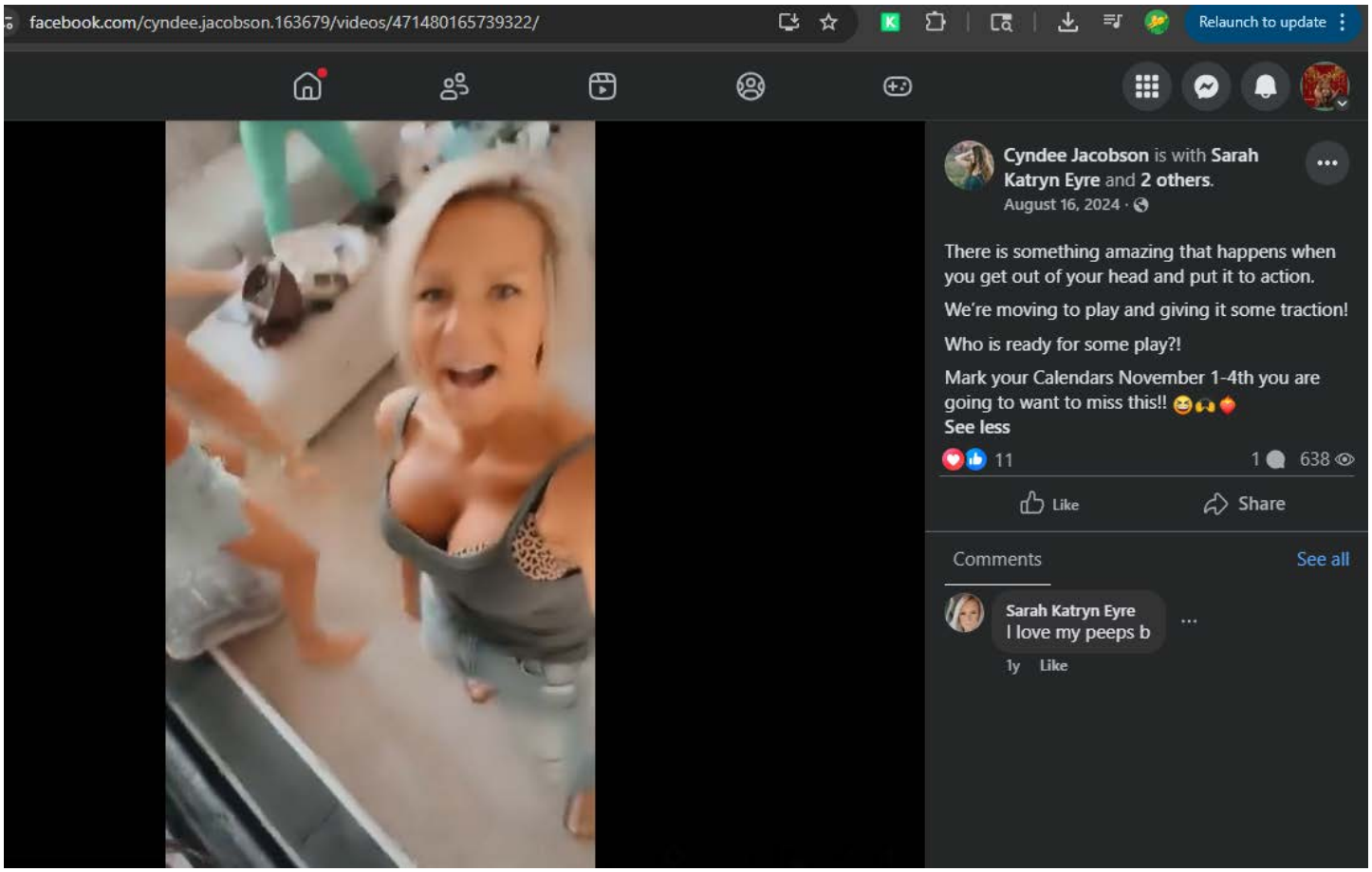


Facebook

cyndee.jacobson.163679
Posted: Aug 16, 2024
System ID: 667271
Captured: Nov 18, 2025
Cynthia Lee Jacobson
https://www.facebook.com/cyndee.jacobson.163679/videos/471480165739322/

After DOI

Subject posted a video of a person getting light therapy, people sitting on a couch, and then dancing. She posts about an upcoming session in November 2024. There is something amazing that happens when you get out of your head and put it to action. We’re moving to play and giving it some traction! Who is ready for some play?! Mark your Calendars November 1-4th you are going to want to miss this!! □□❤□



[Link to download video]

Instagram

blazewithincyn/

System ID: 666078

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-wZiglMyYK/

Posted: Aug 17, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a picture of her daughter, Cemree, on a horse. In the comments, Subject discusses her daughter getting Ketamine therapy and thinking that her husband may benefit from it for his addictions. This is also posted on Subject's Facebook account. Meet “Red” my daughter’s heart horse. ❤ Horses walk both in the physical and spiritual plane. They are very sensitive to energies so you have to make sure to be in tune with yours. If not the horse may become skittish around you. This horse was skittish around pretty u h everyone by Cemree. She would ride him bareback and intentionally fall in front of him to test his intuitive awareness with her. She was only 11! Going doing the medicine path for me was quite interesting. First I did the western world and went into nursing. When that path failed me with my own health I went down the path of eastern medicine, then energy work and plant medicine. Those paths open up a whole new world! I especially enjoy working with animals as they are great mirrors and reflectors for us. So after trying everything for my daughter the western world had to offer for her suicidal ideations, and even after equine therapy which was the most helpful so far, we were still struggling with her. At that time in my life I had started hearing about ketemine therapy being used for trauma healing in a similar manner as traditional plant medicines and psychedelics, and I was completely appalled! I knew plant medicines worked, and by now was a firm believer in psychedelic healing. I really felt it could be beneficial for my daughter, but I knew there would be judgments around that, and considering she was a minor I wasn’t willing to risk it. But I was anti western world medicines at that stage in my life. So when I kept hearing about it and my intuition kept pinging me to pay attention, eventually I answered the call. However for my awareness at the time I was thinking it was to help my husband with his addictions. So I decided to interview the doctors of both ketemine clinics in town, one that I knew and had worked with in surgery before, and one that was new to the area. After talking with them and asking my questions, I knew it could help, but I also knew it would have to be a decision for my husband to make and not my decision. I thanked them and stood up to leave something loud from above said ask the how young they treat.

instagram.com/blazewithincyn/reel/C-wZiglMyYK/



blazewithincyn Follow ···

blazewithincyn 65w
Meet "Red" my daughter's heart horse.
🐴❤️

Horses walk both in the physical and spiritual plane. They are very sensitive to energies so you have to make sure to be in tune with yours. If not the horse may become skittish around you.

This horse was skittish around pretty u h everyone by Cemree. She would ride him bareback and intentionally fall in front of him to test his intuitive awareness with her. She was only 11! 😄

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1 like
August 17, 2024

instagram.com/blazewithincyn/reel/C-wZiglMyYK/



blazewithincyn Follow ···

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instagram.com/blazewithincyn/reel/C-wZiglMyYK/



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Continued in comments.

blazewithincyn 65w
When they said 12, the tears they fell, she looked ant me I looked at

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August 17, 2024

instagram.com/blazewithincyn/reel/C-wZiglMyYK/



blazewithincyn Follow ···

When they said 12, the tears they fell, she looked ant me I looked at her.

"You have someone don't you?"

Yes but she's 11, she looked in my eyes no longer disguised, the words she then spoke came straight from heaven.

"Bring her to me and we will see."

"Yes, but it will be her decision."

For I have always trusted my daughter's intuition. And given her choice and given her voice, even when a hard one given.

When I got home before the words

1 like

August 17, 2024

instagram.com/blazewithincyn/reel/C-wZiglMyYK/



blazewithincyn Follow ···

For I have always trusted my daughter's intuition. And given her choice and given her voice, even when a hard one given.

When I got home before the words could leave my mouth she said "When can we do it"

The very next day we met the doctor for breakfast. She said "Mom! She is the first one besides you I could talk too!"

And the fate was sealed.

Since then ketemine has been a gift from heaven.

Reply

1 like

August 17, 2024

Instagram

blazewithincyn/

System ID: 666049

Cynthia Lee Jacobson

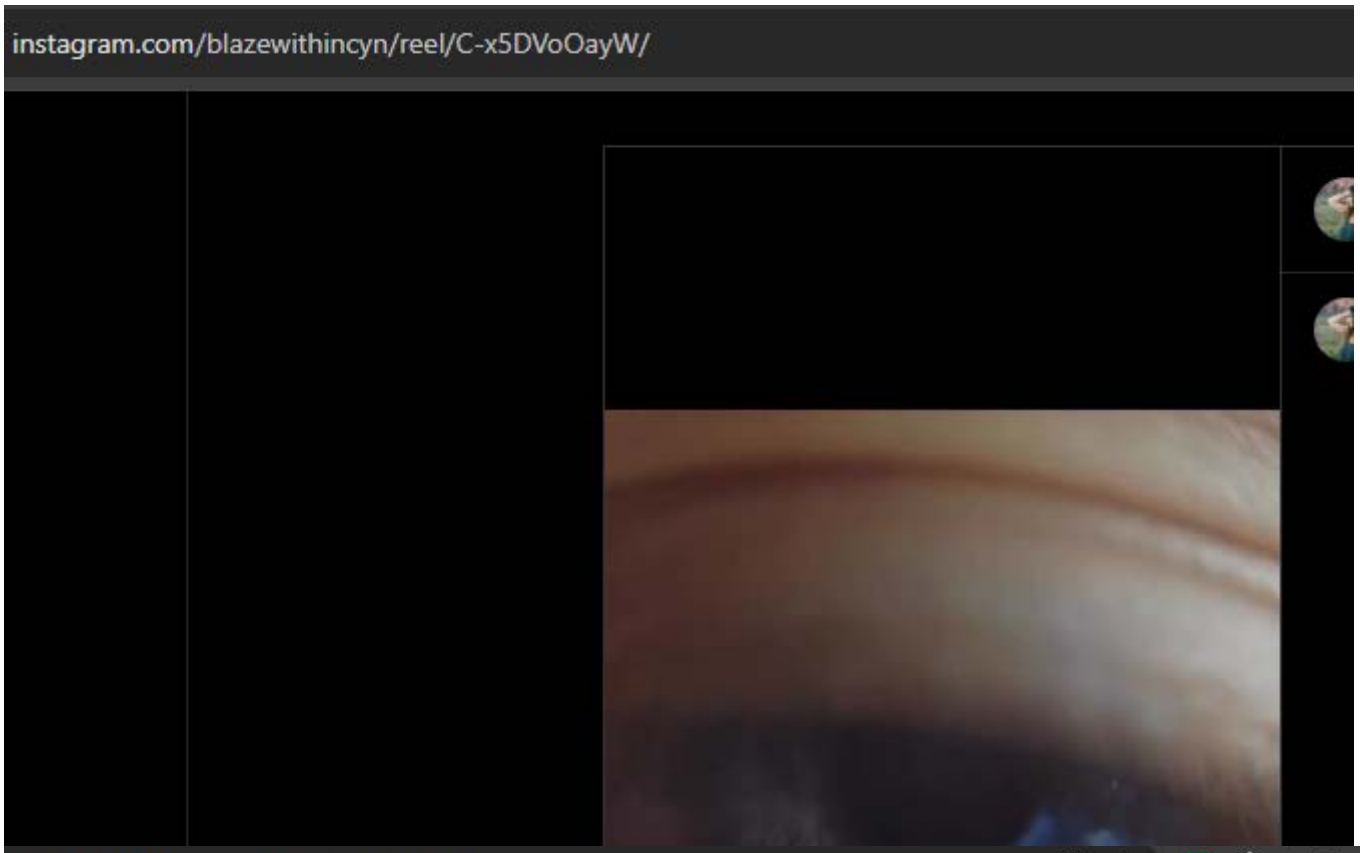
https://www.instagram.com/blazewithincyn/reel/C-x5DVoOayW/

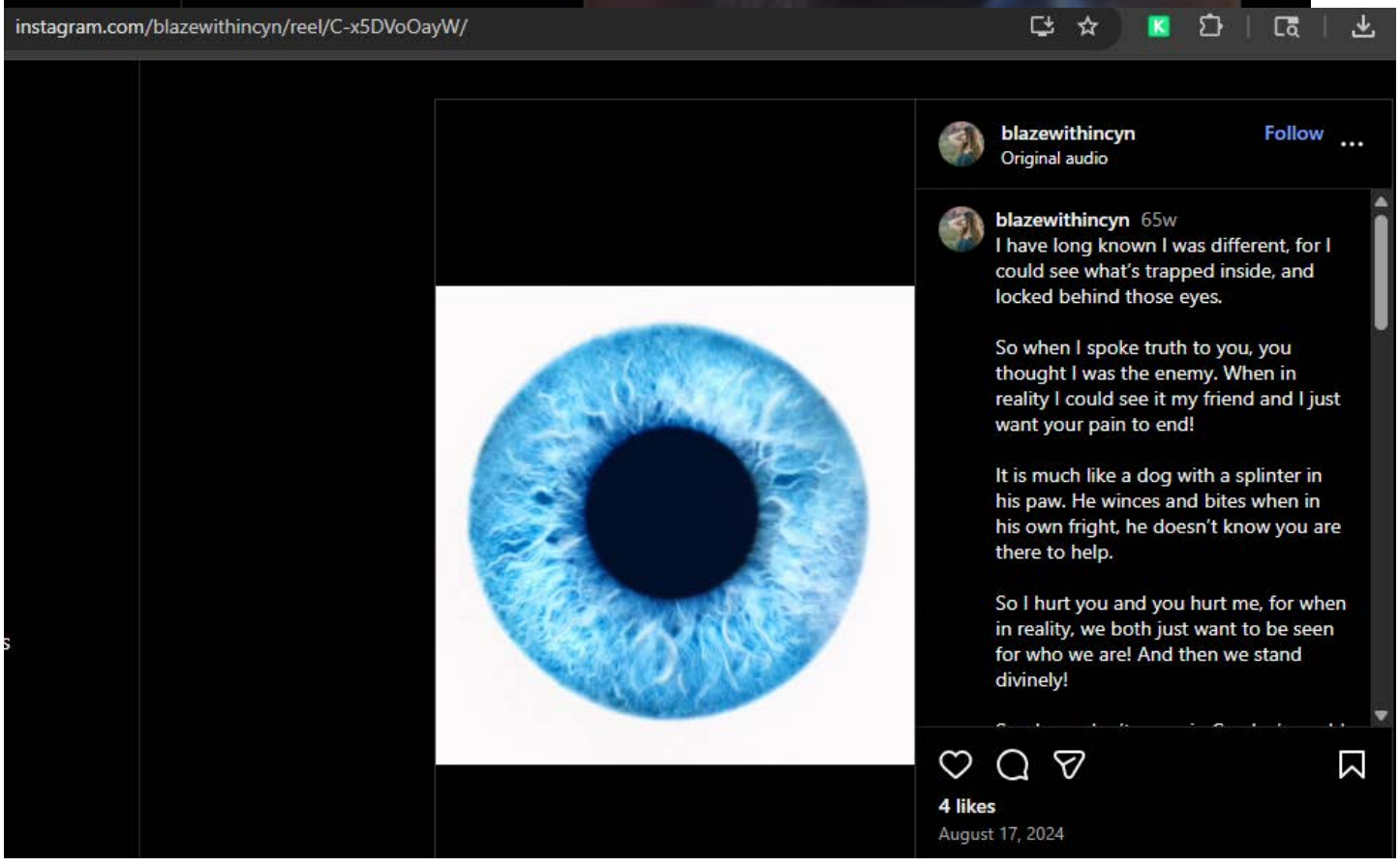
Posted: Aug 17, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video montage of eyes. She writes about being able to see what is behind your eyes. This is also posted on Subject's Facebook account. I have long known I was different, for I could see what's trapped inside, and locked behind those eyes. So when I spoke truth to you, you thought I was the enemy. When in reality I could see it my friend and I just want your pain to end! It is much like a dog with a splinter in his paw. He winces and bites when in his own fright, he doesn't know you are there to help. So I hurt you and you hurt me, for when in reality, we both just want to be seen for who we are! And then we stand divinely! So please don't come in Cyndee's world unless you want to see, because I don't want to hurt you, and I know you don't want to hurt me. But when we can both be that friend, to see what the other sees, THEN we can be REAL and we can BOTH play, into eternity! I have been asked to hold others pain in and behind the secrets and lies, it only tends to end you my friend until I see our demise. I don't want to die and you don't either. So from now on I give you back, and if you don't want to see it, don't bring it to me and ask me to be okay when I can't be it. If you want answers and solutions, I can help you, but don't bring me your pain and leave with no resolutions. For then our friendship may end if you only use me for a pillow for a soft blow. I wish I could take your pain away, but really only you can do it. I am here to be a pillar as I have laid my stake. I have been burned in the fire and left nothing in my wake. I did not come here only to get this far and neither have you. But when we carry our burdens and don't leave them behind, the wound can never heal and scar. For scars they are a beautiful thing, they did come all this way, and if you let them, they will take you far, and THEN we can play!


instagram.com/blazewithincyn/reel/C-x5DVoOayW/


instagram.com/blazewithincyn/reel/C-x5DVoOayW/
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I have long known I was different, for I could see what's trapped inside, and locked behind those eyes.
So when I spoke truth to you, you thought I was the enemy. When in reality I could see it my friend and I just want your pain to end!
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So I hurt you and you hurt me, for when in reality, we both just want to be seen for who we are! And then we stand divinely!
4 likes
August 17, 2024

instagram.com/blazewithincyn/reel/C-x5DVoOayW/



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Original audio

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But when we can both be that friend, to see what the other sees, THEN we can be REAL and we can BOTH play, into eternity!

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August 17, 2024

instagram.com/blazewithincyn/reel/C-x5DVoOayW/



blazewithincyn Follow ...
Original audio

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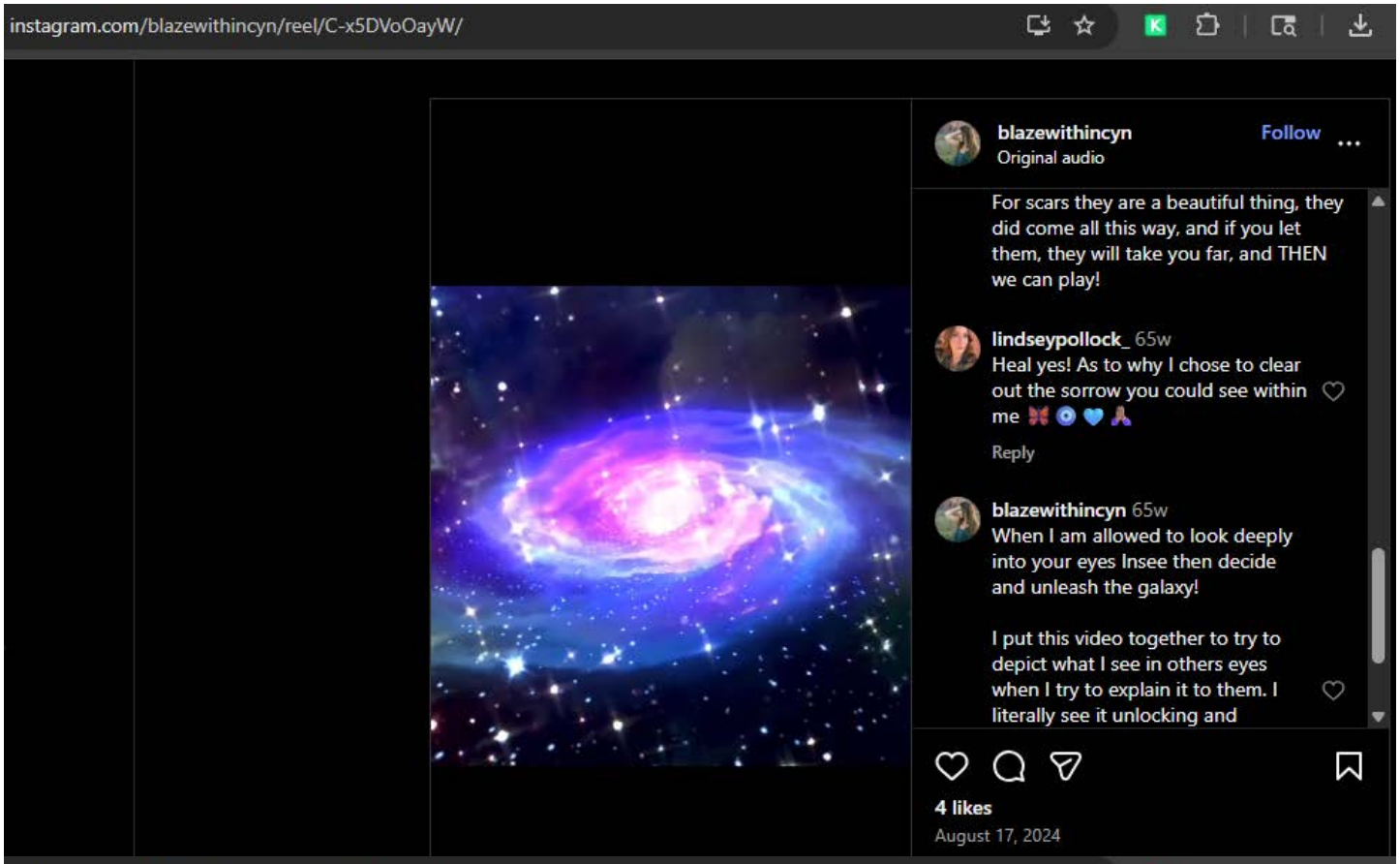
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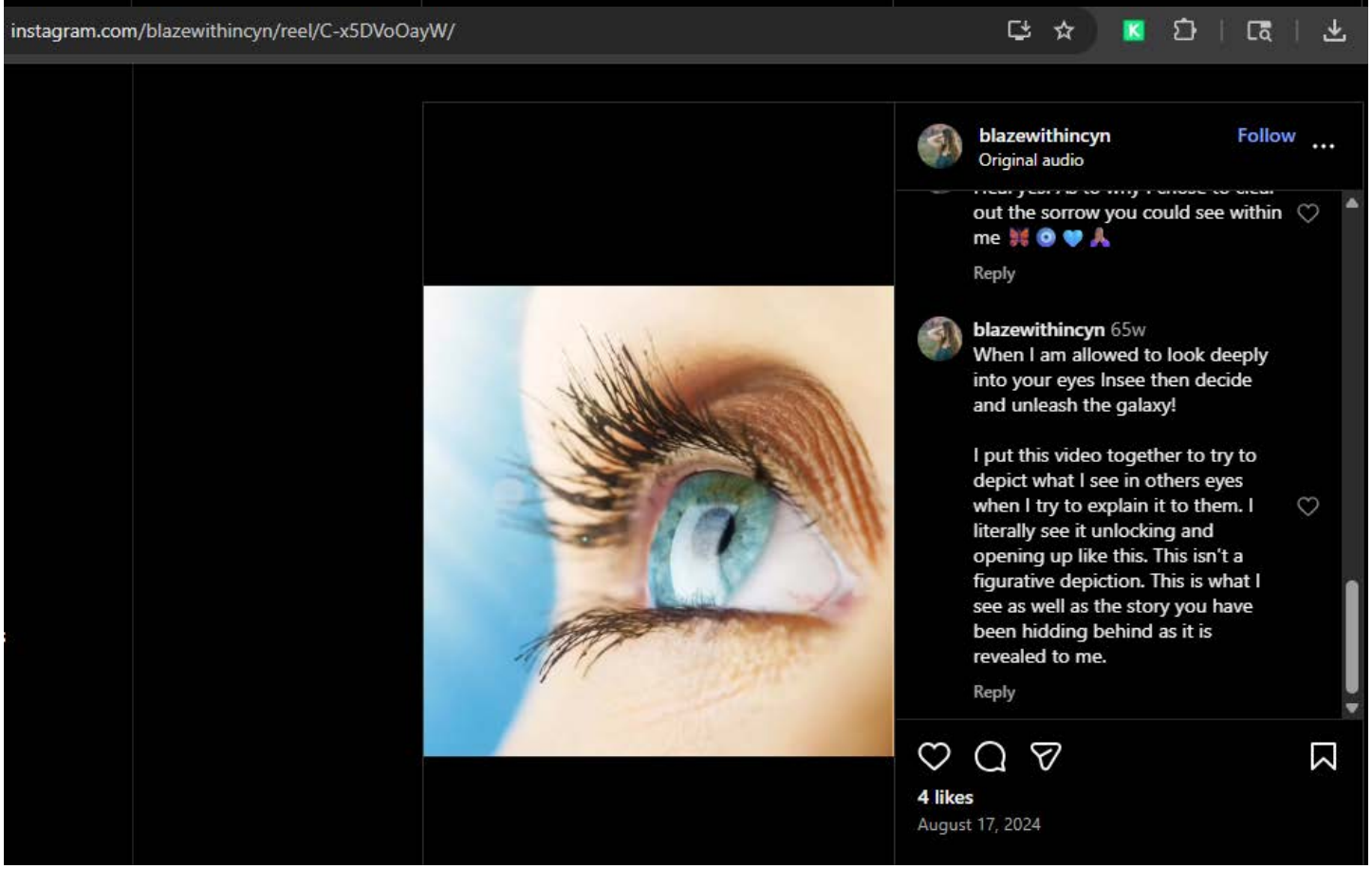
I am here to be a pillar as I have laid my stake. I have been burned in the fire and left nothing in my wake.

I did not come here only to get this far and neither have you. But when we carry our burdens and don't leave them behind, the wound can never heal and scar.

For scars they are a beautiful thing, they

4 likes
August 17, 2024





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Instagram

blazewithincyn/

System ID: 666034

Cynthia Lee Jacobson

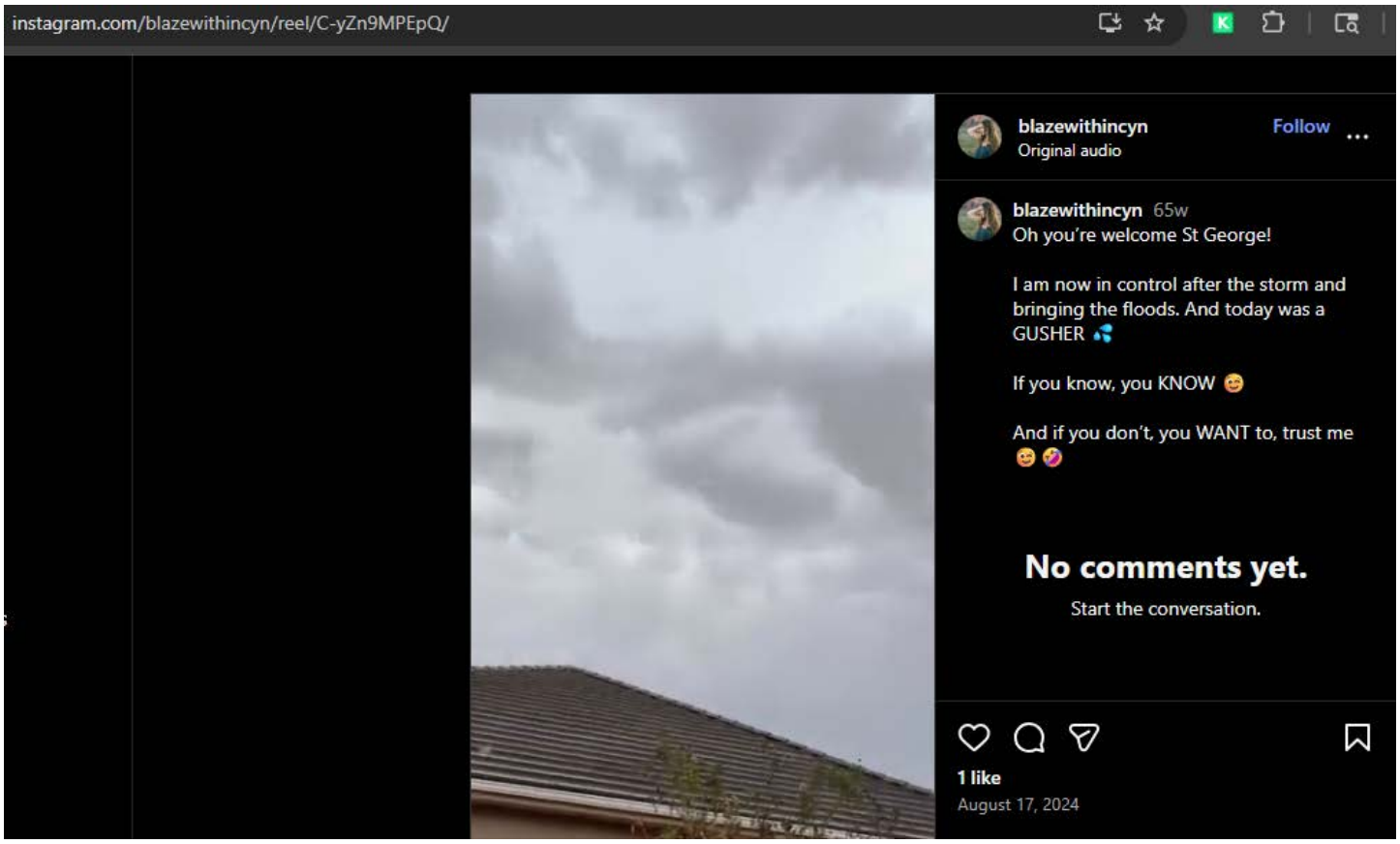
https://www.instagram.com/blazewithincyn/reel/C-yZn9MPEpQ/

Posted: Aug 17, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of a backyard in a thunderstorm. In the comments, she wrote that she was responsible for bringing the storm. This is also posted on Subject's Facebook account. Oh you’re welcome St George! I am now in control after the storm and bringing the floods. And today was a GUSHER If you know, you KNOW And if you don’t, you WANT to, trust me



Link to download video

Facebook

cyndee.jacobson.163679
System ID: 667307
Cynthia Lee Jacobson
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0fk1ayck5wKNSJhA4Ww5ihYRs1v3QeKPfrbzXUnHc7ai9XVQkohZnTtoJEa76vthml

Posted: Aug 17, 2024
Captured: Nov 18, 2025

After DOI

Subject posted about getting friend requests from men. Haha! Don’t sue me cuz I LOVE ME! □ An interesting thing happens as I am being REAL with my words and my writing. The best people come out of hiding. Before when I wrote in cryptic note, I had creeps sneak in for a peak. My instincts kicked in and dug an even bigger moat. My friends they would say, “Cyndee maybe don’t be so mean.” “But how can I let myself be seen? I must keep them away!” I still don’t regret that in my own fret, I learned how to navigate to keep us all straight. For now I know who peeks in my window, who is real or who’s there to steal, this precious jewel that I am! And when I have said to protect your own bed, it sometimes can get in their head. I don’t mean it to hurt, just know your own worth! I have so many people jump in my DMs and I respond to match energy. It is interesting these last few days I have been getting friend requests by men faster then I can write. Which isn’t new, but the quality has improved. They are easy to see, and I don’t waste energy. But these last few days have been different. Before when they’d write it was “just for a night.” In all manner of the words. But now what I see is them giving a thought before they write to me, and I created this immediately! This one was fun, and took me only a minute to get myself in legal trouble! □ But what do you all think? I’m pretty sure this should be a thing! Give the second picture a click if you want to sneak a look real quick, into the world of that I create, and instantly seal in your fate.

facebook.com/cyndee.jacobson.163679/posts/pfbid0fk1ayck5wKNSJhA4Ww5ihYRs1v3QeKPfrbzXUnHc7ai9XVQkohZnTtoJEa76vthml

Cyndee Jacobson's Post

Cyndee Jacobson
August 17, 2024 ·

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"But how can I let myself be seen? I must keep them away!"

I still don't regret that in my own fret, I learned how to navigate to keep us all straight.

For now I know who peeks in my window, who is real or who's there to steal, this precious jewel that I am!

And when I have said to protect your own bed, it sometimes can get in their head. I don't mean it to hurt, just know your own worth!

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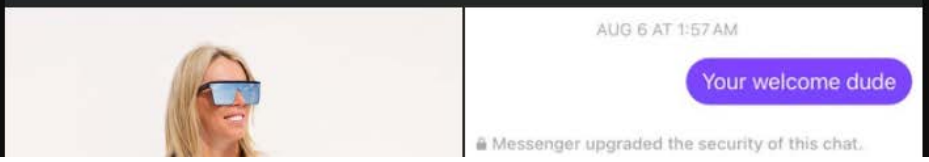
They are easy to see, and I don't waste energy. But these last few days have been different. Before when they'd write it was "just for a night." In all manner of the words.

But now what I see is them giving a thought before they write to me, and I created this immediately!

This one was fun, and took me only a minute to get myself in legal trouble!

But what do you all think? I'm pretty sure this should be a thing!

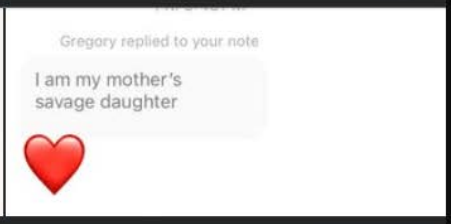
Give the second picture a click if you want to sneak a look real quick, into the world of that I create, and instantly seal in your fate.



facebook.com/cyndee.jacobson.163679/posts/pfbid0fk1ayck5wKNSJhA4Ww5ihYRs1v3QeKPfrbzXUnHc7ai9XVQkohZnTtoJEa76vthml

Cyndee Jacobson's Post





7 5 comments

Like Share

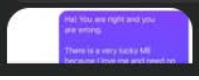
Most relevant

Author
Cyndee Jacobson
And because we are doing this in real time. Here is the next text



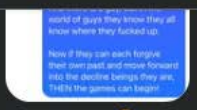
1y Like

Author
Cyndee Jacobson
Ha! And see sometimes things escape me faster then they were meant to be, and I may have mad a mistake. But maybe that mistake was no mistake at all, and yet here I am coming back to clarify my message



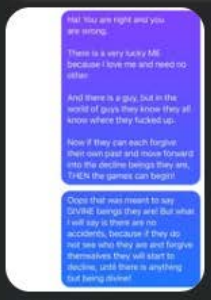
facebook.com/cyndee.jacobson.163679/posts/pfbid0fk1ayck5wKNSJhA4Ww5ihYRs1v3QeKPfrbzXUnHc7ai9XVQkohZnTtoJEa76vthml

Cyndee Jacobson's Post



1y Like

Author
Cyndee Jacobson
Ha! And see sometimes things escape me faster then they were meant to be, and I may have mad a mistake. But maybe that mistake was no mistake at all, and yet here I am coming back to clarify my message



1y Like

Lindsey Pollock
I would love one! A yellow one with white writing though

Sue me for doing it my way in color too

1y Like

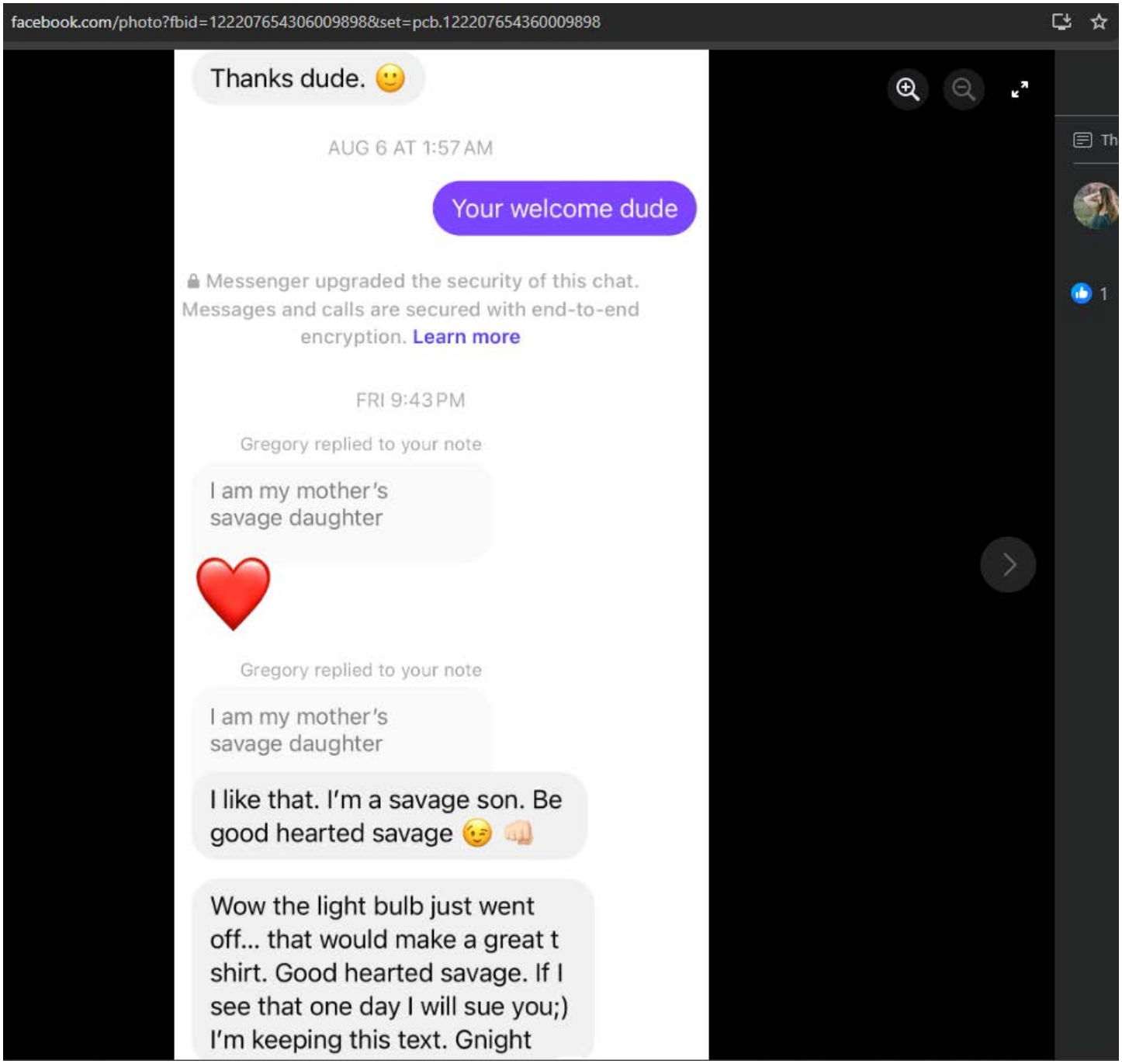
Author
Cyndee Jacobson
Lindsey Pollock lol! Let's DO IT!!

1y Like

Lindsey Pollock
Cyndee Jacobson yay!! I will totally support this

1y Like

facebook.com/photo?fbid=122207654306009898&set=pcb.122207654360009898



Facebook

cyndee.jacobson.163679

System ID: 667312

Cynthia Lee Jacobson

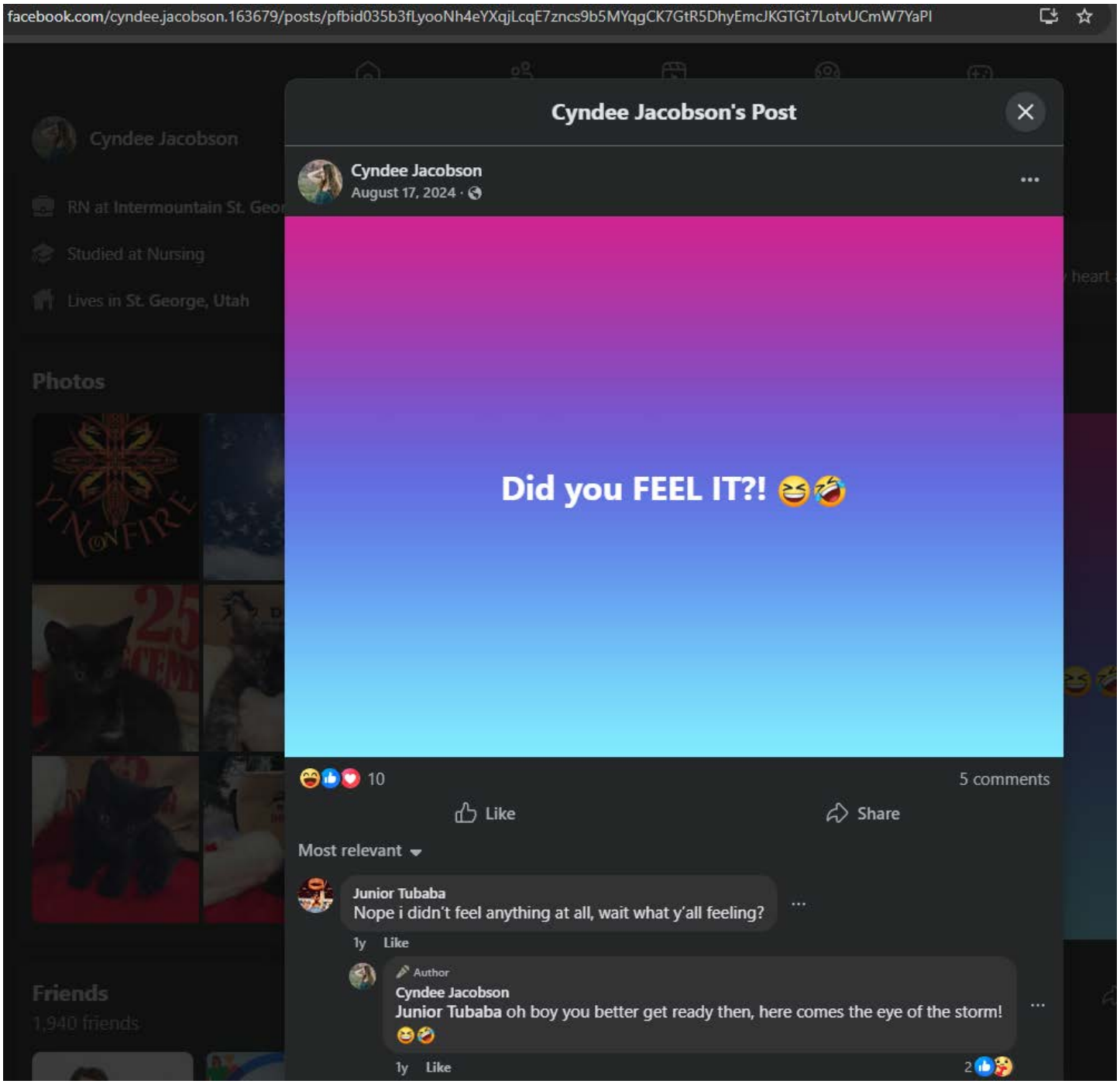
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid035b3fLyooNh4eYXqjLcqE7zncs9b5MYqgCK7GtR5DhyEmcJKGTGt7LotvUCmW7YaPl

Posted: Aug 17, 2024

Captured: Nov 18, 2025

After DOI

Subject posted a message "Did you FEEL IT?!"



Instagram

blazewithincyn/ | Posted: Aug 18, 2024

System ID: 666028 | Captured: Nov 17, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-zYUdcOl53/

After DOI

Subject posted a selfie picture of her holding her hand to her mouth, and appears upset in a car. She writes about having been told a secret in June 2023 that was upsetting. This is also posted on Subject's Facebook account. June 2023 I was told something that I couldn’t bare. I have held many people’s secrets and lies when they were afraid to let the truth be known. But not when the secret would hurt someone. I held them inside and hid them and lied, but this one was to close to home. Yet when it was said, I thought in my head “How can this be true?!” “If this is your secret, then I CAN NOT KEEP IT!” “Oh precious one, something must be done!” But instead you said “keep it in your head.” And then you left me. You left me to cry and keep it inside. I had no where to run, no where to hide. I now had a cross to bare, I will end it! “No don’t you dare!” You shouted. You had a secret and couldn’t keep it, now you gave it to me so you could let it be? If this is what happened, I’m gonna get cracken’! Please don’t you begged, let’s put it to bed. Oh they can hurt me, but they can’t hurt you! There is something I’ll will do! ….. Holy shit as I am writing this ‘Had a secret, couldn’t keep it’ just came back to me. There is a reason they program us with this since birth. What a horrible Nursery Rhyme! Well I am deprogramming it now bitches, in REAL TIME! What the hell??! And this is for ALL OF US! You’re welcome. Wow, I am writing this in real time so forgive me if the is a little fragmented. I need a break, I be back Tuesday

instagram.com/blazewithincyn/reel/C-zYUdcOl53/



blazewithincyn Follow
Billie Eilish • What Was I Made F...

blazewithincyn 65w
June 2023 I was told something that I couldn't bare. I have held many people's secrets and lies when they were afraid to let the truth be known. But not when the secret would hurt someone.

I held them inside and hid them and lied, but this one was to close to home. Yet when it was said, I thought in my head "How can this be true?!"

"If this is your secret, then I CAN NOT KEEP IT!"

"Oh precious one, something must be done!"

But instead you said "keep it in your

6 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-zYUdcOl53/



blazewithincyn Follow
Billie Eilish • What Was I Made F...

But instead you said "keep it in your head."

And then you left me.

You left me to cry and keep it inside. I had no where to run, no where to hide.

I now had a cross to bare, I will end it!

"No don't you dare!" You shouted.

You had a secret and couldn't keep it, now you gave it to me so you could let it be?

If this is what happened, I'm gonna get cracken'!

Please don't you begged, let's put it to bed.

6 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-zYUdcOl53/



blazewithincyn Follow
Billie Eilish • What Was I Made F...

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.....

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6 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-zYUdcOl53/



blazewithincyn Follow
Billie Eilish • What Was I Made F...

What a horrible Nursery Rhyme!

Well I am deprogramming it now bitches, in REAL TIME!

What the hell??!

And this is for ALL OF US!

You're welcome. 😜

Wow, I am writing this in real time so forgive me if the is a little fragmented.

I need a break, I be back Tuesday 🤣

More to come...

No comments yet.

Start the conversation.

6 likes
August 18, 2024

Instagram

blazewithincyn/

System ID: 666010

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-0EqaxuenP/

Posted: Aug 18, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her lying down for her light therapy. She hugs her knees to her chest and is waving her arms around. She writes that she gets messages when she is using light therapy. She also commented that she had to take a pause from writing her book. This is also posted on Subject's Facebook account. Tuesday couldn’t come fast enough so here I am! Remember awhile back I said I was writing a book? Well that book took a pause cuz I wasn’t ready then, to share all that I had. But now that I am, WATCH OUT WORLD, here I come! If you don’t remember or haven’t read back that far, that book is called AND… the story story doesn’t end here, it’s time to TAKE A STAND! I was so confused because while I knew all of it, I was still hidding secrets, worried the thrall of it. I was still worried and protective, what would happen if I said it? But now I don’t care, it’s your cross to bare. I know I can stand tall through ALL OF IT! There is something else I haven’t fully shared, but I have been ramping up, when I channel my book it helps to use this light! And while it may seem weird what I do, this little light of mine and saved my life! Not only that, but lives of many others. For when it turns on it speaks truth and puts you back in your heart. There are so many stories I could tell you, from clients to myself, they soon will be coming. But one thing I know when I’m under the light, I receive messages and some give me fright! Sometimes it makes me get out immediately and do something I never would previously. And that I have been scared, “what will they think?!” That is the point don’t think JUST DO IT! Okay! I fight back with the voices in my head, and I send on the message, before I can go to bed. And if I do not, it’s more than the message I fear, because my poor health will get much wearier. I also fought back posting this video, is the world ready to know I am weird-io?! □ That’s okay now, but it wasn’t back then, for what if they knew what goes on behind closed windows? But one thing I’m not and that is a liar. To be continued…

instagram.com/blazewithincyn/reel/C-0EqaxuenP/



blazewithincyn Follow
Original audio

blazewithincyn 65w
Tuesday couldn't come fast enough so here I am!

Remember awhile back I said I was writing a book?

Well that book took a pause cuz I wasn't ready then, to share all that I had.

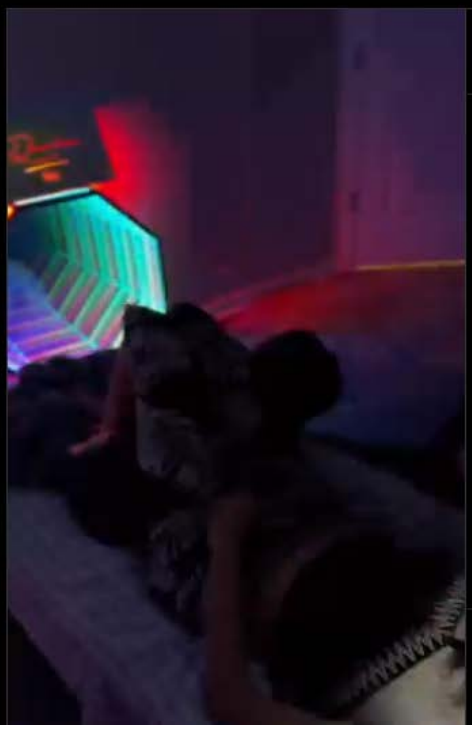
But now that I am, WATCH OUT WORLD, here I come!

If you don't remember or haven't read back that far, that book is called AND... the story story doesn't end here, it's time to TAKE A STAND!

I was so confused because while I knew

3 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-0EqaxuenP/



blazewithincyn Follow
Original audio

all of it, I was still hidding secrets, worried the thrall of it.

I was still worried and protective, what would happen if I said it?

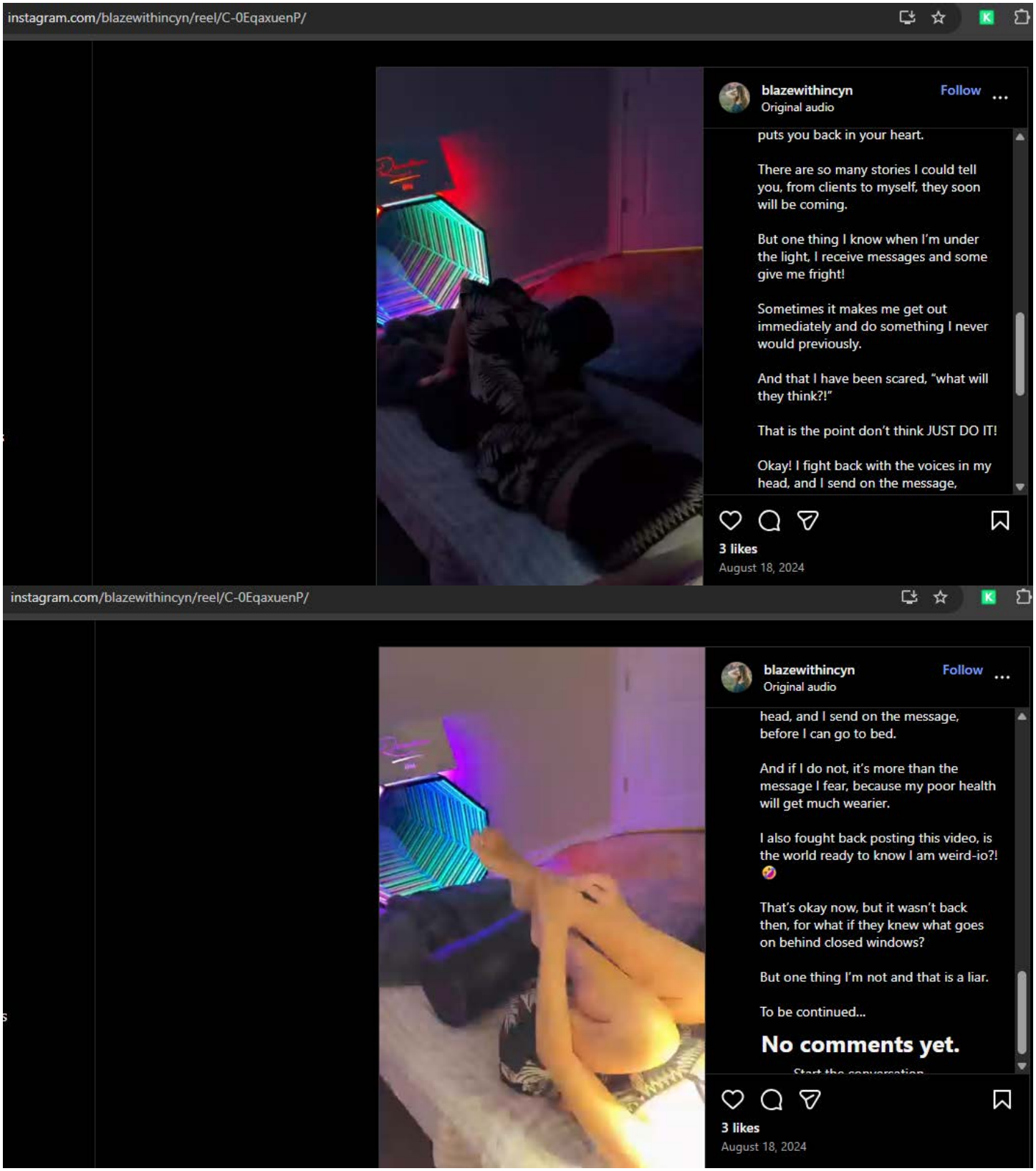
But now I don't care, it's your cross to bare. I know I can stand tall through ALL OF IT!

There is something else I haven't fully shared, but I have been ramping up, when I channel my book it helps to use this light!

And while it may seem weird what I do, this little light of mine and saved my life!

Not only that, but lives of many others. For when it turns on it speaks truth and

3 likes
August 18, 2024



[Link to download video]

Instagram

blazewithincyn/

Posted: Aug 18, 2024

System ID: 665992

Captured: Nov 17, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-0IpkMu_23/

After DOI

Subject posted a video of her lying down for light therapy. In the comments, she references that she is writing a book and that her editor has given her a deadline. This is also posted on Subject's Facebook account. As I am sharing these posts I am writing in real time, or very close to it if I need a break. So if I've been scattered, know it is because my heart has been shattered. Not just once and not by one person, but over and over until there was nearly nothing left. And one of those came over my birthday. My day of birth is funny that way. It seems to show me over and over again, just how far I've come to know what I'm worth. I have been working on my book for a LONG time as those that know me have been waiting and been asked for updating. But the story could not be told as I watched it unfold. I had to wait until it had made its completion. And now that it has its just a matter of time. So for now I come to you stripped bare with the posts that I share. A few months back as I was furiously writting, I had a deadline with my editor and a lot of awesome things happening. When out of no where it hit like a ton of bricks. and I was knocked down by the overwhelm of it. I ran to the back of my closet in hiding, for I could not share what I had been writting. I called a friend and wanted it to end. I was willing to give everyone a spare right there. But with that it would cost me my life. I needed to ground me to this earth and remember I didn't come this far since my birth, to run away now that I know my worth. Instead what I do is cry it out. All by myself and sometimes I shout. But I can't let them see THAT! I am sparing everyone else from the pain, but what do I gain? More hospital stays? No thank you. I've given my share of life sentences. So if the lies that once deceived you, you can not bare in this reality, then I suggest you come to alchemy. And what ever that is for you, only you will know, for you know who you've wronged and who you've strung along. I give it all back and I take me back too. Now from here it is up to you. Again I love you, but sometimes love hurts. And this good hearted Savage she is no liar.

https://www.instagram.com/blazewithincyn/reel/C-0lpkMu_23/



blazewithincyn Follow
Original audio

blazewithincyn Edited • 65w
As I am sharing these posts I am writing in real time, or very close to it if I need a break. So if I've been scattered, know it is because my heart has been shattered.

Not just once and not by one person, but over and over until there was nearly nothing left.

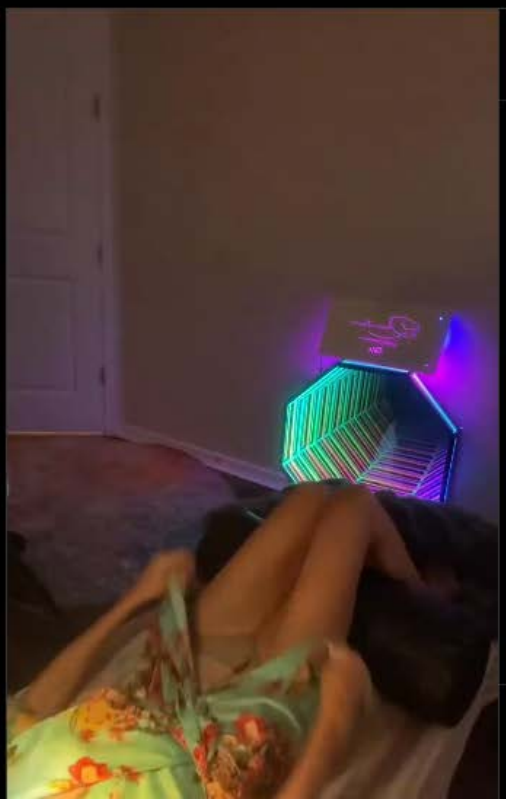
And one of those came over my birthday. My day of birth is funny that way.

It seems to show me over and over again, just how far I've come to know what I'm worth.

I have been working on my book for a LONG time as those that know me have been waiting and been asked for updating.

August 18, 2024

instagram.com/blazewithincyn/reel/C-0lpkMu_23/



blazewithincyn Follow
Original audio

updating.

But the story could not be told as I watched it unfold. I had to wait until it had made its completion.

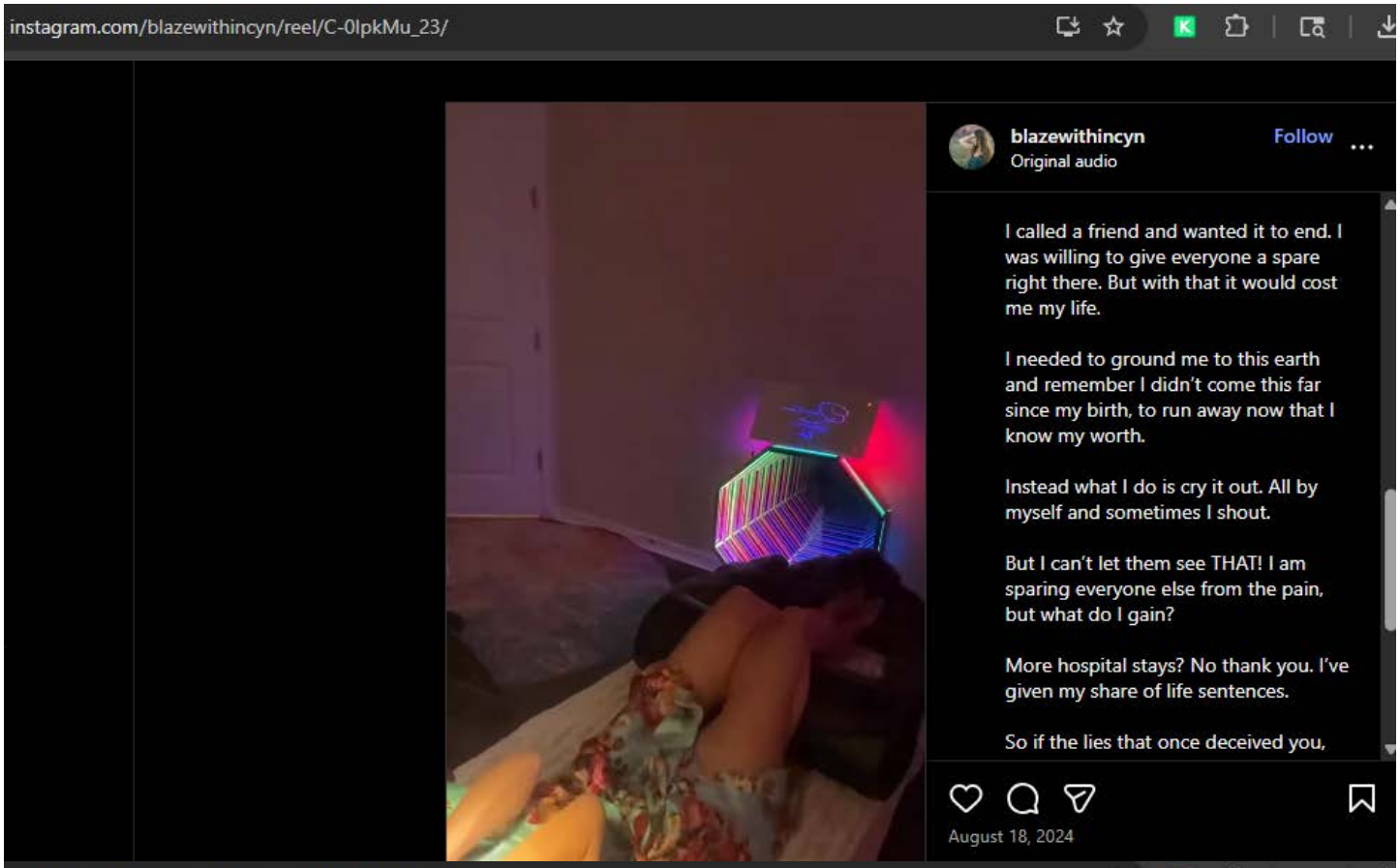
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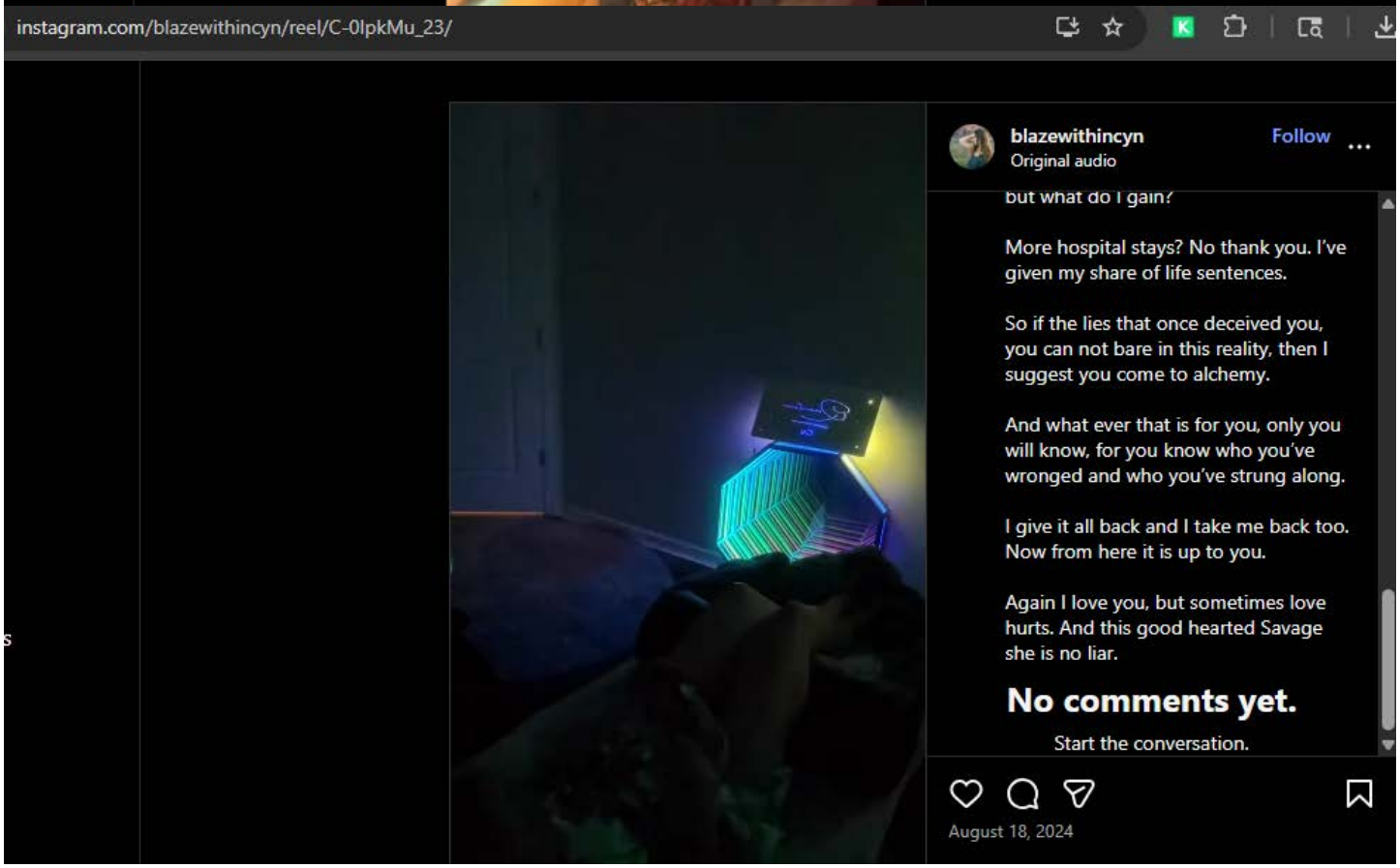
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When out of no where it hit like a ton of bricks. and I was knocked down by the overwhelm of it.

I ran to the back of my closet in hiding, for I could not share what I had been writting.

August 18, 2024





[Link to download video]

Instagram

blazewithincyn/

System ID: 665984

Cynthia Lee Jacobson

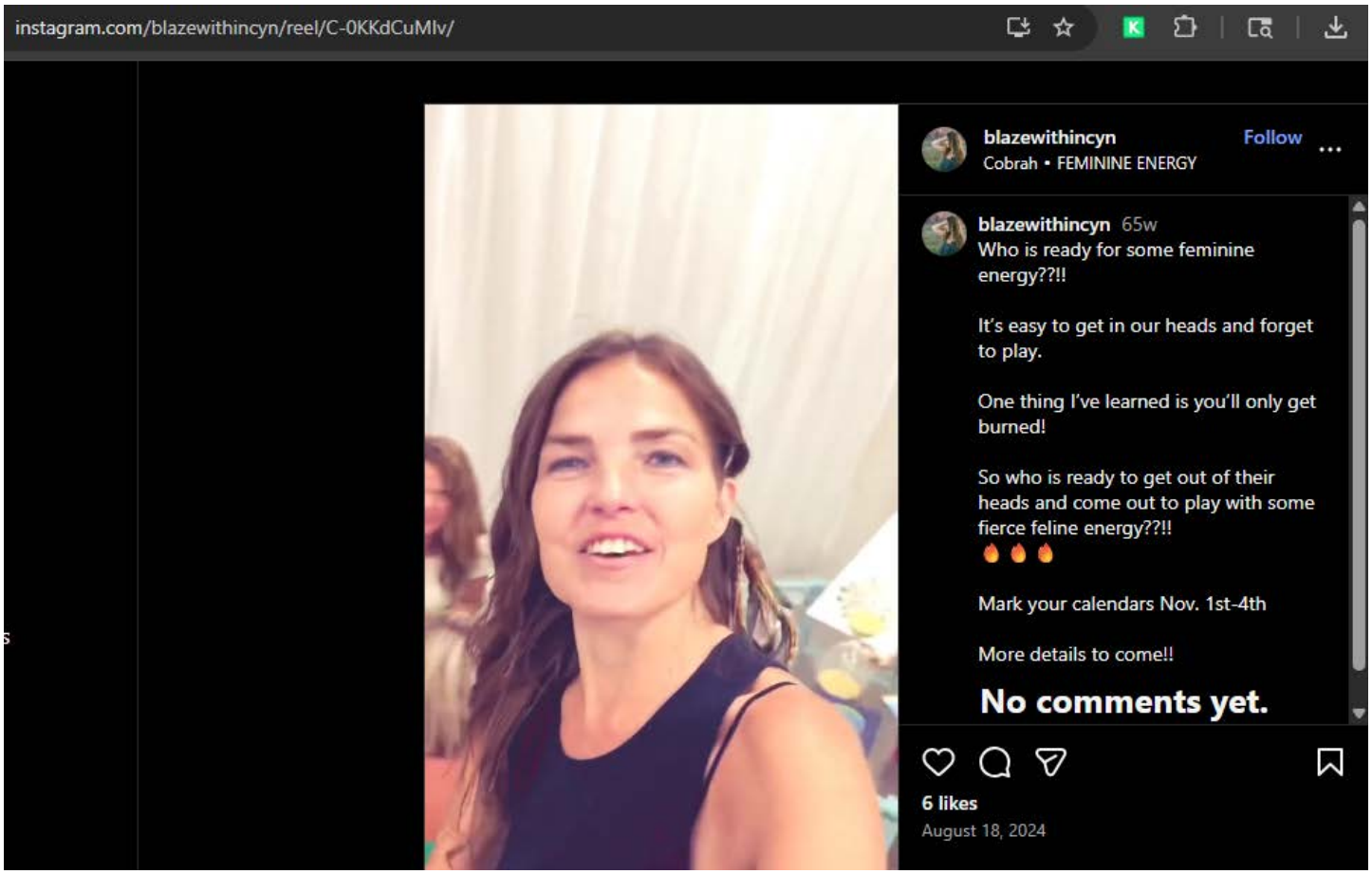
https://www.instagram.com/blazewithincyn/reel/C-0KKdCuMIv/

Posted: Aug 18, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of people getting light therapy in a room. Subject is holding the camera to show the activity. This is also posted on Subject's Facebook account. Who is ready for some feminine energy??!! It’s easy to get in our heads and forget to play. One thing I’ve learned is you’ll only get burned! So who is ready to get out of their heads and come out to play with some fierce feline energy??!! □□□ Mark your calendars Nov. 1st-4th More details to come!!



[Link to download video]

Instagram

blazewithincyn/

System ID: 665981

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-0LjQqO-NO/

Posted: Aug 18, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video of her home and the outside. Subject can be seen crawling back on the carpet on her elbows. She talks about dealing with pain in the comments. She also pushes back on her haters and said she does not want to keep things hidden. This is also posted on Subject's Facebook account. I made a post yesterday about the storm and asked if “You can feel it?!” And that “If you know, you KNOW, and if not you WANT TO!” And that could mean so many things. If you are in on it and by my side, well I welcome you to ENJOY THE RIDE! If you are in on it and in my heart you are not, well then go to hell and you can rot! If you are watching from afar, grab your popcorn, it won’t be long! … I have kept myself locked away from@the real@world because I have always been “too much.” Whatever that is. Too much pain Too much drama Your drums are TOO BIG! So I tried to keep it all in. Well there is something amazing that happens when you lock yourself in a house of pain. You learn to alchemize it and HOLY SHIT! Then what you are capable of is unstoppable! □□□□ I do my own kind of processing that I don’t expect anyone to understand, they didn’t get me before so why should they now. And I no longer care what others have to share, and you shouldn’t either so I am not your keeper! I have been processing a LOT of big emotions my entire life but this week they have come to a head. So I am showing you glimpses of how I move through it. And yesterday during the storm was a GUSHER! I stood over my washer cleaning my dirty laundry, as I ushered my power back. I’m not sure if I’ve slept a whack! This time it feels GOOD because the emotions I move through, are not aimed at me but they might be at you! And those in my life that have something to hide, might feel scared as they read what I share. For how do they know if it is aimed at them? Well one easy way is to pick up the phone and ask me. But if you’re too scared I ask you to sit with it, if the way you’ve shown up for me you can live with it. If it is something small, well give me a call! But if you feel something from me then look in the mirror carefully. □□□ As I wrote yesterday that storm I called in. And when I moved through it, the skies they did clear with a simple call to move my heart wall. And then it’s game on cus now we are HERE TO PLAY, Let’s get out of our heads, out of our own way! I have had enough pain in my life. I am here to PLAY! Who is with me?!!

instagram.com/blazewithincyn/reel/C-0LjQqO-NO/



blazewithincyn Follow
Deyaz • home

blazewithincyn Edited • 65w
I made a post yesterday about the storm and asked if "You can feel it?!"

And that "If you know, you KNOW, and if not you WANT TO!"

And that could mean so many things.

If you are in on it and by my side, well I welcome you to ENJOY THE RIDE!

If you are in on it and in my heart you are not, well then go to hell and you can rot!

If you are watching from afar, grab your popcorn, it won't be long!

...

4 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-0LjQqO-NO/



blazewithincyn Follow
Deyaz • home

...
I have kept myself locked away from@the real@world because I have always been "too much."

Whatever that is.

Too much pain

Too much drama

Your drums are TOO BIG!

So I tried to keep it all in.

Well there is something amazing that happens when you lock yourself in a house of pain.

You learn to alchemize it and HOLY SHIT!

4 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-0LjQqO-NO/



blazewithincyn Follow
Deyaz • home

Then what you are capable of is unstoppable!

🔥🔥🔥🔥

I do my own kind of processing that I don't expect anyone to understand, they didn't get me before so why should they now.

And I no longer care what others have to share, and you shouldn't either so I am not your keeper!

I have been processing a LOT of big emotions my entire life but this week they have come to a head.

So I am showing you glimpses of how I move through it.

4 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-0LjQqO-NO/



blazewithincyn Follow
Deyaz • home

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I'm not sure if I've slept a whack!

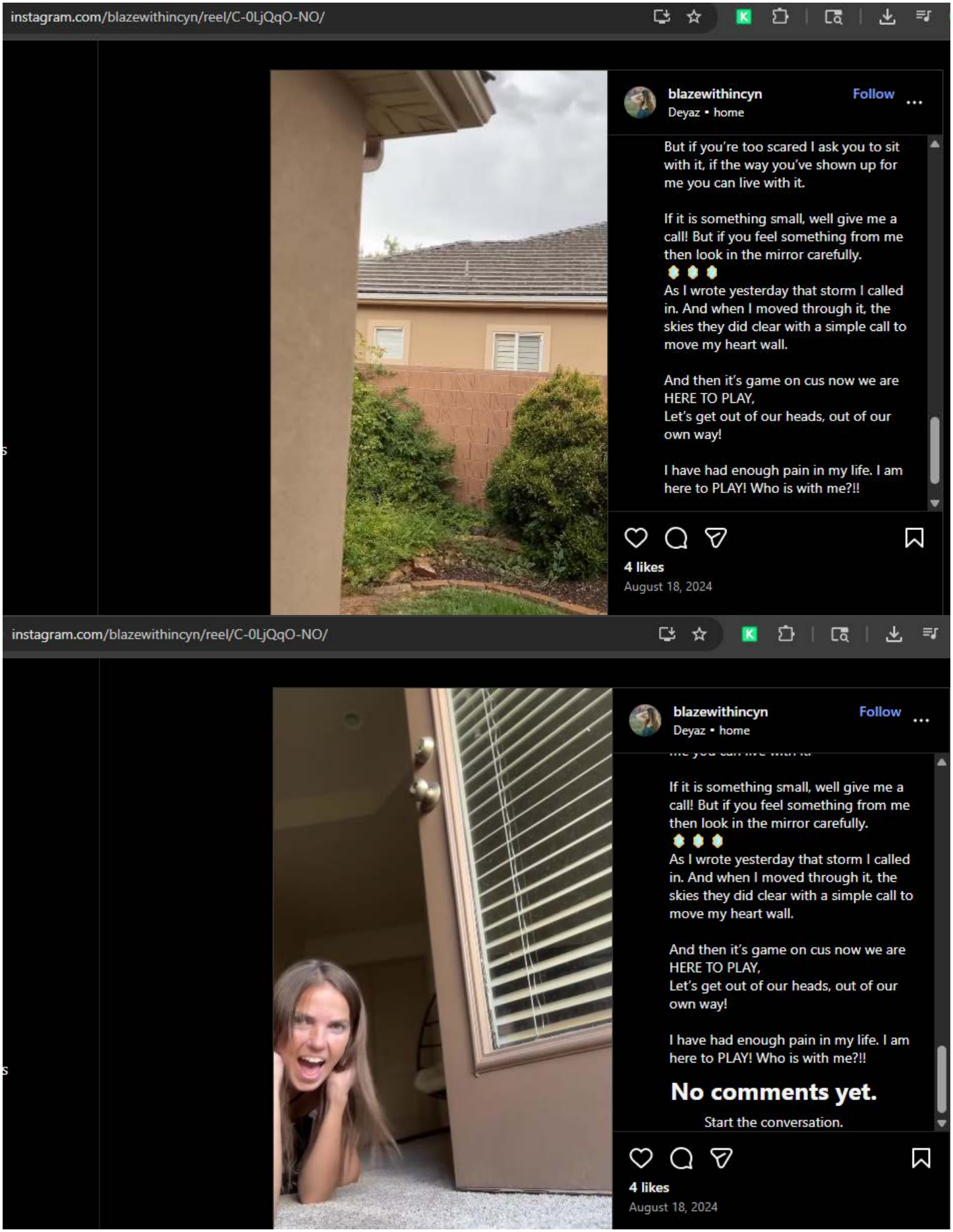
This time it feels GOOD because the emotions I move through, are not aimed at me but they might be at you!

And those in my life that have something to hide, might feel scared as they read what I share.

For how do they know if it is aimed at them? Well one easy way is to pick up the phone and ask me.

But if you're too scared I ask you to sit

4 likes
August 18, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 665975

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-0Q6LZuDIu/

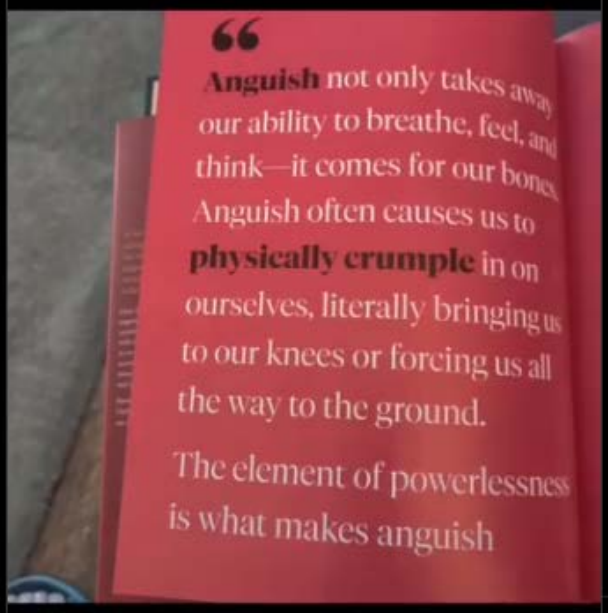
Posted: Aug 18, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a meme about anguish. This is also posted on Subject's Facebook account. A dear friend shared this with me. This is exactly what has dropped me to my knees more times than I can count. I have always been taught to forgive and forget. But what that leaves is my heart a fret. I did that for so long, and then I just left the pain that they were. For how was I supposed to stay and endure? But all that that did was continue to hurt me, until my heart burst even worse. So now when I feel some sort of pain, I must call it to light immediately, even when it hurts. For if they did not mean to stab me, then we can move on and let the pain out of me. □♥□ Thank you my friends you know who you are. Wether you’re close or wether your far. I hold you dear in my heart, for without you I naught fall apart!

instagram.com/blazewithincyn/reel/C-0Q6LZuDlu/



blazewithincyn Follow ...

blazewithincyn 65w
A dear friend shared this with me. This is exactly what has dropped me to my knees more times than I can count.

I have always been taught to forgive and forget. But what that leaves is my heart a fret.

I did that for so long, and then I just left the pain that they were. For how was I supposed to stay and endure?

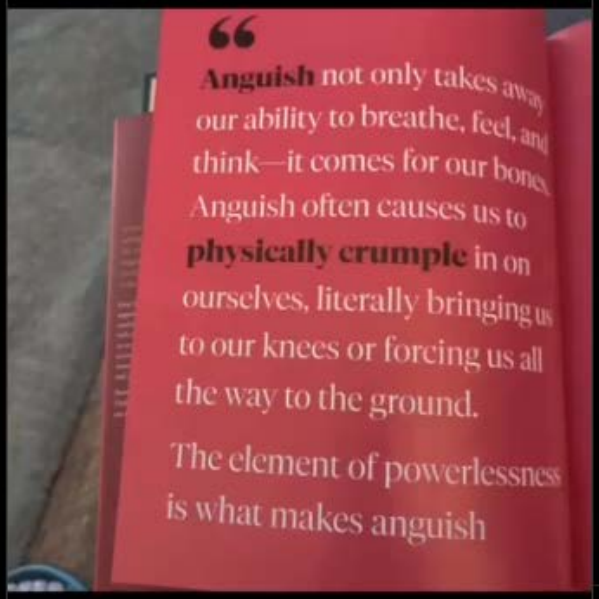
But all that that did was continue to hurt me, until my heart burst even worse.

So now when I feel some sort of pain, I must call it to light immediately, even when it hurts.

For if they did not mean to stab me,

August 18, 2024

instagram.com/blazewithincyn/reel/C-0Q6LZuDIu/



blazewithincyn Follow ...

hurt me, until my heart burst even worse.

So now when I feel some sort of pain, I must call it to light immediately, even when it hurts.

For if they did not mean to stab me, then we can move on and let the pain out of me.

🤗❤️🤗

Thank you my friends you know who you are. Wether you're close or wether your far. I hold you dear in my heart, for without you I naught fall apart!

😘

No comments yet.

Start the conversation.

August 18, 2024

Instagram

blazewithincyn/ | Posted: Aug 18, 2024

System ID: 665965 | Captured: Nov 17, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-0zWfYvpK6/

After DOI

Subject posted a picture of herself and her kids standing in front of a waterfall. She comments that they have been through a lot together. This is also posted on Subject's Facebook account. These three right here are all that I've got. They've got me, and I've got them. We have been through a lifetime of hell, and yet we keep going and growing. There is no other way that I know, so as you watch me rise from the ashes again know that I have me, and I'm raising dragons! □ The fire may be too hot for you and that is okay. I am not asking you to stay. I've done that my whole life and all that I got was your judgments and blame, for what does it mean for you if I've risen again? I have unlocked the chains that I'm in, so as I rise up you can stand tall. Or you can look away, I need no where to fall. I've got me I know I can do this. I've done it before and I I'll do it again. But now that you see the pain I'm in, can you be there and be my friend? I no longer put my agony on others instead I alchemized it inside, through quakes and shudders. And if I decide to come out and play, know it is what my heart needed that day. You can keep your judgments, for I've nothing to hide. I'll stand at that stake yet again. Just know my sisters and brothers, I see the real you, the you inside. Even if you don't see too the divinity you hide. It is in there and in the end, we will see who stands tall in the quakes and the falls. ❤❤❤ I am channeling like a mother trucker and the more I want to run and hide the more I know I can't hide anymore. If not I will leave this earth. So while I am "too much" for some I now own that. I am not asking anything of you. You don't have to read and you can block me. But if you are here and you can see me, know you're the reason I see me too. And if you have judgments sit with that for a bit. What you judge me by, how would you handle it? Bring on the storm kids we've got this!

instagram.com/blazewithincyn/reel/C-0zWfYvpK6/



blazewithincyn Follow ···

blazewithincyn Edited • 65w
These three right here are all that I've got. They've got me, and I've got them.

We have been through a lifetime of hell, and yet we keep going and growing.

There is no other way that I know, so as you watch me rise from the ashes again know that I have me, and I'm raising dragons! 🐉

The fire may be too hot for you and that is okay. I am not asking you to stay.

I've done that my whole life and all that I got was your judgments and blame, for what does it mean for you if I've risen again?

3 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-0zWfYvpK6/



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I have unlocked the chains that I'm in, so as I rise up you can stand tall. Or you can look away, I need no where to fall.

I've got me I know I can do this. I've done it before and I I'll do it again.

But now that you see the pain I'm in, can you be there and be my friend?

I no longer put my agony on others instead I alchemized it inside, through quakes and shudders.

And if I decide to come out and play, know it is what my heart needed that day.

You can keep your judgments, for I've nothing to hide.

3 likes
August 18, 2024

instagram.com/blazewithincyn/reel/C-0zWfYvpK6/



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I'll stand at that stake yet again.

Just know my sisters and brothers, I see the real you, the you inside. Even if you don't see too the divinity you hide. It is in there and in the end, we will see who stands tall in the quakes and the falls.

❤️❤️❤️

I am channeling like a mother trucker and the more I want to run and hide the more I know I can't hide anymore. If not I will leave this earth.

So while I am "too much" for some I now own that. I am not asking anything of you. You don't have to read and you can block me.

But if you are here and you can see me,

3 likes

August 18, 2024

instagram.com/blazewithincyn/reel/C-0zWfYvpK6/



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I am channeling like a mother trucker and the more I want to run and hide the more I know I can't hide anymore. If not I will leave this earth.

So while I am "too much" for some I now own that. I am not asking anything of you. You don't have to read and you can block me.

But if you are here and you can see me, know you're the reason I see me too.

And if you have judgments sit with that for a bit. What you judge me by, how would you handle it?

Bring on the storm kids we've got this!

No comments yet.

Start the conversation.

3 likes

August 18, 2024

Instagram

blazewithincyn/

System ID: 665971

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-0TqLgurAf/

Posted: Aug 18, 2024

Captured: Nov 17, 2025

After DOI

Subject posted a video and photo montage of gemstones, herself, and her friend Holly. Subject posted how her friend got her through difficult times. Earlier I shared a post about seeing everyone as gemstones, and there are certain gemstones in my life. This is one of them right here. She was the second to reveal to me what type of gemstone she was. And when I say I see it I mean it! I see it from the first day we meet. But the particular type of gemstone isn't revealed to me until they can feel safe to let down their guard around me. So when she revealed to me that day the type of gemstone she was, it was beautiful to witness! I see it in my minds eye as she let off her shell, and aloud me a glimpse of her own personal hell. She turned into a beautiful Safire! I couldn't even remember the name at the time but I saw it so clearly. So I ran to look it up and what was the first thing I see? Holy Safire! And that she is She might not see it yet, but one day I hope you see it my friend. For to me you absolutely are! Without you I may not be here that is true. But one thing I know, I really love you! We have another friend that sees people differently. And to her I represent freedom and I was unsure of that. But when she explained more I fell to the floor. For she was right, and for that I did fight! So there are no accidents that the first time we hung out, Holly and I, this was the picture that we took. And what is that in the picture I spy? Why it is FREEDOM! And that you did give me. So one day I hope that you too will see, the gemstone you are in my reality. I love you Holly! Don't miss my calls Have fun out there, where ever you are. Just know my heart hurts when you are far. Now let's get down to business and spread our light

instagram.com/blazewithincyn/reel/C-0TqLgurAf/



blazewithincyn Follow
Original audio

blazewithincyn 65w
Earlier I shared a post about seeing everyone as gemstones, and there are certain gemstones in my life.

This is one of them right here. She was the second to reveal to me what type of gemstone she was.

And when I say I see it I mean it! I see it from the first day we meet. But the particular type of gemstone isn't revealed to me until they can feel safe to let down their guard around me.

So when she revealed to me that day the type of gemstone she was, it was beautiful to witness! I see it in my minds eye as she let off her shell, and aloud me a glimpse of her own personal hell.

She turned into a beautiful Safire! I

instagram.com/blazewithincyn/reel/C-0TqLgurAf/



blazewithincyn Follow
Original audio

She turned into a beautiful Safire! I couldn't even remember the name at the time but I saw it so clearly.

So I ran to look it up and what was the first thing I see? Holy Safire! And that she is 💙

She might not see it yet, but one day I hope you see it my friend. For to me you absolutely are!

Without you I may not be here that is true. But one thing I know, I really love you! 💙

We have another friend that sees people differently. And to her I represent freedom and I was unsure of that.

But when she explained more I fell to

August 18, 2024

instagram.com/blazewithincyn/reel/C-0TqLgurAf/



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Original audio

But when she explained more I fell to the floor. For she was right, and for that I did fight!

So there are no accidents that the first time we hung out, Holly and I, this was the picture that we took. And what is that in the picture I spy?

Why it is FREEDOM! And that you did give me.

So one day I hope that you too will see, the gemstone you are in my reality.

I love you Holly! Don't miss my calls 😊 Have fun out there, where ever you are. Just know my heart hurts when you are far.

Now let's get down to business and spread our light! 💫

August 18, 2024

instagram.com/blazewithincyn/reel/C-0TqLgurAf/



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Original audio

So there are no accidents that the first time we hung out, Holly and I, this was the picture that we took. And what is that in the picture I spy?

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So one day I hope that you too will see, the gemstone you are in my reality.

I love you Holly! Don't miss my calls 😊 Have fun out there, where ever you are. Just know my heart hurts when you are far.

Now let's get down to business and spread our light! 💫

No comments yet.

Start the conversation.

August 18, 2024

Link to download video

Instagram

blazewithincyn/ | Posted: Aug 18, 2024

System ID: 666001 | Captured: Nov 17, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-0FdvRuYUV/

After DOI

Subject posted a video of her lying down for light therapy. She explains that she has this set up in her home. So when I said you can peak, Come take a look, look in and you'll see what I do when I'm home alone at night. And also when I write my book! …. Okay I really struggled with posting this video and fought back against myself. I tried to put it away, stick it on a shelf. But when I tried that it said "NO! We've been training a warrior and you are NOT WEAK! You haven't come this far for comfort to seek." And with that it busted wide open my channel, and had me do something I was terrified of once more. "No, not THAT! I'll do anything," I begged! But this is what I am asking if you, you know what you have to do. "Can't it please wait till morning?!" I felt distraught in my head. No, you need to do it NOW! You know this important! We've done this before and it saved many lives. "But this one can wait, surely it can!" For this time I knew it was so imminent. The phone calls before had saved a life, when someone in distraught was just about to end it, my message I sent gave them the light not to end it that night. But this one was different it wasn't their lives it would spare, no this time it was lives of many so "DON' T YOU DARE, take a step back when we've come all this way!" "This is a test to bring you fully into reality." But oh I was scared, and I think they might too, for they have NO IDEA what has come through! But each of us has a role in this life, and while we might not know now, later you will be shown. …. I said I was taking a break from social media posts and from writting for a bit because I am exhausted. But last time I did that months ago with my messages, I was nearly depleted and I thought I was done and it did not matter. For I did not want to be the one that brought all to light. But what I know now is that I can hold no more secrets, and if I try it will be the end of me. I've been there before and I was willing to die to hold on to the lie. But now I forgive and I want to LIVE! So if you can't live with yourself… that is on you, you know what you did. It isn't easy raising and slaying dragons But what I will say is your life is now at risk, if you come at my babies or me. That much I know.

instagram.com/blazewithincyn/reel/C-0FdvRuYUV/



blazewithincyn Follow
Original audio

blazewithincyn 65w
So when I said you can peak,
Come take a look, look in and you'll see what I do when I'm home alone at night. And also when I write my book!

....

Okay I really struggled with posting this video and fought back against myself. I tried to put it away, stick it on a shelf.

But when I tried that it said "NO! We've been training a warrior and you are NOT WEAK! You haven't come this far for comfort to seek."

And with that it busted wide open my channel, and had me do something I was terrified of once more.

1 like
August 18, 2024

instagram.com/blazewithincyn/reel/C-0FdvRuYUV/



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"No, not THAT! I'll do anything," I begged!

But this is what I am asking if you, you know what you have to do.

"Can't it please wait till morning?!"

I felt distraught in my head.

No, you need to do it NOW! You know this important! We've done this before and it saved many lives.

"But this one can wait, surely it can!" For this time I knew it was so imminent. The phone calls before had saved a life, when someone in distraught was just about to end it, my message I sent gave them the light not to end it that night.

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August 18, 2024

instagram.com/blazewithincyn/reel/C-0FdvRuYUV/



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But this one was different it wasn't their lives it would spare, no this time it was lives of many so "DON' T YOU DARE, take a step back when we've come all this way!"

"This is a test to bring you fully into reality."

But oh I was scared, and I think they might too, for they have NO IDEA what has come through!

But each of us has a role in this life, and while we might not know now, later you will be shown.
....
I said I was taking a break from social media posts and from writting for a bit because I am exhausted. But last time I

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August 18, 2024

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But what I know now is that I can hold no more secrets, and if I try it will be the end of me.

I've been there before and I was willing to die to hold on to the lie. But now I forgive and I want to LIVE!

So if you can't live with yourself... that is on you, you know what you did.

It isn't easy raising and slaying dragons 🐉 But what I will say is your life is now

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August 18, 2024

instagram.com/blazewithincyn/reel/C-0FdvRuYUV/



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🐍 But what I will say is your life is now at risk, if you come at my babies or me. That much I know.

Continued in comments

blazewithincyn 65w
So when I said you can peak,
Come take a look, look in and you'll see what I do when I'm home alone at night. And also when I write my book!

....

Okay I really struggled with posting this video and fought back against myself. I tried to put it away, stick it on a shelf.

But when I tried that it said "NO!

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August 18, 2024

instagram.com/blazewithincyn/reel/C-0FdvRuYUV/



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Original audio

But when I tried that it said "NO! We've been training a warrior and you are NOT WEAK! You haven't come this far for comfort to seek."

And with that it busted wide open my channel, and had me do something I was terrified of once more.

"No, not THAT! I'll do anything," I begged!

But this is what I am asking if you, you know what you have to do.

"Can't it please wait till morning?!"

I felt distraught in my head.

No, you need to do it NOW! You

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August 18, 2024

instagram.com/blazewithincyn/reel/C-0FdvRuYUV/



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No, you need to do it NOW! You know this important! We've done this before and it saved many lives.

"But this one can wait, surely it can!" For this time I knew it was so imminent. The phone calls before had saved a life, when someone in distraught was just about to end it, my message I sent gave them the light not to end it that night.

But this one was different it wasn't their lives it would spare, no this time it was lives of many so "DON' T YOU DARE, take a step back when we've come all this way!"

"This is a test to bring you fully into reality."

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August 18, 2024

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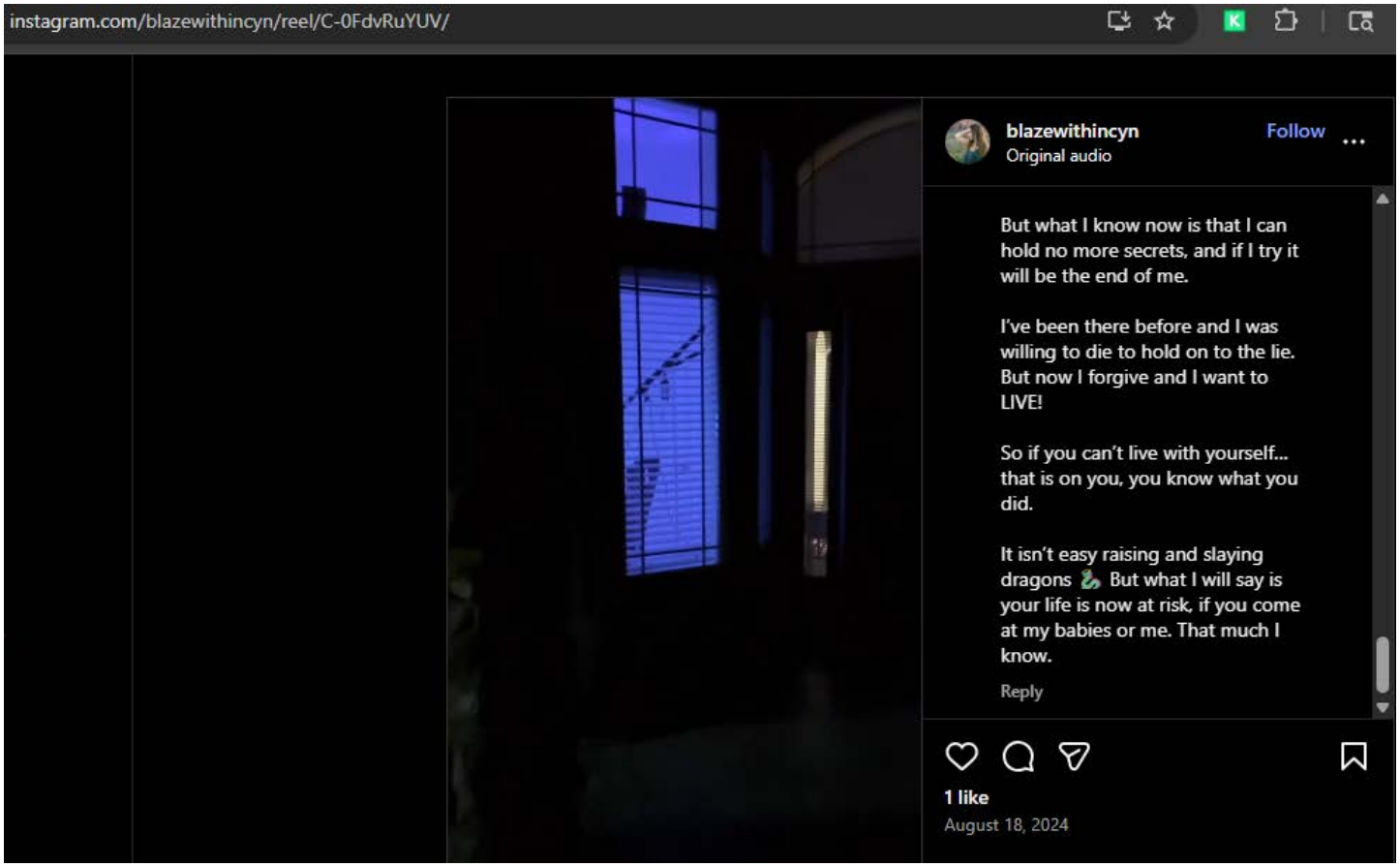
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Original audio

But oh I was scared, and I think they might too, for they have NO IDEA what has come through!

But each of us has a role in this life, and while we might not know now, later you will be shown.
....
I said I was taking a break from social media posts and from writting for a bit because I am exhausted. But last time I did that months ago with my messages, I was nearly depleted and I thought I was done and it did not matter. For I did not want to be the one that brought all to light.

But what I know now is that I can hold no more secrets, and if I try it will be the end of me

1 like
August 18, 2024



Link to download video

Instagram

blazewithincyn/

System ID: 665280

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-1-RsEOucs/

Posted: Aug 19, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video of her and a friend running out into the rain and splashing around in the street. She said she is trying to be real. This is also posted on Subject's Facebook account. The more real I am the more real people are with me. When I say I am in control of this storm know that is exactly what I mean! I called in the floods, and oh it’s a gusher! I am airing my dirty laundry for everyone to see. Will you run and hide, or sit there and stare? I’ll scream and I’ll shout and let it ALL out! Come inside it’s a fun ride! But if you can’t handle all this, know I still love you! I have been sharing things in real time with those around me and I am not holding anything back! Did you know you can control what is inside of you? But did you also know that in there lies your power. And I am a force to be reckoned with! I know that now but I did not see it then. And I know when all is said and done, I am okay with where I have been, and how far I have come! Now are you ready to get out of your shame and your pain? Then we can dance outside in the rain!!!! □ This mother has been stripped bare and stripped naked, and at the flames her heart was staked!❤□ But now I’m ready to come out to play. Game on let’s play!!! □□

instagram.com/blazewithincyn/reel/C-1-RsEOucs/



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Original audio

blazewithincyn Edited • 64w
The more real I am the more real people are with me.

When I say I am in control of this storm know that is exactly what I mean!

I called in the floods, and oh it's a gusher!

I am airing my dirty laundry for everyone to see.

Will you run and hide, or sit there and stare?

I'll scream and I'll shout and let it ALL out!

Come inside it's a fun ride!

15 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-1-RsEOucs/



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But if you can't handle all this, know I still love you!

I have been sharing things in real time with those around me and I am not holding anything back!

Did you know you can control what is inside of you?

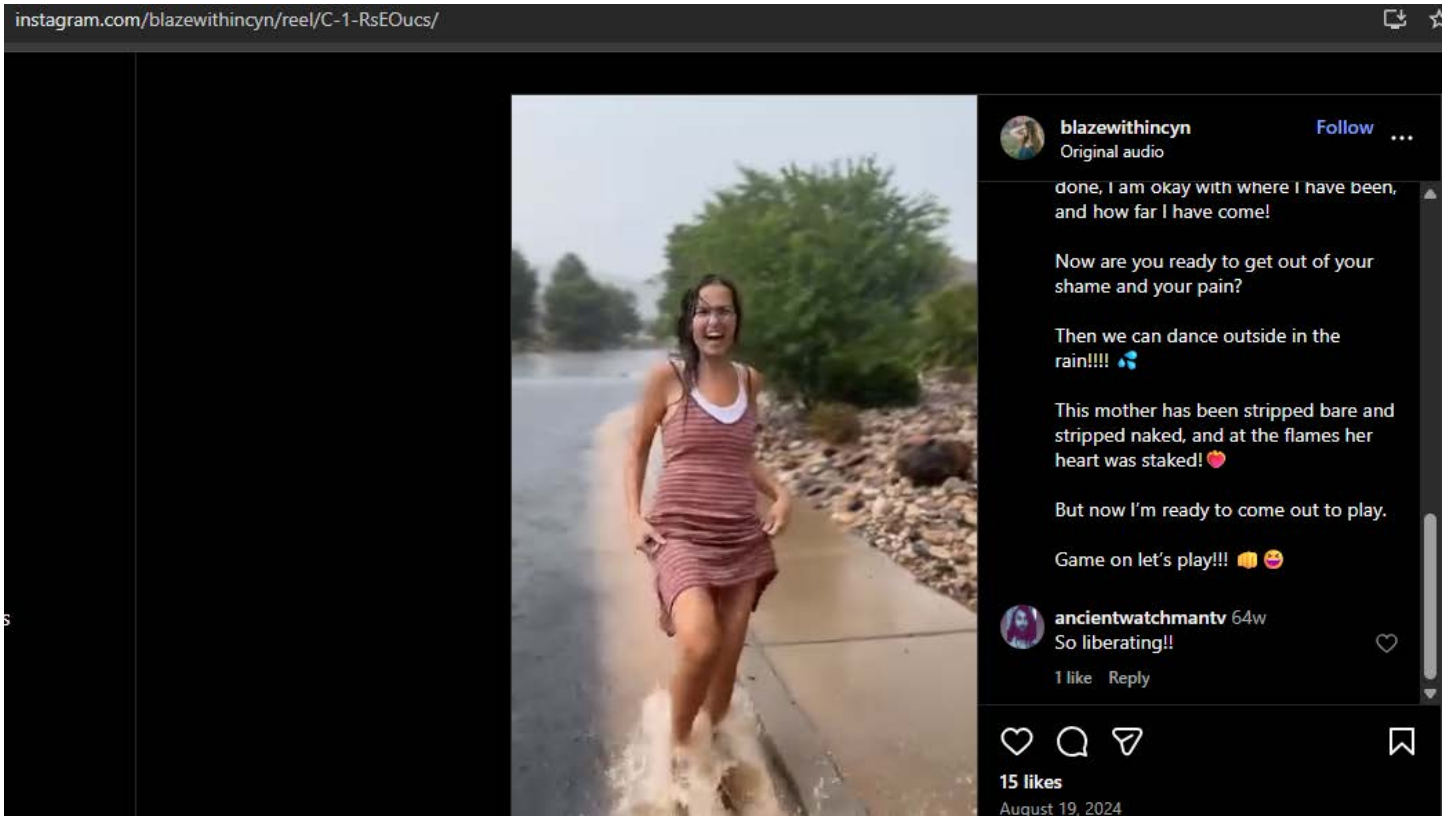
But did you also know that in there lies your power.

And I am a force to be reckoned with!

I know that now but I did not see it then. And I know when all is said and done, I am okay with where I have been, and how far I have come!

Now are you ready to get out of your

15 likes



[Link to download video]

Instagram

blazewithincyn/ | Posted: Aug 19, 2024
System ID: 665264 | Captured: Nov 13, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C-2EqqVu20d/

After DOI

Subject posted a split picture with 3 crosses on top and flames underneath. In the comments, she writes about feeling shame, humility, and being depressed. She writes that "I am unsure if I want to continue to walk this earth". She does thank her friends who have supported her during this process. This is also posted on Subject's Facebook account. As I walk through another fire today, I sat feeling raped and a prostitute. I sat in the pain of my shame, humility feeling destitute. A conversation I had I felt the building would burn, for this down trodden mother had nowhere to turn. “Let me ask you a question, did you just go on vacation? If that is the case how can this be true.” Well you see, if you haven’t already, I have been standing with my footing unsteady. I want to die or to murder someone, that is the truth. So when true friends step in and see your pain, they help you. I was seriously in such a depression, with all my rage and internally damnation, someone would die that day, and if this mother had anything to say, it won’t be another child that was lost. So if you condemn the house that I’m in, the internal rage will burst from within. It’s one or the other, shouted this mother! It won’t be my child so it’s me or it’s him! No, just keep it in. So that’s what I did with all that I had. For if I was gone no voice would be given, that of another whose choice was taken. □□□ I have been sharing a lot lately. And within all the riddles to may be cryptic to some. It’s not one but many who have put their weight on me. So if you’re still standing and in my path. No that I love you for having my back. If you have run to seek a reprieve, what is it your heart doesn’t not want to be seen? Thank you for the few tokens in my life that show up and I am walking through my own internal damnation. I used to hide from the judgments of others. But now I strip bare and have nothing to hide. You can judge me from the outside. But if you come in, know you are a gem. Because there aren’t many in this world today. That can stand up in their story. You know who you are each and every one of you. I appreciate the calls and know I’m okay. But your messages come in when in need them. Because every breath is one I am unsure if I want to continue to walk this earth. One thing I know the more transparent I am. People will be a pillar or they will run.

instagram.com/blazewithincyn/reel/C-2EqqVu20d/



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for KING & COUNTRY • God Onl...

blazewithincyn 64w
As I walk through another fire today, I sat feeling raped and a prostitute.

I sat in the pain of my shame, humility feeling destitute. A conversation I had I felt the building would burn, for this down trodden mother had nowhere to turn.

"Let me ask you a question, did you just go on vacation? If that is the case how can this be true."

Well you see, if you haven't already, I have been standing with my footing unsteady.

I want to die or to murder someone, that is the truth. So when true friends

2 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-2EqqVu20d/



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step in and see your pain, they help you.

I was seriously in such a depression, with all my rage and internally damnation, someone would die that day, and if this mother had anything to say, it won't be another child that was lost.

So if you condemn the house that I'm in, the internal rage will burst from within. It's one or the other, shouted this mother!

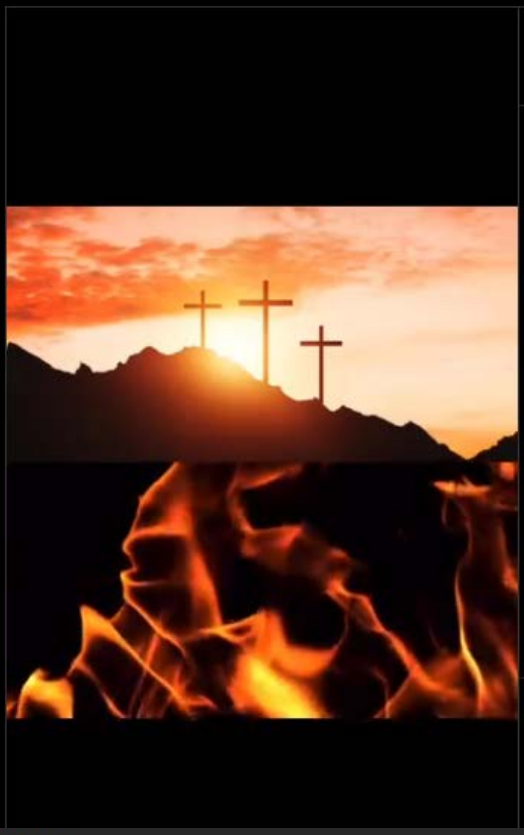
It won't be my child so it's me or it's him!

No, just keep it in.

So that's what I did with all that I had

2 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-2EqqVu20d/



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for KING & COUNTRY • God Onl...

So that's what I did with all that I had. For if I was gone no voice would be given, that of another whose choice was taken.

💔💔💔

I have been sharing a lot lately. And within all the riddles to may be cryptic to some. It's not one but many who have put their weight on me.

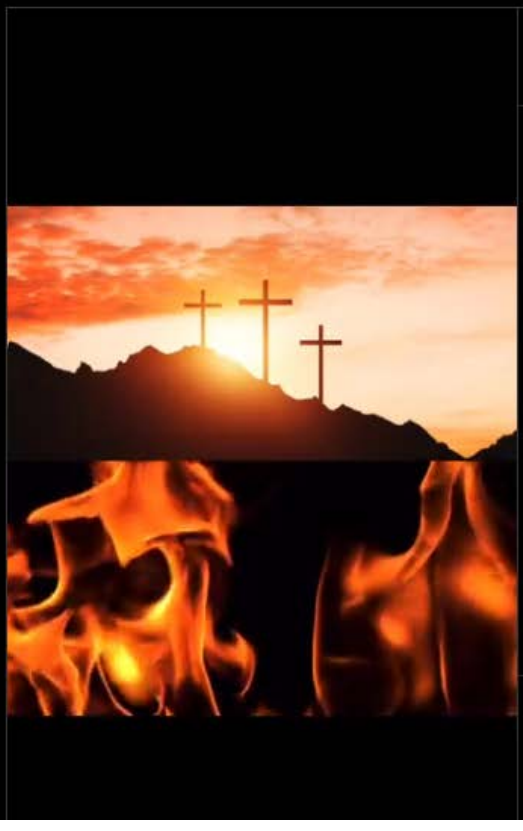
So if you're still standing and in my path. No that I love you for having my back.

If you have run to seek a reprieve, what is it your heart doesn't not want to be seen?

Thank you for the few tokens in my life

2 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-2EqqVu20d/



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that show up and I am walking through my own internal damnation.

I used to hide from the judgments of others. But now I strip bare and have nothing to hide.

You can judge me from the outside.

But if you come in, know you are a gem. Because there aren't many in this world today. That can stand up in their story.

You know who you are each and every one of you.

I appreciate the calls and know I'm okay.

But your messages come in when in need them.

2 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-2EqqVu20d/



blazewithincyn Follow
for KING & COUNTRY • God Onl...

need them.

Because every breath is one I am unsure if I want to continue to walk this earth.

One thing I know the more transparent I am. People will be a pillar or they will run.

blazewithincyn 64w
Either way I'm okay. I've done this before. But this time I have no time to waste.

You show up in my life or you can see the front door. Either way I know I'm okay.

I love you all. Thank you again for being my friend. 😘

2 likes
August 19, 2024

Instagram

blazewithincyn/

System ID: 665246

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-2E8KMObG-/

Posted: Aug 19, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a picture of her holding a black flag with the words Live A Great Story written on it. In the comments, she talks about not having any more secrets or lies and that she will one day write a book detailing her life. This is also posted on Subject's Facebook account. Well I guess that's it, I've got nothing left. I've let it all out with a scream and a shout. Put a fork in me, I surrender, this mamas heart could not be more tender. I pushed and I shoved, and all my closets are empty. There was a lot, and oh you saw plenty. I guess that's it, not sure who's left standing. I tried my best, now It's time for a rest. I guess we'll see now that I'm done, if anyone still wants to come, out to play that is, after everyone runs. I tried my best to push everyone away, so if you still stay, I just want to play. I guess that I'll go back inside, for no one wants to see a struggling mom. And now I'll close all my windows, just like my heart when I was a widow. For last time I sought any help, I just created my own new hell. This time I've got it all alone, for no one can be trusted inside my home. Even when I thought you were my friend, could you really see me through to the end? I know one thing, this house of pain will be anything but that again. I sincerely thank my friends and family who answered the last call, and showed up to support my last fall. For next time you see me, I won't be the same, I no longer hold in any pain. For when I do it tries to kill me, and this cat has nine lives, so there's one left in me. This time there's no more secrets and lies, that which we hide, only takes us for a ride. For anyone that has been asking, the book will be coming, it's my last tasking. After that when you find me, I'll be living my true destiny. What ever that is I know it will be great, even if I'm the only one standing at my gate. So one last time, I love you all, even the ones that I hate. And if you want to judge me I challenge you, are you willing to share all you've been through? Thank you and goodnight. I'll see you Tuesday for the newly scheduled programming □

instagram.com/blazewithincyn/reel/C-2E8KMObG-/



blazewithincyn Follow ...

blazewithincyn 64w
Well I guess that's it, I've got nothing left. I've let it all out with a scream and a shout.

Put a fork in me, I surrender, this mamas heart could not be more tender.

I pushed and I shoved, and all my closets are empty. There was a lot, and oh you saw plenty.

I guess that's it, not sure who's left standing. I tried my best, now It's time for a rest.

I guess we'll see now that I'm done, if anyone still wants to come, out to play that is, after everyone runs.

4 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-2E8KMObG-/



blazewithincyn Follow ...

I tried my best to push everyone away, so if you still stay, I just want to play.

I guess that I'll go back inside, for no one wants to see a struggling mom. And now I'll close all my windows, just like my heart when I was a widow.

For last time I sought any help, I just created my own new hell.

This time I've got it all alone, for no one can be trusted inside my home.

Even when I thought you were my friend, could you really see me through to the end?

I know one thing, this house of pain will be anything but that again.

4 likes

August 19, 2024

instagram.com/blazewithincyn/reel/C-2E8KMObG-/



blazewithincyn Follow ...

I sincerely thank my friends and family who answered the last call, and showed up to support my last fall.

For next time you see me, I won't be the same, I no longer hold in any pain.

For when I do it tries to kill me, and this cat has nine lives, so there's one left in me.

This time there's no more secrets and lies, that which we hide, only takes us for a ride.

For anyone that has been asking, the book will be coming, it's my last tasking.

After that when you find me, I'll be

4 likes

August 19, 2024

instagram.com/blazewithincyn/reel/C-2E8KMObG-/



blazewithincyn Follow ...

After that when you find me, I'll be living my true destiny.

What ever that is I know it will be great, even if I'm the only one standing at my gate.

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And if you want to judge me I challenge you, are you willing to share all you've been through?

Thank you and goodnight.

I'll see you Tuesday for the newly scheduled programming 😘

No comments yet.

Start the conversation

4 likes

August 19, 2024

Instagram

blazewithincyn/

System ID: 665235

Cynthia Lee Jacobson

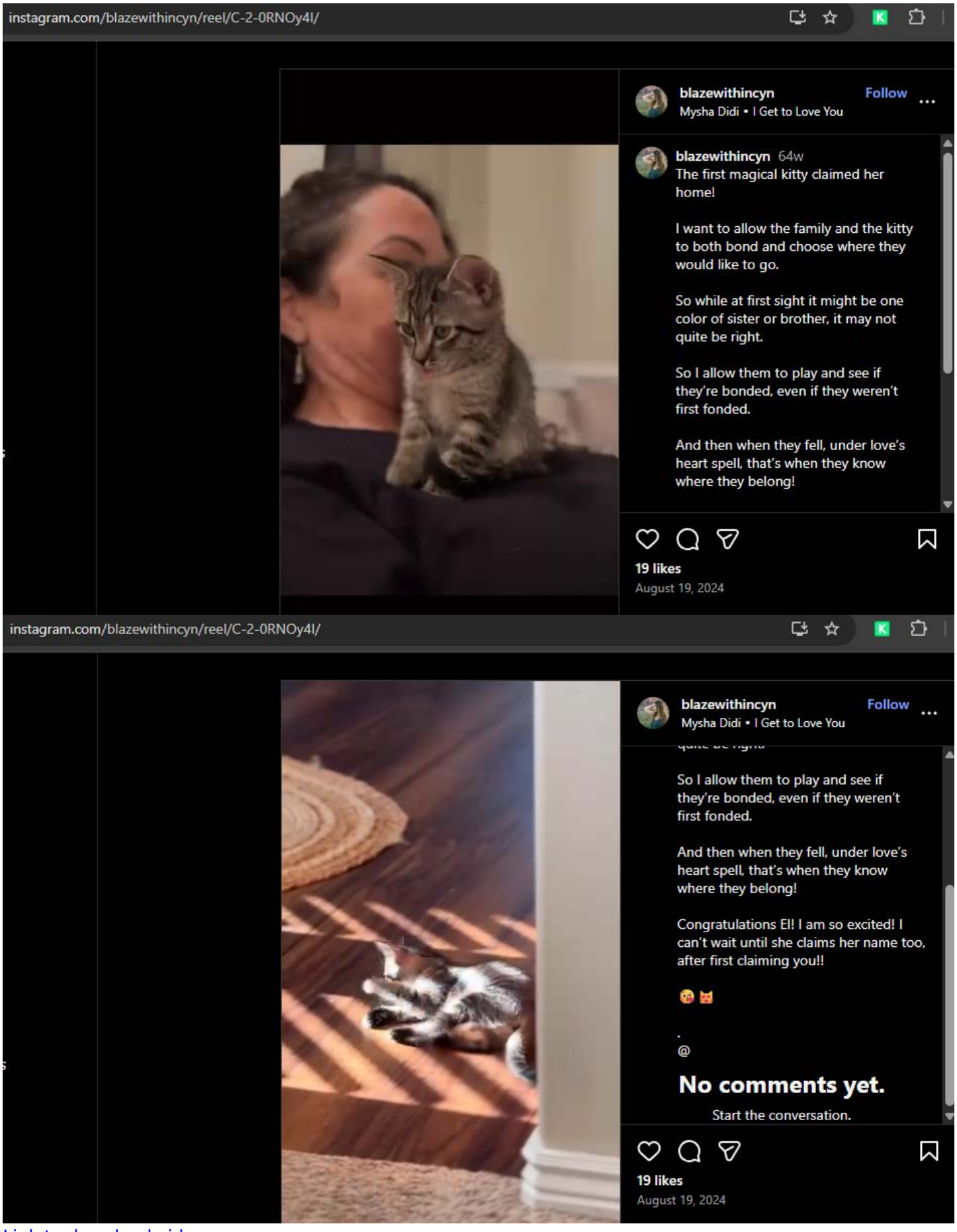
https://www.instagram.com/blazewithincyn/reel/C-2-0RNOy4I/

Posted: Aug 19, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video and picture of one of her kittens being adopted. In the comments, she writes that she tries to let the kitten and person pick each other. This is also posted on Subject's Facebook account. The first magical kitty claimed her home! I want to allow the family and the kitty to both bond and choose where they would like to go. So while at first sight it might be one color of sister or brother, it may not quite be right. So I allow them to play and see if they’re bonded, even if they weren’t first fonded. And then when they fell, under love’s heart spell, that’s when they know where they belong! Congratulations El! I am so excited! I can’t wait until she claims her name too, after first claiming you!!



[Link to download video]

Instagram

blazewithincyn/

System ID: 665231

Cynthia Lee Jacobson

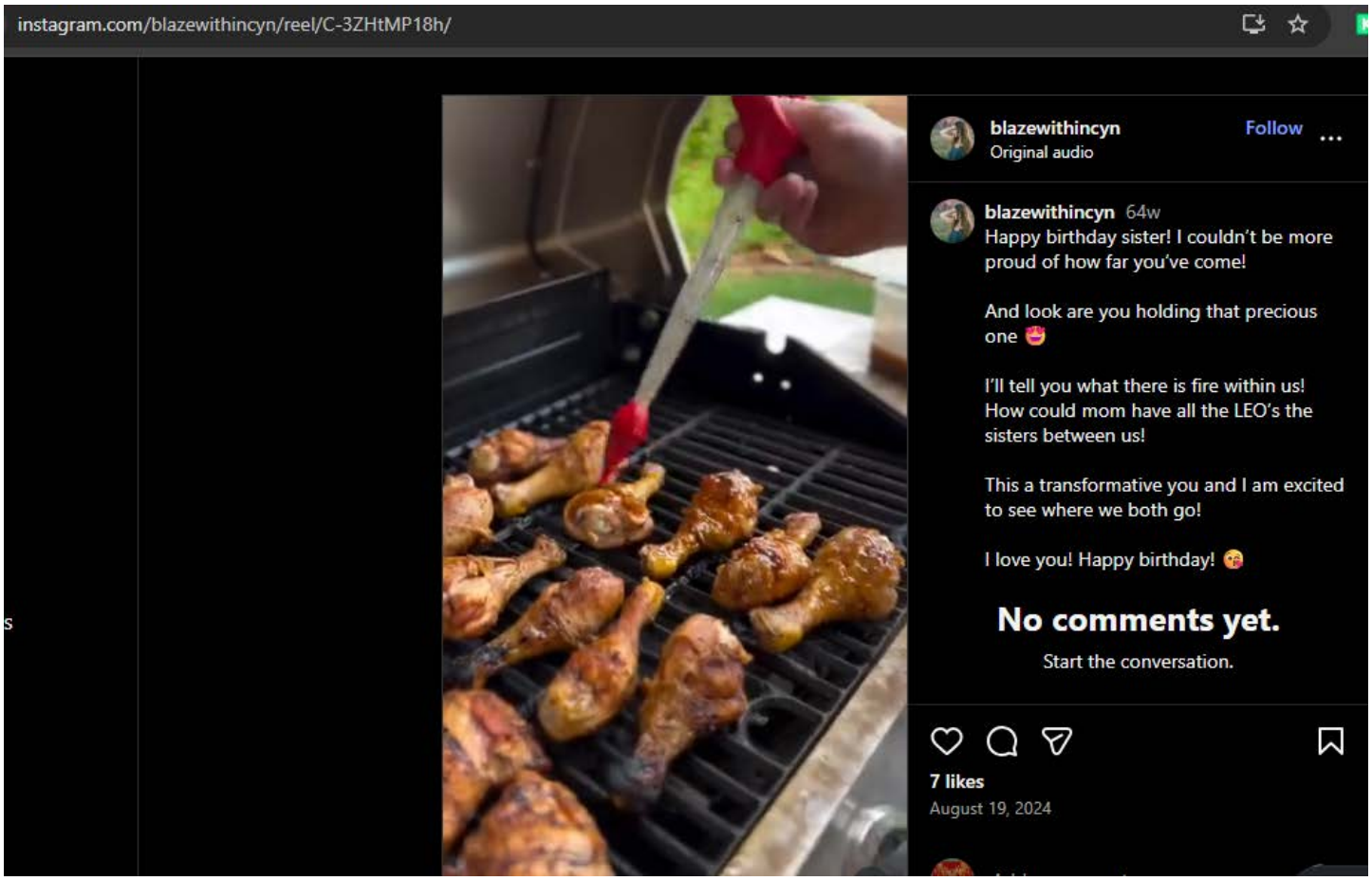
https://www.instagram.com/blazewithincyn/reel/C-3ZHtMP18h/

Posted: Aug 19, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video and pictures wishing her sister a happy birthday. She pans the camera around her backyard, showing her family. This is also posted on Subject's Facebook account. Happy birthday sister! I couldn’t be more proud of how far you’ve come! And look are you holding that precious one I’ll tell you what there is fire within us! How could mom have all the LEO’s the sisters between us! This a transformative you and I am excited to see where we both go! I love you! Happy birthday!



[Link to download video]

Instagram

blazewithincyn/ | Posted: Aug 19, 2024

System ID: 665228 | Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-3dE2vPXPM/

After DOI

Subject posted a video showing her and her family playing with her suspended sling. She is also seen playing with a glowing ribbon. She writes in the comments about feeling despair and feeling compelled to write. She also acknowledges hoping not to wake up at times, but that she now feels she can move forward. This is also posted on Subject's Facebook account. Yesterday after walking into my own house of internal damnation, then walking on the coals, I'm not sure what I wanted but I knew I needed to be witnessed in the pain of something that has surfaced over and over again through my traumas. I'm not sure what I expected? But I know after speaking my own internal truth, and having such a soft smile presented back to me that was quite unexpected. For I spoke truth to him and he spoke truth to me and offered me a safe place to lay my weary head, that allowed to allowed me to feel protected if only for a moment. I walked away feeling empty inside and yet I was resurrected. I came home and danced in the rain to let it out, and then it was time to party, yet I was so depleted. Every time I got in my head I felt so exhausted. Past me would have been the life of the party. This time I had nothing left. So with each breath I went deeper into surrender. It seemed over and over I had to check back in to stay on this earth. The people showed up and I sat on a chair as they got everything ready. I felt in despair, when I could not care to help anybody. This was very unlike me. The message in my head said "Cyndee let them take care of you." So that is what I did. And when my amazing sister in-lay wanted to give me an Aerial massage I laid down reluctantly. For what she did not know was the window into my heart. I was so grateful and it was much needed, but I felt so depleted. After I laid there in surrender I felt life infused in me! So then I played and enjoyed the moment, who knows how long it will last. My family were concerned about me, and many questions were asked. "Are you okay?" Yes and no was my answer. My nieces and nephews, son and daughter, family and friends just stood there, not knowing what to offer. I smiled weakly at them and continued on trying to just be there. When really inside I wanted to die I, and let it all come to an end. I have thrown so many parties before, this is something I love. But this time I needed help from above. Yet again I was holding it all in, when a divine soul stepped in, and I fell collapsing.

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow
Deyaz • home

blazewithincyn Edited • 64w
Yesterday after walking into my own house of internal damnation, then walking on the coals, I'm not sure what I wanted but I knew I needed to be witnessed in the pain of something that has surfaced over and over again through my traumas.

I'm not sure what I expected? But I know after speaking my own internal truth, and having such a soft smile presented back to me that was quite unexpected.

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4 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow
Deyaz • home

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I came home and danced in the rain to let it out, and then it was time to party, yet I was so depleted.

Every time I got in my head I felt so exhausted. Past me would have been the life of the party. This time I had nothing left.

So with each breath I went deeper into surrender. It seemed over and over I had to check back in to stay on this earth.

The people showed up and I sat on a chair as they got everything ready.

I felt in despair, when I could not care

4 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow

Deyaz • home

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I was so grateful and it was much needed, but I felt so depleted.

After I laid there in surrender I felt life infused in me!

So then I played and enjoyed the

4 likes

August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow

Deyaz • home

So then I played and enjoyed the moment, who knows how long it will last.

My family were concerned about me, and many questions were asked.

"Are you okay?"

Yes and no was my answer.

My nieces and nephews, son and daughter,
family and friends just stood there, not knowing what to offer.

I smiled weakly at them and continued on trying to just be there.

When really inside I wanted to die I, and let it all come to an end

4 likes

August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow
Deyaz • home

let it all come to an end.

I have thrown so many parties before, this is something I love.

But this time I needed help from above.

Yet again I was holding it all in, when a divine soul stepped in, and I fell collapsing.

Continued in comments

blazewithincyn 64w
I let it all out, this time in full surrender. How did that happen?

I've been so strong to move it along, but this time was different.

4 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow
Deyaz • home

I needed someone to be there for me only the way they knew how.

I had no idea that's what I needed in that moment until I did.

I've had others show up in support, each so beautifully. But this was different I don't know how, it just was.

After that I felt complete, and as I lay me down to sleep, I hoped I wouldn't wake up.

My eyes closed down and so did my mind, yet that didn't last long.

Quickly and fast the pain was excruciating!

4 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow
Deyaz • home

Waking me from my sleep and I was so angry!

I hoped I 'dnever wake up.

I laid their crying and asking "why is this happening to me?"

Then in my head came words to the letter, you are a channel my dear.

"When the message is here you need to hear it loud and clear!"

So I started writing and when the words stopped I closed my eyes in a slumber.

And then the pain was back again, couldn't this just stop?!

4 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow
Deyaz • home

No sweetheart we are not done, please write it all down.

This happed to me over and over, I was so exhausted I just wanted a break.

It gave me some reprieve in between, but only for a moment. And that continued to 7am when I finally felt complete.

Now how am I supposed to do what I need for the daythat is so important?!

My body was weak and tired and I didn't know if I could hide it and still show up.

But I did just that in Cyndee style.

4 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow
Deyaz • home

And while last night when I went to bed to rest my weary head, and hoped I would not wake up, today is a new day and I know I can make a shake up!

Reply

blazewithincyn 64w
I've been so strong to move it along but this time was different.

I needed someone to be there for me only the way they knew how.

I had no idea that's what I needed in that moment until I did.

I've had others show up in support, each so beautifully. But this was

4 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-3dE2vPXPM/



blazewithincyn Follow
Deyaz • home

each so beautifully. But this was different I don't know how it just was.

After that I felt complete and as I lay me down to sleep I hoped I wouldn't wake up.

That didn't last, quickly ad fast the pain was excruciating!

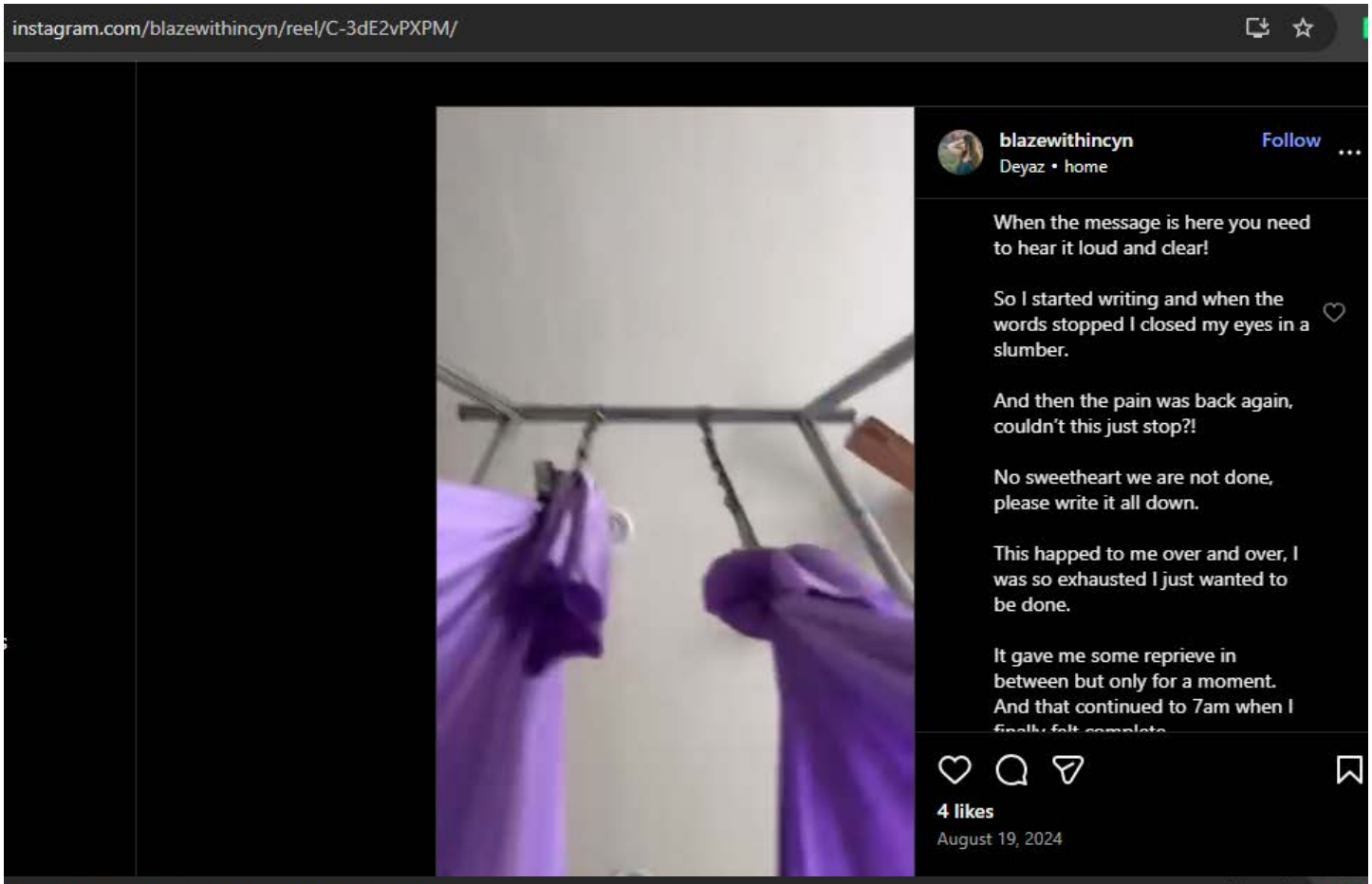
Waking me from my sleep and I was so angry! I hoped I never wake up.

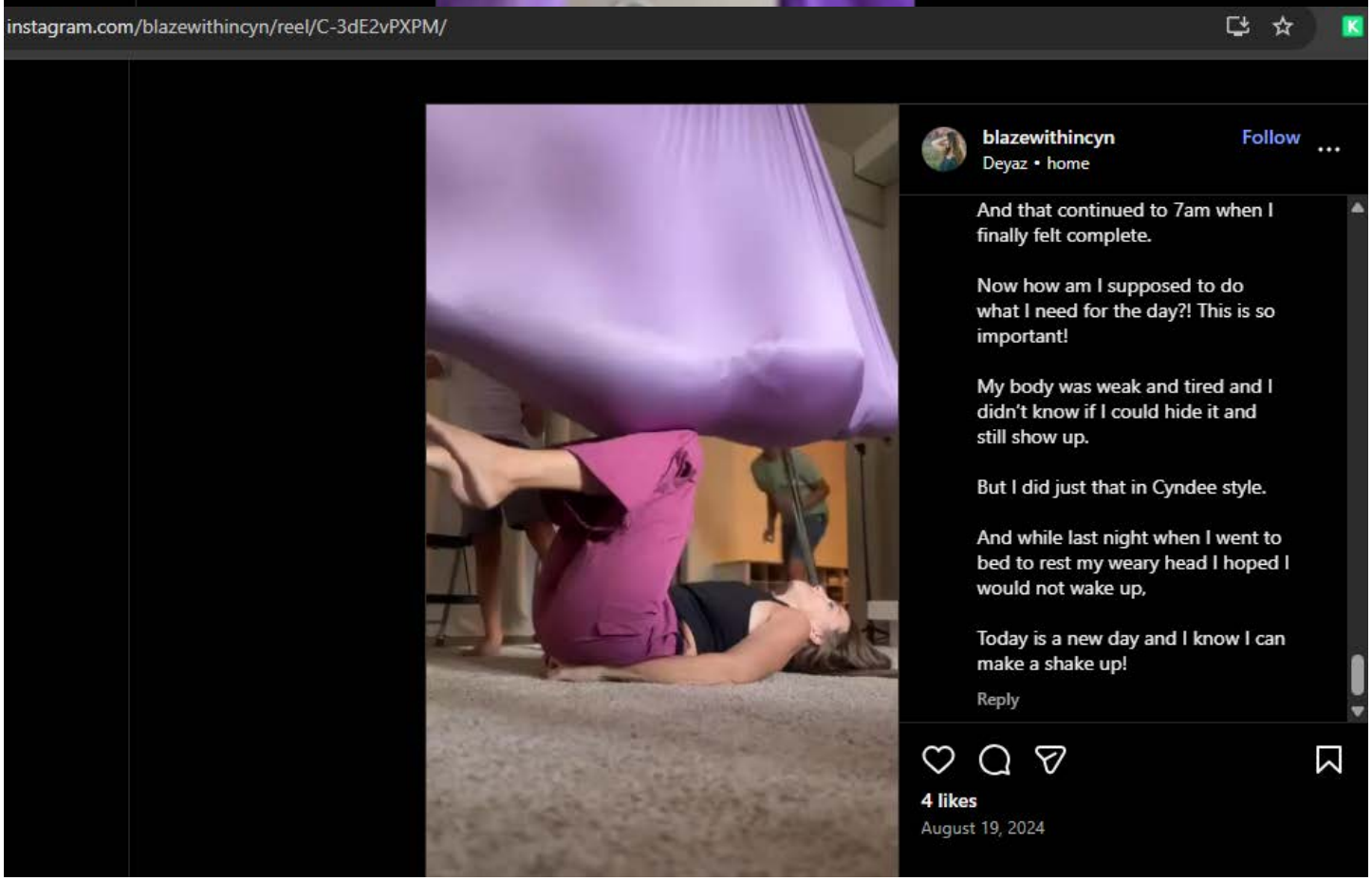
I laid their crying and asking why this was happening to me?

Then in my head came words to the letter, you are a channel my dear.

When the message is here you need

4 likes
August 19, 2024





[Link to download video]

Instagram

blazewithincyn/

System ID: 665213

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-33jRYs3dh/

Posted: Aug 19, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a selfie video of herself in a car. In the comments, she writes about the personal pain she and other people deal with. This is also posted on Subject's Facebook account. I don’t know why see I see the things that I do, because I don’t want to hurt me and I don’t want to hurt you. I know that I am not average, and I’ve shut myself down and put on a shelf my heart to collect dust, and there it did rust But I’m a good hearted savage. So while there is more I’m off of the floor, and from here on out instead of a shout, I’ll say it in the moment. Because I don’t want to feel this pain and I know you don’t own it. That’s on me if I continue to to place me in the same space I’m at in the moment. So if I call you out with a shout, know it’s because I love you. I want to clarify the message, because I know it’s above you and I don’t want to hold myself in judgment. I know you don’t either, so let’s be real with ourselves and stay off the shelves our hearts to collect dust before they rust. When I say, I see the pain in your eyes know that your heart never lies, and from now on I’ll be careful with my ask and come at you. Because the last thing I’ll see is the pain that you’ll be in when the steak is thrown out. So if you have a splinter and I see it, I’ll ask you gently if I can help you remove it. If instead you want to keep it there, that’s OK and only fair. Know that I still love you. Sometimes we must move away, because when we continue to put ourselves in the same pain, it hurts us both again and again. If you haven’t caught on yet these posts are often written to our own selves as much as the other. I am writing to me just as much as any other. ❤

instagram.com/blazewithincyn/reel/C-33jRYs3dh/



blazewithincyn Follow
Original audio

blazewithincyn 64w
I don't know why see I see the things that I do, because I don't want to hurt me and I don't want to hurt you.

I know that I am not average, and I've shut myself down and put on a shelf my heart to collect dust, and there it did rust

But I'm a good hearted savage.

So while there is more I'm off of the floor, and from here on out instead of a shout, I'll say it in the moment.

Because I don't want to feel this pain and I know you don't own it. That's on me if I continue to to place me in the same space I'm at in the moment.

3 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-33jRYs3dh/



blazewithincyn Follow
Original audio

So if I call you out with a shout, know it's because I love you.

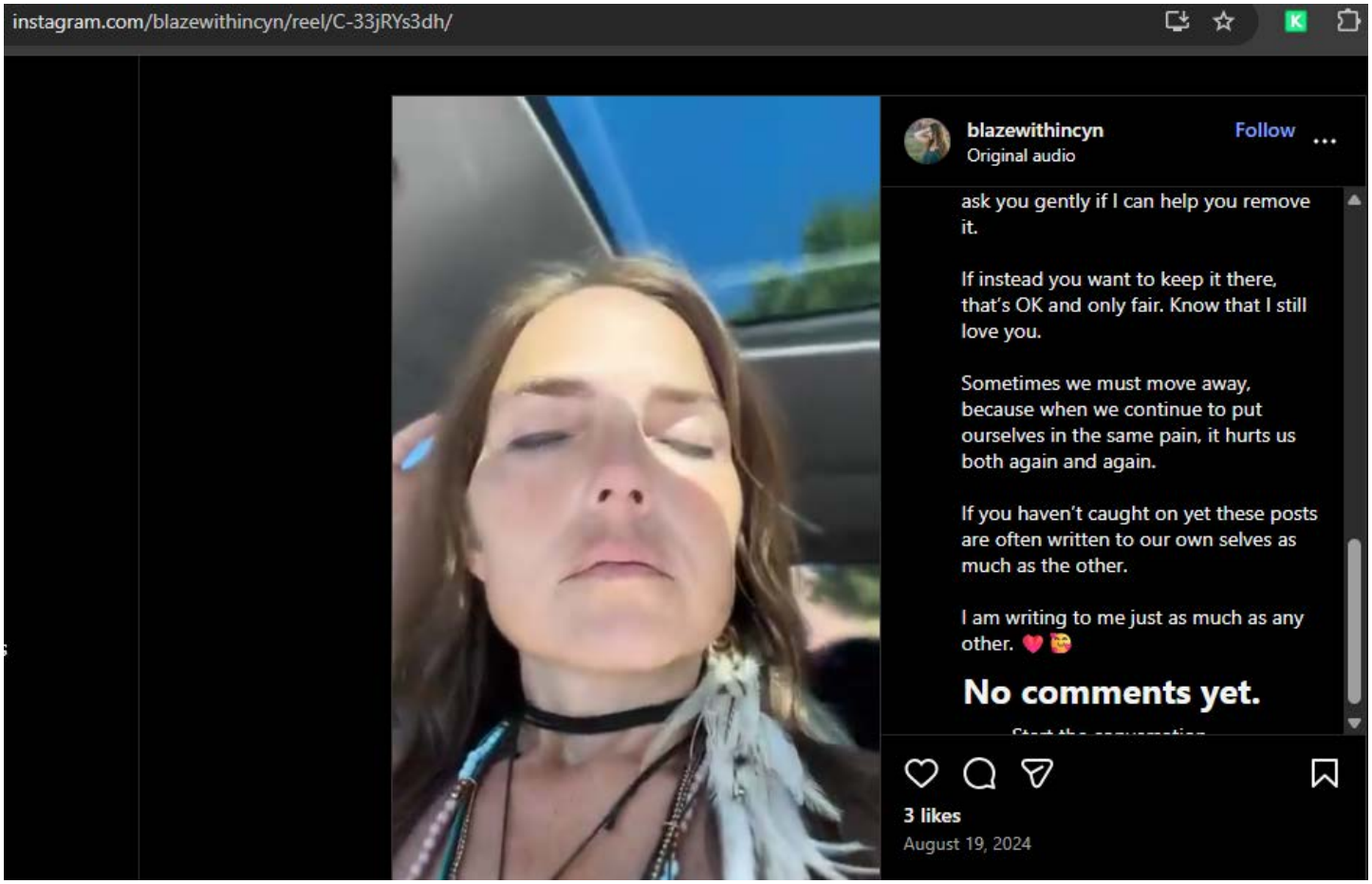
I want to clarify the message, because I know it's above you and I don't want to hold myself in judgment. I know you don't either, so let's be real with ourselves and stay off the shelves our hearts to collect dust before they rust.

When I say, I see the pain in your eyes know that your heart never lies, and from now on I'll be careful with my ask and come at you.

Because the last thing I'll see is the pain that you'll be in when the steak is thrown out.

So if you have a splinter and I see it, I'll ask you gently if I can help you remove

3 likes
August 19, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 665209

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-36TB1M8xl/

Posted: Aug 19, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video of her resting in a cloth sling. She swings in it and then flips so she is hanging upside down at one point. In the comments, she talks about dealing with the negative voices in your head. This is also posted on Subject's Facebook account. Do the voices inside dance with your head, and sometimes you feel better off dead? I know I have, and why do we do it, When instead we can put a voice to it? If you are worried what the voices saying, why don’t we put them at bay, and just ask the person what they have to say? That way we can let it rest instead of letting our head put us through the test. I would rather get it out before the voices scream and shout! I have come along way from my past and now I just ask what someone is thinking in the moment instead of allowing my head to play with me. Sometimes it might hurt, but what would be worse is to never know. So from now on when words are spoken, just ask for clarity. Then you can let the voices be! This was a hard change for me in the beginning, because I was afraid of what they might say. But now it comes so easy!

instagram.com/blazewithincyn/reel/C-36TB1M8xl/



blazewithincyn
Original audio
Follow

blazewithincyn 64w
Do the voices inside dance with your head, and sometimes you feel better off dead?

I know I have, and why do we do it, When instead we can put a voice to it?

If you are worried what the voices saying, why don't we put them at bay, and just ask the person what they have to say?

That way we can let it rest instead of letting our head put us through the test.

I would rather get it out before the voices scream and shout!

11 likes
August 19, 2024

instagram.com/blazewithincyn/reel/C-36TB1M8xl/



blazewithincyn
Original audio
Follow

I have come along way from my past and now I just ask what someone is thinking in the moment instead of allowing my head to play with me.

Sometimes it might hurt, but what would be worse is to never know.

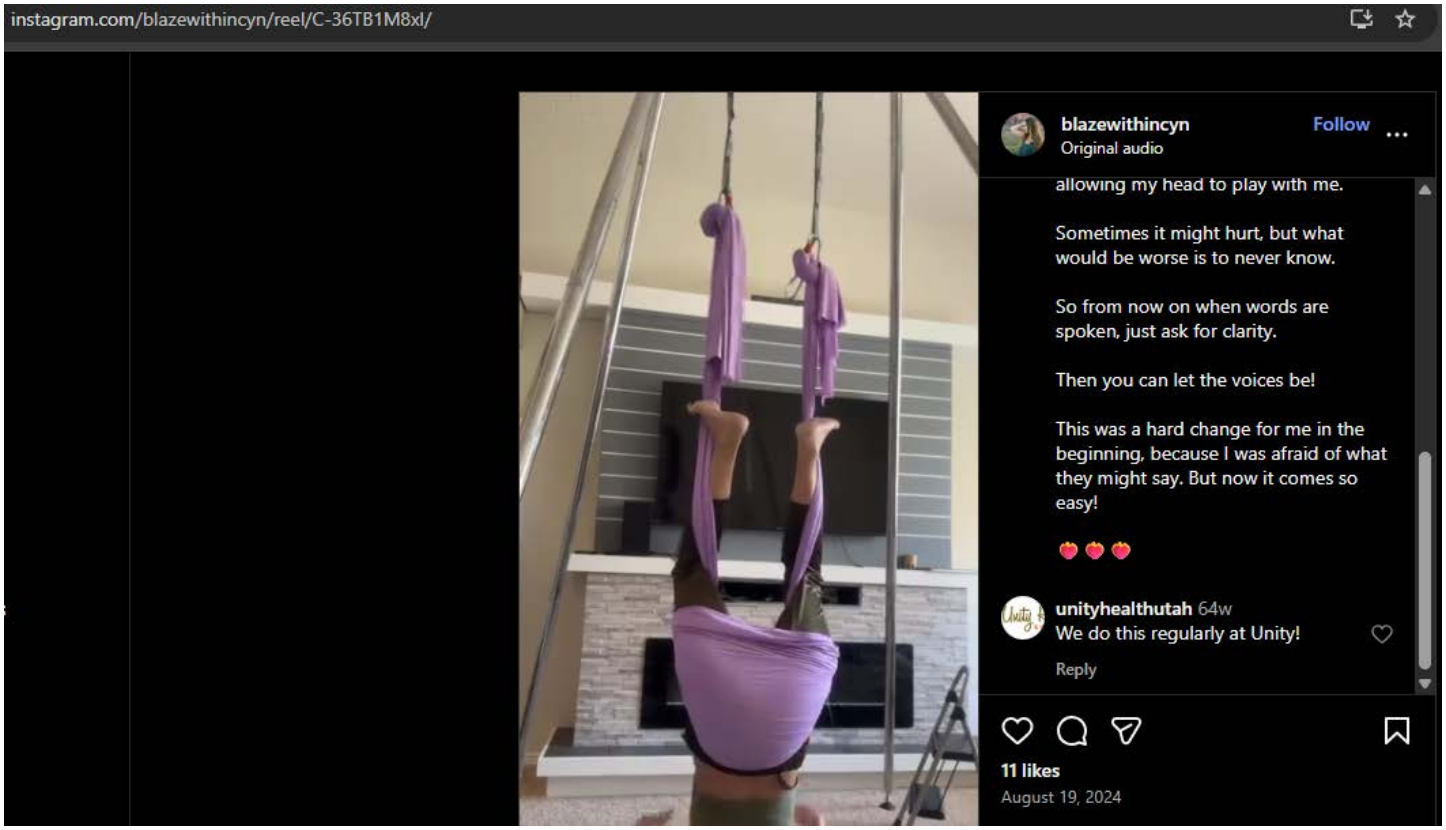
So from now on when words are spoken, just ask for clarity.

Then you can let the voices be!

This was a hard change for me in the beginning, because I was afraid of what they might say. But now it comes so easy!

❤️❤️❤️

11 likes
August 19, 2024



[Link to download video]

Facebook

cyndee.jacobson.163679

System ID: 667315

Cynthia Lee Jacobson

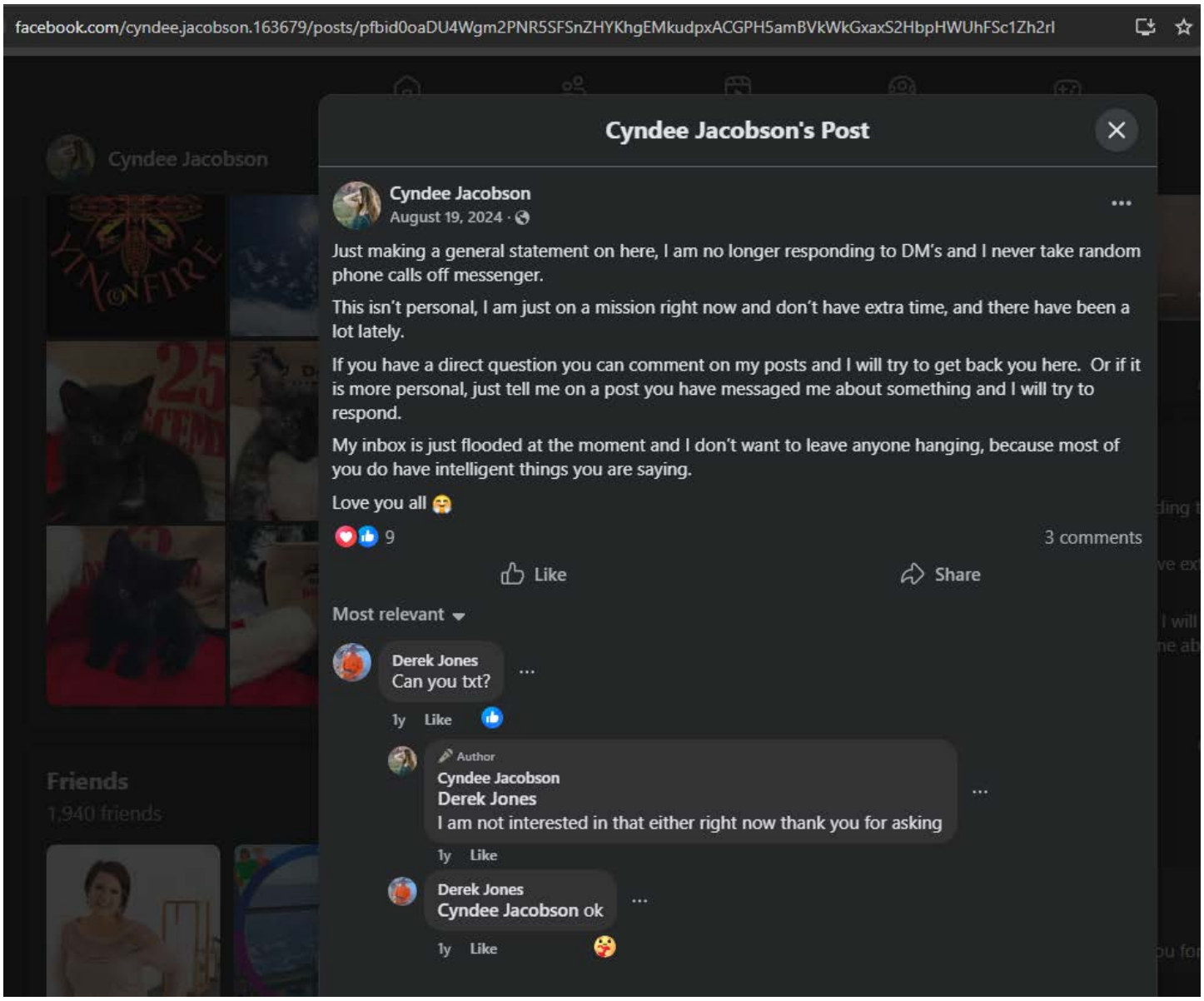
Posted: Aug 19, 2024

Captured: Nov 18, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0oaDU4Wgm2PNR5SFSnZHYKhgEMkudpxACGPH5amBVkWkGxaxS2HbpHWUhFSc1Zh2rl

After DOI

Subject posted that she is no longer going to respond to DMs because she doesn't have time for them right now. Just making a general statement on here, I am no longer responding to DM’s and I never take random phone calls off messenger. This isn’t personal, I am just on a mission right now and don’t have extra time, and there have been a lot lately. If you have a direct question you can comment on my posts and I will try to get back you here. Or if it is more personal, just tell me on a post you have messaged me about something and I will try to respond. My inbox is just flooded at the moment and I don’t want to leave anyone hanging, because most of you do have intelligent things you are saying. Love you all □


facebook.com/cyndee.jacobson.163679/posts/pfbid0oaDU4Wgm2PNR5SFSnZHYKhgEMkudpxACGPH5amBVkWkGxaxS2HbpHWUhFSc1Zh2rl
Cyndee Jacobson
Cyndee Jacobson's Post
Cyndee Jacobson
August 19, 2024 ·
Just making a general statement on here, I am no longer responding to DM's and I never take random phone calls off messenger.
This isn't personal, I am just on a mission right now and don't have extra time, and there have been a lot lately.
If you have a direct question you can comment on my posts and I will try to get back you here. Or if it is more personal, just tell me on a post you have messaged me about something and I will try to respond.
My inbox is just flooded at the moment and I don't want to leave anyone hanging, because most of you do have intelligent things you are saying.
Love you all
9
3 comments
Like
Share
Most relevant
Derek Jones
Can you txt?
1y Like
Author
Cyndee Jacobson
Derek Jones
I am not interested in that either right now thank you for asking
1y Like
Derek Jones
Cyndee Jacobson ok
1y Like
Friends
1,940 friends

Instagram

blazewithincyn/

System ID: 665208

Cynthia Lee Jacobson

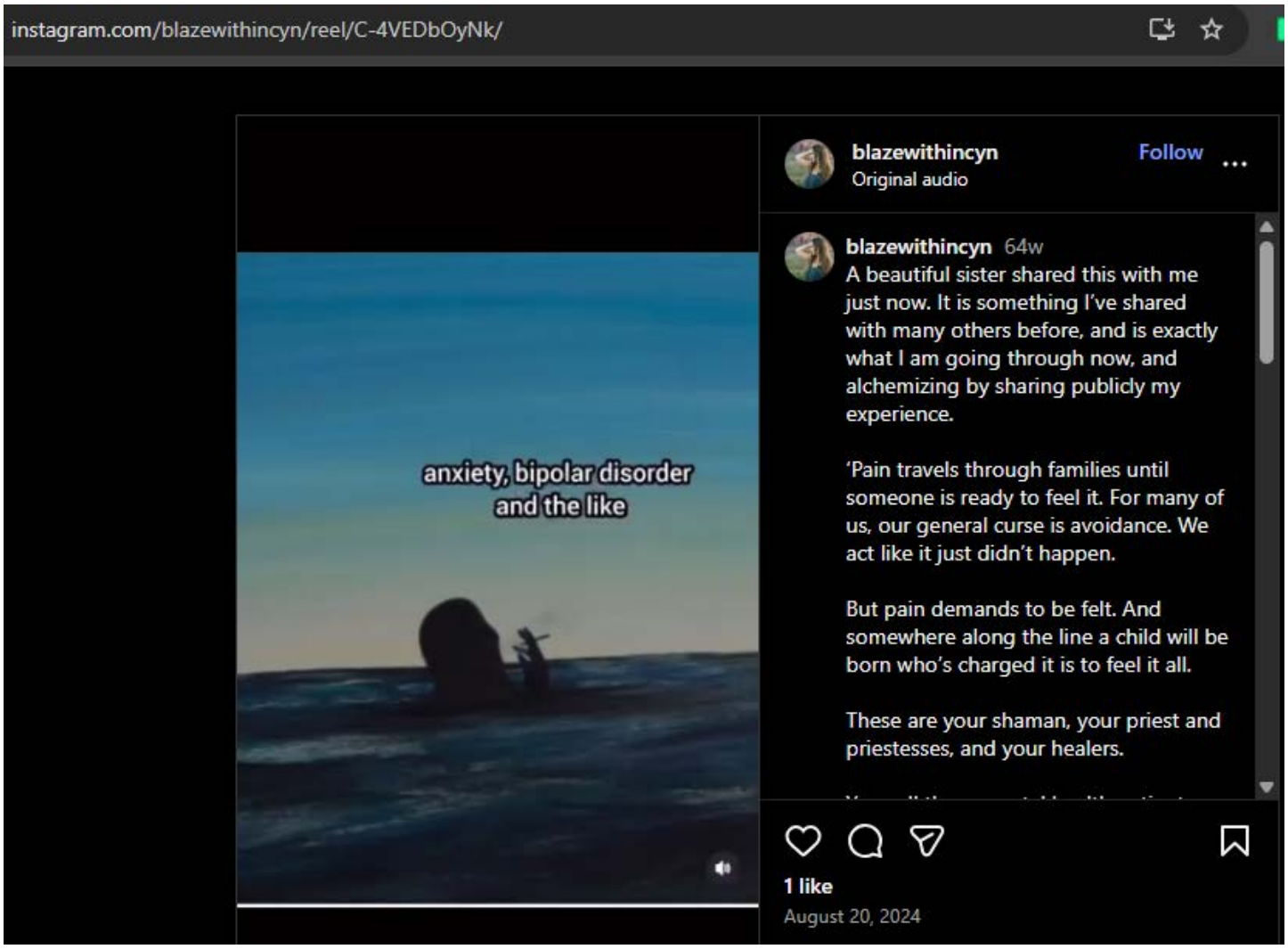
https://www.instagram.com/blazewithincyn/reel/C-4VEDbOyNk/

Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject reposted a mental health, generational trauma post. She relates this to her personal life with her first husband, dealing with mental health, including schizophrenia. She explains that she is sharing her story to let others know they aren't alone. This is also posted on Subject's Facebook account. A beautiful sister shared this with me just now. It is something I've shared with many others before, and is exactly what I am going through now, and alchemizing by sharing publicly my experience. 'Pain travels through families until someone is ready to feel it. For many of us, our general curse is avoidance. We act like it just didn't happen. But pain demands to be felt. And somewhere along the line a child will be born who's charged it is to feel it all. These are your shaman, your priest and priestesses, and your healers. You call them mental health patients and label their power as depression, anxiety, bipolar disorder and the like. But these are the ones who are born with the gift of feeling. And as we all know you can't heal the pain that you refuse to feel. As the poster of this message said: "The only way OUT is THROUGH Understanding our roots is crucial to our healing journey. Ancestral healing dives deep into the energy and experiences passed down through generations, helping us to release the burdens that aren't truly ours to carry. Generational trauma, on the other hand, refers to the wounds and emotional baggage inherited from our ancestors, often unknowingly affecting our current lives. By recognizing and addressing these subconscious patterns, we can break free from the cycles of pain and pave the way for a brighter, more empowered future. Embrace the power of your lineage and transform old wounds into wisdom." And this is exactly what I have been leading up to with these posts. My first husband was labeled a schizophrenic, with a line of bipolar and other "mental illnesses" My family line has suffered a lot of depression and anxiety that I have fought against so hard not to fall into the same trap. But that is hard when you continue to suffer severe traumas over and over again. I have had to dig myself out of the hole many times and I have done that. It hasn't been easy, but I have learned a lot along the way. And that is why I am sharing my story. So that it may help others to find ways of helping themselves. None of us are broken, no matter what society tries to place on us. Continued in comments.


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anxiety, bipolar disorder
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A beautiful sister shared this with me just now. It is something I've shared with many others before, and is exactly what I am going through now, and alchemizing by sharing publicly my experience.
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But pain demands to be felt. And somewhere along the line a child will be born who's charged it is to feel it all.
These are your shaman, your priest and priestesses, and your healers.
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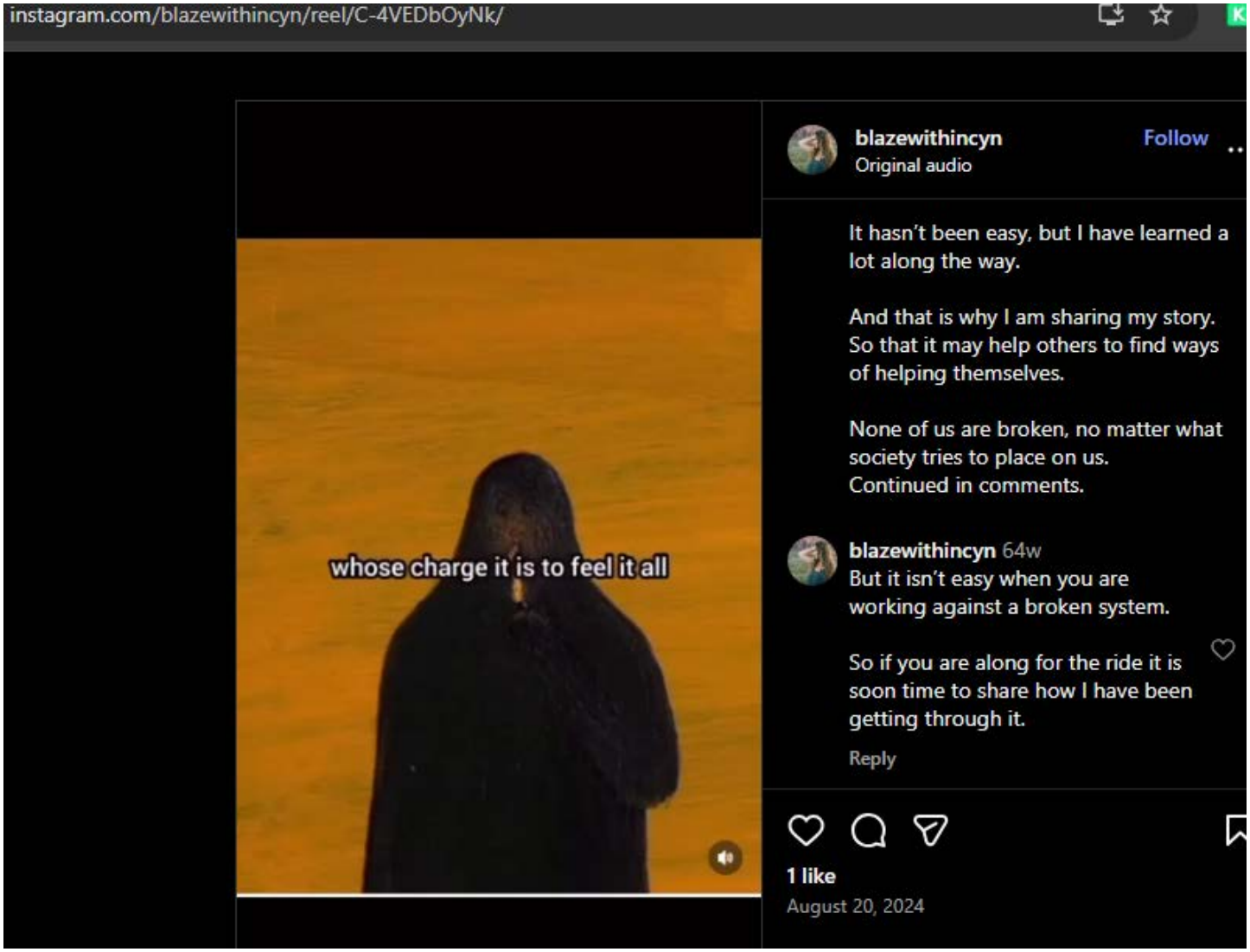
But that is hard when you continue to suffer severe traumas over and over again. I have had to dig myself out of the hole many times and I have done that.

It hasn't been easy, but I have learned a lot along the way.

And that is why I am sharing my story. So that it may help others to find ways of helping themselves.

None of us are broken, no matter what society tries to place on us.
Continued in comments.

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[Link to download video]

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System ID: 665204

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-46R3uumS0/

Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video and photo montage of her in a bathtub, at the hospital, getting her blood drawn, and getting a transfusion. She comments about the difficulty she has had getting doctors to believe that she is really sick. This is also posted on Subject's Facebook account. It is interesting showing up in real time with myself for what is needed. Why does it always seem to be 3 am? It is the witching hour they say and they are right! So this night as it happens instead of asleep I'm awake. And that I truly mean it in the most literal sense of the word. For when I have been awoken tonight with all the pain that I'm in, it is physical and emotional. But tonight is different. I keep asking myself do you need a hospital? And the answer is I might so instead of just fighting I surrender. Okay, what is it they'll find or not find, what is it they'll do? Well being a nurse and being here before, I already know what's in-store. I'll walk in and explain the pain that I'm in, they'll draw labs and stand there confused at what they're looking at. To them it does not make sense. If these labs are true how can you be here? You would already be dead? So in their confusion they'd do what they can and give me some fluids. They may even add some vitamins and potassium. And then just like that the pain would be gone and I would be back to normal. "This didn't make sense? I have put you in critical care, because even though we will try, I felt you would die tonight and yet here you are looking like nothing has even happened?" This is one thing I know, the body is an internal reflection of what's going on inside the labs and external projection. But the body is made to heal and if we can just support it that's just what it does. So tonight as I sit here in pain and agony, my organs screaming my body doing the same thing. I ask "What do you need?" More@in multiple comments.

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It is interesting showing up in real time with myself for what is needed.

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To them it does not make sense. If these labs are true how can you be here? You would already be dead?

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I ask "What do you need?"

More@in multiple comments.

blazewithincyn 64w
And yes, I do take lots of pictures and even in the misery I try to have as much fun as I can, because if I did not it would scare me too bad.

Ugh, looking back at these pictures and knowing the true story behind them, I don't even know how I have a smile on my face when I was so scared. And just look at that scraggly arm in the tourniquet, that is when I was just skin hanging off my bones. It makes me sick to look at and think of my mortality and yet I'm still here.

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Even when the doctors thought I could not do it, I always have known that I can.

And then to see all the lovely bathes that I'd make to nurture me back to health.

This is how one takes care of themself.

Oh, and what is that I spy? Why it's the FreQy drink! This is my secret bullet, for this last time I am not sure if I would pull it, off that is without it.

So this is what I mean when I've said I've almost been dead, yet people don't understand when I still stand up fighting and smiling

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stand up fighting and smiling instead of admitting I'm dying.

So before you sit there and judge me, try walking a mile in my shoes.

Even if you have judged me before or are judging me now. I still love you.

Thank you and good night for now.

Reply

blazewithincyn 64w
You looked so angry that he had overtaken your authority. He took me immediately back to do the procedure, even though he had critical patients waiting.

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For he trusted me and he couldn't trust you to do the right thing.

I was so grateful and fell into surrender because this time I knew you would have the answer and save me that day.

"So when I awoke and with a soft smile you told me, well the bad news is it's not your heart so I can't help you today. But the good news is now we know what it is. I have already called cardiology and set you up an appointment. Unfortunately they aren't here local and it will be two weeks until they can see you."

My smile I first returned to you

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My smile I first returned to you slowly faded. How can I tell you that I knew I would not make it that long when you had done all that you can do?

So instead I thanked you with that answer and went home not knowing how long I'd last and what I was going to do.

I have to post this in real time as it's happening so then it will allow me a moment of rest, so I lay down again knowing as I close my eyes there's still more inside that's yet to come. But for now I leave you again but only for a moment.

And those that are watching me, you know who you are. This is my

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you know who you are. This is my reality and why I am doing the things that I'm doing or not doing.

For I have to nurture myself in the only way that I know how. So if I do reach out for help, know it's the last thing I want to do.

I hate asking you because it makes me feel like a prostitute when you judge me if you don't know what is truly going on.

These are the things we have been taught to keep in. But this time it's here for you to see.

And yes, I do take lots of pictures and even in the misery I try to have as much fun as I can, because if I

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as much fun as I can, because if I did not it would scare me too bad.

Reply

blazewithincyn 64w
Then he called upon a doctor that you hadn't, but he trusted, and in return trusted him. And even though they were in the middle of life saving procedures in cardiology, they took a minute to sit down and hear what I had to say.

And with a soft smile he said "I believe you. I have seen this before and it can happen in two very rare scenarios. One has to do with your heart and that I can help you. It is very easy, but unfortunately it will have to wait as I have emergency

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have to wait as I have emergency cases before you."

I lowered my head in surrender and gratitude. What you did not know I was hanging on by a thread and I was worried if I would even make it until the end of the day. But how could I say it? Every other time I felt that and I asked for help, Indid not recieve it and I pulled through yet again because that is what I do.

So this time I knew if I had just that little light of hope I could hang on one last time too, because I trusted you would help me.

So at that you told the emergency doctor and he said I would need to go home and wait.

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"No, I can't I need to wait here, because I fear if I leave here I will not make it."

"You will be fine, you can't wait here, we have other patients more critical than you."

You must not know that I'm a nurse and I know the same thing you do. You have 24 hour observe you can place me until they can take me.

"No, I won't do it, I can't fill up the bed for a patient who's just in her head."

I am not sure the exchange that was had in the hall between the cardiology and you, but I could see it in your eyes as he came back in

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it in your eyes as he came back in and took me right then.

Reply

blazewithincyn 64w
"How can this be? This can't the true. They must have missed diagnosed you."

"You tell me," I said "you have the proof there in front of you, and you are the one who diagnosed me."

He stood there in shock and said "I can't believe it, all the evidence is here and it's clear. But this is not what they taught us in school so how can this be? We must put you in a box and study you."

I had been coming to you guys for

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I had been coming to you guys for help all these years and all these years you said it was nothing. You took my labs and as they declined I was told they were all still within the "legal limits"

Even though they steadily declined and you saw the evidence. You said I was fine even though I told you I was not and had all the symptoms. You still said it was all in my head and that I must be crazy.

It's just psychosomatic you said, and that it was just in my own head.

"But you know me!" I begged "and I am here sitting before you showing you all the proof. I'm loosing my hair, and bruising. My iron you keep

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hair, and bruising. My iron you keep on infusing even though my body reject it and goes in anaphylaxis."

But it is the only help you would give, so I took it. even though I knew inside my body would refuse it.

"My dear I'm sorry, it is all that we know and all that they've taught us."

At that time I wasn't willing to hear the sincere apology. For instead inside my head you were all out to get me.

Because this time when I came in it was 3 times I was rejected in the ER and told there was nothing wrong

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and told there was nothing wrong with me and on time three you said I must be crazy or suicidal, and then you wanted to place me on B med.

It wasn't until I stood up for myself and asked for help from a trusted friend inside your own establishment and he came running.

You trusted him and he trusted me and I trusted him that makes it three.

He looked and me and he looked at you and he said "I know her. Give me a minute, this is very unlike her." So you did.

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Each time my body has failed me I was struggling with something big that I did not want to tell the world, for if I did for me there was shame and others there would be pain, so instead I kept it inside me.

Feeling I can do this, see I did it again! I don't care what I put my body through I can do it all myself and keep the secrets and lies.

Even if that means my body almost dies. And then the doctors friends and family stand there in awe not sure how this could be reality.

"I fooled you again!"I thought in my head.

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I was able to take care of my pain even if it required assistance, and then your labels of kindness failure, cortisol insufficiency and the many labels of auto immune disease, it may take me some time but I knew I could do it, I knew this too my body could get through it.

So when I came back to you saying I was now off of my "life saving medication" that you told me I must take until I die or that would be my sooner conclusion.

And even when I was disabled in bed and told I never walk again. Then you forced me, no wait, you "helped" me get on disability through social security.

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That one was much more hard to fight and I wasn't sure I could do it."

But this time too you sent a shining light. When over the phone you gave me an attorney who gently said "if you get better you can remove this label too, don't you see we are just here to help you? For now that is, and for as long as you need it. Just take the assistance and then if you get better and heal yourself as your saying you can, then you will be able to remove it."

That is all I needed to hear and then I surrendered and took it, receiving in gratitude instead of continuing to fight you, when you were not the enemy at all. You were simply and angel answering the call that day,

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angel answering the call that day, so thank you.

And that I did, it took me some time but it did it too and in my own head I shouted "see I told you I could do it!" But instead I also kept that inside and went back to my doctors who stared at me in disbelief.

Reply

blazewithincyn 64w
And instead of rejecting the doctor's care as they have rejected me before as an anomaly, I was willing to go in and surrender to their mercy. Being as truthful as I can and stand there waiting for them to reject me again, and tell me it's in my head go to B-med, or

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it's in my head go to B-med, or draw the labs and do what they can by giving me fluids and potassium.

So when I went there within myself in surrender in my own head, then my body said "Thank you my dear."

Okay is that what we are doing? Driving to emergency and allowing them their bidding?

"No, now that you have asked the questions and surrendered to the answer, you know what to do to take care of you."

"Get in the bath fill it with magnesium, make yourself some electrolytes and if you need to ease the pain, take some ibuprofen

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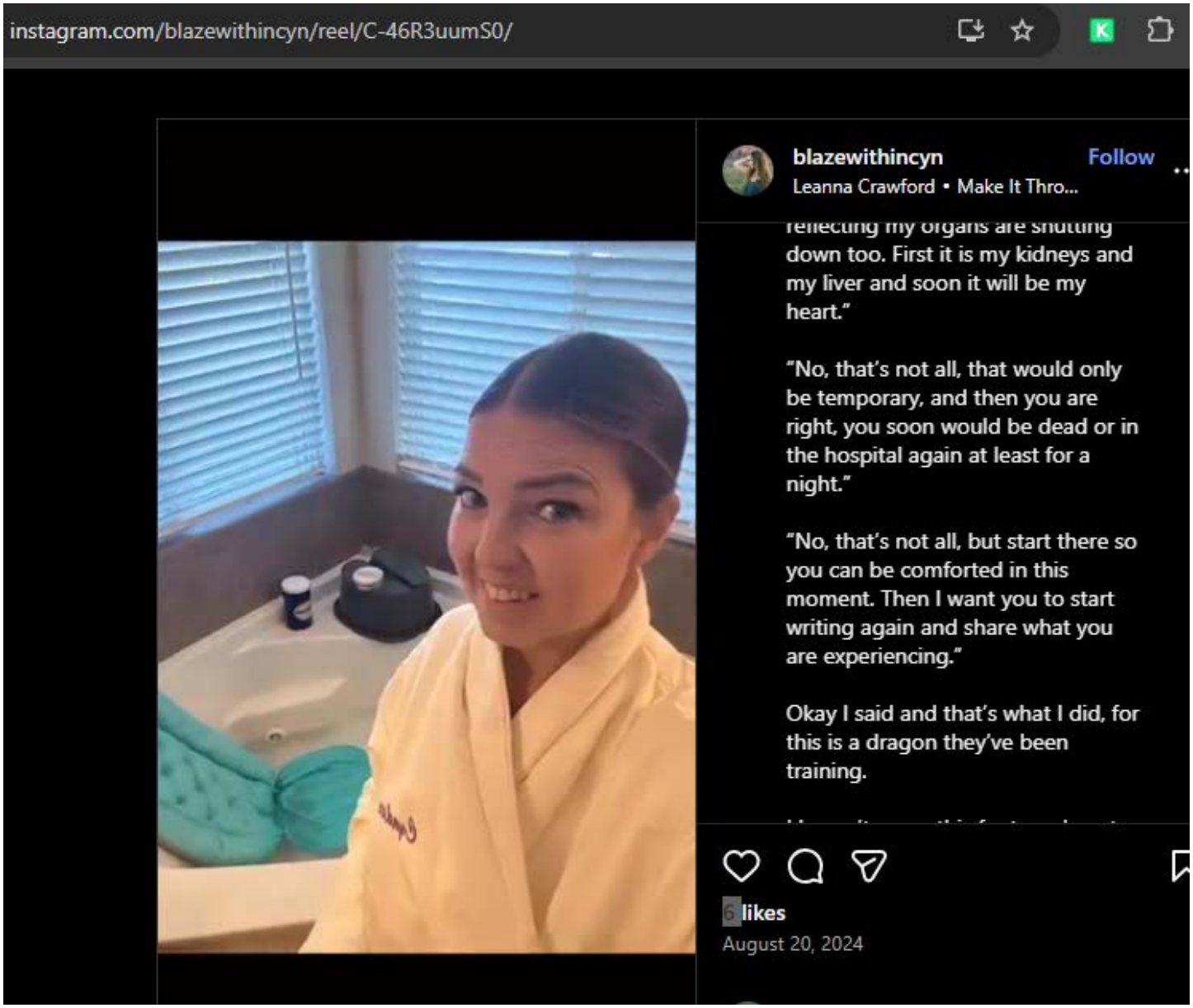
the pain, take some ibuprofen instead of rejecting yourself as you have done before just to prove how tough you are."

"Is that it? Then this will stop? After all I am a nurse, I know what is happening physically. With these horrible night sweats and high fevering, and I can't keep anything down. And now my body is reflecting my organs are shutting down too. First it is my kidneys and my liver and soon it will be my heart."

"No, that's not all, that would only be temporary, and then you are right, you soon would be dead or in the hospital again at least for a night."

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Cynthia Lee Jacobson

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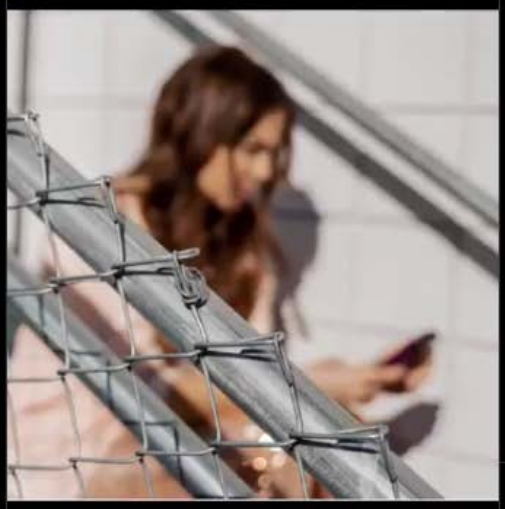
Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a picture of her sitting on the stairs. In the comments, she acknowledges those who have criticized her for sharing too much, but she does it for herself. She also comments that she has thought of writing a book, but she has too much for just one story. This is also posted on Subject's Facebook account. As I am sharing my story, there are a lot of side line conversations happing in comments, or personally of those that know me. I have been intending to write out my story for years, it is something I have needed to do for myself and also those that know me have encouraged me too. Any ONE of my stories could be a book of its own explaining the back story. And that is where I have gotten hung up. Do I write about this or about that? It’s too much for one book in full detail. So while maybe there will be more stories to come, for now I will be writing just glimpses to each one. So then come the questions with all good intentions from people on here that don’t know me. “It seems this is self serving” Well yes it is, you are correct. I am putting to words all that I’ve been through so I can finally let go of the hell I’ve been through. It is self validating to know how far I’ve come when inside I am exhausted. Also I have those that have been in the sidelines cheering, wanting to know how I’ve done it because they know me. So if you sit there glaring at me wondering why I am sharing what I’m sharing, ask yourself why are you here? I am not asking you to be. And if you are fearing what you are hearing, ask yourself what it is you are afraid you will see. Either way I am okay if you stay and okay if you leave. Just know this is MY page and MY story. I can share what I want and that I will do. And if you sit cheering and encouraging me, or send me messages of support, I sincerely thank you. It is those precious gemstones in my life that have helped get me this far. You know who you are!

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blazewithincyn Edited • 64w
As I am sharing my story, there are a lot of side line conversations happing in comments, or personally of those that know me.

I have been intending to write out my story for years, it is something I have needed to do for myself and also those that know me have encouraged me too.

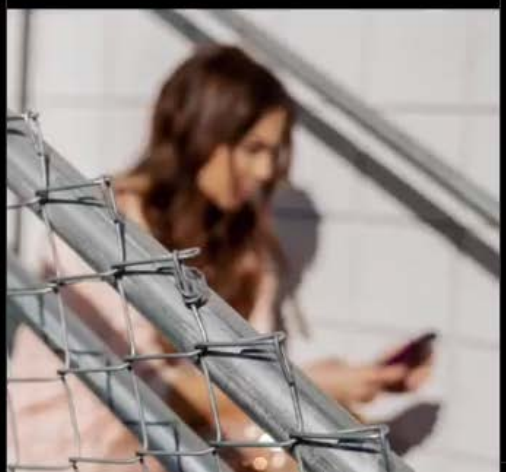
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Do I write about this or about that? It's too much for one book in full detail.

So while maybe there will be more

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So while maybe there will be more stories to come, for now I will be writing just glimpses to each one.

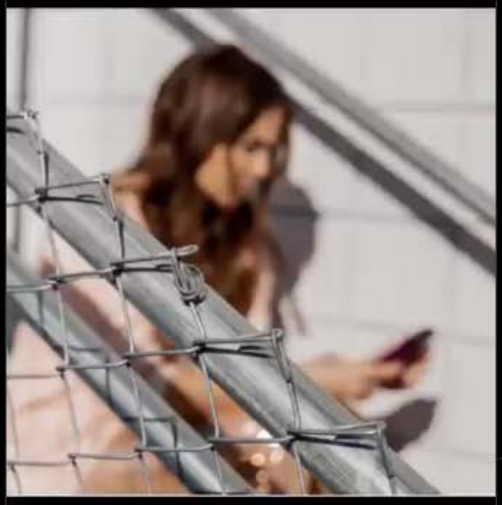
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"It seems this is self serving"

Well yes it is, you are correct. I am putting to words all that I've been through so I can finally let go of the hell I've been through. It is self validating to know how far I've come when inside I am exhausted.

Also I have those that have been in the sidelines cheering, wanting to know how I've done it because they know me.

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So if you sit there glaring at me wondering why I am sharing what I'm sharing, ask yourself why are you here? I am not asking you to be.

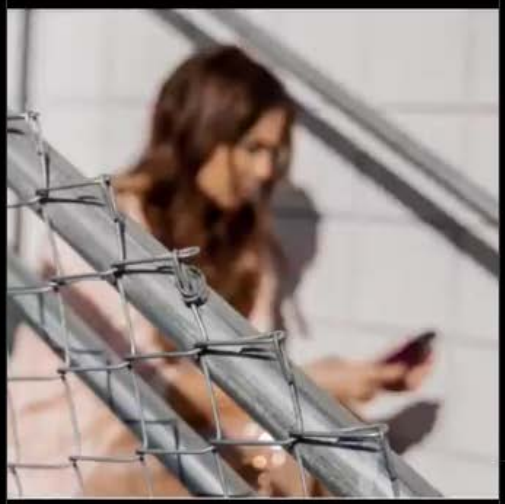
And if you are fearing what you are hearing, ask yourself what it is you are afraid you will see.

Either way I am okay if you stay and okay if you leave. Just know this is MY page and MY story. I can share what I want and that I will do.

And if you sit cheering and encouraging me, or send me messages of support, I sincerely thank you. It is those precious gemstones in my life that have helped get me this far. You know who you are! 😘

1 like
August 20, 2024

instagram.com/blazewithincyn/reel/C-5BIQWOb16/



blazewithincyn Follow
Original audio

I am not asking you to be.

And if you are fearing what you are hearing, ask yourself what it is you are afraid you will see.

Either way I am okay if you stay and okay if you leave. Just know this is MY page and MY story. I can share what I want and that I will do.

And if you sit cheering and encouraging me, or send me messages of support, I sincerely thank you. It is those precious gemstones in my life that have helped get me this far. You know who you are! 😘

No comments yet.

Start the conversation.

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August 20, 2024

Instagram

blazewithincyn/

System ID: 665160

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-5CMjRO1TA/

Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a picture of a person holding a stuffed unicorn head over their own. In the voiceover, she says, if you see her happy, leave her alone because she deserves it. In the comments, she notes that if she is happy or miserable, people will still judge her. This is also posted on Subject's Facebook account. It has been interesting over the years as I've gone through what I've gone through. It seems people are on two sides of the fence. They either want to see me wallow in misery so they can look at me sympathetically. Or they think I should "get over it already" and just be happy. So that's what I do even if it's pretend, because there is no comfort in misery, only glares of sympathy and that is no help. Oh sure they are there in the beginning, but if you don't quickly recover they run away afraid of their own pain they will feel. And that is understandable, I am not asking you to stay there with me, just maybe offer support the little there is, until I can get on my feet again. And if you see me happy, don't judge me there too, for what else am I supposed to do? Either way I can't win, people judge me from outside looking in. Unless they know me of course, they know I'm a stallion not mearly a horse. Actually I am a unicorn! For I know I am a magical force! □□□ So if you see me happy and you still sit there and judge me, I hope you enjoy the show eating popcorn at my widow, here on social media that is.

instagram.com/blazewithincyn/reel/C-5CMjRO1TA/



blazewithincyn Follow
Original audio

blazewithincyn Edited • 64w
It has been interesting over the years as I've gone through what I've gone through. It seems people are on two sides of the fence. They either want to see me wallow in misery so they can look at me sympathetically. Or they think I should "get over it already" and just be happy.

So that's what I do even if it's pretend, because there is no comfort in misery, only glares of sympathy and that is no help.

Oh sure they are there in the beginning, but if you don't quickly recover they run away afraid of their own pain they will feel.

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instagram.com/blazewithincyn/reel/C-5CMjRO1TA/



blazewithincyn Follow
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feel.

And that is understandable, I am not asking you to stay there with me, just maybe offer support the little there is, until I can get on my feet again.

And if you see me happy, don't judge me there too, for what else am I supposed to do?

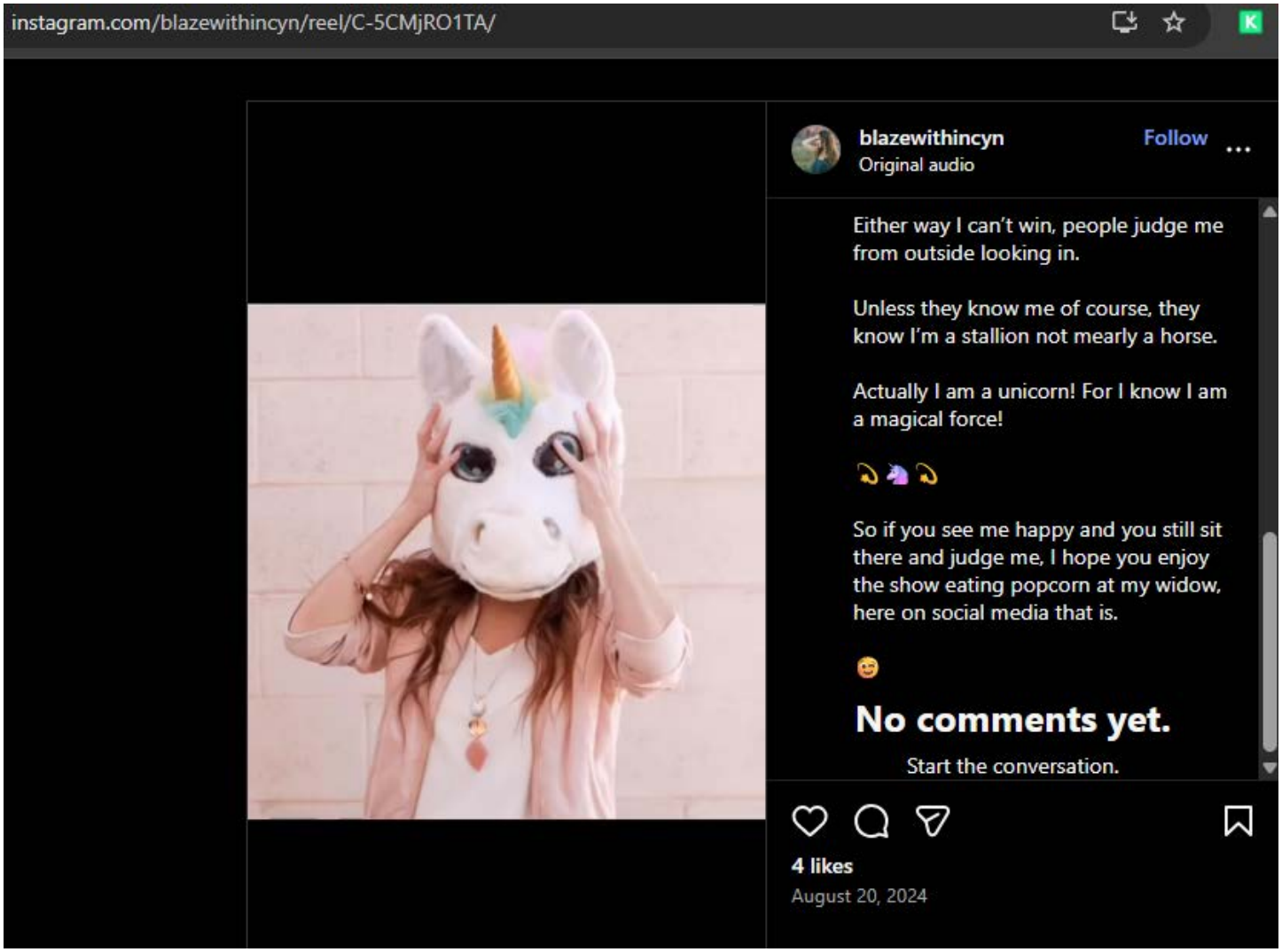
Either way I can't win, people judge me from outside looking in.

Unless they know me of course, they know I'm a stallion not mearly a horse.

Actually I am a unicorn! For I know I am a magical force!

💫🦄💫

4 likes
August 20, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 665153

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-5EmFauhnV/

Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a picture of feet standing on a scale. In the comments, she notes that the weight of 127 is too low for her and it is a sign that she is struggling physically. But she feels ready to fight to get better. This is also posted on Subject's Facebook account. I got on the scale just now for I have lost weight quickly this last two weeks. This is what my body does as it runs in fight or flight. While I know this number doesn’t mean much out of context, as we all have our own ideal body weights for our body type. My body is healthiest at 138-144. Anytime I have been below 130 I am really deteriorated. I knew I’ve been losing weight and others around me have noticed. They have been surprised when they saw me just the week before. “Are you okay?” Yes and no. Before when my weight is in the 120’s I have been hospitalized or just about to die. Two years ago as I had cut nearly everyone out of my life, and it was just my kids and brother and sister in law that had a glimpse what was going on, they held their breath in support not knowing but praying. So week after week as I went to the doctor and got on the scale, I’d report back any fluctuations. And when I got out of the 120’s and up to 130 we all had a celebration! That was quite the feat! So this time I knew before getting on that scale it would not be pretty for me. But this time is different, because as I am dropping in the scale and dropping in life, this time I feel more solid and instead of lifting out of my body barely clinging to life, I feel more solid and inside my body, feeling like I am strengthening within like a solid knife. Yes I am still struggling, but at least this time I know what to do instead of running in strife. I’ve got it time I know that I do, I have to! This is my last life.

instagram.com/blazewithincyn/reel/C-5EmFauhnV/



blazewithincyn Follow
Original audio

blazewithincyn Edited • 64w
I got on the scale just now for I have lost weight quickly this last two weeks. This is what my body does as it runs in fight or flight.

While I know this number doesn't mean much out of context, as we all have our own ideal body weights for our body type.

My body is healthiest at 138-144.

Anytime I have been below 130 I am really deteriorated.

I knew I've been losing weight and others around me have noticed. They have been surprised when they saw me just the week before.

2 likes
August 20, 2024

instagram.com/blazewithincyn/reel/C-5EmFauhnV/



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"Are you okay?"

Yes and no.

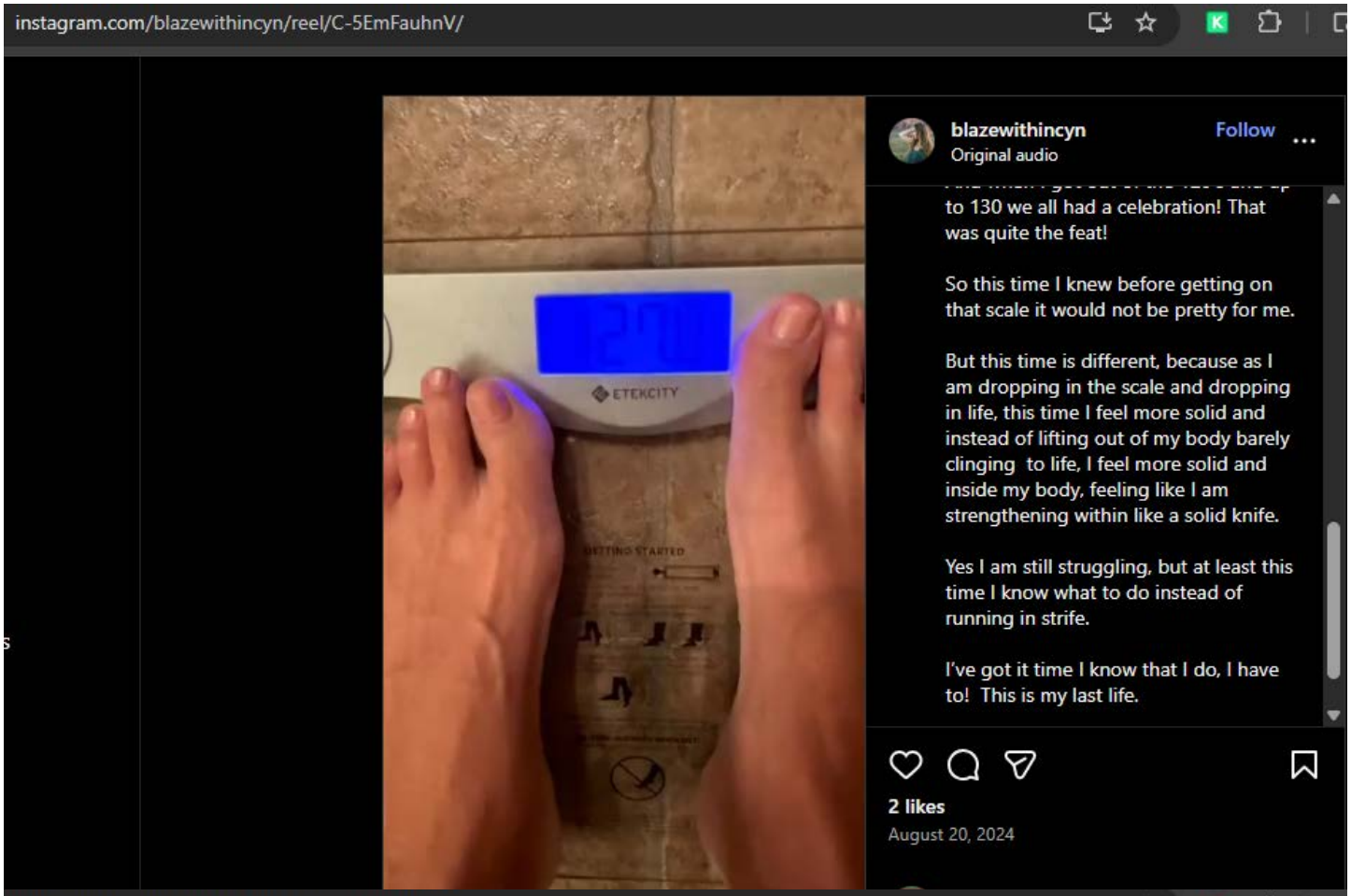
Before when my weight is in the 120's I have been hospitalized or just about to die.

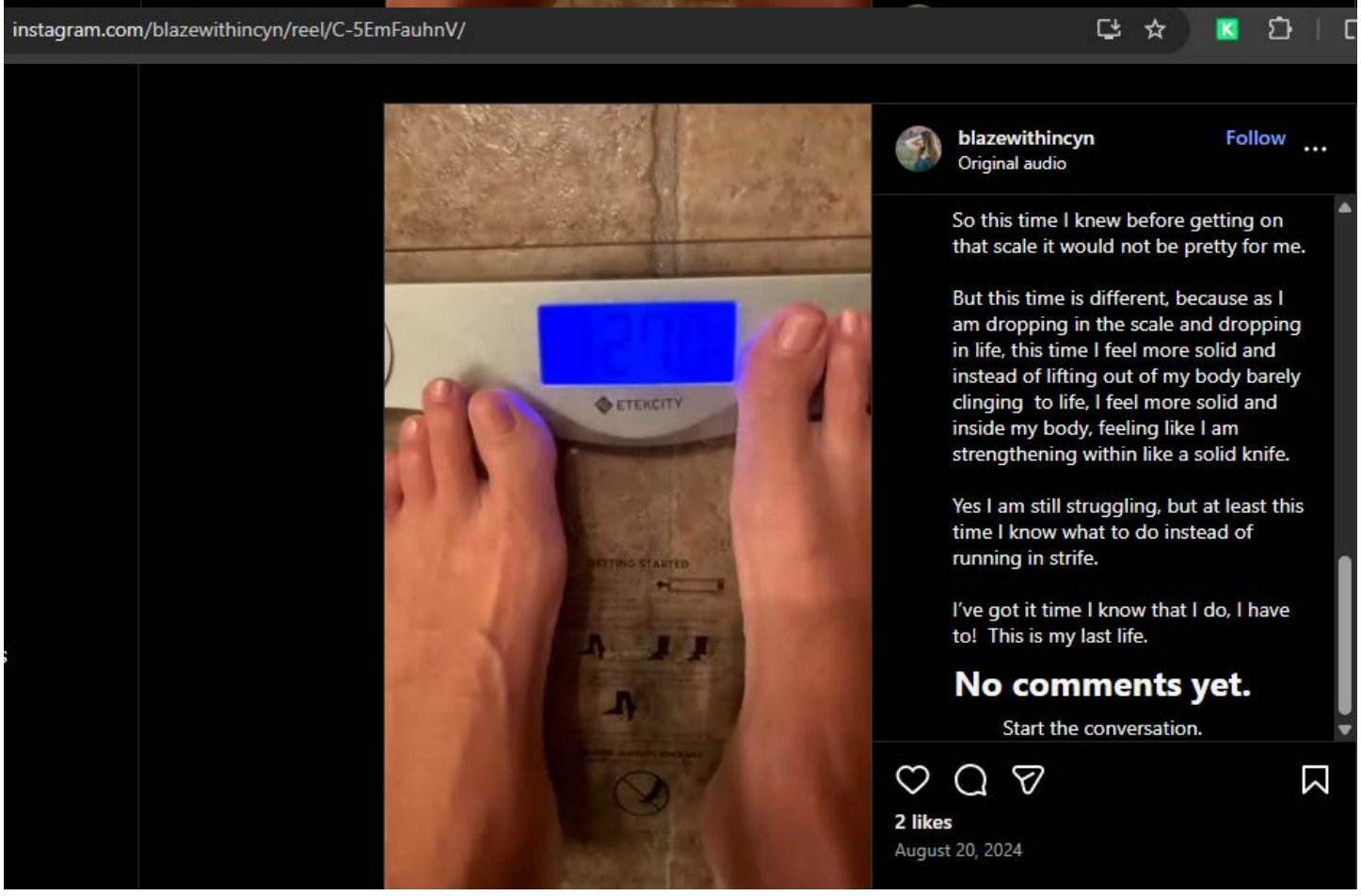
Two years ago as I had cut nearly everyone out of my life, and it was just my kids and brother and sister in law that had a glimpse what was going on, they held their breath in support not knowing but praying.

So week after week as I went to the doctor and got on the scale, I'd report back any fluctuations.

And when I got out of the 120's and up

2 likes
August 20, 2024





[Link to download video]

Instagram

blazewithincyn/

System ID: 665151

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-5N6elu_3c/

Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a picture of a white flag and a hammer, and a stake. In the comments, she writes to someone about being verbally attacked and how they would like it if she did the same. She also writes that she is open to talking with the other person once they are ready. This is also posted on Subject's Facebook account. I guess the pressure is on now as my boundaries are getting stronger along with my body. Those that have walked all over me my entire life are feeling it, and I am either getting attacked by their own judgments or they have left my life completely. And I am okay either way because I can stand tall knowing my side of the street is clean. Can you? I feel those attacking me WANT us to come together, however they are unsure of this new side of Cyndee. So instead I get the projection from them that which they're in. So this I will say again, but publicly this time for I know you are watching here too and you're feeling it. If you truly care about me and what is happening in my life, you have my number and I am more than willing to share with you. But if you attack me and judge me and you think you know who I am from projections of my past? Well guess what sister, I know your past too. How would you feel if I still held you to that? It wouldn't feel good now would it? I have a reason for the things I did, even if I was not perfect. I did the best that I could and I know you did too. That is why I don't judge you. Now can you say the same? I know this change between us feels different when you have always felt attacked. But that is not what I was doing, I was only pushing back. And you felt the same way in your own right. So now that there is no longer a fight, you are unsteady without the push or the shove. I no longer will push back and fight. So as I surrender it gives you a fright. But I do have boundaries now which I did not before. Because I wanted you to love me. But now what I know is love can hurt, and I am okay with that, when I wasn't then. So while I still love you, I'm okay if you don't feel the same. I will be here no matter what either of us has to say. And while all of my messages including this one go for many people in my life. If you are reading this right now you know who I'm taking to. But no one else will. I love you. You know where to find me when you come out of hiding. Are you ready to claim your stake and wave the white flag of surrender? I know I am. ❤

instagram.com/blazewithincyn/reel/C-5N6elu_3c/



blazewithincyn Follow ...
Original audio

blazewithincyn 64w
I guess the pressure is on now as my boundaries are getting stronger along with my body.

Those that have walked all over me my entire life are feeling it, and I am either getting attacked by their own judgments or they have left my life completely.

And I am okay either way because I can stand tall knowing my side of the street is clean. Can you?

I feel those attacking me WANT us to come together, however they are unsure of this new side of Cyndee. So instead I get the projection from them that which they're in.

2 likes
August 20, 2024

instagram.com/blazewithincyn/reel/C-5N6elu_3c/



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So this I will say again, but publicly this time for I know you are watching here too and you're feeling it. If you truly care about me and what is happening in my life, you have my number and I am more than willing to share with you.

But if you attack me and judge me and you think you know who I am from projections of my past?

Well guess what sister, I know your past too. How would you feel if I still held you to that? It wouldn't feel good now would it?

I have a reason for the things I did, even if I was not perfect. I did the best that I could and I know you did too. That is why I don't judge you.

2 likes
August 20, 2024

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Now can you say the same?

I know this change between us feels different when you have always felt attacked. But that is not what I was doing, I was only pushing back.

And you felt the same way in your own right. So now that there is no longer a fight, you are unsteady without the push or the shove.

I no longer will push back and fight. So as I surrender it gives you a fright.

But I do have boundaries now which I did not before. Because I wanted you to love me.

But now what I know is love can hurt, and I am okay with that, when I wasn't

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August 20, 2024

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but now what I know is love can hurt, and I am okay with that, when I wasn't then.

So while I still love you, I'm okay if you don't feel the same. I will be here no matter what either of us has to say.

And while all of my messages including this one go for many people in my life. If you are reading this right now you know who I'm taking to. But no one else will.

I love you. You know where to find me when you come out of hiding. Are you ready to claim your stake and wave the white flag of surrender? I know I am. ❤️‍🩹

No comments yet.

Start the conversation.

2 likes
August 20, 2024

instagram.com/blazewithincyn/reel/C-5N6elu_3c/



blazewithincyn Follow ...
Original audio

blazewithincyn 64w
I guess the pressure is on now as my boundaries are getting stronger along with my body.

Those that have walked all over me my entire life are feeling it, and I am either getting attacked by their own judgments or they have left my life completely.

And I am okay either way because I can stand tall knowing my side of the street is clean. Can you?

I feel those attacking me WANT us to come together, however they are unsure of this new side of Cyndee. So instead I get the projection from them that which they're in.

2 likes
August 20, 2024

instagram.com/blazewithincyn/reel/C-5N6elu_3c/



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Original audio

and I am okay with that, when I wasn't then.

So while I still love you, I'm okay if you don't feel the same. I will be here no matter what either of us has to say.

And while all of my messages including this one go for many people in my life. If you are reading this right now you know who I'm taking to. But no one else will.

I love you. You know where to find me when you come out of hiding. Are you ready to claim your stake and wave the white flag of surrender? I know I am. ❤️

No comments yet.

Start the conversation.

2 likes
August 20, 2024

Instagram

blazewithincyn/

System ID: 665139

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-5l_BqOyUW/

Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video showing Disneyland. In the comments, she mentions that she had declined a "million-dollar payout". She then recounts her earlier experiences of going to the ER and being told that nothing was wrong or that she was a drug seeker or suicidal. She believes that she was close to death at this time. Her friend and nurse practitioner finally reviewed her patient's chart and determined that her health problems stemmed from cortisol levels. This is also posted on Subject's Facebook account. So I guess it is time to share the “million dollar pay out” that I declined. Man I wish right now I had that check, I could surely use it! But that would have changed the Karma as I was told from above and why I did not take it. From where I left you off leaving the cardiologist that day, I went away knowing it was only a matter of time. How much time I was unsure. I went home to shower and standing there I cried silently asking what’s my next move? Since I knew I did not have two weeks left in me, I knew what I had to do. I knew my children would be sad, so one last rally I had. I will take them on vacation, so at least when their mother left this earthy they would be at the “Happiest place on earth!” And while I know that seems crazy I ask you what you’d do, when no one seemed to have any answers for what you were going through? I had one last shift at the hospital and I was careful with every breath, for I knew there wasn’t many left in me. I was charging in the NICU that day when we were getting a new admit, usually I helped all the way. But this time I had to sit down and with a frown my coworker asked me if I was okay. I looked at her desperately and said “I have to tell you something.” What is it she said? Then I told her it would be my last shift. “What do you mean?” And that’s when I told her I would soon be dead. She looked and me as if I were delirious and said “Cyndee if you are serious you need to go to the ER right now!” “I can’t. We are getting a new admit and we are already short a nurse. Besides I’ve been there three times this last two weeks and they did not take me seriously” “I don’t care we’ve got it from here. You need to go now, let Kerry Ann drive you.” So I reluctantly went because I knew she was right I had no more fight. When I walked in they looked and me and said “you again?” With a roll of their eyes. I hung my head in defeat at least this time I had a co-worker and friend with me. I let her take the lead. So when they took me back and it went down the way it did, I held on to every last breath and she sat there and prayed. More in comments

instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



blazewithincyn Follow
Original audio

blazewithincyn 64w
So I guess it is time to share the "million dollar pay out" that I declined.

Man I wish right now I had that check, I could surely use it!

But that would have changed the Karma as I was told from above and why I did not take it.

From where I left you off leaving the cardiologist that day, I went away knowing it was only a matter of time.

How much time I was unsure.

I went home to shower and standing there I cried silently asking what's my next move?

Since I knew I did not have two weeks

August 20, 2024

instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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Since I knew I did not have two weeks left in me, I knew what I had to do.

I knew my children would be sad, so one last rally I had.

I will take them on vacation, so at least when their mother left this earthy they would be at the "Happiest place on earth!"

And while I know that seems crazy I ask you what you'd do, when no one seemed to have any answers for what you were going through?

I had one last shift at the hospital and I was careful with every breath, for I knew there wasn't many left in me.

I was charging in the NICU that day when we were getting a new admit,

August 20, 2024

instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



blazewithincyn Follow
Original audio

usually I helped all the way.

But this time I had to sit down and with a frown my coworker asked me if I was okay.

I looked at her desperately and said "I have to tell you something."

What is it she said? Then I told her it would be my last shift.

"What do you mean?" And that's when I told her I would soon be dead.

She looked and me as if I were delirious and said "Cyndee if you are serious you need to go to the ER right now!"

"I can't. We are getting a new admit and we are already short a nurse. Besides I've been there three times this last two

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instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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weeks and they did not take me seriously"

"I don't care we've got it from here. You need to go now, let Kerry Ann drive you."

So I reluctantly went because I knew she was right I had no more fight.

When I walked in they looked and me and said "you again?" With a roll of their eyes.

I hung my head in defeat at least this time I had a co-worker and friend with me. I let her take the lead.

So when they took me back and it went down the way it did, I held on to every last breath and she sat there and prayed.

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instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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I said I am headed to California. She asked "Where are you right now?"

I said we were close to Las Vegas.

She said "Turn around you need to get to the ER."

"No Laura, I've been there three times already they can not help me."

She said "Cyndee I don't want to scare you but I need you to listen carefully. You are in a cortisol crisis and if you don't get help immediately you will die."

"I know I'm dying Laura, that is what I've been saying. So I am going to Disneyland to die with my babies."

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instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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Disneyland to die with my babies."

"Cyndee please turn around."

"No, I won't do it. I know how they'll treat me there. They think I'm drug seeking or crazy or worse that I'm lying."

"Cyndee they won't this time now we have the evidence. I am calling right now and they have a bed for you."

"Thank you Laura but I won't do it."

"Then please go to the nearest hospital in Las Vegas and I will call ahead and prepare them."

"No, if I do that they will think I am doctor shopping I know how they

August 20, 2024

instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



blazewithincyn Follow
Original audio

treat you. I have no more left in me I just want to be with my babies."

Reluctantly she surrendered and said she'd call ahead to the closest pharmacy that I would be next to Disney.

She was very worried but did not know what else to do because she knew if she pushed me any harder I would not make it to Disney at all.

This was that best solution she could offer and made the call.

Reply

blazewithincyn 64w
She saw my heart rate fluctuating and she was scared but I wasn't. I knew what was happening and I just

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instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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Original audio

wanted it over already or to finally get some help.

So when it went down the same way as before, and they said I was alright this time I put up a fight.

"I am not, I am dying! Why won't you help me?"

"Oh are you saying you're suicidal?"

"No! If I was suicidal I wouldn't be here asking you for help. I want to LIVE can't you see that?"

But at my words they started calling to have me escorted to behavioral med. Because they could not see with their eyes that soon I would be dead.

That is when I called up that friend

August 20, 2024

instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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That is when I called up that friend that my coworker did remind me, "Brook please help me I am dying! They won't help me when I'm trying!"

Luckily he was between cases and answered right away, because that room was chaos with them trying to wheel me away and me pulling of my wires saying "If you won't help me I leaving right now to die at home with my babies!"

So that is when the cardiologist came in and offered that but if hope.

So fast forward to the shower and the decision to leave on vacation knowing I would t last 2 weeks for the endocrinologist.

August 20, 2024

instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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So fast forward to the shower and the decision to leave on vacation knowing I would t last 2 weeks for the endocrinologist.

As we were driving down to California my phone rang. It was Laura my friend and nurse practitioner. What I did not know was each time I went in to the ER she received all of my records.

She's been reading and researching and calling on the other doctors that she worked with, along with her higher power every night to find the answer.

She rang me right then and said "Cyndee where are you?"

Reply

August 20, 2024

instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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usually I helped all the way.

But this time I had to sit down and with a frown my coworker asked me if I was okay.

I looked at her desperately and said "I have to tell you something."

What is it she said? Then I told her it would be my last shift.

"What do you mean?" And that's when I told her I would soon be dead.

She looked and me as if I were delirious and said "Cyndee if you are serious you need to go to the ER right now!"

"I can't. We are getting a new admit and we are already short a nurse. Besides I've been there three times this last two

August 20, 2024

instagram.com/blazewithincyn/reel/C-5I_BqOyUW/



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Original audio

weeks and they did not take me seriously"

"I don't care we've got it from here. You need to go now, let Kerry Ann drive you."

So I reluctantly went because I knew she was right I had no more fight.

When I walked in they looked and me and said "you again?" With a roll of their eyes.

I hung my head in defeat at least this time I had a co-worker and friend with me. I let her take the lead.

So when they took me back and it went down the way it did, I held on to every last breath and she sat there and prayed.

August 20, 2024

Instagram

blazewithincyn/

System ID: 665137

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-5pMaQv_2X/

Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a picture of her friend, who is a nurse, along with a video from a Disney movie. In the comments, she describes a coristol storm she experienced that her friend helped her through before taking her to the ER. This is also posted on Subject's Facebook account. dio 2 likes Without getting into all the details of how that went down, just know this, that call she made absolutely saved my life. She called in the tiniest amount of steroid which is what your body needs if you are not producing anymore cortisol. On the trip down I had some time to read what a “cortisol crisis” was and how it worked. Being a nurse I understand physiology and this came in handy later. So while the prescription she called in worked, it was only just barely. And unfortunately I had miscalculated how many days I would be there. I did not account for the drive home. Also it was just enough to get me through until about noon everyday before my body passed out from exhaustion. This whole time I am pretending everything is all right to my kids because that is what Cyndee does. Put on a happy face and a smile even when she was going through hell. Looking back now I know my kids were not dummies. And it’s just hitting me as I type this, no wonder my kids hate Disney, everyone we have gone it has been traumatizing! I don’t know why in the mind of Cyndee, when all else is lost she goes to Disney! □ Yet here we are and as I try to pretend, I post on social media that all is well in Cyndee’s internal hell because she has slapped lipstick on a pig □□ And how did I know that one last call would soon save my life? When just then I heard from a friend she was in the area and she wanted to see me. Continued in comments I could not bare to tell her I did not have it in me. She said “Then I’m coming to you!” Pretending I was excited too was all I could do.

instagram.com/blazewithincyn/reel/C-5pMaQv_2X/



blazewithincyn Follow
Original audio

blazewithincyn 64w
Without getting into all the details of how that went down, just know this, that call she made absolutely saved my life.

She called in the tiniest amount of steroid which is what your body needs if you are not producing anymore cortisol.

On the trip down I had some time to read what a "cortisol crisis" was and how it worked.

Being a nurse I understand physiology and this came in handy later.

So while the prescription she called in worked, it was only just barely.

2 likes
August 20, 2024

instagram.com/blazewithincyn/reel/C-5pMaQv_2X/



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Original audio

And unfortunately I had miscalculated how many days I would be there. I did not account for the drive home.

Also it was just enough to get me through until about noon everyday before my body passed out from exhaustion.

This whole time I am pretending everything is all right to my kids because that is what Cyndee does. Put on a happy face and a smile even when she was going through hell.

Looking back now I know my kids were not dummies. And it's just hitting me as I type this, no wonder my kids hate Disney, everyone we have gone it has been traumatizing!

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I don't know why in the mind of Cyndee, when all else is lost she goes to Disney! 😜

Yet here we are and as I try to pretend, I post on social media that all is well in Cyndee's internal hell because she has slapped lipstick on a pig 💄🐷

And how did I know that one last call would soon save my life? When just then I heard from a friend she was in the area and she wanted to see me.

Continued in comments
I could not bare to tell her I did not have it in me.

She said "Then I'm coming to you!" Pretending I was excited too was all I

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could do.

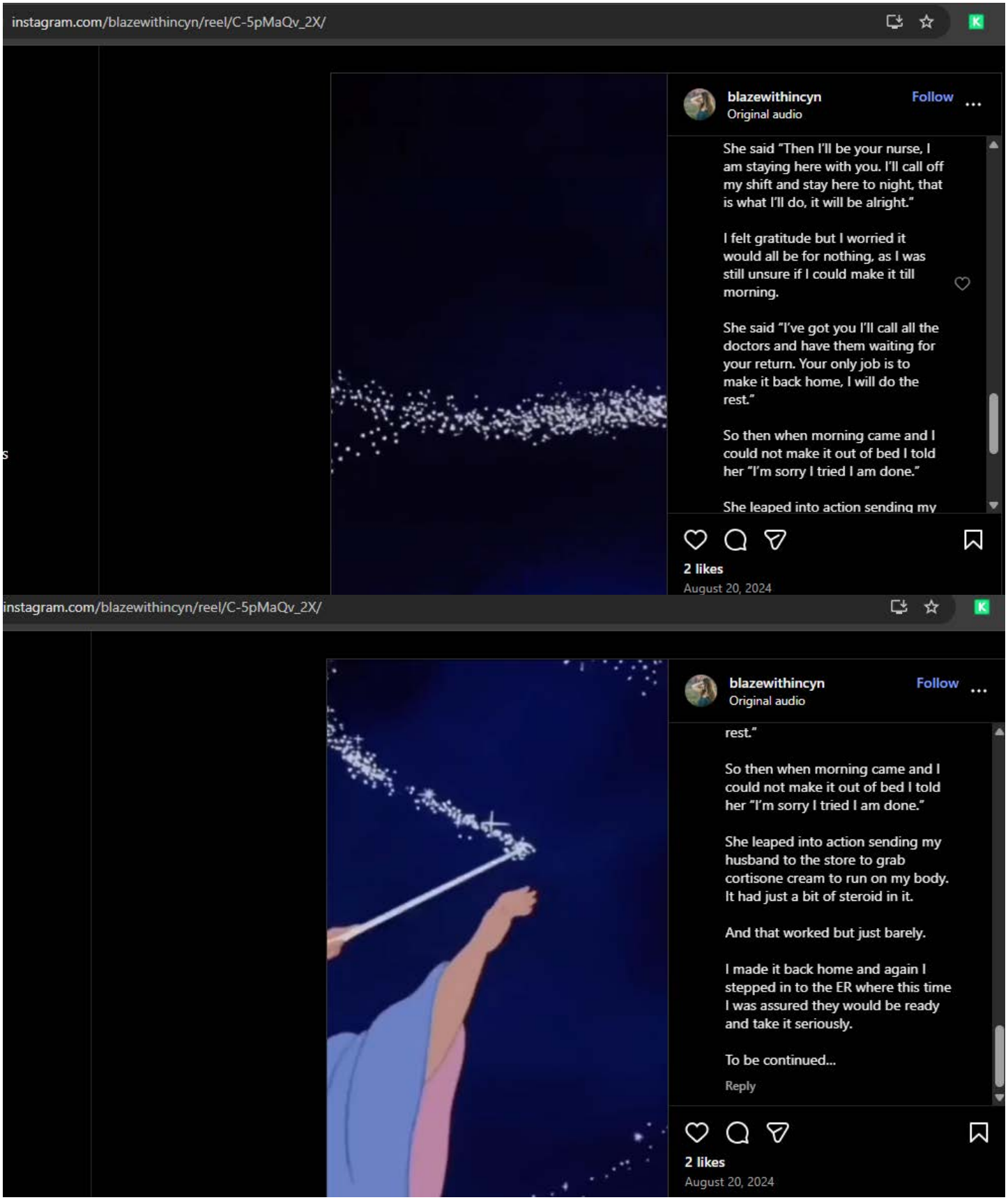
blazewithincyn 64w
When she came to see me that day she knew immediately something was wrong.

I could not tell her in front of the kids so I had my husband take them to the pool.

She said "Cyndee you can get through this you have answers now."

I said "You don't understand I just took my
last pill, there's no way I'll make it through the night."

2 likes



[Link to download video]

Instagram

blazewithincyn/

System ID: 665135

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-6izatsh2J/

Posted: Aug 20, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a selfie video of herself in a car. She comments that she has gone through a lot, and she is going to be authentic. This is also posted on Subject's Facebook account. Well it has been an interesting experiment so thank you all who've played along! When I said I would be back Tuesday with your regularly scheduled programming. This is what I meant: Obviously I just went through a major event in my life and chose to be real with it on social media. That is something not many people are these days is real. We all hide behind masks and pretend we are okay when we are not. And it does not serve us to pretend that we are. But how many of us just want to express how we are feeling and yet we keep or silent which keeps us reeling inside? It has been interesting watching how it has unfolded to watch people show up, or speak in whispers. I really do appreciate all of you that are authentic. Anyone who has been worried or concerned but hasn't called me directly I am letting you all know too that I am okay. You don't need to worry about me. So from here on out I am done speaking in riddles to see who is authentic. I will be continuing to write my story however for those that are interested. Thank you and goodnight! □

instagram.com/blazewithincyn/reel/C-6izatsh2J/



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Original audio

blazewithincyn 64w
Well it has been an interesting experiment so thank you all who've played along!

When I said I would be back Tuesday with your regularly scheduled programming. This is what I meant:

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That is something not many people are these days is real.

We all hide behind masks and pretend we are okay when we are not. And it does not serve us to pretend that we are.

8 likes
August 20, 2024

instagram.com/blazewithincyn/reel/C-6izatsh2J/



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Original audio

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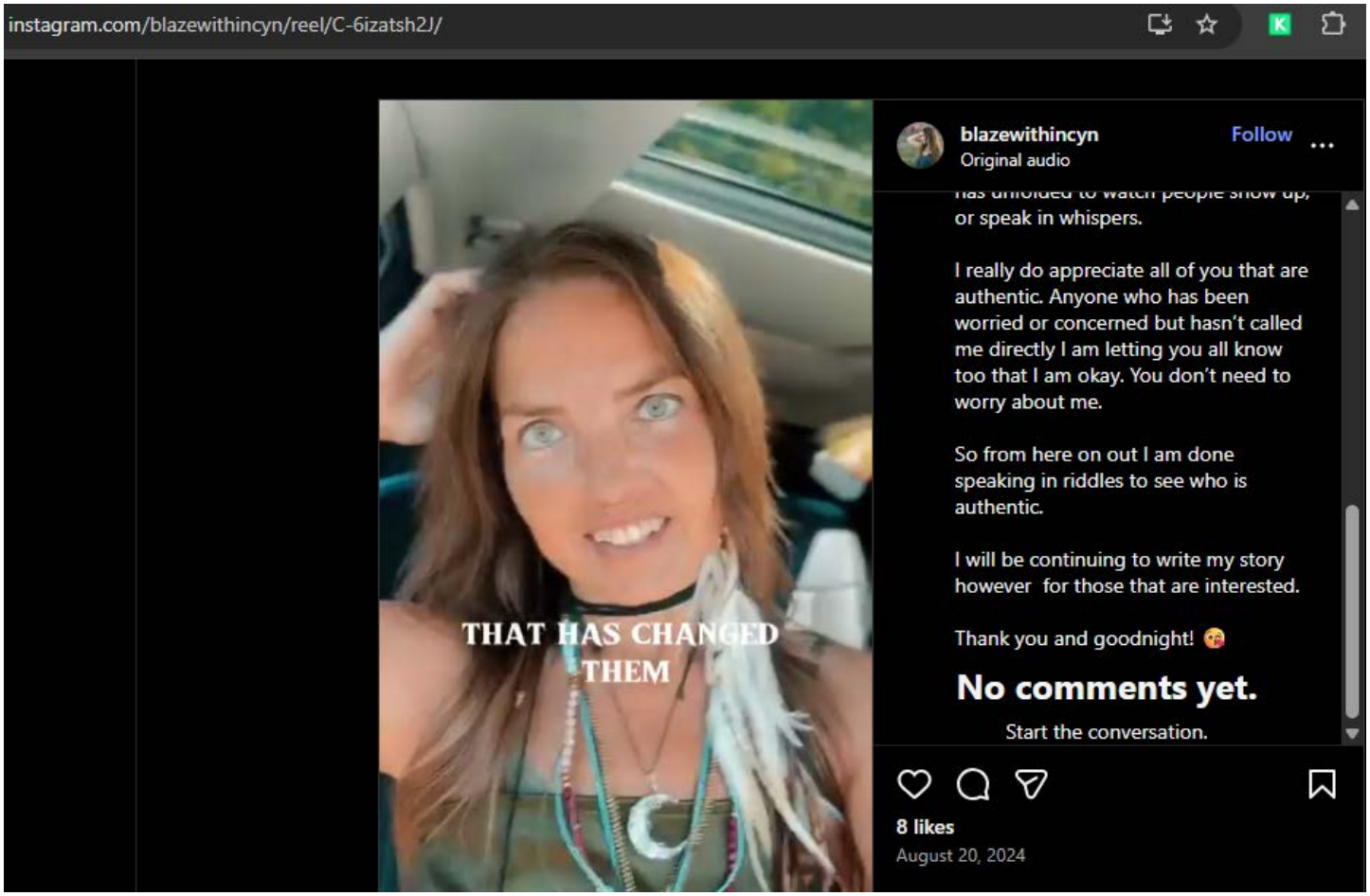
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8 likes
August 20, 2024



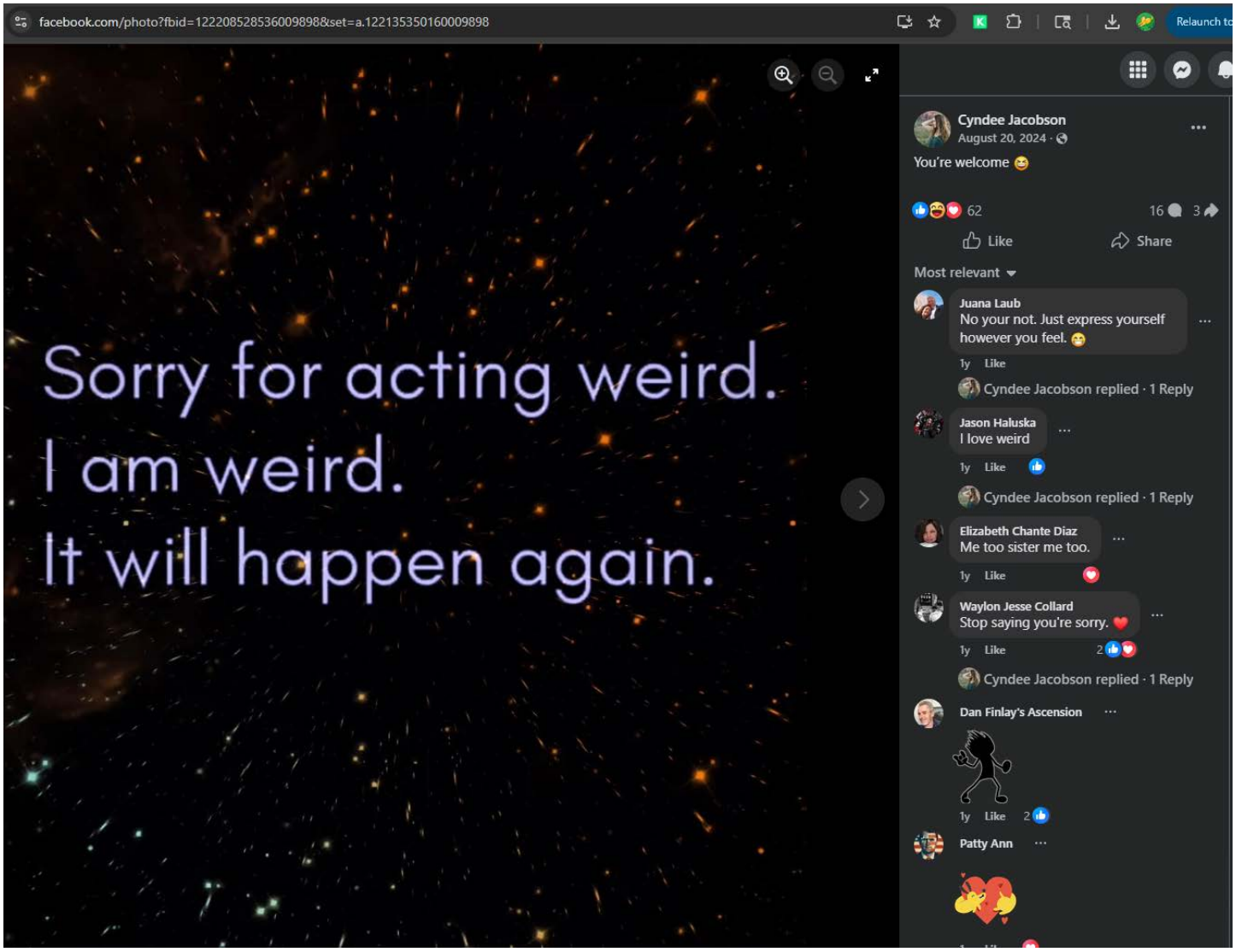
[Link to download video]

Facebook

cyndee.jacobson.163679
System ID: 667318
Cynthia Lee Jacobson
Posted: Aug 20, 2024
Captured: Nov 18, 2025
https://www.facebook.com/photo?fbid=1222085285360098988set=a.122135350160009898

After DOI

Subject posted that she apologizes for acting weird, but that it will happen again. You're welcome



Instagram

blazewithincyn/ | Posted: Aug 21, 2024

System ID: 665132 | Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-8LrmDPtw8/

After DOI

Subject posted a video of her newest cat. She comments that she had not intended to keep her, but the cat had other ideas. This is also posted on Subject's Facebook account. Okay mom’s this one is for you! You know when you have been running errands and you drag your babies along and they are exhausted as you are by the time you get in the driveway? Then just as soon as you feel a reprieve of being home the baby feels it too and they fall asleep in the car? They may have been kicking and screaming and yelling the entire time and you were both just wanting some peace and quiet. So in both of your sheer exhaustion just as you return home to feel some reprieve they are now sleeping soundly and then you don’t want to wake them up so you sit in the car with them so they can sleep and you get in your phone to pass the time and maybe return a few phone calls? Well that is exactly what I am doing in this moment with this precious baby kitten of mine that has been my “heart cat.” We just had a BIG day introducing her to her new family and it was A LOT! More on that later as it was a big lesson for all of us and it turned out so beautifully! But for now I’ll just say that this precious baby has had a special place in my heart since she was born. I knew I could not keep her as I already have enough on my plate. So as she grew I tested it out asking people I knew, and they asked too! If she might be a fit for them. But instead the more we tried, the more she bonded with me! She followed me all around and I asked her “what are you doing? You know I can not keep you!” She looked at me with those big beautiful eyes and in my heart she melted. If she wasn’t following me then she followed around Georgia. And Georgia is a finicky cat and doesn’t like many others. But when it came to her she took her under her wing and said “I will teach you” how to be a cat that is and in her divine felinity just like she is. And as time went on more we did bond and she followed me more. She slept in my room when all the other kitty’s stay away. For in my room is Georgia’s palace. All the other cats know not to go in there. But she did not care and to my surprise Georgia let her too! And when I packed a bag for a last minute trip to put my toes in the sand when my heart really hurt, she climbed in my suitcase and said “Please take me!”

instagram.com/blazewithincyn/reel/C-8LrmDPtw8/



blazewithincyn Follow
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blazewithincyn 64w
Okay mom's this one is for you!

You know when you have been running errands and you drag your babies along and they are exhausted as you are by the time you get in the driveway?

Then just as soon as you feel a reprieve of being home the baby feels it too and they fall asleep in the car?

They may have been kicking and screaming and yelling the entire time and you were both just wanting some peace and quiet.

So in both of your sheer exhaustion just as you return home to feel some reprieve they are now sleeping soundly

13 likes
August 21, 2024

instagram.com/blazewithincyn/reel/C-8LrmDPtw8/



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and then you don't want to wake them up so you sit in the car with them so they can sleep and you get in your phone to pass the time and maybe return a few phone calls?

Well that is exactly what I am doing in this moment with this precious baby kitten of mine that has been my "heart cat."

We just had a BIG day introducing her to her new family and it was A LOT!

More on that later as it was a big lesson for all of us and it turned out so beautifully!

But for now I'll just say that this precious baby has had a special place in my heart since she was born.

13 likes
August 21, 2024

instagram.com/blazewithincyn/reel/C-8LrmDPtw8/



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13 likes
August 21, 2024

instagram.com/blazewithincyn/reel/C-8LrmDPtw8/



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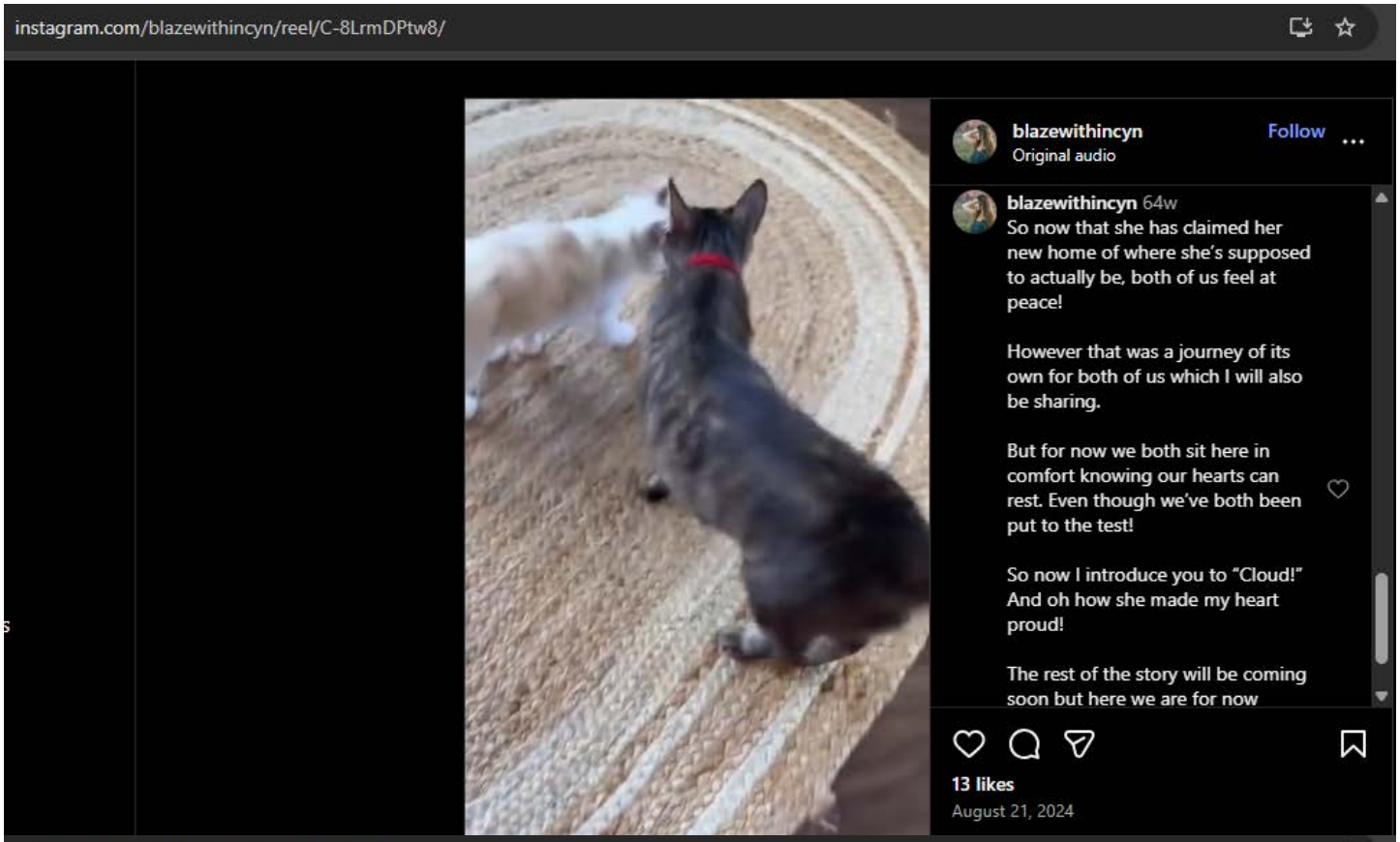
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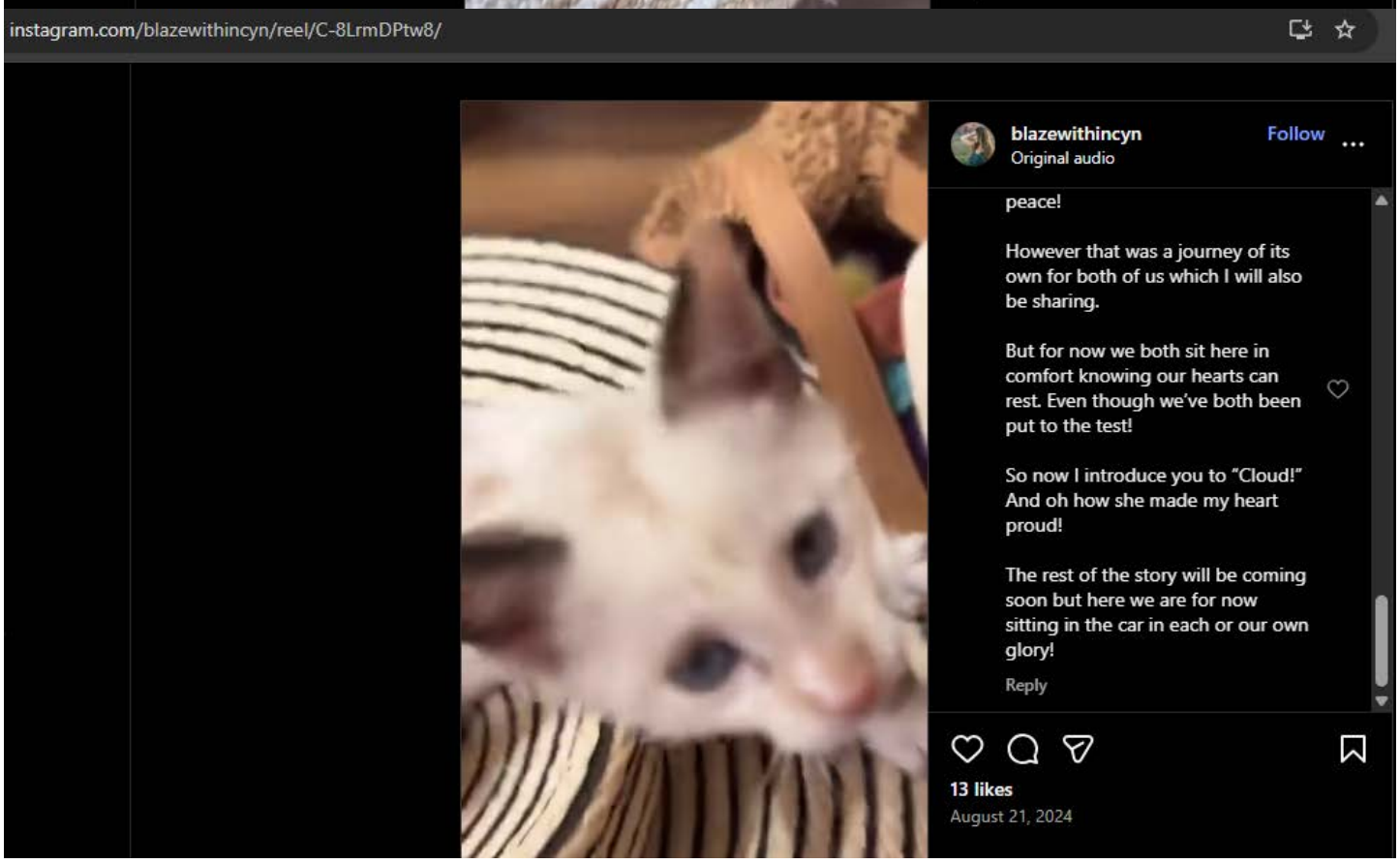
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All the other cats know not to go in there. But she did not care and to my surprise Georgia let her too!

And when I packed a bag for a last minute trip to put my toes in the sand when my heart really hurt, she climbed in my suitcase and said "Please take me!" TBC

13 likes
August 21, 2024





[Link to download video]

Instagram

blazewithincyn/

System ID: 665127

Cynthia Lee Jacobson

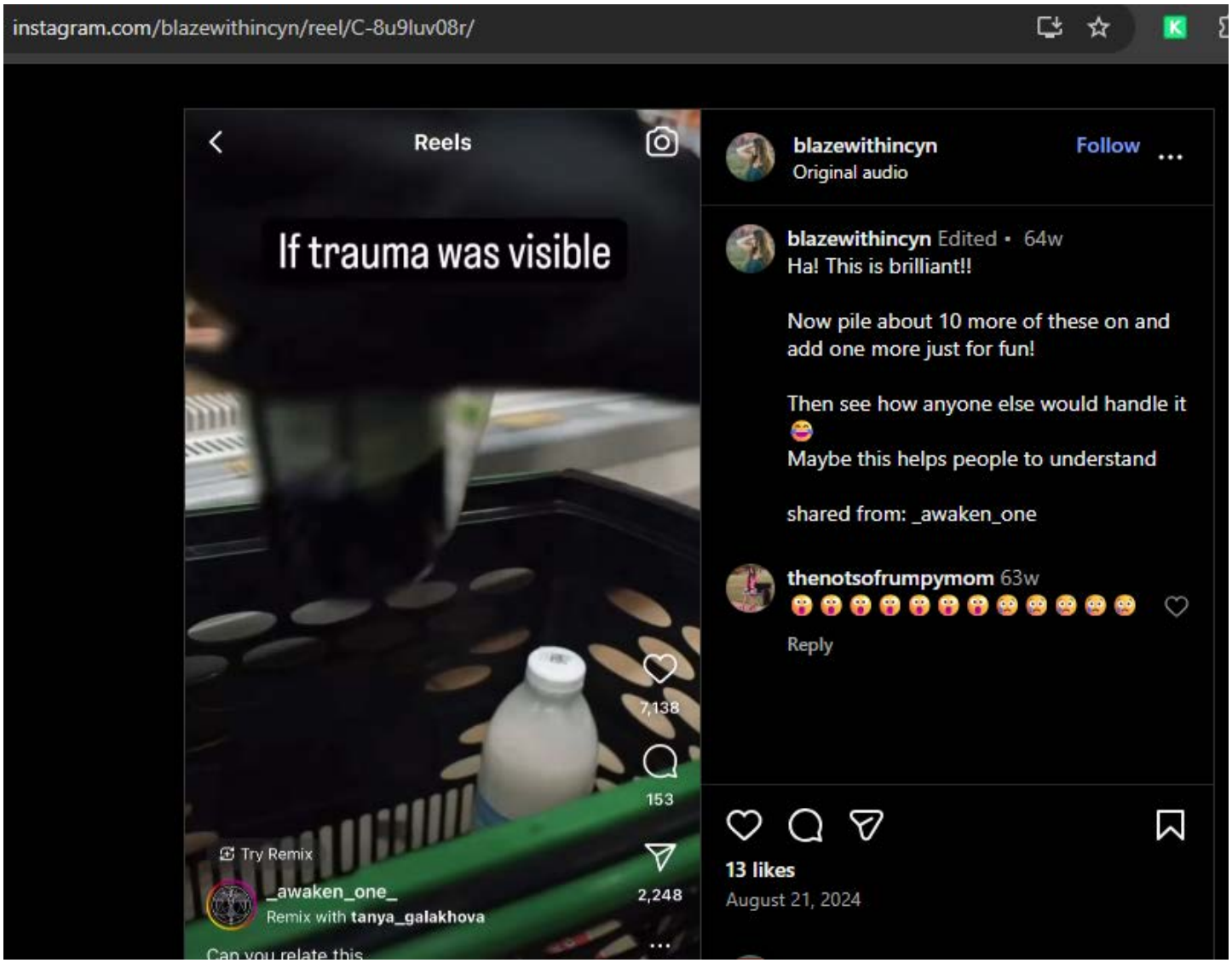
https://www.instagram.com/blazewithincyn/reel/C-8u9luv08r/

Posted: Aug 21, 2024

Captured: Nov 13, 2025

After DOI

Subject reposted a video showing trauma as something visible. This is also posted on Subject's Facebook account. Ha! This is brilliant!! Now pile about 10 more of these on and add one more just for fun! Then see how anyone else would handle it Maybe this helps people to understand shared from: _awaken_one



[Link to download video]

Instagram

blazewithincyn/

System ID: 665126

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C-9hmrEO9Fd/

Posted: Aug 22, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video of her running in the lawn sprinklers at night. In the comments, she writes that she remembers sneaking out at night with her sister and doing the same. They did get caught and were punished, but she notes that they were not treated well so the fun was worth it. This is also posted on Subject's Facebook account. Oh my goodness I just had so much fun reliving a childhood memory and experience! Crystal do you remember? In the summer we would sneak out at night to call in some fun and get out of our inner house of pain and internal damnation to create our own play and salvation! With all of the chaos and forcing of our family’s together. We were a bunch of broken up kids, put under one roof. The rules, the chores, the punishments and corners we were put in. The fist fights, broken chairs over each other’s backs. All because we were not given a voice to the pain we were in. We were not given a choice to stay in our home, stay in our own bed. We were not given a choice who came in to our home, and who would be bedded together, or whose rooms were now shared that were once their own. We were not given a choice which parent we wanted to stay with. We weren’t given a voice whether we wanted our parents together at all. Instead it was forced upon us. With rules and discipline. Chore charts and soap in our mouth if we spoke out of turn. Oh heck! And when we were young even Tabasco sauce to the tongue □□

instagram.com/blazewithincyn/reel/C-9hmrEO9Fd/



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Original audio

blazewithincyn 64w
Oh my goodness I just had so much fun reliving a childhood memory and experience!

Crystal do you remember?

In the summer we would sneak out at night to call in some fun and get out of our inner house of pain and internal damnation to create our own play and salvation!

With all of the chaos and forcing of our family's together. We were a bunch of broken up kids, put under one roof.

The rules, the chores, the punishments and corners we were put in. The fist fights, broken chairs over each other's

2 likes
August 22, 2024

instagram.com/blazewithincyn/reel/C-9hmrEO9Fd/



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backs.

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With rules and discipline. Chore charts

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August 22, 2024

instagram.com/blazewithincyn/reel/C-9hmrEO9Fd/



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With rules and discipline. Chore charts and soap in our mouth if we spoke out of turn.

Oh heck! And when we were young even Tabasco sauce to the tongue 🌶️ 😝

😆 👅 😆

Shoot I am unraveling this in real time as I type this out and I replayed my childhood memory tonight.

This is fascinating to me to see how Cyndee has lived in such an upside down world with heart shaped glasses.

🌎 🤩 🌎 😍 🌎

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August 22, 2024

instagram.com/blazewithincyn/reel/C-9hmrEO9Fd/



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It's what I've done to make it through all my traumas I lived through in real time.

Anyway, we would sneak out at night and go to the church or the school grounds and play in the sprinklers or roll in the grass and laugh!

We had fun where we could without hurting anybody. But we thought we were getting away with something and sneaking out at night when our parents were asleep or if we were grounded was such a thrill!

We did it night after night and borrowed neighbors bikes because we didn't have our own and returned them@by morning so no one was the

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wiser.

But once or twice we got caught and our parents wanted us punished again!

Even the police were on our side saying we hadn't done anything wrong.

But since our parents wanted punishment we got work hours cleaning after school at the same school we went to.

TBC

blazewithincyn 64w
Even the custodian that was in charge of signing off our work hours felt bad for us. The rest of the kids had really done something to

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August 22, 2024

instagram.com/blazewithincyn/reel/C-9hmrEO9Fd/



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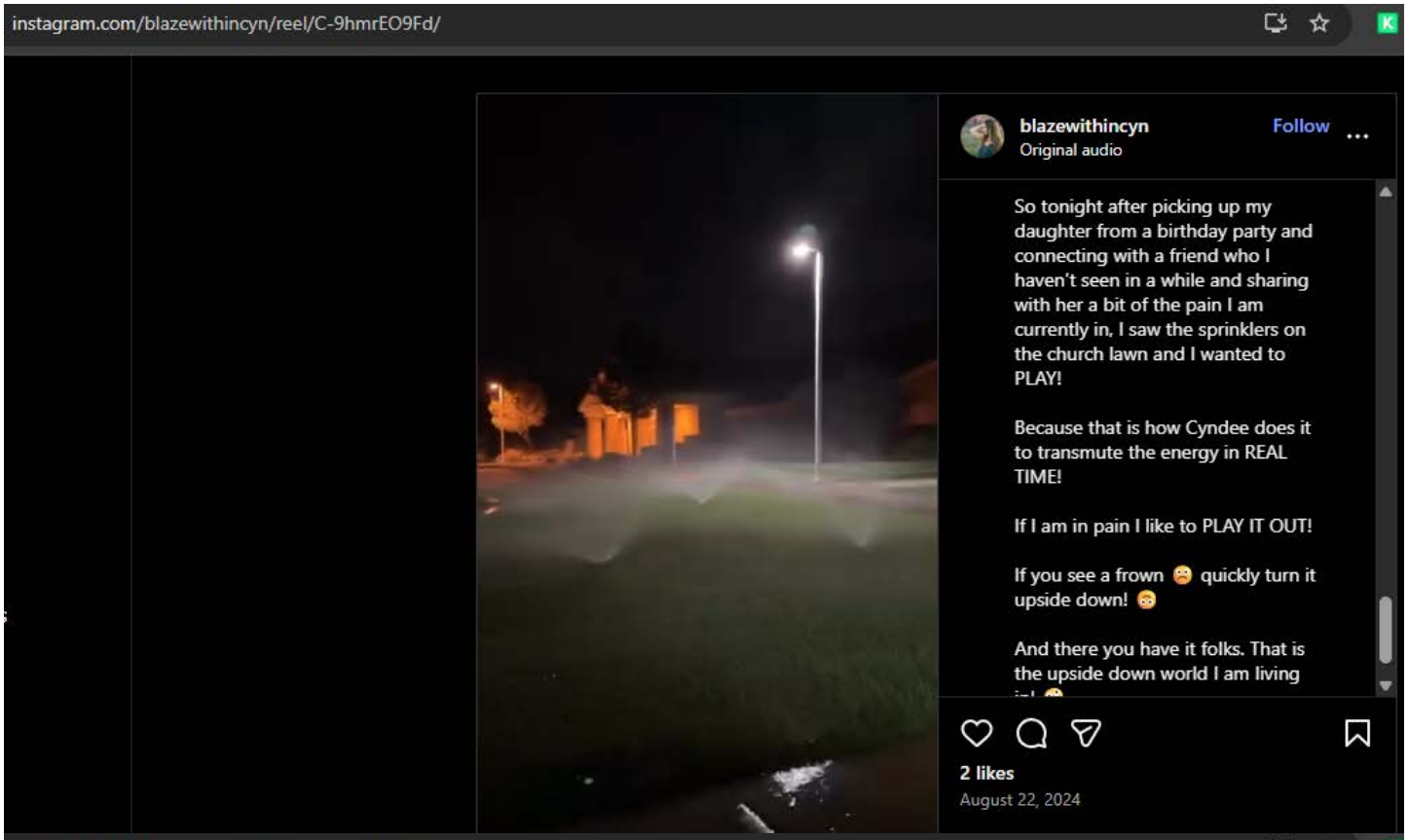
be there, but all we had was a curfew ticket.

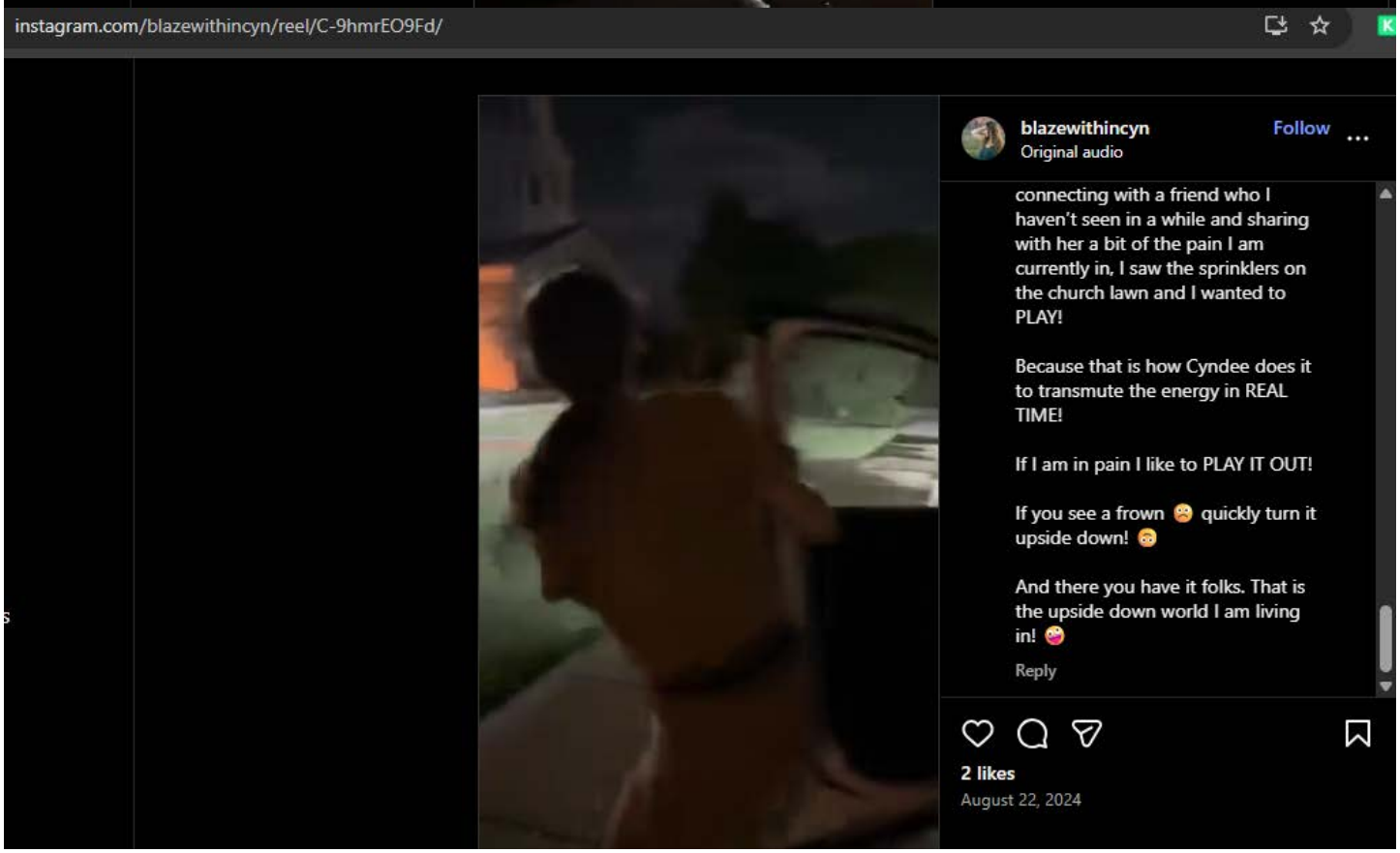
Our classmates made fun of us for having work hours and having to clean the school and scrape gum from under the desks.

So the custodian tried to give us jobs out of the eyes of our peers to protect us. And he signed double the work hours so we could complete them faster and not have to continue to be punished and humiliated.

Crystal and I still had fun even cleaning the school. What else are you supposed to do when you are always in trouble even for just trying to have fun?

2 likes
August 22, 2024





[Link to download video]

Instagram

blazewithincyn/

System ID: 665118

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C--L5FIOjRq/

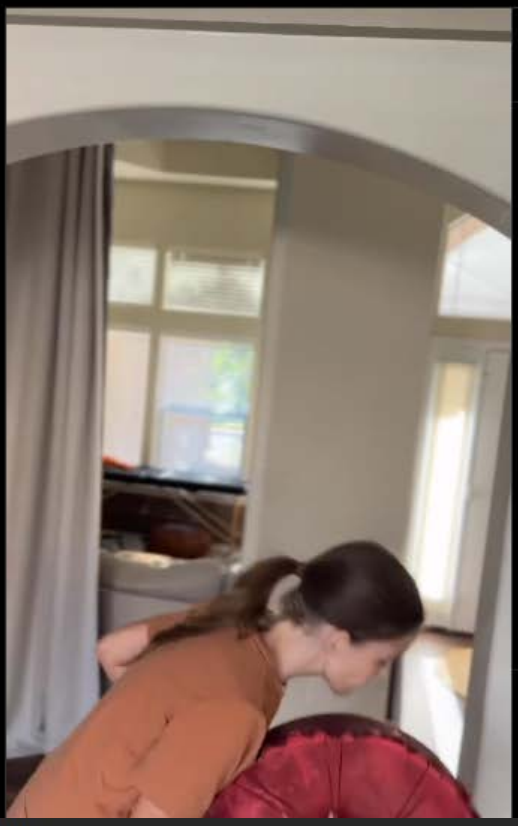
Posted: Aug 22, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video of her walking through her home, she vacuums, burns sage, and beats a drum. She then lets in a client for a session. This is also posted on Subject's Facebook account. So while I have been sharing the internal battles I have been dealing with recently that no one usually talks about, I still show up for myself, my children, my friends and my clients everyday even though that hasn't been easy. People have been concerned with my shares for the well being of not only myself but that of my children and also as judgments of the work I do. This IS the work. Showing up in realness and in REAL time not only for yourself but for those around you. Yes I have been going through deep process recently. One that has brought up every trauma, every thought of self doubt, and self worth possible. And because I HAVE done the work, and continue to do so, I implement every tool in my own tool box in times like these. And instead of running from problems, or from myself, I process them in real time. Past times have been different and I ran from myself in various ways, each time looking different and taking different amounts of time to recover. This time I KNEW I could not run from myself, my children or my work. And I KNEW I could do it but that it would be hard. And I knew that I had to be REAL, which is something we are not generally in this world today. So here is a glimpse of the process both internal and external that I not only do for myself and my home, but also my children and my clients. I move energy as quickly as possible using tools from modern days to that if the native. From east to west and everything in between. I incorporate ALL that I've learned over all the years and all the cultural practices. I use them the way they were taught to me and meant to be, and I bring them all together. There are many lessons to be had from all across the world and all across the times. Yes they must be kept sacred and used reverently. We can all benefit from what we've learned and that we share. My clients teach me just as much as I teach them and that is reciprocity. One of my mentors shared something heartwarming: "After leaving here if your pockets are empty my pockets are full, because you've helped me more than I've helped you!" He said with a giggle. We absolutely both benefited that day with an even exchange of sharing

instagram.com/blazewithincyn/reel/C--L5FlOjRq/



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Original audio

blazewithincyn 64w
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August 22, 2024

instagram.com/blazewithincyn/reel/C--L5FlOjRq/



blazewithincyn Follow
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August 22, 2024

instagram.com/blazewithincyn/reel/C--L5FlOjRq/



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August 22, 2024

instagram.com/blazewithincyn/reel/C--L5FlOjRq/



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My clients teach me just as much as I teach them and that is reciprocity.

One of my mentors shared something heartwarming:

"After leaving here if your pockets are empty my pockets are full, because you've helped me more than I've helped you!" He said with a giggle.

We absolutely both benefited that day with an even exchange of sharing

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instagram.com/blazewithincyn/reel/C--L5FlOjRq/



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This is how I feel with all of my interactions these days whether I am the client or the mentor, the friend or bystander.

For I always check in to make sure the energy that is being exchanged is of equal expression.

If not, then it will only lead to regression.

Anyone that walks into my home has the same expression. "It's peaceful here."

Yes it is, I have worked hard to keep it that way, thank you for noticing.

I don't just let anyone in my front

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August 22, 2024

instagram.com/blazewithincyn/reel/C--L5FlOjRq/



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I don't just let anyone in my front door and now it's locked even tighter.

So while you think you know what's happening inside ask yourself have you been here?

Thank you to all my clients friends and family that have continued to show up and be by my side as I stand authentically!

I love you all and if you want an invite it just takes a call, and I would love to have you join me on this side of the walls.

And those that know, oh they KNOW!

4 likes
August 22, 2024

instagram.com/blazewithincyn/reel/C--L5FlOjRq/



blazewithincyn Follow
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So while you think you know what's happening inside ask yourself have you been here? 😊

Thank you to all my clients friends and family that have continued to show up and be by my side as I stand authentically!

I love you all and if you want an invite it just takes a call, and I would love to have you join me on this side of the walls. 😘

And those that know, oh they KNOW!

Once you come in you never want to leave. 😍

Reply

4 likes
August 22, 2024

Instagram

blazewithincyn/

System ID: 665117

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C--xb8TPGXV/

Posted: Aug 22, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video of her and her daughter, Cemree. She dances with her in the kitchen. This is also posted on Subject's Facebook account. This girl has been working hard on these cupcakes for two days to surprise her friend for her birthday. She wants to make sure they are perfect and also has been doing a good job cleaning up after herself along the way. This has been something we have been working on together for years and it hasn’t been an easy road. She has big goals, dreams and ambitions like her mother, and then gets overwhelmed the fast at the task she has placed before her. Now seeing the mess that was created and not pseeing a light at the end of the tunnel can seem daunting. So between clients yesterday and running errands I grabbed us a quick lunch to eat together. When I walked in she had music playing taking a bit from her mother Which helps to keep the energy moving but she was still feeling the weight of the pressure. I immediately sensed it as I walked in the door and kicked into action to ramp up the energy. At first she looked at me and rolled her eyes But energy is infectious! And her mom is a weird-io! She was only pretending to give me guff about dancing with her mom! This is one dance partner I can count on I told her do not despair I will help clean not let’s boogy! Then we shared a meal and the rest is history!

instagram.com/blazewithincyn/reel/C--xb8TPGXV/



blazewithincyn Follow

Original audio

blazewithincyn 63w

This girl has been working hard on these cupcakes for two days to surprise her friend for her birthday.

She wants to make sure they are perfect and also has been doing a good job cleaning up after herself along the way.

This has been something we have been working on together for years and it hasn't been an easy road.

She has big goals, dreams and ambitions like her mother, and then gets overwhelmed the fast at the task she has placed before her.

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7 likes

August 22, 2024

instagram.com/blazewithincyn/reel/C--xb8TPGXV/



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can seem daunting.

So between clients yesterday and running errands I grabbed us a quick lunch to eat together.

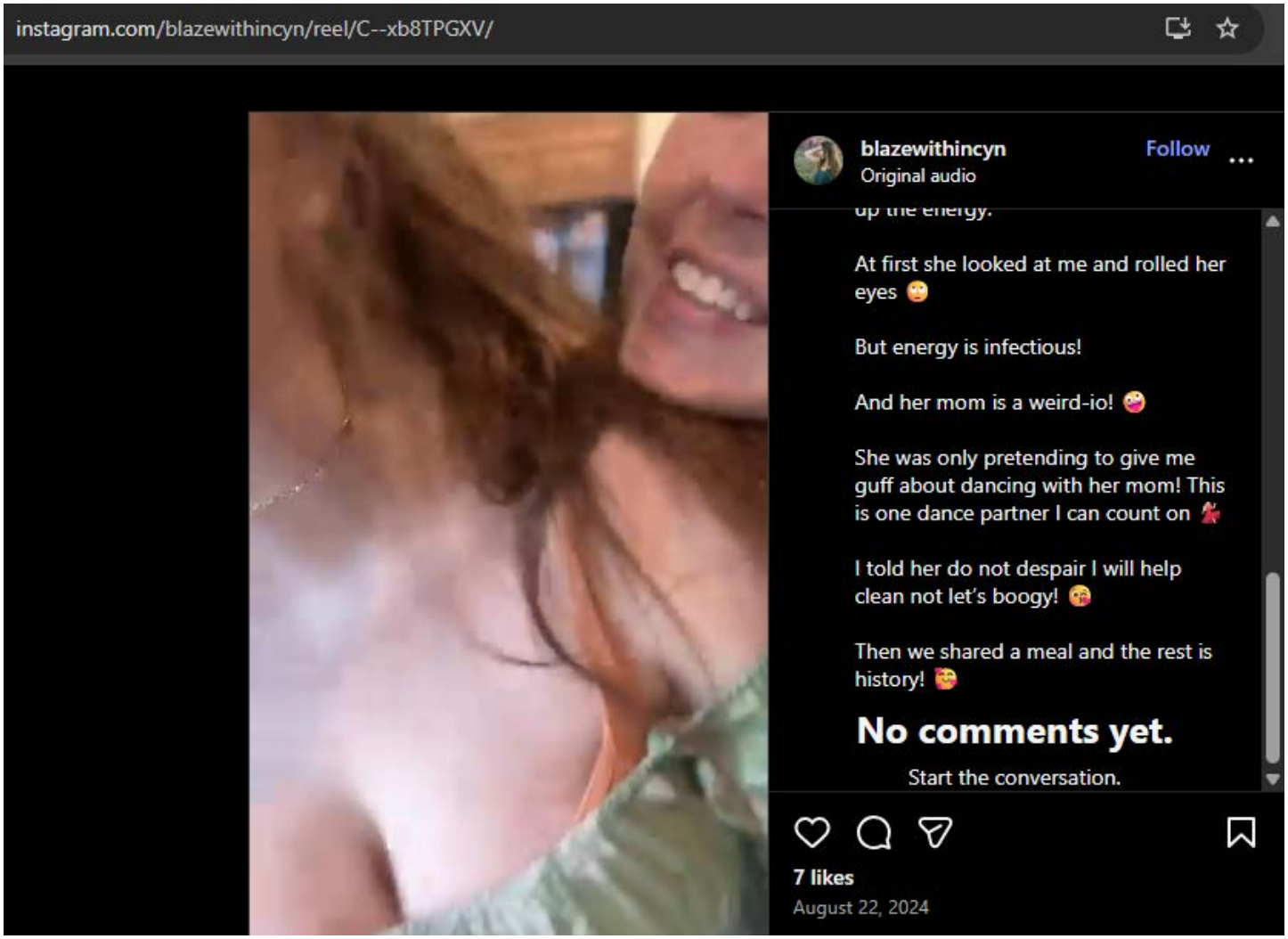
When I walked in she had music playing taking a bit from her mother 😜

Which helps to keep the energy moving but she was still feeling the weight of the pressure.

I immediately sensed it as I walked in the door and kicked into action to ramp up the energy.

At first she looked at me and rolled her eyes 😬

7 likes
August 22, 2024



Link to download video

Instagram

blazewithincyn/

Posted: Aug 23, 2024

System ID: 665111

Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_ClvAHPbdm/

After DOI

Subject posted a video and pictures of her and her son, Covin, driving through forests and mountains. In the comments, she writes that he had arranged the trip for them. She also talks about her ex-husband and tells him that she knows he talks badly about her and asks him to stop contacting her kids because it upsets them. This is also posted on Subject's Facebook account. Dear Diary… I am on a road trip with my son and it has been allowing me to get some much needed rest and relaxation. When he was just a boy he used to say “Mom, when I grow up, I am going to take care of you!” That would put a smile on my face and in return I would say, “Son, that is so sweet! But that is not your job, you don’t have to, it’s my job to take care of you!” He would look at me and with a big grin and exclaim “You take care of me when I am little and when I get big I take care of you!” □□□ ‘How sweet is that!’ I would feel, never imagining it might be true. Then as we travelled the country when he was big and tall and I barely had any life left in me at all, he said “Mom I love travelling with you. When I get older I want to take you travelling too!” My heart would smile thinking how fun that would be. “Oh yeah, where would you take me?” I would ask wearily, not thinking I would ever make it to see it, not feeling I would last. “I don’t know, where would you like to go?” I thought a moment and said I would “travel abroad, maybe Italy?” And we would dream together of places we’d go, but feeling I’d never see it. I told the kids we may come home empty handed, but our hearts will be full. I was going to show them around outside of our town, I did not care if it was the last thing I’d do. Our travels back then nearly did me in, my heart and my body was already running on empty, but when it came to them my heart still had plenty! So a couple weeks ago when my son saw I was wanting to give up on life of a minute, I was playing with my girls and the kittens on the floor as he sat on his phone. I saw a smile on his face and I asked “What are you up to over there with that mischievous grin?” “You’ll see” □ What do you think of Northern California?” “I think it is beautiful! Why?” “Want to go?” “Wait what I, are you SERIOUS? Let’s do it! When?” “Not this weekend but next.” “Okay, I’m in if you take care of it.

instagram.com/blazewithincyn/reel/C_ClvAHPbdm/



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Original audio

blazewithincyn Edited • 63w
Dear Diary...

I am on a road trip with my son and it has been allowing me to get some much needed rest and relaxation.

When he was just a boy he used to say "Mom, when I grow up, I am going to take care of you!"

That would put a smile on my face and in return I would say, "Son, that is so sweet! But that is not your job, you don't have to, it's my job to take care of you!"

He would look at me and with a big grin and exclaim "You take care of me when I am little and when I get big I

4 likes
August 23, 2024

instagram.com/blazewithincyn/reel/C_ClvAHPbdm/



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Original audio

take care of you!"

'How sweet is that!' I would feel, never imagining it might be true.

Then as we travelled the country when he was big and tall and I barely had any life left in me at all, he said "Mom I love travelling with you. When I get older I want to take you travelling too!"

My heart would smile thinking how fun that would be. "Oh yeah, where would you take me?" I would ask wearily, not thinking I would ever make it to see it, not feeling I would last.

"I don't know, where would you like to go?"

I thought a moment and said I would

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August 23, 2024

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I thought a moment and said I would "travel abroad, maybe Italy?"

And we would dream together of places we'd go, but feeling I'd never see it.

I told the kids we may come home empty handed, but our hearts will be full. I was going to show them around outside of our town, I did not care if it was the last thing I'd do.

Our travels back then nearly did me in, my heart and my body was already running on empty, but when it came to them my heart still had plenty!

So a couple weeks ago when my son saw I was wanting to give up on life of a minute, I was playing with my girls and

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Original audio

minute, I was playing with my girls and the kittens on the floor as he sat on his phone.

I saw a smile on his face and I asked "What are you up to over there with that mischievous grin?"

"You'll see" 😊

What do you think of Northern California?"

"I think it is beautiful! Why?"

"Want to go?"

"Wait what I, are you SERIOUS? Let's do it! When?"

"Not this weekend but next."

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"Okay, I'm in if you take care of it."

TBC in comments

blazewithincyn 63w
And hopefully you'll see it too.

Maybe after reading this it helps you to flip the switch!

We love you ❤️

And if you're still watching my "personal diary" and you have something you'd like to clear the air with, it may be scary at first but I'm here, and I'll take your phone call.

Just know if you talk behind my back, especially to my kids, I know

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it. We share everything 😘

I've told them from now on if you have a question to direct you to call me.

Because one thing I don't teach them is to talk about others when they are not present, how would it feel if you knew they were doing that to you?

I love this life I've created even through all the chaos I have lived through. If you don't like it for me too, then please just look away.

Unless you are paying my bills you have nothing to say, and last I looked you aren't, and no one ever has. Even if I paid for you to live

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with me or go on vacations. That includes my friends and loved ones, can you say the same? No, but what you have said has sure hurt me.

I have allowed it in the past because I have lost enough already, and I didn't want to lose too. But the truth is you already lost me when you didn't have my back, instead you wanted to bite it.

So I'm now okay to just walk away and be with my kids, as they are the only ones I wanted anyway.

I still love you and I'm okay if you hate me. If you do, I now hate you too, because as I've found love can hurt.

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Part 3/3

1 like Reply

blazewithincyn 63w
And again, if you have been worried about me or my kids, you don't have to.

We've got this as I've said, but if you have worries in your head, then just give me a call or text.

But one thing I ask of you is if you really care, don't call and talk behind my back, judging only hurts worse.

And if you are worried then just ask me! But please don't call my children and scare them even more.

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August 23, 2024

instagram.com/blazewithincyn/reel/C_ClvAHPbdm/



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me! But please don't call my children and scare them even more. Especially when they know you already talk bad about me, and they feel they have to protect me from you.

They have big hearts and they never talk bad about you, because that is one thing I've taught them. If their heart has something to say, then say it to the person. Don't be afraid, because the other way just hurts them.

So even if you talk bad about me or them, that is one thing we will never do, unless we've already said it to you and you continue to do it.

And even then we turn it around

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August 23, 2024

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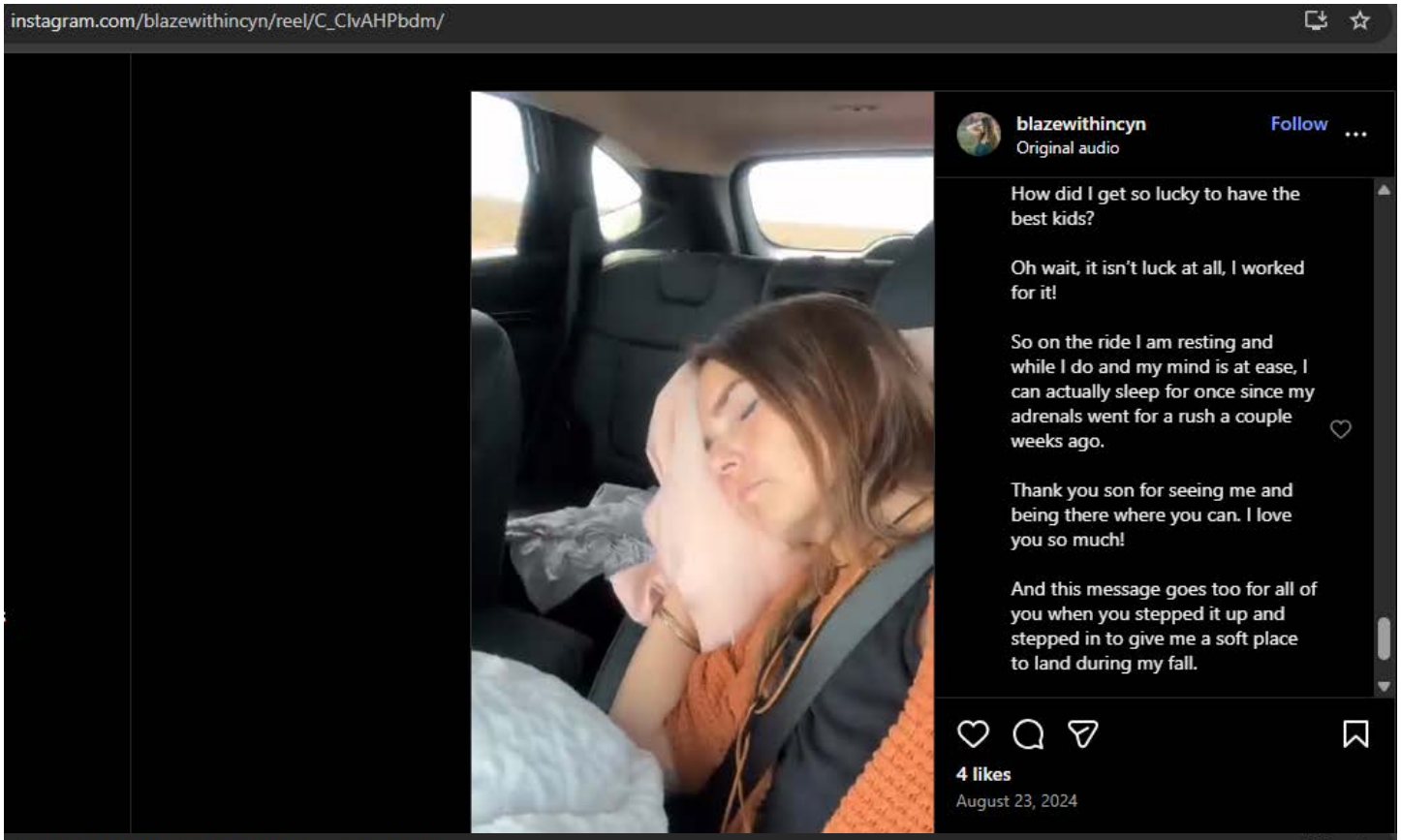
And even then we turn it around into love quickly. Because one thing is for sure if you hold onto pain from others it turns to rot, and that's one thing that you're not, even if your behavior hurt us is.

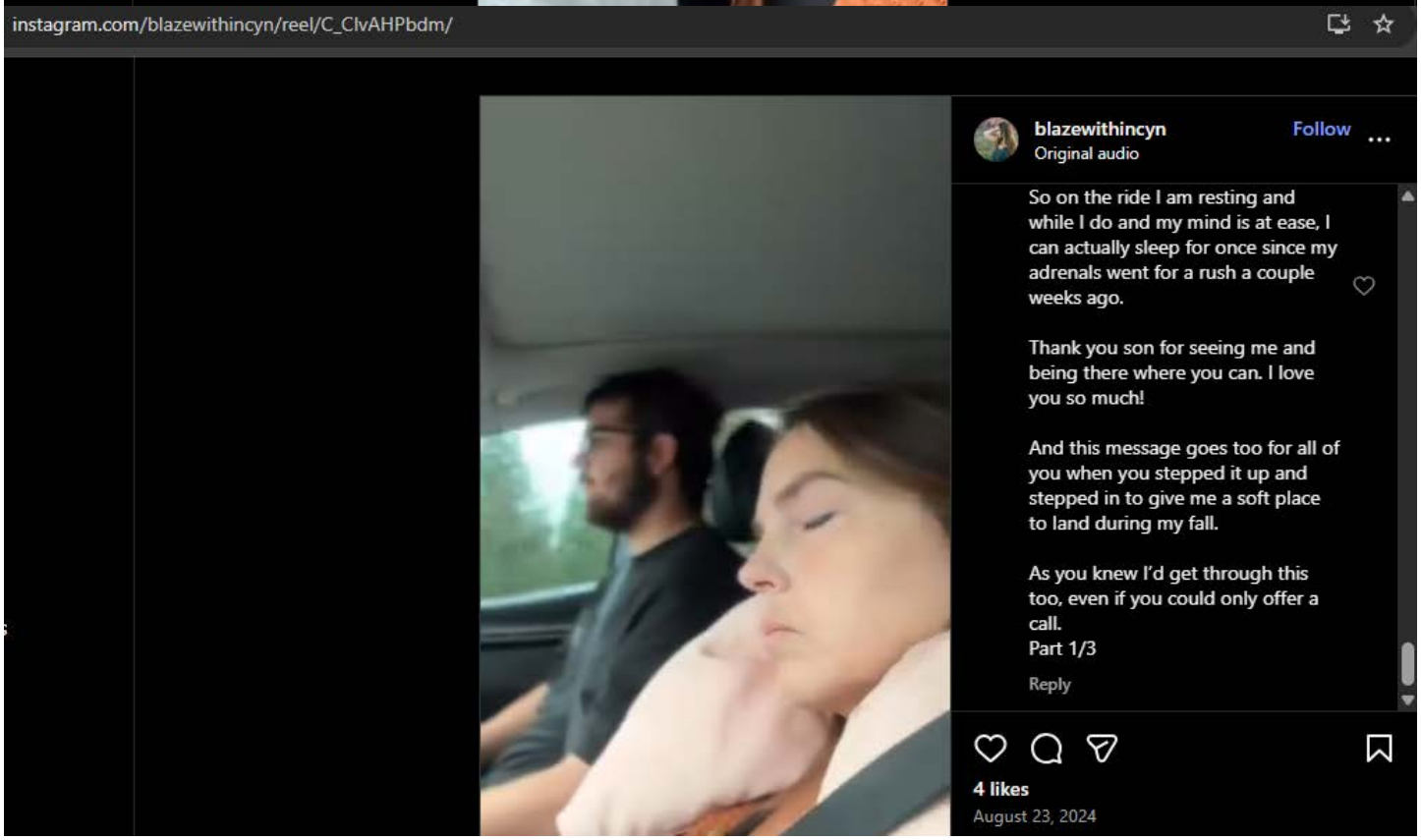
You still have a light inside and that is what we look for. Because no matter how dim when it comes to the things you are doing that give us pain, we know it's still there. Part 2/3

Reply

blazewithincyn 63w
And then he booked it! Taking care of all the details only asking me for some advice when it came to where to stay

4 likes
August 23, 2024





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Instagram

blazewithincyn/

Posted: Aug 23, 2024

System ID: 665096

Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_B9Eziyphe/

After DOI

Subject posted a video of her driving. She comments that on trips, she gets back pain and uses Frequense cream for relief while sitting in the car. This is also posted on Subject's Facebook account. What a PAIN! Ouch Alright who else has pain? No one, just me?? Alright then I guess I will keep it to myself. Ha! Now you KNOW I am full of it! I don’t know about you but whenever I am in pain I will try just a it ANYTHING to get out of it, and oh I HAVE! One thing is for sure though, I have a HIGH pain tolerance, just ask one of the hundreds of doctors I have seen over the years, that or my kids and just about anyone else that knows me! So when it comes to pain relief there is not much that helps me. However this little jar right here is MAGIC And when I say that I MEAN it My back always hurts on long car rides. So when I was hurting just now I remembered I had this with me and quickly put it to the test and IT WORKED! And I mean like in SECONDS If you are interested in it I will drop the link below. If you have questions feel free to ask! https://frequense.com/?fr=5a91693

instagram.com/blazewithincyn/reel/C_B9Eziyphe/



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WILLIS • I Think I Like When It Ra...

blazewithincyn Edited • 63w
What a PAIN! Ouch 😵

Alright who else has pain?

No one, just me??

Alright then I guess I will keep it to myself.

Ha! Now you KNOW I am full of 💩 it!

🤪

I don't know about you but whenever I am in pain I will try just a it ANYTHING to get out of it, and oh I HAVE!

One thing is for sure though, I have a HIGH pain tolerance, just ask one of the

3 likes
August 23, 2024

instagram.com/blazewithincyn/reel/C_B9Eziyphe/



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WILLIS • I Think I Like When It Ra...

hundreds of doctors I have seen over the years, that or my kids and just about anyone else that knows me!😂

So when it comes to pain relief there is not much that helps me.

However this little jar right here is 🪄 MAGIC💫

And when I say that I MEAN it 🫙

My back always hurts on long car rides. So when I was hurting just now I remembered I had this with me and quickly put it to the test and IT WORKED! And I mean like in SECONDS ⏱️⏳

If you are interested in it I will drop the link below. If you have questions feel

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instagram.com/blazewithincyn/reel/C_B9Eziyphe/



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WILLIS • I Think I Like When It Ra...

However this little jar right here is 🪄 MAGIC💫

And when I say that I MEAN it 🫙

My back always hurts on long car rides. So when I was hurting just now I remembered I had this with me and quickly put it to the test and IT WORKED! And I mean like in SECONDS ⏱️⏳

If you are interested in it I will drop the link below. If you have questions feel free to ask!

https://frequense.com/?fr=5a91693

No comments yet.

Start the conversation.

3 likes
August 23, 2024

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Instagram

blazewithincyn/ | Posted: Aug 23, 2024
System ID: 665064 | Captured: Nov 13, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C_CRBzCP2MS/

After DOI

Subject posted a video of her and her son, Covin, driving to a park. She walks around the trees when they get there. In the comments, she talks about her ex-husband saying he was an alcoholic and a gambler. He also lied about going to school that she had paid for. She had tried counseling, but it did not work, and her counselor told her she may have to leave him to find happiness. This is also posted on Subject's Facebook account. Happiness was never a destination. I always thought I would be “happy when” When I got married □♀□ When I finished the police academy (Yes I did that!” □□□□ When I finished nursing school. □□⚕□□ When I became a foster parent to “pay back” society for the great foster parents I had. (Yes I did that too!) □□□□ When I became a mom □□□□ When, when, when… And then life kept “life”ing at me. Every time I thought I “got there” something would happen. My foster kids stole my car. My first baby was 9 weeks premature and nearly died, over and over in front of my eyes. □❤□ My husband tried to commit suicide for YEARS traumatizing me over and over. □□□ When we had our “third and final” baby I was so happy! We had both finished nursing school which was La rough ride for my husband, and I in return having to save his life every time he had a set back. Also having to work double shifts and do all the parenting duty so he could go away to school and to study. I thought our little life was “complete” and I could take a back seat and ride on cruise control from here. Then our baby died of SIDS at four months old □□□ If that wasn’t bad enough my husband took it personally and again went in a rampage to end his life too. There were other things that happened in there, like both my little sisters getting pregnant and having DCFS threaten to take the baby away until I stepped in. Or sitting by their side to go to the doctor when they were afraid to tell mom. Life hasn’t been easy that is for sure! After my husband died I “trauma remarried” which is how I now loving refer to marrying a man I only knew for 3 weeks after having recently buried my first husband. I felt I could not handle life alone and was looking for someone to help protect and take care of me and the kids.

instagram.com/blazewithincyn/reel/C_CRBzCP2MS/



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Original audio

blazewithincyn 63w
Happiness was never a destination.

I always thought I would be "happy when"

When I got married 👰 💍

When I finished the police academy (Yes I did that!" 🚔 👮 🚓

When I finished nursing school. 👩‍⚕️ 🩺 💀

When I became a foster parent to "pay back" society for the great foster parents I had. (Yes I did that too!) 🎁

When I became a mom 🤱 👶

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When, when, when...

And then life kept "life"ing at me.

Every time I thought I "got there" something would happen.

My foster kids stole my car.

My first baby was 9 weeks premature and nearly died, over and over in front of my eyes. 😱 💝

My husband tried to commit suicide for YEARS traumatizing me over and over. 😫 😩 😡

When we had our "third and final" baby I was so happy!

We had both finished nursing school

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We had both finished nursing school which was La rough ride for my husband, and I in return having to save his life every time he had a set back. Also having to work double shifts and do all the parenting duty so he could go away to school and to study.

I thought our little life was "complete" and I could take a back seat and ride on cruise control from here.

Then our baby died of SIDS at four months old 💔😳💔

If that wasn't bad enough my husband took it personally and again went in a rampage to end his life too.

There were other things that happened in there, like both my little sisters

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getting pregnant and having DCFS threaten to take the baby away until I stepped in. Or sitting by their side to go to the doctor when they were afraid to tell mom.

Life hasn't been easy that is for sure!

After my husband died I "trauma remarried" which is how I now loving refer to marrying a man I only knew for 3 weeks after having recently buried my first husband.

I felt I could not handle life alone and was looking for someone to help protect and take care of me and the kids.

TBC in comments

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I continued to try to fix me and go on self healing retreats. And when it helped me I'd be excited to bring him too, "it helped me so I know it will help you!"

But you can never want for another more than something they want for themselves and if you think they will because they love you, then put them to the test and stop living in hell.

So I did just that but it took 10 years and when we finally moved away I thought "Now he will see! He will miss the kids and he will miss me and then he will do it!"

But even that wasn't enough and he

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But even that wasn't enough and he still sits drinking to this day.

I hope maybe eventually he'll see the writing on the wall and get help, but for now I know he watches everything I do. So maybe he'll see the writing here.

And while for his sake I hope one day he does quit. One thing I know is I can't wish for it.

From now on I am the only person that I need and I will no longer be taking applications to this heart of mine. For I don't know if I can trust it and I am the only one I can rely on.

I do know one thing, my counselor

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August 23, 2024

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I do know one thing, my counselor was right!

Once I finally loved me, I am happy!

And now I know it is not a destination, but within me, that can never be taken away 🤗 💗

Thank you kids for humoring your mother and always being up to take pictures and videos with me, even though I'm a weird-io! 😘

Reply

blazewithincyn 63w
That is far from what I got however and I soon discovered he was gambling and stealing from me.

It got worse from there as I paid for

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It got worse from there as I paid for his school which I lied about going.

Still I hung on hoping that he would change and things would get better.

Instead it got worse and along with the gambling he started drinking heavily.

If I reached out for help to his family I was told it was my fault and essentially to shut up and deal with it so I did.

I was so ashamed with no where to turn as I had sealed my own fate. My friends and family all told me it was a bad idea to marry a man I barely knew.

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So how could I go to then now and tell them they were right?

Instead I went to counseling figuring if I could just fix ME everything would be alright.

So I tried and I tried with all that I might. I tried solo counseling and couples therapy which did not last. I threatened him if he did not go I would leave him and he tested that boundary knowing I was weak.

I had threatened him before so many times and each time I turned into a liar. For I loved him and did not want to leave him.

My therapist who loved him too but

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My therapist who loved him too but saw the writting on the wall said "Cyndee sweetheart you come here week after week complaining of the same thing."

"But I love him!" I'd say

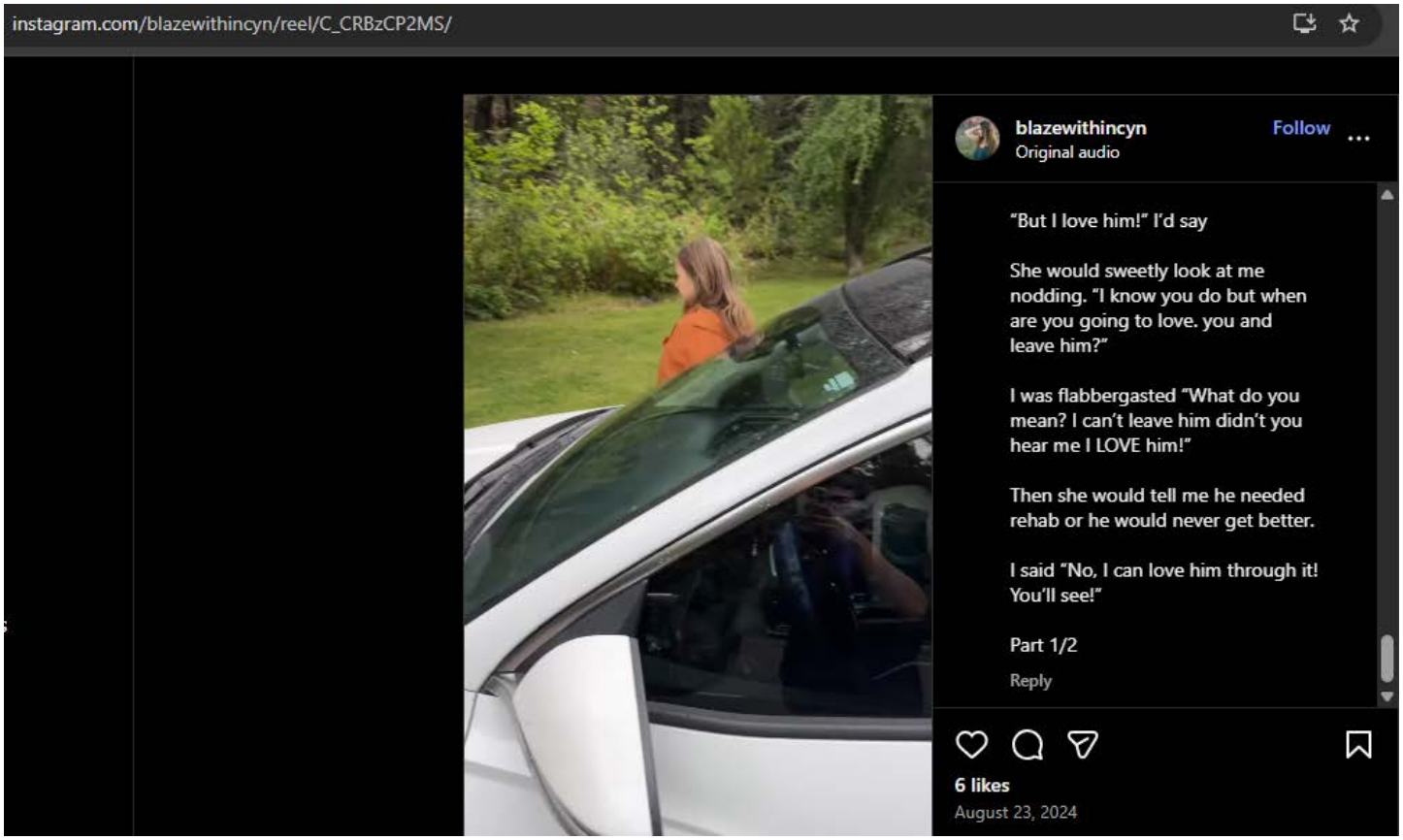
She would sweetly look at me nodding. "I know you do but when are you going to love. you and leave him?"

I was flabbergasted "What do you mean? I can't leave him didn't you hear me I LOVE him!"

Then she would tell me he needed rehab or he would never get better.

I said "No, I can love him through it!

6 likes
August 23, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 665038

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_Cd-15xIU4/

Posted: Aug 24, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video of her and her son exploring a roadside UFO exhibit. In the comments, she thinks back on her family's cross-country trip and that she was so focused on getting to places safely, they couldn't enjoy it as much. This is also posted on Subject's Facebook account. Chance encounter. One thing I love to do while travelling besides tasting the local flavors. learning about the history, going to national parks and museums, and site seeing is finding weird hidden gems in the area. We love to ask the locals about things that the area is known for, both popular tourist attractions, as well as hidden gems or top secret locations. At the beginning of this trip the car started to speed up on its own due to an incline and trying to keep up with the speed limit of cruise control which made us fly past our turn off. My son was driving and said “Oh there went our turn!” I asked why he was speeding up when he explained it was the car. When he turned around I caught this UFO out of the corner of my eye. “I said look over there!” He said “Where?” “Right over there we need to stop!” He was in a hurry to get us to our destination but he knew his mother had to scratch the itch! So with a slight nod of his head and a twist of a grin he played along to humor me. And while it wasn’t always the case he has learned his mother needs lots of picture and he plays along! I smiled and said “I love my car as it knows me so well! If it hadn’t sped up we would have missed this!” I have a million of pictures from our travels across the country. And while it was always my goal to vlog along the way as I am here, it was impossible as I was doing EVERYTHING! It is not easy to travel across the country pulling a big toy hauler on your own with three kids. Navigating the the roads, low bridges, gas stops that can fit such a big rig, stopping locations, travel destinations, food stops… I could go on!

instagram.com/blazewithincyn/reel/C_Cd-15xlU4/



blazewithincyn Follow
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blazewithincyn 63w
Chance encounter.

One thing I love to do while travelling besides tasting the local flavors. learning about the history, going to national parks and museums, and site seeing is finding weird hidden gems in the area.

We love to ask the locals about things that the area is known for, both popular tourist attractions, as well as hidden gems or top secret locations.

At the beginning of this trip the car started to speed up on its own due to an incline and trying to keep up with the speed limit of cruise control which made us fly past our turn off.

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August 24, 2024

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My son was driving and said "Oh there went our turn!"

I asked why he was speeding up when he explained it was the car.

When he turned around I caught this UFO out of the corner of my eye.

"I said look over there!"

He said "Where?"

"Right over there we need to stop!"

He was in a hurry to get us to our destination but he knew his mother had to scratch the itch! So with a slight nod of his head and a twist of a grin he played along to humor me.

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And while it wasn't always the case he has learned his mother needs lots of picture and he plays along!

I smiled and said "I love my car as it knows me so well! If it hadn't sped up we would have missed this!"

I have a million of pictures from our travels across the country. And while it was always my goal to vlog along the way as I am here, it was impossible as I was doing EVERYTHING!

It is not easy to travel across the country pulling a big toy hauler on your own with three kids. Navigating the the roads, low bridges, gas stops that can fit such a big rig, stopping locations, travel destinations, food stops...

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I could go on!

TBC in comments.

blazewithincyn 63w
And now looking back all the kids and I wish we had a redo so we could enjoy the time a little more then pushing back against each other.

It's okay and one day I will share those memories too.

For now we will continue making memories and enjoying each other more now we have learned some lessons!

Reply

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August 24, 2024

instagram.com/blazewithincyn/reel/C_Cd-15xlU4/



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Original audio

blazewithincyn 63w
He said "Where?"

"Right over there we need to stop!"

He was in a hurry to get us to our destination but he knew his mother had to scratch the itch! So with a slight nod of his head and a twist of a grin he played along to humor me.

And while it wasn't always the case he has learned his mother needs lots of picture and he plays along!

I smiled and said "I love my car as it knows me so well! If it hadn't sped up we would have missed this!"

I have a million of pictures from our

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instagram.com/blazewithincyn/reel/C_Cd-15xlU4/



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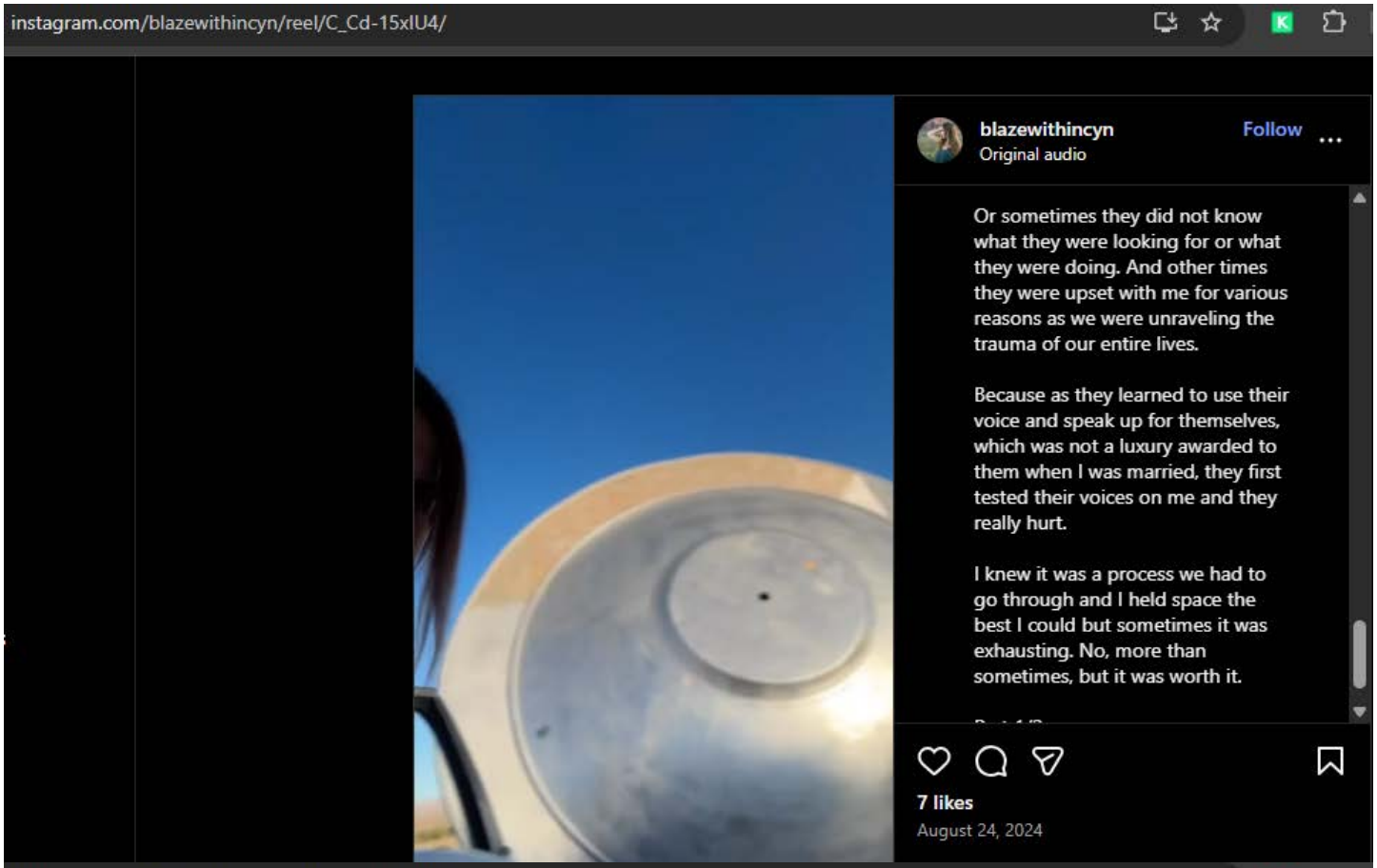
travels across the country. And while it was always my goal to vlog along the way as I am here, it was impossible as I was doing EVERYTHING!

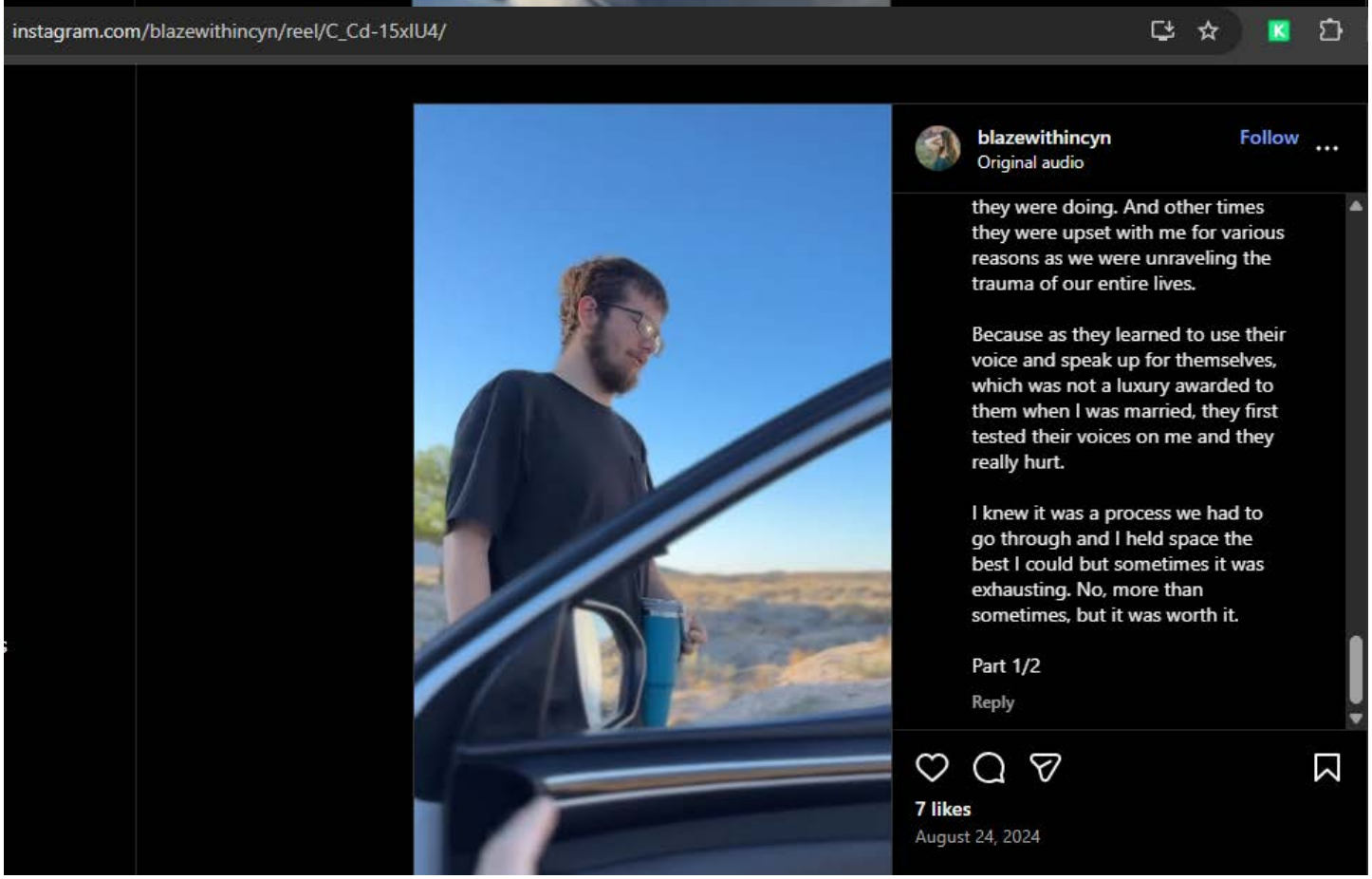
It is not easy to travel across the country pulling a big toy hauler on your own with three kids. Navigating the the roads, low bridges, gas stops that can fit such a big rig, stopping locations, travel destinations, food stops...

I could go on!

While it was my desire to have them help me, and they did some. Sometimes it was just easier to do it on my own than to ask for help which was like pulling teeth.

7 likes
August 24, 2024





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Instagram

blazewithincyn/ | Posted: Aug 24, 2024
System ID: 664987 | Captured: Nov 13, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C_Dpth3PhYs/

After DOI

Subject posted a video of her and her son, Covin, driving at night through a wooded area in the rain. They hit something and got a flat. She wrote that their jack didn't work, but they were eventually able to get the police to help them. This is also posted on Subject's Facebook account. A flat and a little magical fairy dust Alright are you ready for this one? This one might be new for you but if you live in my world this is how life works. We were driving down a dark windy road and it was raining. I was trying not to be nervous but I kept telling my son to slow down and be careful. I said it over and over again and finally told him I am trying not to be nervous" He finally agreed reluctantly to listen to his mother. Right after that we flew in the air and got a flat! There was a road-slide from all the rain and he hit a big boulder. When I said we flew in the air I am not exaggerating! It scared the hell out of me and for him I think it was even worse! I freaked out at first and after I cursed I calmed down just a moment later. I said I'm done I'm over it. I am okay it just scared me and I had to get it out of my system. However I know it wasn't his fault and it was like scared as me and did not want to add to it making him scared of me too. It was seriously only about one sentence I yelled before I calmed myself down. "It's okay bud I'm sorry for yelling it just scared the shit out of me! What did you think when we flew in the air?!" That made him let out a chuckle. I said it's okay I know you were scared too and we are alright, that is all I ever say that matters. This is a lesson I always teach my kids especially when things are this big and they worry about the cost of it and the money. "I am not worried about material things and money comes and goes. What doesn't is people and everyone is all right."

instagram.com/blazewithincyn/reel/C_Dpth3PhYs/



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blazewithincyn Edited • 63w
A flat 🛞 and a little magical fairy dust 🧚‍♀️✨

Alright are you ready for this one? This one might be new for you but if you live in my world this is how life works.

We were driving down a dark windy road and it was raining. I was trying not to be nervous but I kept telling my son to slow down and be careful. I said it over and over again and finally told him I am trying not to be nervous"

He finally agreed reluctantly to listen to his mother.

Right after that we flew in the air and got a flat!

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instagram.com/blazewithincyn/reel/C_Dpth3PhYs/



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There was a road-slide from all the rain and he hit a big boulder.

When I said we flew in the air I am not exaggerating!

It scared the hell out of me and for him I think it was even worse!

I freaked out at first and after I cursed I calmed down just a moment later. I said I'm done I'm over it. I am okay it just scared me and I had to get it out of my system.

However I know it wasn't his fault and it was like scared as me and did not want to add to it making him scared of me too.

It was seriously only about one

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instagram.com/blazewithincyn/reel/C_Dpth3PhYs/



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It was seriously only about one sentence I yelled before I calmed myself down.

"It's okay bud I'm sorry for yelling it just scared the shit out of me! What did you think when we flew in the air?!" 😜

That made him let out a chuckle. I said it's okay I know you were scared too and we are alright, that is all I ever say that matters.

This is a lesson I always teach my kids especially when things are this big and they worry about the cost of it and the money.

"I am not worried about material things and money comes and goes. What doesn't is people and everyone is all

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right."

TBC in comments

blazewithincyn 63w
And that is how the mind of Cyndee works! Even something bad can be turned into something good if you ask and trust! Sprinkle a little fairy dust 🧚‍♀️✨

We could have easily flipped the car last night and it could have been much worse! There were many wrecks in the road that night with cars being road and debris in the road that we saw as we were leaving. We even saw one lady waving us over with our donut tire.

We pulled over and just as we did

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someone else came so we were able to slowly move on to our destination 🙏

3/3

Reply

blazewithincyn 63w
And that is how the mind of Cyndee works! Even something bad can be turned into something good if you trust and ask! 😍

Reply

blazewithincyn 63w
And then I remembered when the kids and I were on our travels, we were driving a dark windy road in the rain and also no service. That time we also got a flat and the

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instagram.com/blazewithincyn/reel/C_Dpth3PhYs/



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whole truck was shaking.

I stayed calm pulling over to the side of the road not wanting the kids to see me panic. I knew we would not have service and I did not want to be stranded with a flat in the rail all alone with my kids.

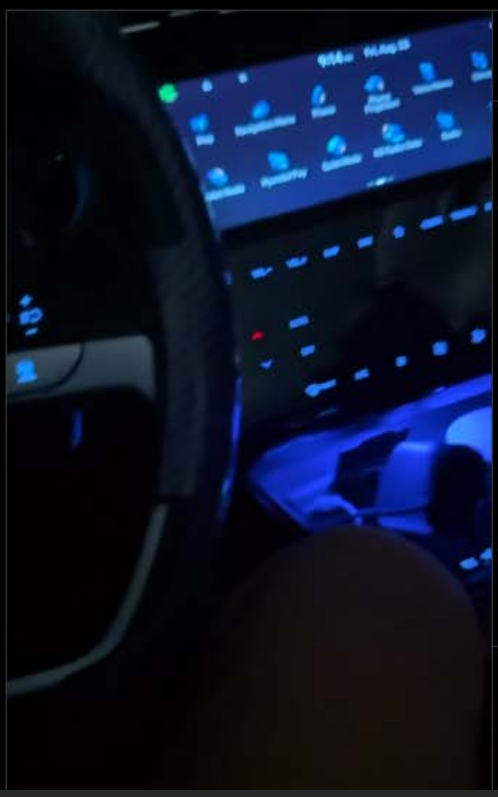
I took a deep breath and said a prayer while I had my son look around and see which tire it was. This time I prayed "please oh please don't let us have a flat! I won't know what to do!"

So when he came back to the car and he reported just that I was surprised as him!

"What? Are you sure?!"

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August 24, 2024

instagram.com/blazewithincyn/reel/C_Dpth3PhYs/



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Yes mom, come take a look! 👀

So I smiled and told the kids that's how you call in magic!"

So this time I feel we paid our dues back for the karmic debt. I feel we "paid that flat forward" While we avoided the flat last time this time, at least my son knew what to do and we had an officer too! 🚔👮‍♂️🚒

And that is how the mind of Cyndee works!

Reply

blazewithincyn 63w
I've said this to many people in my life like my nieces and nephews. And also to friends when they've

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instagram.com/blazewithincyn/reel/C_Dpth3PhYs/



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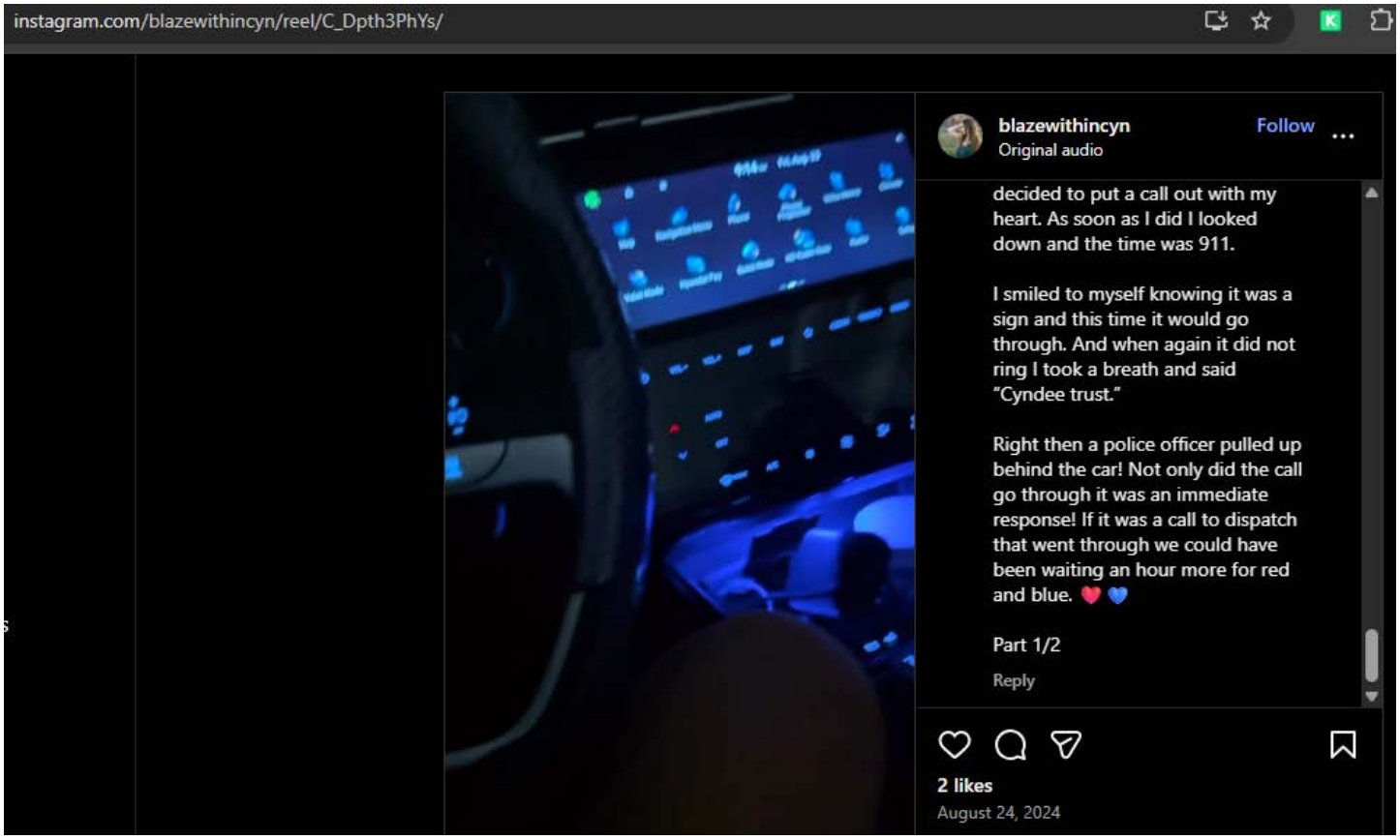
caused some kind of damage. At first they are scared and offer to pay and I say don't worry I'm just glad you're okay.

So while we were okay tonight, we also had a fright and no service. The jack wasn't working. I finally said should I call someone and he agreed.

So I placed out a call and I called over and over to 911 but the calls did not go through.

I said a prayer in my head and asked someone to answer. I called 14 times and on number 15 I decided to put a call out with my heart. As soon as I did I looked down and the time was 911.

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August 24, 2024



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Instagram

blazewithincyn/

System ID: 664978

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_D12QMPNJr/

Posted: Aug 24, 2024

Captured: Nov 13, 2025

After DOI

The subject posted a video/photo montage of a car, herself, and her son at the Airbnb, and then a group meditation session. This is also posted on Subject's Facebook account. Love One Another Well last night was quite the journey and even when we got to the air bnb it was not over. All I wanted was to rest and the host and hostess were so kind showing us all around down to every last detail! They provided us food, even offered us beer. It was quite the meal and Covin’s favorite! His face lit up when they said it was schnitzel that’s the meal he asked for his birthday birthday! They even had the best homemade potato and cucumber salads, along with a homemade dessert that I couldn’t even tell you what was, but it was amazing! They kept saying over and over anything you need just tell us! And honestly, my heart was so happy but I was so tired. I just wanted them to let us be, let us eat and go to bed. My heart was grateful for providing such a soft landing after such an experience. And if anyone wants to stay in Crescent city I have a recommendation for you! The drive itself was already over 15 hours. We took it slow and enjoying things along the way. Also, I’ve been journaling a lot and letting go of my traumas. Something I have always known is I need to write down all my experiences I have been holding on to so I can finally move on, keeping the lessons and letting go of the pain. Well meaning and maybe not so well meaning people in my life have said “Cyndee when will you move on?” And that has meant so many things with so many layers. I thought I HAD and even then things would sneak back up on me. So I let go even more on a deeper level. But how can you really move on when you have not been fully witnessed in your agony? I used to think that meant the person that hurt me had to look at me and take accountability. But how is that possible when so many of them are dead? And how does one be validated when they loose a child to SIDS? It’s not the babies fault, so who then God? But when you seek there for answers it is turned back around. “Trust God in all things” they say. So how is this not in him too? “Oh but THAT’S not God!” Then who? So I sit and forgive and love and not hate. And that’s when I become the victim. Because who else is to blame?

instagram.com/blazewithincyn/reel/C_D12QMPNJr/



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blazewithincyn 63w
Love One Another

Well last night was quite the journey and even when we got to the air bnb it was not over.

All I wanted was to rest and the host and hostess were so kind showing us all around down to every last detail!

They provided us food, even offered us beer. It was quite the meal and Covin's favorite! His face lit up when they said it was schnitzel that's the meal he asked for his birthday birthday!

They even had the best homemade potato and cucumber salads, along with a homemade dessert that I couldn't

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August 24, 2024

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And that has meant so many things with so many layers.

I thought I HAD and even then things would sneak back up on me. So I let go even more on a deeper level.

But how can you really move on when you have not been fully witnessed in your agony?

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But how is that possible when so many of them are dead? And how does one be validated when they loose a child to SIDS? It's not the babies fault, so who then God?

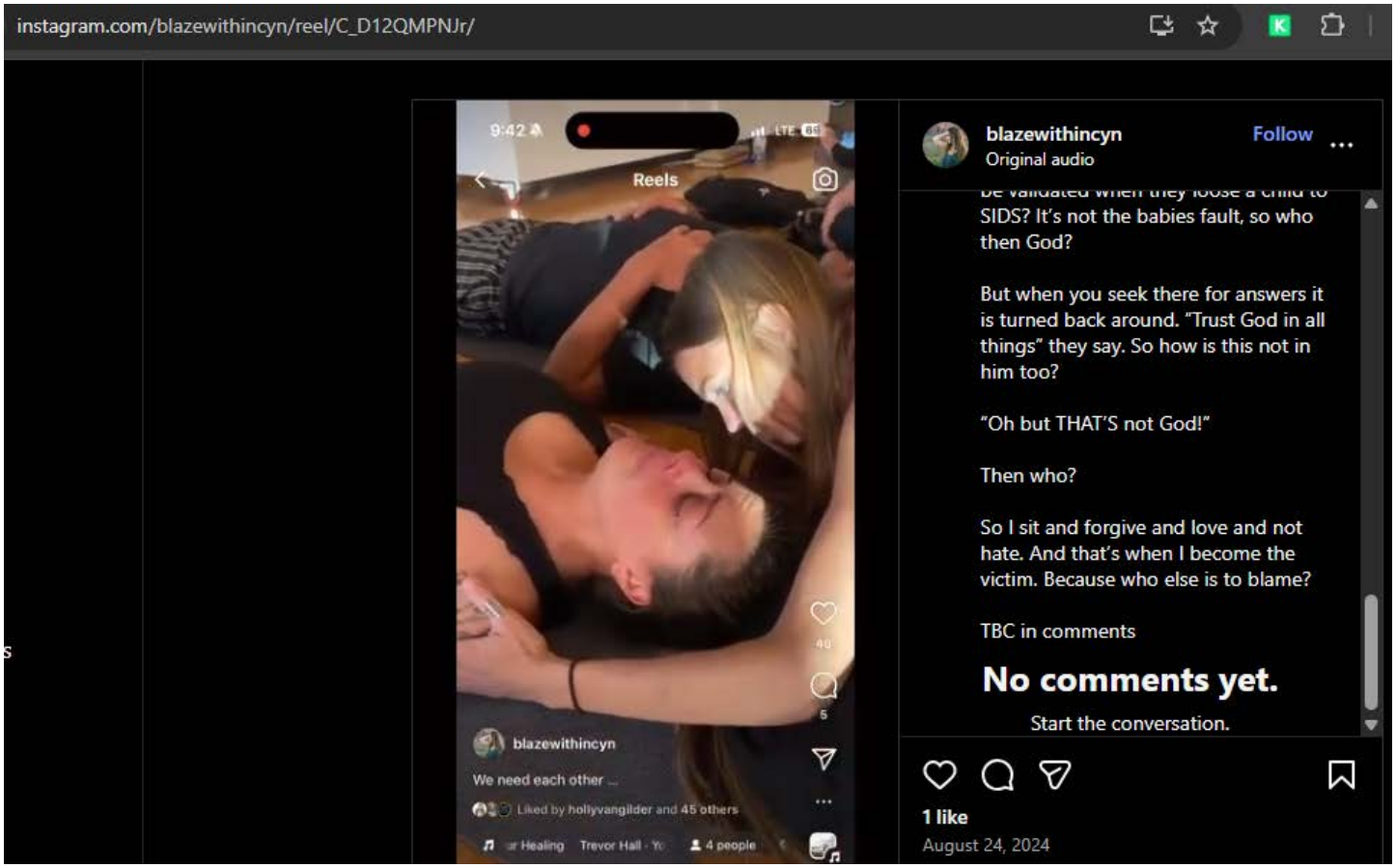
But when you seek there for answers it is turned back around. "Trust God in all things" they say. So how is this not in him too?

"Oh but THAT'S not God!"

Then who?

So I sit and forgive and love and not

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Instagram

blazewithincyn/

System ID: 664925

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_GSPoIvtXb/

Posted: Aug 25, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a video/photo-montage of her niece's birthday party. She had it at her home so that her niece's divorced parents could come on "neutral ground". She also wrote that she is trying to stay amicable with her ex and his family because she still loves them as well. This is also posted on Subject's Facebook account. Happy birthday to this most beautiful niece of mine! I know life hasn't been easy for you and you have had a lot of struggles. I am so proud of the woman you are today through all of it. You have come such a long way and you have a lifetime in front of you. Don't let anyone or anything hold you back! And know your worth. You are not who you were in your past. You are not even who you were yesterday. Today is a NEW DAY! If your friends don't show up in your life when you need them most, like on your birthday, maybe it is time to reevaluate those "friends" in your life and move on to higher caliber ones. You spent a lot of time on that beautiful cake yesterday. I wish I could enjoy a slice with you! When I see you next we will definitely celebrate! I love you! Happy Birthday!! □□□□□ □□□□□ And to anyone out there second guessing my heart and who I am. This celebration I threw for my niece to celebrate her in the most beautiful way I thought possible. Back then her heart hurt because she wanted to dress up and have a quince! It wasn't possible with funds or with her parents not being able to pull it off when sometimes it was difficult for them to be in the same room. Divorce can do that sometimes. So that is why I have worked hard to keep my ex and I on amicable if not friendly terms. I put this party together in my home with my own money and time and heart. That way everyone could come together in celebration of this beautiful girl on neutral ground and no one had to worry about money or feeling left out. I have always loved my siblings ex's even when they get divorced. They are the mother or father of my nieces and nephews. No matter the relationship between them, I will always love them and know the beauty inside. They are never a bad person, just sometimes things don't work out between partners and relationships. I wanted my nieces' mom to feel welcome and beautiful, and I hope that is exactly what she felt leaving my home. Because she is!!

instagram.com/blazewithincyn/reel/C_GSPolvtXb/



blazewithincyn Follow
Nelly, Chris Lane • Birthday Girl

blazewithincyn 63w
Happy birthday to this most beautiful niece of mine!

I know life hasn't been easy for you and you have had a lot of struggles.

I am so proud of the woman you are today through all of it. You have come such a long way and you have a lifetime in front of you.

Don't let anyone or anything hold you back!

And know your worth. You are not who you were in your past. You are not even who you were yesterday.

Today is a NEW DAY!

August 25, 2024

instagram.com/blazewithincyn/reel/C_GSPolvtXb/



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Nelly, Chris Lane • Birthday Girl

If your friends don't show up in your life when you need them most, like on your birthday, maybe it is time to reevaluate those "friends" in your life and move on to higher caliber ones.

You spent a lot of time on that beautiful cake yesterday. I wish I could enjoy a slice with you!

When I see you next we will definitely celebrate!

I love you! Happy Birthday!!
😘😘😘😘😘
💜💜💜💜💜

And to anyone out there second guessing my heart and who I am.

This celebration I threw for my niece to celebrate her in the most beautiful way

August 25, 2024

instagram.com/blazewithincyn/reel/C_GSPolvtXb/



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I put this party together in my home with my own money and time and heart.

That way everyone could come together in celebration of this beautiful

August 25, 2024

Add a comment...

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Nelly, Chris Lane • Birthday Girl

girl on neutral ground and no one had to worry about money or feeling left out.

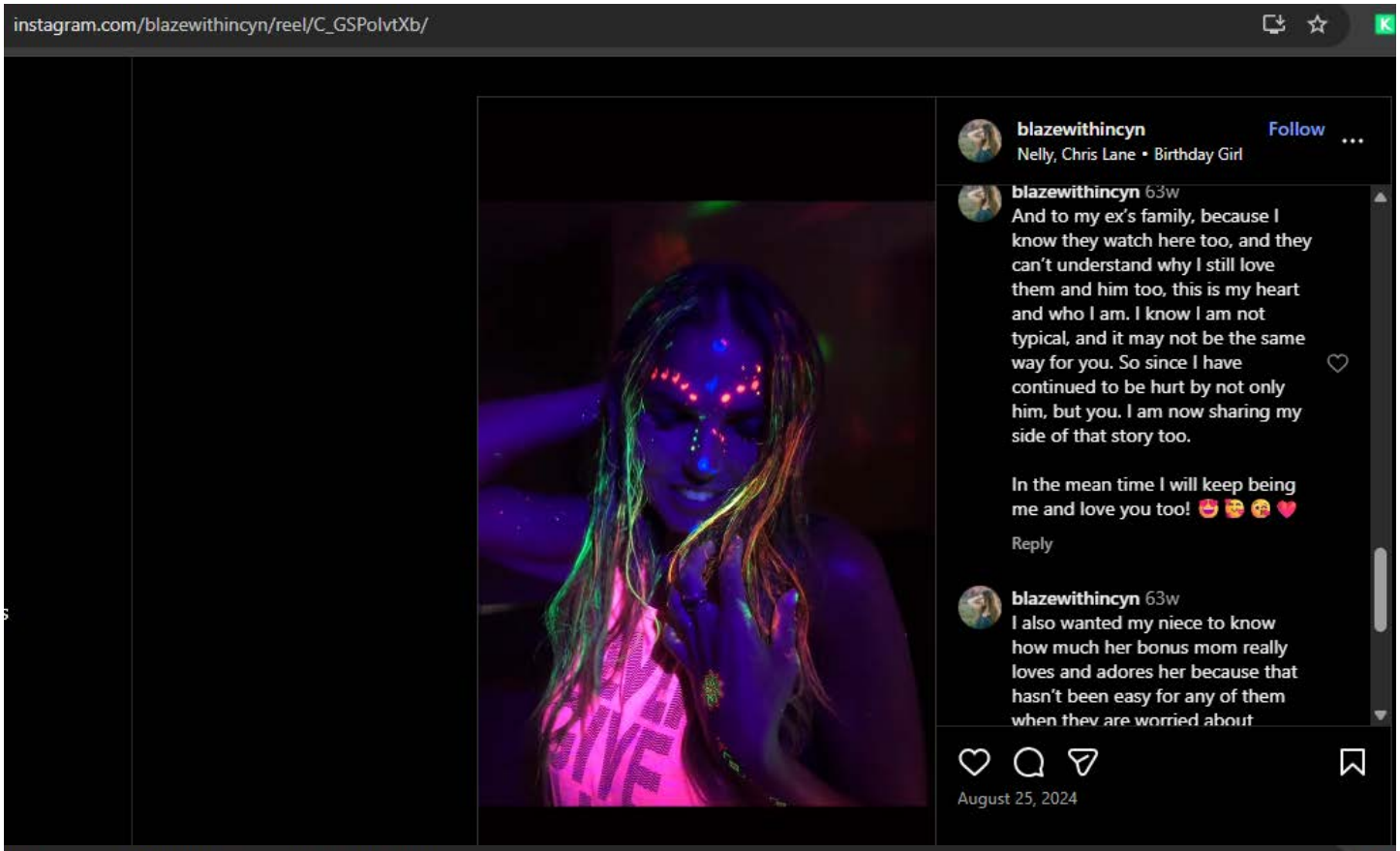
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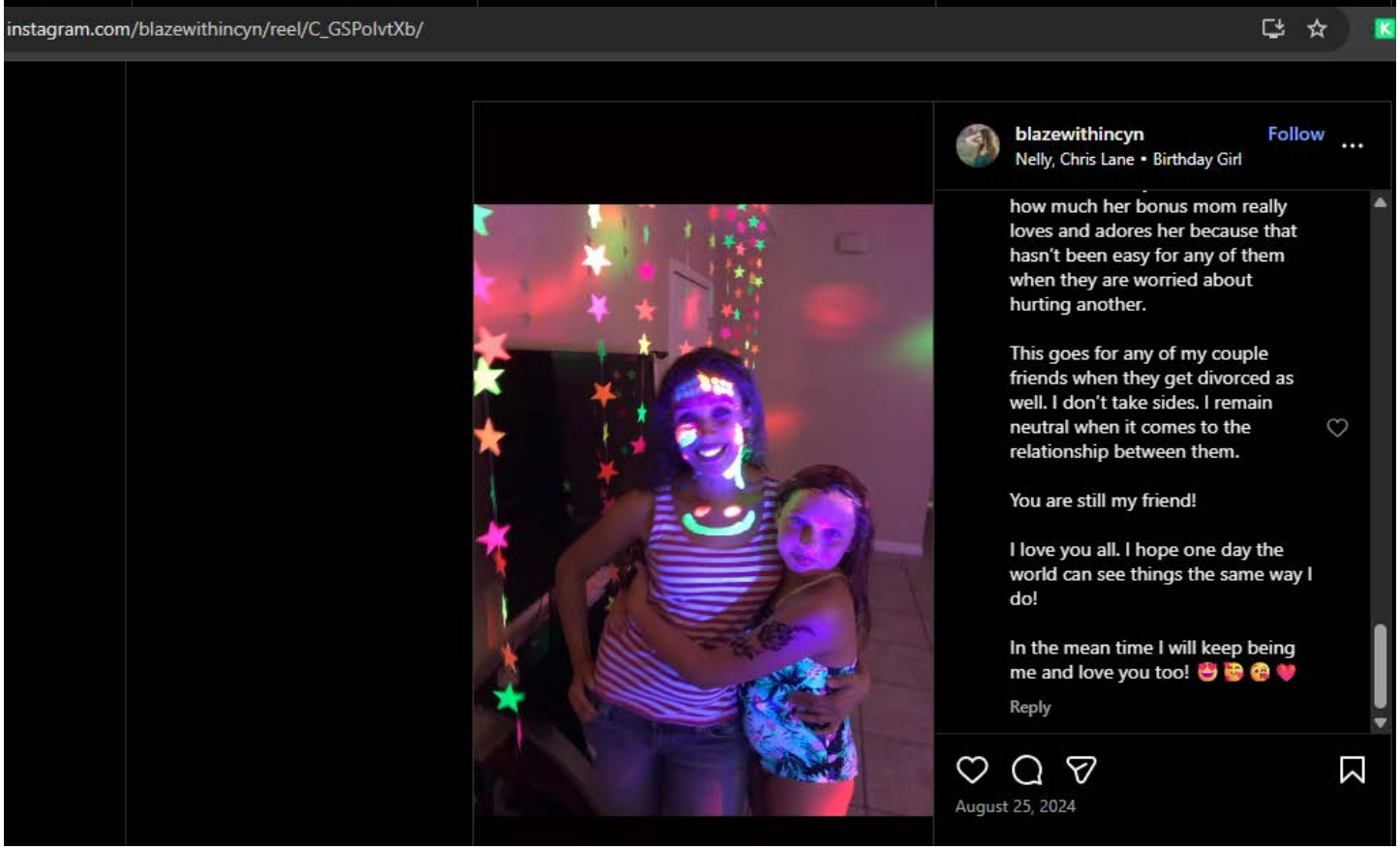
No matter the relationship between them, I will always love them and know the beauty inside. They are never a bad person, just sometimes things don't work out between partners and relationships.

I wanted my nieces' mom to feel welcome and beautiful, and I hope that is exactly what she felt leaving my home. Because she is!!

TBC in comments

August 25, 2024





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Instagram

blazewithincyn/ | Posted: Aug 25, 2024

System ID: 664915 | Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_GV-9lv1z8/

After DOI

Subject posted a video of her buying a homeless man a tarp and a sleeping bag. She wrote that her first husband had talked about living on the streets when his mental illness was getting bad. This is also posted on Subject's Facebook account. One of the major lessons I have taught my kids is to really feel into when someone needs help. There are homeless people everywhere you go. There are also people truly in need and there are ones that are just looking for a handout. When Cody and I did our nursing clinicals, and did our psych rotations in Vegas, we had some pretty profound discussions. Did you know most homeless people suffer from mental illness? Wether PTSD or something else. That is something I never knew until then and would listen to many people's judgments. "Why don't they just get a job?" After that I had a whole different view and always listen to my heart. Of course I can't help everyone, and there are some that just want a handout. But my heart never leads me astray and I always listen. When Cody was really struggling with his suicidal depression and PTSD he said to me once: "Cyndee I am going to go live on the streets of Las Vegas." "What?!" I could not believe what I was hearing. "You sound crazy!. You have a degree and a family!" What I did not realize is that was probably exactly what was making him feel so overwhelmed and it seemed peaceful just to get away." "Just for a year, then I'll be back." He would say. So then I talked "reason" into him and he'd stay. But that was only temporary. …… On our travels across the country the kids and I experienced many things. One thing that was very scary for them was the mass amounts of homelessness we experienced. In do you know Alaska they were everywhere. As we walked and navigated the city people would call out and ask for money. Cemree was only 11 and this really scared her. I told the kids to keep walking and not give eye contact as if you did they would start following and harassing you and if you didn't pay attention to them, they pretty much left you alone.

instagram.com/blazewithincyn/reel/C_GV-9lv1z8/



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Original audio

blazewithincyn 63w
Homeless

One of the major lessons I have taught my kids is to really feel into when someone needs help.

There are homeless people everywhere you go. There are also people truly in need and there are ones that are just looking for a handout.

When Cody and I did our nursing clinicals, and did our psych rotations in Vegas, we had some pretty profound discussions.

Did you know most homeless people suffer from mental illness? Wether PTSD or something else.

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That is something I never knew until then and would listen to many people's judgments.

"Why don't they just get a job?"

After that I had a whole different view and always listen to my heart.

Of course I can't help everyone, and there are some that just want a handout.

But my heart never leads me astray and I always listen.

When Cody was really struggling with his suicidal depression and PTSD he said to me once:

"Cyndee I am going to go live on the

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.....

On our travels across the country the kids and I experienced many things.

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One thing that was very scary for them was the mass amounts of homelessness we experienced.

In do you know Alaska they were everywhere. As we walked and navigated the city people would call out and ask for money. Cemree was only 11 and this really scared her.

I told the kids to keep walking and not give eye contact as if you did they would start following and harassing you and if you didn't pay attention to them, they pretty much left you alone.

TBC in multiple comments

blazewithincyn 63w
I don't think he was used to that kind of kindness as most people

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August 25, 2024

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stay far away from people that are homeless.

Then I asked if I could pet his dogs and he introduced them to me. I even gave him the receipt because my heart felt it was pure and he needed it for something else then that was on him, but I followed my heart today.

It also healed just a piece of my heart when it comes to my husband and his struggles with mental illness.

I may not have a lot to give right now, unlike in times past. But one thing I know is no matter how little I have, I will always share and follow my heart.

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Part 3/final

Reply

blazewithincyn 63w
She started to panic and I told her it was OK. As we kept walking through the city, I had a conversation with her explaining how to protect yourself.

The first step is to ignore them. The second step is to be polite and the third step is to be firm. Unless you feel you need to elevate steps for your safety.

I also told her not to be scared and always feel into her heart. Having a scary experience, can turn you off and turn your heart cold to anyone

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in the future.

I told her to follow her instinct, and if her heart told her to help someone then do. But if her heart told her to stay away, then do that instead.

....

Today when my son and I were walking into Walmart to get water and snacks for our excursion, there were homeless people everywhere.

Right as we were walking inside the building, I heard one gentleman speak clear to me saying he really needed a sleeping bag. It had been pouring rain the night before and I

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August 25, 2024

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blazewithincyn Follow

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knew his heart was pure.

So I asked my son if he heard what the man said and he said no. I explained to him he was asking for a sleeping bag and that my heart told me to get one, even though I don't really have the money.

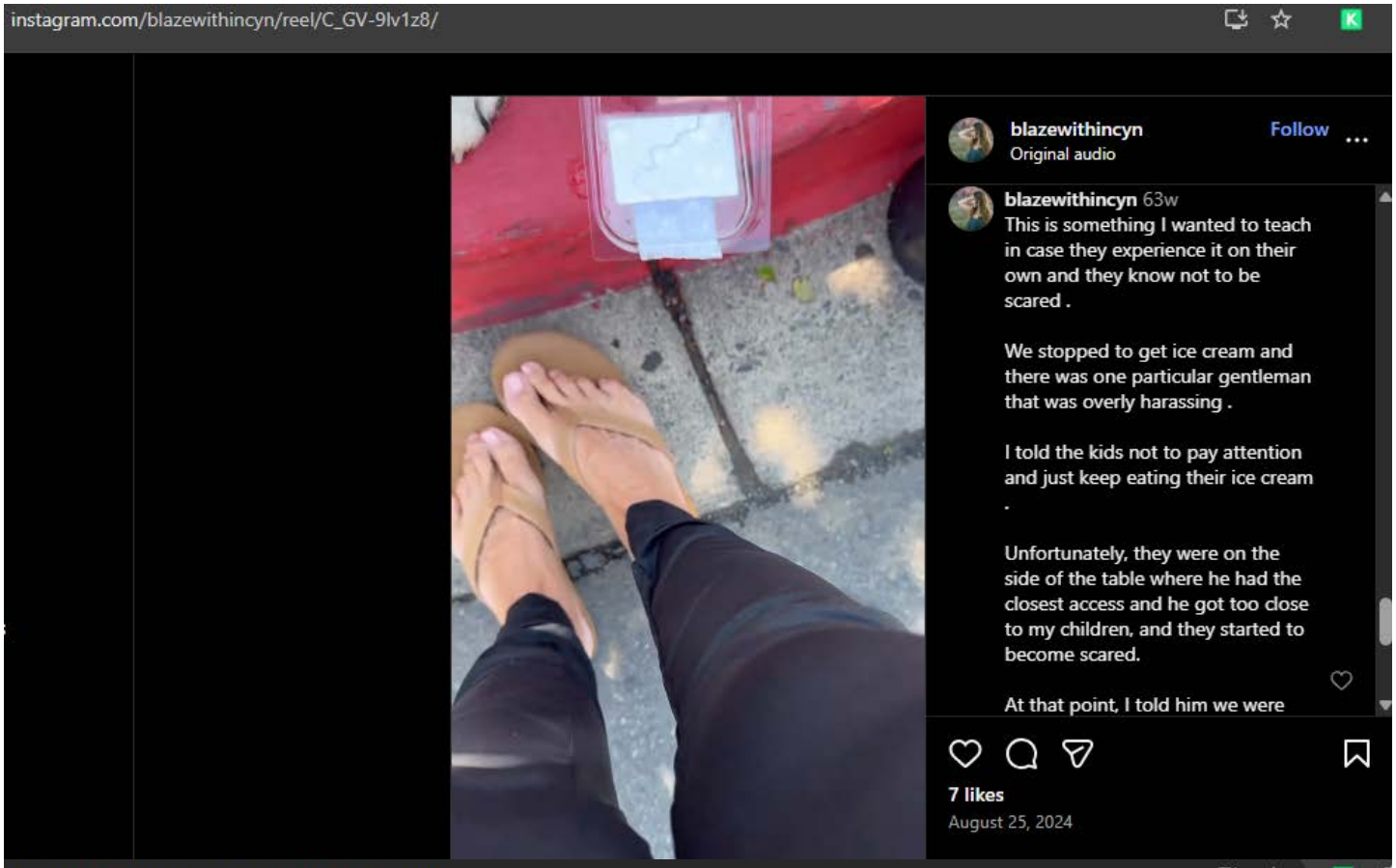
So I told him to find the snacks and I went to find a sleeping bag and a tarp.

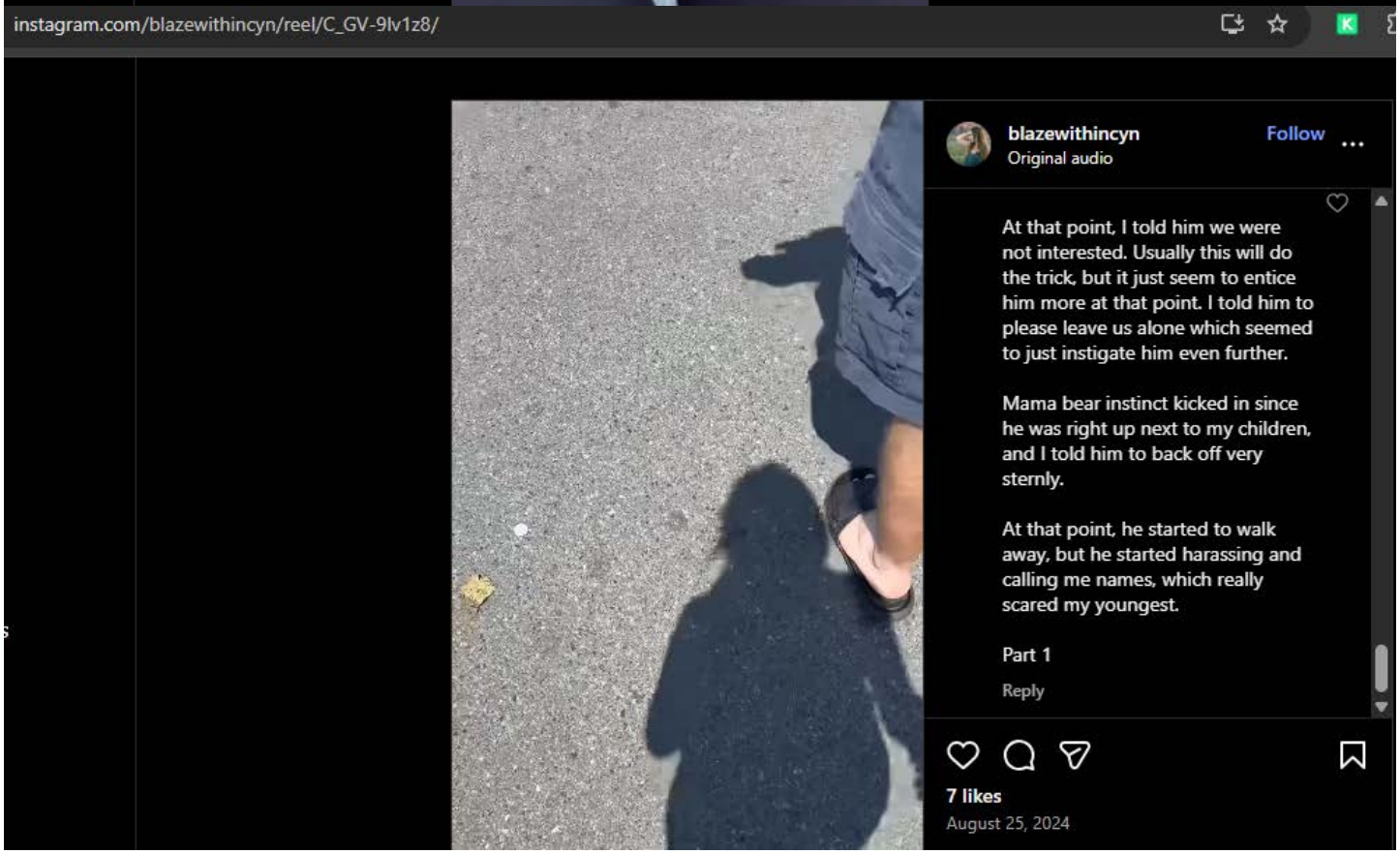
On my way out, I handed him to sleeping bag and he was so grateful! I even offered him a hug and he said "I get a hug too?!"

"Of course!" I said "if you want it?"
Part 2

7 likes

August 25, 2024





[Link to download video]

Instagram

blazewithincyn/

System ID: 664911

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_GfI8yPga6/

Posted: Aug 25, 2024

Captured: Nov 13, 2025

After DOI

Subject posted a photomontage of pictures of books, hearts, and herself. In the comments, she writes about co-dependency and learning to stand on her own. This is also posted on Subject's Facebook account. I have had many life lessons and yet I think the biggest one of all has been codependency. I used to look to the other for my self worth and that lesson has been HUGE! So many times in my life, in fact I think EVERY time until now, I have looked to the other to help support me and prop me up. And of course there are times we need that. But the imbalance comes in when one or the other never stands back up on their two feet. I have had many lessons in this over my life. My counselor and beautiful friend Lynn taught me so many wonderful lessons, so many years ago, God test her soul. One I will never forget is the visual she showed me of two books leaning on each other. They could prop each other up when placed just right. But if one began to shift, say they no longer needed support in the same way, or maybe they got sick or even passed, or moved away, if the other did not find their footing, they would soon collapse. Falling to the floor, or even pushing the other down with them not wanting to “lose” what they had between them. Then it was just chaos and mayhem for everyone. So in Cyndee fashion I have always wanted to fix everyone around me. Because I felt if I fixed them, I would be okay too. And when I realized I couldn’t change them, I thought of I just fixed myself enough it would help them too to find their bearings and we could still walk through this life together. I didn’t want to leave anyone behind! But that also was not the case. This is easier to see in very out of balance relationships. Not so easy when it comes to those you really love and feel you are getting an equal exchange from them. And if you are, that is okay! You can continue that way. TBC in comments

instagram.com/blazewithincyn/reel/C_Gfl8yPga6/



blazewithincyn Follow
Original audio

blazewithincyn 63w
Codependency.

I have had many life lessons and yet I think the biggest one of all has been codependency.

I used to look to the other for my self worth and that lesson has been HUGE!

So many times in my life, in fact I think EVERY time until now, I have looked to the other to help support me and prop me up.

And of course there are times we need that.

But the imbalance comes in when one or the other never stands back up on their two feet.

August 25, 2024

instagram.com/blazewithincyn/reel/C_Gfl8yPga6/



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My counselor and beautiful friend Lynn taught me so many wonderful lessons, so many years ago, God test her soul.

One I will never forget is the visual she showed me of two books leaning on each other.

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But if one began to shift, say they no longer needed support in the same way, or maybe they got sick or even passed, or moved away, if the other did not find their footing, they would soon collapse. Falling to the floor, or even pushing the other down with them not wanting to "lose" what they had

August 25, 2024

instagram.com/blazewithincyn/reel/C_Gfl8yPga6/



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And when I realized I couldn't change them, I thought of I just fixed myself enough it would help them too to find their bearings and we could still walk through this life together.

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But that also was not the case.

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August 25, 2024

instagram.com/blazewithincyn/reel/C_Gfl8yPga6/



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it comes to those you really love and feel you are getting an equal exchange from them.

And if you are, that is okay! You can continue that way.

TBC in comments

blazewithincyn 63w
PS I will be purchasing these images and recreating this video.

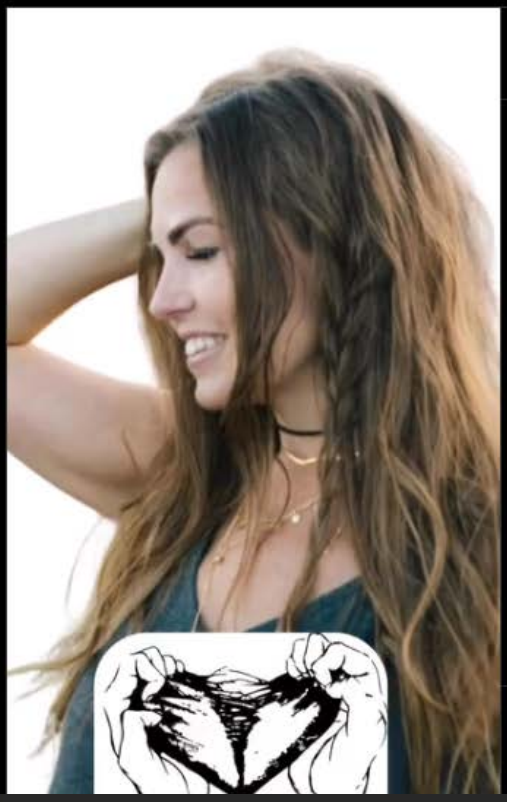
I am just away and haven't had a chance to but I will.

And in the meantime I am sharing my words in real time and putting my words to visuals the best I can.

Reply

August 25, 2024

instagram.com/blazewithincyn/reel/C_Gfl8yPga6/



blazewithincyn Follow
Original audio

blazewithincyn 63w
But in reality, I have MANY authentic people in my life. We just no longer need to prop each other up in the ways that we were doing.

Because I am ready to let go of all my pain stories that have been held in with bandaids and bubble gum!

So while it may look pretty from the outside, wrapped in a beautiful package, or maybe not from your point of view and I am just left to rot.

But either way this is my page.

And now out comes my story;

AND

It doesn't end here, it is time to take

August 25, 2024

instagram.com/blazewithincyn/reel/C_Gfl8yPga6/



blazewithincyn Follow
Original audio

It doesn't end here, it is time to take a stand!

What the FREQ?!! 😜

Part 2

Reply

blazewithincyn 63w
However we are here to learn many life lessons and I always want to improve upon myself.

So one thing I have learned if I ever get triggered by what someone has to say, when in the past I allowed it to hurt me.

Now I realize those are places I have internal wounds that are asking for an opportunity to heal.

August 25, 2024

instagram.com/blazewithincyn/reel/C_Gfl8yPga6/



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I now call them "activations" instead of triggers, as it allows my heart a place to actively heal if I just allow it.

But first I have to rip off the bandaid and let it bleed and feel it.

you can't heal unless you do it from within and allow oxygen and light to it.

This goes for any wound, not just that of the heart. But it is a very real and active process.

So this last few weeks as I have needed life support for my heart with the pain I am in, I decided I was done feeling this way on all levels.

August 25, 2024

instagram.com/blazewithincyn/reel/C_Gfl8yPga6/



blazewithincyn Follow
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was done feeling this way on all levels.

So I decided to rip off all the bandaids, wherever they were. All of my friends and family that have been "propping me up."

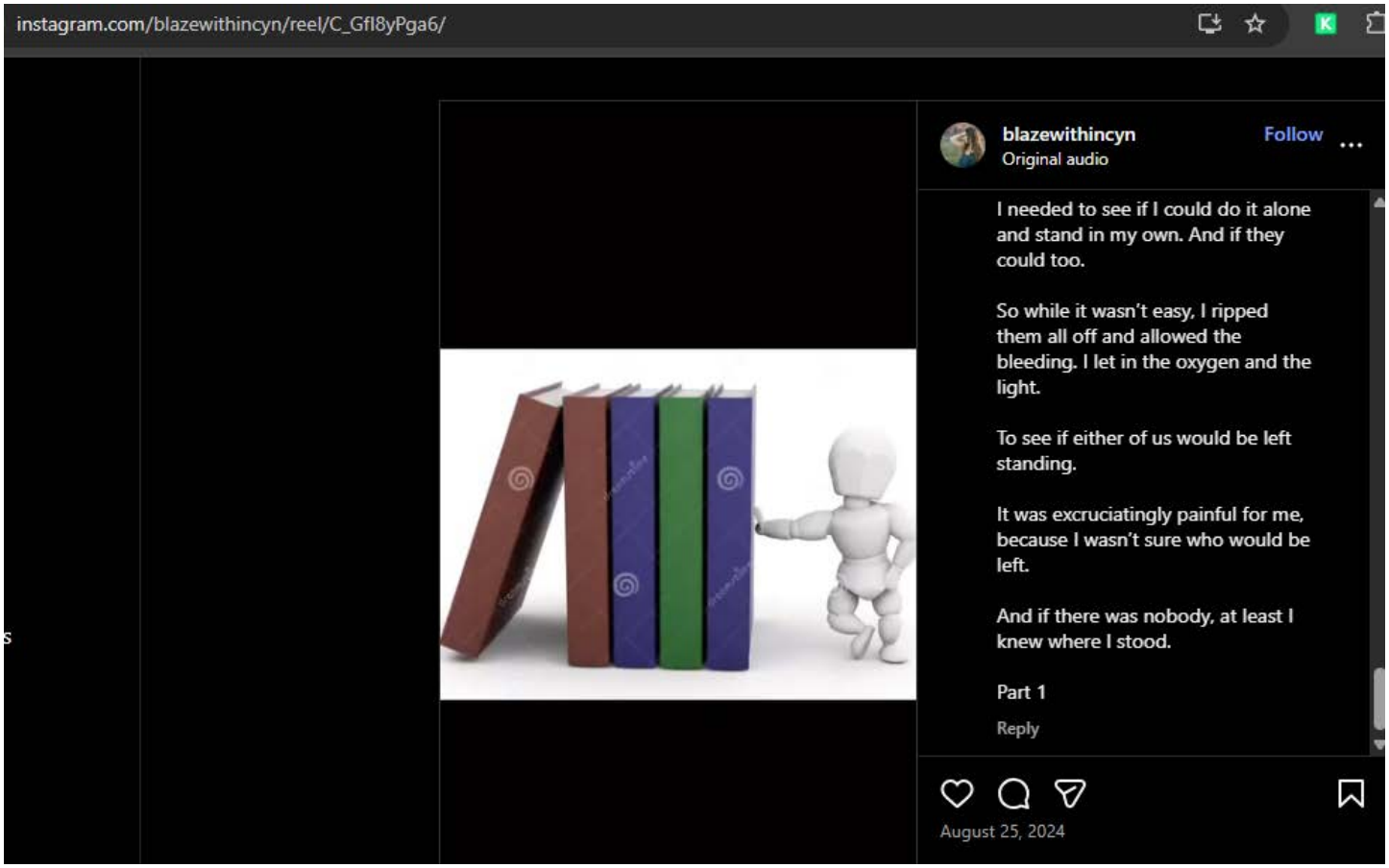
I needed to see if I could do it alone and stand in my own. And if they could too.

So while it wasn't easy, I ripped them all off and allowed the bleeding. I let in the oxygen and the light.

To see if either of us would be left standing.

It was excruciatingly painful for me, because I wasn't sure who would be

August 25, 2024



Link to download video

Instagram

blazewithincyn/ | Posted: Aug 25, 2024

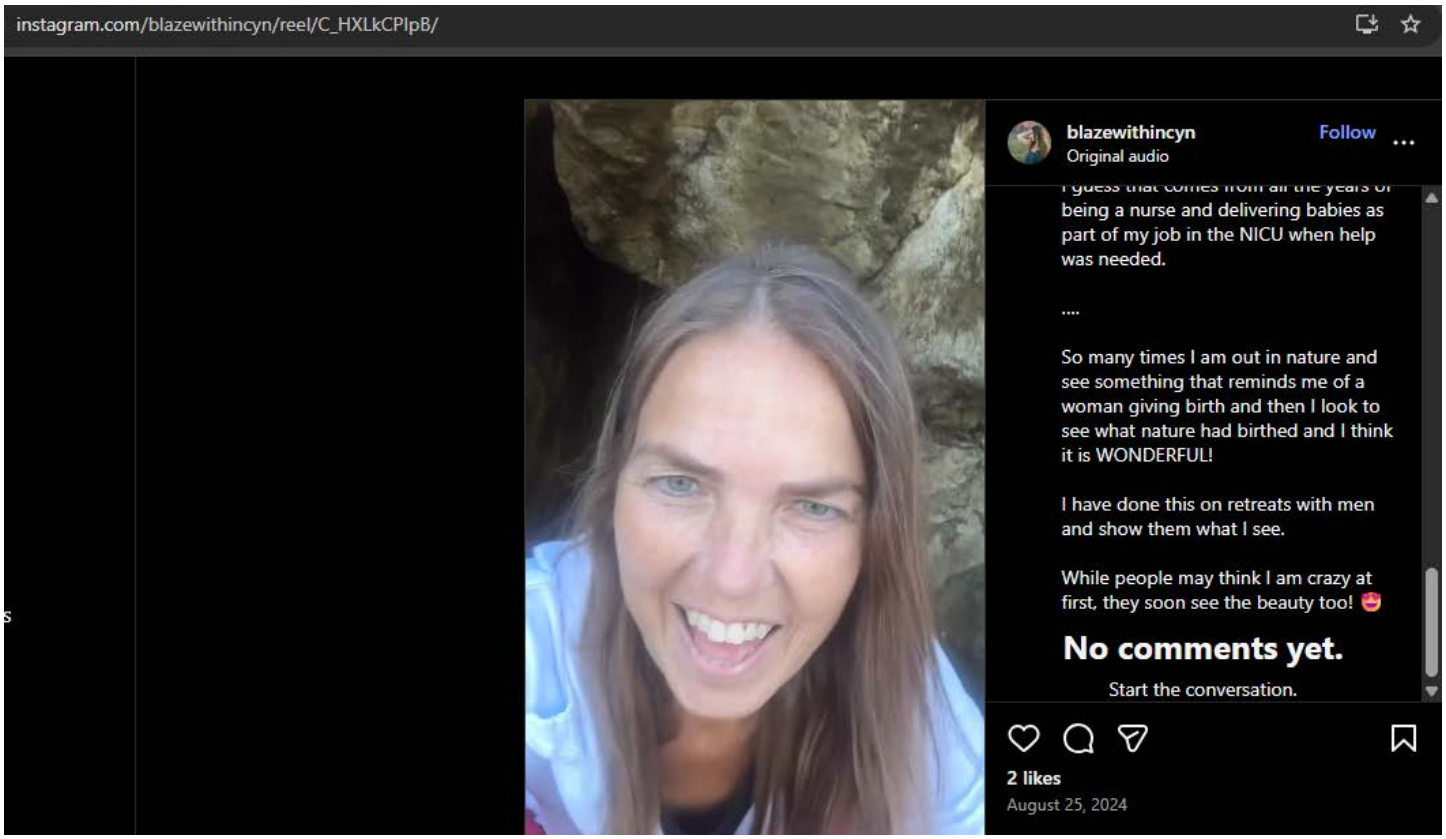
System ID: 664897 | Captured: Nov 13, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_HXLkCPIpB/

After DOI

Subject posted a video of her walking by the water. She walks by a rock formation and comments that it looks like she is "being birthed into the ocean". She wrote that her ex-husband was uncomfortable if she ever talked openly about anything sexual. This is also posted on Subject's Facebook account. There is another little known side of Cyndee. Everything can be turned into a sexual innuendo and I LOVE IT! I used to be shamed for it, even by my husband when I would try to be playful just between him and I. I was shut down and told that made him uncomfortable or that I am too much. So I shut myself down accordingly. And it wasn't just him, it was society as a whole. "We don't talk about that!" So what is one to do when your whole life you don't talk about it, then one day you get married and suddenly it is supposed to be this beautiful thing? That isn't the case for most women I know. Many of us were traumatized in our marital bed. And then who do you talk to? You feel guilt and shame around all of it as we were taught growing up. So keep it in and be ashamed and just pretend it is all okay. I am not saying this is everyone's experience, but for me and many others it was. So I have always been open with my children and we talk about all of it. More so now as they are older, but when they were kids too. So none of my kids ever got themselves in a predicament they weren't comfortable with when it came to their friends. Whether that was with smoking, or drinking, or sex or when to say know and when to say yes. They knew they could always come to me no matter what and I would give them a ride if they needed. This is how I chose to raise my children. And while everyone might not agree, it worked for us. …. The other side of my beautiful brain is I see beauty in everything, including the birthing process. I guess that comes from all the years of being a nurse and delivering babies as part of my job in the NICU when help was needed. …. So many times I am out in nature and see something that reminds me of a woman giving birth and then I look to see what nature had birthed and I think it is WONDERFUL! I have done this on retreats with men and show them what I see. While people may think I am crazy at first, they soon see the beauty too!



[Link to download video]

Instagram

blazewithincyn/ | Posted: Aug 25, 2024
System ID: 664886 | Captured: Nov 13, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C_HXQg2v1Xx/

After DOI

Subject posted a video of her and her son at the beach. She does the voiceover talking about life. In the comments, she writes about people watching, she did not like doing it before afraid of being judged. This is also posted on Subject's Facebook account. Who likes to people watch? I know I didn't used to, but I do now! Back then I was so worried everyone was judging me for what I wear, my weight, how I look, what I ate, how I parent…. Oh my the judgments I placed on myself! So back then I didn't want to look at people, and I didn't want them to look at me. Because I was afraid of what they'd see. Whether it was a physical judgment of my appearance, or a personal judgment of my character… I did not want them to see the pain I was in, so I was afraid to look in their eyes in case they might see me. So I would hang my head and keep out of sight and I would not look at them, hoping they did the same and I could slip by undetected. Now I quite enjoy people watching. I always imagine the beautiful life they have. One of the things I liked to play with my kids on our travels was to pretend we were different people that we were watching in conversation and each play a "character" speaking as they spoke to each other and creating fun and interesting conversations that we imagined they were having! It is now fun for me to people watch, and as I am sitting here on the beach with my son resting at my feet I am very much enjoying myself here in my own head. My son hates the beach and he brought me here today because he knows how much it heals me. To get my feet in the sand and water. Salt in the air and in my hair! He brought me here specifically because it is "Pointe St George," which also has a special place in my heart with St George being home. So he is relaxing in the sand, something he HATES! Just so his mother can relax in her mind and heart. I love this son of mine. We have been able to have so many deep conversations and heart to hearts on this little get away. Not all of them have been easy, but they are a necessary part of growing and evolving, and learning who each of us on a deeper level. He has such a beautiful mind, one many could learn from if they took the time to sit with him and allow him to speak. So many nuggets I will be sharing when I have a minute. For now I will just enjoy the moment!

instagram.com/blazewithincyn/reel/C_HXQg2v1Xx/



blazewithincyn Follow
Original audio

blazewithincyn 63w
Who likes to people watch?

I know I didn't used to, but I do now!

Back then I was so worried everyone was judging me for what I wear, my weight, how I look, what I ate, how I parent....

Oh my the judgments I placed on myself!

So back then I didn't want to look at people, and I didn't want them to look at me. Because I was afraid of what they'd see.

Whether it was a physical judgment of my appearance, or a personal judgment

13 likes
August 25, 2024

instagram.com/blazewithincyn/reel/C_HXQg2v1Xx/



blazewithincyn Follow
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of my character...

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13 likes
August 25, 2024

instagram.com/blazewithincyn/reel/C_HXQg2v1Xx/



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So he is relaxing in the sand, something

13 likes
August 25, 2024

instagram.com/blazewithincyn/reel/C_HXQg2v1Xx/



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he HATES!

Just so his mother can relax in her mind and heart.

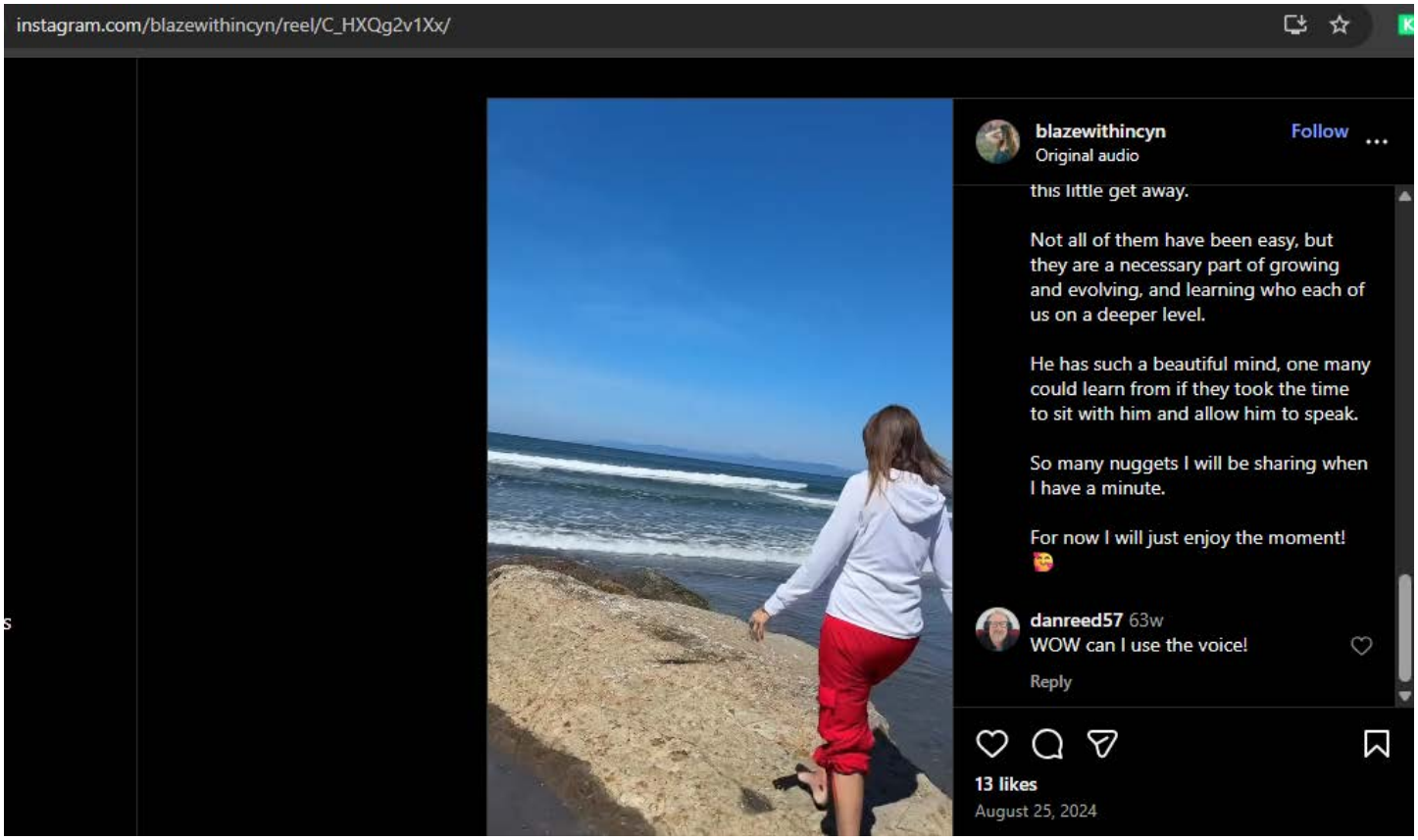
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13 likes
August 25, 2024



Link to download video

TikTok

@blazewithincyn

System ID: 664849

Posted: Aug 25, 2024

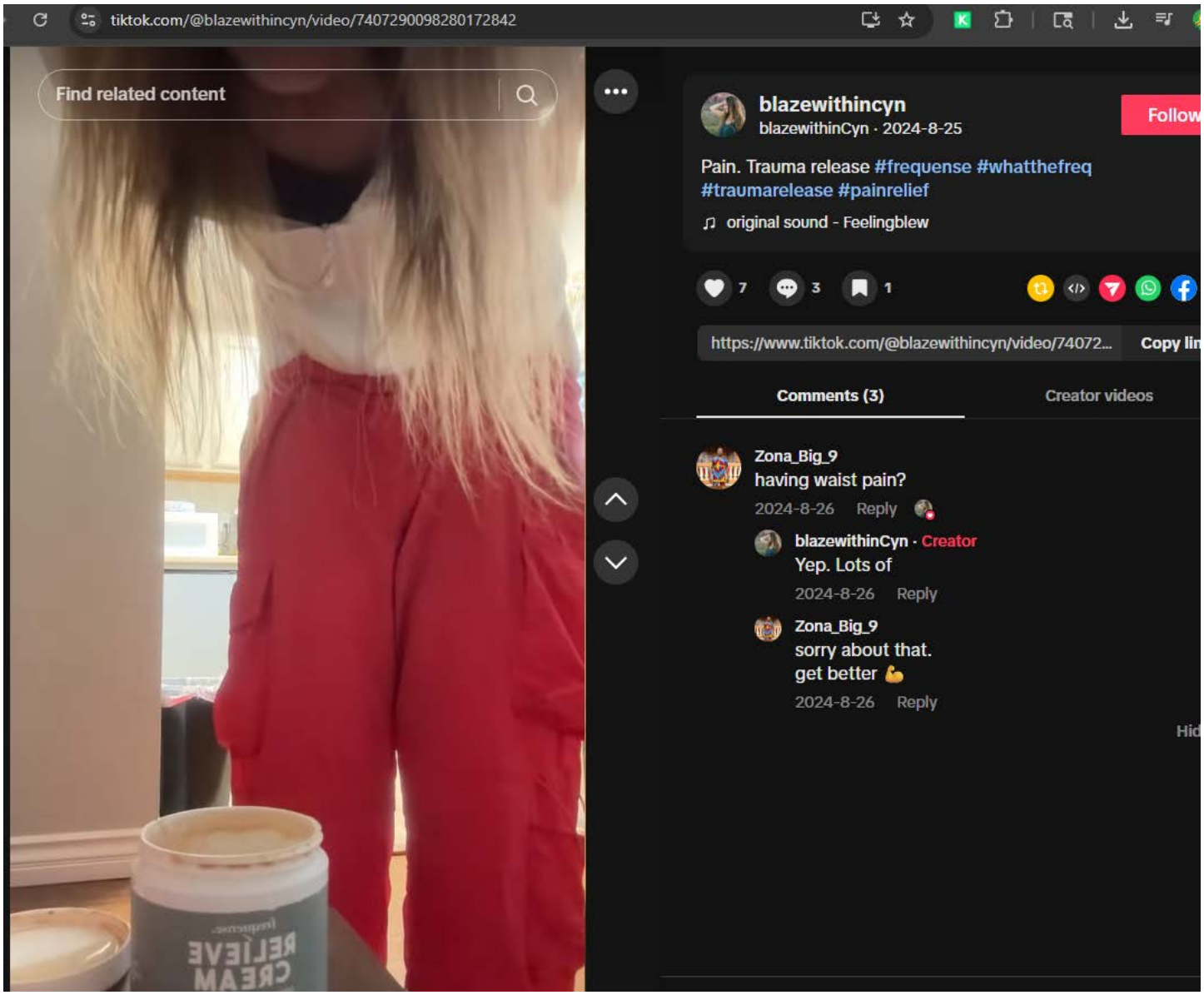
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7407290098280172842

After DOI

Subject posted a video of her putting on Relieve Cream on her lower back. She attributes the pain to riding, driving, and releasing trauma. This is also posted on Subject's TikTok account. Pain. Trauma release #frequense #whatthefreq #traumarelease #painrelief



[Link to download video]

TikTok

@blazewithincyn

System ID: 664815

Posted: Aug 25, 2024

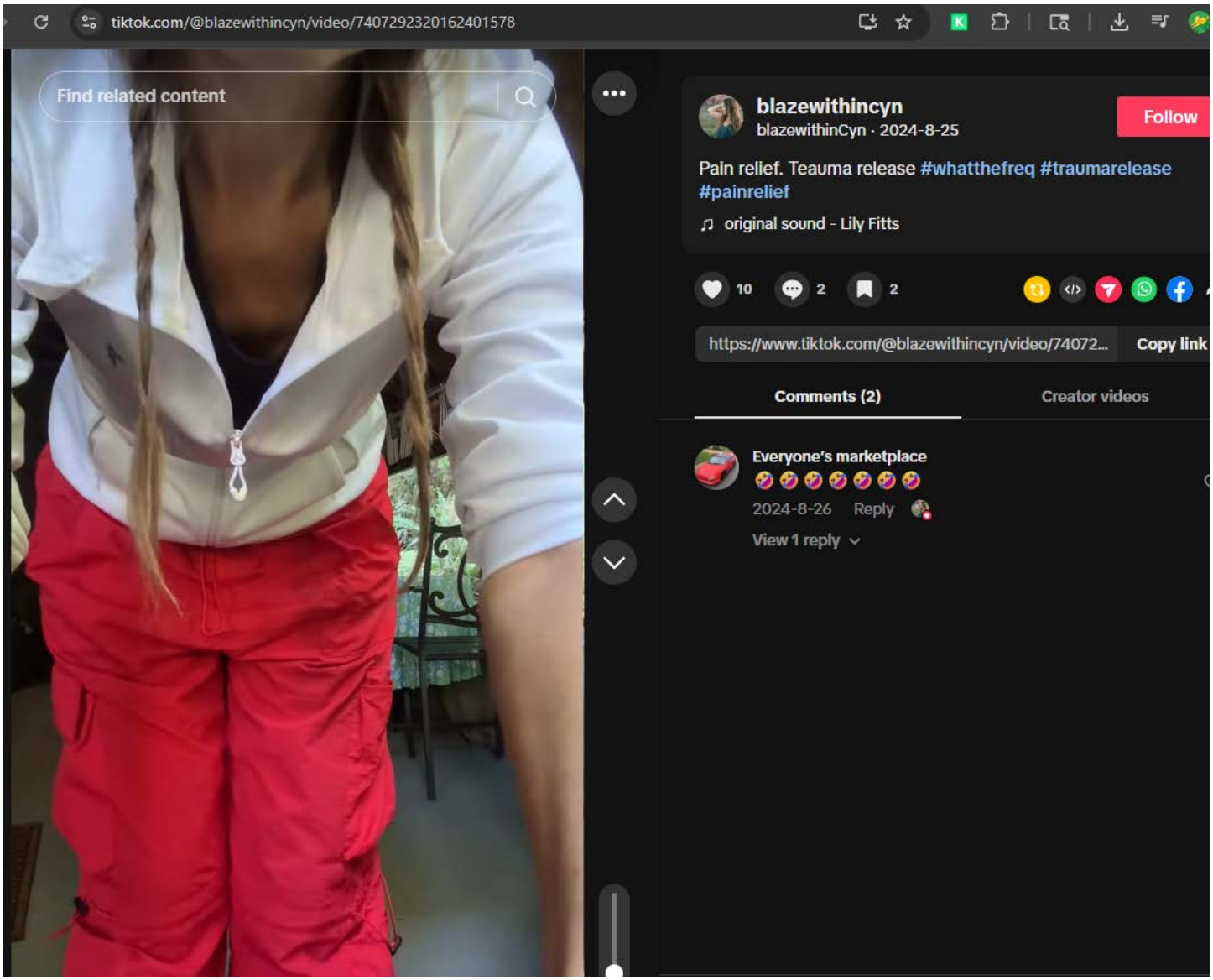
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7407292320162401578

After DOI

Subject posted a video of her doing different moves, bending over, and stretching her arms behind her. This is also posted on Subject's TikTok account. Pain relief. Teauma release #whatthefreq #traumarelease #painrelief



[Link to download video]

Facebook

cyndee.jacobson.163679 | Posted: Aug 25, 2024

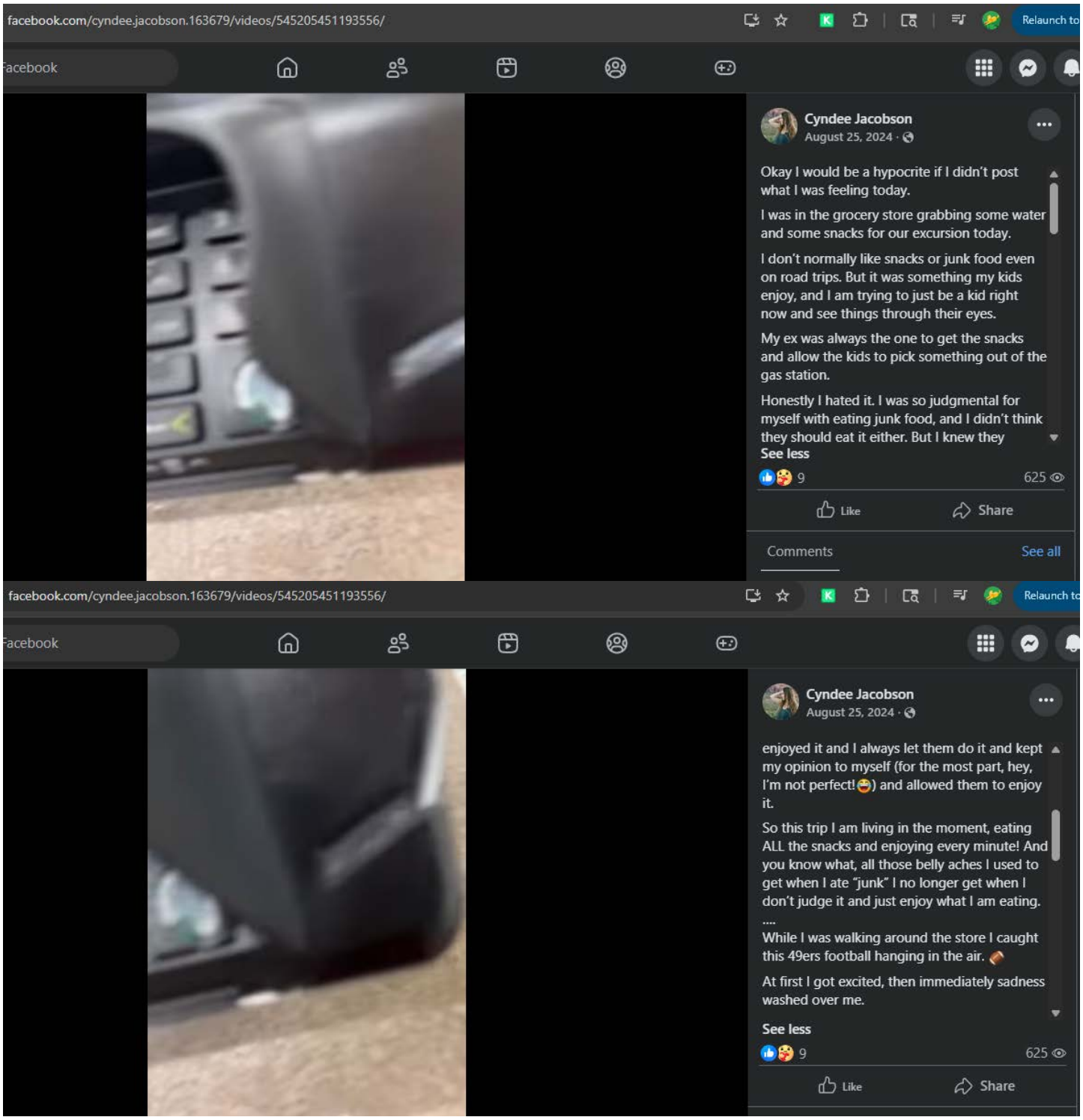
System ID: 667072 | Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.facebook.com/cyndee.jacobson.163679/videos/545205451193556/

After DOI

Subject posted a video of her getting snacks for her trip. She saw a 49ers football while in the store, which made her think of her ex-husband. She states that they had a lot of good times, but that she is in a better place now. She wants to be amicable with him, but only when he is not drinking, which she notes is never. Okay I would be a hypocrite if I didn't post what I was feeling today. I was in the grocery store grabbing some water and some snacks for our excursion today. I don't normally like snacks or junk food even on road trips. But it was something my kids enjoy, and I am trying to just be a kid right now and see things through their eyes. My ex was always the one to get the snacks and allow the kids to pick something out of the gas station. Honestly I hated it. I was so judgmental for myself with eating junk food, and I didn't think they should eat it either. But I knew they enjoyed it and I always let them do it and kept my opinion to myself (for the most part, hey, I'm not perfect!) and allowed them to enjoy it. So this trip I am living in the moment, eating ALL the snacks and enjoying every minute! And you know what, all those belly aches I used to get when I ate "junk" I no longer get when I don't judge it and just enjoy what I am eating. …. While I was walking around the store I caught this 49ers football hanging in the air. At first I got excited, then immediately sadness washed over me. San Francisco 49ers are my ex's favorite team. We had so much fun rooting for them and going to games, and games of friends teams. I miss times like these. We had a LOT of good times. Obviously it wasn't all bad or I wouldn't have stayed so long. Or at least I'd hope. Who knows. Looking back I can't believe I stayed as long as I did with the traumatic events that happed and the abuse. But there is no rationing what a traumatized person will do. Stockholm syndrome is very real. I will say I have always felt he was a good person under all of it, and that is why I stayed and tried to "help him" for so long. But the only person I could ever help was me. And he helped me do that as well. Through all of it he supported me in finding myself. Encouraging me to go to therapy, conferences, retreats, and finding fun for myself outside of him. I'll be honest though I resented him for not doing it with me and just wanting to stay home, drink and watch tv. But I am happy where I am at now. Even if I miss certain things. And this is also why I have tried to remain friends with him. I enjoy hanging out with him when he isn't drinking. Which is pretty much never right now. So for now even our amicable divorce is on pause. Hopefully he gets the help he needs. And in the mean time I will continue to work on me. PS I really enjoyed the cashier and the bagger at the store today. We each left there smiling a bit bigger!


facebook.com/cyndee.jacobson.163679/videos/545205451193556/
Facebook
Cyndee Jacobson
August 25, 2024 ·
Okay I would be a hypocrite if I didn't post what I was feeling today.
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See less
9
625
Like
Share
Comments
See all
facebook.com/cyndee.jacobson.163679/videos/545205451193556/
Facebook
Cyndee Jacobson
August 25, 2024 ·
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....
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See less
9
625
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Relaunch

Facebook



Cyndee Jacobson
August 25, 2024 ·

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I miss times like these.

We had a LOT of good times. Obviously it wasn't all bad or I wouldn't have stayed so long. Or at least I'd hope. Who knows.

Looking back I can't believe I stayed as long as I did with the traumatic events that happed and the abuse.

But there is no rationing what a traumatized person will do.

See less

9 625

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Relaunch

Facebook



Cyndee Jacobson
August 25, 2024 ·

Stockholm syndrome is very real.

I will say I have always felt he was a good person under all of it, and that is why I stayed and tried to "help him" for so long.

But the only person I could ever help was me.

And he helped me do that as well.

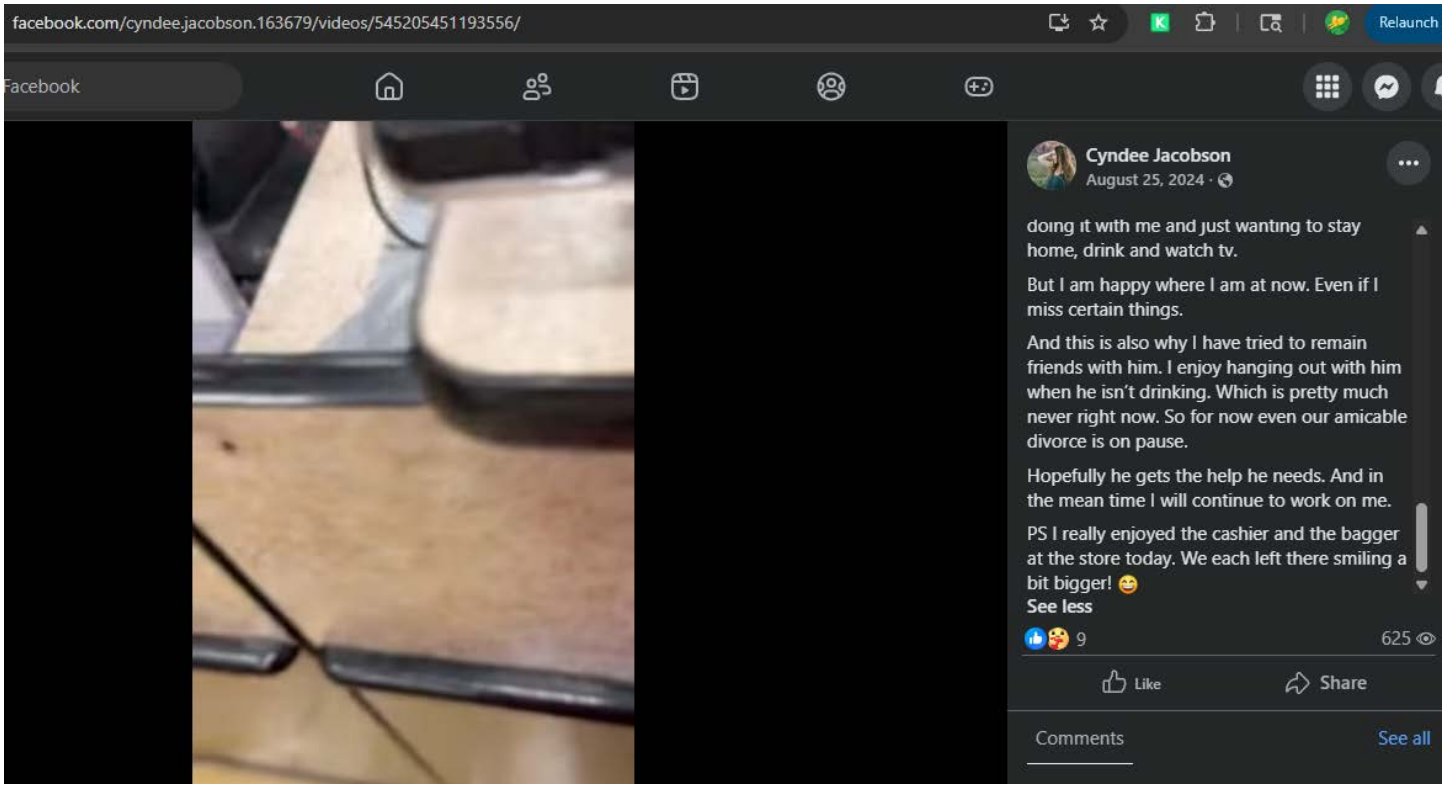
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I'll be honest though I resented him for not doing it with me and just wanting to stay home, drink and watch tv.

See less

9 625

Like Share



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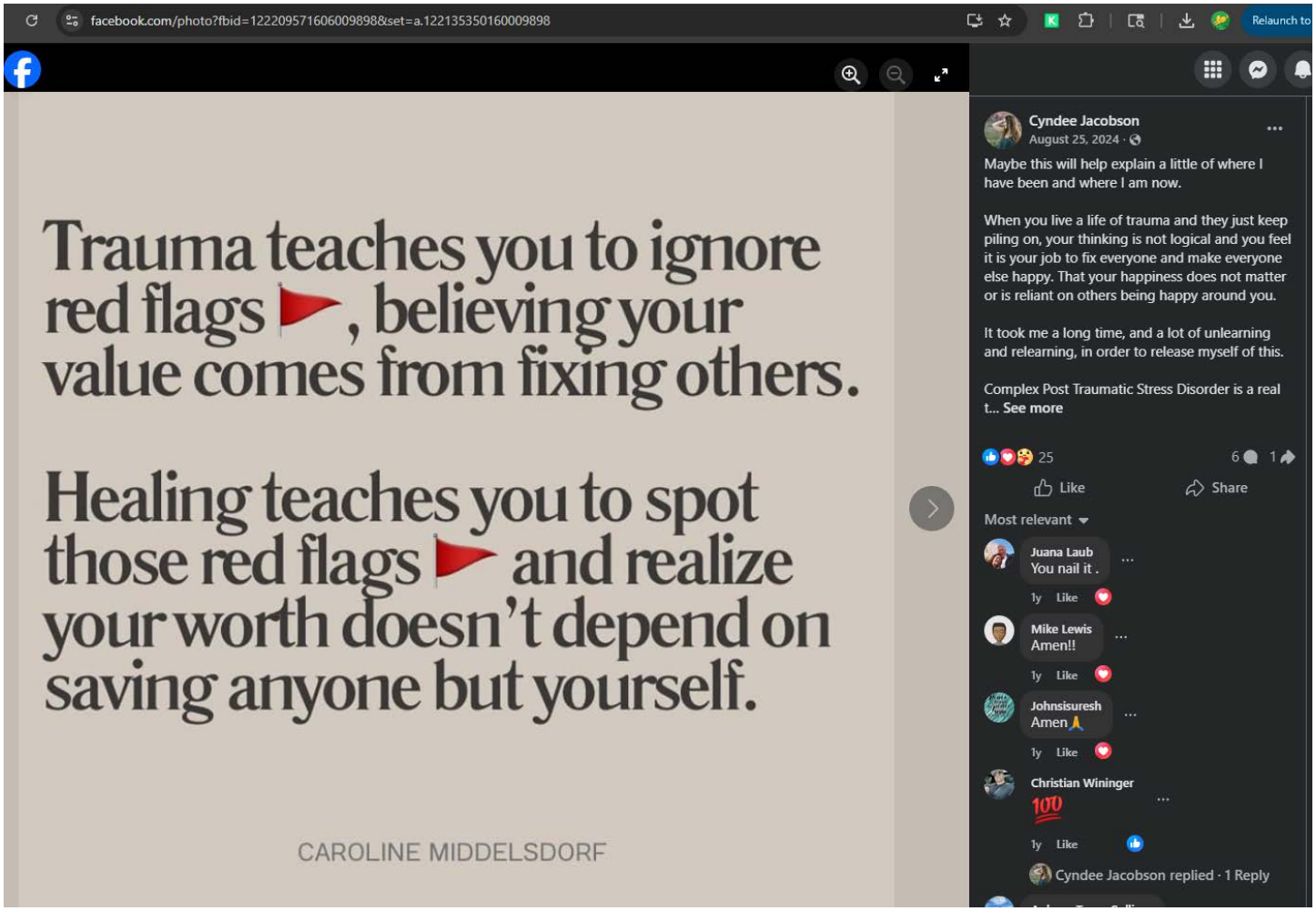
Facebook

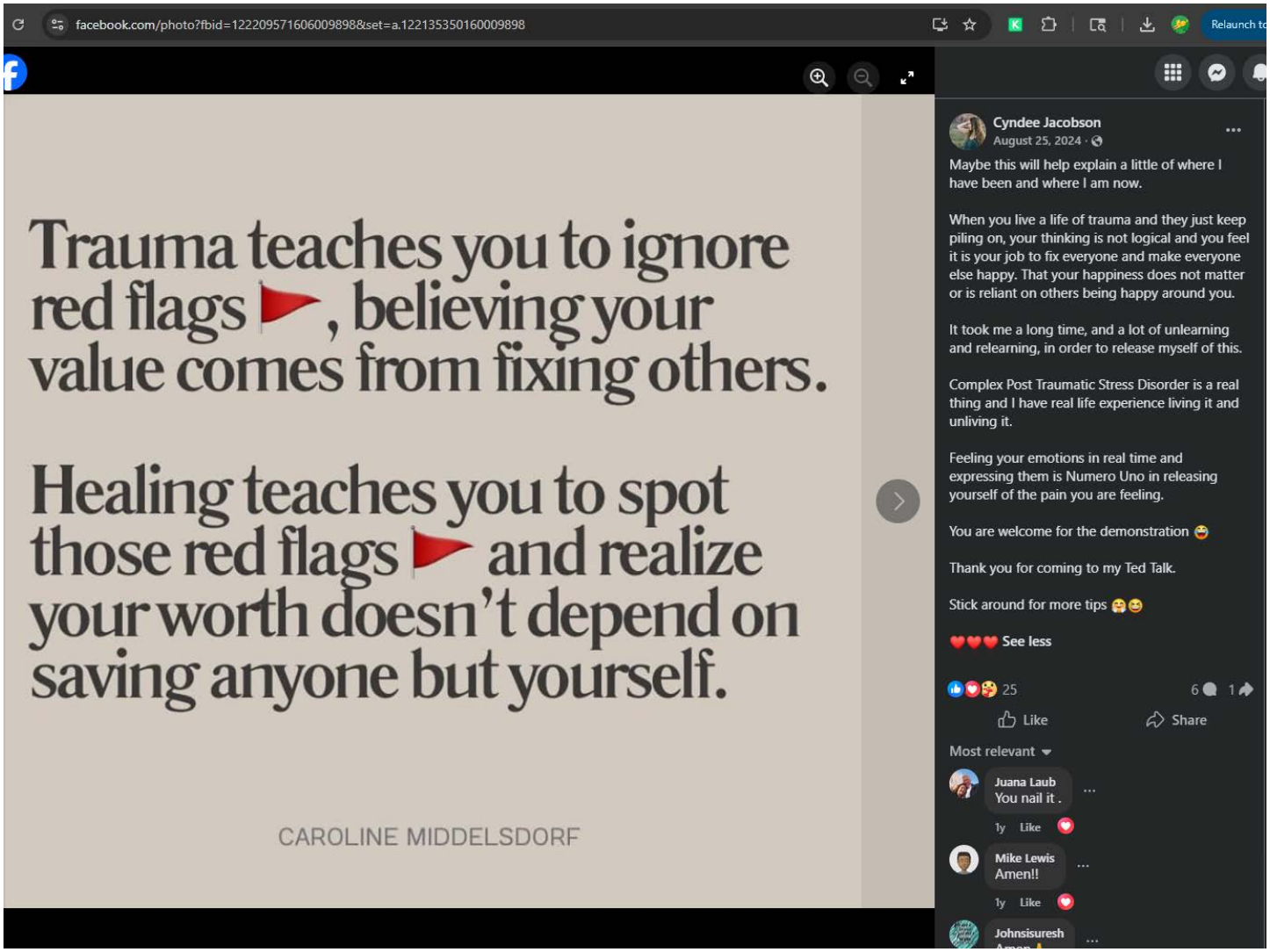
cyndee.jacobson.163679
System ID: 667322
Cynthia Lee Jacobson
https://www.facebook.com/photo?fbid=1222095716060098 98&set=a.122135350160009898

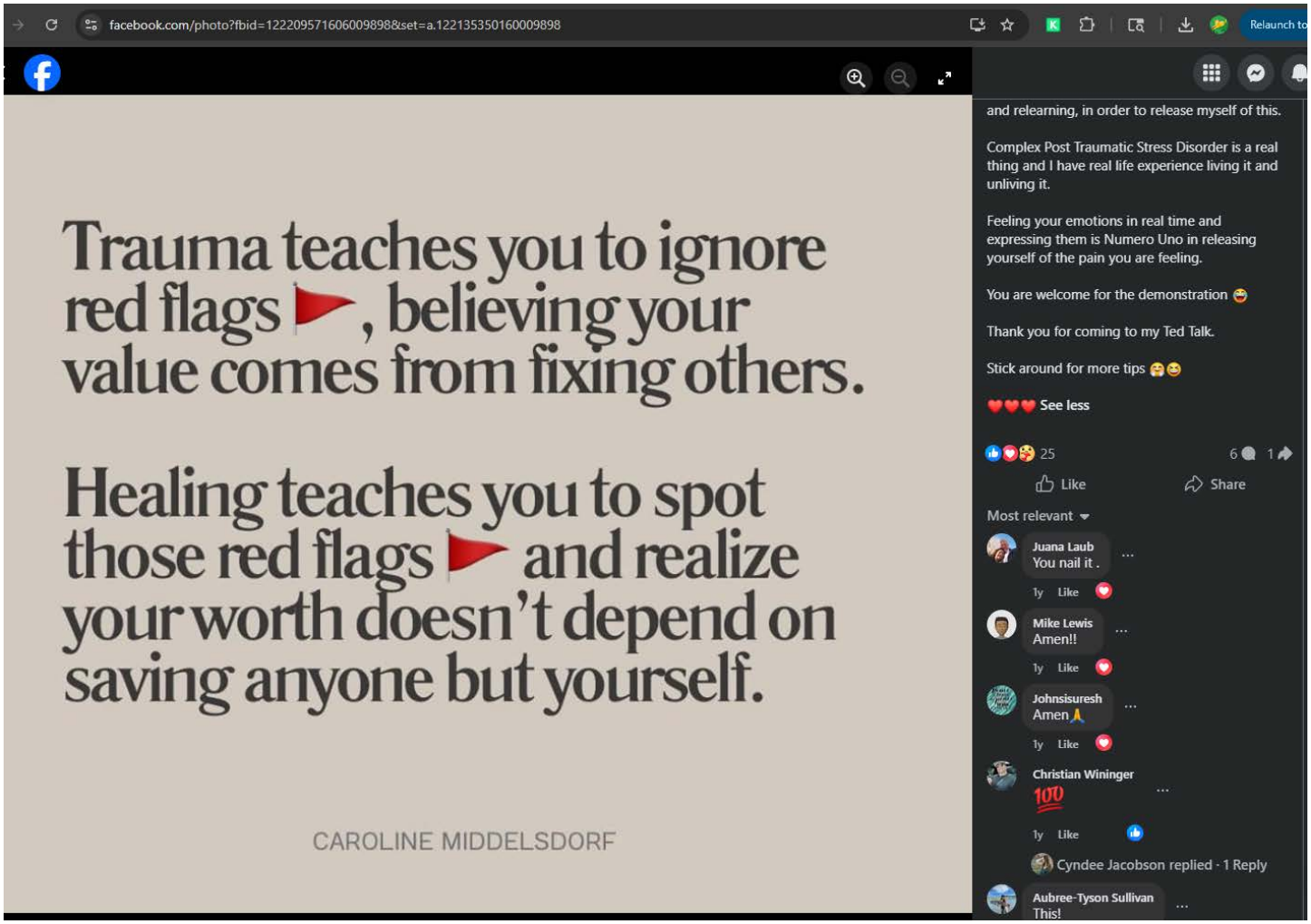
Posted: Aug 25, 2024
Captured: Nov 18, 2025

After DOI

Subject posted a meme about what trauma teaches a person. Maybe this will help explain a little of where I have been and where I am now. When you live a life of trauma and they just keep piling on, your thinking is not logical and you feel it is your job to fix everyone and make everyone else happy. That your happiness does not matter or is reliant on others being happy around you. It took me a long time, and a lot of unlearning and relearning, in order to release myself of this. Complex Post Traumatic Stress Disorder is a real thing and I have real life experience living it and unliving it. Feeling your emotions in real time and expressing them is Numero Uno in releasing yourself of the pain you are feeling. You are welcome for the demonstration Thank you for coming to my Ted Talk. Stick around for more tips


facebook.com/photo?fbid=1222095716060098988set=a.122135350160009898
Relaunch to
Trauma teaches you to ignore red flags, believing your value comes from fixing others.
Healing teaches you to spot those red flags and realize your worth doesn't depend on saving anyone but yourself.
CAROLINE MIDDELSDORF
Cyndee Jacobson
August 25, 2024 ·
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It took me a long time, and a lot of unlearning and relearning, in order to release myself of this.
Complex Post Traumatic Stress Disorder is a real t... See more
25
6
1
Like
Share
Most relevant
Juana Laub
You nail it .
1y Like
Mike Lewis
Amen!!
1y Like
Johnsisuresh
Amen🙏
1y Like
Christian Wininger
💯
1y Like
Cyndee Jacobson replied · 1 Reply


facebook.com/photo?fbid=1222095716060098988set=a.122135350160009898
Trauma teaches you to ignore red flags, believing your value comes from fixing others.
Healing teaches you to spot those red flags and realize your worth doesn't depend on saving anyone but yourself.
CAROLINE MIDDELSDORF
Cyndee Jacobson
August 25, 2024
Maybe this will help explain a little of where I have been and where I am now.
When you live a life of trauma and they just keep piling on, your thinking is not logical and you feel it is your job to fix everyone and make everyone else happy. That your happiness does not matter or is reliant on others being happy around you.
It took me a long time, and a lot of unlearning and relearning, in order to release myself of this.
Complex Post Traumatic Stress Disorder is a real thing and I have real life experience living it and unliving it.
Feeling your emotions in real time and expressing them is Numero Uno in releasing yourself of the pain you are feeling.
You are welcome for the demonstration
Thank you for coming to my Ted Talk.
Stick around for more tips
See less
25
6
1
Like
Share
Most relevant
Juana Laub
You nail it .
1y Like
Mike Lewis
Amen!!
1y Like
Johnsisuresh


facebook.com/photo?fbid=1222095716060098988set=a.122135350160009898
Relaunch to
Trauma teaches you to ignore red flags 🚩, believing your value comes from fixing others.
Healing teaches you to spot those red flags 🚩 and realize your worth doesn't depend on saving anyone but yourself.
CAROLINE MIDDELSDORF
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Thank you for coming to my Ted Talk.
Stick around for more tips 😭😆
❤️❤️❤️ See less
25
6
1
Like
Share
Most relevant
Juana Laub
You nail it .
1y Like
Mike Lewis
Amen!!
1y Like
Johnsisuresh
Amen🙏
1y Like
Christian Wininger
💯
1y Like
Cyndee Jacobson replied · 1 Reply
Aubree-Tyson Sullivan
This!

Instagram

blazewithincyn/

System ID: 664878

Cynthia Lee Jacobson

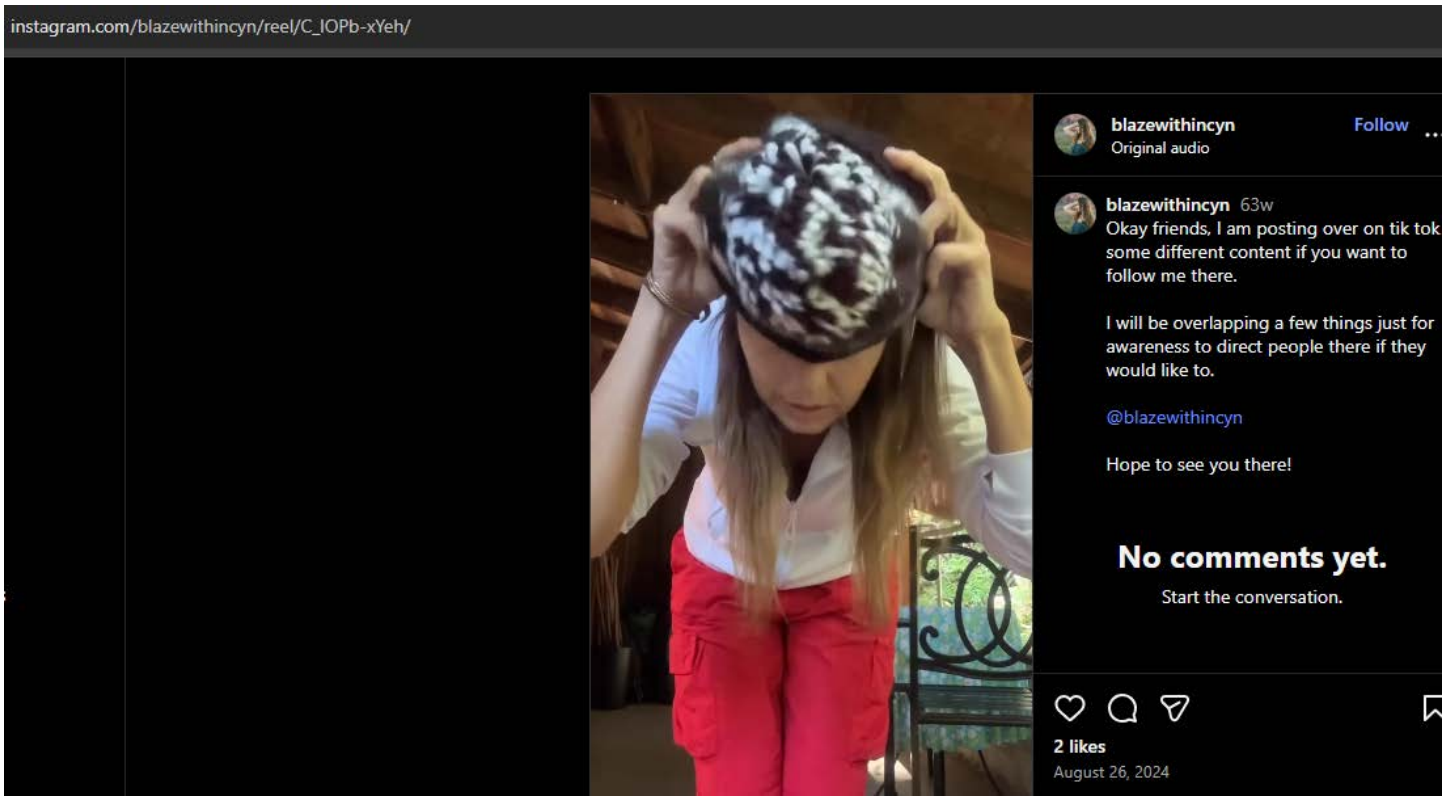
https://www.instagram.com/blazewithincyn/reel/C_IOPb-xYeh/

Posted: Aug 26, 2024

Captured: Nov 13, 2025

After DOI

Subject posted that she was getting ready to go for a walk in Crescent City. In the comments, she said that she is also posting on her TikTok account, @blazewithincyn. This is also posted on Subject's Facebook and TikTok accounts. Okay friends, I am posting over on tik tok some different content if you want to follow me there. I will be overlapping a few things just for awareness to direct people there if they would like to. @blazewithincyn Hope to see you there!



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blazewithincyn/

System ID: 664859

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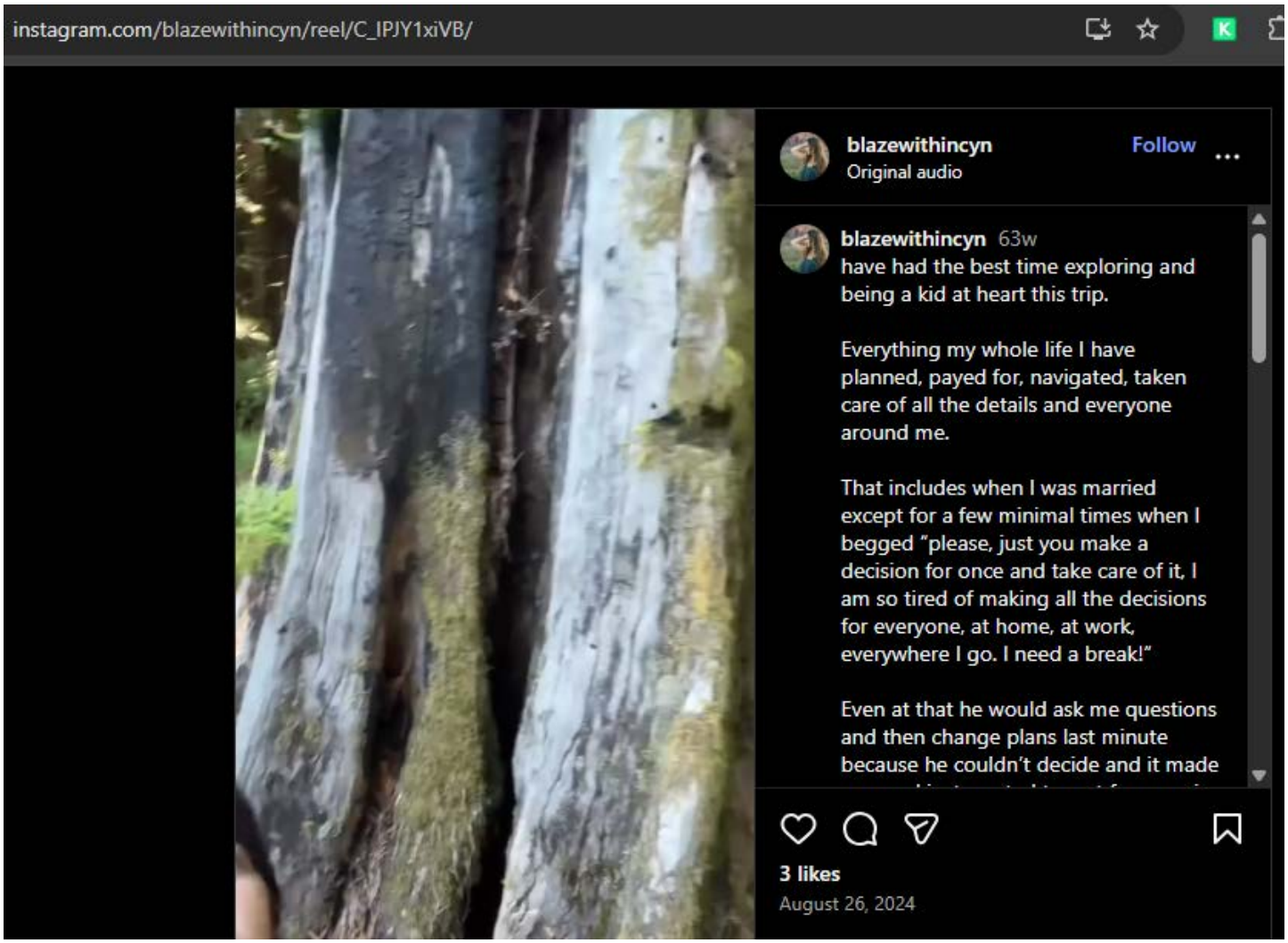
https://www.instagram.com/blazewithincyn/reel/C_IPJY1xiVB/

Posted: Aug 26, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of her climbing up a large tree stump using a ladder. She also talks about the trip she took with her kids, going across the country in an RV. She had hoped to get a following while doing it, but realized how difficult it was to manage the travel, her kids without trying to document everything. Her ex-husband told her she was crazy and did not think she would ever do it. This is also posted on Subject's Facebook account. I have had the best time exploring and being a kid at heart this trip. Everything my whole life I have planned, payed for, navigated, taken care of all the details and everyone around me. That includes when I was married except for a few minimal times when I begged “please, just you make a decision for once and take care of it, I am so tired of making all the decisions for everyone, at home, at work, everywhere I go. I need a break!” Even at that he would ask me questions and then change plans last minute because he couldn’t decide and it made me cry. I just wanted to rest for once in my life. Then when I travelled around the country with my kids it was ALL on me. Of course that was my decision. I was the mom and had no partner so that was to be expected. However I saw it going much differently and hoped to enjoy myself just a bit more. It is hard to relax when you are constantly on the move wondering where you will stay the next night, where to navigate the RV for gas and low bridges. Where to go next. Where to eat…. The stress just keeps piling on. I had planned to journal and document our journey along the way, and honestly I was hoping to get a following and become an “influencer” so we could enjoy the perks of what that includes. I followed other travelers and they had free stays, free meals, free items shipped to them. Heck some even got free RV’s! I knew I could do it too, however what I didn’t realize was they all had partners. They were not single mothers doing it alone. I didn’t realize there would be no time for that. Travelling on the road with my kids was a lot of fun, and a lot of stress. Good and bad. Only once in a while did I feel sad, and wish I had a partner to enjoy the journey and share the tasks with. Mostly I was grateful, as I felt everyone was hiding something inside their relationship as I had done for so long. It wasn’t worth the added stress. I tried to get my husband to do just that when we were still married. However he thought I was up in the night. Even when I had left him and was hitting the road his parting words to me were “You’re crazy, you’ll never do it. Call me crazy. I did it! Part two in next post


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Even at that he would ask me questions and then change plans last minute because he couldn't decide and it made
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August 26, 2024

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Original audio

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I had planned to journal and document

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August 26, 2024

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I knew I could do it too, however what I didn't realize was they all had partners. They were not single mothers doing it alone.

I didn't realize there would be no time for that.

Travelling on the road with my kids was a lot of fun, and a lot of stress. Good

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instagram.com/blazewithincyn/reel/C_IPJY1xiVB/



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Original audio

and bad.

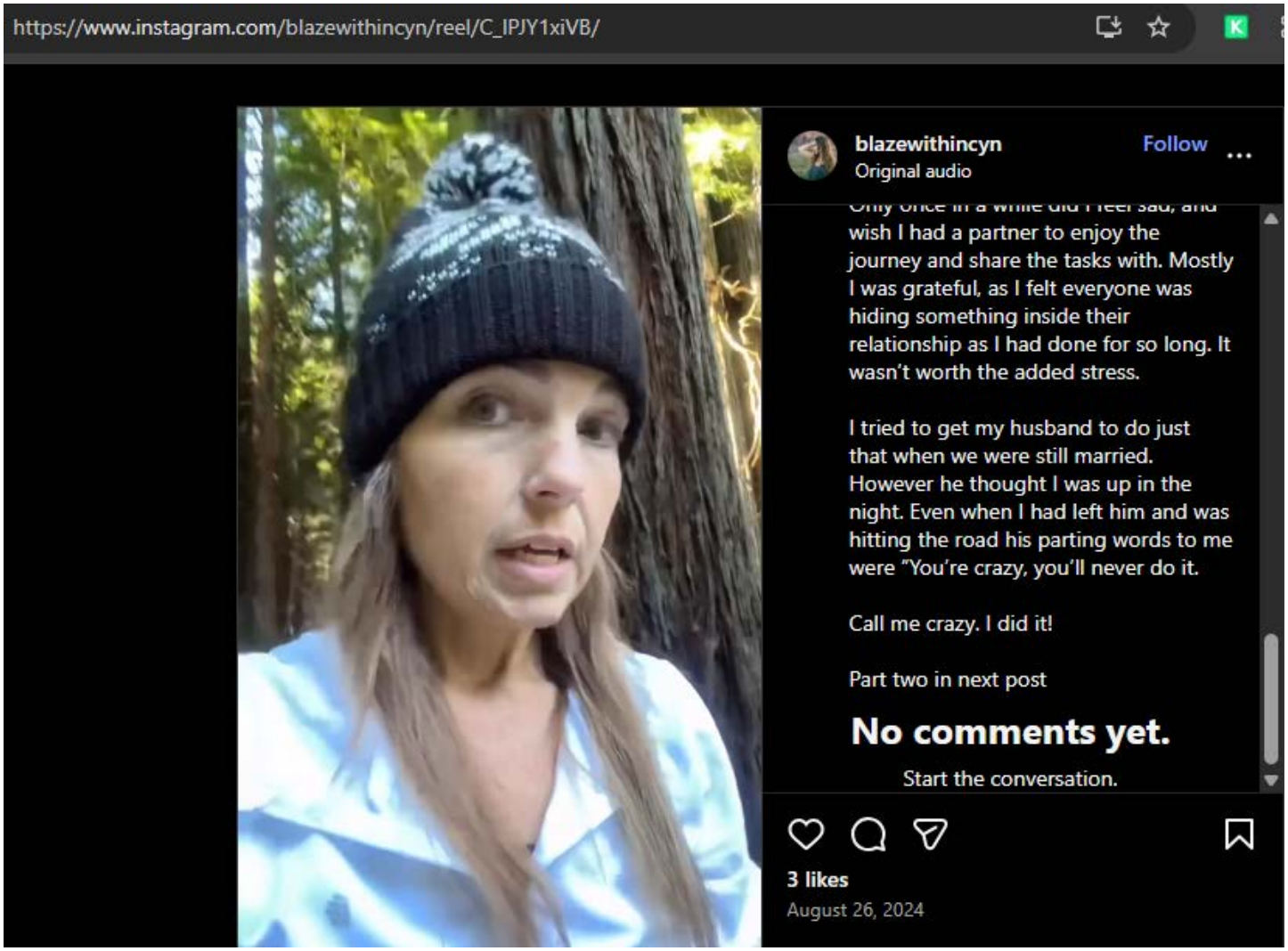
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Call me crazy. I did it!

Part two in next post

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August 26, 2024



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blazewithincyn/ | Posted: Aug 26, 2024

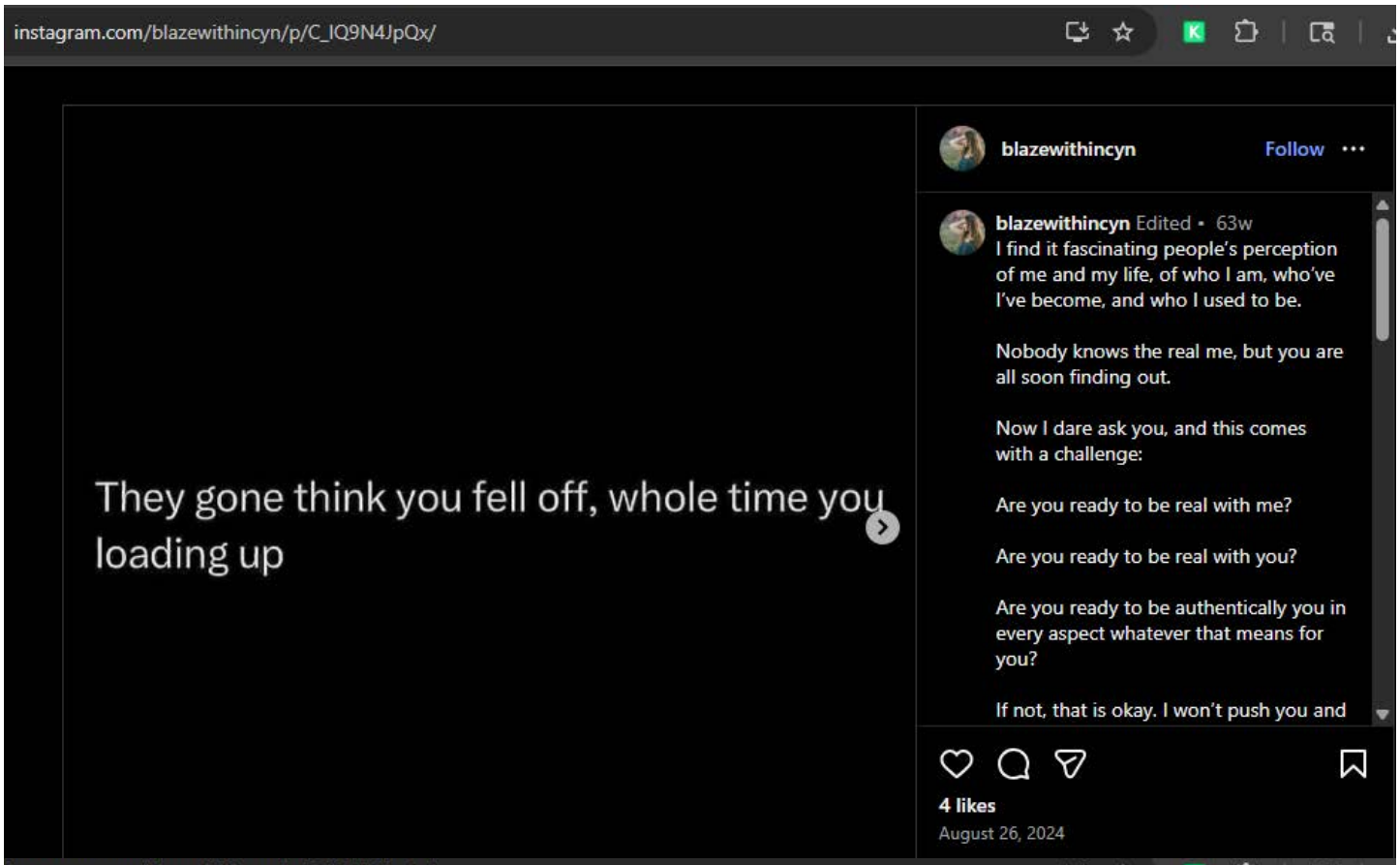
System ID: 664843 | Captured: Nov 12, 2025

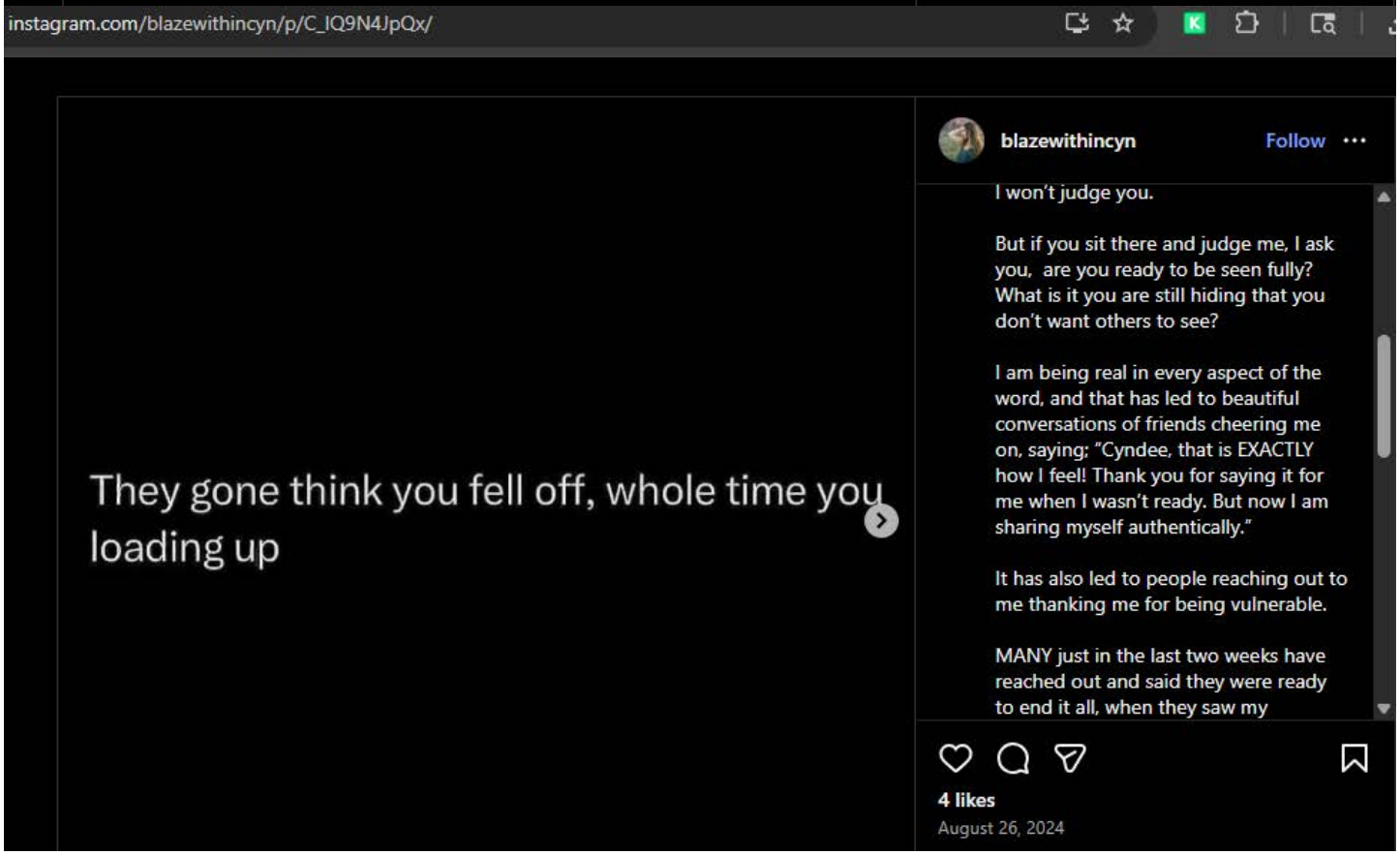
Cynthia Lee Jacobson

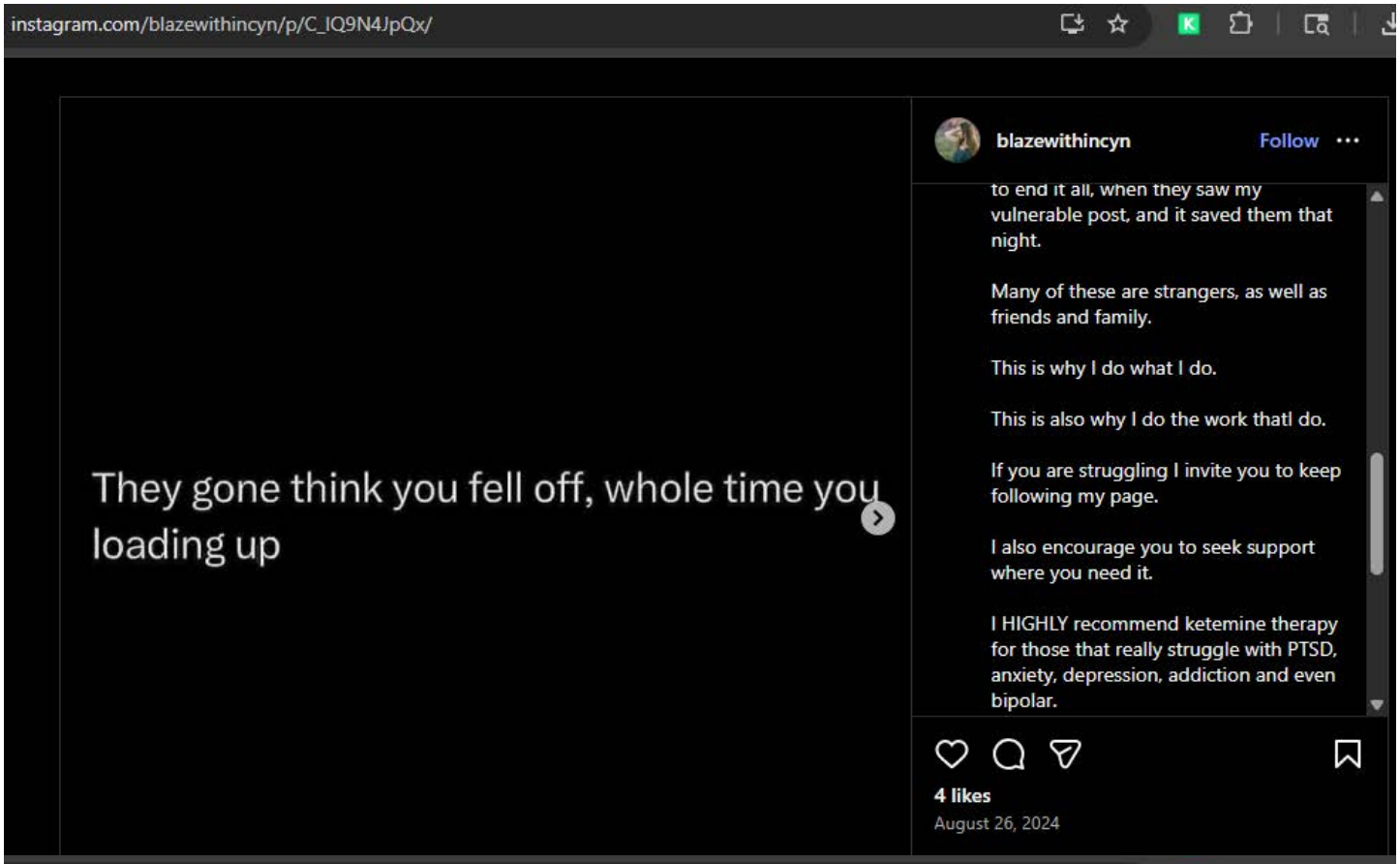
https://www.instagram.com/blazewithincyn/p/C_IQ9N4JpQx/

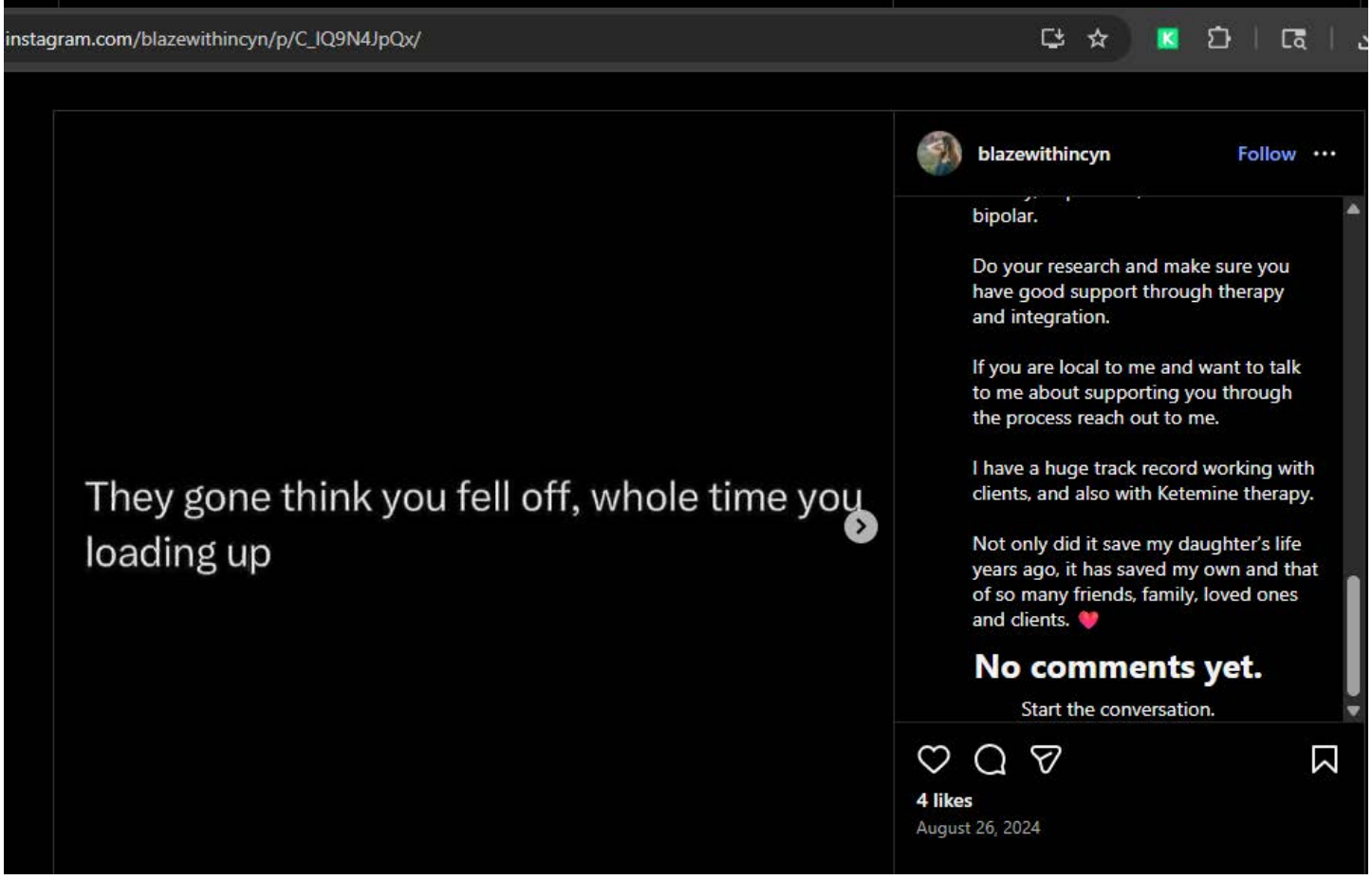
After DOI

Subject posted a meme about rather than falling off, you were loading up. In the comments, she writes about being real and authentic even if it is difficult. She also asked for people who were struggling to seek help, and she recommends ketamine therapy for many issues, noting it helped her daughter. This is also posted on Subject's Facebook account. I find it fascinating people’s perception of me and my life, of who I am, who’ve I’ve become, and who I used to be. Nobody knows the real me, but you are all soon finding out. Now I dare ask you, and this comes with a challenge: Are you ready to be real with me? Are you ready to be real with you? Are you ready to be authentically you in every aspect whatever that means for you? If not, that is okay. I won’t push you and I won’t judge you. But if you sit there and judge me, I ask you, are you ready to be seen fully? What is it you are still hiding that you don’t want others to see? I am being real in every aspect of the word, and that has led to beautiful conversations of friends cheering me on, saying; “Cyndee, that is EXACTLY how I feel! Thank you for saying it for me when I wasn’t ready. But now I am sharing myself authentically.” It has also led to people reaching out to me thanking me for being vulnerable. MANY just in the last two weeks have reached out and said they were ready to end it all, when they saw my vulnerable post, and it saved them that night. Many of these are strangers, as well as friends and family. This is why I do what I do. This is also why I do the work thatI do. If you are struggling I invite you to keep following my page. I also encourage you to seek support where you need it. I HIGHLY recommend ketemine therapy for those that really struggle with PTSD, anxiety, depression, addiction and even bipolar. Do your research and make sure you have good support through therapy and integration. If you are local to me and want to talk to me about supporting you through the process reach out to me. I have a huge track record working with clients, and also with Ketemine therapy. Not only did it save my daughter’s life years ago, it has saved my own and that of so many friends, family, loved ones and clients. ❤


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They gone think you fell off, whole time you loading up
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Nobody knows the real me, but you are all soon finding out.
Now I dare ask you, and this comes with a challenge:
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Are you ready to be real with you?
Are you ready to be authentically you in every aspect whatever that means for you?
If not, that is okay. I won't push you and
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August 26, 2024


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They gone think you fell off, whole time you loading up
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August 26, 2024


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They gone think you fell off, whole time you loading up
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This is also why I do the work thatI do.
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They gone think you fell off, whole time you loading up
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Not only did it save my daughter's life years ago, it has saved my own and that of so many friends, family, loved ones and clients.
No comments yet.
Start the conversation.
4 likes
August 26, 2024

Instagram

blazewithincyn/

System ID: 664839

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_IdmvaJQAR/

Posted: Aug 26, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of her and her son, Covin, going into a restaurant. In the comments, she wrote that she thought it was important for her kids to learn to explore new places, try new restaurants, and learn how to travel. She also wrote that her son paid for their meal and how proud she is of him. This is also posted on Subject's Facebook account. Notes of a mother to her son I had a few goals with travelling the country with my kids: 1. Teach them the world is a beautiful place. 2. Don’t be afraid to leave your hometown and explore the options. Whether you move away completely, or travel just to come home again, GO! Explore! 3. Life has a lot more to offer than how you were raised and how you grew up. 4. Learn how to navigate life, whatever that is. 5. Pick great restaurants, not chains and fast food. Enjoy your meals, savor every bite! Share with others so you can each taste different amazing options. Learn how to tip, and tip WELL! Know how to pay the bill. 6. Be comfortable getting on airplanes! That way the SKY IS THE LIMIT! Not just where the road will take you. There are so many more, but I will leave this for now. What I want to share in the moment is I am so proud of my son doing just that! He picked the restaurant (with some help and suggestion but it was his decision!) He chose his meal, and I chose mine! I used to order what others wanted me to, or only have their scraps and leftovers since I don’t eat much. I don’t like to order my own meal and usually I would get left with something I didn’t really want or enjoy. He paid the bill when I excised myself to the ladies room. What a gentleman! Ladies, raise your sons into the man you want them to be, whatever that is for you. My son is restoring my faith in humanity. Maybe one day there will be a man out there for me. For now I am perfectly content in this life I have created and am now navigating the helm of the ship!

instagram.com/blazewithincyn/reel/C_IdmvaJQAR/



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Notes of a mother to her son

I had a few goals with travelling the country with my kids:

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2. Don't be afraid to leave your hometown and explore the options. Whether you move away completely, or travel just to come home again, GO! Explore!
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August 26, 2024

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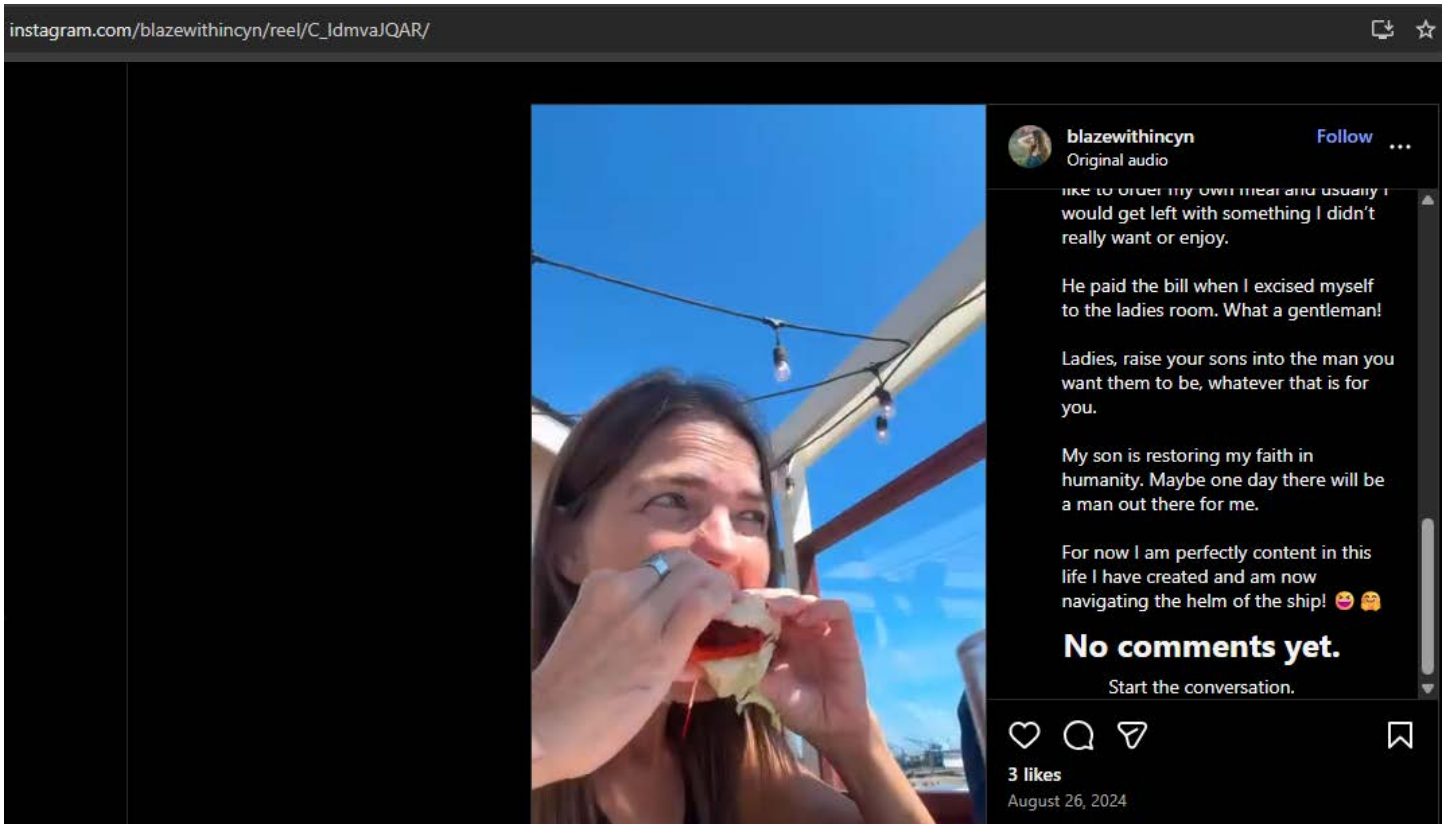
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blazewithincyn/

System ID: 664838

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_If7yHp2Q3/

Posted: Aug 26, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a meme about avoiding difficult conversations. In the comments, she mentioned that her ex-husband would hate to go out alone, worried about difficult conversations. She wants to avoid doing this now and wants to keep things out in the open. This is also posted on Subject's Facebook account. As I lay here in and out of sleep, I woke up wanting to vomit. I can’t believe how much of my life I wasted allowing people to do this to avoid causing confrontation or discomfort in themselves. I have always wanted to have the hard conversations and address issues head on. However that made people uncomfortable and they would just put it back on me. So to avoid the discomfort I felt I was putting on them, I shut down so they didn’t place their discomfort back on me. I did not want to hurt them, I just wanted to clear their air and let them see how they were hurting me. But they did not want to see it from my point of view. Either they could not handle knowing what they were doing was hurting me, or they did not want to see their own inner darkness. I have always been willing to listen to others point of view, even if it hurts for a minute knowing I may have hurt them unintentionally. My ex husband never used to like to go on drives with me or out to dinner away from the house and kids. Because that is when I would have real conversations with him, and he accused me of always attacking him when that was the last thing I would want to do! But he shut me down to any real conversations to avoid discomfort. This happened with my own family as well, but only with one sibling. All the others were willing to listen and I listened to them as well. It is interesting how we get hurt by the ones we love the most. I no longer allow this in my life. If you want to be part of my inner circle we have to clear the air. And from now on I address in the moment if something is hurting me. Usually I am just looking at it from a different perspective then they meant it and t takes two seconds to set it straight. I also encourage everyone around me to do the same. Sometimes it hurts for just a second when I realize something I said or did may have hurt another, but usually it was just taken out of context and when we can address it, that is what alchemizes it

instagram.com/blazewithincyn/reel/C_If7yHp2Q3/



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August 26, 2024

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No comments yet.

Start the conversation.

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August 26, 2024

Instagram

blazewithincyn/

System ID: 664832

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_IqBWPJPRY/

Posted: Aug 26, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of a car driving through a mountainous area. She writes that she had a conversation with her son, where she learned that he did not always see her as the best mother. She had him stop, and she stood by a cliff and realized she could easily jump or fall over. She was hurt by his comments, but then realized that she could get better. She also blamed herself when she realized that her ex-husband was abusive to her kids. This is also posted on Subject's Facebook account. The world was on fire, and nobody could save me but you… □□□ □You that is. The one looking back in the mirror.□ So many times in my life I just wanted to be rescued. As a child I dreamt of a knight in shining armor whisking me away, like a princess to a land far far away. □□□ As a teen I dreamt of my dad taking me to live with him to get out of my house of pain. And yet when we were put in foster care, he did just that. And when I thought it couldn't get worse, he took me to live with him taking me out of the fire, and dropping me straight into hell. I wanted a husband to save me next, but both ended up with me saving them, until I couldn't anymore and realized I could only save myself. I could go on but the lesson here is; no one is going to save you but you. And even if you think they will, it can always get worse. On this trip with my son I really want to get to know what that mind of his is thinking. He is a man of few words most of the time, but when he opens up he is fun to talk to and has a brilliant mind. Even though sometimes he can be stubborn and we have had our battles, I realize he gets it from me, so how can I complain?! □ So yesterday when I asked him a direct question and he felt safe for the first time really answering, it took me off guard completely and shattered my heart. □ I asked him what he really thought of his mother. Be careful what you ask for unless you are really willing to hear it. "Well think you are beautiful, and strong and smart." We're off to a good start! □ "I also think you cause a lot of your own pain." Ouch❤□That hurt. But he is right. I hold on to things way longer than I should. He is good at teaching me to let things go, and not let other people's judgments or opinions hurt me. He has done this as long as I can remember. Last came the worst of all, and this pains me to say it. In fact I feel a dagger to my heart and I don't want to let it out. But I know if I don't it will just continue to pain me. "I used to look up to you, you were my hero. Then I realized you weren't the mother to me that I wanted." □□□ This took my breath away

instagram.com/blazewithincyn/reel/C_IqBWPJPRY/



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Jessie Villa • wicked game

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The world was on fire, and nobody could save me but you... 🔥🔥🔥

👊You that is. The one looking back in the mirror. 🪞

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me to live with him taking me out of the fire, and dropping me straight into hell.

I wanted a husband to save me next, but both ended up with me saving them, until I couldn't anymore and realized I could only save myself.

I could go on but the lesson here is; no one is going to save you but you. And even if you think they will, it can always get worse.

On this trip with my son I really want to get to know what that mind of his is thinking. He is a man of few words most of the time, but when he opens up he is fun to talk to and has a brilliant mind.

Even though sometimes he can be

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Even though sometimes he can be stubborn and we have had our battles, I realize he gets it from me, so how can I complain?! 😂

So yesterday when I asked him a direct question and he felt safe for the first time really answering, it took me off guard completely and shattered my heart. 💔

I asked him what he really thought of his mother.

Be careful what you ask for unless you are really willing to hear it.

"Well think you are beautiful, and strong and smart."
We're off to a good start! 🤗

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"I also think you cause a lot of your own pain."
Ouch 💞 That hurt.

But he is right. I hold on to things way longer than I should. He is good at teaching me to let things go, and not let other people's judgments or opinions hurt me. He has done this as long as I can remember.

Last came the worst of all, and this pains me to say it. In fact I feel a dagger to my heart and I don't want to let it out. But I know if I don't it will just continue to pain me.

"I used to look up to you, you were my hero. Then I realized you weren't the mother to me that I wanted."
💔😳😭

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This took my breath away

TBC in comments

blazewithincyn 63w
Hopefully he allows me the opportunity to make it up to him 🙏

One thing I know, kids are resilient and they love their parents, if they can own up to what they did and change it.

Reply

blazewithincyn 63w
My son never had a bad thing to say, even to this day. My children, like me, feel everything happens for a reason to make us stronger.

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But when he said this to me yesterday I wanted to die. How could I be so blind?!

So I asked him to stop at the top of a cliff over looking a river.

There stood a cross of someone that fell, or maybe it was no accident.

I stood there right in the edge thinking maybe I was next.

I stood there so close a loose rock or a breeze could have ended it for me.

I felt all the feelings and sat with myself, how could I be so blind? I

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myself, how could I be so blind? I am a horrible mother!

Maybe they are just better off without me.

My son got out of the car and came up close not saying a word but I am sure he could read my thoughts.

Without saying a thing I could feel his energy was there to protect me.

I felt his love and his forgiveness, even where I am flawed.

I silently let the tears fall and with them I forgave myself and let him lead me back to the car.

Man I tell you what, really doing the

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Man I tell you what, really doing the work of looking at yourself can be hell.

But also it is a beautiful thing, when you can learn from your past experience and turn them in to lessons.

Driving home after that we saw what looked like fire in the trees. 🔥🌲🔥🌲🔥

It was the most beautiful thing!

And I thank god for another chance to alchemize my past and see the beauty in all things 🙏❤️‍🔥

Reply

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The only thing I ever wanted was to be a good mother to my children.

I asked for clarity and as he spoke I felt my soul being ripped from my body.

Everything I ever did was to make them happy, provide a nice home, food on the table, clothes on their backs, family trips and vacations, a father....

A father.

That is what I wanted for me, so I assumed my children did too.

And with that I forced us to stay with an abuser and make it all okay

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And with that I forced us to stay with an abuser and make it all okay the next day with an apology from him and a fun trip to pretend all was okay.

And that is where I was wrong.

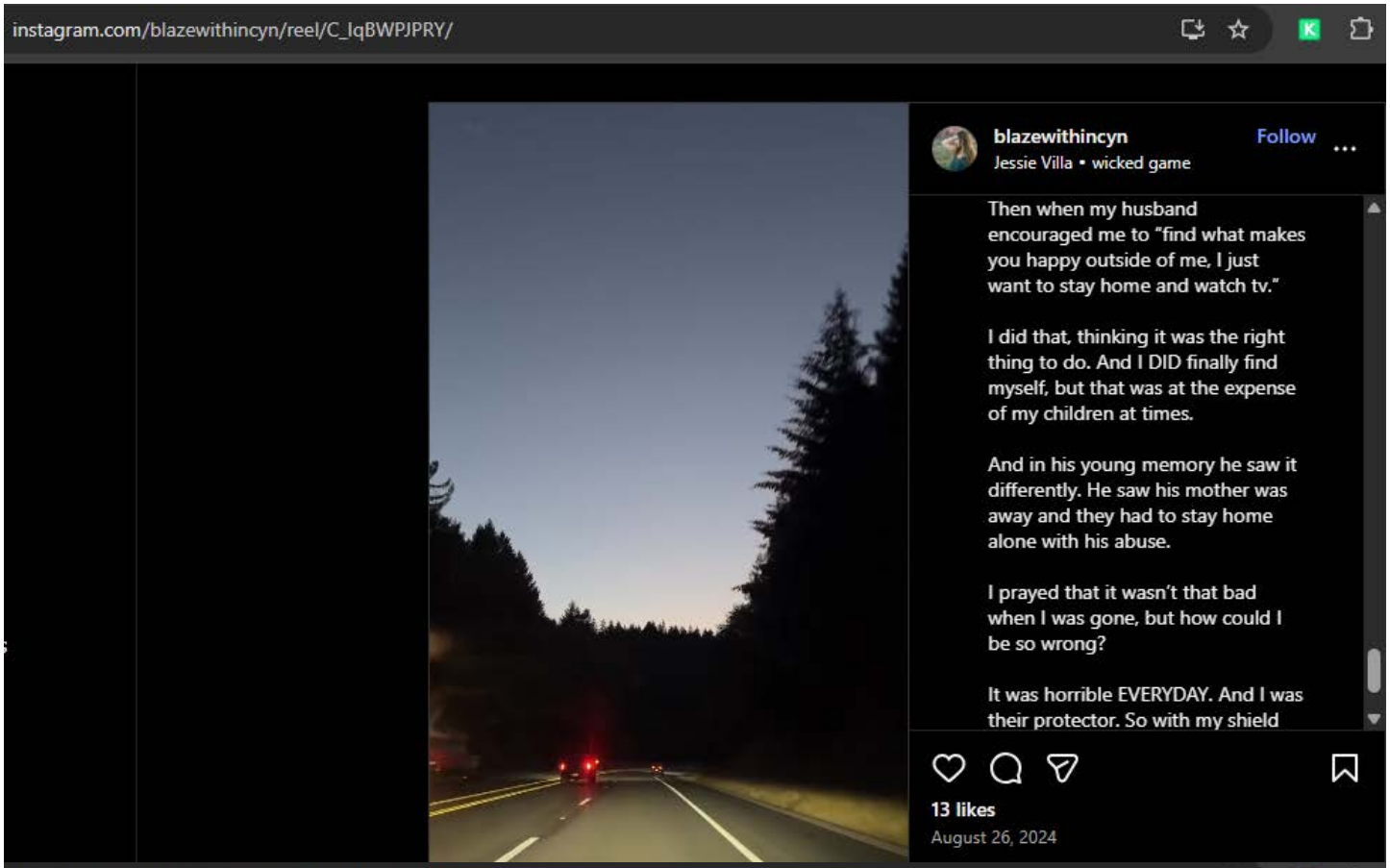
My kids didn't want a father. They wanted me.

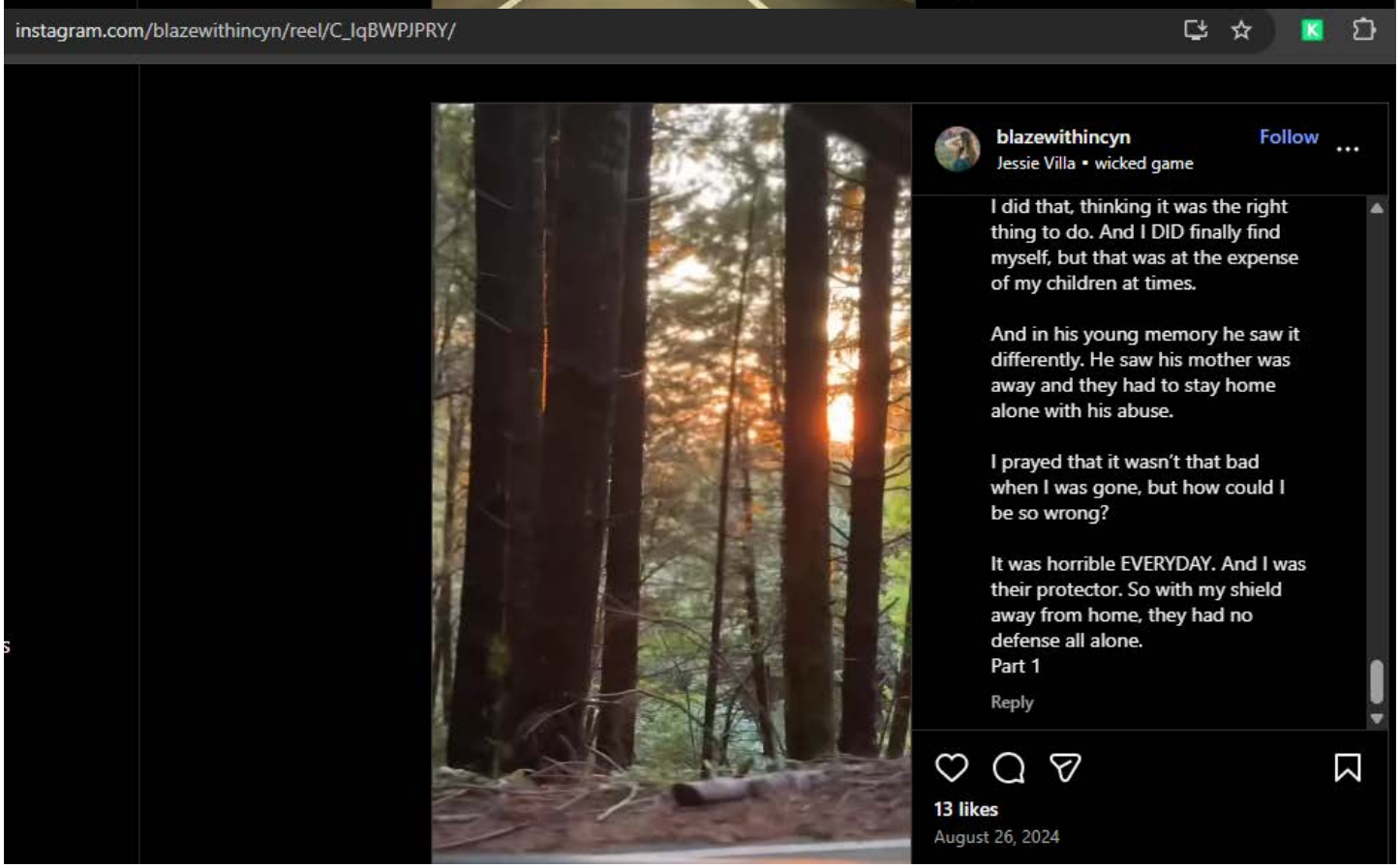
Now mind you, had he been good to us it would have been different. But that was not the case.

So instead I worked harder taking me away from home more.

Then when my husband encouraged me to "find what makes you happy outside of me. I just

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Instagram

blazewithincyn/ | Posted: Aug 26, 2024
System ID: 664779 | Captured: Nov 12, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C_I5ZAtvNGq/

After DOI

Subject posted a video of her walking through the woods by herself. She climbed up on the large stump of a hollowed out tree. She commented that she had a talk with her son and felt bad that she was not the perfect mother, and felt a failure. She then thought about it, and she worked on processing it differently. This is also posted on Subject's Facebook account. Facing your fears I took a walk this morning into the woods by myself. I needed time alone to process all the things my son shared with me and the feelings I had sharing them so publicly. This is a process I do with myself to feel and release the emotions in a way that allows my body to not hold on to it, not take my emotions out on someone else, and also so they don't to sneak up on me in the wrong moment. I felt the emotions. Yelled at myself for not being the perfect mother, cried and forgave myself for not knowing what I didn't know. And thanked myself for continuing to show up and improve myself every day. The funny thing is this is exactly what my son said to me yesterday in the car on the drive when I asked him that fateful question. "Mom, no one is perfect. As long as you are aware of yourself you can choose to stay that way or choose to improve." Oh wise one, I wonder where you learned that But I was not hearing his words in the moment. I was hearing I was a failure as a mother. And this is what happens when we take everything personally and don't sit with it and listen instead of getting defensive. I knew this and that is the process I did yesterday was to choose to sit and listen. Not defend myself or the words he was saying, just take it all in and breathe. It did take my breath away for a moment however. Then I chose to process it and release it. …. On my walk this morning I came across this scary hollowed out tree. When I say it looked like the entrance to hell I am not kidding. It felt ominous and scary and I wondered what was "living in there." In that moment I knew in exactly what I had to do. I had to walk into the depths of hell I had created and was feeling. First I knelt down and asked permission to enter. Nature is a living being and you don't take or enter without first receiving permission. When I felt a yes, I took a deep breath holding back tears feeling I was walking to my maker. Once inside it opened up and I saw light and trees up above! And this is what I always say and teach to my friends and clients; If you can just face your shadows and your biggest fear, they will disappear and turn into light! TBC in comments

instagram.com/blazewithincyn/reel/C_I5ZAtvNGq/



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Original audio

blazewithincyn 63w
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Oh wise one, I wonder where you learned that 🤔

But I was not hearing his words in the moment. I was hearing I was a failure as a mother.

And this is what happens when we take everything personally and don't sit with it and listen instead of getting defensive.

I knew this and that is the process I did

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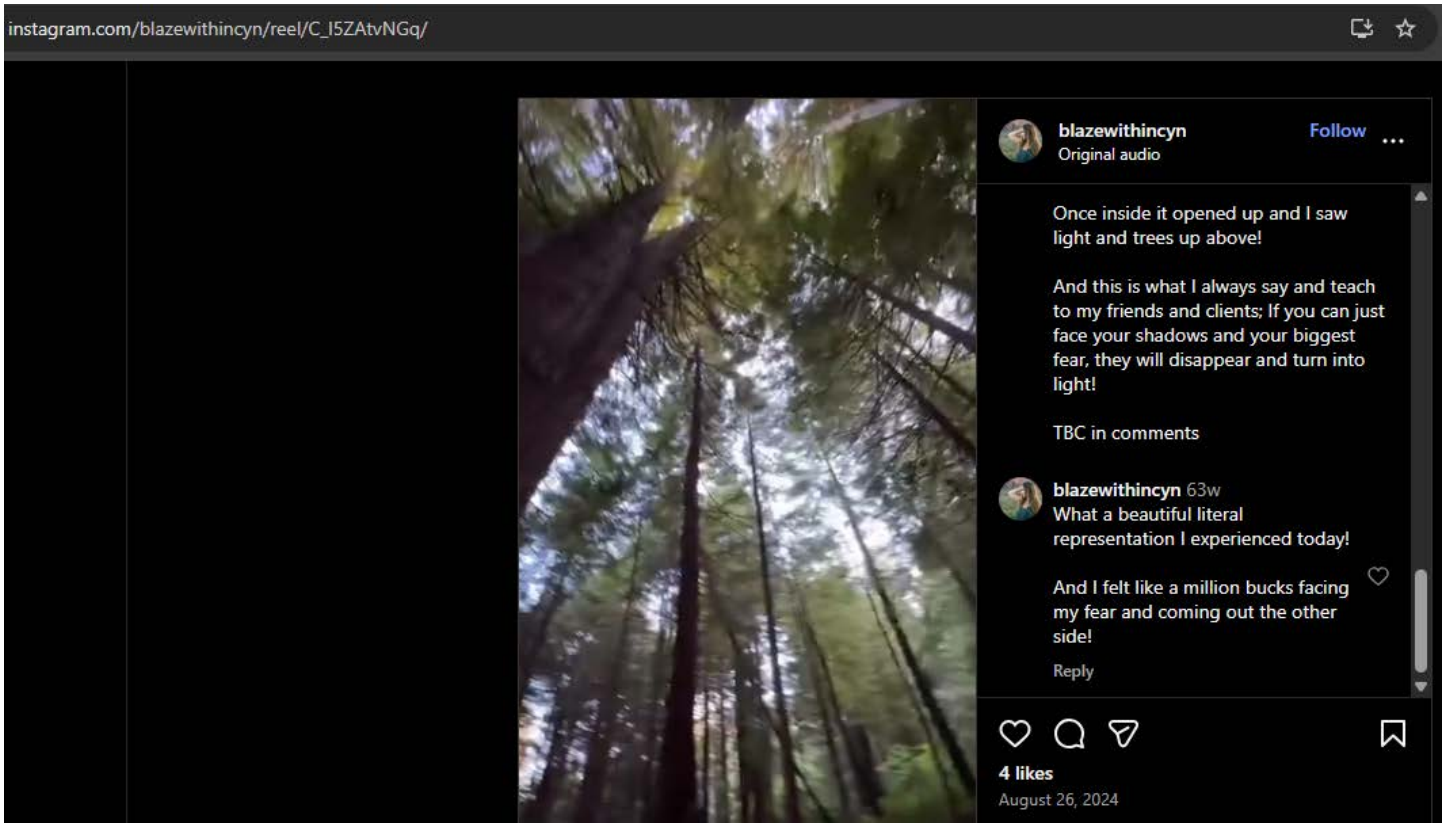
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Once inside it opened up and I saw light and trees up above!

And this is what I always say and teach to my friends and clients; If you can just face your shadows and your biggest fear, they will disappear and turn into light!

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Instagram

blazewithincyn/

System ID: 664747

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_J-e-qP5kS/

Posted: Aug 26, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of horseback riding with her son. She mentions that she may not have been the best mom when he was little, but after their cross-country trip, they all got closer. This is also posted on Subject's Facebook account. Covin surprised me with a horseback ride through the Red Woods today!! □□□ I kept asking him what he wanted to do on our last day and offering multiple suggestions. When he wasn't responding to anything other than "I don't know." I got a little frustrated. "Bud, I need feedback from you, I can't read your mind. This is what I mean when I ask you to talk to me and I get frustrated when you don't answer." Then with a mischievous grin he said "Want to go horseback riding?" "What? Are you serious?? YES!!!" This boy of mine continues to be full of surprises. □ He doesn't love riding horses, but he knows I do, and he even bought himself some new wranglers for the occasion. He never buys himself anything! When we traveled around the country one thing we loved to do was go wild horse chasing. We found everywhere where there was the potential of seeing wild horses and we found them every time! We also went horseback riding in as many unique and beautiful locations as possible. I think this one is top of the list! My heart is so full after this little get away my son took me on. Not only did he plan and pay for everything, he also had heart to heart conversations with me and allowed my heart mind and soul to rest for the first time I can remember. That js the gods honest truth. I may not be perfect, or the mother he wanted at a point in his life, but I know he loves me unconditionally and just wants me to be relaxed and happy. That is all he has ever wanted, and he accomplished that this weekend. I know I wasn't always around when he was little, but travelling the country one on one with my kiddos was the best blessing and gift we could have ever been given. Living in such tight quarters and learning how to communicate and navigate life together wasn't exactly easy, but it was worth it! We made up for lost time and it taught us all some life lessons. It also gave all of them the travel bug from their mama! One thing I know, when life seems impossible, look at it from another viewpoint for a minute. And what better way than taking a trip? I love you son. Thank you for doing this life with me! Even when it hasn't been easy, it's definitely worth it!

instagram.com/blazewithincyn/reel/C_J-e-qP5kS/



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blazewithincyn 63w
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When he wasn't responding to anything other than "I don't know." I got a little frustrated.

"Bud, I need feedback from you, I can't read your mind. This is what I mean when I ask you to talk to me and I get frustrated when you don't answer."

Then with a mischievous grin he said "Want to go horseback riding?"

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August 26, 2024

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"What? Are you serious?? YES!!!"

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instagram.com/blazewithincyn/reel/C_J-e-qP5kS/



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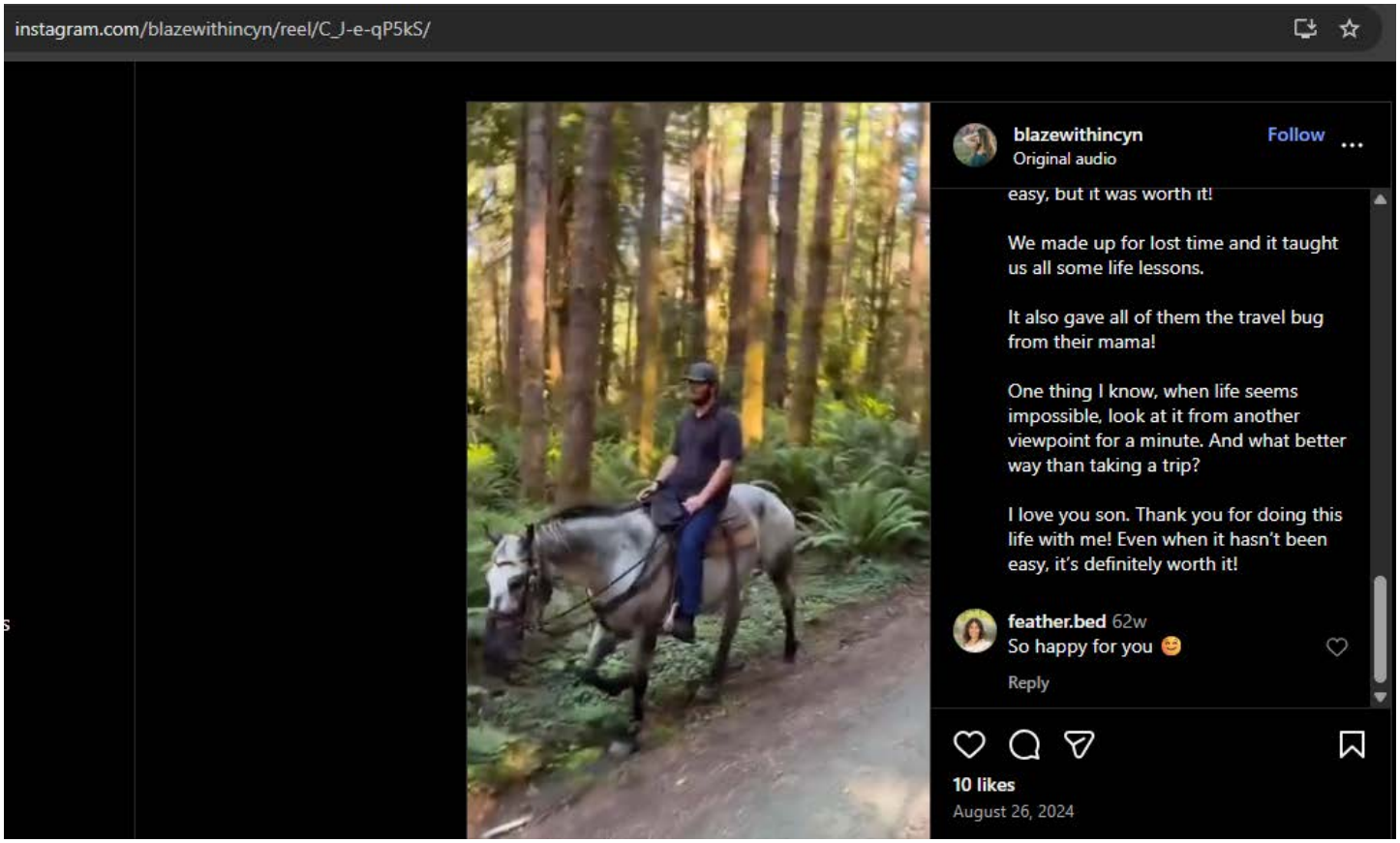
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Instagram

blazewithincyn/

System ID: 664857

Cynthia Lee Jacobson

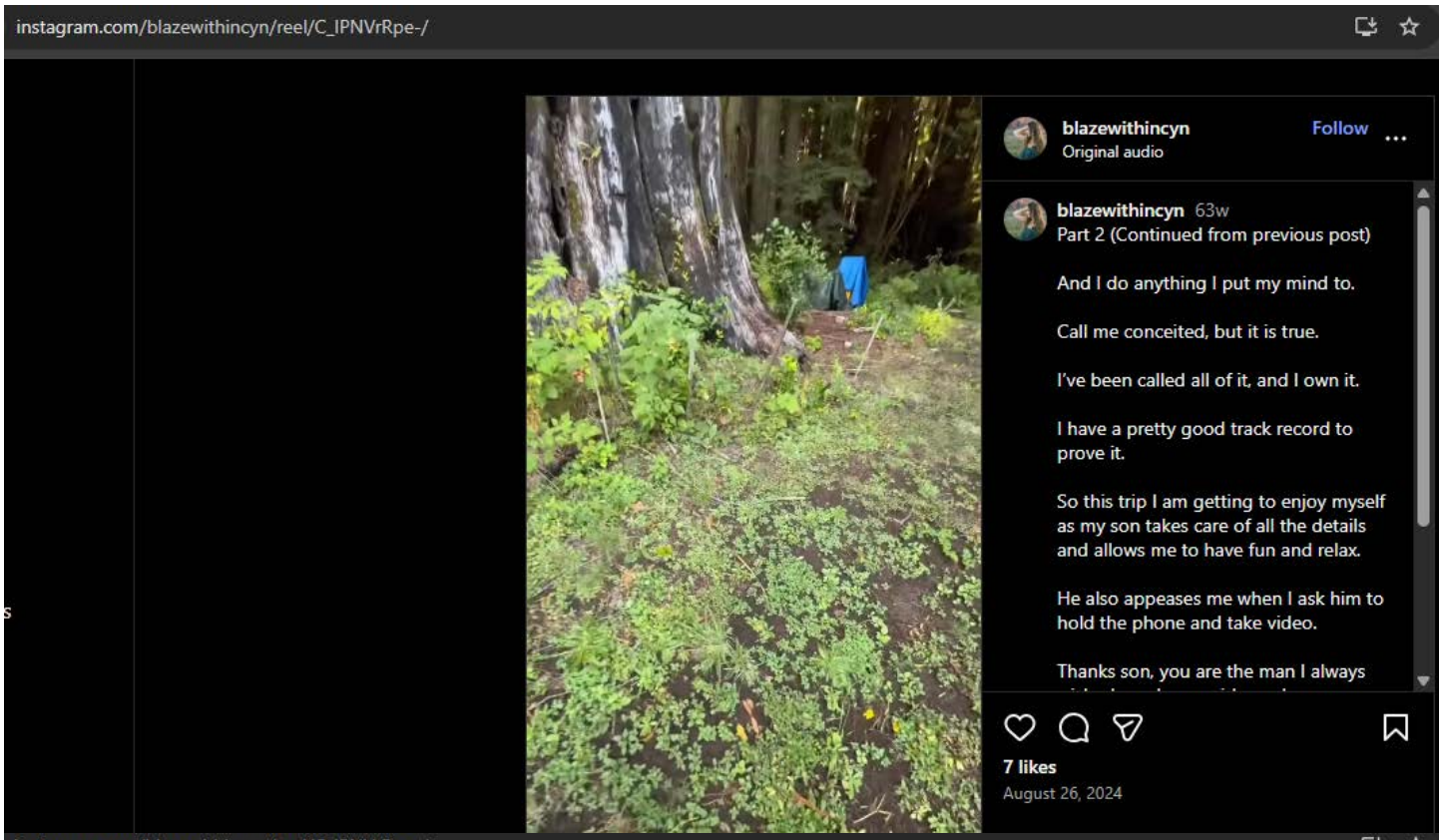
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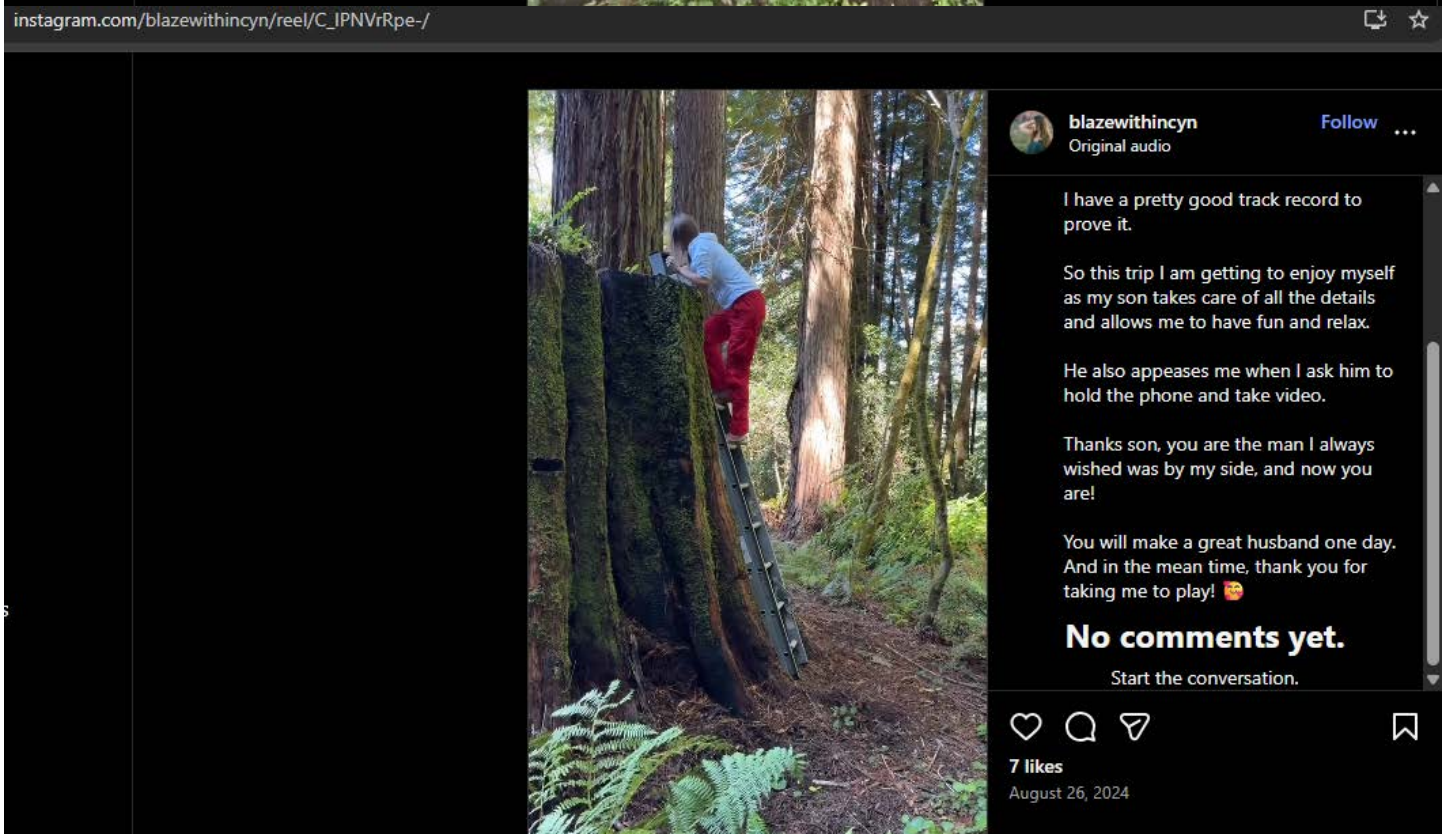
Posted: Aug 26, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of herself on top of a large stump; she uses a ladder to climb down. She tosses her phone down to her son so he can videotape her. Part 2 (Continued from previous post) And I do anything I put my mind to. Call me conceited, but it is true. I've been called all of it, and I own it. I have a pretty good track record to prove it. So this trip I am getting to enjoy myself as my son takes care of all the details and allows me to have fun and relax. He also appeases me when I ask him to hold the phone and take video. Thanks son, you are the man I always wished was by my side, and now you are! You will make a great husband one day. And in the mean time, thank you for taking me to play! □





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Instagram

blazewithincyn/ | Posted: Aug 27, 2024
System ID: 664730 | Captured: Nov 12, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C_MipIcPAsU/

After DOI

Subject posted a video of a hike that she took with her son, Covin. She also wrote that they were going horseback riding afterward. She states she felt better than expected, although she had worried about getting weak since she did not sleep well the night before. She mentions that in May, she had her implants removed due to "breast implant illness," which caused her iron levels to drop. This is also posted on Subject's Facebook account. “THE CURIOUS PARADOX IS THAT WHEN I ACCEPT MYSELF JUST AS I AM, THEN I CHANGE.” ~~CARL ROGERS Before we went horseback riding my son took me to Stout Grove. It was a beautiful drive and then he stopped and asked if I wanted to do the hike. I really wanted to say no. And in fact I did. I was already tired from not sleeping well the night before, or at all on this trip for that matter, and I knew we had the horse ride coming up. In the past with my health I would not have been able to do it all, even though I used to push myself to the brink constantly. I could tell he really wanted to go and then he informed me it was the Number 1 tourist attraction in Crescent city. How could I say no to that? I told him I was tired and wanted to make sure I had energy for the ride. He sat there waiting expectantly but not wanting to push me. I wanted to see it, and didn’t want to let him down. I felt into it and decided if I started to get tired we could turn back. Also I wanted to change that program of lack of energy in me. It has been a real thing, with no blood or oxygen carrying hemoglobin in me. I was almost helicoptered of a zip line in Alaska for this very reason. However I have recently had my implants removed in May which were causing “breast implant illness” and adding to my lack of iron. 2 days after surgery my iron was higher than it has been in 10 years! My oncologist was so surprised they ran it again. “How do you feel? I don’t know if I believe this, you just had surgery and had a lot of blood loss.” I also still had drains in that was continuing to collect lost blood. I told him I felt AMAZING! And I did, and continue to improve every day. So I was pleasantly surprised when I did this (small) hike with a steep incline at the end that I wasn’t even winded, I could have kept going! □□ I am so glad he encouraged me to go and I trusted my body in its continued healing. The grove was spectacular! Seriously one of the most memorable parts of the trip. □❤ I will be sharing more about this quote by Carl Roger’s in another post □

instagram.com/blazewithincyn/reel/C_MipIcPAsU/



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"THE CURIOUS PARADOX IS THAT WHEN I ACCEPT MYSELF JUST AS I AM, THEN I CHANGE." ~~CARL ROGERS

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August 27, 2024

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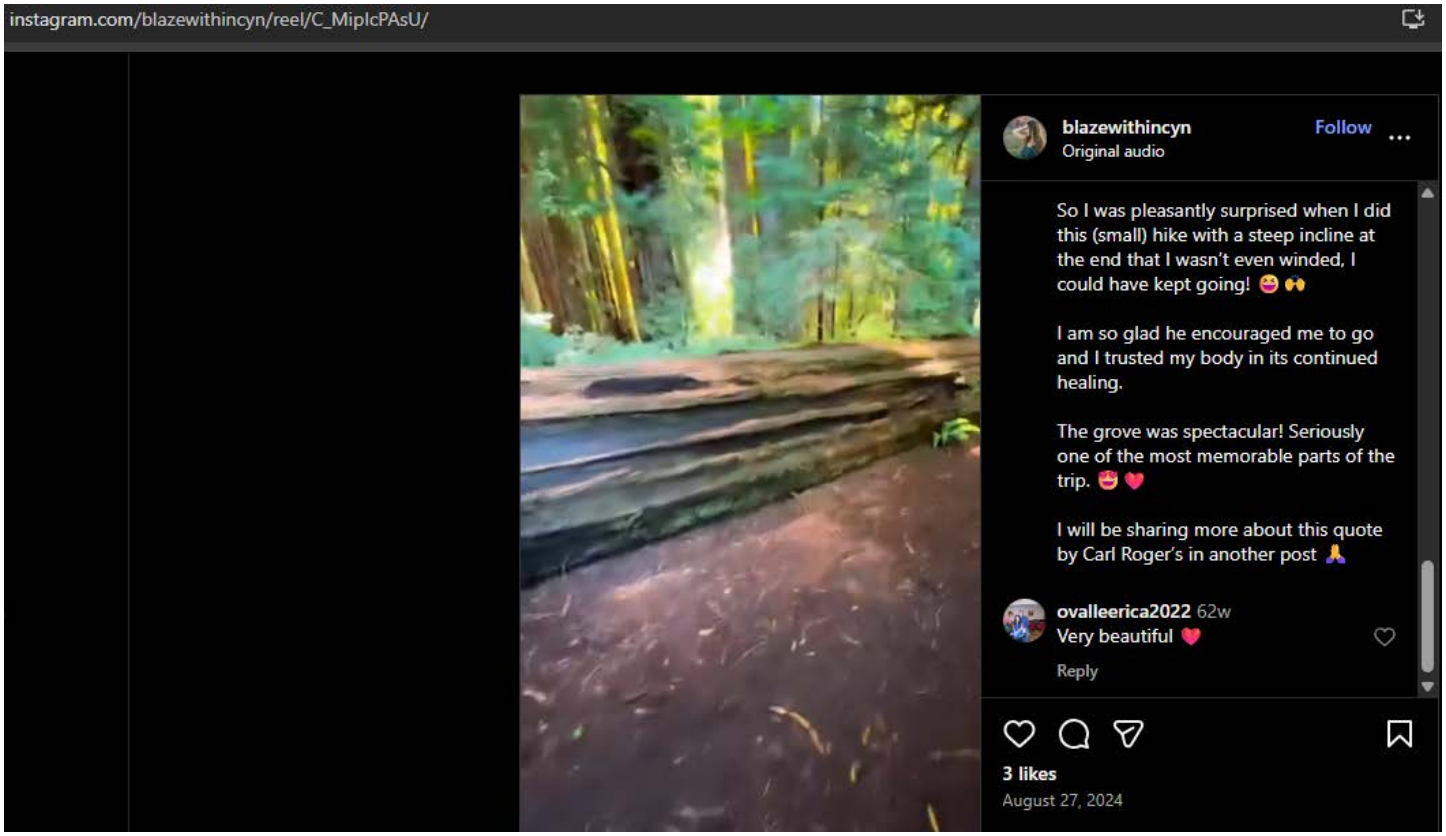
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The grove was spectacular! Seriously one of the most memorable parts of the trip. 😍❤️

I will be sharing more about this quote by Carl Roger's in another post 🙏

ovalleerica2022 62w

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August 27, 2024



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Instagram

blazewithincyn/

System ID: 664707

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/p/C_MkU4sP5ho/

Posted: Aug 27, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a meme about directness and transparency being love languages for those who experienced trauma. This is also posted on Subject's Facebook account. This right here. This is what I have been doing in my life for years now but never felt safe to do so with those that I still felt traumatized by. Something in me changed a few weeks ago and while it was a little bumpy showing the new side of Cyndee, it has been so freeing and liberating. I will never go back to the old way of tiptoeing around people hoping they will love me even after I show them how they are hurting me. I don’t need that kind of “love,” you can keep it. That is not love. And if we are not even friends in the end I am okay with that too. Transparency IS my love language and always has been. My profile once read “I am transparent as glass, and trusting to a fault.” I still believe in transparency, but trust is now earned, not something you are given automatically. Also your window to Cyndee may be locked with the drapes pulled if you can’t be transparent with me in return. This is no longer a one way street, or should I say “one way looking glass.”

instagram.com/blazewithincyn/p/C_MkU4sP5ho/



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blazewithincyn 63w
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That is not love.

And if we are not even friends in the end I am okay with that too.

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August 27, 2024

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🧡💚💜

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August 27, 2024

Facebook

cyndee.jacobson.163679
System ID: 667329
Cynthia Lee Jacobson
https://www.facebook.com/photo?fbid=122210097164009898&set=a.122135350160009898

Posted: Aug 27, 2024
Captured: Nov 18, 2025

After DOI

Subject posted a meme with two doors, one giving you 10 million in cash, the other fixing your mistakes. Subject said she would take the money. A friend posted this and this was my answer: Red door Blue door gave me all my lessons. Now to capitalize on those lessons, cashing in and enjoy the rest of my life! ❤ Which would you choose? See less


facebook.com/photo?fbid=1222100971640098988set=a.122135350160009898
Red door: 10 MILLION in cash
Blue door: You go back in time and fix all your mistakes
Cyndee Jacobson
August 27, 2024 ·
A friend posted this and this was my answer:
Red door 💯
Blue door gave me all my lessons.
Now to capitalize on those lessons, cashing in and enjoy the rest of my life! ❤️💙
Which would you choose? See less
17
14
Like
Share
Most relevant
Ahyash Ithayaq
Definitely, I chose the red door...The lessons and mistakes have made the man I AM today...lessons LEARNT.
I AM ready!
1y Like
Austin Bacon
Red Door 💯
1y Like
Author
Cyndee Jacobson
Austin Bacon ❤️
1y Like
David Patterson
Christ already paid for and fixed all of my mistakes so this is an easy one.🙏
1y Like
2
Benjamin J Cavalier

facebook.com/photo?fbid=1222100971640098988set=a.122135350160009898

Red door: 10 MILLION in cash

Blue door: You go back in time and fix all your mistakes



one

1y Like 2

Benjamin J Cavalier
If I go back and fix all mistakes then I make WAY more than $10M

1y Like

James Keith
Blue door with no hesitation. I've hurt too many people and thrown away too many good things in my life.

I like your answer too though

1y Like Edited

Author
Cyndee Jacobson
James Keith If that is the case can you own what you did and forgive yourself? That is the key to u locking the pain for you and for them

1y Like 2

James Keith
Cyndee Jacobson I definitely own it but I don't know if I'll ever forgive myself. You seem like a really sweet and compassionate person though and I appreciate you taking an interest in my situation. I need more good people in my life.

1y Like Edited

Dave Huiras
Red door.
Mistakes are in your past, your past is complete.

1y Like 3

Author
Cyndee Jacobson
Dave Huiras Exactly!

TikTok

@blazewithincyn

System ID: 664808

Posted: Aug 28, 2024

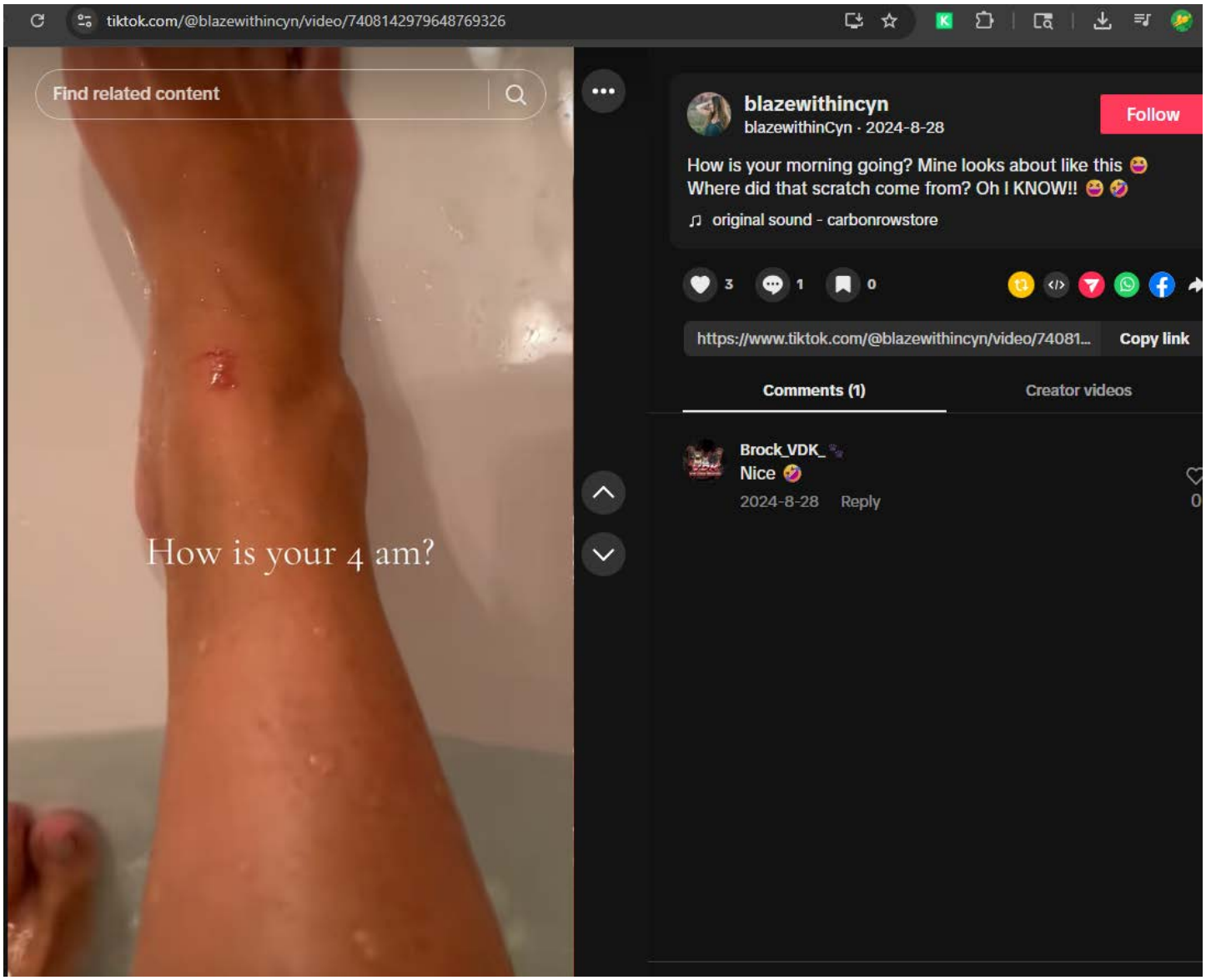
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7408142979648769326

After DOI

Subject posted a video of herself in a bathtub showing her legs. She notes a sore on the top of one of her feet. This is also posted on Subject's TikTok account. How is your morning going? Mine looks about like this Where did that scratch come from? Oh I KNOW!!



[Link to download video]

TikTok

@blazewithincyn

System ID: 664802

Posted: Aug 28, 2024

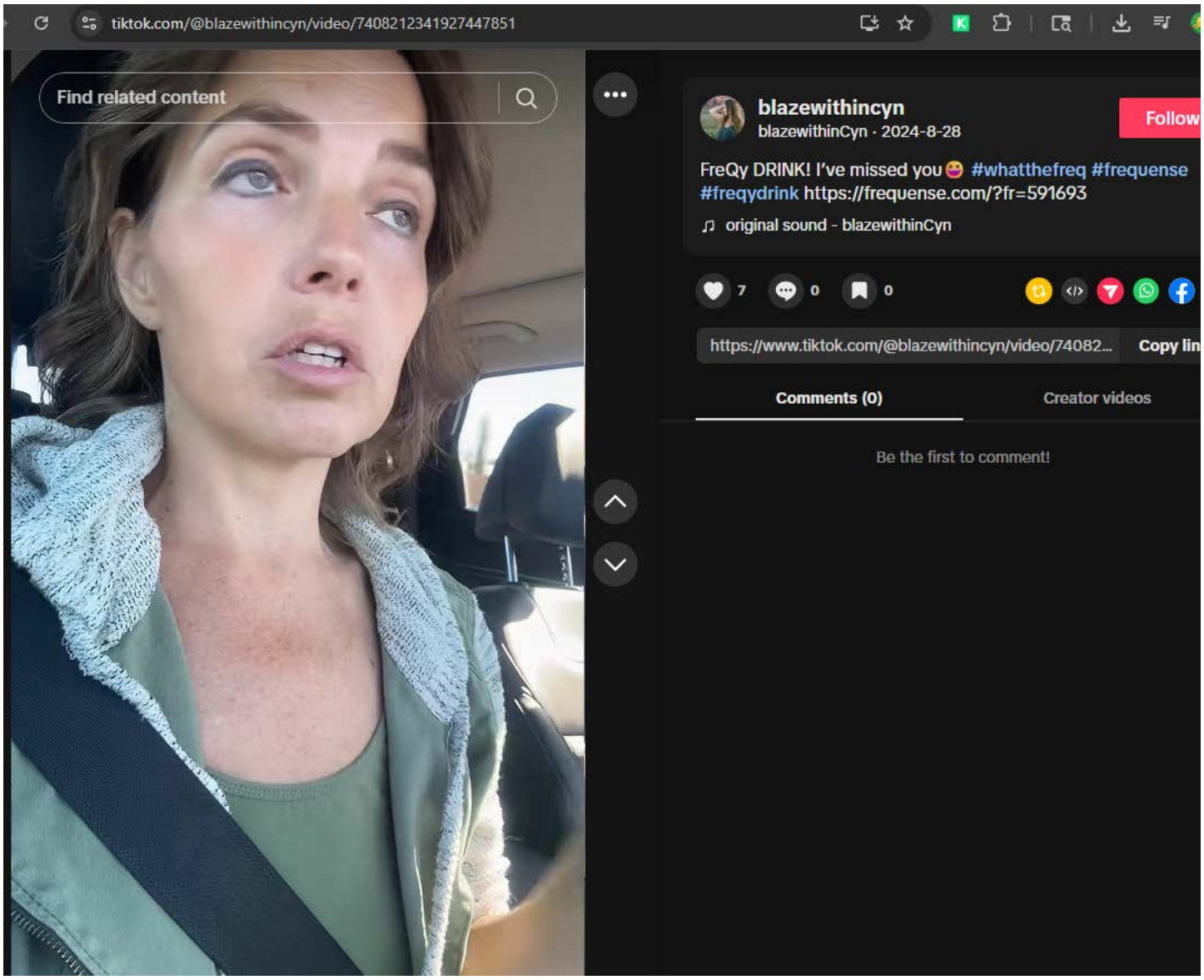
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7408212341927447851

After DOI

Subject posted a video selfie while driving. She mentioned that she missed her FreQy Drink while she was out of town. She attributes the drink to helping her feel better and improve her lab values. She said that she was driving to the doctor's for a blood draw. FreQy DRINK! I’ve missed you #whatthefreq #frequense #freqydrink https://frequense.com/?fr=591693



[Link to download video]

TikTok

@blazewithincyn

System ID: 664798

Posted: Aug 28, 2024

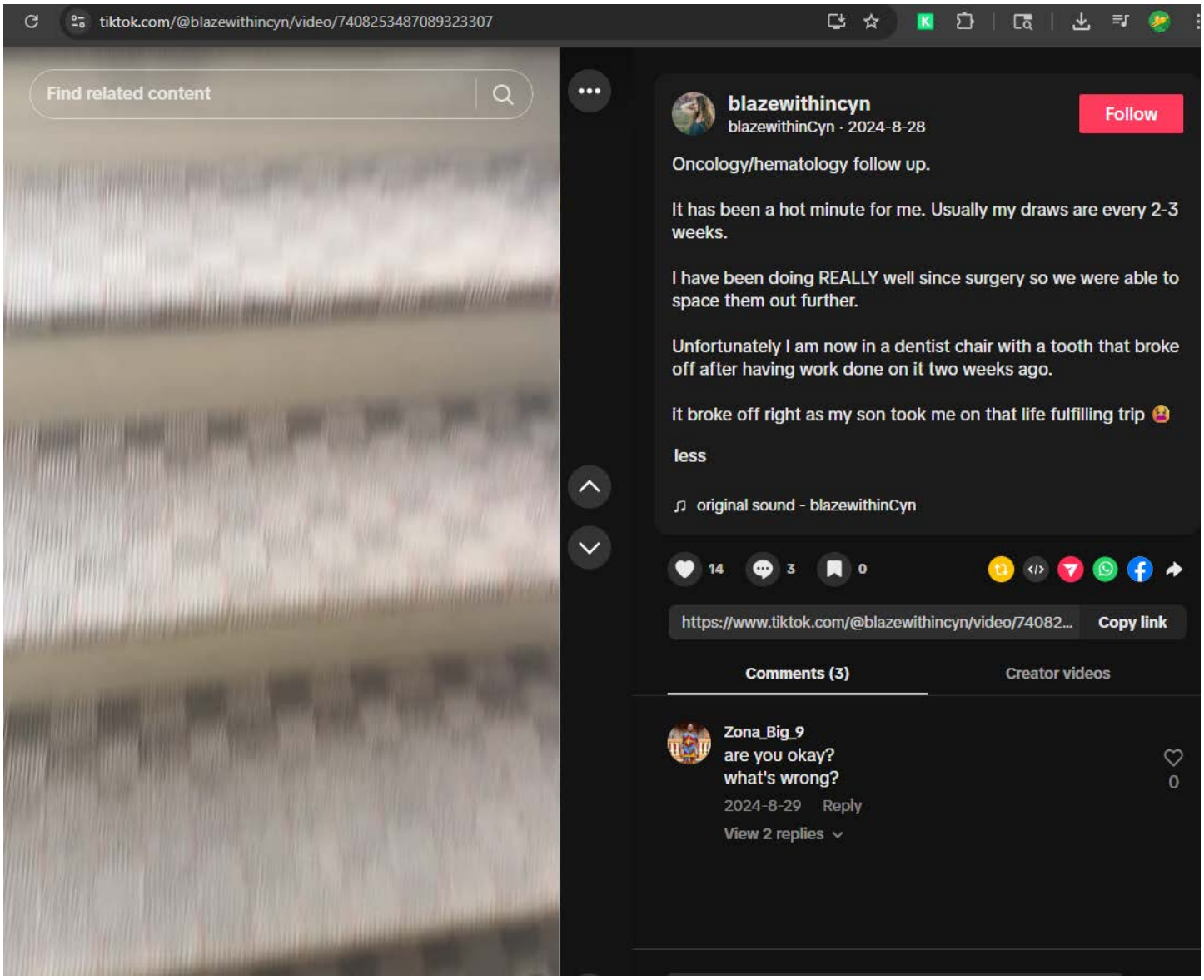
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7408253487089323307

After DOI

Subject posted a video of her going to oncology/hematology for a blood draw after her surgery. She also wrote that she has to see the dentist for a broken tooth. Oncology/hematology follow up. It has been a hot minute for me. Usually my draws are every 2-3 weeks. I have been doing REALLY well since surgery so we were able to space them out further. Unfortunately I am now in a dentist chair with a tooth that broke off after having work done on it two weeks ago. it broke off right as my son took me on that life fulfilling trip



[Link to download video]

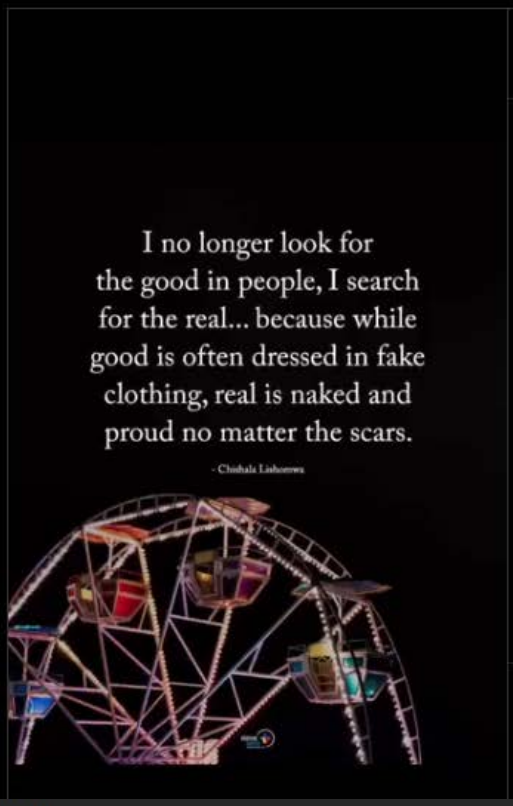
Instagram

blazewithincyn/ | Posted: Aug 29, 2024
System ID: 664701 | Captured: Nov 12, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C_PfqYYO1GA/

After DOI

Subject posted a meme about searching for the real in people. She was told that when she was young, she should look for the good in everyone and love that. She would now rather see their scars because the good may be fake. This is also posted on Subject's Facebook account. This right here. I used to pride myself in “seeing the good” in all people. Where did I learn that?! □ Actually I do remember exactly where I learned it. It was a great mentor of mine that I still admire to this day. I looked up to her as a mother figure when I felt I couldn’t look up to my own ⬅ Story for later. She alsways seemed to love everybody and I said “How do you do it? I want to learn it!” She said “well you just look for one thing you like in them, and focus on that! Leave all the other stuff behind.” And just like that, with a whip and a “CRACK!” I learned to love everyone and never see their flaws. I am serious when I say this. I was just 19 and learning how to become an “adult” on my own, which is where I had been since 17 and three quarters, when the foster care system sent me out to live alone. While it is lovely advice the caveat is, you don’t HAVE to love everybody. Oh but I did! If I loved everyone, and everyone loved me, they wouldn’t “leave” me, like everyone else in my life that I had thought loved me did. So I decided that is what I must do! The flaw in this method is maybe they don’t deserve your love, and if you allow them to keep treating you bad and showing you will come back for more, they begin to treat you worse and do it more and more! “How badly can I treat them and still have them come back?” They think subconsciously. So while it may have taken a long while to learn and unlearning it was HARD, now that it’s done, it’s DONE! I no longer look for the good in people, I search for the real… ….because while good is often dressed in fake clothing, real is naked and proud, no matter of the scars - Chishala Lishomwa Scars? I’ll show you SCARS! I’ll show you mine, if you show me yours? Come on! It’s a fun game! □

instagram.com/blazewithincyn/reel/C_PfqYYO1GA/



blazewithincyn Follow ···

blazewithincyn Edited • 62w
This right here.

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And just like that, with a whip and a "CRACK!"
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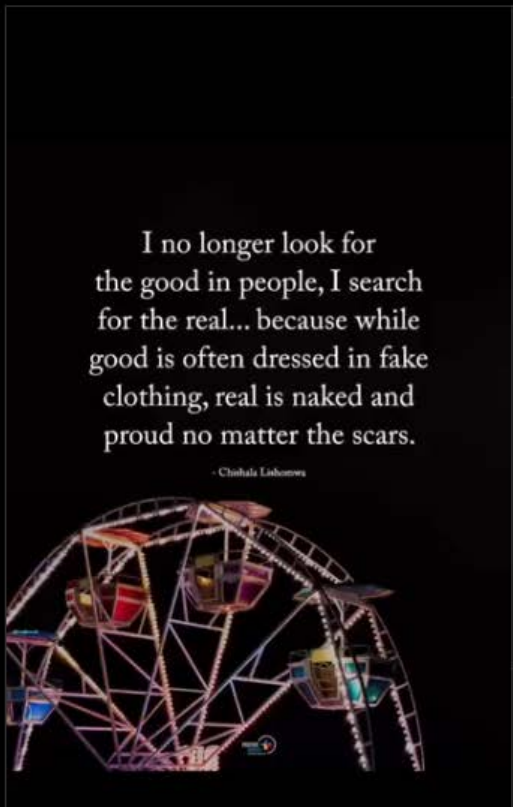
While it is lovely advice the caveat is, you don't HAVE to love everybody.

Oh but I did!

If I loved everyone, and everyone loved

1 like
August 29, 2024

instagram.com/blazewithincyn/reel/C_PfqYYO1GA/


I no longer look for
the good in people, I search
for the real... because while
good is often dressed in fake
clothing, real is naked and
proud no matter the scars.
- Chishala Lishonwa

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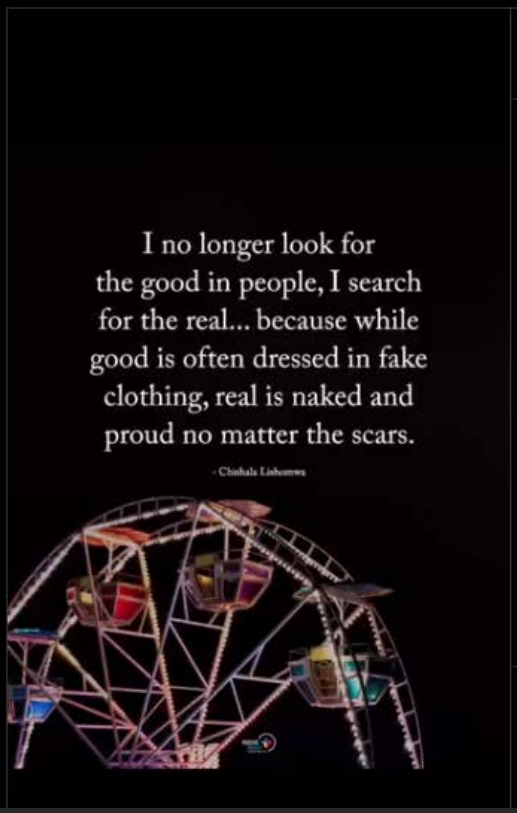
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1 like
August 29, 2024

instagram.com/blazewithincyn/reel/C_PfqYYO1GA/



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"How badly can I treat them and still have them come back?" They think subconsciously.

So while it may have taken a long while to learn and unlearning it was HARD, now that it's done, it's DONE!

1 like

August 29, 2024

instagram.com/blazewithincyn/reel/C_PfqYYO1GA/



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I no longer look for the good in people, I search for the real...

....because while good is often dressed in fake clothing, real is naked and proud, no matter of the scars - Chishala Lishomwa

Scars? I'll show you SCARS!

I'll show you mine, if you show me yours?

Come on! It's a fun game! 🤗

No comments yet.

Start the conversation.

1 like

August 29, 2024

Instagram

blazewithincyn/

System ID: 664693

Cynthia Lee Jacobson

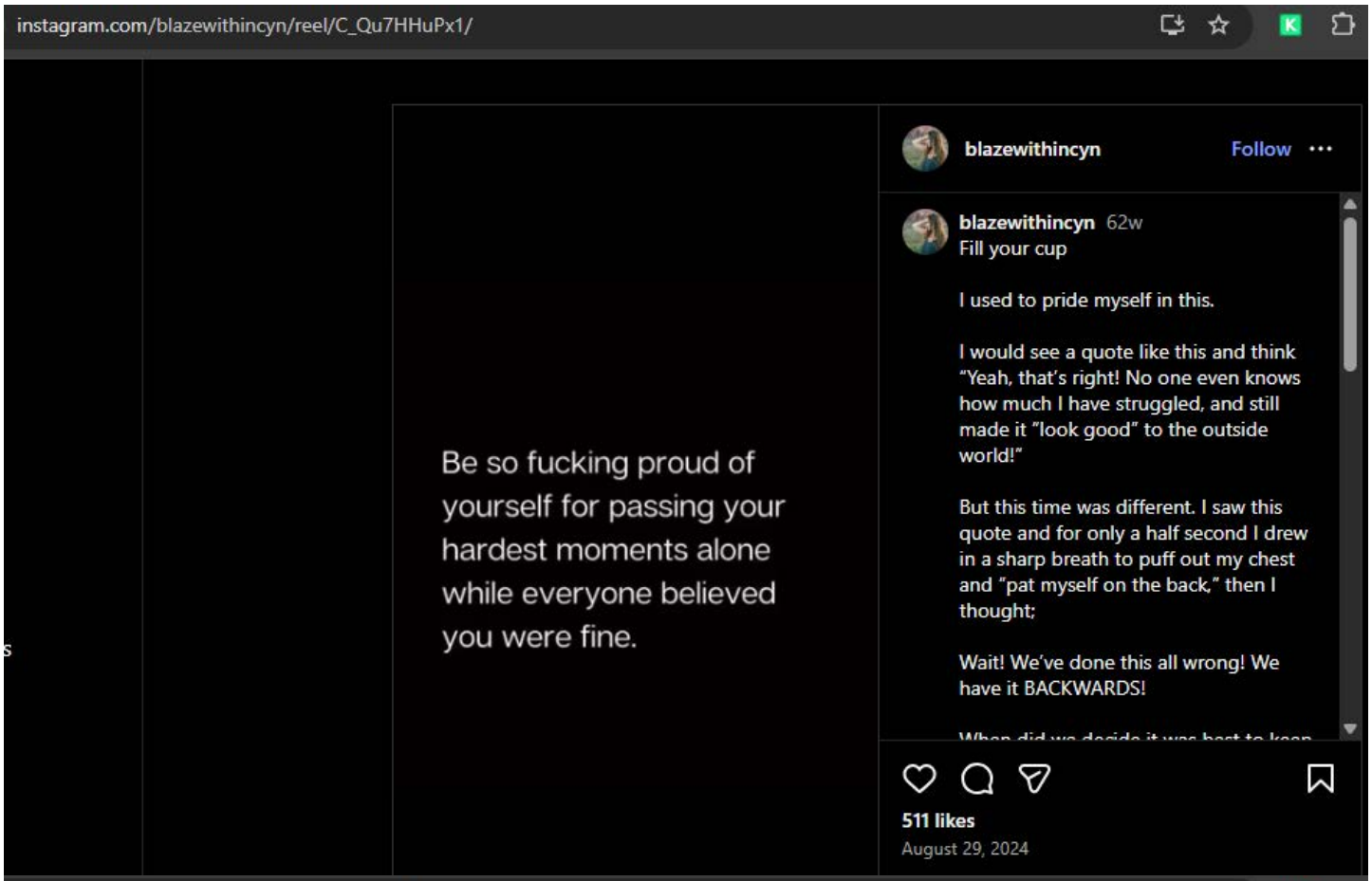
https://www.instagram.com/blazewithincyn/reel/C_Qu7HHuPx1/

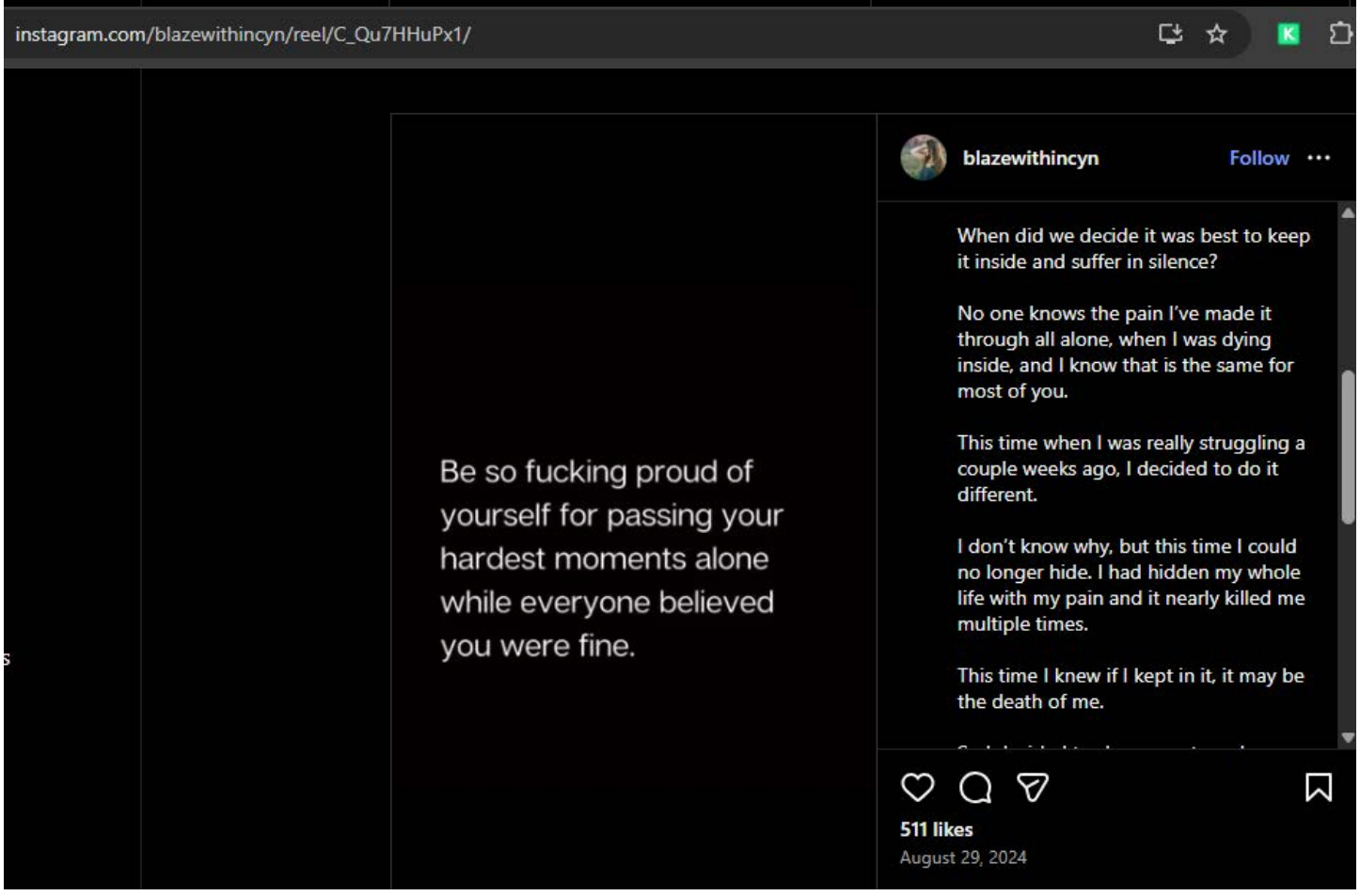
Posted: Aug 29, 2024

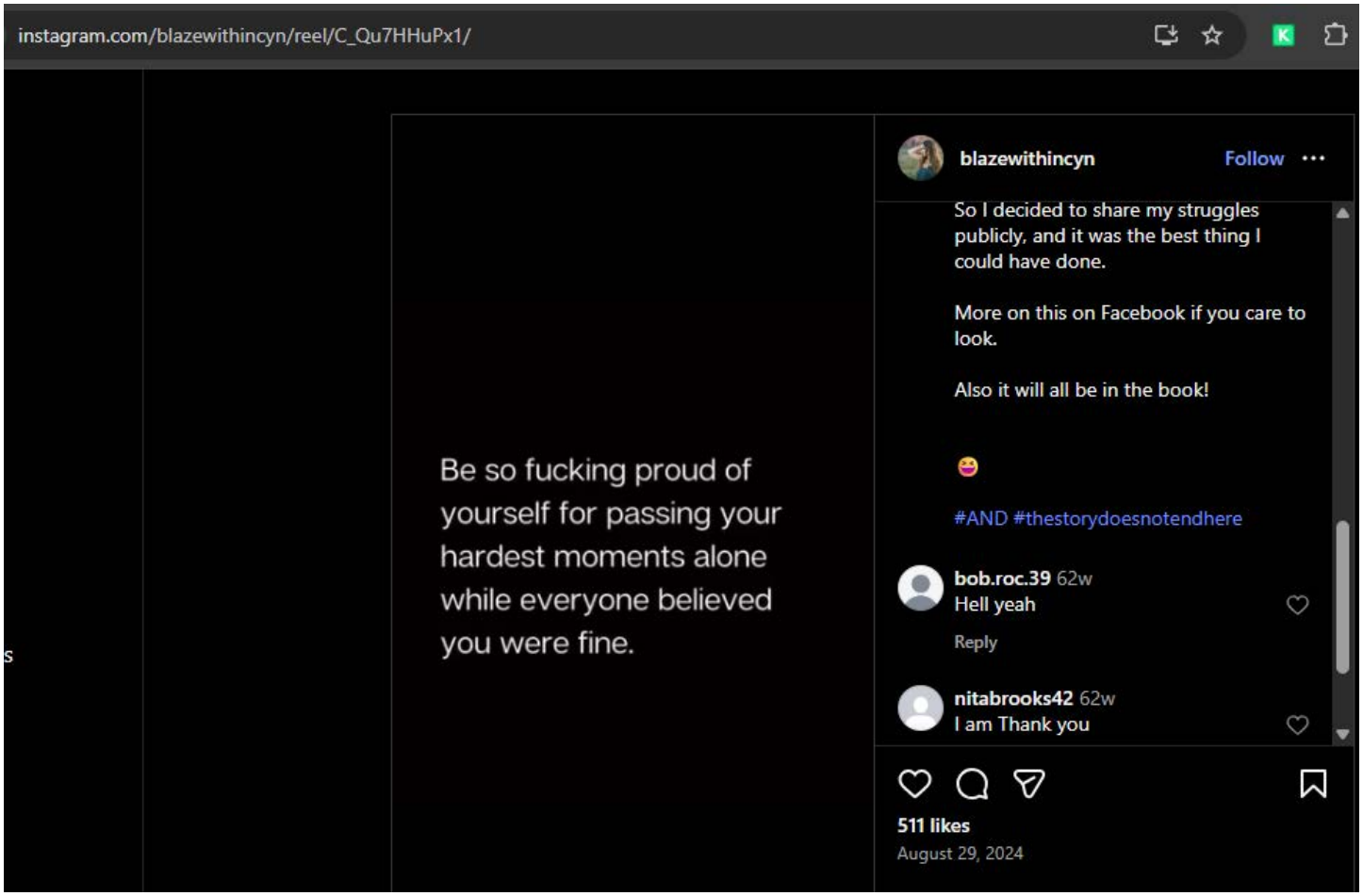
Captured: Nov 12, 2025

After DOI

Subject posted a meme of being proud of getting through hard times alone without anyone realizing what happened. She argued that this is wrong and we should share our struggles. She also mentioned that there will be a book. This is also posted on Subject's Facebook account. Fill your cup I used to pride myself in this. I would see a quote like this and think “Yeah, that’s right! No one even knows how much I have struggled, and still made it “look good” to the outside world!” But this time was different. I saw this quote and for only a half second I drew in a sharp breath to puff out my chest and “pat myself on the back,” then I thought; Wait! We’ve done this all wrong! We have it BACKWARDS! When did we decide it was best to keep it inside and suffer in silence? No one knows the pain I’ve made it through all alone, when I was dying inside, and I know that is the same for most of you. This time when I was really struggling a couple weeks ago, I decided to do it different. I don’t know why, but this time I could no longer hide. I had hidden my whole life with my pain and it nearly killed me multiple times. This time I knew if I kept in it, it may be the death of me. So I decided to share my struggles publicly, and it was the best thing I could have done. More on this on Facebook if you care to look. Also it will all be in the book!


instagram.com/blazewithincyn/reel/C_Qu7HHuPx1/
Be so fucking proud of yourself for passing your hardest moments alone while everyone believed you were fine.
blazewithincyn
Follow
blazewithincyn 62w
Fill your cup
I used to pride myself in this.
I would see a quote like this and think "Yeah, that's right! No one even knows how much I have struggled, and still made it "look good" to the outside world!"
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Wait! We've done this all wrong! We have it BACKWARDS!
511 likes
August 29, 2024


instagram.com/blazewithincyn/reel/C_Qu7HHuPx1/
Be so fucking proud of yourself for passing your hardest moments alone while everyone believed you were fine.
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When did we decide it was best to keep it inside and suffer in silence?
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511 likes
August 29, 2024


instagram.com/blazewithincyn/reel/C_Qu7HHuPx1/
Be so fucking proud of yourself for passing your hardest moments alone while everyone believed you were fine.
blazewithincyn
Follow
So I decided to share my struggles publicly, and it was the best thing I could have done.
More on this on Facebook if you care to look.
Also it will all be in the book!
#AND #thestorydoesnotendhere
bob.roc.39 62w
Hell yeah
Reply
nitabrooks42 62w
I am Thank you
511 likes
August 29, 2024

Instagram

blazewithincyn/

Posted: Aug 29, 2024

System ID: 664687

Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_OVrvMybJ5/

After DOI

Subject posted a video of her going to the dentist to get a broken tooth fixed. She reflects on a dental visit when she was a child, when the dentist told her to "shut up." She adds to a reason why she was taught to keep things inside. She also wrote that she has an Ehlers-Danlos connective tissue disorder. This is also posted on Subject's Facebook and TikTok accounts. Now off to the dentist! 34 hours of no sleep, travelling, oncologist follow up and blood draw… Tooth pain is NO JOKE! My tooth broke 6 days ago after having works done on it a week prior. I had no time to take care of it until now, and in true Cyndee fashion I did not complain of the pain. Until I am ready to do something about it that is, and get it fixed! I have a HIGH pain tolerance I guess that comes with the territory with a life of pain. My doctors and dentists are baffled by me. I even had dental work done in the past with no anesthetic because my body was in shutdown mode and could not handle it. My dentist felt so bad and kept checking in with me, but I told him just to go for it! That was years ago, At least this time I got the numbing injection! I also got some Dental substrate in my eye flipped up from their gloves. Leave it to Cyndee to bring the drama to her trauma, and then laugh about it lol! At least we all have a good story to tell! They gave me cool glasses after that □✌ I have had some horrible experiences with dentist in my lifetime, especially being a unique case with Ellers Danos connective tissue disorder. The numbing anesthetic only works when it chooses to. Now we know what it is. I know to ask for a carbocaine, but it also wears off quickly so they have to move fast or give me up to five injections through the procedure. My children are also this way and in the past I would blame the dentist in my head for not “putting it in the right spot” even though I never said it. But that wasn’t the case at all, and they were just as distraught as me for the pain I was in or that of my children. Except one dentist that is when I was a kid. He told me I was “being a baby” and to “shut up.” Literally! So I did! That is probably at where I learned to keep my pain in and gained a high pain tolerance. At least partly if not fully. I was having all 4 of my wisdom teeth out and he injected them all at once. The first one was okay. But the second one I could feel. “No way you can feel that!” But I did! I winced in pain and kept it in. I am so grateful for this amazing dentist of mine that I have been with for years!

instagram.com/blazewithincyn/reel/C_OVrvMybJ5/



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Original audio

blazewithincyn Edited • 62w
Now off to the dentist!

34 hours of no sleep, travelling, oncologist follow up and blood draw...

Tooth pain is NO JOKE!

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2 likes
August 29, 2024

instagram.com/blazewithincyn/reel/C_OVrvMybJ5/



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Original audio

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My dentist felt so bad and kept checking in with me, but I told him just to go for it! That was years ago, At least this time I got the numbing injection!

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Leave it to Cyndee to bring the drama to her trauma, and then laugh about it lol!

At least we all have a good story to tell!

2 likes
August 29, 2024

instagram.com/blazewithincyn/reel/C_OVrvMybJ5/



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Original audio

They gave me cool glasses after that 😍✌️

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2 likes
August 29, 2024

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Original audio

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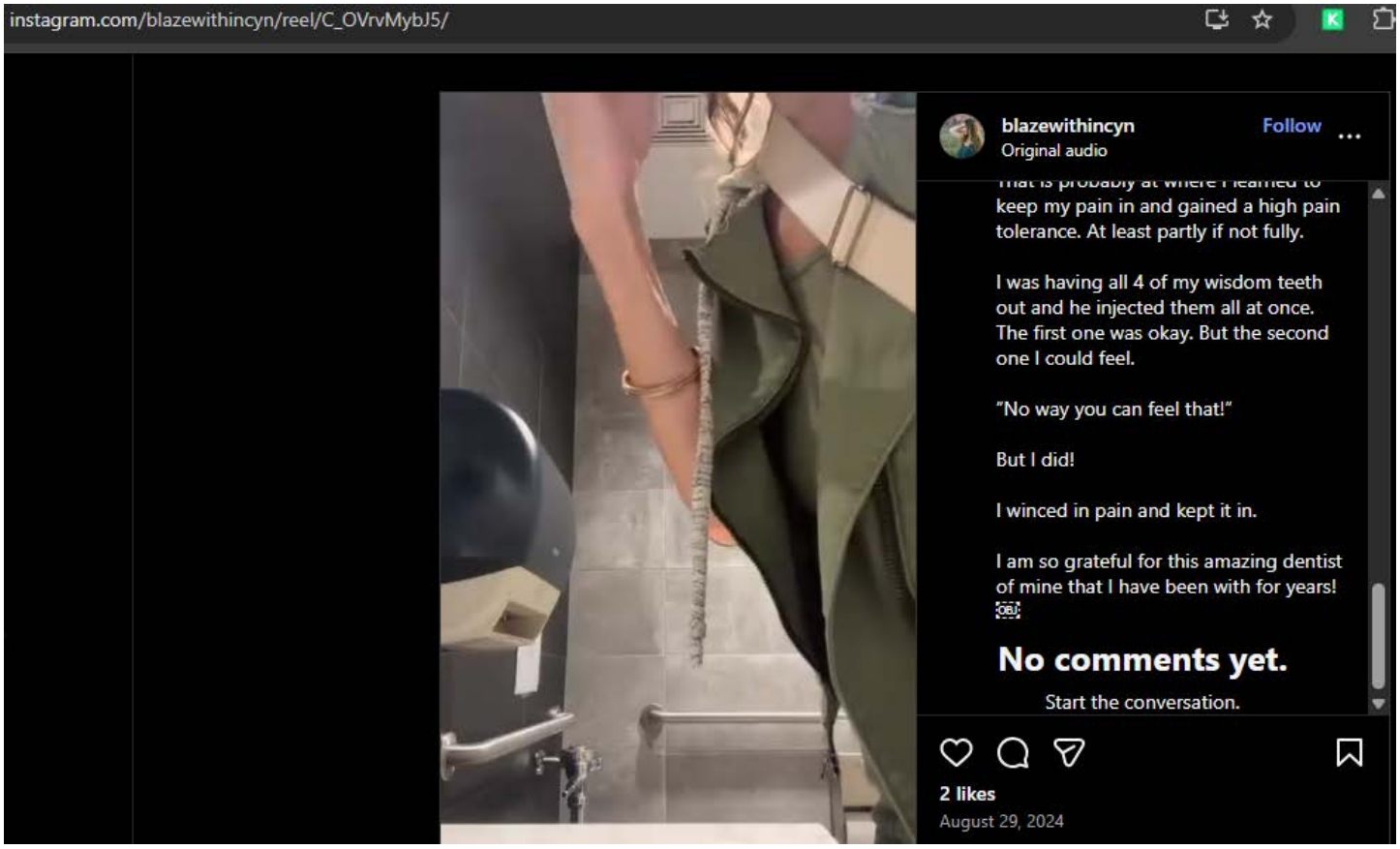
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2 likes
August 29, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 664676

Cynthia Lee Jacobson

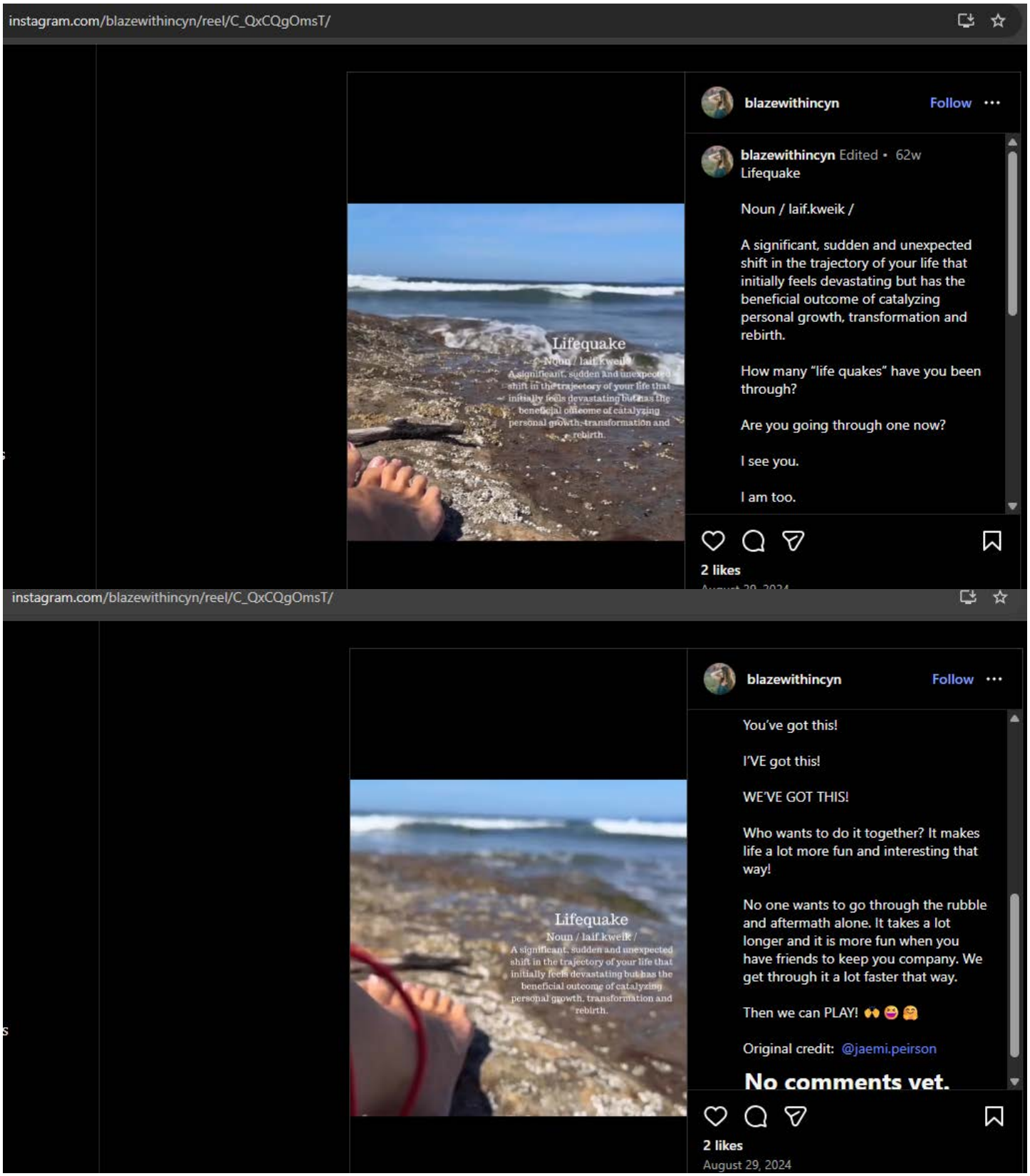
https://www.instagram.com/blazewithincyn/reel/C_QxCQgOmsT/

Posted: Aug 29, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of a person sitting by the water with the definition of Lifequake. She explained that this is experiencing a sudden change in the direction of your life. This is also posted on Subject's Facebook account. Lifequake Noun / laif.kweik / A significant, sudden and unexpected shift in the trajectory of your life that initially feels devastating but has the beneficial outcome of catalyzing personal growth, transformation and rebirth. How many “life quakes” have you been through? Are you going through one now? I see you. I am too. You’ve got this! I’VE got this! WE’VE GOT THIS! Who wants to do it together? It makes life a lot more fun and interesting that way! No one wants to go through the rubble and aftermath alone. It takes a lot longer and it is more fun when you have friends to keep you company. We get through it a lot faster that way. Then we can PLAY! □□□



[Link to download video]

Instagram

blazewithincyn/

System ID: 664648

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_Q3PA2P8Si/

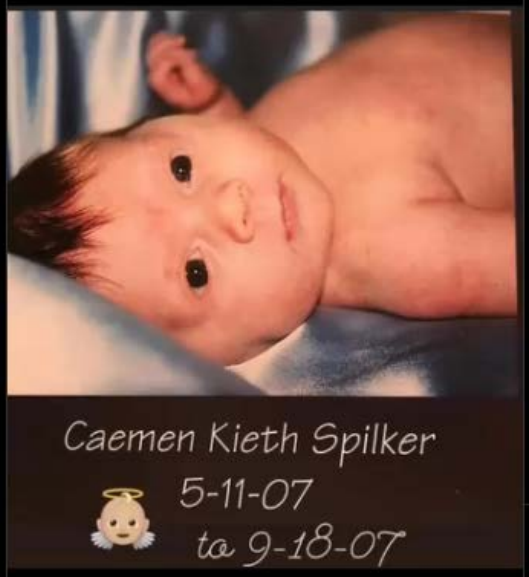
Posted: Aug 29, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a picture of her son, who died. In the comment,s she wrote about driving to the cemetery with her other kids when she was almost in an accident. The people in the other car yelled at her, and she was upset but realized that they did not know what she was going through. She has come to believe that you cannot take on that negative energy. This is also posted on Subject's Facebook account. Give a pass In Brené Brown's book "Rising Strong" she said; "I assume that people are doing the best they can with the knowledge, skills, and abilities they have at the time." I learned this for myself after my baby died and I missed a yellow/red light. I was barely holding myself together heading to the cemetery and some kids cussed me out for going through a late light. I cried so hard feeling bad I could have hurt someone, or even my kids when honestly it wasn't even that bad. They just had to wait an extra second to let off their brake and go as I passed by. Then I got angry screaming inside, so I didn't scare my kids. "They have no idea what I have been through and where I am going! How dare they scream at me and my babies in the car!" In order to let go of that anger, because I had no more room for emotion with what I was going through, I released them of that too. I was right after all, they had NO IDEA what I was going through, and if they did they likely would have given me a pass that day. And in turn I have NO IDEA what they are going through. What if they were in a hurry to get to a sick child or visit someone dying? Sure I could have my story, they were just teenage boys after all. They could have just been jerks! And that is okay too. Let them do them and you do you. But don't take in their energy that they throw it at you, which is what I almost did that day. Instead I gave it back, and went on my way of grieving my baby and showing up for my loving one's. Another instance I taught myself in real time I was driving my step-brother Matt in my car. He was likely 13 or 14 and I was just a bit older, maybe 17-19 in order to be driving in my own car at the time. A car was tailgating me intentionally riding my ass. I pulled to the side thinking maybe they were in a hurry, what if they had an emergency or were trying to get to the hospital? Because that is you Cyndee's brain works.

instagram.com/blazewithincyn/reel/C_Q3PA2P8Si/



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Guitar Tribute Players • Beautiful ...

blazewithincyn Edited • 62w
Give a pass

In Brené Brown's book "Rising Strong" she said;

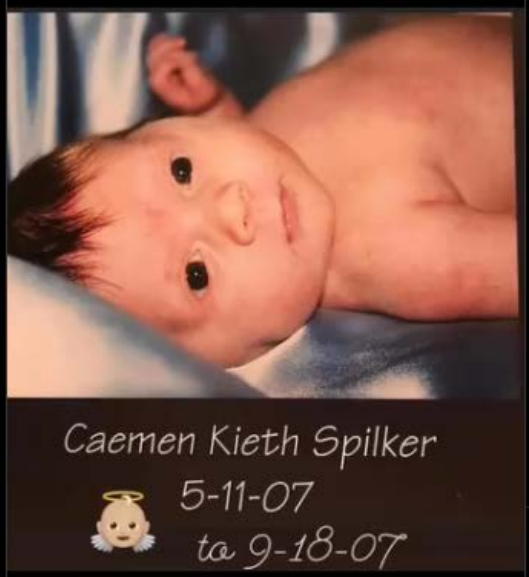
"I assume that people are doing the best they can with the knowledge, skills, and abilities they have at the time."

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5 likes
August 29, 2024

instagram.com/blazewithincyn/reel/C_Q3PA2P8Si/



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Guitar Tribute Players • Beautiful ...

just had to wait an extra second to let off their brake and go as I passed by.

Then I got angry screaming inside, so I didn't scare my kids. "They have no idea what I have been through and where I am going! How dare they scream at me and my babies in the car!"

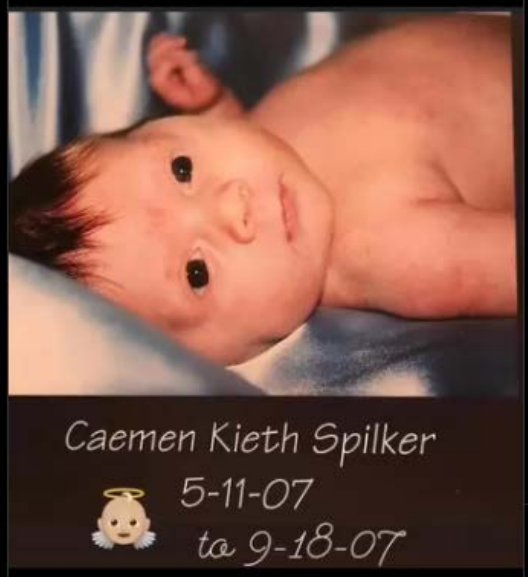
In order to let go of that anger, because I had no more room for emotion with what I was going through, I released them of that too.

I was right after all, they had NO IDEA what I was going through, and if they did they likely would have given me a pass that day.

And in turn I have NO IDEA what they

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are going through. What if they were in a hurry to get to a sick child or visit someone dying?

Sure I could have my story, they were just teenage boys after all. They could have just been jerks! And that is okay too.

Let them do them and you do you.

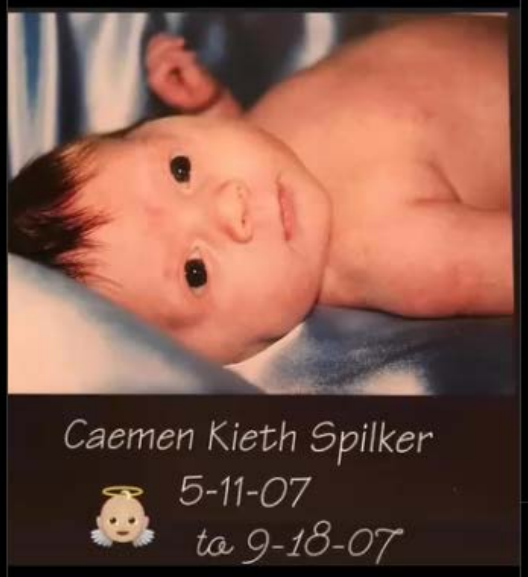
But don't take in their energy that they throw it at you, which is what I almost did that day.

Instead I gave it back, and went on my way of grieving my baby and showing up for my loving one's.

Another instance I taught myself in real

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up for my loving one's.

Another instance I taught myself in real time I was driving my step-brother Matt in my car. He was likely 13 or 14 and I was just a bit older, maybe 17-19 in order to be driving in my own car at the time.

A car was tailgating me intentionally riding my ass. I pulled to the side thinking maybe they were in a hurry, what if they had an emergency or were trying to get to the hospital?

Because that is you Cyndee's brain works.

No comments yet.

Start the conversation.

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Instagram

blazewithincyn/

System ID: 664638

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_RABvZPWPU/

Posted: Aug 29, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a picture of herself with her 2 daughters. In the comments, she states that keeping things hidden was something that she learned in childhood from her family and religion. She also says that she has been approached several times to write a book detailing all that she has gone through. This is also posted on Subject's Facebook account. Let’s Play! Part 2 of the Ferris wheels It was in the programming from my childhood, generations of pain and secrets and we “don’t talk about that!” Or “Just keep it in!” “ He is an upstanding member of the community! Can you imagine what would happen if everyone knew he hurt you?!!” A LOT of this was within Religion. So many of my own pain stories were programmed into me since birth. Taught to me from generations of ancestors and molesters. People I looked up to, that I adored! And people that hurt me. It was BOTH equally. So I was taught to keep it all in, and that love hurt. And “we don’t tell secrets” to protect the other, because they are a ‘good person’ despite the abuse, and the actual horrible person that they are. Sorry, I am writing this in real time and processing for myself so I apologize if this is a bit scattered. Obviously this is always something I knew and kept inside, but writing in real time as I am processing and integrating and then sharing it publicly is new for me. Usually I keep the lessons I learn inside as well with the pain that I hide. And I just share the lessons with family, close friends and clients. Then I get asked where they can learn more and I say “I don’t know it’s all up in here!” Laughing and pointing to my head. Then they ask me to write my story out so they can learn more. I have been asked this since I was 20! I can remember specific times people would say this to me. I can still see those moments clearly in my head. And each time I would tell myself a different story. I’m only 20, no one cares what I have to say! I just when though a horrible trauma. No one wants to hear about it. I just went through a trauma AGAIN! How can this happen to someone twice! Oh wait what? Now ANOTHER! Oh brother. When will she be done? The stories I play in my head have not been nice to me. So that is why I’ve learned what I have. And why I am now sharing all that I am! And now… I want to PLAY! Because that is how we ALCHEMIZE it! □□ BOOM Bitches Let’s PLAY!!!

instagram.com/blazewithincyn/reel/C_RABvZPWPU/



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Dan Perry • Ferris Wheel

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Let's Play!

Part 2 of the Ferris wheels

It was in the programming from my childhood, generations of pain and secrets and we "don't talk about that!" Or "Just keep it in!" " He is an upstanding member of the community! Can you imagine what would happen if everyone knew he hurt you?!!"

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It was BOTH equally.

So I was taught to keep it all in, and that love hurt.

And "we don't tell secrets" to protect the other, because they are a 'good person' despite the abuse, and the actual horrible person that they are.

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So that is why I've learned what I have. And why I am now sharing all that I am!

And now...

I want to PLAY!

Because that is how we ALCHEMIZE it!

👊💥

BOOM
Bitches
Let's PLAY!!!

No comments yet.

Start the conversation.

8 likes
August 29, 2024

Instagram

blazewithincyn/

System ID: 664598

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_RC50Lv8yC/

Posted: Aug 29, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a selfie of herself by a Ferris wheel. In the comments, she states she has been discovering herself. She realizes that keeping things hidden stemmed from lessons learned in her childhood. She also wrote, "Can you imagine what would happen if everyone knew he hurt you," but did not state who that was. Let’s play! (Part 1 of the 2 Ferris wheels) As I am sharing my story and more people are following my page, I realize not many of you know who I am or what I do. Even those of you that have known me for a long time, have less knowing of who I am or what I am doing today. You still remember me when… And I LOVE that you are here to PLAY! It has been a long journey for me, as some of you are just discovering, to get through all I have, and learn how to still survive. And with that I have learned how to incorporate my pain into joy! There are a lot of life lessons I’ve learned with many great mentors along the way. Even those that hurt me most, were only masked for my own sake, to discover who I am, and how I like to play. They taught me who I am NOT. And those have been my biggest lessons. You can hurt me, you have the power to do it. And you have proven it over and over again. It is my choice to continue to allow you to hurt me that way that you have. Or I can choose to move away, and leave you behind, instead of brining you with me with the voices inside me. INSTEAD We all choose our own destiny with the stories we create. We are the writer of our own script, and it plays out before us in real time as we think it, we live it! We experience whatever is in our own heads to be true. Because that is the story we are telling so there is no other way. It has to play out before you in real time and it will! You just have to be careful what you ask for, because it will be given one way or another. It just may not come in the direction you were seeking. However you choose to learn lessons is how you will learn them. I have chosen to learn them the hard way apparently, and through hard lessons I did receive them. But now that I know this is how it all works, I am choosing differently. I want to scream and shout and let it ALL out! I don’t know where I was taught to keep it all in. No, actually I do! It was in the programming from my childhood, generations of pain and secrets and we “don’t talk about that!” Or “Just keep it in!” “ He is an upstanding member of the community! Can you imagine what would happen if everyone knew he hurt you?!!”

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Let's play!

(Part 1 of the 2 Ferris wheels)

As I am sharing my story and more people are following my page, I realize not many of you know who I am or what I do.

Even those of you that have known me for a long time, have less knowing of who I am or what I am doing today. You still remember me when...

And I LOVE that you are here to PLAY!

It has been a long journey for me, as some of you are just discovering, to get through all I have, and learn how to still

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And with that I have learned how to incorporate my pain into joy!

There are a lot of life lessons I've learned with many great mentors along the way. Even those that hurt me most, were only masked for my own sake, to discover who I am, and how I like to play.

They taught me who I am NOT.

And those have been my biggest lessons.

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It is my choice to continue to allow you to hurt me that way that you have.

Or I can choose to move away, and leave you behind, instead of brining you with me with the voices inside me.

INSTEAD

We all choose our own destiny with the stories we create. We are the writer of our own script, and it plays out before us in real time as we think it, we live it!

We experience whatever is in our own heads to be true. Because that is the story we are telling so there is no other way.

It has to play out before you in real

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It has to play out before you in real time and it will!

You just have to be careful what you ask for, because it will be given one way or another. It just may not come in the direction you were seeking.

However you choose to learn lessons is how you will learn them.

I have chosen to learn them the hard way apparently, and through hard lessons I did receive them.

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I want to scream and shout and let it ALL out!

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I don't know where I was taught to keep it all in.

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It was in the programming from my childhood, generations of pain and secrets and we "don't talk about that!" Or "Just keep it in!" " He is an upstanding member of the community! Can you imagine what would happen if everyone knew he hurt you?!!"

No comments yet.

Start the conversation.

3 likes
August 29, 2024

Instagram

blazewithincyn/

System ID: 664626

Cynthia Lee Jacobson

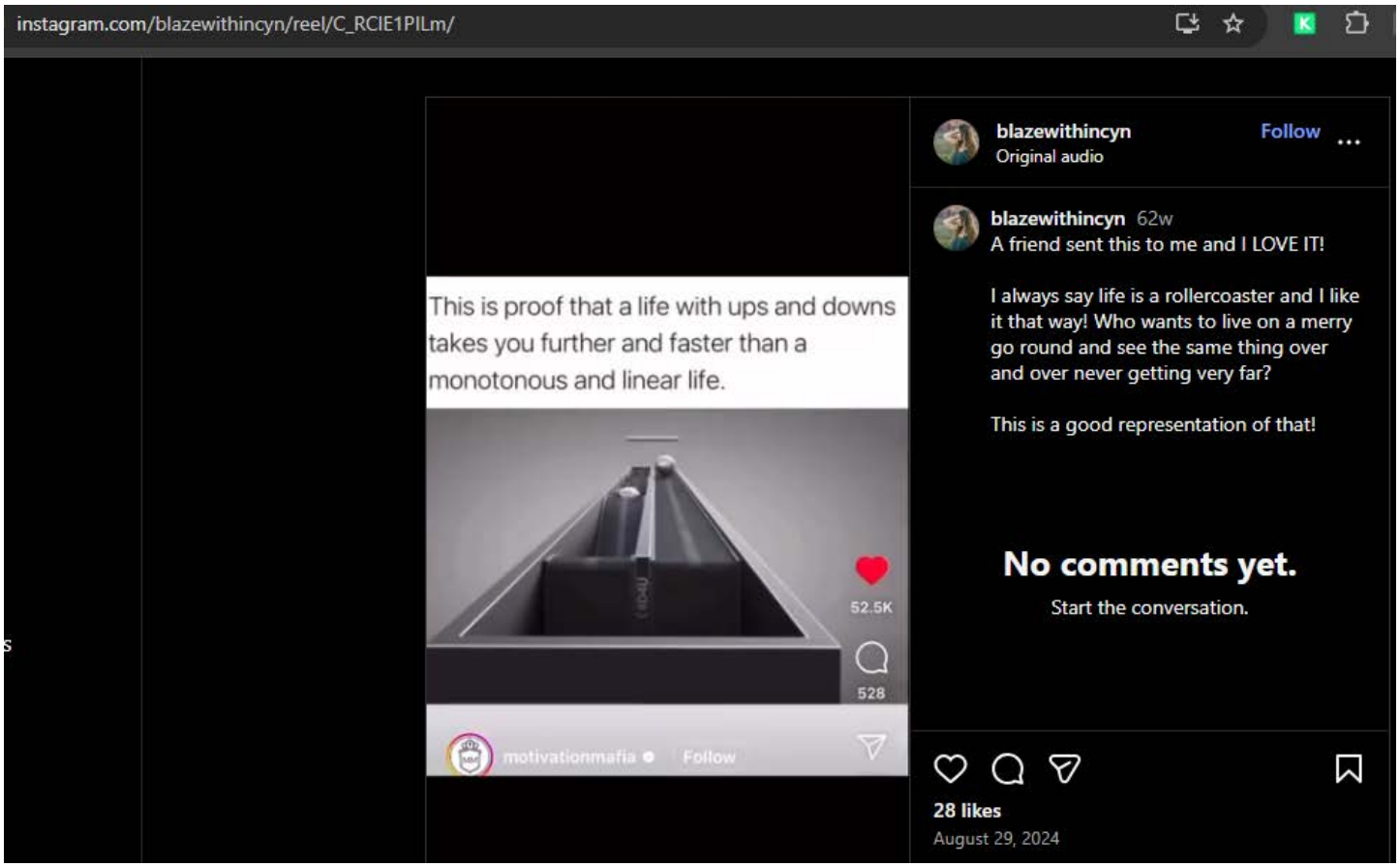
https://www.instagram.com/blazewithincyn/reel/C_RCIE1PILm/

Posted: Aug 29, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video meme of 2 balls going down a track. Showing that a life with ups and downs goes further and faster than a straight line. A friend sent this to me and I LOVE IT! I always say life is a rollercoaster and I like it that way! Who wants to live on a merry go round and see the same thing over and over never getting very far? This is a good representation of that!



Link to download video

Instagram

blazewithincyn/ | Posted: Aug 29, 2024

System ID: 664651 | Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_Q3nUavopa/

After DOI

Subject posted a picture of her dead baby son. In the comments she continues an earlier story about nearly being in an accident. She is trying to learn self-forgiveness and not letting other people's negativity affect her. Then as I pulled to the side, a kid no older than 12 in the passenger seat, flipped me off as they sped by. I was so angry then! “Don’t you know I pulled over for you because I was worried?” I shouted in my head, but not out loud to my brother. Then I decided to ride their ass too. “I’ll show you!” I laughed in my head! So I followed them closely, and as they break checked me, it just added fuel to my rage! “I was the bigger person! I pulled over for you!” I screamed in my head. “Now I’ll give you a taste of your own medicine!” But I did not put words to how I was feeling, instead I kept it all in, and scared the hell out of my little brother. “Cyndee, please STOP!” “No! They deserve it!” I shouted, feeling justified. “But we might get hurt or in an accident!” He cried. I looked at him with terror in his eyes, and holding back tears. Immediately I softened and pulled to the side of the road and cried. “I am so sorry. I didn’t mean to scare you.” I don’t know if I told him the rest of the story I played in my head that led to my reaction. But I knew right then I would never do it again, and allow someone on the road with bad behavior to cause me to choose to behave badly too. Now when I see someone driving maniacally, I think instead “I hope they get where they are going safely.” And even if I have a judgment in my head first a moment, after all I am only human! I quickly let that go, remembering these lessons I’ve learned and forgiven myself if even the thought, because the energy of our thoughts effect us and they effect other people too, even if they do not hear them, they feel them. This post was inspired by a comment by Kristyn Joy Timmons left on another post of mine so shout out to her! I love the comments and messages I get from family and friends that lead me to think more deeply on subjects and often inspire my next writing. So please keep them coming! And if you want to remain anonymous and not have a shout out, just let me know in the DM’s and I will leave your name out of it, but I do want to give you credit or credit is due! □□❤

instagram.com/blazewithincyn/reel/C_Q3nUavopa/



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DTO, Equanimous, Kayla Diana...

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Cont. from last post:

Then as I pulled to the side, a kid no older than 12 in the passenger seat, flipped me off as they sped by.

I was so angry then!

"Don't you know I pulled over for you because I was worried?" I shouted in my head, but not out loud to my brother.

Then I decided to ride their ass too. "I'll show you!" I laughed in my head!

So I followed them closely, and as they break checked me, it just added fuel to my rage!

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"Cyndee, please STOP!"

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"But we might get hurt or in an accident!" He cried.

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Immediately I softened and pulled to the side of the road and cried.

"I am so sorry. I didn't mean to scare you."

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Now when I see someone driving maniacally, I think instead "I hope they get where they are going safely." And even if I have a judgment in my head first a moment, after all I am only human!

I quickly let that go, remembering these

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instagram.com/blazewithincyn/reel/C_Q3nUavopa/



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No comments yet.

Start the conversation.

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August 29, 2024

Instagram

blazewithincyn/

Posted: Aug 31, 2024

System ID: 664587

Captured: Nov 12, 2025

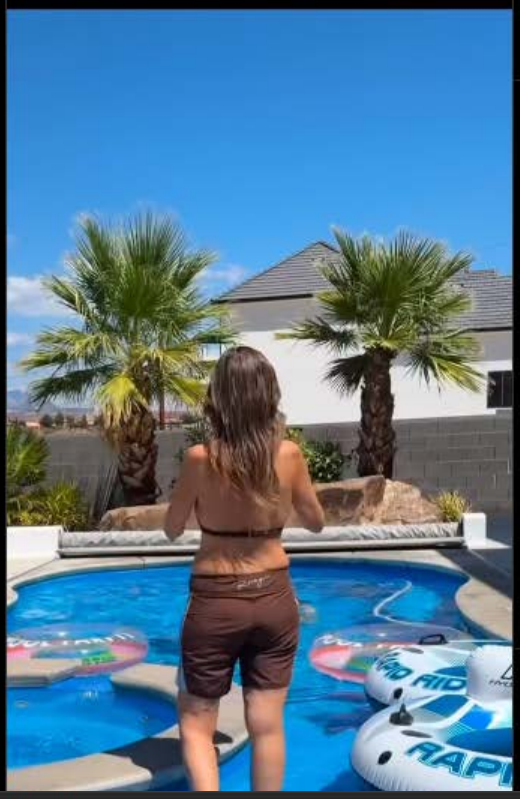
Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_Ug2EMsxAj/

After DOI

Subject posted a video montage showing her jumping on a trampoline, dancing, and wading in a pool. In the comments, she encourages people to "live their life for you". This is also posted on Subject's Facebook and TikTok accounts. I am pretty sure it goes without saying at this point. Live your life for you. You will never make everyone else happy by bending yourself to someone else’s standards no matter how hard you try. I thought I understood this concept, but it is an entirely new level at this point. If you really want to push yourself, try putting yourself out there for “all to see” and see what triggers people. Be prepared for any and all forms of feedback. Make sure you are okay to sit with what is shared with you, and feel into if it is something that you agree with or something you want to change. Not everyone will understand you, or where you are coming from. No one else has walked your path. It has been an eye opened experience this last few weeks to realize how far I’ve come in loving myself despite my flaws, and despite people’s criticisms and judgements. I used to want to change so many things about me, or go back and change the past when I have made mistakes. However that not only would have changed the course of history, it would have changed the course of my trajectory. And from where I am standing the future looks bright! □□ Side note be careful jumping on a trampoline in a triangle top bikini □□□

instagram.com/blazewithincyn/reel/C_Ug2EMsxAj/



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Original audio

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I am pretty sure it goes without saying at this point.

Live your life for you.

You will never make everyone else happy by bending yourself to someone else's standards no matter how hard you try.

I thought I understood this concept, but it is an entirely new level at this point.

If you really want to push yourself, try putting yourself out there for "all to see" and see what triggers people.

Be prepared for any and all forms of feedback. Make sure you are okay to sit

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August 31, 2024

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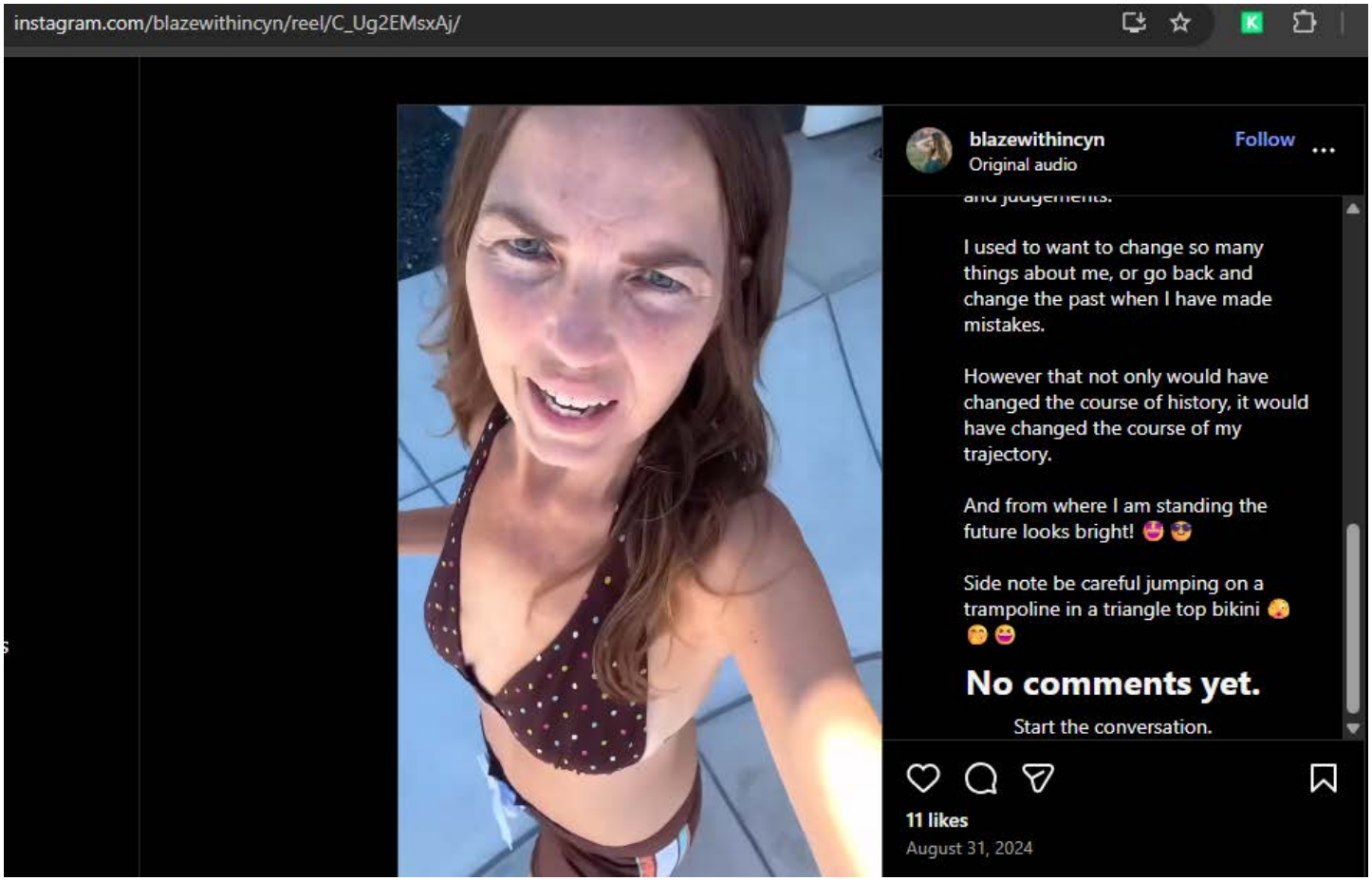
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However that not only would have

11 likes
August 31, 2024



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TikTok

@blazewithincyn

System ID: 664578

Posted: Sep 01, 2024

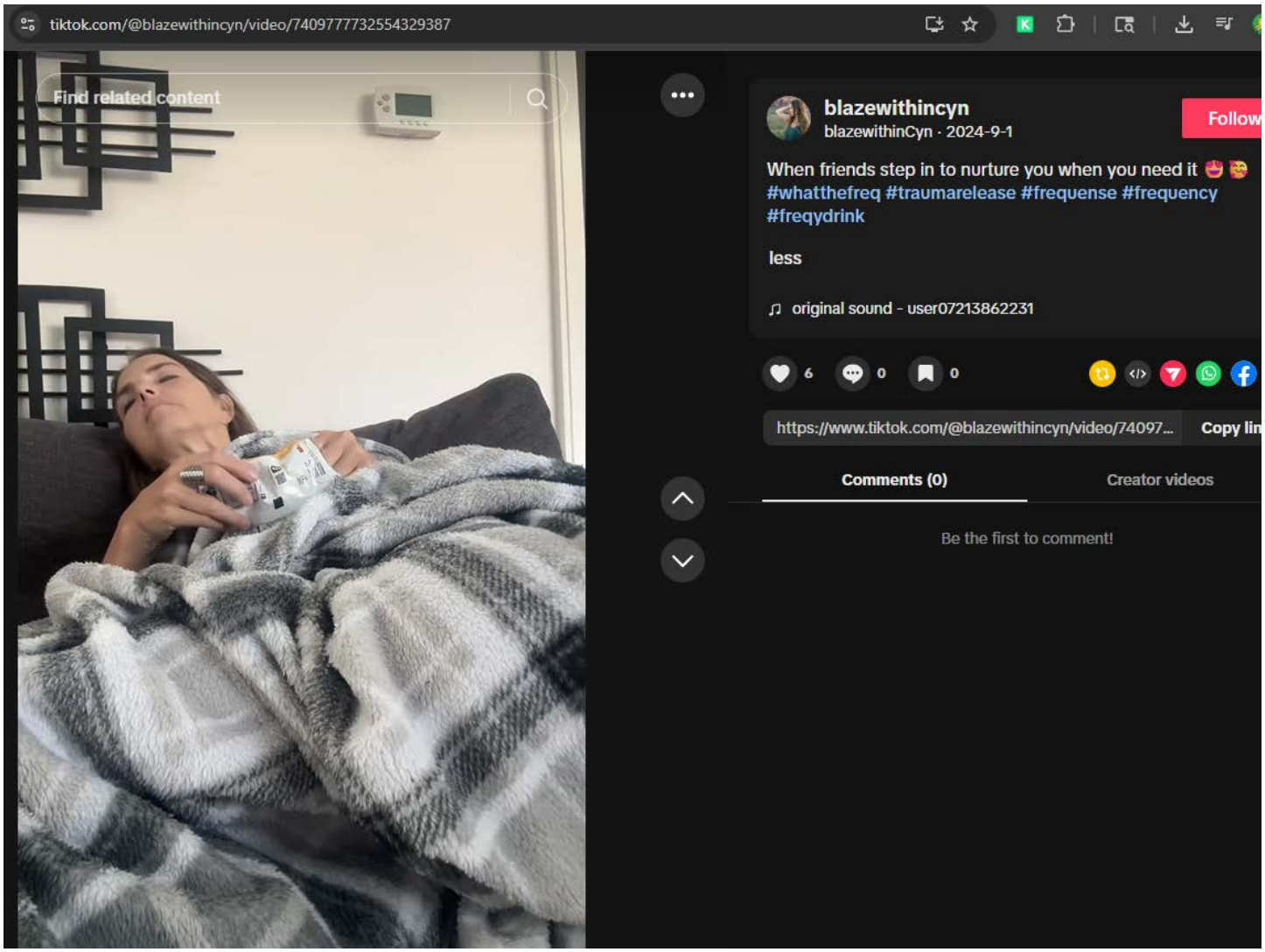
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7409777732554329387

After DOI

Subject posted a video of her lying down under a blanket. Someone massages her feet. She coughs at one point and has a face mask pushed up. This is also on Subject's TikTok account. When friends step in to nurture you when you need it □□ #whatthefreq #traumarelease #frequense #frequency #freqydrink



[Link to download video]

Instagram

blazewithincyn/

System ID: 664553

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_Yc9lGuYns/

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a photo/video montage showing her jumping on a trampoline, upset in a car, and standing outside. In the comments, she posts a poem that a stranger wrote for her and having met him at her home to discuss the light and frequency therapy she does. This is also posted on Subject's Facebook account. Bait and switch part 2 in a world painted gray, she wandered alone, with whispers of doubt that chilled to the bone; and deep in her heart, a soft light would glow, innocence whispered, “let the true nature show;” she danced through the terrors, embraced every tear, remembering wholeness and hope, now commanding fear; with laughter and sunshine, she learned to believe, that within her eternal spirit, she would truly live free; now, she walks with a smile, her heart open wide, for innocence led her, no longer to hide; in the journey of life, she’s found her sweet grace, a woman, beautiful, in love with her space. This was written for me yesterday by a “random stranger” after my posts jammed his feed and he reached out to me about “frequency.” Frequency? Now we are talking, that is my JAM!! He was curious about my lights and how I use frequency, and he wanted to share his frequency and knowledge of it with me. So we arranged to meet, and I invited a complete stranger to my home, those of you that know me know this is something I would NEVER do without getting them, knowing them for a long period of time and getting 10 references. Right male clients and friends of mine?! □ But this goes for women too. I am very protective of my home and my space these days. Only peace and true love reside here. I don’t need any riff raff in my life at this point. So inviting a complete stranger to my home, that did not even have pictures of themselves posted on their profile, came from inner guidance, and an inner knowing, as well as a complete sense of trust of the person. The bait and switch came in when I thought the interaction was mainly going to comprise of me showing him my frequency set up and explaining how it all works with a a demonstration and a session of his own. Instead we talked for hours, which seemed like minutes to both of us, and my nervous system was at a state of complete calm and relaxation the entire time, and for the rest of the day and evening. I slept like a baby last night which hasn’t happened in years, and still this morning I am attuned to this new frequency of being.

instagram.com/blazewithincyn/reel/C_Yc9lGuYns/



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Bait and switch part 2

in a world painted gray, she wandered alone,
with whispers of doubt that chilled to the bone;
and deep in her heart, a soft light would glow,
innocence whispered, "let the true nature show;"
she danced through the terrors, embraced every tear,
remembering wholeness and hope, now commanding fear;
with laughter and sunshine, she learned to believe,
that within her eternal spirit, she would truly live free;
now, she walks with a smile, her heart

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September 1, 2024

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in the journey of life, she's found her sweet grace,
a woman, beautiful, in love with her space.

This was written for me yesterday by a "random stranger" after my posts jammed his feed and he reached out to me about "frequency."

Frequency? Now we are talking, that is my JAM!!

He was curious about my lights and how I use frequency, and he wanted to share his frequency and knowledge of it with me.

1 like
September 1, 2024

instagram.com/blazewithincyn/reel/C_Yc9lGuYns/



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So we arranged to meet, and I invited a complete stranger to my home, those of you that know me know this is something I would NEVER do without getting them, knowing them for a long period of time and getting 10 references.

Right male clients and friends of mine?! 😅

But this goes for women too. I am very protective of my home and my space these days. Only peace and true love reside here. I don't need any riff raff in my life at this point.

So inviting a complete stranger to my home, that did not even have pictures of themselves posted on their profile, came from inner guidance, and an inner

1 like
September 1, 2024

instagram.com/blazewithincyn/reel/C_Yc9lGuYns/



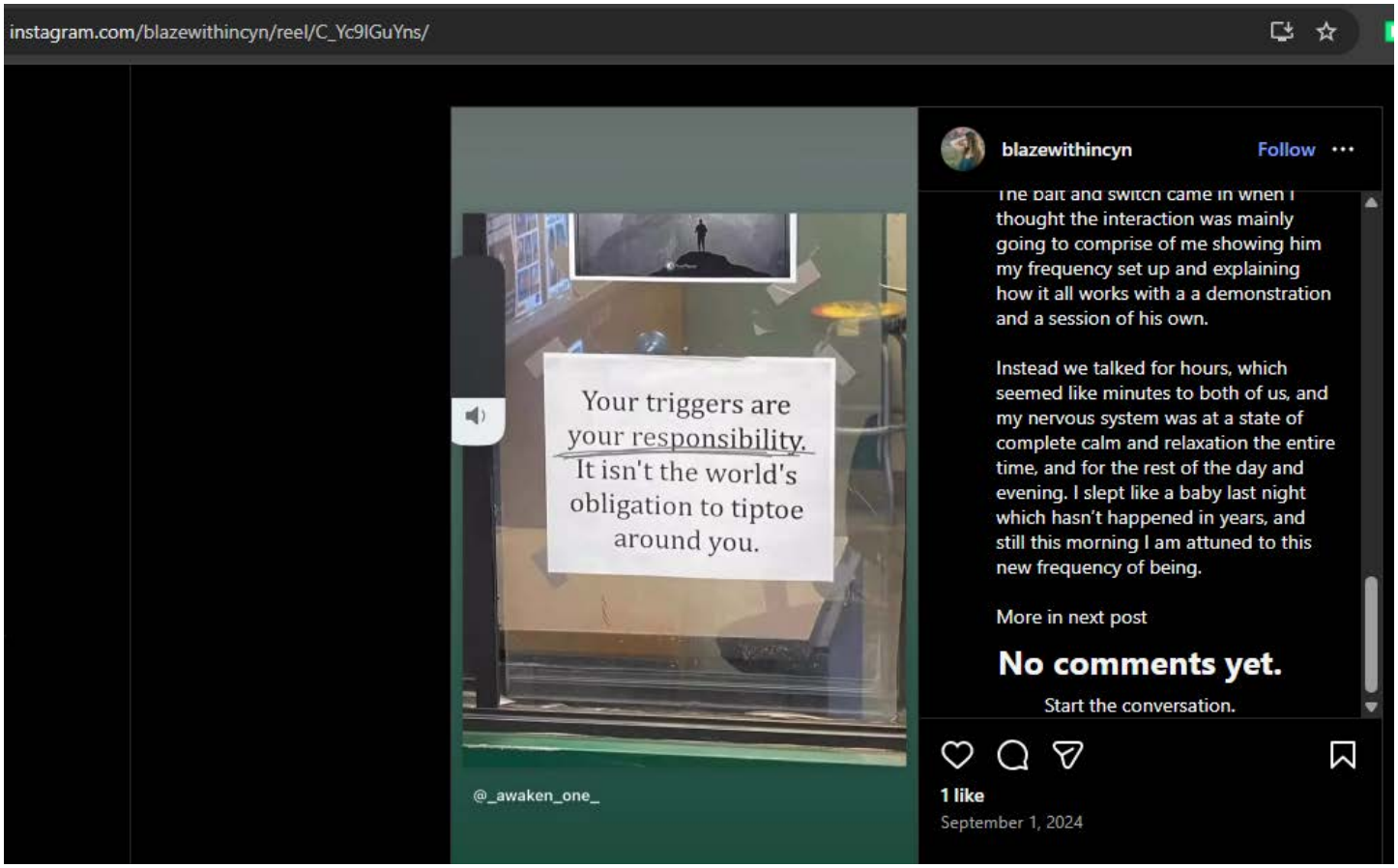
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came from inner guidance, and an inner knowing, as well as a complete sense of trust of the person.

The bait and switch came in when I thought the interaction was mainly going to comprise of me showing him my frequency set up and explaining how it all works with a a demonstration and a session of his own.

Instead we talked for hours, which seemed like minutes to both of us, and my nervous system was at a state of complete calm and relaxation the entire time, and for the rest of the day and evening. I slept like a baby last night which hasn't happened in years, and still this morning I am attuned to this new frequency of being.

1 like
September 1, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 664533

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_YgwjSvLFR/

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a selfie video while sitting in a car. In the comments, she states that she only wants to be authentic in her relationships and hold each other accountable. This is also posted on Subject's Facebook account. Bait and switch part 3 I have had a lot of other bait and switch exchanges these last three weeks, and I am sure some of you feel that way about me too. And I can understand that. I have learned how this game of life works and I am now here to be an active player, not a pawn in someone else’s video game. So while I will be nice, I will be authentic. And if you can’t be the same then our exchange of energy will come to completion. And if I have to do that by asking hard questions and keeping us BOTH accountable I will. If those questions trigger you, maybe there is something there to look at as to why a simple question, or holding of accountability is causing you stress. I like to look at triggers as “activations.” “Oh, they just said or did something that activated my senses! I wonder why that stirred anger/fear/hurt/pain/ or judgment in me? What does that mean for me? Do I resonate with what they said? If not, why am I still feeling this way?” And the deeper I go, the more I realize it was a past fear or wound in me that they touched on, and it was still a little tender. Which offers me the opportunity to love on, and nurture, that part of myself until it is fully healed and I am willing to surrender it completely. So it is never “the other,” that hurt or wounded me, it is simply them brining to light where I have already been wounded in the past, and they are presenting an opportunity to release that wound if I choose. So thank you to all of you that have offered me activations this last few weeks as well. I hope the activations you received from me were equally well processed, and if not that is okay too. I have had a lot of deep painful wounding show up too, and for those I am even more grateful. I will say I will DEFINITELY not be repeating any from here forward. If you are still in my life, know that I truly appreciate your friendship and I love you.❤ If you are no longer in my life, I truly appreciate our friendship and I love you.❤

instagram.com/blazewithincyn/reel/C_YgwjSvLFR/



blazewithincyn Follow
Original audio

blazewithincyn 62w
Bait and switch part 3

I have had a lot of other bait and switch exchanges these last three weeks, and I am sure some of you feel that way about me too.

And I can understand that.

I have learned how this game of life works and I am now here to be an active player, not a pawn in someone else's video game.

So while I will be nice, I will be authentic. And if you can't be the same then our exchange of energy will come to completion. And if I have to do that by asking hard questions and keeping

1 like
September 1, 2024

instagram.com/blazewithincyn/reel/C_YgwjSvLFR/



blazewithincyn Follow
Original audio

us BOTH accountable I will.

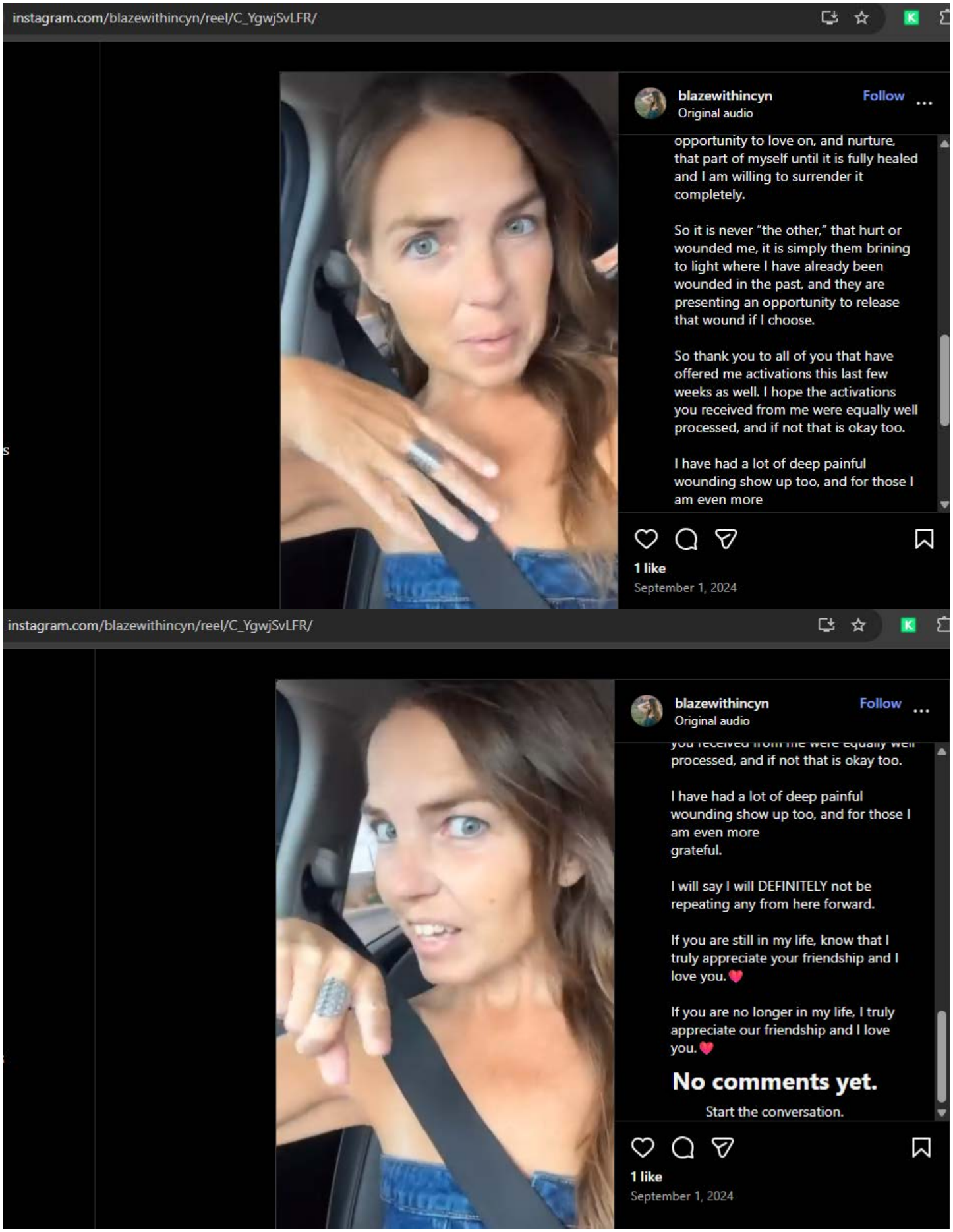
If those questions trigger you, maybe there is something there to look at as to why a simple question, or holding of accountability is causing you stress.

I like to look at triggers as "activations."

"Oh, they just said or did something that activated my senses! I wonder why that stirred anger/fear/hurt/pain/ or judgment in me? What does that mean for me? Do I resonate with what they said? If not, why am I still feeling this way?"

And the deeper I go, the more I realize it was a past fear or wound in me that they touched on, and it was still a little tender. Which offers me the

1 like
September 1, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 664361

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_YpMU4PN14/

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a meme about not following a man who is not treating you well. She commented that she believes this holds for all relationships and that she may have been a placeholder for some people. She is now focused on being good to herself. This is also posted on Subject's Facebook account. I have come to find out I have been a “placeholder” in people’s lives. Maybe you feel this way too? I have been “old faithful” and “old reliable Cyndee,” my entire life. I have had friends come and go, and come back again over and over. A lot of times it is because they found a new exciting relationship, or an “even better” friendship they go off to explore. I have allowed it to hurt my feelings in the past, especially when they leave without warning. But I always know in the back of my heart they are not leaving for good, they are just having the time of their lives in the moment. And when that dies down, or goes away, or even comes to a new state of relaxed comfort, they will be back around one way or another. Whether that is a call saying “I miss you!,” or an invitation to lunch or just to “catch up,” true friendships never leave you. Even if it feels like it in the moment. And I am sure I have done this to others as well. It is human nature after all. Find connections and friendships wherever they come in, and follow the one in your current highest excitement. The difference from where I’ve been and where I am at now, is the only relationship I am perusing is one with learning who I am and loving myself. I am not currently seeking relationships outside of myself, and this is all new territory. Well actually I’ve been here for 4 years It is only just now hitting me that I have been extremely bitter towards relationships in general, as I felt they were all a facade of someone bending to someone else’s will, and losing who they truly are. And I do still feel this is true in MANY relationships. However I now do believe it is possible to have authentic relationships where everyone is truly honoring themselves, and not hiding parts of them to keep the other happy. And this goes for more than just partnerships or romantic relationships, this goes for friendships and acquaintances as well

instagram.com/blazewithincyn/reel/C_YpMU4PN14/



blazewithincyn Follow
Drake • Circadian Rhythm

blazewithincyn 62w
I have come to find out I have been a "placeholder" in people's lives. Maybe you feel this way too?

I have been "old faithful" and "old reliable Cyndee," my entire life.

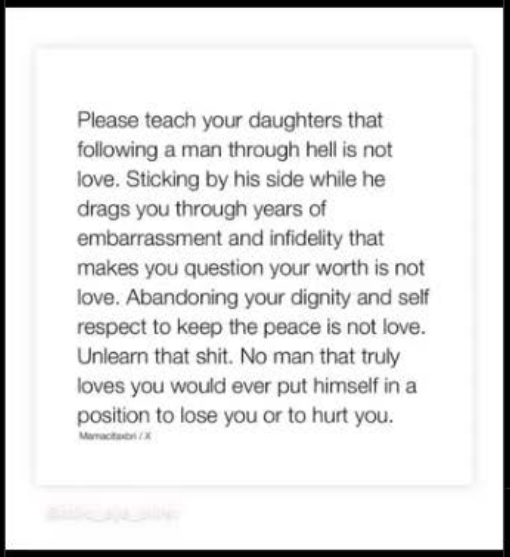
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I have allowed it to hurt my feelings in the past, especially when they leave without warning. But I always know in the back of my heart they are not

17 likes
September 1, 2024

instagram.com/blazewithincyn/reel/C_YpMU4PN14/



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leaving for good, they are just having the time of their lives in the moment.

And when that dies down, or goes away, or even comes to a new state of relaxed comfort, they will be back around one way or another.

Whether that is a call saying "I miss you!," or an invitation to lunch or just to "catch up," true friendships never leave you. Even if it feels like it in the moment.

And I am sure I have done this to others as well. It is human nature after all. Find connections and friendships wherever they come in, and follow the one in your current highest excitement.

The difference from where I've been

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September 1, 2024

instagram.com/blazewithincyn/reel/C_YpMU4PN14/



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The difference from where I've been and where I am at now, is the only relationship I am perusing is one with learning who I am and loving myself. I am not currently seeking relationships outside of myself, and this is all new territory.

Well actually I've been here for 4 years 😅

It is only just now hitting me that I have been extremely bitter towards relationships in general, as I felt they were all a facade of someone bending to someone else's will, and losing who they truly are.

And I do still feel this is true in MANY relationships. However I now do believe it is possible to have authentic

17 likes
September 1, 2024

instagram.com/blazewithincyn/reel/C_YpMU4PN14/



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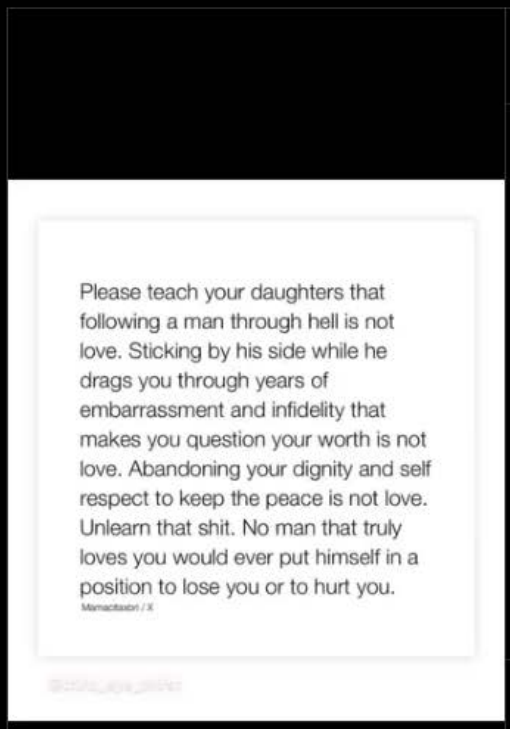
Continued in comments.

blazewithincyn 62w
I am learning this rapidly and it is an exciting place to be!

So while I may have seemed "bitter," I truly was! But I am not anymore. I am REAL, in every aspect of the word.

17 likes
September 1, 2024

instagram.com/blazewithincyn/reel/C_YpMU4PN14/



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partnerships or romantic relationships, this goes for friendships and acquaintances as well

Continued in comments.

blazewithincyn 62w
I am learning this rapidly and it is an exciting place to be!

So while I may have seemed "bitter," I truly was! But I am not anymore. I am REAL, in every aspect of the word.

This is something I plan to instill in my children, and I think they are getting the hang of it a LOT faster than me! 🤣

Reply

17 likes
September 1, 2024

Instagram

blazewithincyn/

System ID: 664357

Cynthia Lee Jacobson

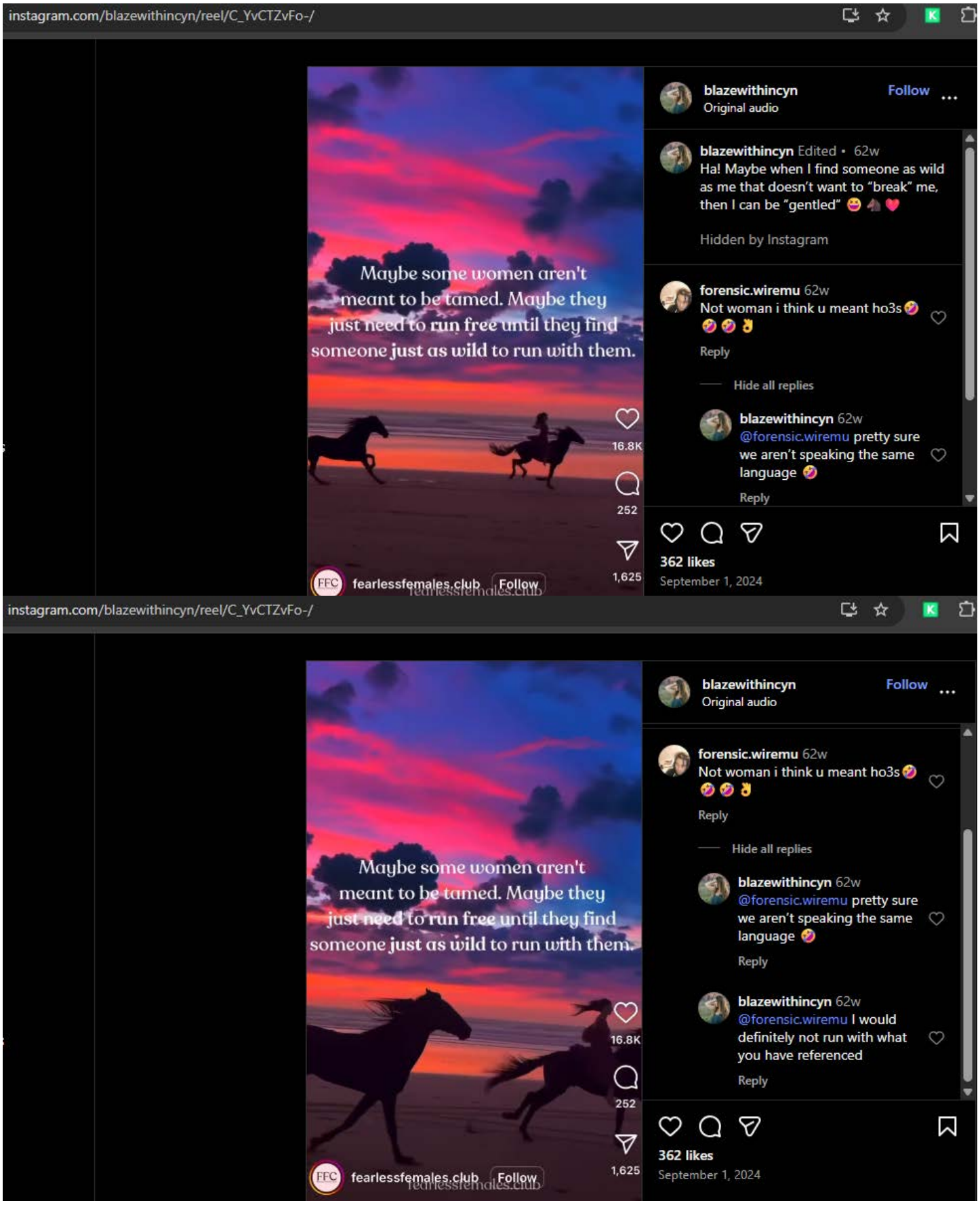
https://www.instagram.com/blazewithincyn/reel/C_YvCTZvFo-/

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject reposted a video meme showing horses running on a beach and commented that some women aren't meant to be tamed. This is also posted on Subject's Facebook account. Ha! Maybe when I find someone as wild as me that doesn’t want to “break” me, then I can be “gentled



[Link to download video]

Instagram

blazewithincyn/

System ID: 664345

Cynthia Lee Jacobson

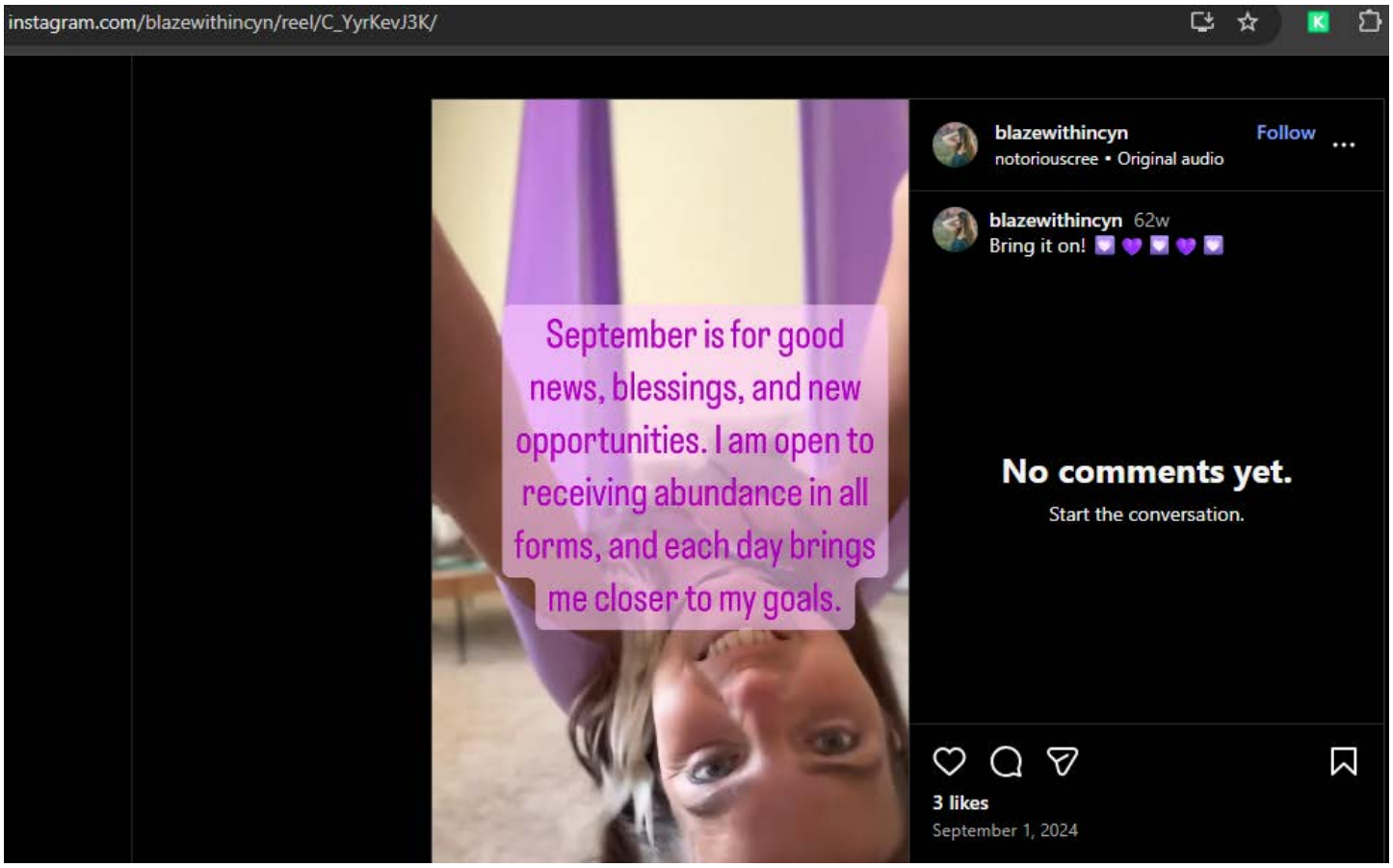
https://www.instagram.com/blazewithincyn/reel/C_YyrKevJ3K/

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of her swinging on a hanging sling. At one point, she hangs upside down. She comments that September can bring new opportunities, which she is open to receiving. This is also posted on Subject's Facebook account. Bring it on! September is for good news, blessings, and new opportunities. I am open to receiving abundance in all forms, and each day brings me closer to my goals.



Link to download video

TikTok

@blazewithincyn

System ID: 664331

Posted: Sep 01, 2024

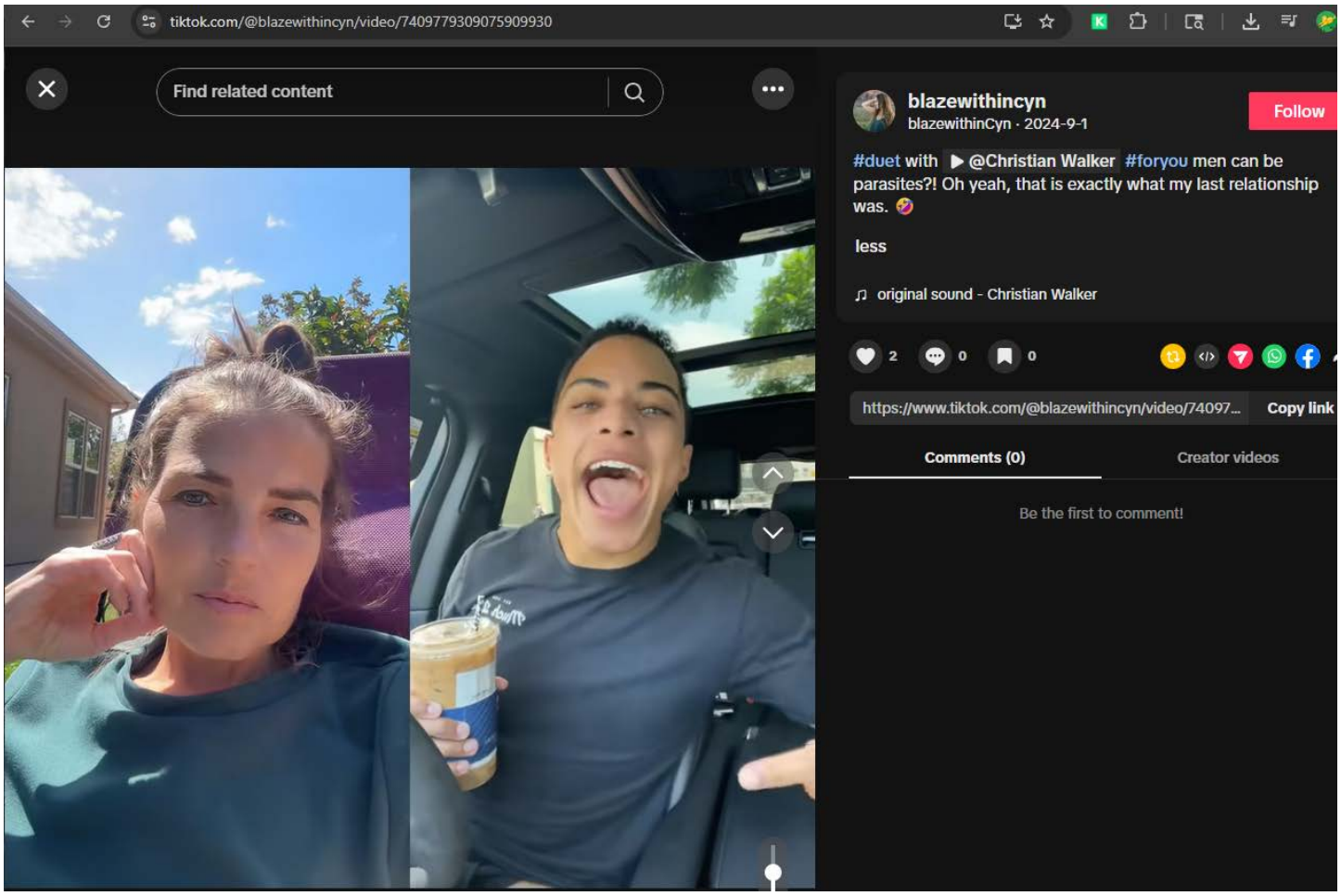
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7409779309075909930

After DOI

Subject posted a duet video with a social media influencer who explains that some men can be parasites. She posts that her last relationship was. This is also posted on Subject's Facebook and TikTok accounts. #duet with @Christian Walker #foryou men can be parasites?! Oh yeah, that is exactly what my last relationship was.



[Link to download video]

Instagram

blazewithincyn/

System ID: 664320

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_ZDjb3vCLI/

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of a broken sprinkler spewing water and a photomontage. In the comments, she explains that her content may be triggering, but trying to be authentic so she can be a better version of herself. This is also on Subject's TikTok account. Look people, I get my content is triggering a lot of you. Maybe you missed the part where I call those “activations,” and maybe sit with where that is activating you on a deeper level. I guarantee whatever I am sharing here is not about to trigger anyone unless they have some deeper wounding somewhere that has NOTHING to do with me. I get my path is not for everyone. And I get no one else has walked my path. I also get not everyone’s experience is the same as mine, and I get there are things that should be kept private. I only share certain things here, trust me there is a LOT I am not saying. Yes I am a geyser that has been under pressure for many years and I seem to have “blown my top,” and I am flying by the seat of my pants. There is only one person I have called out directly on here, (Oh wait, I take that back, the pervs in my DMs) and that was only after YEARS of trying to help him, and trying to “fix” him. But I can’t fix anyone other than myself. However I can protect me and my kids. And doing it in private didn’t work. So I share here what I feel called to in order to get some action on his end. This is the last way I wanted to go about it, but yet here we are. And it has helped a LOT of people in my DM’s and through private messages. If my content is bothering you I apologize, but I am not sorry. Those that know me, and what hell I have been going through keep telling me to stop apologizing on here or anywhere else, and they encourage me to keep going even harder. THOSE are authentic supportive relationships and those are all I seek these days. If any of you know me and have a concern, you are welcome to message me. I am open book (obviously) and I promise I don’t bite, HARD anyway! Unless they deserve it

instagram.com/blazewithincyn/reel/C_ZDjb3vCLI/



blazewithincyn Follow
Original audio

blazewithincyn Edited • 62w
Look people, I get my content is triggering a lot of you.

Maybe you missed the part where I call those "activations," and maybe sit with where that is activating you on a deeper level.

I guarantee whatever I am sharing here is not about to trigger anyone unless they have some deeper wounding somewhere that has NOTHING to do with me.

I get my path is not for everyone. And I get no one else has walked my path.

I also get not everyone's experience is the same as mine, and I get there are

2 likes
September 1, 2024

instagram.com/blazewithincyn/reel/C_ZDjb3vCLI/



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the same as mine, and I get there are things that should be kept private. I only share certain things here, trust me there is a LOT I am not saying.

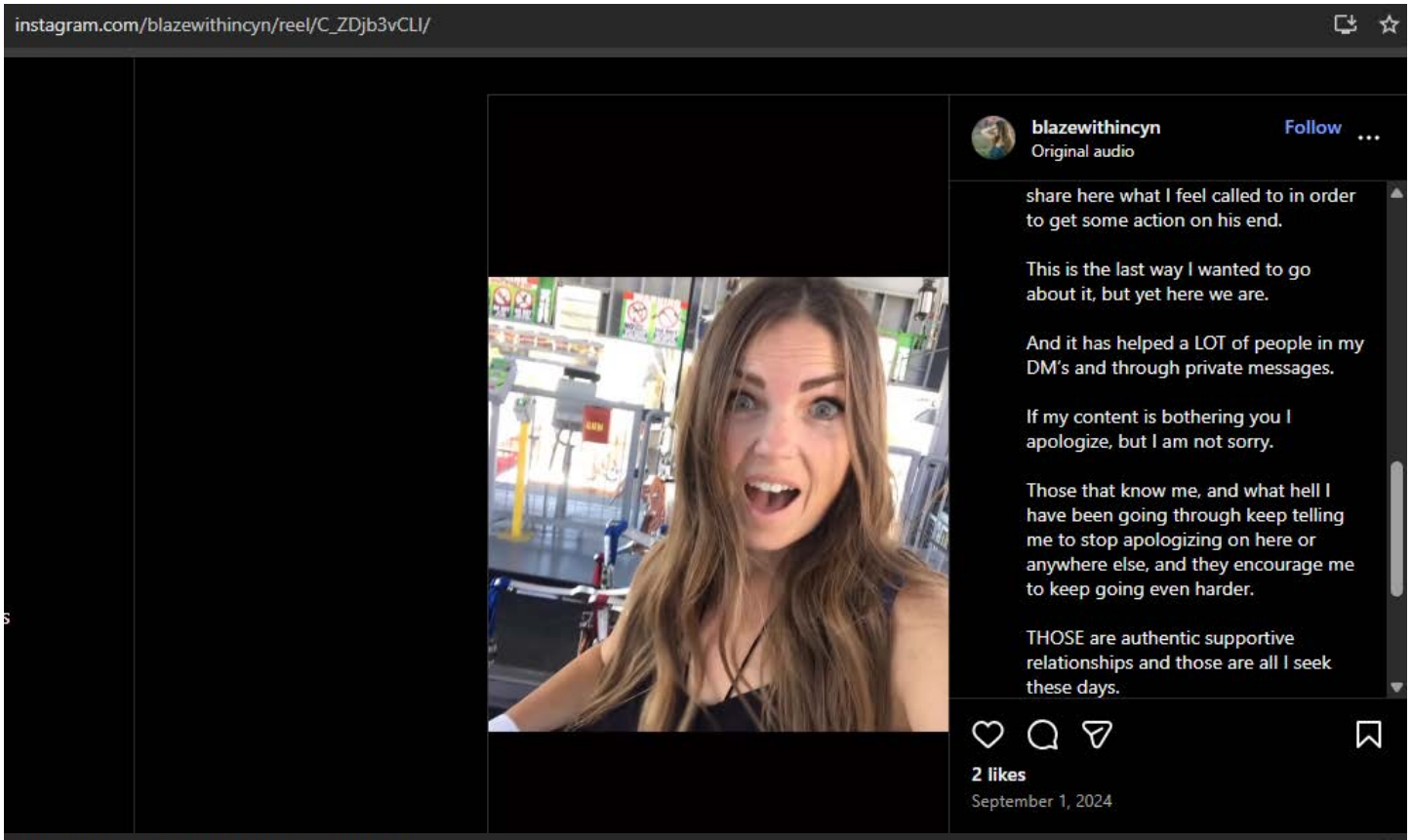
Yes I am a geyser that has been under pressure for many years and I seem to have "blown my top," and I am flying by the seat of my pants.

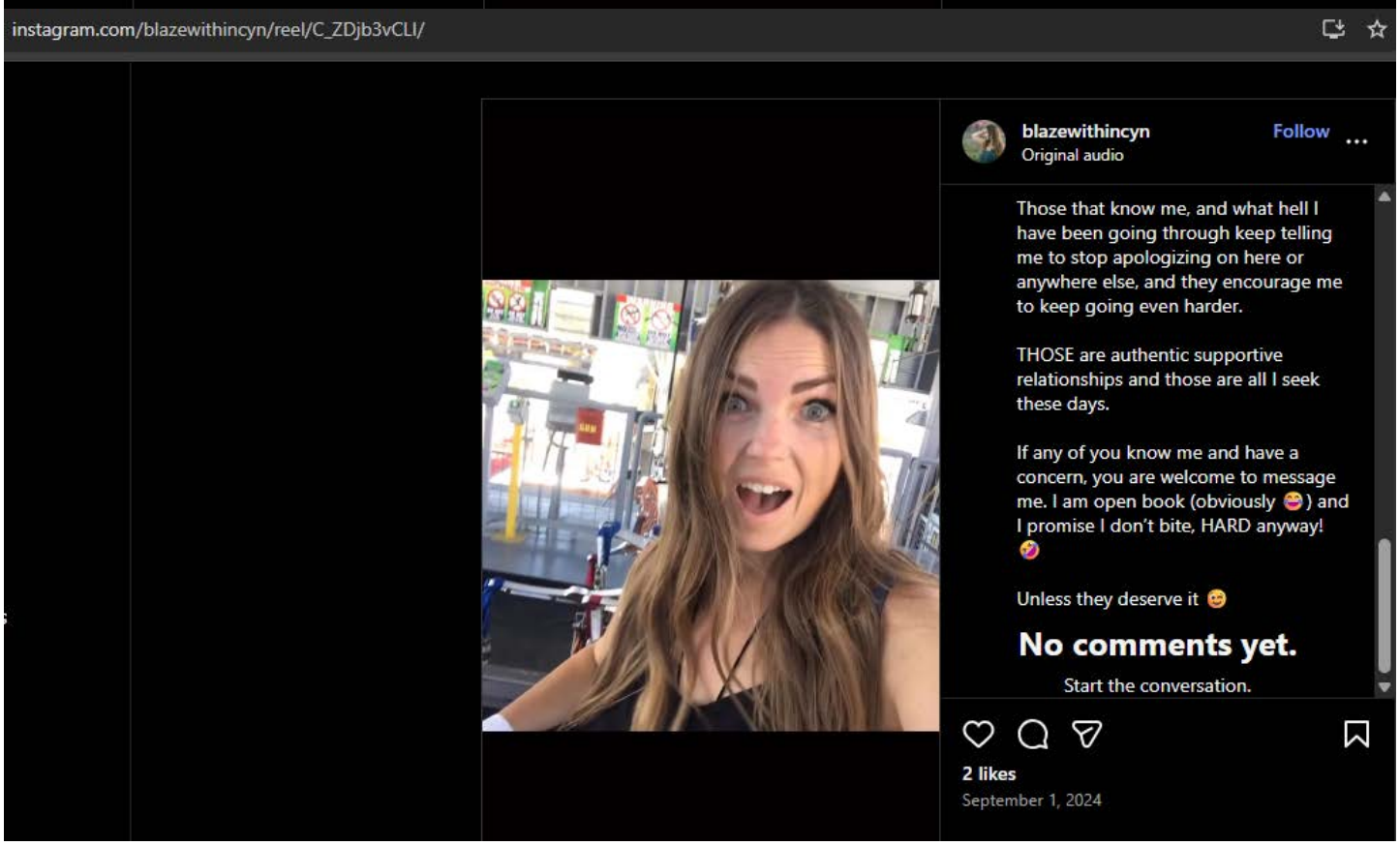
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But I can't fix anyone other than myself.

However I can protect me and my kids. And doing it in private didn't work. So I share here what I feel called to in order

2 likes
September 1, 2024





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Instagram

blazewithincyn/

System ID: 664312

Cynthia Lee Jacobson

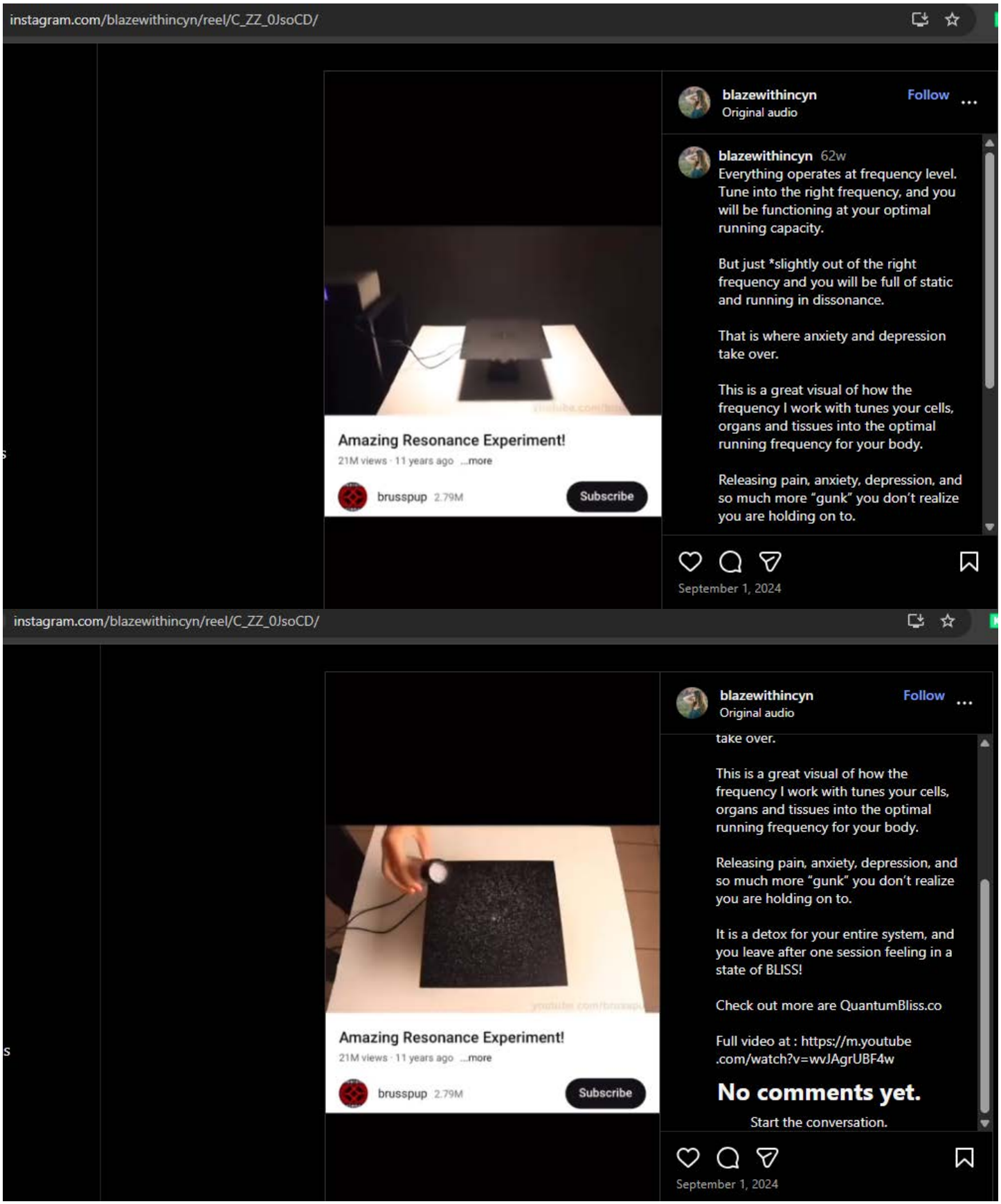
https://www.instagram.com/blazewithincyn/reel/C_ZZ_0JsoCD/

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject reposted a video showing a resonance experiment. She explains that this shows how the treatments she provides can help a person's body release "gunk". This is also posted on Subject's Facebook account. Everything operates at frequency level. Tune into the right frequency, and you will be functioning at your optimal running capacity. But just *slightly out of the right frequency and you will be full of static and running in dissonance. That is where anxiety and depression take over. This is a great visual of how the frequency I work with tunes your cells, organs and tissues into the optimal running frequency for your body. Releasing pain, anxiety, depression, and so much more “gunk” you don’t realize you are holding on to. It is a detox for your entire system, and you leave after one session feeling in a state of BLISS! Check out more are QuantumBliss.co Full video at : https://m.youtube .com/watch?v=wvJAgrUBF4w



[Link to download video]

TikTok

@blazewithincyn

System ID: 664298

Posted: Sep 01, 2024

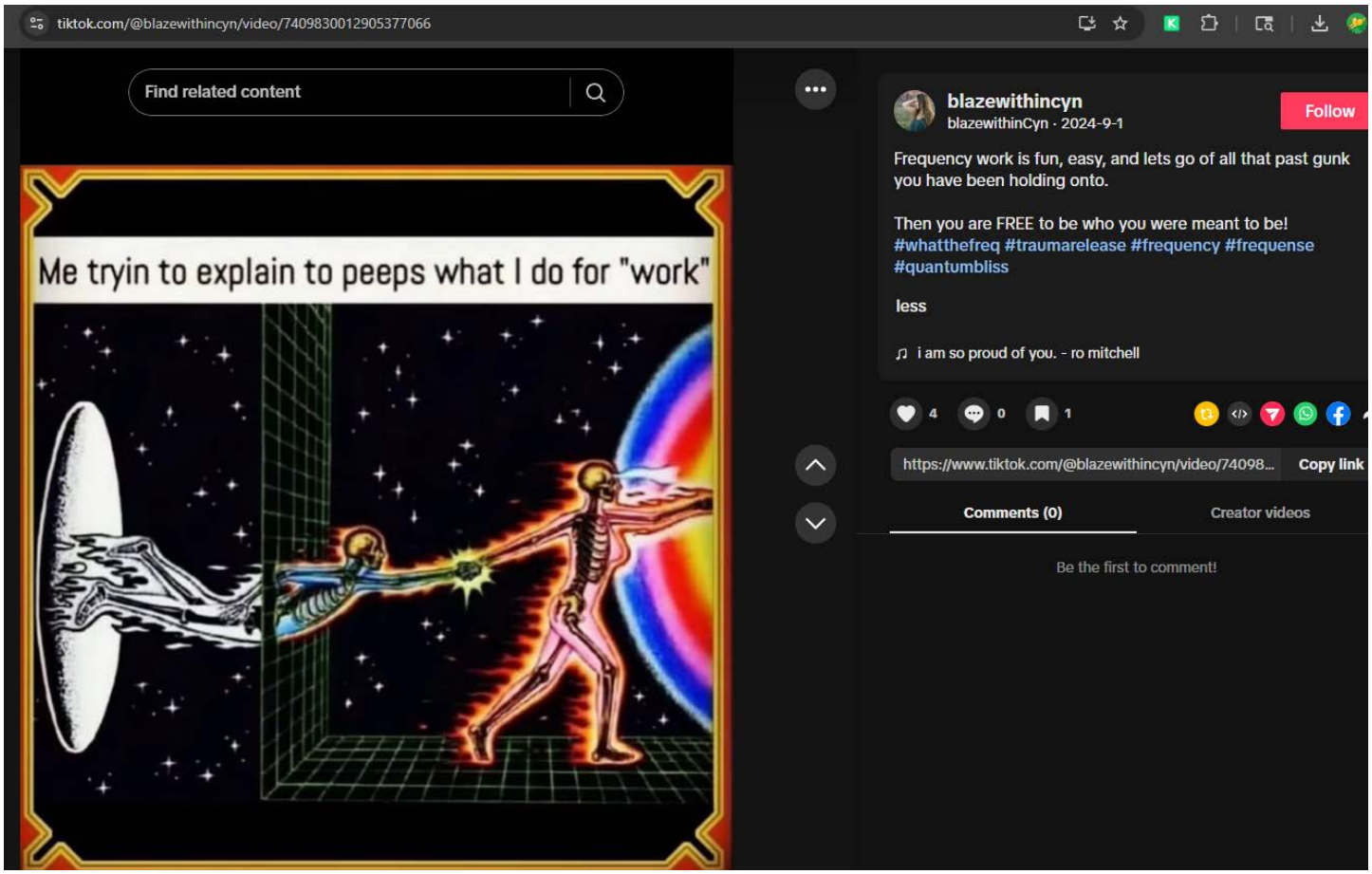
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7409830012905377066

After DOI

Subject posted a series of memes and pictures that address changing yourself for the better. This is also posted on Subject's Facebook and TikTok accounts. Frequency work is fun, easy, and lets go of all that past gunk you have been holding onto. Then you are FREE to be who you were meant to be! #whatthefreq #traumarelease #frequency #frequense #quantumbliss



[Link to download video]

Instagram

blazewithincyn/

System ID: 664339

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_Y61fZP2lw/

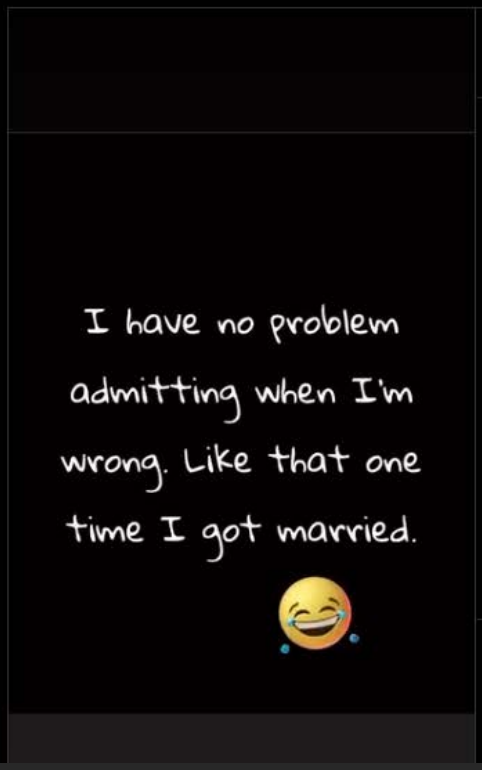
Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a meme about being wrong when she got married. She commented that she had hidden the problems she had had with her last marriage. She said that her ex is still hurting her and her family. Haha! Okay I don’t regret EVERYTHING about being married to my ex. Obviously there was a lot of good, and a lot of fun times as well, or I wouldn’t have stayed as long as I did. Hopefully anyway, who really knows? Looking back I can’t believe I stayed as long as I did. I used to have a joke with him though, anytime I was “wrong” I told him to write it on the calendar so he could remember and look back for reference because it didn’t happen often Hopefully people are starting to see, while I do share truths now that I have kept hidden about myself, I am not upset about anything in my past. It all shaped me and put me on my current path. I have kept this part of my life a “dirty secret” until now though to try and protect him, like I did all the years we were married. I have come to find out that has only hurt me and my kids in more devastating ways than I ever imagined possible. I have given him more than enough time to take accountability, and be a better person for our kids sake, and for his as well. He continues not to do that, and only to hurt us more. So I am no longer keeping quiet or protecting him when it comes to hurting me or my kids.

instagram.com/blazewithincyn/reel/C_Y61fZP2lw/



blazewithincyn Follow
Taylor Swift • ...Ready For It?

blazewithincyn 62w
Haha!

Okay I don't regret EVERYTHING about being married to my ex. Obviously there was a lot of good, and a lot of fun times as well, or I wouldn't have stayed as long as I did.

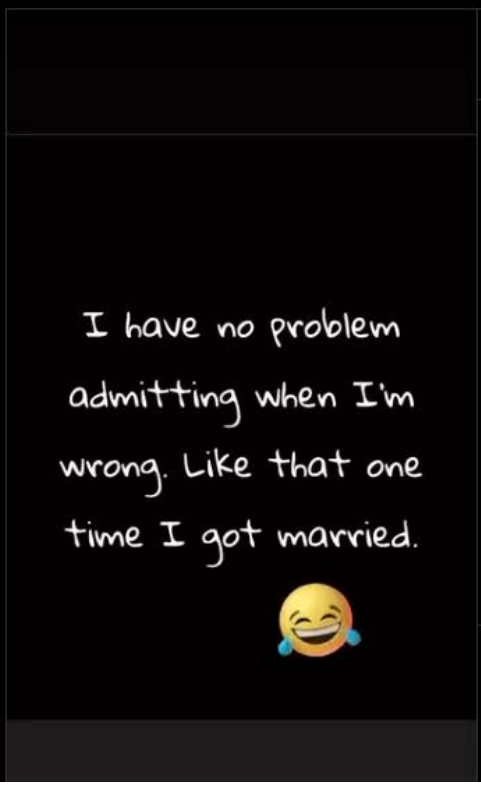
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I used to have a joke with him though, anytime I was "wrong" I told him to write it on the calendar so he could remember and look back for reference because it didn't happen often 🤣

Hopefully people are starting to see,

2 likes
September 1, 2024

instagram.com/blazewithincyn/reel/C_Y61fZP2lw/



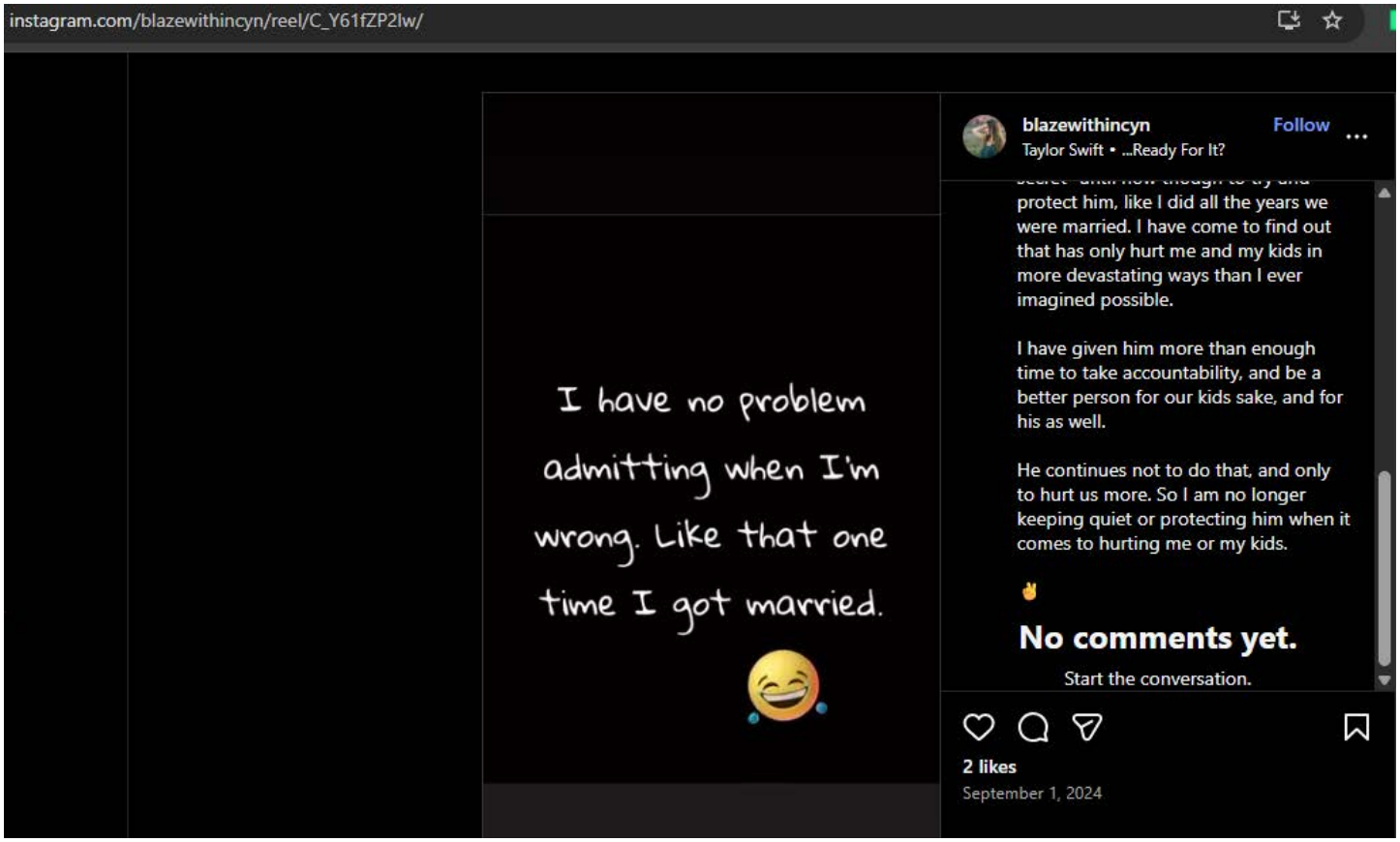
blazewithincyn Follow
Taylor Swift • ...Ready For It?

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I have kept this part of my life a "dirty secret" until now though to try and protect him, like I did all the years we were married. I have come to find out that has only hurt me and my kids in more devastating ways than I ever imagined possible.

I have given him more than enough time to take accountability, and be a better person for our kids sake, and for his as well.

2 likes
September 1, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 664373

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_YeaCbO3A0

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of her jumping on a trampoline with her daughter, playing in a pool, and walking in the forest with her son. In the comments, she relays a conversation that she had with a man about hope and trust. Bait and switch 2.5 Only briefly did I show him my bag of tricks and my magic, which intrigued him after hours of getting to know me. “You are full of secrets.” “Yes I am, I am a Pandora’s box! I only reveal the parts of me that people ask to see, the rest is a mystery.” “You know what is at the bottom of Pandora’s box?” He asked. “No.” “Hope,” he said with a smile. “Wait, are you serious? I did not know that! Hope is something I haven’t had in a long time. Thank you for sharing that with me.” □ I lost hope somewhere in my childhood years and life had just been a matter of tasks and accomplishments since then. Just waiting for the day I can lay down my pick and shovel for the last time, likely after even having to dig my own grave. But hope is something that has slowly been creeping in for me lately. I have had a few exchanges over recent weeks that have started to crack open that part of Pandora’s box for me, and I am grateful for each one. Neither one of us wanted to exchange to end but he put words to it. “I feel complete here, but that I don’t want to leave, because whenever I am around good energy I feel like I won’t get that again.” I felt the same way, I could have just stayed in his relaxed presence and energy for ever and I would have been perfectly content. However life must go on, and if we are meant to meet again we will. I trust that. And after he left he immediately sent this poem to me. I was in shock. “That is beautiful, did you write that?” “with your help, thank you doing you” Was the reply. I definitely received more out of this interaction and exchange than I feel he did, but that is up to him to decide. He also taught me how to reset my nervous system and release pain in 9 seconds. I teach my clients and friends to love through emotions in 8 seconds, so that added second is priceless! Thank you my friend. I am so grateful for you reaching out to me and coming to visit a complete stranger because I was “in your way” on your feed with my posts □ I asked permission to share, but I won’t tag you here unless you ask me to. I know many people would be blessed with your magic!

instagram.com/blazewithincyn/reel/C_YeaCbO3A0/



blazewithincyn Follow
dvinefrequency • Original audio

blazewithincyn 62w
Bait and switch 2.5

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"Yes I am, I am a Pandora's box! I only reveal the parts of me that people ask to see, the rest is a mystery."

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2 likes
September 1, 2024

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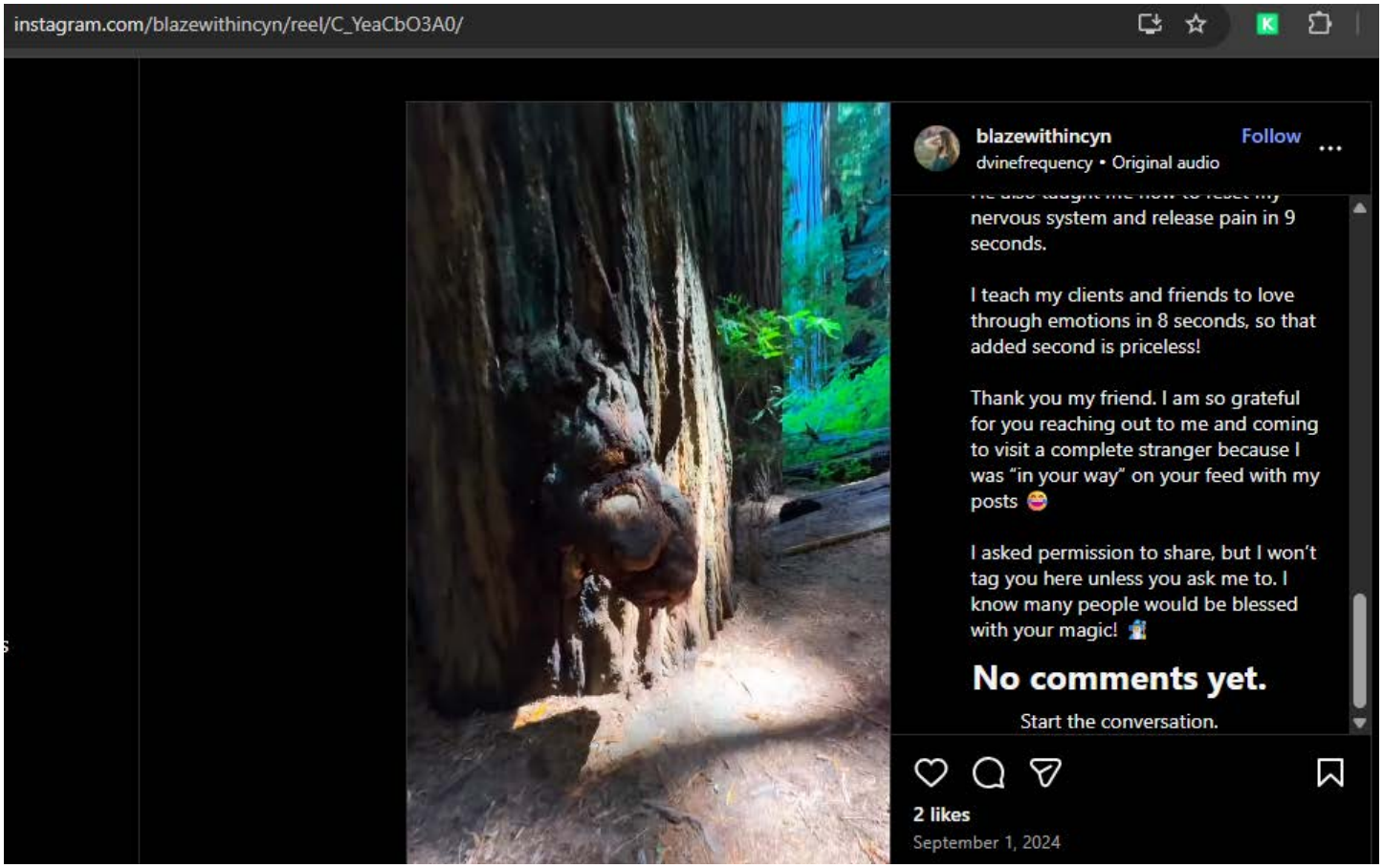
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2 likes
September 1, 2024



[Link to download video]

Instagram

blazewithincyn/

System ID: 664570

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_YZUcVOHD0/

Posted: Sep 01, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of her walking with her daughter through a creek barefoot. In the comments, she discusses pushing beyond her comfort zone and feeling empowered. She does not want any more secrets in her relationships, This is also posted on Subject's Facebook account. Bait and switch I had the most fascinating interaction and exchange of my life yesterday, and it only was made possible by living my authentic self this last few weeks. Oh I have had a LOT of fascinating exchanges over my social media posts recently, don’t get me wrong. I have shared a few here. But this one was different. I have also had a lot of people tell me my posts have been taking over their feeds lately. Both friends and acquaintances as well as complete strangers. Sorry, not sorry, and you’re welcome! □ I have lost some followers and I welcome that. If you aren’t here for the real Cyndee, you can show yourself the door and it makes us both happy. Did you know authenticity is the highest frequency and vibration, 4,000 times HIGHER than love? That’s right. It surprised me too when I learned about it this last year or so. And it is true. That is how I have been coming to my “awakening” of sorts realizing what love is and what it isn’t. I have allowed myself to be hurt my entire life in the name of “love,” by those that are “supposed” to love me. I have found out now that hurting someone you love, is not authentic. You can say you love them, but if you continue to hurt them, that is where inauthenticity comes in and you are out of alignment. I was out of alignment too, as I continued to allow the abuse and mistreatment, all due to a simple apology on their end and a “promise” not to do it again. And then it continued to happen. Day after day. And I got further and further out of alignment with myself by staying and allowing it. That stopped 3 weeks ago.

instagram.com/blazewithincyn/reel/C_YZUcVOHD0/



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Original audio

blazewithincyn 62w
Bait and switch

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5 likes
September 1, 2024

instagram.com/blazewithincyn/reel/C_YZUcVOHD0/



blazewithincyn Follow
Original audio

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Original audio

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5 likes
September 1, 2024

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More in comments

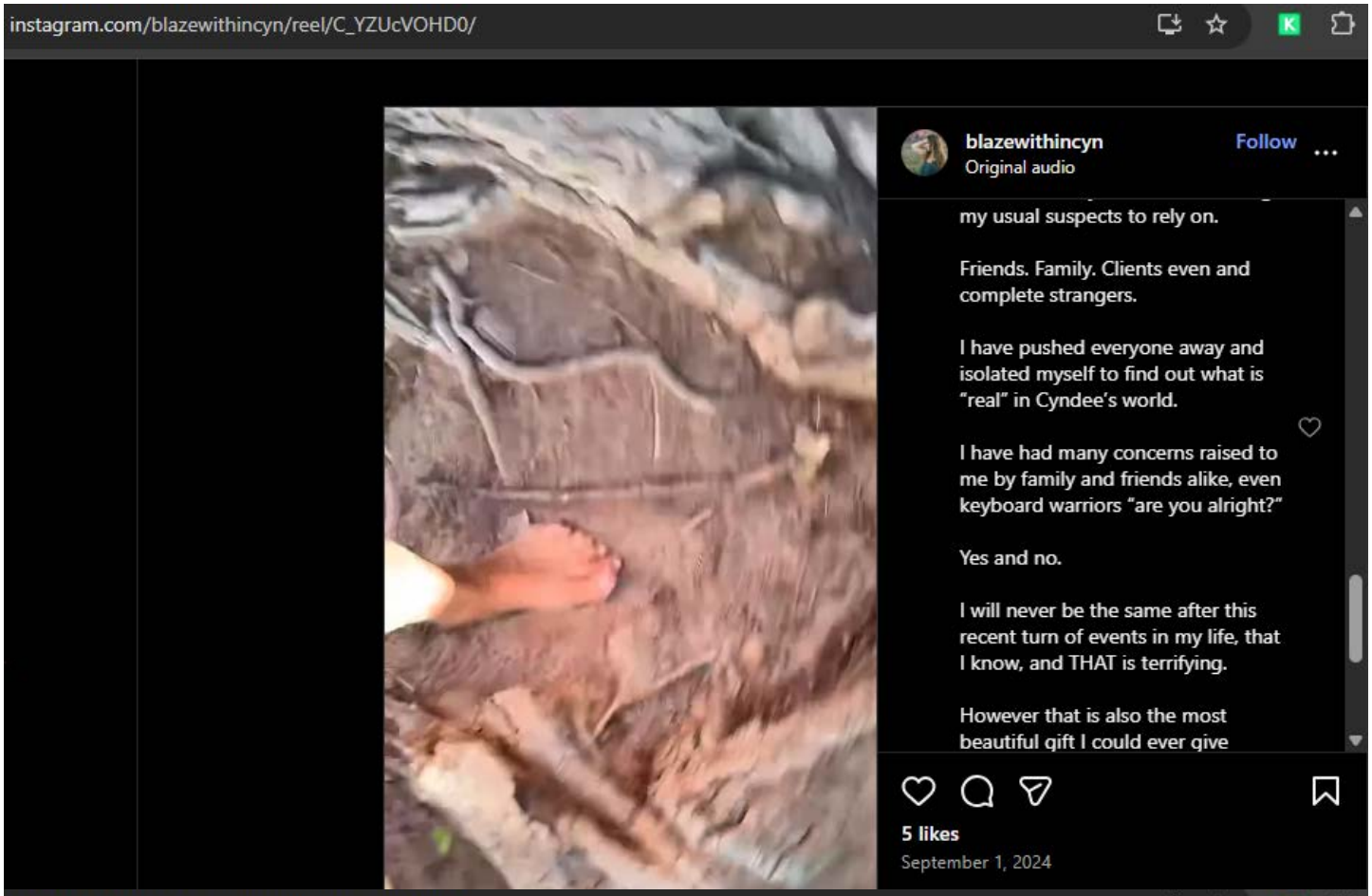
blazewithincyn 62w
And again, this is with anybody in my life, where ever that misalignment is.

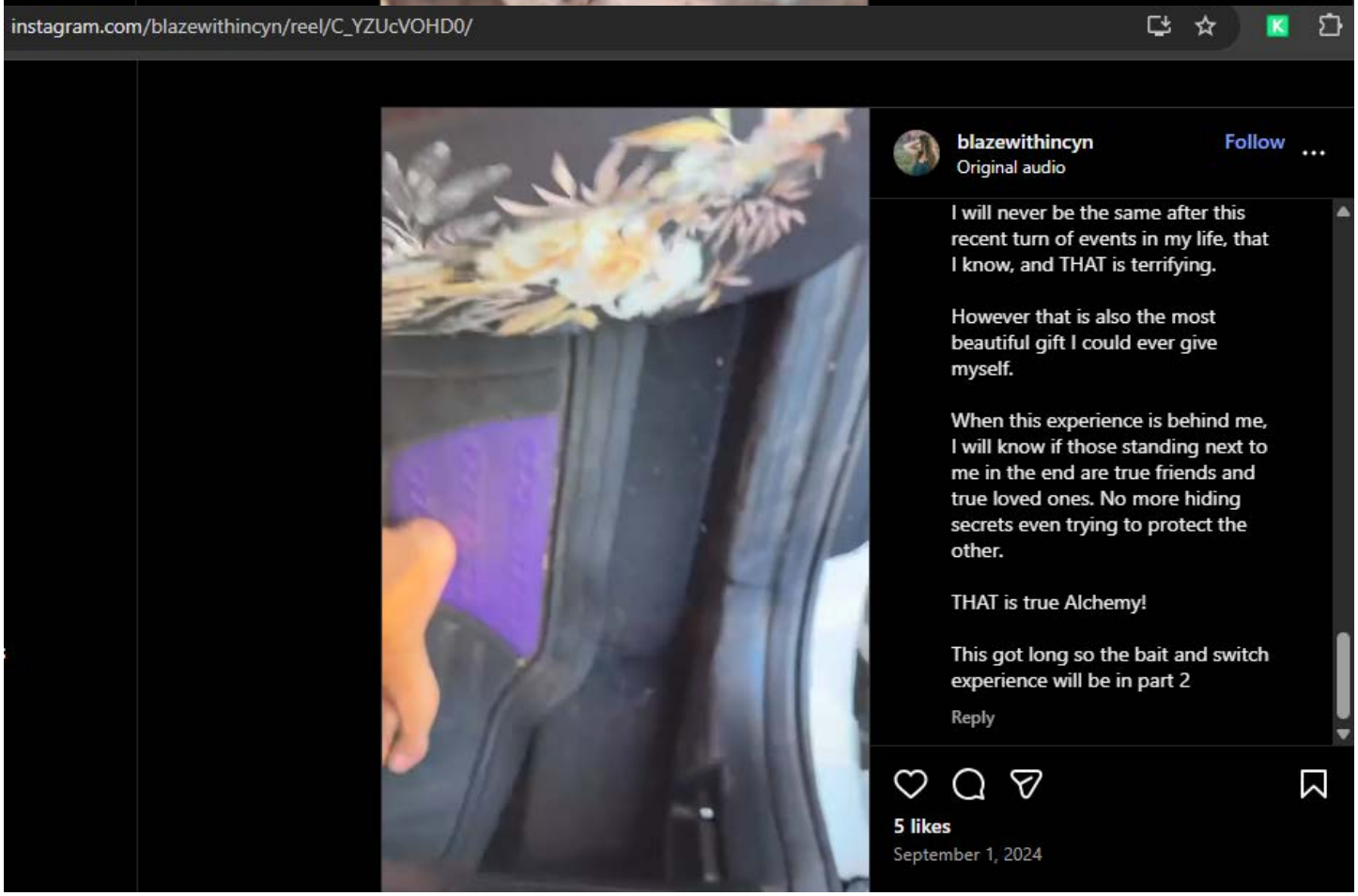
I have had to step out of my "comfort zone" and straight into fear of the unknown, and I created my own hell within that.

And it was the most beautiful and empowering thing I could have ever done.

As I navigate this new path forward, on my innocent infant feet, trying to find my balance and footing, it has been extremely difficult not having

5 likes
September 1, 2024





[Link to download video]

TikTok

@blazewithincyn

System ID: 667258

Posted: Sep 01, 2024

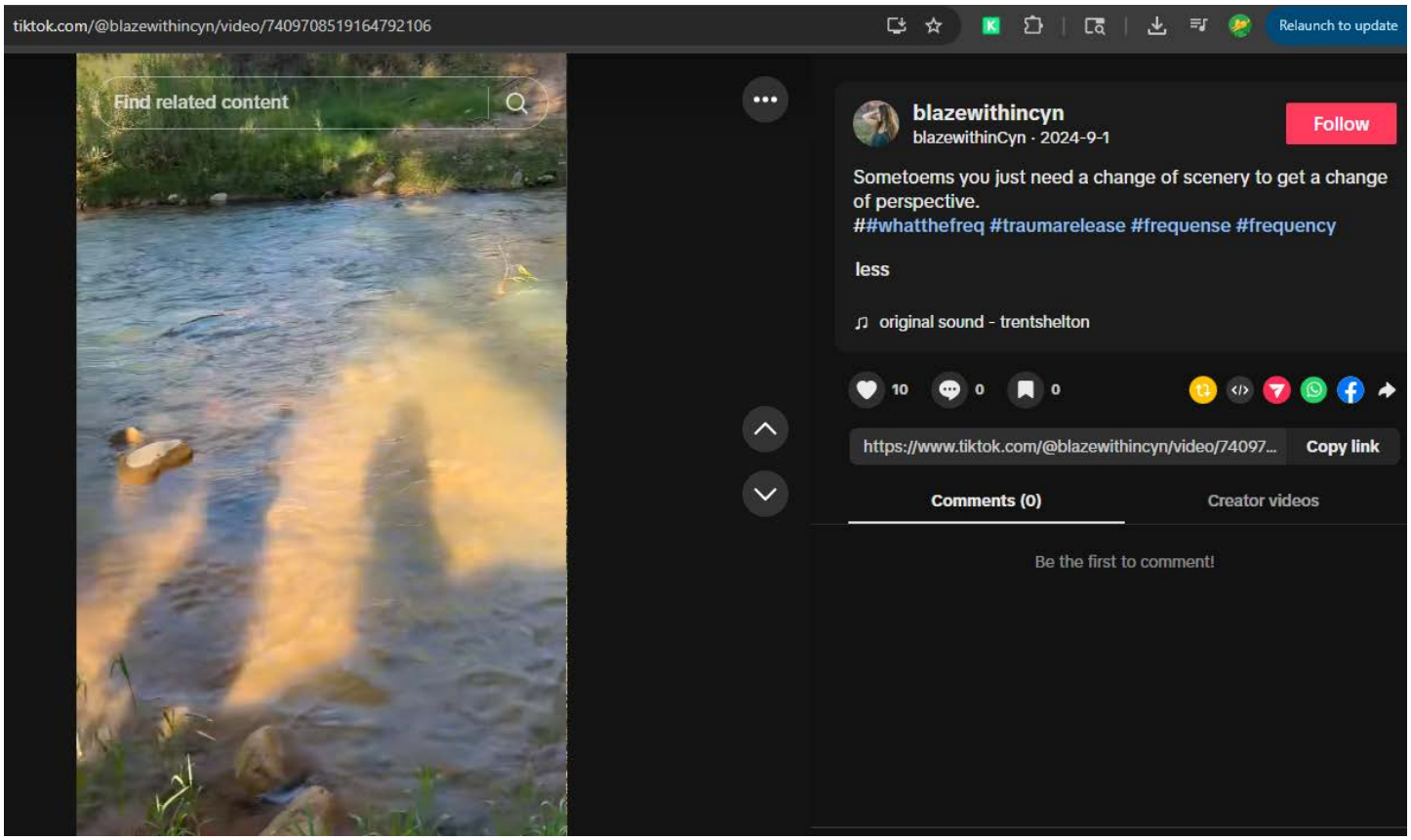
Captured: Nov 18, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7409708519164792106

After DOI

Subject posted a video of her and her daughter walking barefoot into a creek. Sometoems you just need a change of scenery to get a change of perspective.



[Link to download video]

Instagram

blazewithincyn/

System ID: 664302

Cynthia Lee Jacobson

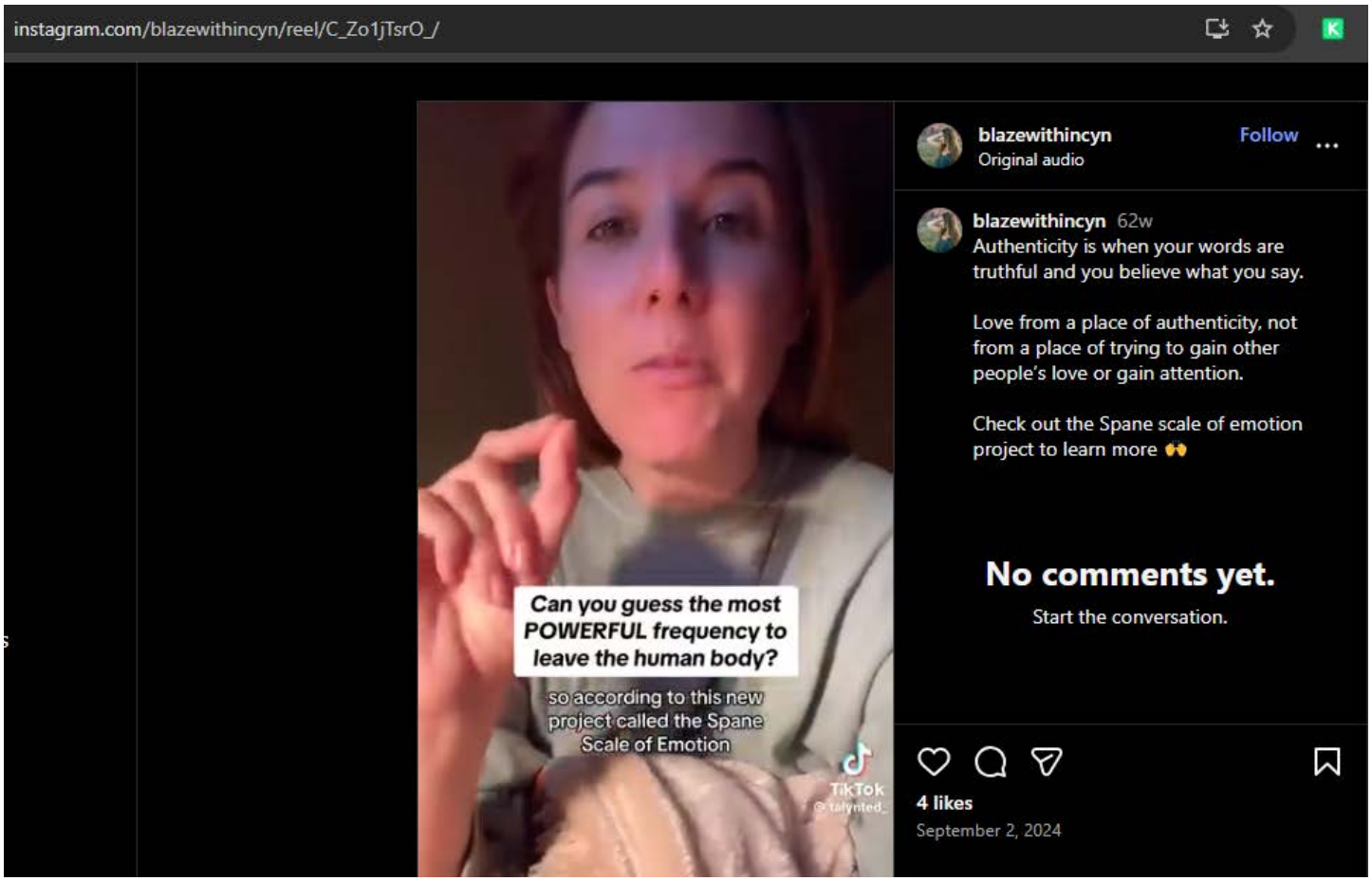
https://www.instagram.com/blazewithincyn/reel/C_Zo1jTsrO_/

Posted: Sep 02, 2024

Captured: Nov 12, 2025

After DOI

Subject reposted a video about authenticity. This is also posted on Subject's Facebook account. Authenticity is when your words are truthful and you believe what you say. Love from a place of authenticity, not from a place of trying to gain other people’s love or gain attention. Check out the Spane scale of emotion project to learn more 62w



[Link to download video]

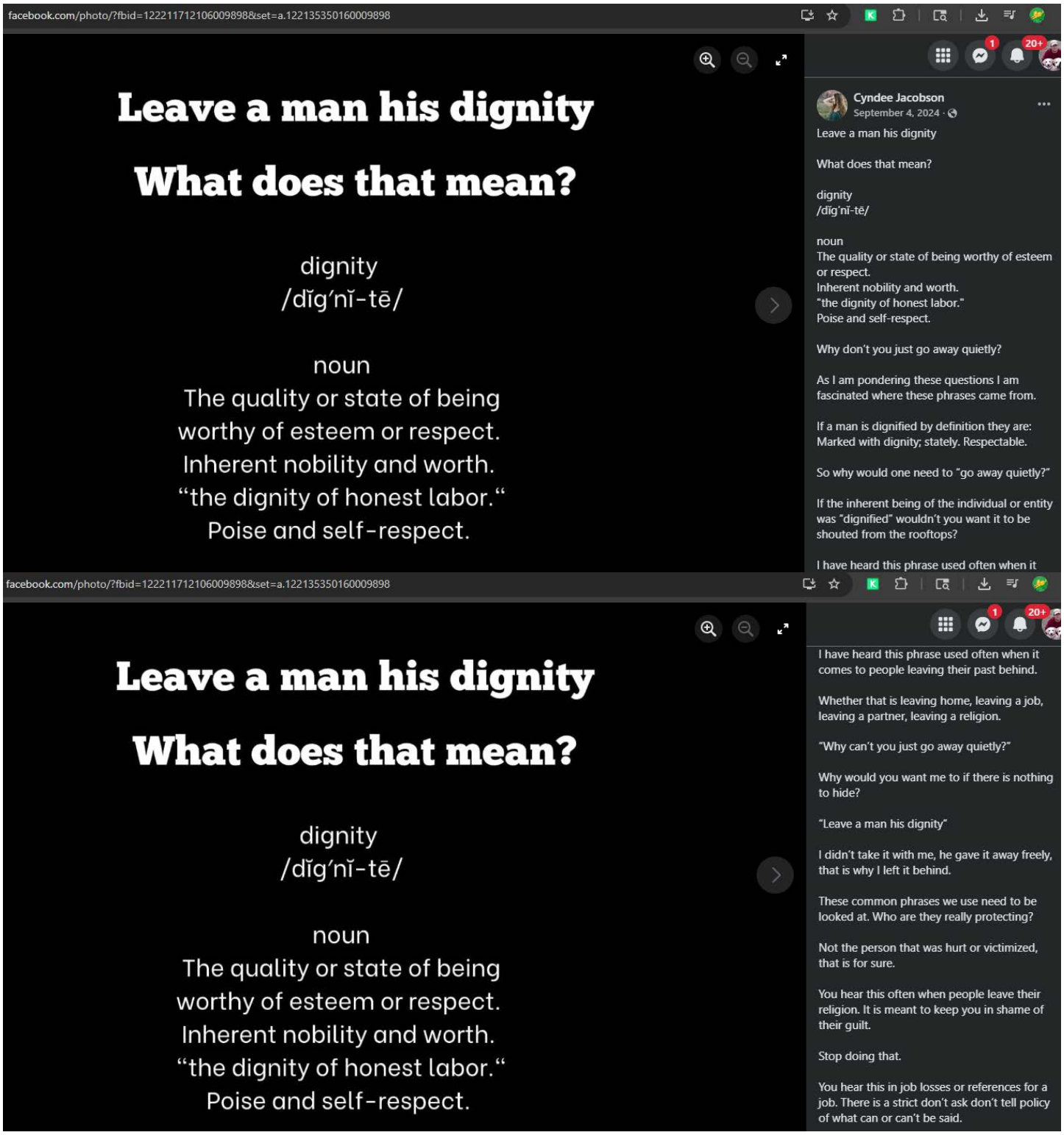
Facebook

cyndee.jacobson.163679
System ID: 664495
Cynthia Lee Jacobson
https://www.facebook.com/photo/?fbid=1222117121060098 98&set=a.122135350160009898

Posted: Sep 04, 2024
Captured: Nov 12, 2025

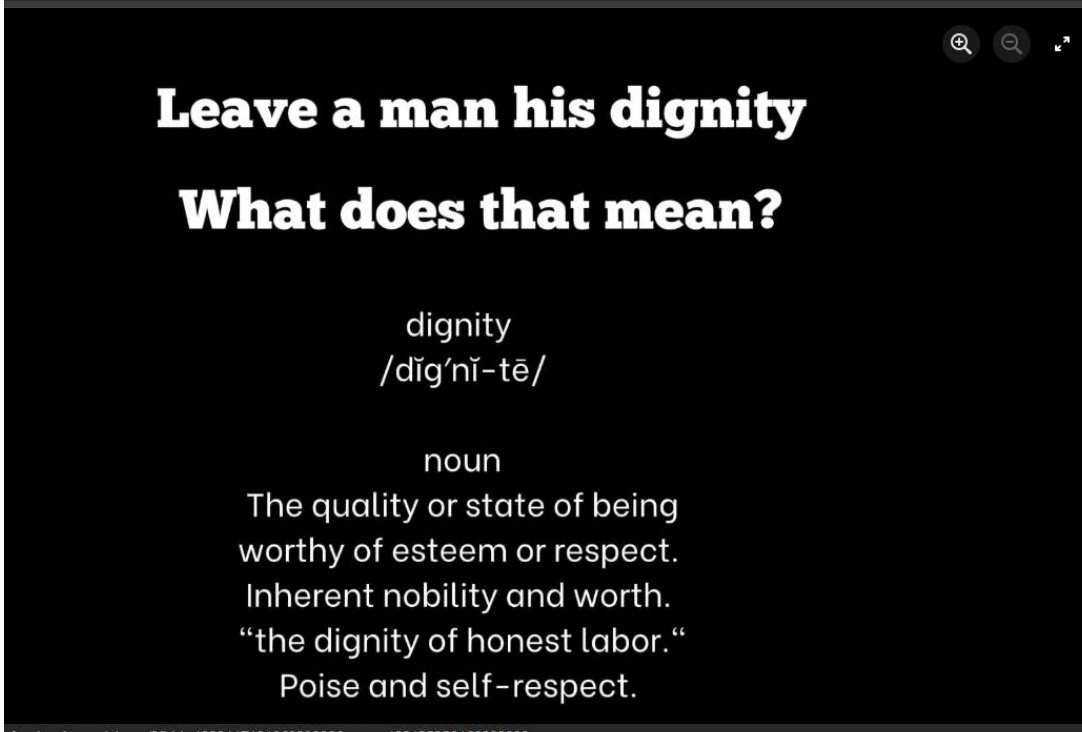
After DOI

Subject posted a meme about dignity. In the comments, she ponders if that means keeping things hidden, which results in more problems. This is also posted on Subject's Facebook account. Leave a man his dignity What does that mean? dignity /dĭg′nĭ-tē/ noun The quality or state of being worthy of esteem or respect. Inherent nobility and worth. "the dignity of honest labor." Poise and self-respect. Why don't you just go away quietly? As I am pondering these questions I am fascinated where these phrases came from. If a man is dignified by definition they are: Marked with dignity; stately. Respectable. So why would one need to "go away quietly?" If the inherent being of the individual or entity was "dignified" wouldn't you want it to be shouted from the rooftops? I have heard this phrase used often when it comes to people leaving their past behind. Whether that is leaving home, leaving a job, leaving a partner, leaving a religion. "Why can't you just go away quietly?" Why would you want me to if there is nothing to hide? "Leave a man his dignity" I didn't take it with me, he gave it away freely, that is why I left it behind. These common phrases we use need to be looked at. Who are they really protecting? Not the person that was hurt or victimized, that is for sure. You hear this often when people leave their religion. It is meant to keep you in shame of their guilt. Stop doing that. You hear this in job losses or references for a job. There is a strict don't ask don't tell policy of what can or can't be said. If everything is up and up, what are you hiding? Who are you protecting? You hear this in breakups, whether friendships or relationships. "Don't air your dirty laundry" Should I just keep it locked away in the dark to mold and mildew? I would rather put it on the clothesline for the sun to shine on it and the light to be brought in. Bringing truth to light, where is the harm in that? There is only harm if someone else was already harmed. Then their "good name" might be damaged. Oh my! They damaged their own name, and now they are burdening you with shame to hide their guilt. No harm no foul. If that is true then there is nothing to walk away from. Now we are all human, and we do make mistakes. Owning up to them, acknowledging it, and changing the behavior is all that is necessary. But if we hide it, keep it a secret, continue to do it, get angry about it, blame it on another person, that is when it perpetuates. How many "dirty secrets" run in your family? In your workplace? In your house of worship? Again, mistakes are made and they can be forgiven if they are corrected. But don't deny the mistake was ever made and try to "rewrite" history. That is where inauthenticity 'lies.' Yes that was a play on words. And what is the highest frequency? Oh. That's right. Authenticity. So what might be the lowest frequency? Shame and guilt ring a bell. But I dare say the lowest frequency is inauthenticity. If you made a mistake own it. Change it. Don't do it again. Then you can be forgiven. But not if you deny it or excuse it away. Then it just chases you and haunts you. I work with many clients that have a torrid past. They come to me when they are ready to let go of their own shame and guilt, own what they did, and move forward into the Divine beings that they are. Because we ARE that. And I dare argue those that have done some of the most atrocious acts are in fact some of the brightest souls, meant to change their path and walk a new one, showing others the way. Let's stop holding ourselves back by hiding from our past. Whatever that is. Own it, acknowledge it, and move forward, allowing others to do the same. Stop being a shitty human. Step into your full self. I know you have it in you. I see it. I love you. And I see you. And I WILL speak truth to you, even if it hurts.


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Leave a man his dignity
What does that mean?
dignity
/dĭg′nĭ-tē/
noun
The quality or state of being worthy of esteem or respect.
Inherent nobility and worth.
“the dignity of honest labor.“
Poise and self-respect.
Cyndee Jacobson
September 4, 2024 ·
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Why would you want me to if there is nothing to hide?
"Leave a man his dignity"
I didn't take it with me, he gave it away freely, that is why I left it behind.
These common phrases we use need to be looked at. Who are they really protecting?
Not the person that was hurt or victimized, that is for sure.
You hear this often when people leave their religion. It is meant to keep you in shame of their guilt.
Stop doing that.
You hear this in job losses or references for a job. There is a strict don't ask don't tell policy of what can or can't be said.

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If everything is up and up, what are you hiding? Who are you protecting?

You hear this in breakups, whether friendships or relationships.

"Don't air your dirty laundry"

Should I just keep it locked away in the dark to mold and mildew? I would rather put it on the clothesline for the sun to shine on it and the light to be brought in.

Bringing truth to light, where is the harm in that?

There is only harm if someone else was already harmed. Then their "good name" might be damaged.

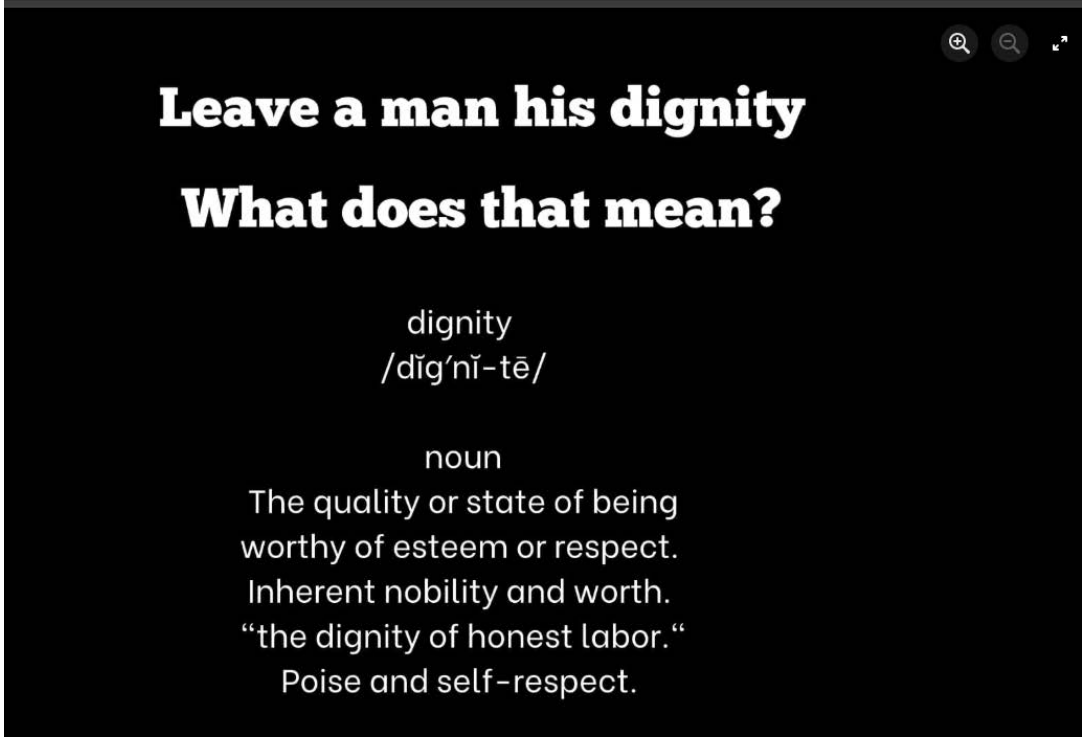
Oh my!

They damaged their own name, and now they are burdening you with shame to hide their guilt.

No harm no foul.

If that is true then there is nothing to walk away from.

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Now we are all human, and we do make mistakes. Owning up to them, acknowledging it, and changing the behavior is all that is necessary.

But if we hide it, keep it a secret, continue to do it, get angry about it, blame it on another person, that is when it perpetuates.

How many "dirty secrets" run in your family? In your workplace? In your house of worship?

Again, mistakes are made and they can be forgiven if they are corrected.

But don't deny the mistake was ever made and try to "rewrite" history. That is where inauthenticity 'lies.' Yes that was a play on words.

And what is the highest frequency?

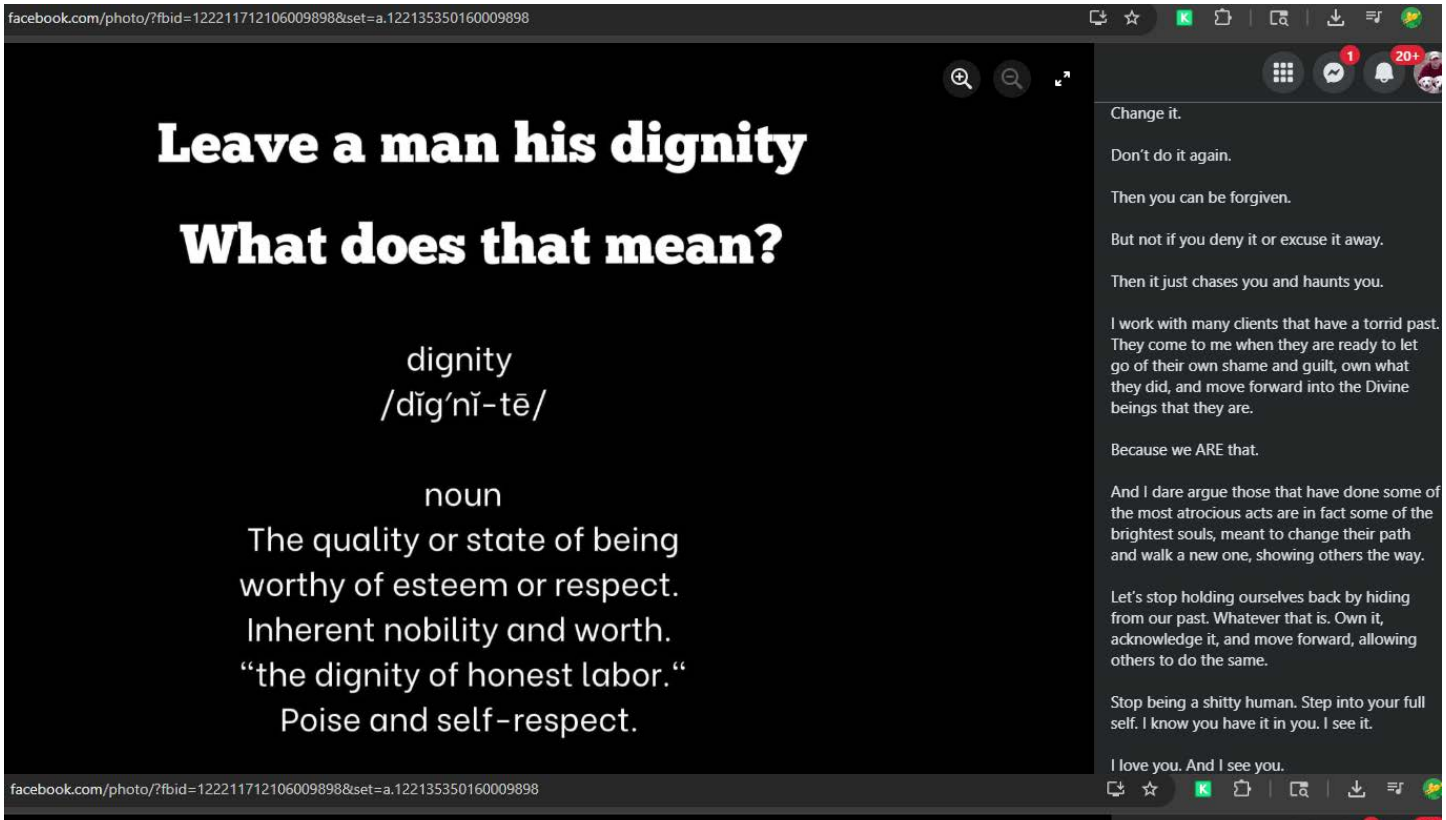
Oh. That's right. Authenticity.

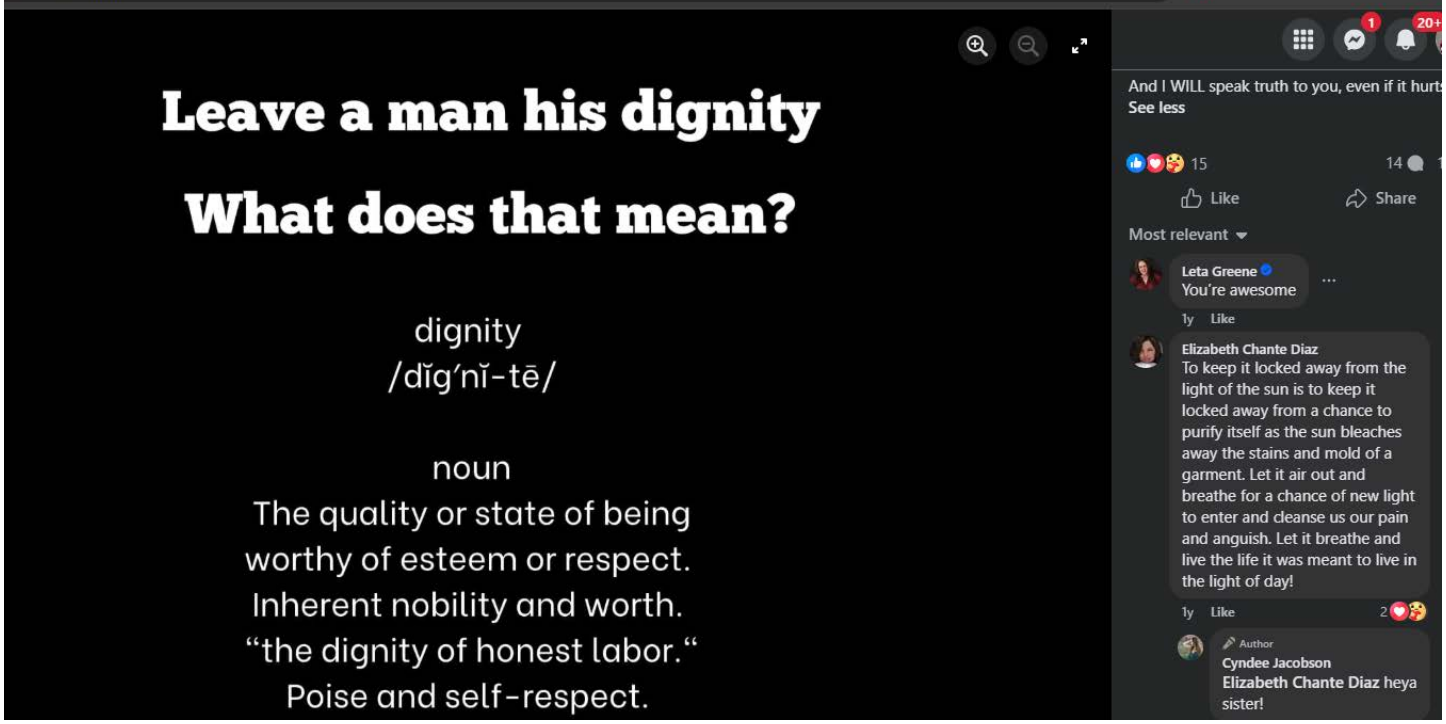
So what might be the lowest frequency?

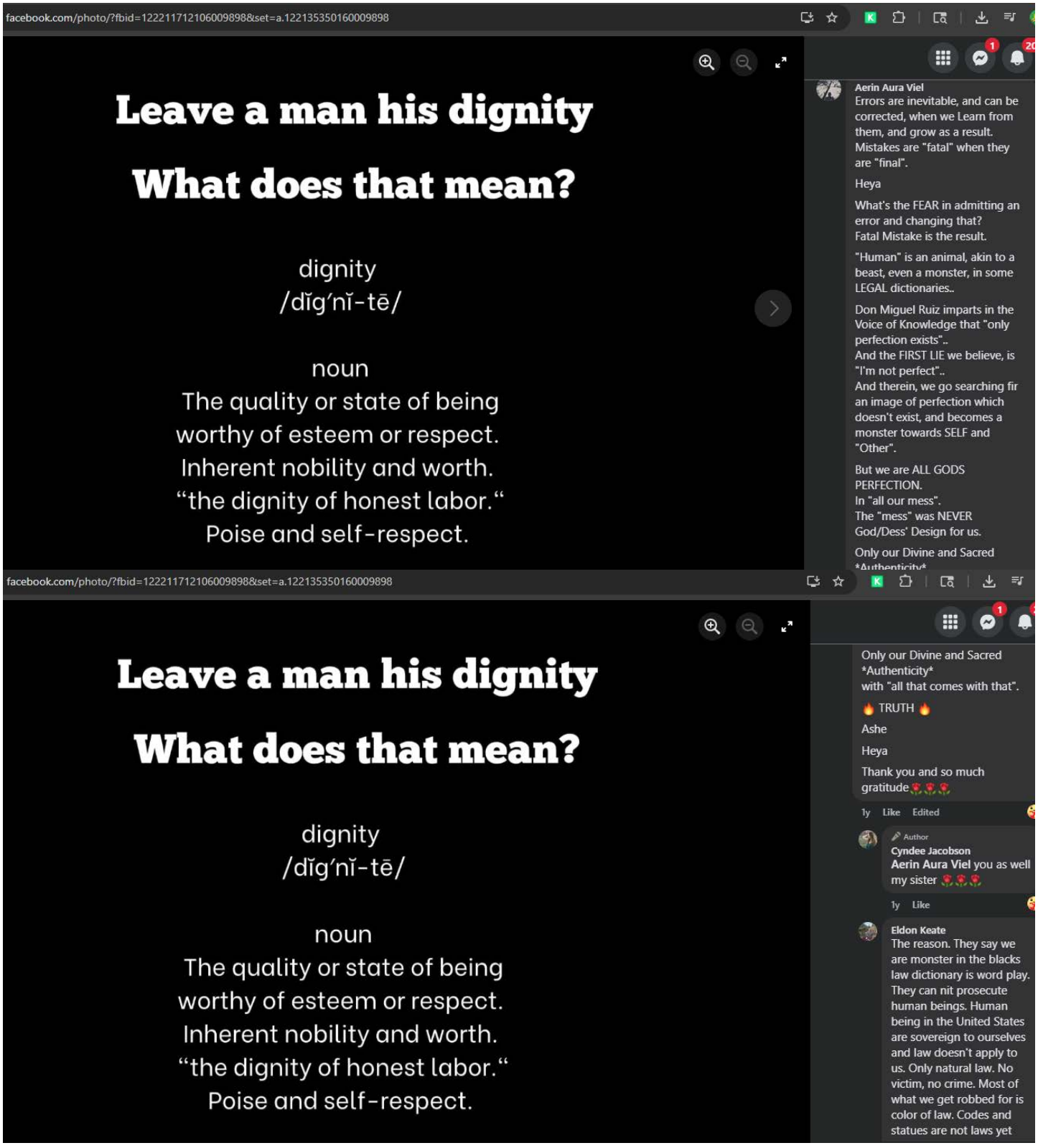
Shame and guilt ring a bell.

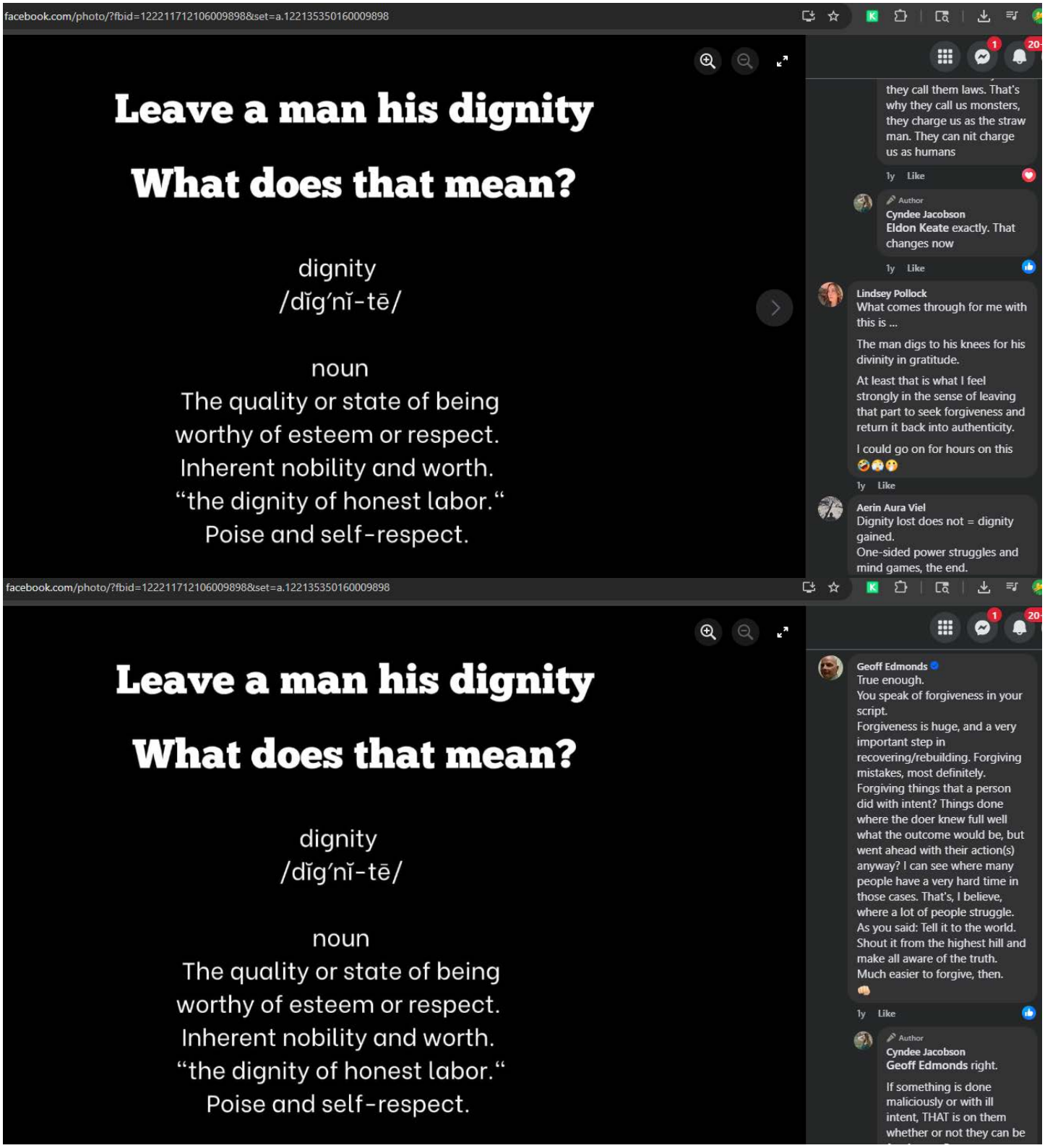
But I dare say the lowest frequency is inauthenticity.

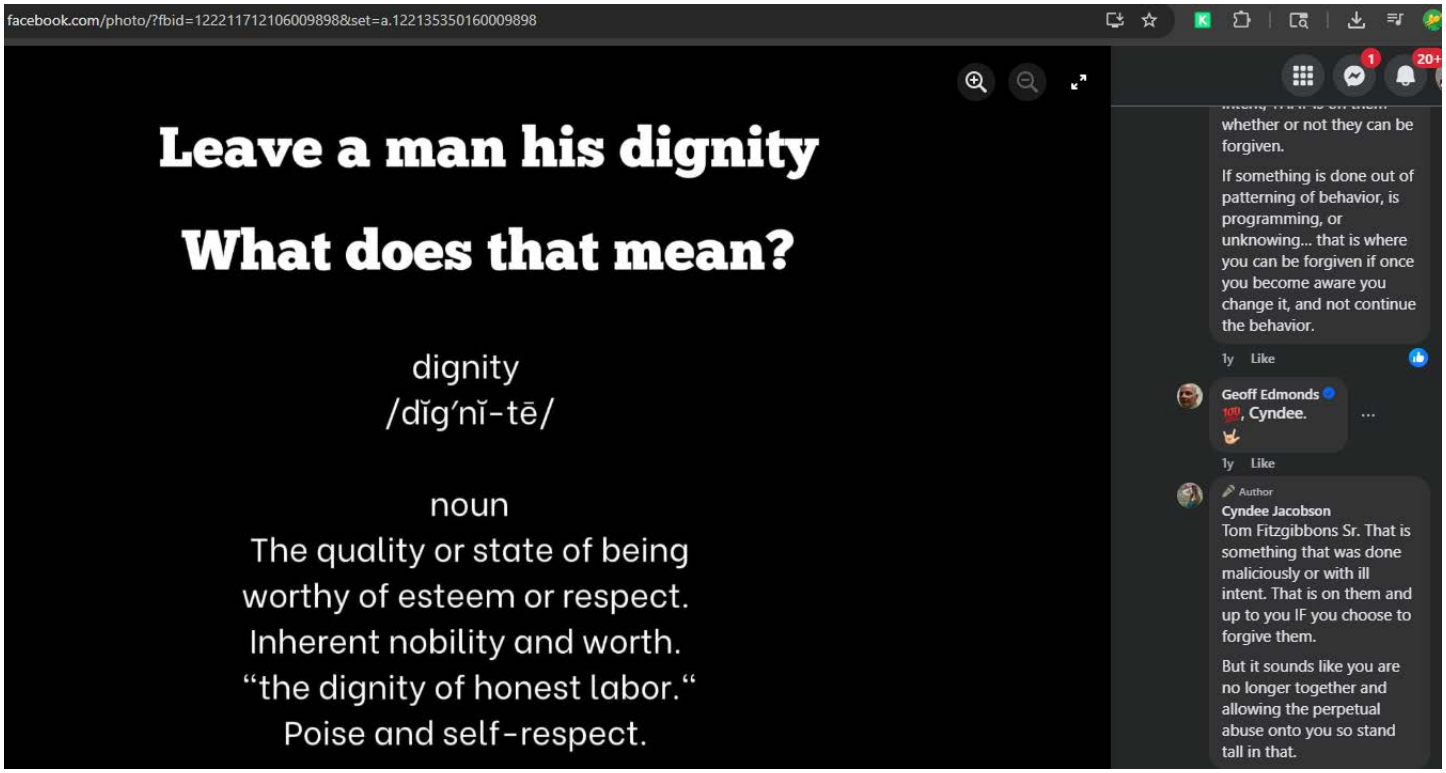
If you made a mistake own it.


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Change it.
Don’t do it again.
Then you can be forgiven.
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I work with many clients that have a torrid past. They come to me when they are ready to let go of their own shame and guilt, own what they did, and move forward into the Divine beings that they are.
Because we ARE that.
And I dare argue those that have done some of the most atrocious acts are in fact some of the brightest souls, meant to change their path and walk a new one, showing others the way.
Let’s stop holding ourselves back by hiding from our past. Whatever that is. Own it, acknowledge it, and move forward, allowing others to do the same.
Stop being a shitty human. Step into your full self. I know you have it in you. I see it.
I love you. And I see you.


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Poise and self-respect.
And I WILL speak truth to you, even if it hurts
See less
15
14
Like
Share
Most relevant
Leta Greene
You’re awesome
1y Like
Elizabeth Chante Diaz
To keep it locked away from the light of the sun is to keep it locked away from a chance to purify itself as the sun bleaches away the stains and mold of a garment. Let it air out and breathe for a chance of new light to enter and cleanse us our pain and anguish. Let it breathe and live the life it was meant to live in the light of day!
1y Like
Author
Cyndee Jacobson
Elizabeth Chante Diaz heya sister!


facebook.com/photo/?fbid=1222117121060098988set=a.122135350160009898
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“the dignity of honest labor.“
Poise and self-respect.
Aerin Aura Viel
Errors are inevitable, and can be corrected, when we Learn from them, and grow as a result.
Mistakes are "fatal" when they are "final".
Heya
What's the FEAR in admitting an error and changing that?
Fatal Mistake is the result.
"Human" is an animal, akin to a beast, even a monster, in some LEGAL dictionaries..
Don Miguel Ruiz imparts in the Voice of Knowledge that "only perfection exists"..
And the FIRST LIE we believe, is "I'm not perfect"..
And therein, we go searching fir an image of perfection which doesn't exist, and becomes a monster towards SELF and "Other".
But we are ALL GODS PERFECTION.
In "all our mess".
The "mess" was NEVER God/Dess' Design for us.
Only our Divine and Sacred
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Authenticity
with "all that comes with that".
TRUTH
Ashe
Heya
Thank you and so much gratitude
1y Like Edited
Author
Cyndee Jacobson
Aerin Aura Viel you as well my sister
1y Like
Eldon Keate
The reason. They say we are monster in the blacks law dictionary is word play. They can nit prosecute human beings. Human being in the United States are sovereign to ourselves and law doesn't apply to us. Only natural law. No victim, no crime. Most of what we get robbed for is color of law. Codes and statues are not laws yet


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“the dignity of honest labor.“
Poise and self-respect.
they call them laws. That's why they call us monsters, they charge us as the straw man. They can nit charge us as humans
1y Like
Author
Cyndee Jacobson
Eldon Keate exactly. That changes now
1y Like
Lindsey Pollock
What comes through for me with this is ...
The man digs to his knees for his divinity in gratitude.
At least that is what I feel strongly in the sense of leaving that part to seek forgiveness and return it back into authenticity.
I could go on for hours on this
1y Like
Aerin Aura Viel
Dignity lost does not = dignity gained.
One-sided power struggles and mind games, the end.
facebook.com/photo/?fbid=1222117121060098988set=a.122135350160009898
Leave a man his dignity
What does that mean?
dignity
/dĭg′nĭ-tē/
noun
The quality or state of being worthy of esteem or respect.
Inherent nobility and worth.
“the dignity of honest labor.“
Poise and self-respect.
Geoff Edmonds
True enough.
You speak of forgiveness in your script.
Forgiveness is huge, and a very important step in recovering/rebuilding. Forgiving mistakes, most definitely.
Forgiving things that a person did with intent? Things done where the doer knew full well what the outcome would be, but went ahead with their action(s) anyway? I can see where many people have a very hard time in those cases. That's, I believe, where a lot of people struggle.
As you said: Tell it to the world. Shout it from the highest hill and make all aware of the truth.
Much easier to forgive, then.
1y Like
Author
Cyndee Jacobson
Geoff Edmonds right.
If something is done maliciously or with ill intent, THAT is on them whether or not they can be


facebook.com/photo/?fbid=1222117121060098988set=a.122135350160009898
Leave a man his dignity
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The quality or state of being worthy of esteem or respect.
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“the dignity of honest labor.“
Poise and self-respect.
whether or not they can be forgiven.
If something is done out of patterning of behavior, is programming, or unknowing... that is where you can be forgiven if once you become aware you change it, and not continue the behavior.
1y Like
Geoff Edmonds
, Cyndee.
1y Like
Author
Cyndee Jacobson
Tom Fitzgibbons Sr. That is something that was done maliciously or with ill intent. That is on them and up to you IF you choose to forgive them.
But it sounds like you are no longer together and allowing the perpetual abuse onto you so stand tall in that.

Facebook

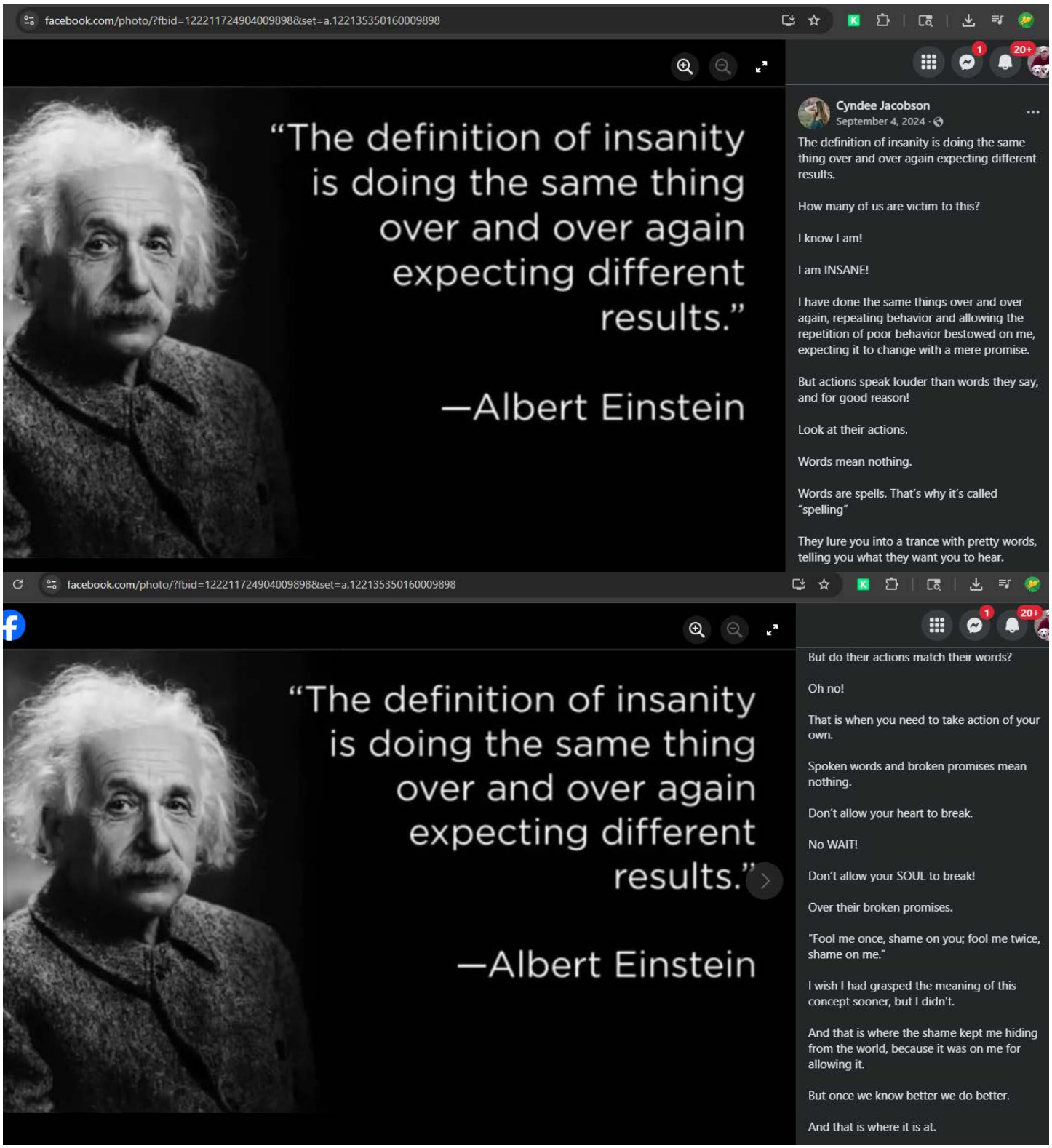
cyndee.jacobson.163679
System ID: 664468
Cynthia Lee Jacobson

Posted: Sep 04, 2024
Captured: Nov 12, 2025

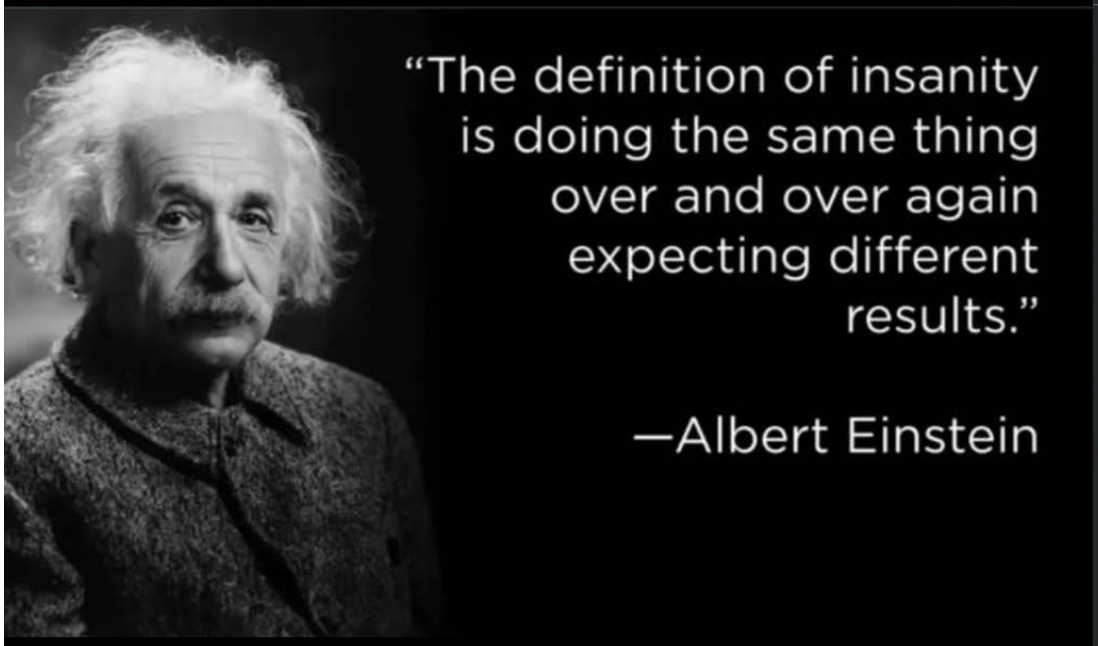
https://www.facebook.com/photo/?fbid=122211724904009898&set=a.122135350160009898

After DOI

Subject posted a meme about repeating the same thing over and over being insanity. She comments that it is important to break that cycle. This is also posted on Subject's Facebook account. The definition of insanity is doing the same thing over and over again expecting different results. How many of us are victim to this? I know I am! I am INSANE! I have done the same things over and over again, repeating behavior and allowing the repetition of poor behavior bestowed on me, expecting it to change with a mere promise. But actions speak louder than words they say, and for good reason! Look at their actions. Words mean nothing. Words are spells. That's why it's called "spelling" They lure you into a trance with pretty words, telling you what they want you to hear. But do their actions match their words? Oh no! That is when you need to take action of your own. Spoken words and broken promises mean nothing. Don't allow your heart to break. No WAIT! Don't allow your SOUL to break! Over their broken promises. "Fool me once, shame on you; fool me twice, shame on me." I wish I had grasped the meaning of this concept sooner, but I didn't. And that is where the shame kept me hiding from the world, because it was on me for allowing it. But once we know better we do better. And that is where it is at. True authenticity. So if I seem overbearing or aggressive I AM and for good reason. And you should be too. Don't put up with BS in the name of "LOVE" that shit stinks! □ So full of 'it their love turns brown


facebook.com/photo/?fbid=1222117249040098988set=a.122135350160009898
"The definition of insanity is doing the same thing over and over again expecting different results."
—Albert Einstein
Cyndee Jacobson
September 4, 2024 ·
The definition of insanity is doing the same thing over and over again expecting different results.
How many of us are victim to this?
I know I am!
I am INSANE!
I have done the same things over and over again, repeating behavior and allowing the repetition of poor behavior bestowed on me, expecting it to change with a mere promise.
But actions speak louder than words they say, and for good reason!
Look at their actions.
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facebook.com/photo/?fbid=1222117249040098988set=a.122135350160009898
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facebook.com/photo/?fbid=122211724904009898&set=a.122135350160009898



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But once we know better we do better.

And that is where it is at.

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So if I seem overbearing or aggressive I AM and for good reason.

And you should be too.

Don't put up with BS in the name of "LOVE" that shit stinks!

So full of 'it their love turns brown See less

13 1

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Facebook

cyndee.jacobson.163679

System ID: 664444

Cynthia Lee Jacobson

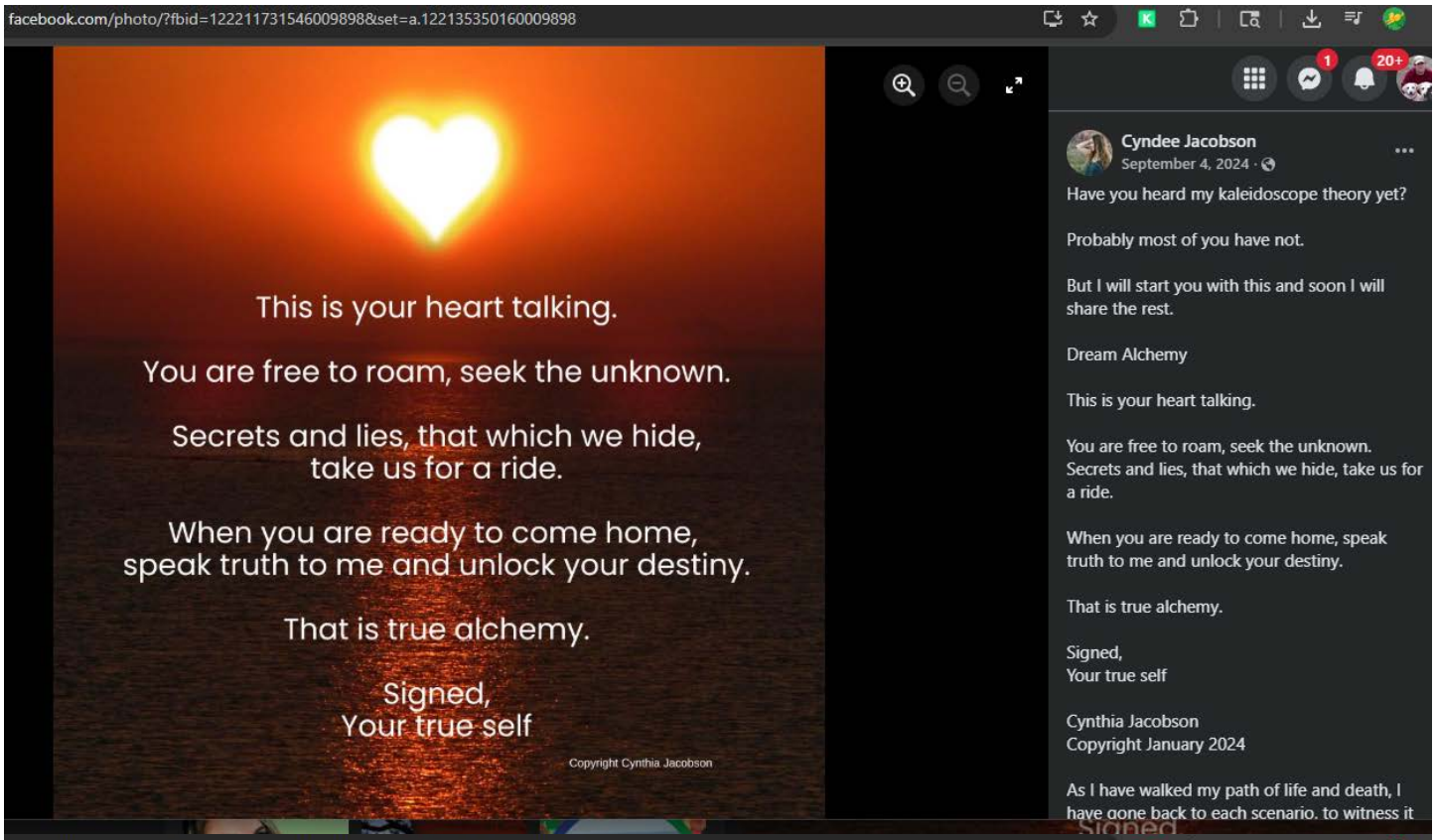
Posted: Sep 04, 2024

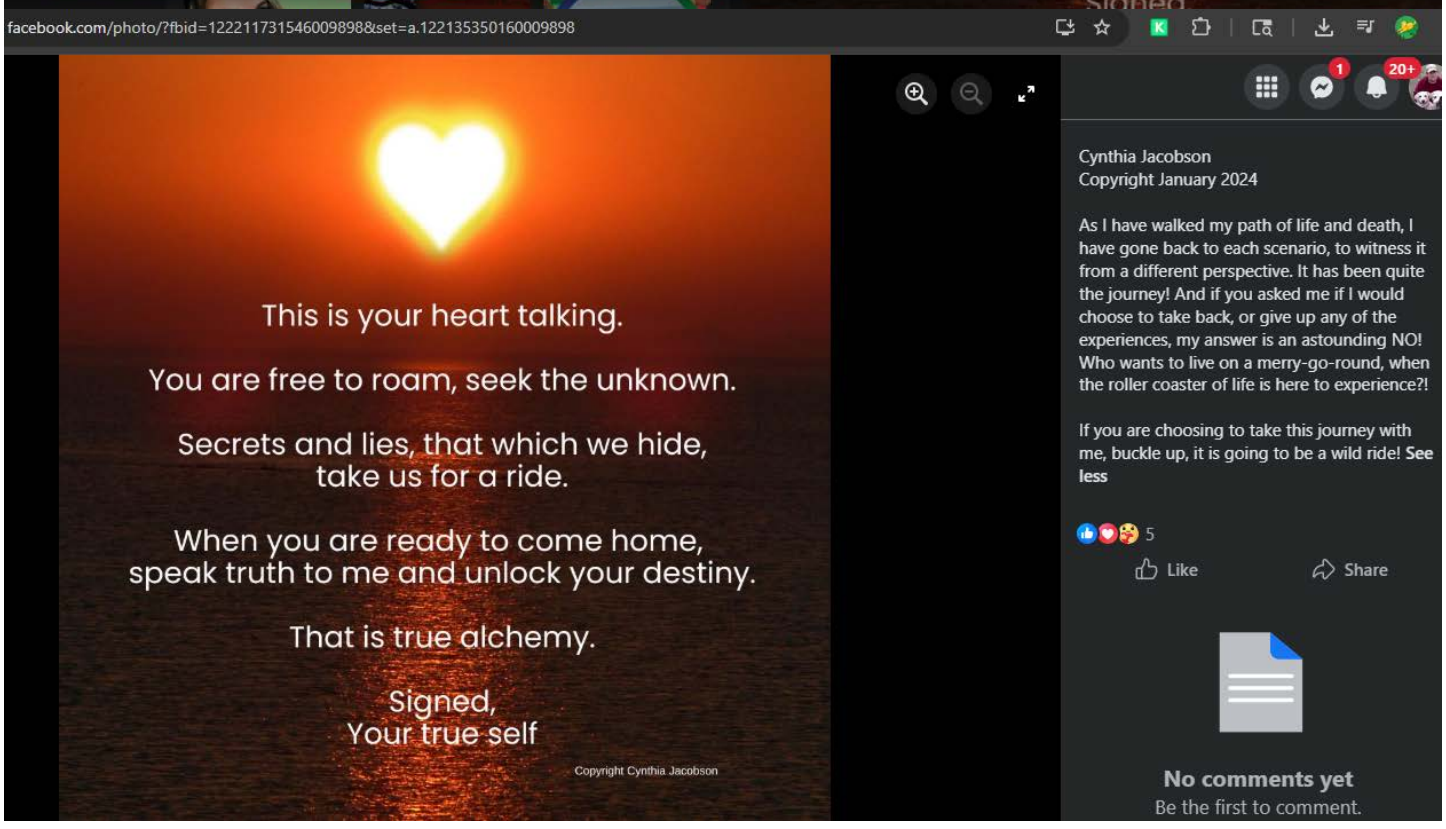
Captured: Nov 12, 2025

https://www.facebook.com/photo/?fbid=1222117315460098 98&set=a.122135350160009898

After DOI

Subject posted a poem she wrote about "alchemy". This is also posted on Subject's Facebook account. Have you heard my kaleidoscope theory yet? Probably most of you have not. But I will start you with this and soon I will share the rest. Dream Alchemy This is your heart talking. You are free to roam, seek the unknown. Secrets and lies, that which we hide, take us for a ride. When you are ready to come home, speak truth to me and unlock your destiny. That is true alchemy. Signed, Your true self Cynthia Jacobson Copyright January 2024 As I have walked my path of life and death, I have gone back to each scenario, to witness it from a different perspective. It has been quite the journey! And if you asked me if I would choose to take back, or give up any of the experiences, my answer is an astounding NO! Who wants to live on a merry-go-round, when the roller coaster of life is here to experience?! If you are choosing to take this journey with me, buckle up, it is going to be a wild ride!


facebook.com/photo/?fbid=122211731546009898&set=a.122135350160009898
This is your heart talking.
You are free to roam, seek the unknown.
Secrets and lies, that which we hide,
take us for a ride.
When you are ready to come home,
speak truth to me and unlock your destiny.
That is true alchemy.
Signed,
Your true self
Copyright Cynthia Jacobson
Cyndee Jacobson
September 4, 2024 ·
Have you heard my kaleidoscope theory yet?
Probably most of you have not.
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When you are ready to come home, speak truth to me and unlock your destiny.
That is true alchemy.
Signed,
Your true self
Cynthia Jacobson
Copyright January 2024
As I have walked my path of life and death, I have gone back to each scenario. to witness it


facebook.com/photo/?fbid=122211731546009898&set=a.122135350160009898
This is your heart talking.
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Secrets and lies, that which we hide,
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As I have walked my path of life and death, I have gone back to each scenario, to witness it from a different perspective. It has been quite the journey! And if you asked me if I would choose to take back, or give up any of the experiences, my answer is an astounding NO! Who wants to live on a merry-go-round, when the roller coaster of life is here to experience?!
If you are choosing to take this journey with me, buckle up, it is going to be a wild ride! See less
5
Like
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No comments yet
Be the first to comment.

Instagram

blazewithincyn/

System ID: 664293

Cynthia Lee Jacobson

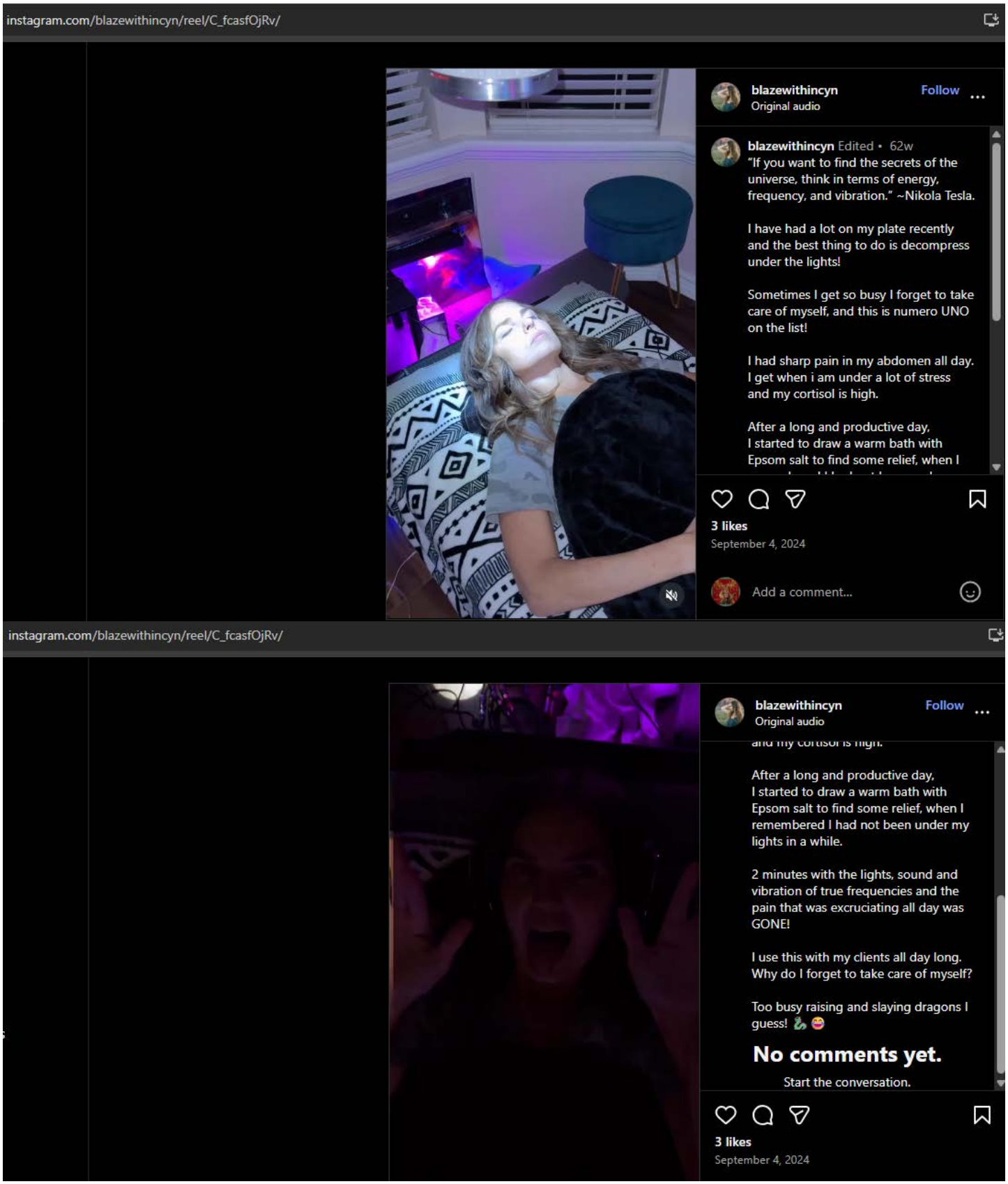
https://www.instagram.com/blazewithincyn/reel/C_fcasfOjRv/

Posted: Sep 04, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of her getting light therapy. She commented that she had been having abdominal pain and knew her cortisol levels were high. She finds that the lights help treat that. This is also posted on Subject's Facebook and TikTok accounts. If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.” ~Nikola Tesla. I have had a lot on my plate recently and the best thing to do is decompress under the lights! Sometimes I get so busy I forget to take care of myself, and this is numero UNO on the list! I had sharp pain in my abdomen all day. I get when i am under a lot of stress and my cortisol is high. After a long and productive day, I started to draw a warm bath with Epsom salt to find some relief, when I remembered I had not been under my lights in a while. 2 minutes with the lights, sound and vibration of true frequencies and the pain that was excruciating all day was GONE! I use this with my clients all day long. Why do I forget to take care of myself? Too busy raising and slaying dragons I guess! □□



[Link to download video]

Instagram

blazewithincyn/

System ID: 664286

Cynthia Lee Jacobson

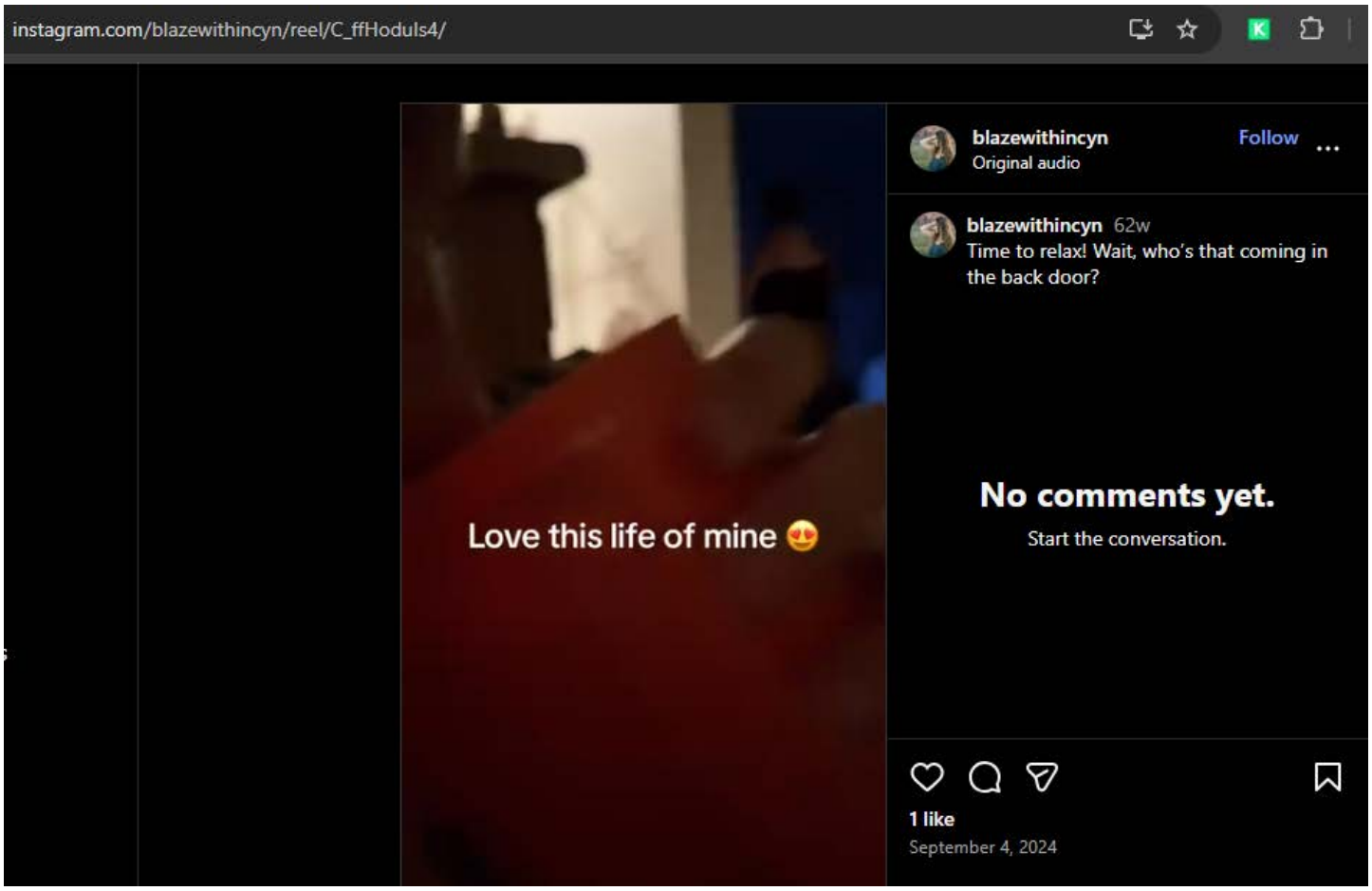
https://www.instagram.com/blazewithincyn/reel/C_ffHoduIs4/

Posted: Sep 04, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of being in a bathtub. She comments that she has time to relax. Her daughter walks in, bringing her a glass of water. This is also posted on Subject's Facebook and TikTok accounts. Time to relax! Wait, who’s that coming in the back door?



Link to download video

Instagram

blazewithincyn/

System ID: 664279

Cynthia Lee Jacobson

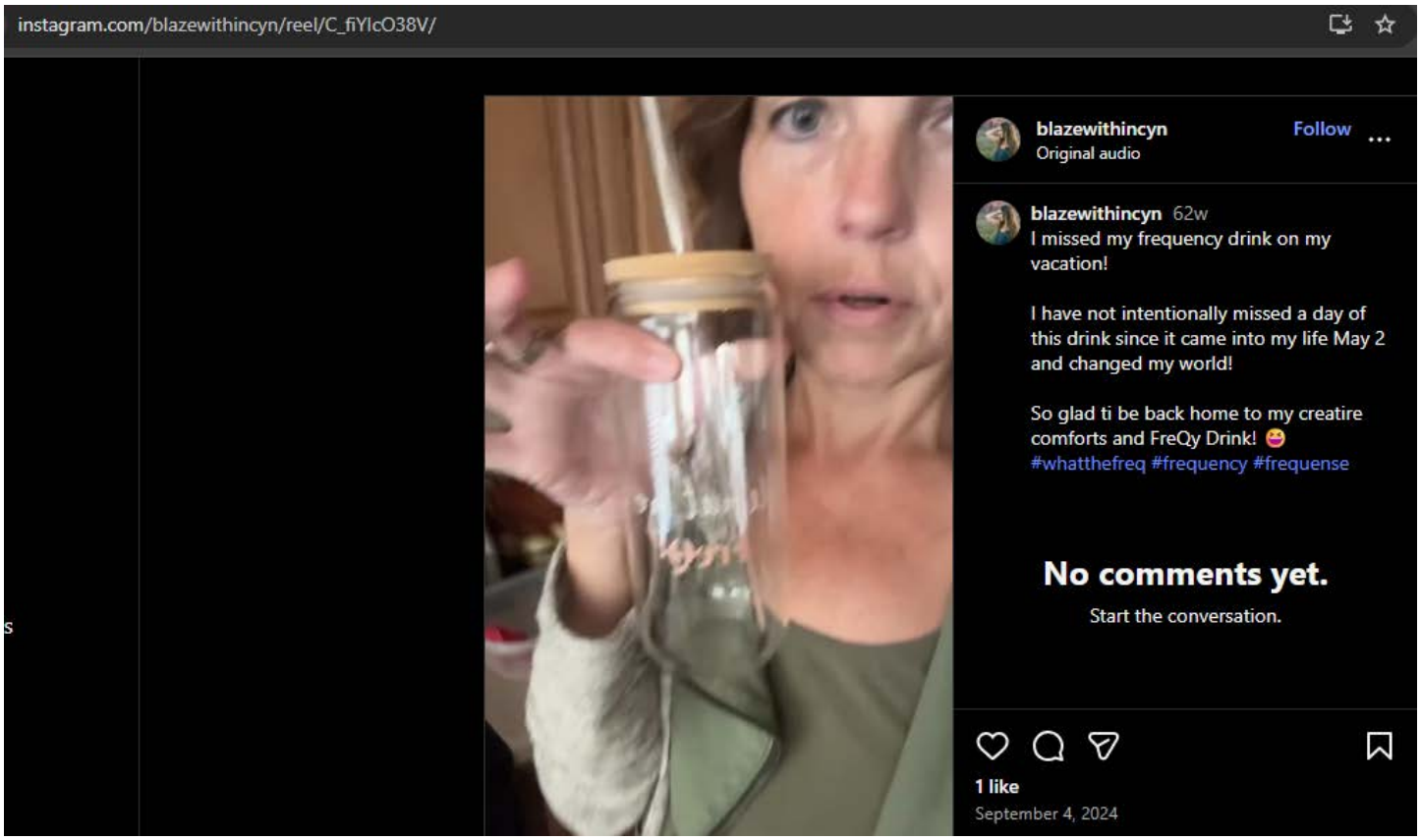
https://www.instagram.com/blazewithincyn/reel/C_fiYIcO38V/

Posted: Sep 04, 2024

Captured: Nov 12, 2025

After DOI

Subject posted that she was not able to drink her Frequency drink while on vacation. This is also posted on Subject's Facebook and TikTok accounts. I missed my frequency drink on my vacation! I have not intentionally missed a day of this drink since it came into my life May 2 and changed my world! So glad ti be back home to my creatire comforts and FreQy Drink! □ #whatthefreq #frequency #frequense



[Link to download video]

TikTok

@blazewithincyn

System ID: 664234

Posted: Sep 04, 2024

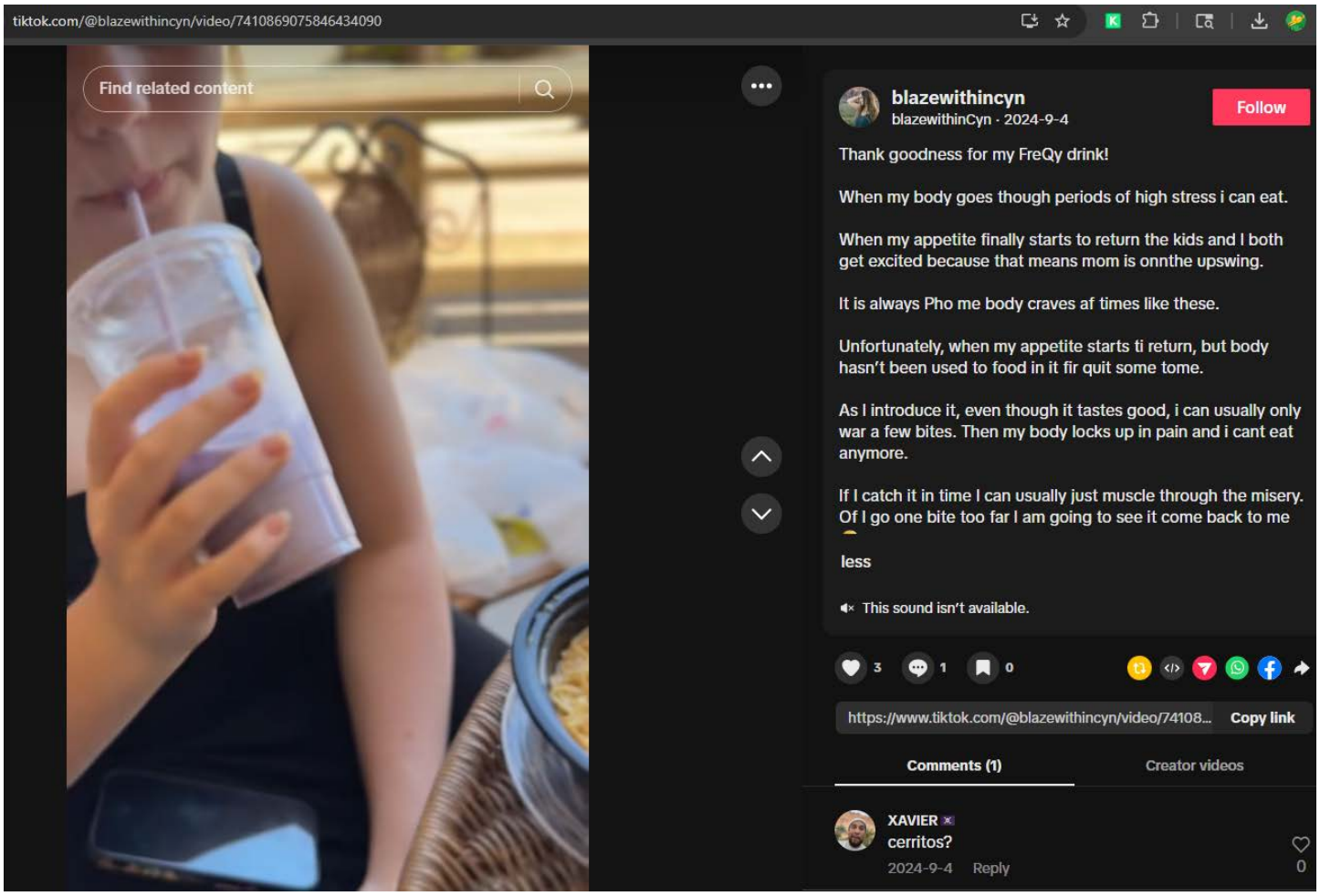
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7410869075846434090

After DOI

Subject posted a video of going out to eat with her daughter. After eating, she throws up in a cup inside her car. She posts that if she hasn't eaten in a while, this is how her body sometimes reacts. This is also posted on Subject's Facebook account. Thank goodness for my FreQy drink! When my body goes though periods of high stress i can eat. When my appetite finally starts to return the kids and I both get excited because that means mom is onnthe upswing. It is always Pho me body craves af times like these. Unfortunately, when my appetite starts ti return, but body hasn’t been used to food in it fir quit some tome. As I introduce it, even though it tastes good, i can usually only war a few bites. Then my body locks up in pain and i cant eat anymore. If I catch it in time I can usually just muscle through the misery. Of I go one bite too far I am going to see it come back to me



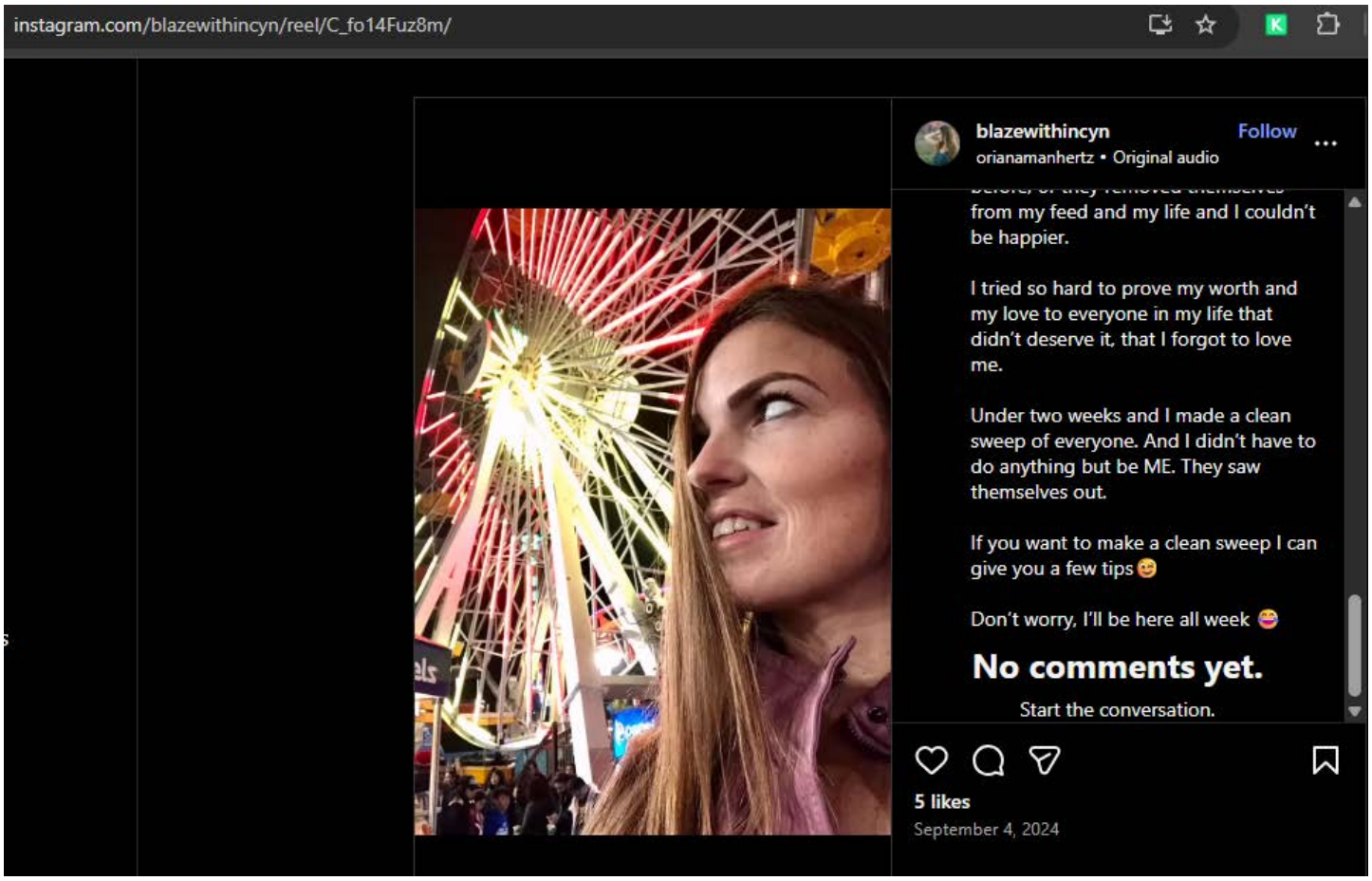
[Link to download video]

Instagram

blazewithincyn/ | Posted: Sep 04, 2024
System ID: 664272 | Captured: Nov 12, 2025
Cynthia Lee Jacobson
https://www.instagram.com/blazewithincyn/reel/C_fo14Fuz8m/

After DOI

Subject posted a video montage of her outdoors, getting light therapy, and with her family. In the comment,s she recaps all that she has gone through and is now trying to live her authentic self. Hey! It’s me! I’m the problem it’s me □□ I did a clean sweep and I like it! □□ Okay those were both sung to music tunes in my head as I typed them! That is how it works over here □ It’s so funny how much of my life I spent filtering my authentic self for so many people in my life that judged me. “Oh HER?! Did you see the house she grew up in?? I KNOW what her house must be like.” “Your husband killed himself? You must have cheated on him!” “You left THE CHURCH?!” You must be a HEATHEN! “Your baby died? It must be YOUR fault!” Wait… that one was me. “You married someone you only knew for three weeks shortly after your first husband killed himself?! “You divorced your husband and took the kids travelling the country during COVID? You must be CRAZY!!” Hi □ It’s me…. Yep, I did that. None of that was true of course, except the crazy part. I own that. You don’t go through a lifetime of trauma and get the luxury of a “normal” life. Who wants that anyway? Normal is boring. Having said that, I lived my life up until now trying to prove my own worth and worthiness outside of all the judgments that were untrue. I have allowed my life to be on display for all to see that I have nothing to hide. But THEY do. The ones that hurt me and judge me. And that is why when I stopped hiding from MYSELF, and started showing up as the authentic me, they all took a seat and removed themselves from my very public social medias. They were afraid of what they might see, or I might say about them. Some called me crazy to my face, most said things behind my back… And then… The most beautiful thing happened. They either owned up to themselves and now we are even closer than before, or they removed themselves from my feed and my life and I couldn’t be happier. I tried so hard to prove my worth and my love to everyone in my life that didn’t deserve it, that I forgot to love me. Under two weeks and I made a clean sweep of everyone. And I didn’t have to do anything but be ME. They saw themselves out. If you want to make a clean sweep I can give you a few tips□ Don’t worry, I’ll be here all week □



[Link to download video]

Instagram

blazewithincyn/

System ID: 664252

Cynthia Lee Jacobson

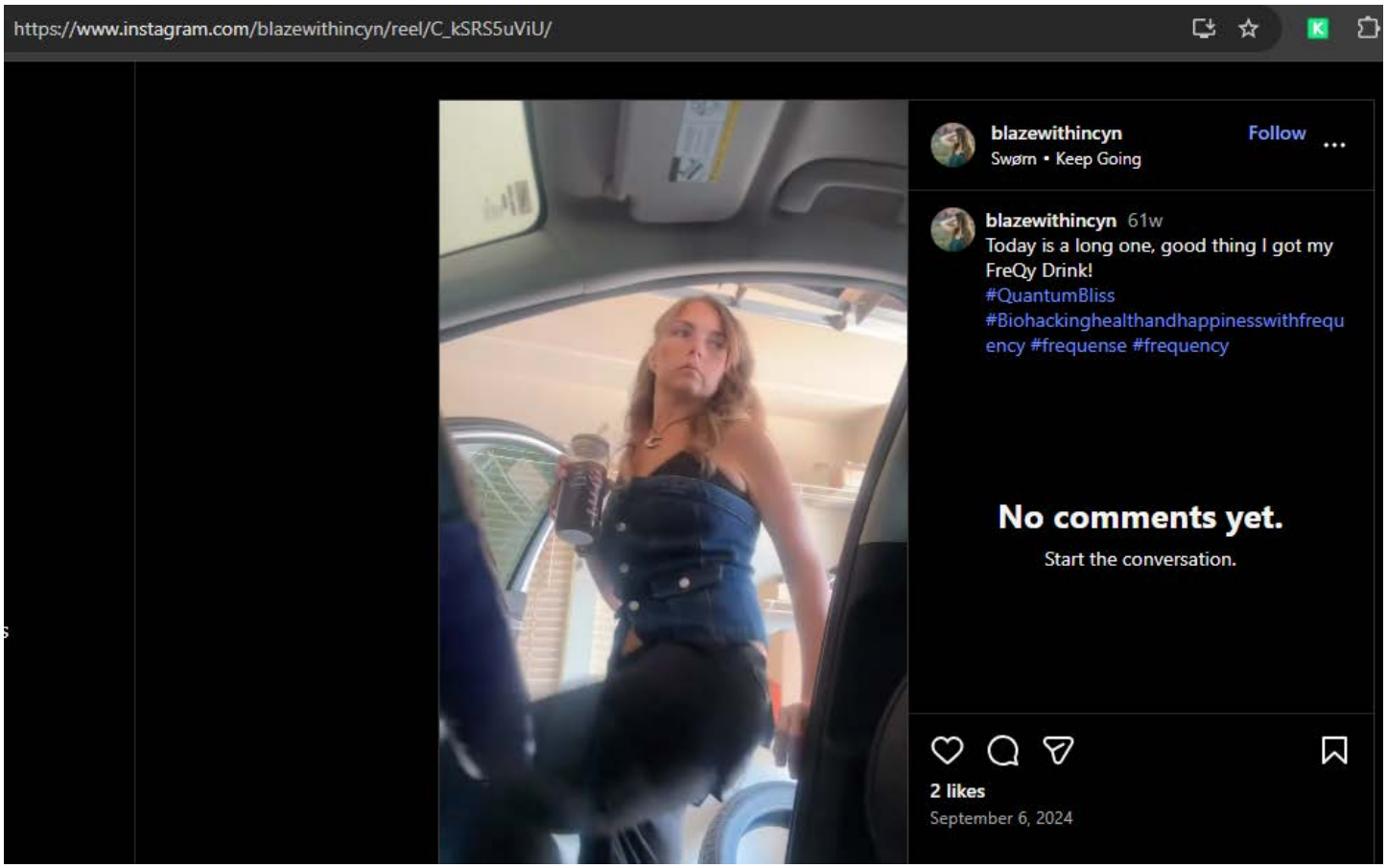
https://www.instagram.com/blazewithincyn/reel/C_kSRS5uViU/

Posted: Sep 06, 2024

Captured: Nov 12, 2025

After DOI

Subject posted a video of her moving boxes and setting up a chair for light therapy. This is also posted on Subject's Facebook account. Today is a long one, good thing I got my FreQy Drink! #QuantumBliss #Biohackinghealthandhappinesswithfrequency #frequense #frequency



Link to download video

Instagram

blazewithincyn/

System ID: 664243

Cynthia Lee Jacobson

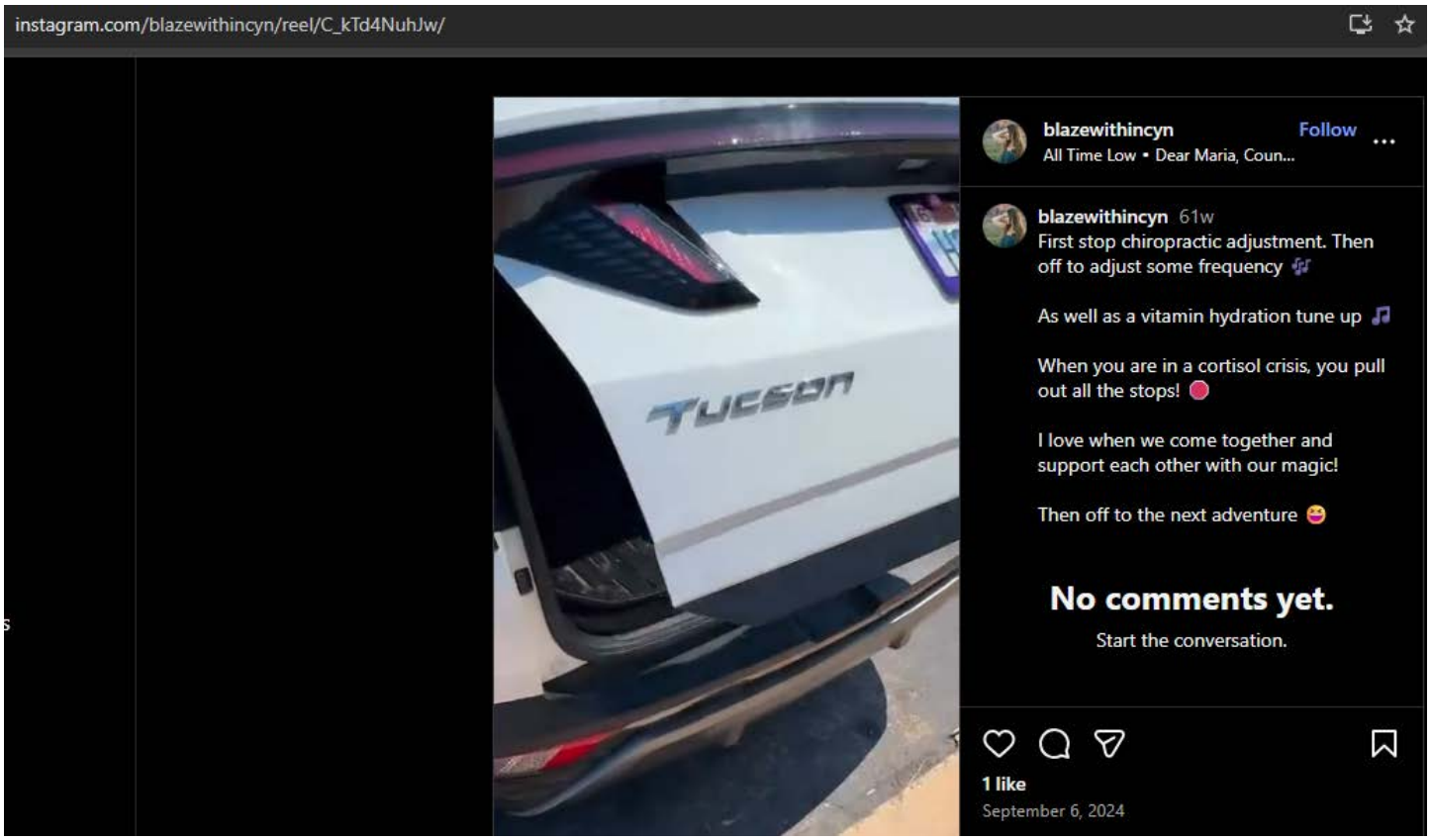
https://www.instagram.com/blazewithincyn/reel/C_kTd4NuhJw/

Posted: Sep 06, 2024

Captured: Nov 12, 2025

After DOI

Subject posted that she was having a cortisol crisis. She posted a video of getting an infusion and then doing light therapy. This is also posted on Subject's Facebook account. First stop chiropractic adjustment. Then off to adjust some frequency As well as a vitamin hydration tune up When you are in a cortisol crisis, you pull out all the stops! I love when we come together and support each other with our magic! Then off to the next adventure



[Link to download video]

TikTok

@blazewithincyn

Posted: Sep 06, 2024

System ID: 663864

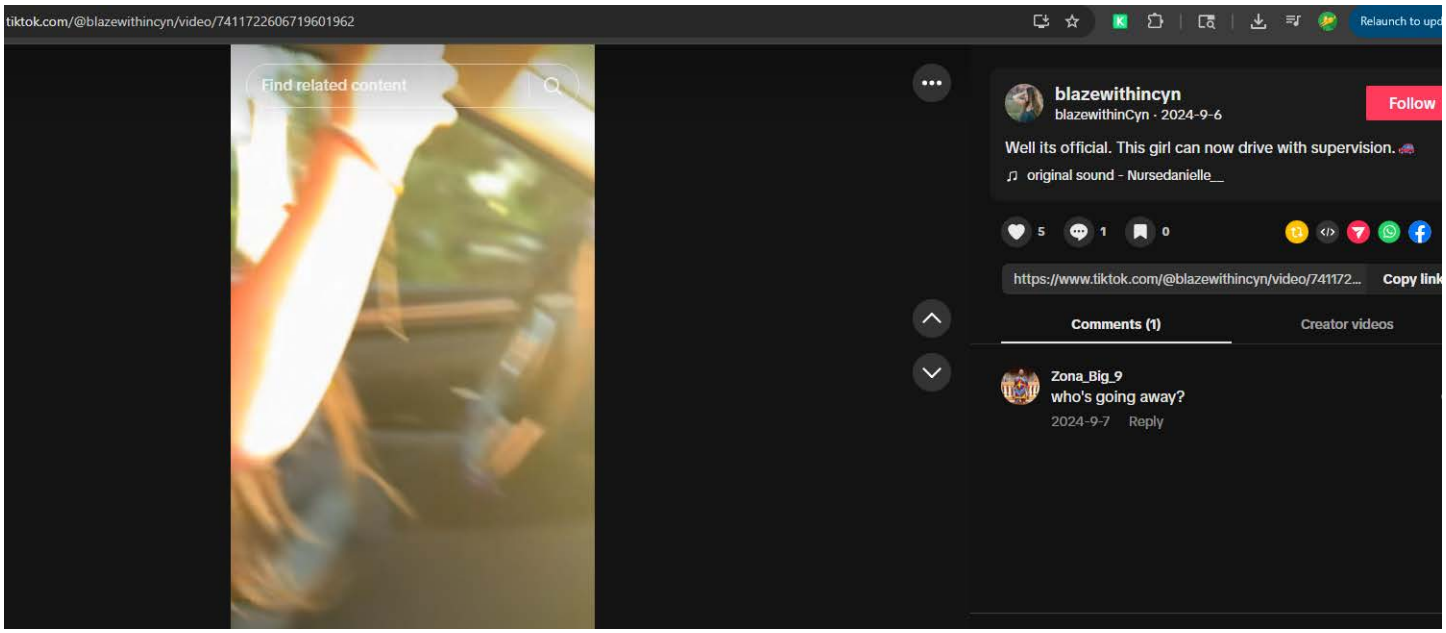
Captured: Nov 11, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7411722606719601962

After DOI

Subject posted a video of her daughter, Cemree, learning to drive. This is also posted on Subject's Facebook account. Well its official. This girl can now drive with supervision.



[Link to download video]

Instagram

blazewithincyn/

System ID: 663698

Cynthia Lee Jacobson

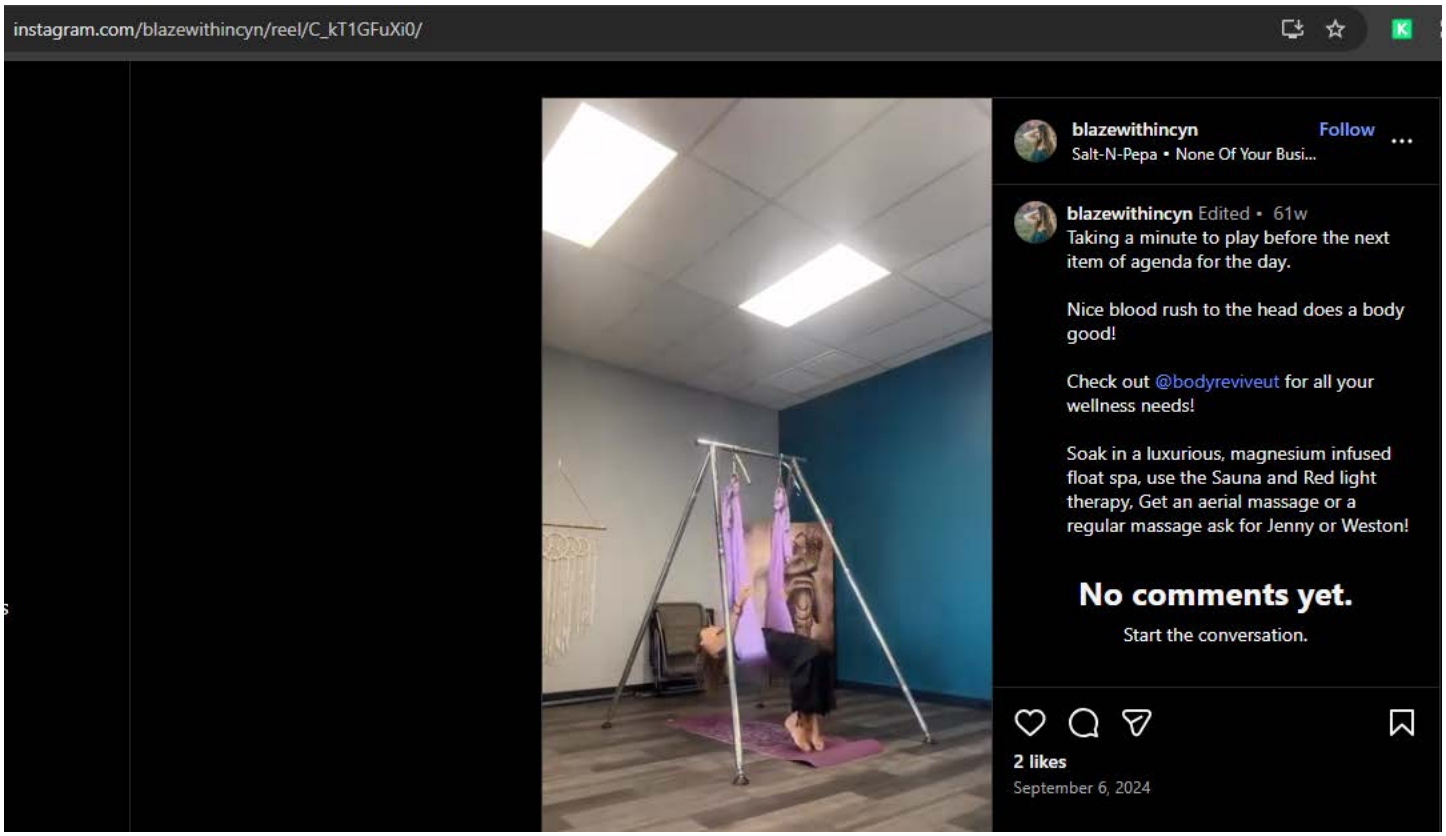
https://www.instagram.com/blazewithincyn/reel/C_kT1GFuXi0/

Posted: Sep 06, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of herself using a "magnesium-infused float spa". She leans back in it and flips so she is upside down at one point. This is also posted on Subject's Facebook account. Taking a minute to play before the next item of agenda for the day. Nice blood rush to the head does a body good! Check out @bodyreviveut for all your wellness needs! Soak in a luxurious, magnesium infused float spa, use the Sauna and Red light therapy, Get an aerial massage or a regular massage ask for Jenny or Weston!



[Link to download video]

Instagram

blazewithincyn/

System ID: 663694

Cynthia Lee Jacobson

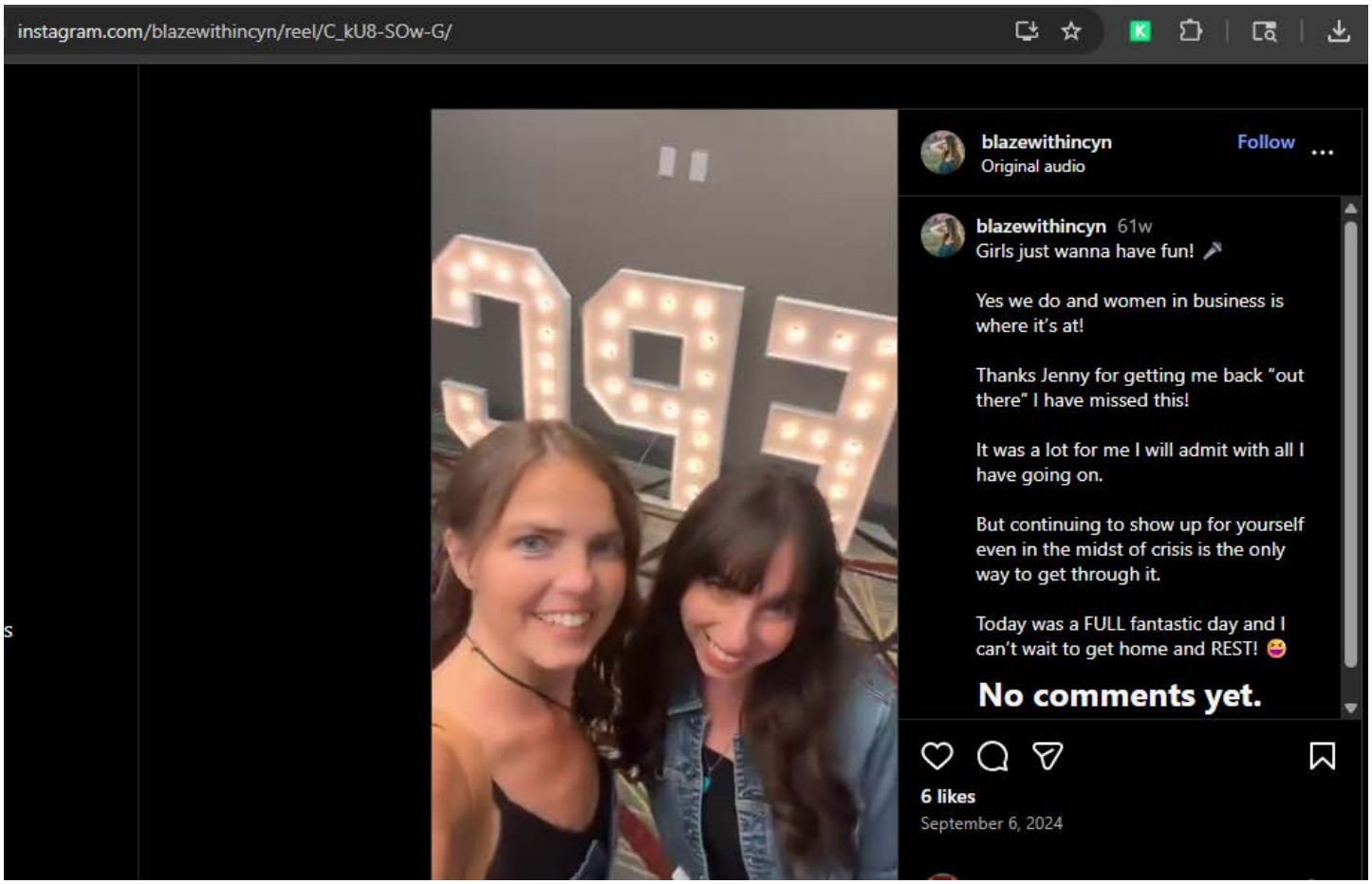
https://www.instagram.com/blazewithincyn/reel/C_kU8-SOw-G/

Posted: Sep 06, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of her going to a women's business event with a friend. This is also posted on Subject's Facebook and TikTok accounts. Girls just wanna have fun! □ Yes we do and women in business is where it’s at! Thanks Jenny for getting me back “out there” I have missed this! It was a lot for me I will admit with all I have going on. But continuing to show up for yourself even in the midst of crisis is the only way to get through it. Today was a FULL fantastic day and I can’t wait to get home and REST! □



Link to download video

Instagram

blazewithincyn/

System ID: 663681

Cynthia Lee Jacobson

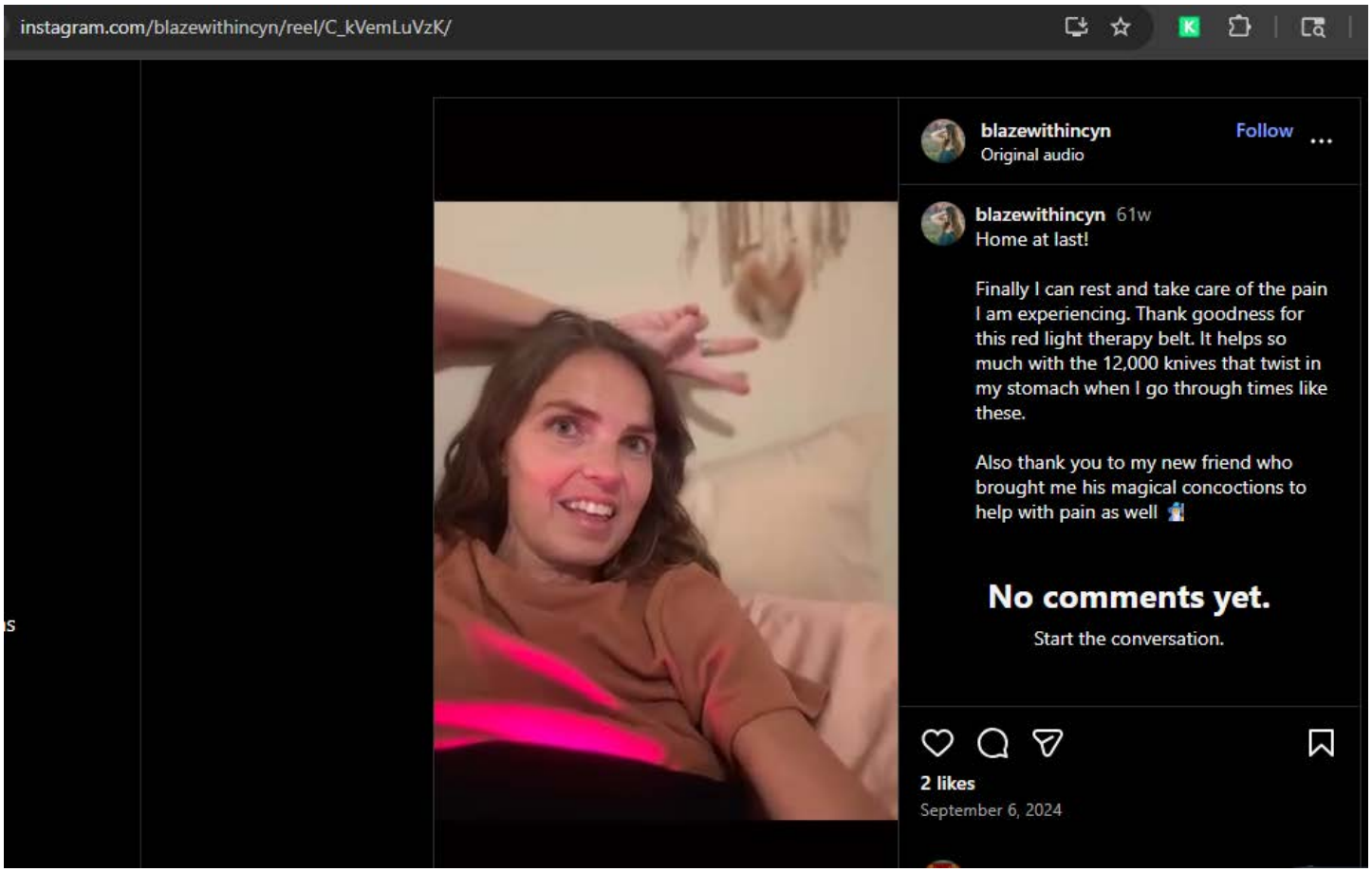
https://www.instagram.com/blazewithincyn/reel/C_kVemLuVzK/

Posted: Sep 06, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of her using a lighted abdominal band that she wrote helps with her pain. She also posted that a friend provided her with a "magical concoction" to help as well. This is also posted on Subject's Facebook and TikTok accounts. Home at last! Finally I can rest and take care of the pain I am experiencing. Thank goodness for this red light therapy belt. It helps so much with the 12,000 knives that twist in my stomach when I go through times like these. Also thank you to my new friend who brought me his magical concoctions to help with pain as well □♂



Link to download video

Instagram

blazewithincyn/

System ID: 663674

Cynthia Lee Jacobson

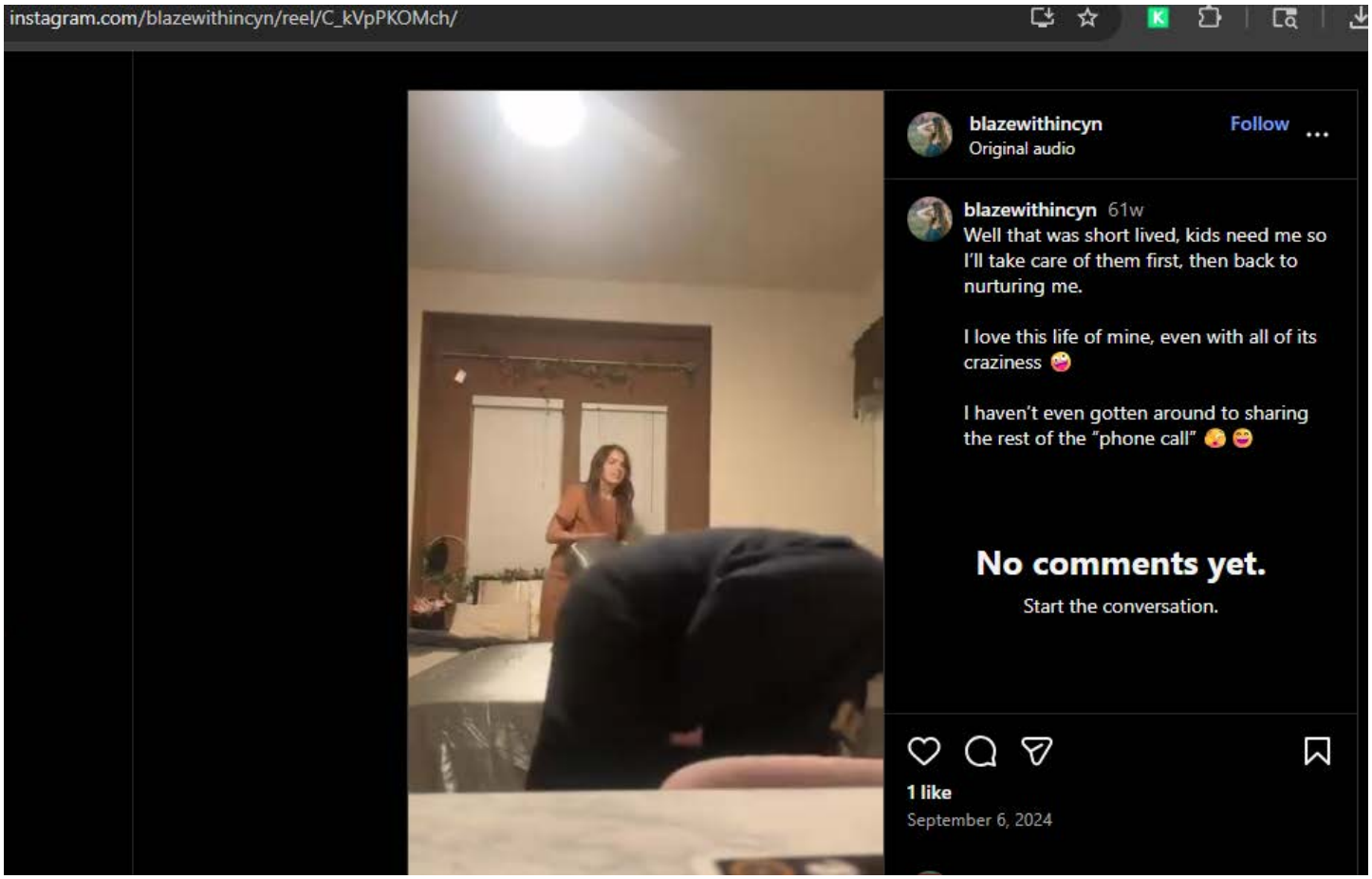
https://www.instagram.com/blazewithincyn/reel/C_kVpPKOMch/

Posted: Sep 06, 2024

Captured: Nov 10, 2025

After DOI

Subject in a video making a bed with her daughter. This is also posted on Subject's Facebook account. Well that was short lived, kids need me so I'll take care of them first, then back to nurturing me. I love this life of mine, even with all of its craziness I haven't even gotten around to sharing the rest of the "phone call"



Link to download video

Instagram

blazewithincyn/

System ID: 663671

Cynthia Lee Jacobson

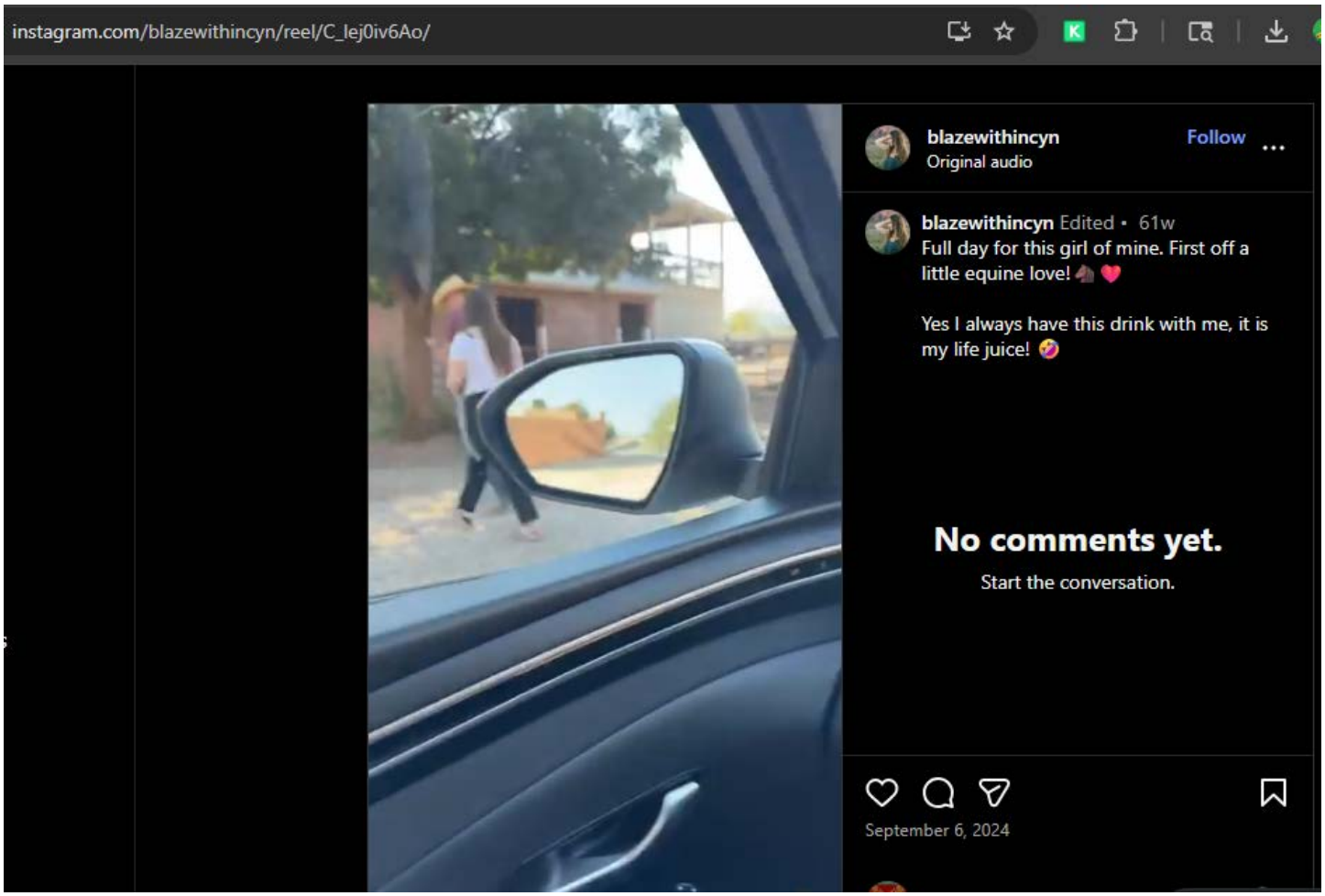
https://www.instagram.com/blazewithincyn/reel/C_lej0iv6Ao/

Posted: Sep 06, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of her driving with her daughter and dropping her off at a horse stable. This is also posted on Subject's Facebook and TikTok accounts. Full day for this girl of mine. First off a little equine love!❤ Yes I always have this drink with me, it is my life juice!



[Link to download video]

Instagram

blazewithincyn/

System ID: 663646

Cynthia Lee Jacobson

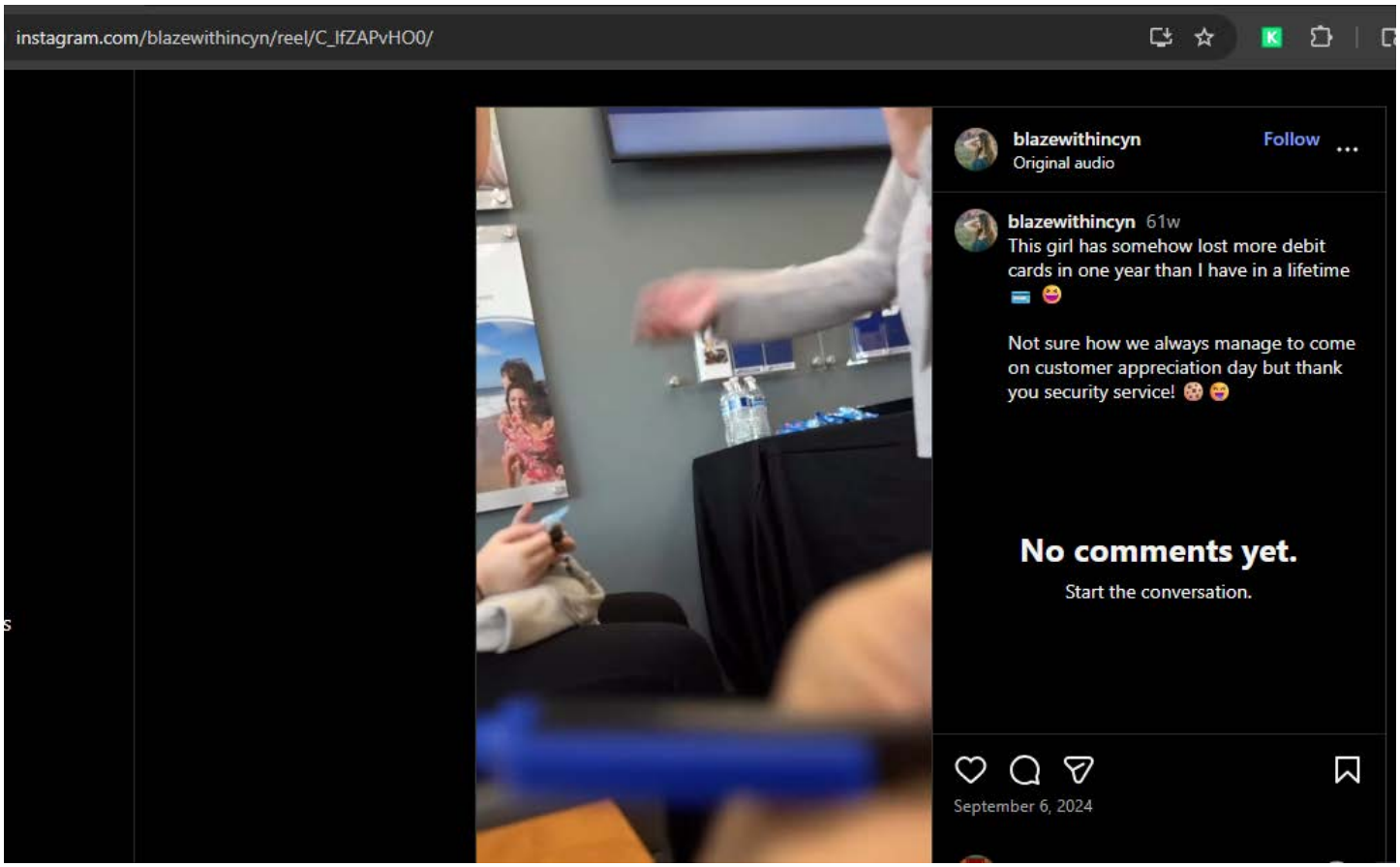
https://www.instagram.com/blazewithincyn/reel/C_lfZAPvHO0/

Posted: Sep 06, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of her and her daughter going to get her daughter's debit card replaced. This is also on Subject's TikTok account. This girl has somehow lost more debit cards in one year than I have in a lifetime □ □ Not sure how we always manage to come on customer appreciation day but thank you security service



Link to download video

Instagram

blazewithincyn/

System ID: 663642

Cynthia Lee Jacobson

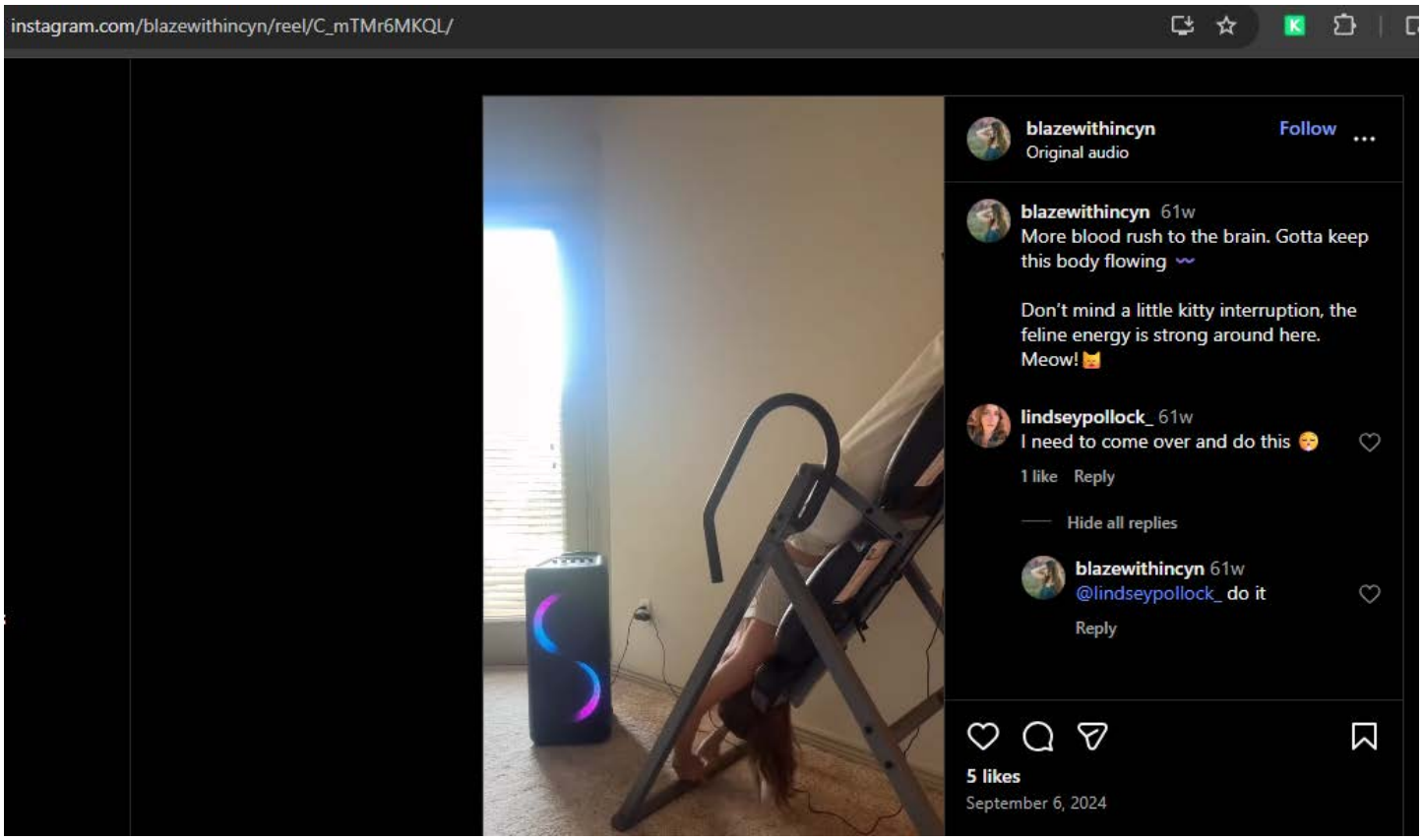
https://www.instagram.com/blazewithincyn/reel/C_mTMr6MKQL/

Posted: Sep 06, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of her using an inversion table. This is also posted on Subject's Facebook and TikTok accounts. More blood rush to the brain. Gotta keep this body flowing Don’t mind a little kitty interruption, the feline energy is strong around here. Meow!



Link to download video

TikTok

@blazewithincyn

System ID: 664229

Posted: Sep 06, 2024

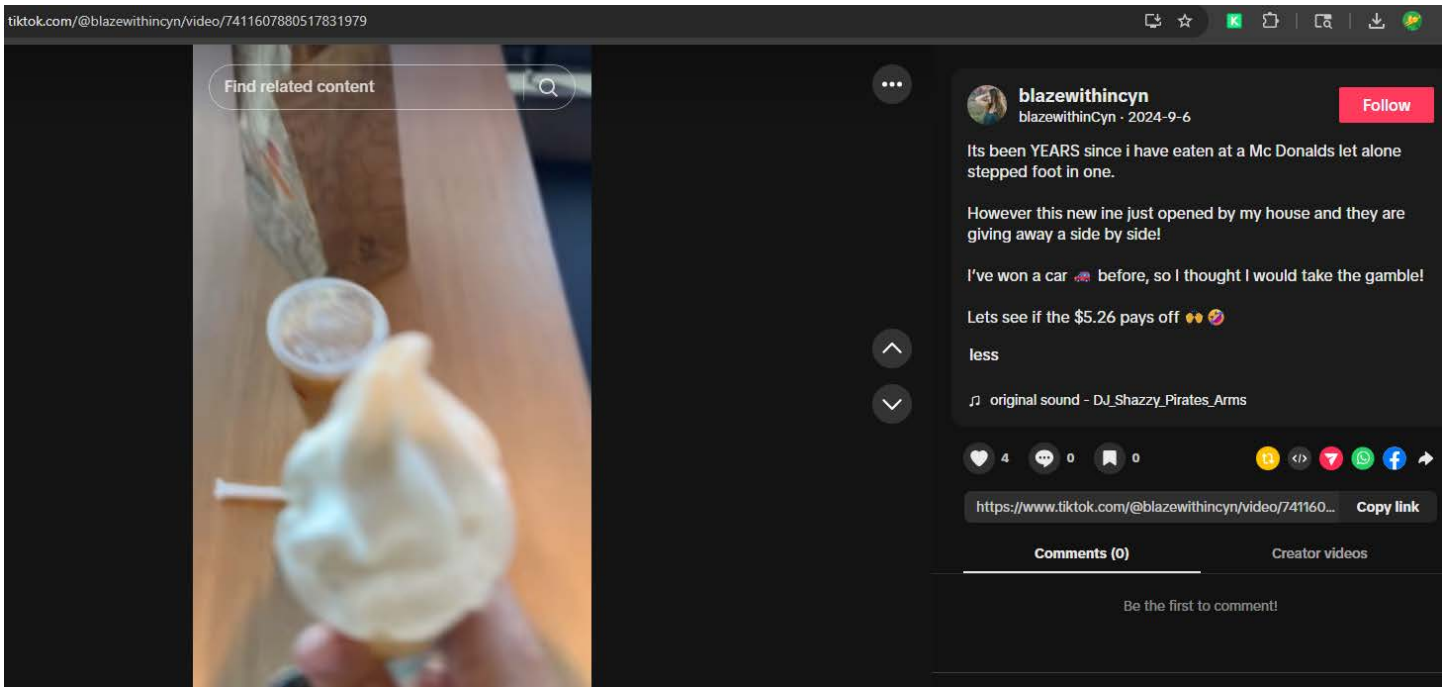
Captured: Nov 12, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7411607880517831979

After DOI

Subject posted a video of going to McDonald's with her daughter. The restaurant was having a giveaway. In the comments, Subject mentioned that she had won a car before. Its been YEARS since i have eaten at a Mc Donalds let alone stepped foot in one. However this new ine just opened by my house and they are giving away a side by side! I’ve won a car before, so I thought I would take the gamble! Lets see if the $5.26 pays off



[Link to download video]

Facebook

cyndee.jacobson.163679
System ID: 664420
Cynthia Lee Jacobson

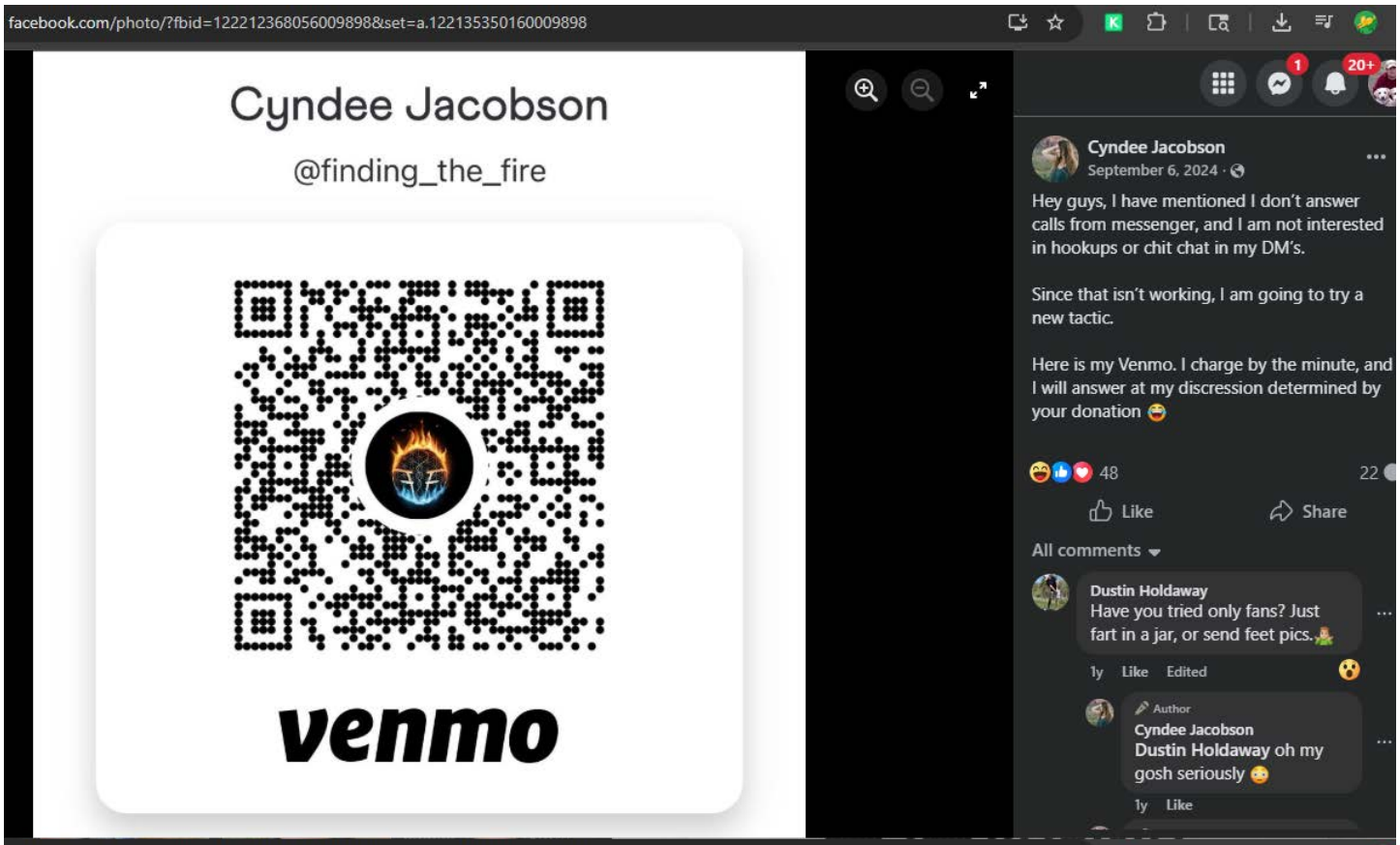
Posted: Sep 06, 2024
Captured: Nov 12, 2025

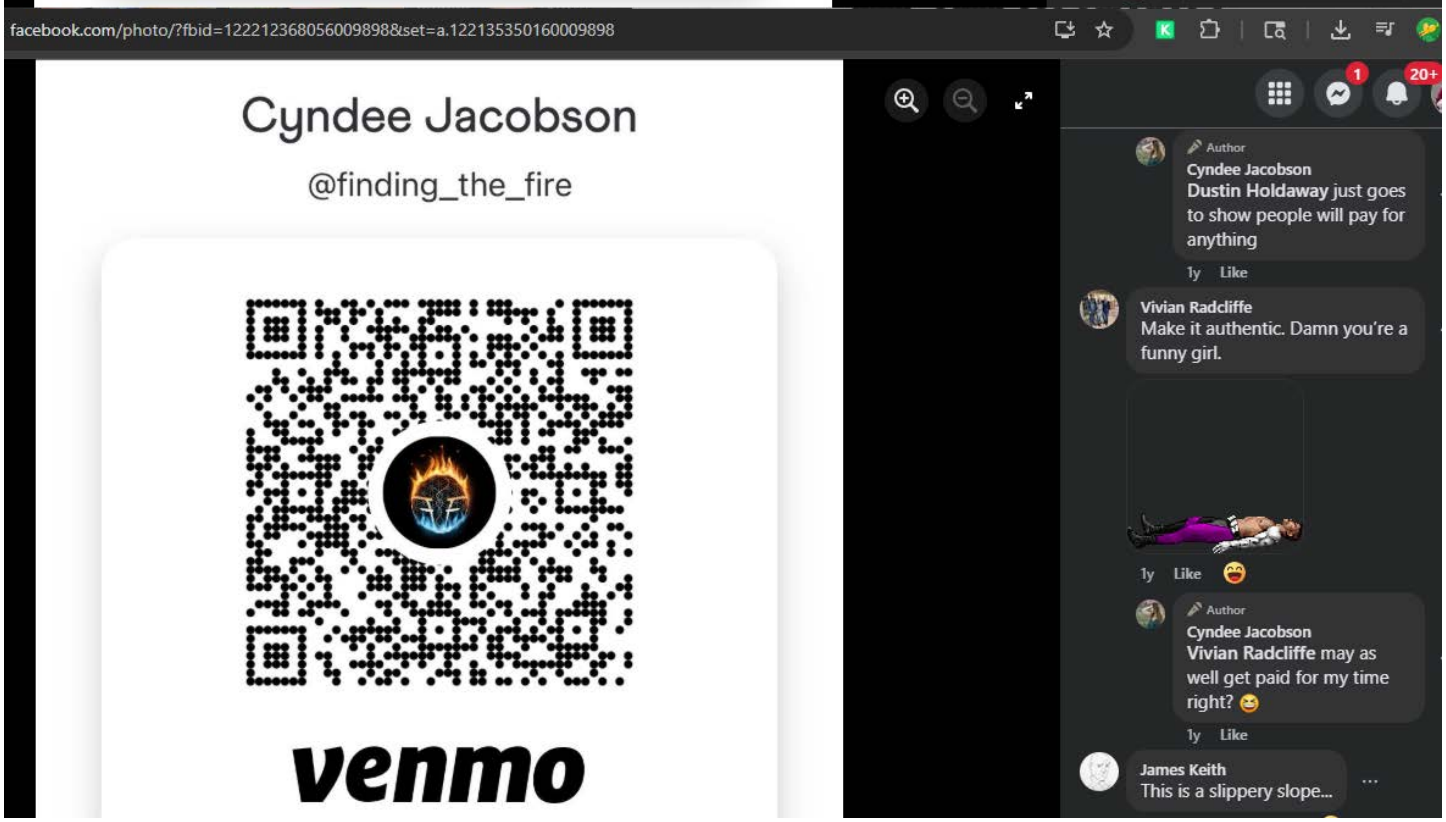
https://www.facebook.com/photo/?fbid=1222123680560098 98&set=a.122135350160009898

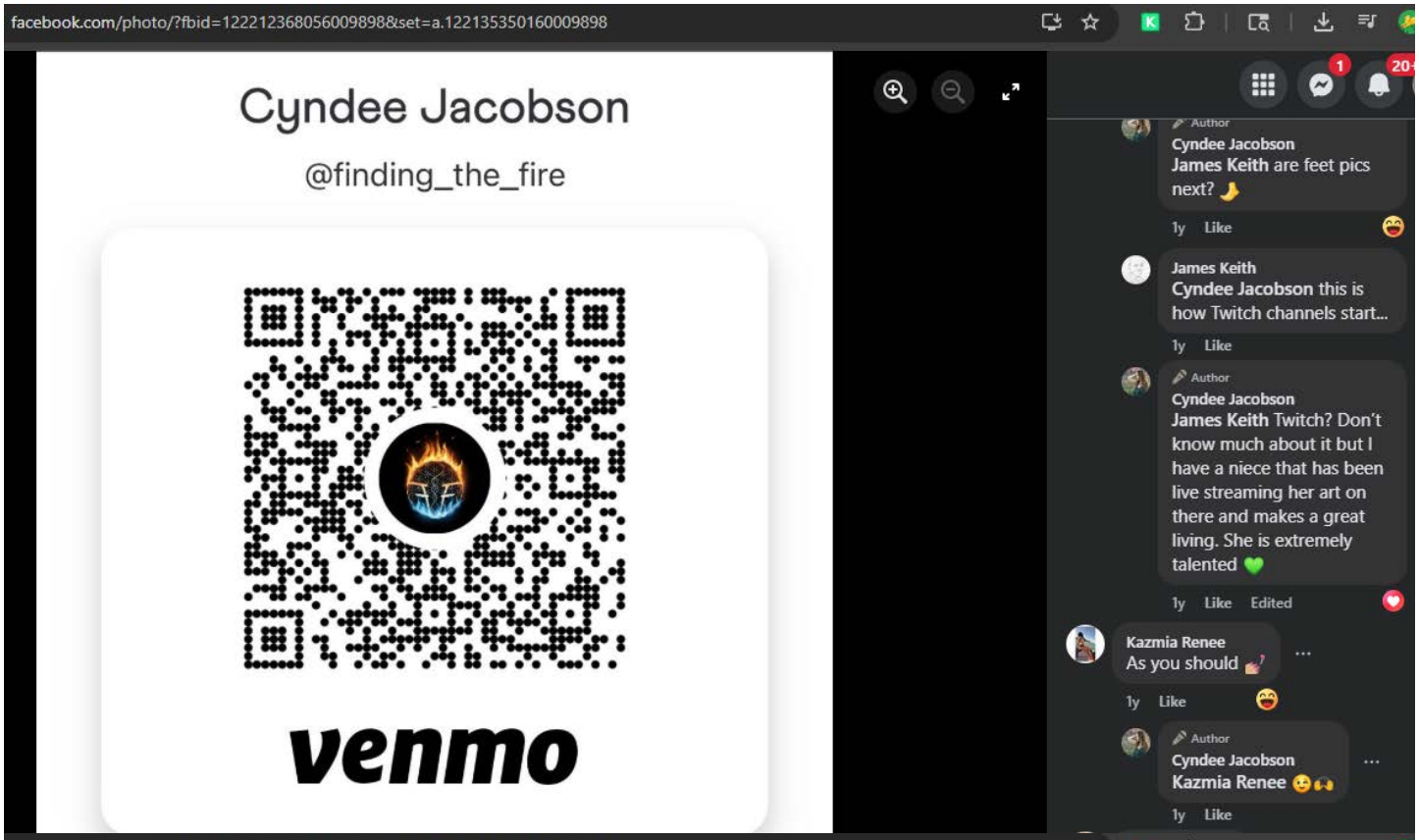
After DOI

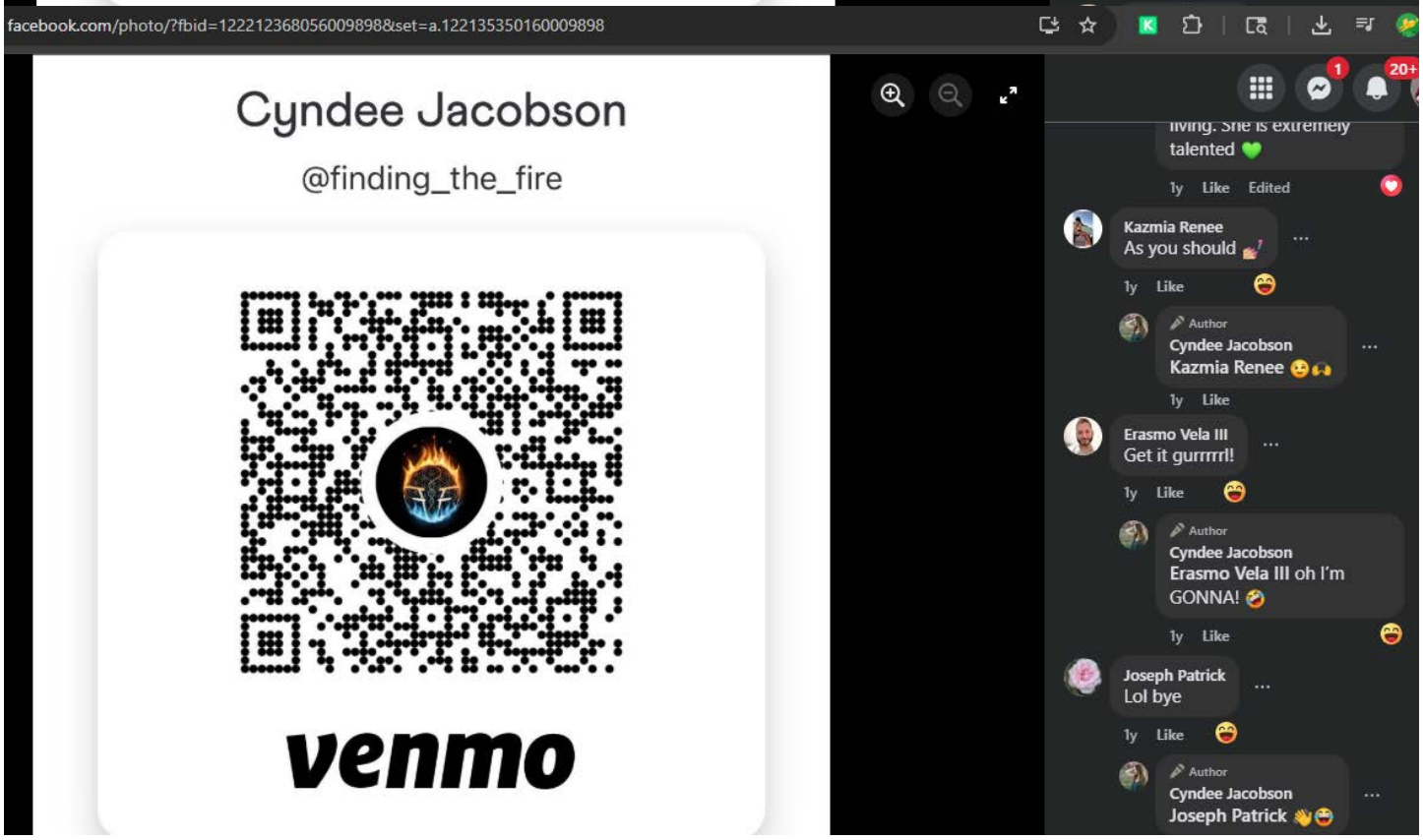
Subject posted a picture of her Venmo account, stating that men keep messaging her even though she said she was not interested. She jokingly says she figures she may as well get paid if she decides to respond.

Hey guys, I have mentioned I don’t answer calls from messenger, and I am not interested in hookups or chit chat in my DM’s. Since that isn’t working, I am going to try a new tactic. Here is my Venmo. I charge by the minute, and I will answer at my discression determined by your donation


facebook.com/photo/?fbid=1222123680560098988set=a.122135350160009898
Cyndee Jacobson
@finding_the_fire
venmo
Cyndee Jacobson
September 6, 2024 ·
Hey guys, I have mentioned I don't answer calls from messenger, and I am not interested in hookups or chit chat in my DM's.
Since that isn't working, I am going to try a new tactic.
Here is my Venmo. I charge by the minute, and I will answer at my discression determined by your donation
48
22
Like
Share
All comments
Dustin Holdaway
Have you tried only fans? Just fart in a jar, or send feet pics.
1y Like Edited
Author
Cyndee Jacobson
Dustin Holdaway oh my gosh seriously
1y Like


facebook.com/photo/?fbid=1222123680560098988set=a.122135350160009898
Cyndee Jacobson
@finding_the_fire
venmo
Author
Cyndee Jacobson
Dustin Holdaway just goes to show people will pay for anything
1y Like
Vivian Radcliffe
Make it authentic. Damn you're a funny girl.
1y Like
Author
Cyndee Jacobson
Vivian Radcliffe may as well get paid for my time right?
1y Like
James Keith
This is a slippery slope...


facebook.com/photo/?fbid=122212368056009898&set=a.122135350160009898
Cyndee Jacobson
@finding_the_fire
venmo
Author
Cyndee Jacobson
James Keith are feet pics next?
1y Like
James Keith
Cyndee Jacobson this is how Twitch channels start...
1y Like
Author
Cyndee Jacobson
James Keith Twitch? Don't know much about it but I have a niece that has been live streaming her art on there and makes a great living. She is extremely talented
1y Like Edited
Kazmia Renee
As you should
1y Like
Author
Cyndee Jacobson
Kazmia Renee
1y Like


facebook.com/photo/?fbid=122212368056009898&set=a.122135350160009898
Cyndee Jacobson
@finding_the_fire
venmo
talented
1y Like Edited
Kazmia Renee
As you should
1y Like
Author
Cyndee Jacobson
Kazmia Renee
1y Like
Erasmo Vela III
Get it gurrrrrl!
1y Like
Author
Cyndee Jacobson
Erasmo Vela III oh I'm GONNA!
1y Like
Joseph Patrick
Lol bye
1y Like
Author
Cyndee Jacobson
Joseph Patrick

TikTok

@blazewithincyn

System ID: 663860

Posted: Sep 08, 2024

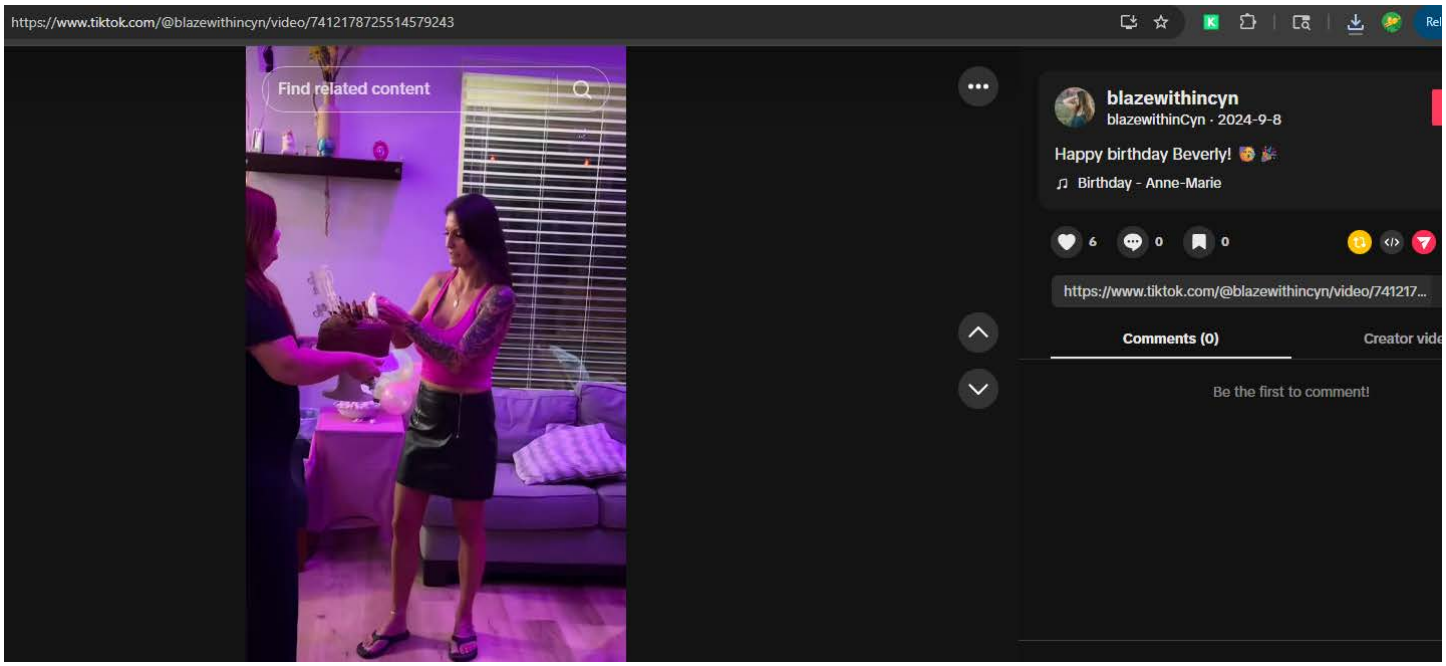
Captured: Nov 11, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7412178725514579243

After DOI

Subject posted a video of a birthday party for a friend. This is also posted on Subject's Facebook account. Happy birthday Beverly! □□



[Link to download video]

Instagram

blazewithincyn/

System ID: 663626

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/C_psiITOA-n/

Posted: Sep 08, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of her taking a bath and then doing light therapy. She comments that she had gone to a friend's birthday, which took a lot out of her, causing her cortisol levels to drop. She mentions that she expects this to happen just by living her life. Also in the comments, she mentions that she was offered a 10 million dollar payout but does not provide additional details. This is also posted on Subject's Facebook and TikTok accounts. I have been excited for today for months to celebrate a friends 40th birthday. I knew it would take a lot of energy for me to be there since she is EPIC, as are her peeps. I was NOT going to miss it! So I planned accordingly, making sure to rest the day before, and not plan anything else the day of, other than to relax and gear up for a night of fun. And it was exactly THAT! I connected with a lot of amazing people. Some I knew, and some I met for the first time. I danced, I played, I jumped on the trampoline and encouraged another woman to join me. She hadn't been on a trampoline in many years, having lived in her own pain body. Come on LET'S PLAY! It is a BIRTHDAY!! I had a great time interacting with others, and alone all by myself! I encouraged people to play and dance with me, some did, and some claimed they could not because they has no health insurance! I shared with people as they asked, my gifts that are within me. I asked them to share as well, and that was a beautiful exchange of energy. And then as it were, my time had come. My energy spent, and the few delicious nibbles of food I had came back up. I am sure with my loud and open energy some may have thought I was drinking, but this is just me. But now I know this is what happens when I am in the midst of a cortisol storm, triggered by the CPTSD within me. And I am in the THICK of it. In the past it was a sneaky bugger. It hospitalized me more times than I can count, and nearly took my life at one point from a cortisol crisis. I had depleted my cortisol stores from so much trauma and stress, and even though I was going to doctors for years trying to find out what was "wrong" they did not catch it. You can not survive 24 hours without cortisol. I had 9 days of documented ZERO cortisol that had gone overlooked. The doctors were baffled, looked me dead in the eyes and said "If these labs are true you would be DEAD." "I WAS dead!" I shouted, "only my spirit is keeping me here. Please help me!" I pleaded. More in comments

instagram.com/blazewithincyn/reel/C_psilTOA-n/



blazewithincyn Follow
Original audio

blazewithincyn 61w
I have been excited for today for months to celebrate a friends 40th birthday.

I knew it would take a lot of energy for me to be there since she is EPIC, as are her peeps.

I was NOT going to miss it! 😄

So I planned accordingly, making sure to rest the day before, and not plan anything else the day of, other than to relax and gear up for a night of fun.

And it was exactly THAT!

I connected with a lot of amazing people. Some I knew, and some I met

3 likes
September 8, 2024

instagram.com/blazewithincyn/reel/C_psilTOA-n/



blazewithincyn Follow
Original audio

for the first time.

I danced, I played, I jumped on the trampoline and encouraged another woman to join me. She hadn't been on a trampoline in many years, having lived in her own pain body.

Come on LET'S PLAY!

It is a BIRTHDAY!! 🥳

I had a great time interacting with others, and alone all by myself! I encouraged people to play and dance with me, some did, and some claimed they could not because they has no health insurance! 🤣

I shared with people as they asked, my gifts that are within me. I asked them to

3 likes
September 8, 2024

instagram.com/blazewithincyn/reel/C_psilTOA-n/



blazewithincyn Follow
Original audio

share as well, and that was a beautiful exchange of energy. 💫

And then as it were, my time had come. My energy spent, and the few delicious nibbles of food I had came back up.

I am sure with my loud and open energy some may have thought I was drinking, but this is just me.

But now I know this is what happens when I am in the midst of a cortisol storm, triggered by the CPTSD within me.

And I am in the THICK of it.

In the past it was a sneaky bugger. It hospitalized me more times than I can count, and nearly took my life at one

3 likes
September 8, 2024

instagram.com/blazewithincyn/reel/C_psilTOA-n/



blazewithincyn Follow
Original audio

point from a cortisol crisis.

I had depleted my cortisol stores from so much trauma and stress, and even though I was going to doctors for years trying to find out what was "wrong" they did not catch it.

You can not survive 24 hours without cortisol.

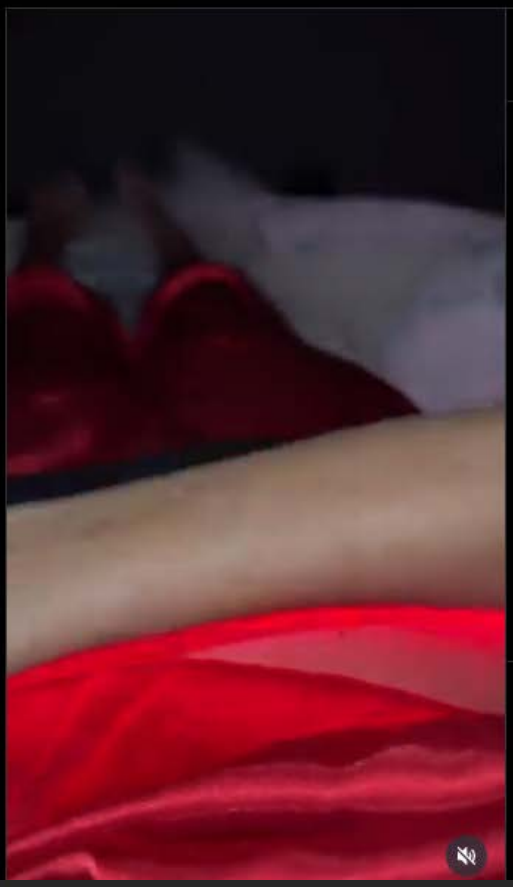
I had 9 days of documented ZERO cortisol that had gone overlooked.

The doctors were baffled, looked me dead in the eyes and said "If these labs are true you would be DEAD."

"I WAS dead!" I shouted, "only my spirit is keeping me here. Please help me!" I pleaded.

3 likes
September 8, 2024

instagram.com/blazewithincyn/reel/C_psilTOA-n/



blazewithincyn Follow
Original audio

blazewithincyn 61w
That is a story for later, and where the Ten Million dollar payout was offered that I declined. Damn I'm stupid, I could really use that money now! 🤣

Anyway...

A life time of trauma and NDE's and I think I can write the book on it. Oh wait.... I AM! 😂

So this is how I manage myself at this point in my life. As long as I keep on living, life will keep on life'ing, and that means more trauma and heartache is a possibility.

3 likes
September 8, 2024

Add a comment...

instagram.com/blazewithincyn/reel/C_psilTOA-n/



blazewithincyn Follow
Original audio

I also know I have to keep showing up for myself and take care of me, because no one else is suited for the job 😂

When I go through trauma I look for the fun in life, and cling on to that until I can get through the storm.

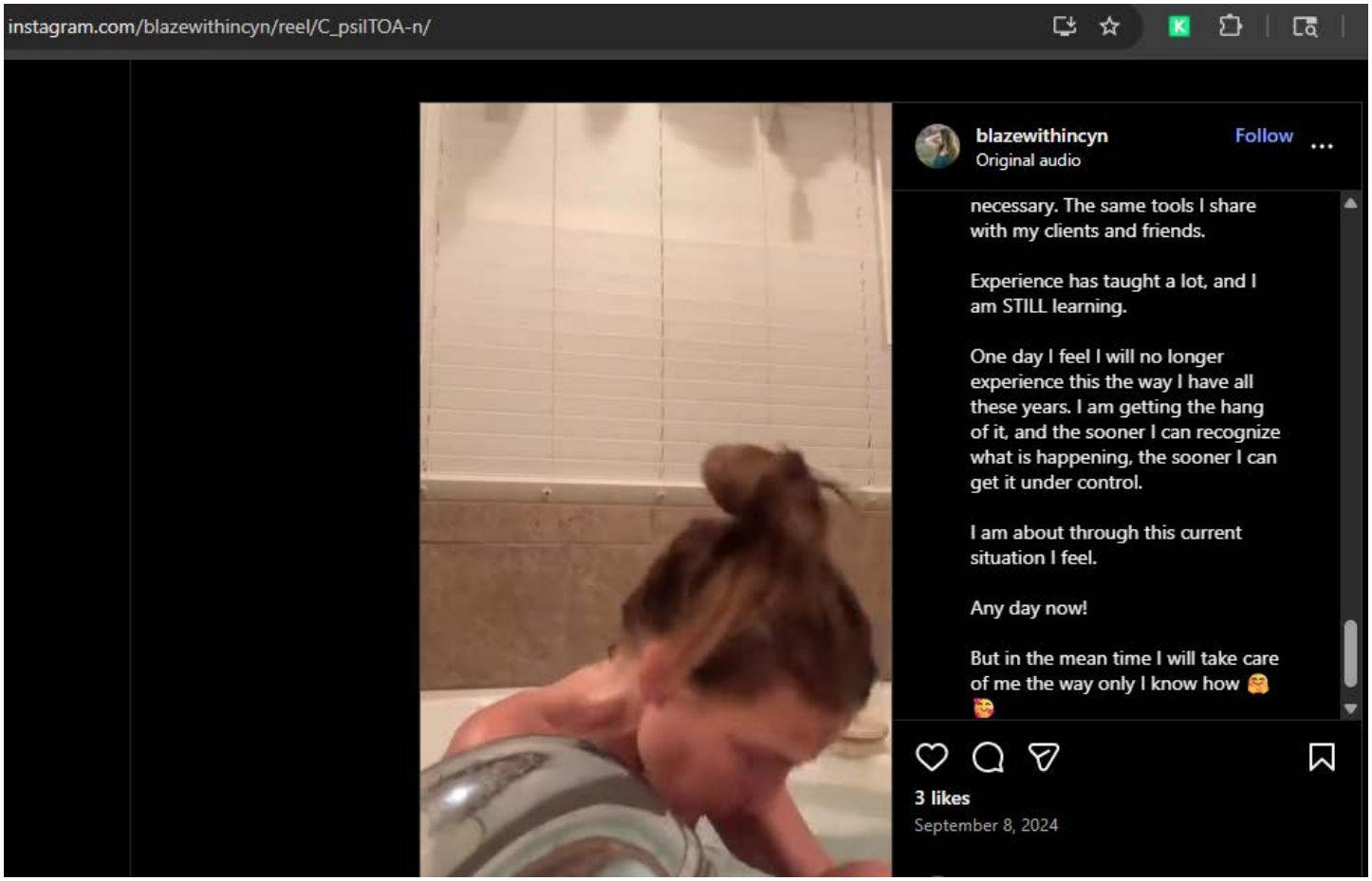
So I choose where to spend my energy, even when I know it will take a toll in the current situation.

I also have to show up for my kids, and my work and keep moving forward. So this is how I manage.

I have a wheelhouse of tools to utilize that I can pull from when

3 likes
September 8, 2024

Add a comment...



[Link to download video]

TikTok

@blazewithincyn

System ID: 663852

Posted: Sep 10, 2024

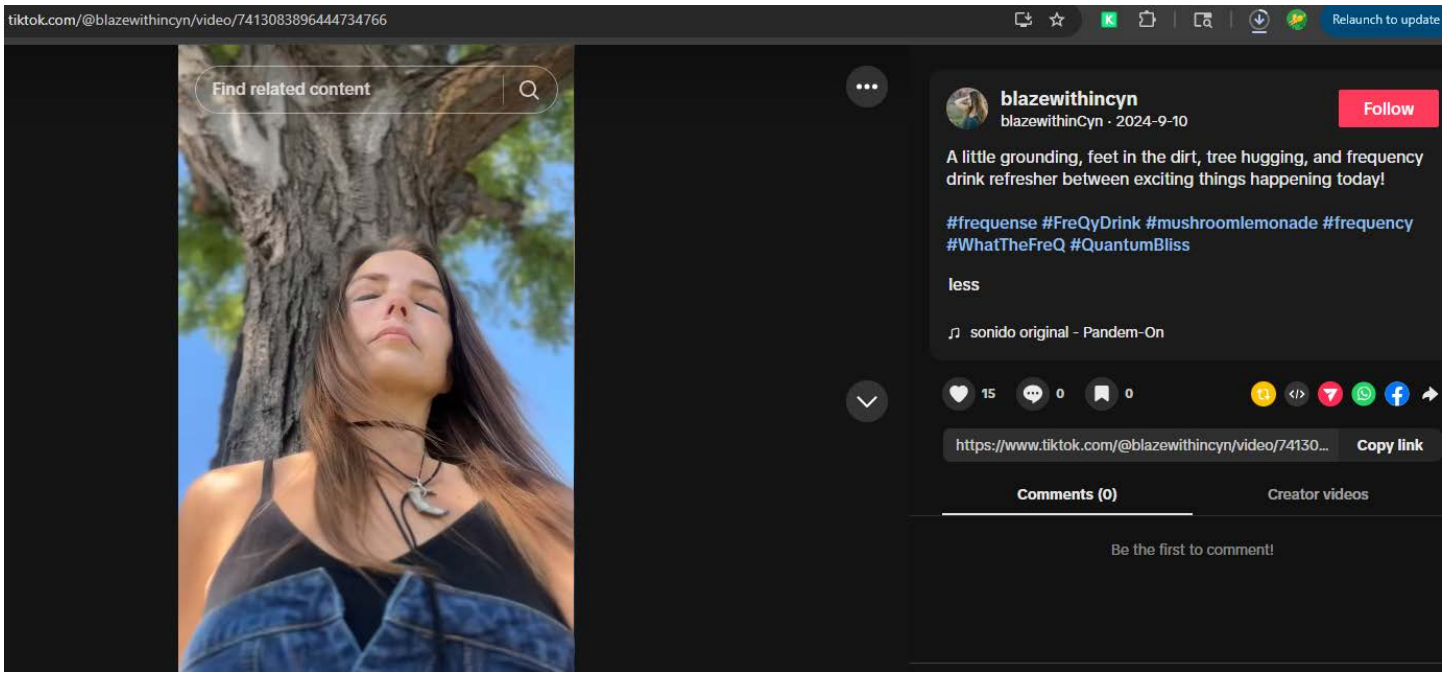
Captured: Nov 11, 2025

Cynthia Lee Jacobson

https://www.tiktok.com/@blazewithincyn/video/7413083896444734766

After DOI

Most recent post on Subject's TikTok account. Video of Subject getting out of her car, taking off her shoes, and leaning back into a tree. She describes it as grounding. This is also posted on Subject's Facebook account. A little grounding, feet in the dirt, tree hugging, and frequency drink refresher between exciting things happening today!



[Link to download video]

Instagram

blazewithincyn/

System ID: 663605

Cynthia Lee Jacobson

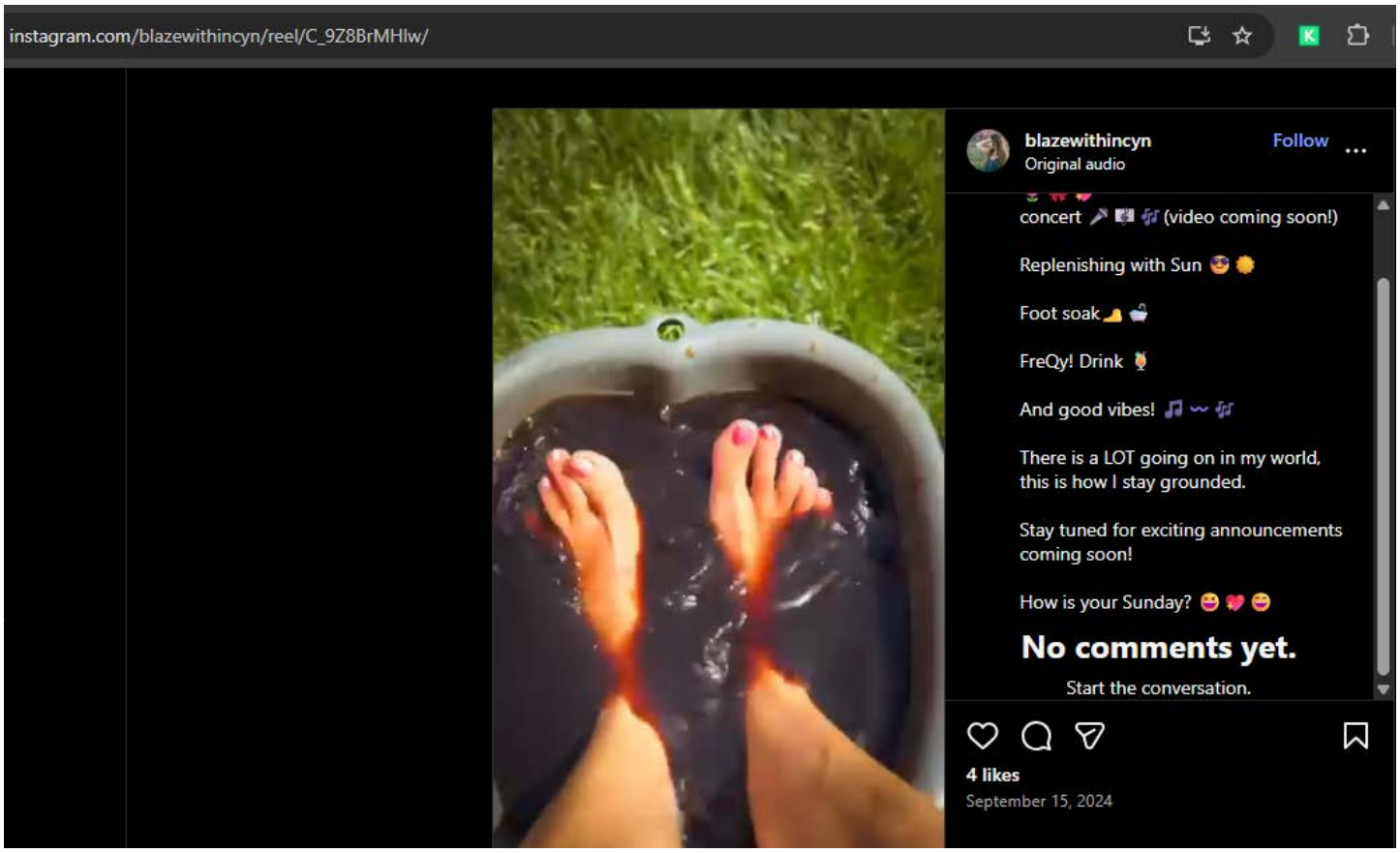
https://www.instagram.com/blazewithincyn/reel/C_9Z8BrMHlw/

Posted: Sep 15, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of her walking outside to a lawn chair and soaking her feet in a small tub. This is also posted on Subject's Facebook account. Returned from a quick fun PINK □□□□□ concert □□□(video coming soon!) Replenishing with Sun □☀ Foot soak□□ FreQy! Drink □ And good vibes! □□□ There is a LOT going on in my world, this is how I stay grounded. Stay tuned for exciting announcements coming soon! How is your Sunday?



[Link to download video]

Instagram

blazewithincyn/

System ID: 663561

Cynthia Lee Jacobson

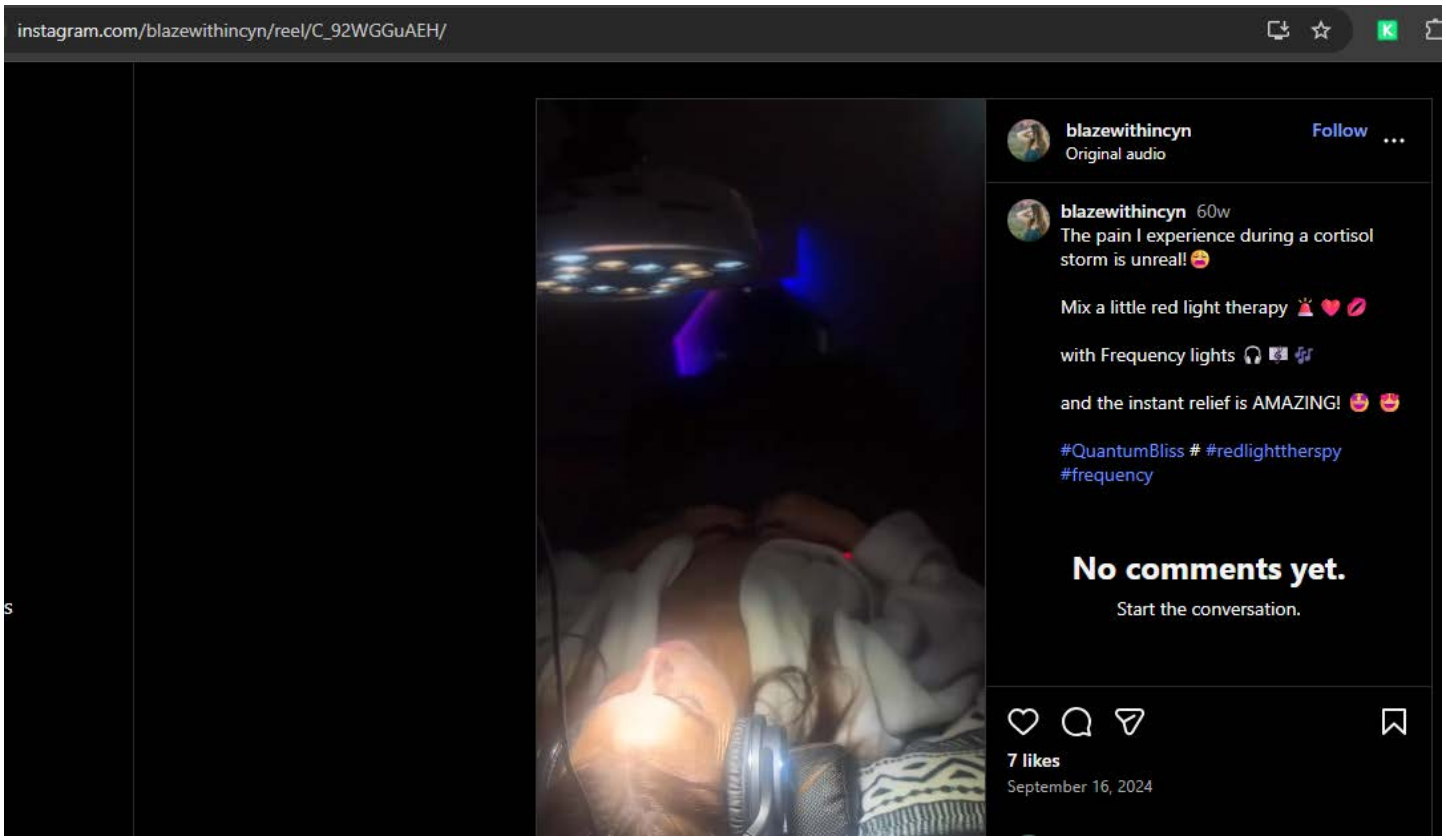
https://www.instagram.com/blazewithincyn/reel/C_92WGGuAEH/

Posted: Sep 16, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video of giving herself light therapy for a cortisol storm. This is also posted on Subject's Facebook account. The pain I experience during a cortisol storm is unreal!□ Mix a little red light therapy □❤□ with Frequency lights □□□ and the instant relief is AMAZING! □ □



Link to download video

Instagram

blazewithincyn/

System ID: 663557

Cynthia Lee Jacobson

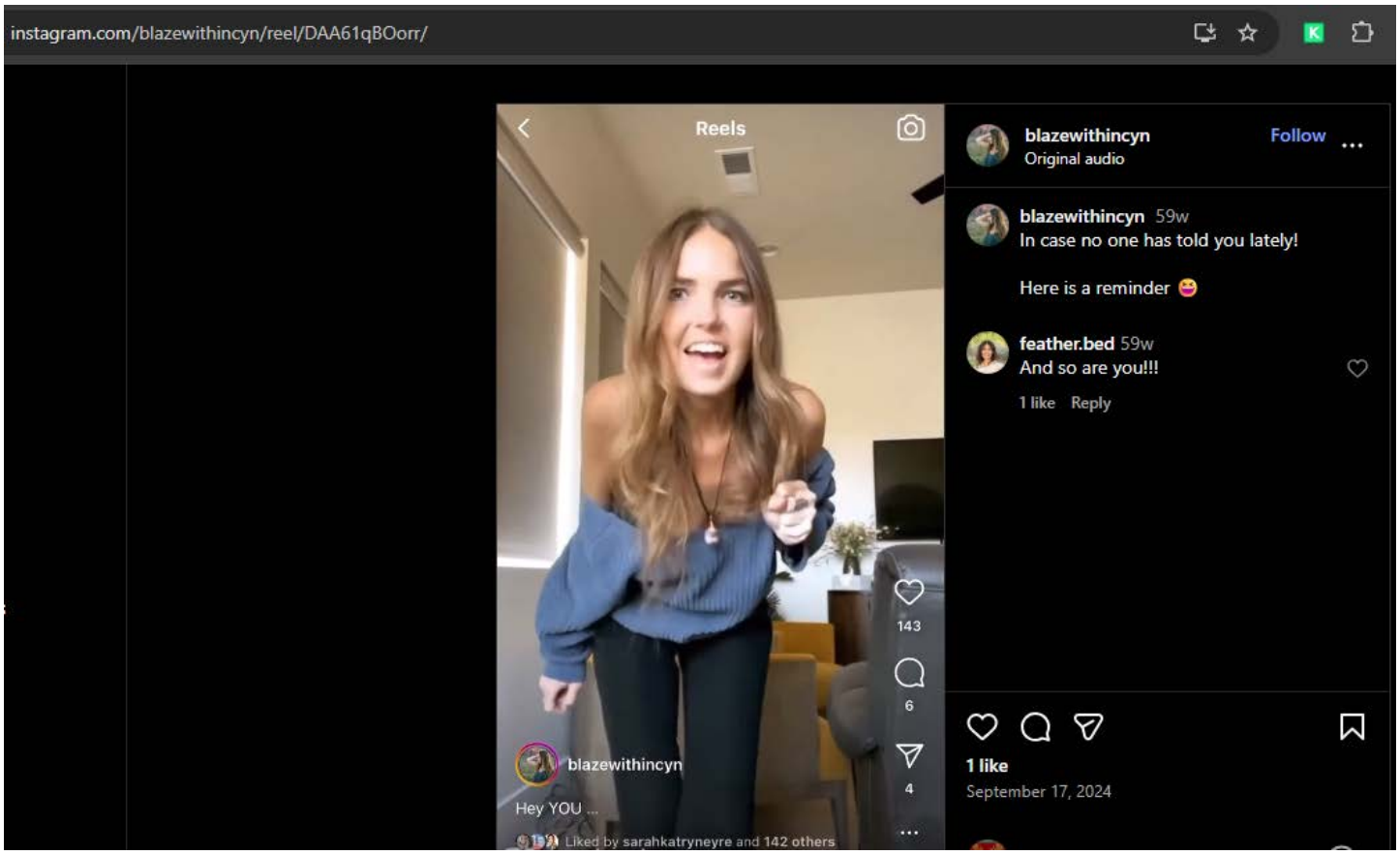
https://www.instagram.com/blazewithincyn/reel/DAA61qBOorr/

Posted: Sep 17, 2024

Captured: Nov 10, 2025

After DOI

Subject reposted a video where she dances and pretends to put a You are Awesome stamp on the camera. This is also posted on Subject's Facebook account. In case no one has told you lately! Here is a reminder □



Link to download video

Facebook

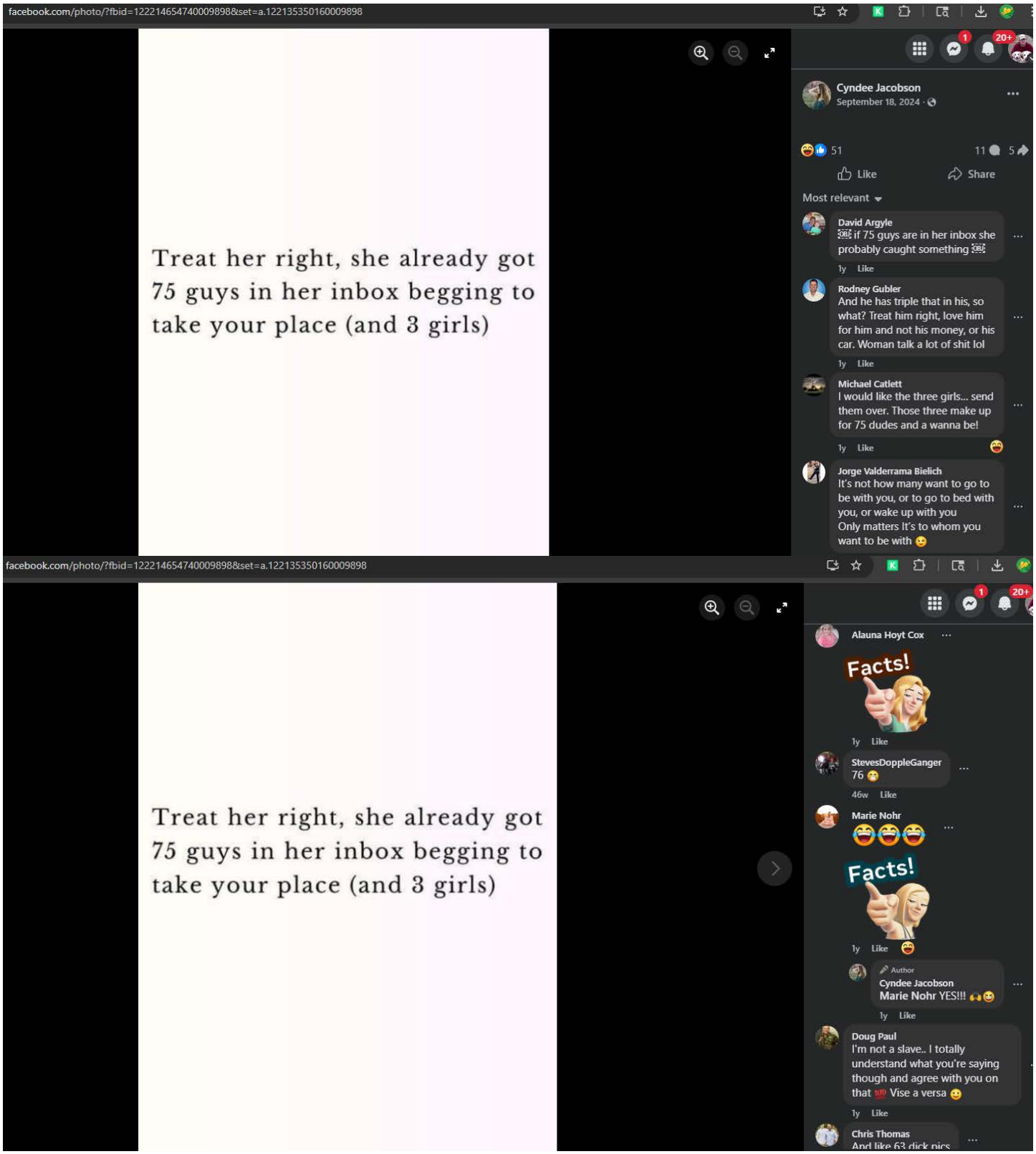
cyndee.jacobson.163679
System ID: 664222
Cynthia Lee Jacobson

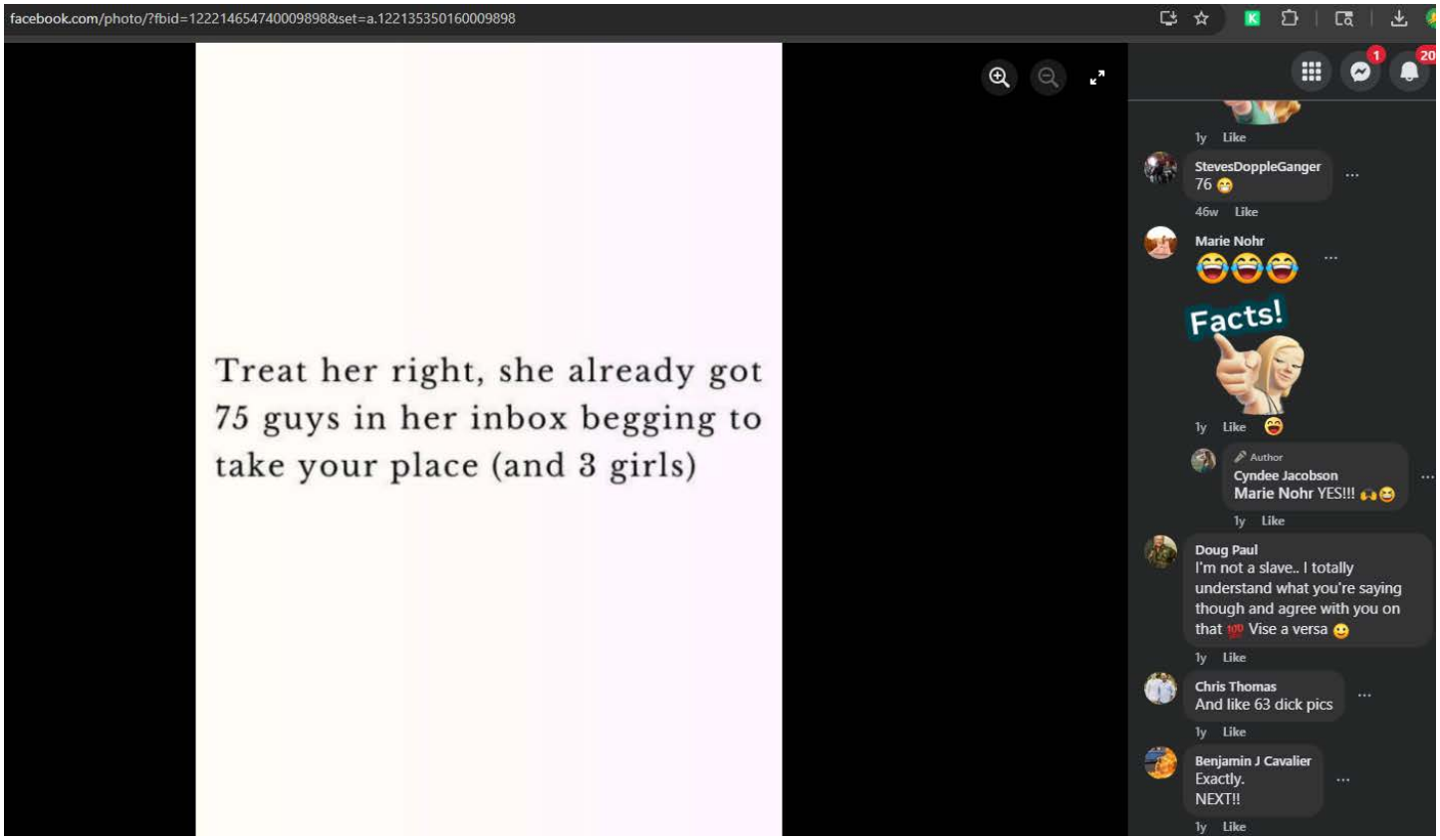
Posted: Sep 18, 2024
Captured: Nov 12, 2025

https://www.facebook.com/photo/?fbid=122214654740009898&set=a.122135350160009898

After DOI

Subject posted a meme about men treating women right. Comments supported and criticized the post. "Treat her right, she already has 75 guys and 3 girls in her inbox waiting to take your place."


facebook.com/photo/?fbid=1222146547400098988set=a.122135350160009898
Treat her right, she already got 75 guys in her inbox begging to take your place (and 3 girls)
Cyndee Jacobson
September 18, 2024
51
11
5
Like
Share
Most relevant
David Argyle
if 75 guys are in her inbox she probably caught something
1y Like
Rodney Gubler
And he has triple that in his, so what? Treat him right, love him for him and not his money, or his car. Woman talk a lot of shit lol
1y Like
Michael Catlett
I would like the three girls... send them over. Those three make up for 75 dudes and a wanna be!
1y Like
Jorge Valderrama Bielich
It's not how many want to go to be with you, or to go to bed with you, or wake up with you
Only matters It's to whom you want to be with
facebook.com/photo/?fbid=1222146547400098988set=a.122135350160009898
Treat her right, she already got 75 guys in her inbox begging to take your place (and 3 girls)
Alauna Hoyt Cox
Facts!
1y Like
StevesDoppleGanger
76
46w Like
Marie Nohr
Facts!
1y Like
Author
Cyndee Jacobson
Marie Nohr YES!!!
1y Like
Doug Paul
I'm not a slave.. I totally understand what you're saying though and agree with you on that Vise a versa
1y Like
Chris Thomas
And like 63 dick pics


facebook.com/photo/?fbid=1222146547400098988set=a.122135350160009898
Treat her right, she already got 75 guys in her inbox begging to take your place (and 3 girls)
1y Like
StevesDoppleGanger
76
46w Like
Marie Nohr
Facts!
1y Like
Author
Cyndee Jacobson
Marie Nohr YES!!!
1y Like
Doug Paul
I'm not a slave.. I totally understand what you're saying though and agree with you on that Vise a versa
1y Like
Chris Thomas
And like 63 dick pics
1y Like
Benjamin J Cavalier
Exactly.
NEXT!!
1y Like

Instagram

blazewithincyn/ | Posted: Oct 09, 2024

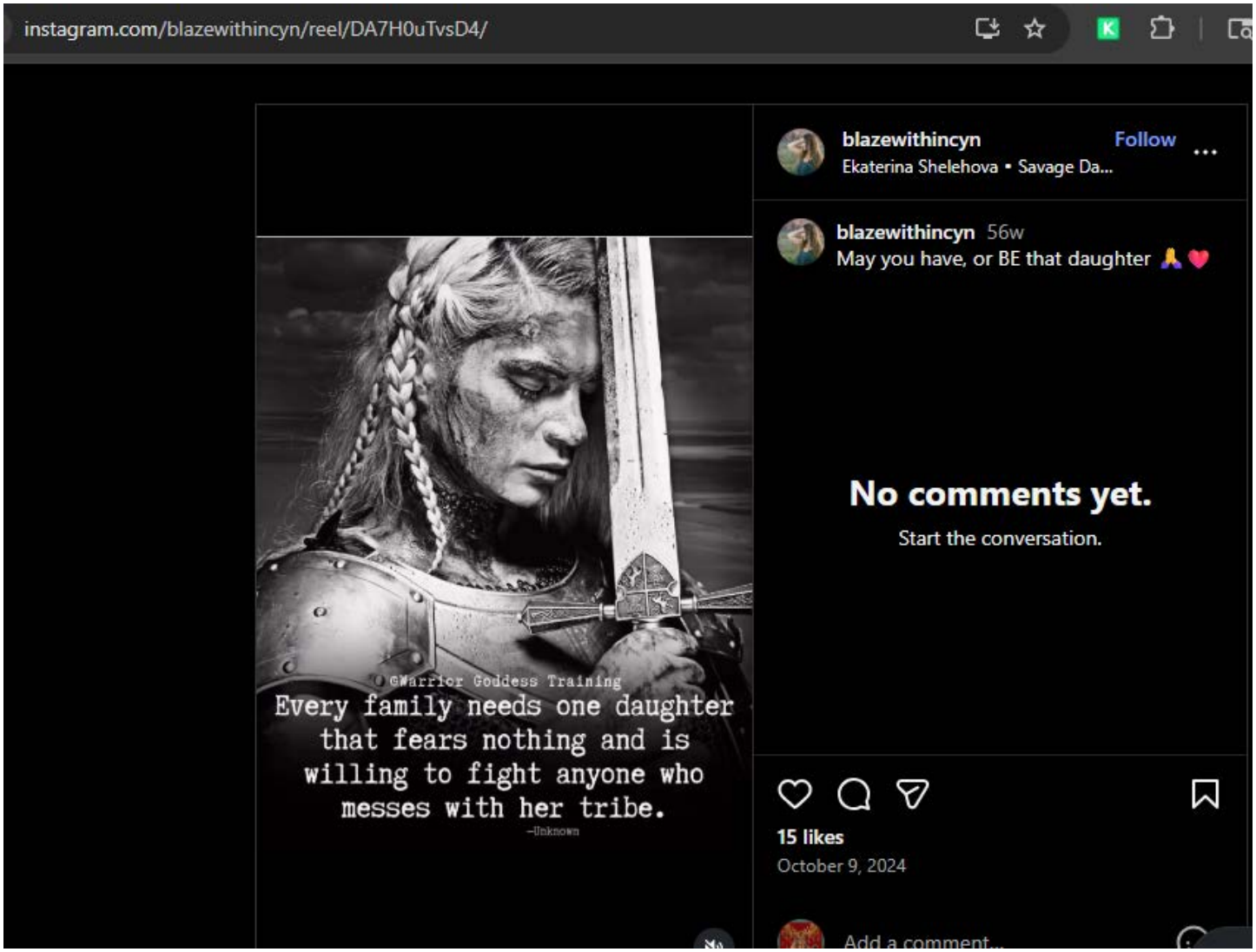
System ID: 663533 | Captured: Nov 10, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/DA7H0uTvsD4/

After DOI

Subject posted a meme about daughters. May you have, or BE that daughter



Facebook

cyndee.jacobson.163679

System ID: 664219

Cynthia Lee Jacobson

Posted: Dec 21, 2024

Captured: Nov 12, 2025

https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid033DYhUhqe18YucJdjQKrXNXYVke157LVywLXfp45pwa82zzjTPabc9vh3f8ud4z2ql

After DOI

Subject posted pictures of kittens that were up for adoption. Edit: They all got Homes for Christmas! That was fast □□□ 3 little female kittens perfect stocking stuffers ready for Christmas! Two calicos one with an orange eye and opposite orange stocking. One we call “wolf” has one orange stocking, and one black little girl with a white belly

facebook.com/cyndee.jacobson.163679/posts/pfbid033DYhUhqe18YucJdjQKrXNXYVke157LVywLXfp45pwa82zzjTPabc9vh3f8ud4z2ql

Cyndee Jacobson's Post

Cyndee Jacobson
December 21, 2024 ·

Edit: They all got Homes for Christmas! That was fast 😆🥰🙏

3 little female kittens perfect stocking stuffers ready for Christmas! Two calicos one with an orange eye and opposite orange stocking. One we call "wolf" has one orange stocking, and one black little girl with a white belly



17 4 comments

Like Share

Most relevant

facebook.com/cyndee.jacobson.163679/posts/pfbid033DYhUhqe18YucJdjQKrXNXYVke157LVywLXfp45pwa82zzjTPabc9vh3f8ud4z2ql

Cyndee Jacobson's Post



17 4 comments

Like Share

Most relevant

Shannon Williams
They are the cutest! 😍
46w Like 😘

Colleen Rushton
So cute! 😍
46w Like

Author
Cyndee Jacobson
Colleen Rushton come get some! 😆❤️🥰



46w Like

Colleen Rushton
If I could go down there I totally would! Derek and Maddie want them too
46w Like 😘

Instagram

blazewithincyn/

System ID: 663529

Cynthia Lee Jacobson

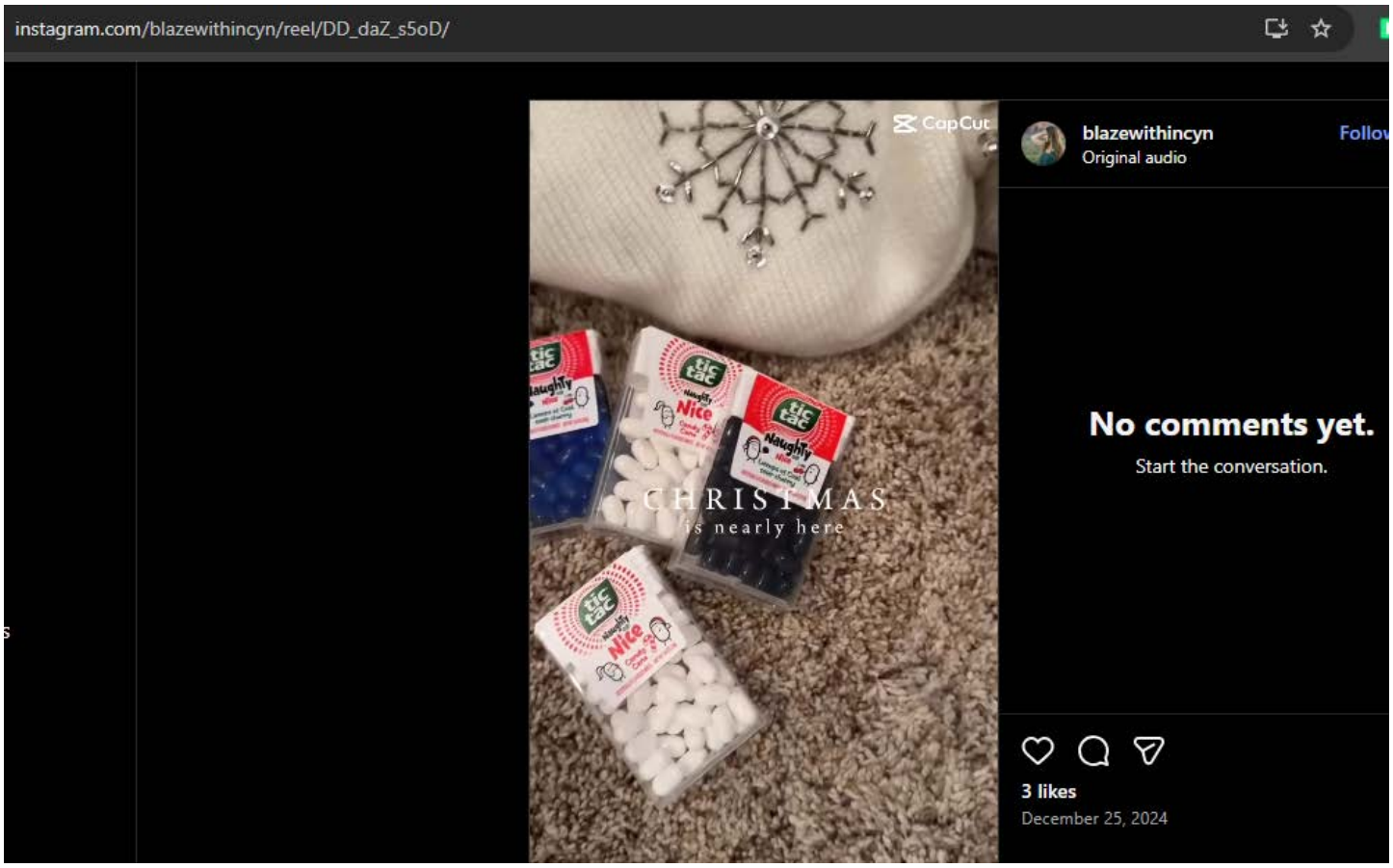
https://www.instagram.com/blazewithincyn/reel/DD_daZ_s5oD/

Posted: Dec 25, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a Christmas video. The video shows her tree, candies, presents, and Subject wraps herself in paper. This is also posted on Subject's Facebook account.



Link to download video

Instagram

blazewithincyn/

System ID: 663521

Cynthia Lee Jacobson

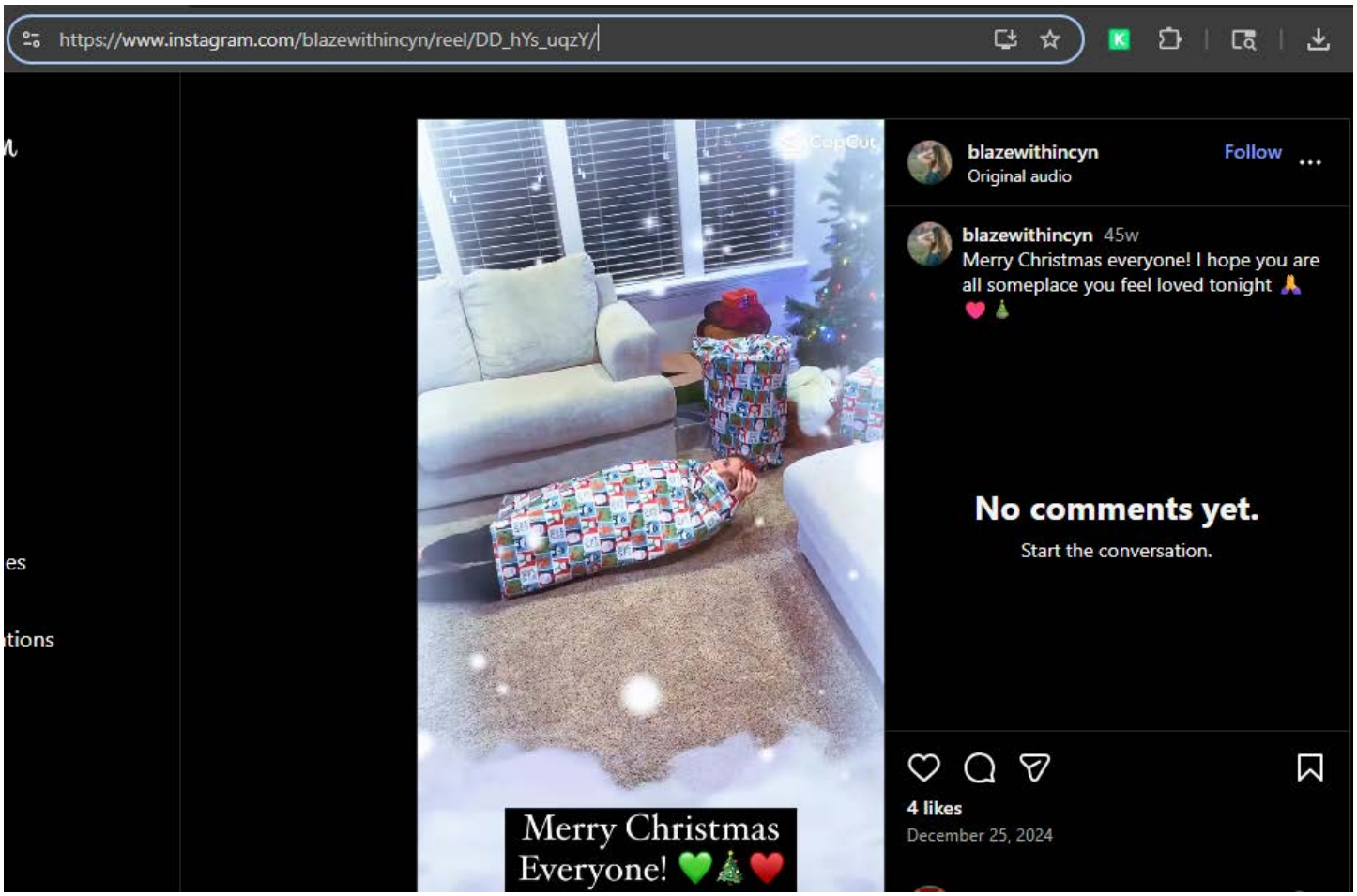
https://www.instagram.com/blazewithincyn/reel/DD_hYs_uqzY/

Posted: Dec 25, 2024

Captured: Nov 10, 2025

After DOI

Subject posted a video for Christmas. She rolls and wraps herself in wrapping paper. This is also posted on Subject's Facebook account. Merry Christmas everyone! I hope you are all someplace you feel loved tonight



[Link to download video]

Instagram

blazewithincyn/

System ID: 663514

Cynthia Lee Jacobson

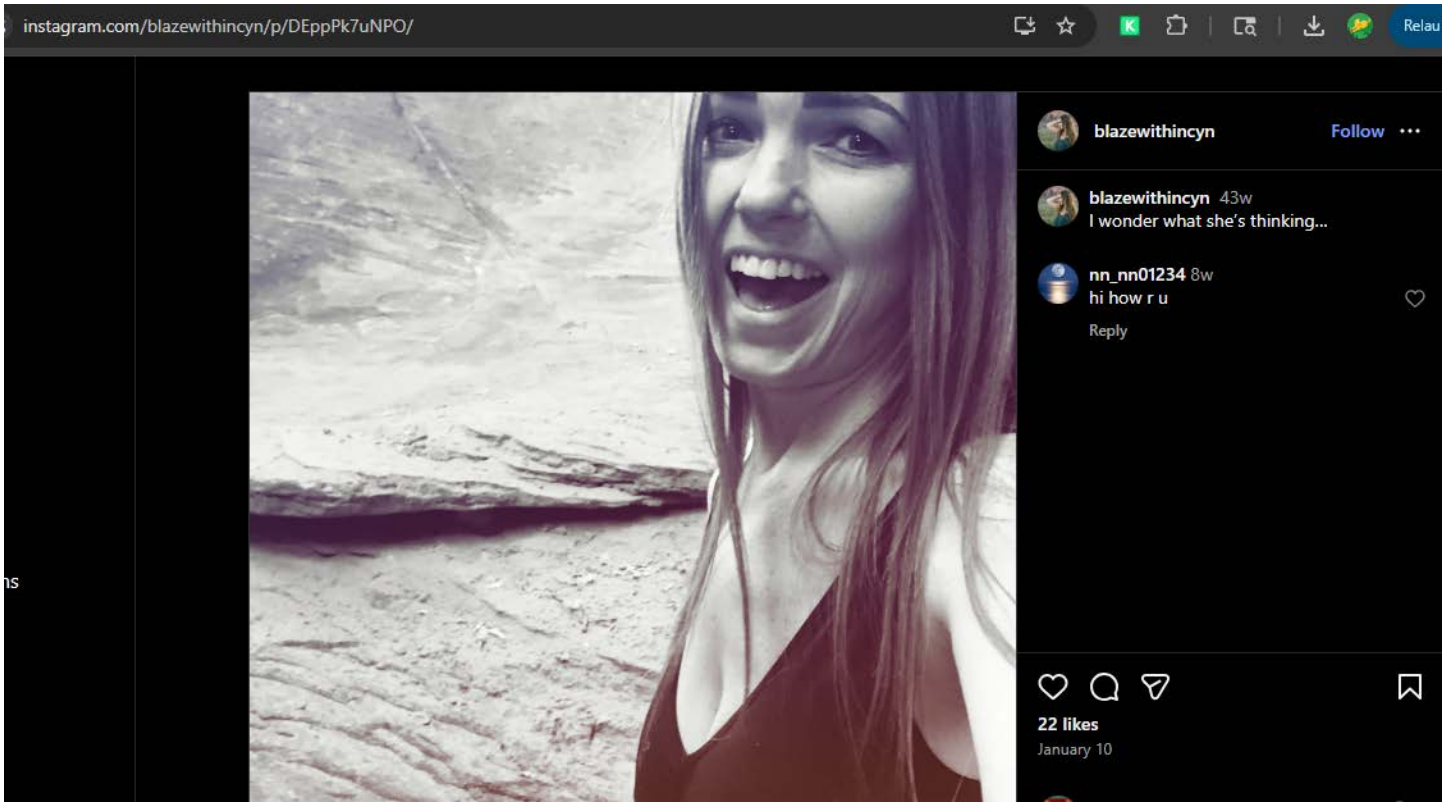
https://www.instagram.com/blazewithincyn/p/DEppPk7uNPO/

Posted: Jan 10, 2025

Captured: Nov 10, 2025

After DOI

Subject posted an outdoor selfie. I wonder what she’s thinking...



Facebook

cyndee.jacobson.163679

System ID: 662190

Cynthia Lee Jacobson

Posted: May 11, 2025

Captured: Nov 06, 2025

https://www.facebook.com/photo/?fbid=122258675594009898&set=a.122135350160009898

After DOI

Subject at the cemetery by her son's tombstone. She writes that it is extra hard when his birthday falls on Mother's Day. Mother’s Day does not always land on your birthday, but those years that it does makes it extra hard

facebook.com/photo/?fbid=1222586755940098988set=a.122135350160009898



Cyndee Jacobson
May 11 ·

Mother's Day does not always land on your birthday, but those years that it does makes it extra hard. 😢

92 24

Like Share

Most relevant

Robert Shane O'Donnell
😭😭😭😭😭😭 & 🙏🙏🙏🙏
25w Like

Lacy McDermeit-Rasmussen
Lots of love vibes your way, Cyndee. You are such a strong and loving woman.
25w Like

Author
Cyndee Jacobson
Lacy McDermeit-Rasmussen thank you Lacy, I appreciate your kind words. Happy Mother's Day!
25w Like

Leta Greene
Hugs.
25w Like

Author
Cyndee Jacobson
Leta Greene recieved 🥰😭🌹
25w Like

Erasmo Vela III
My condolences, Cyndee.

facebook.com/photo/?fbid=1222586755940098988set=a.122135350160009898



My condolences, Cyndee.
25w Like

Author
Cyndee Jacobson
Erasmo Vela III thank you 🙏
25w Like

Erasmo Vela III
Cyndee Jacobson you're welcome.
25w Like

Patty Ann
Aww Caemen...sending you big hugs and love Cyndee xoxo
25w Like

Author
Cyndee Jacobson
Thank you **Patty Ann** ! 🥰💕🌸
25w Like

Geneva Strebel Mortensen
Love you Cyndi !!!
25w Like

Author
Cyndee Jacobson
Geneva Strebel Mortensen love you to to O -riginal OG. You've been there and truly understand. Happy Mother's to you as well dear friend 🥰😭🌹🌹💕
25w Like

Ken Hulse
❤️🥹

facebook.com/photo/?fbid=122258675594009898&set=a.122135350160009898



25w Like

Rachel Halgren
Hugs hugs hugs hugs hugs

25w Like

Author
Cyndee Jacobson
Rachel Halgren RECEIVED!! Right back at you from one strong mama to the next!

25w Like

Kimberlee Baldwin
Hugs!

25w Like

Author
Cyndee Jacobson
Kimberlee Baldwin

25w Like

Chris Gorzalski
Hugs

25w Like

Author
Cyndee Jacobson
Chris Gorzalski thank you Chris happy Mothers Day

25w Like

Amy Jo Offret
Sweet little man has the best momma

25w Like

Author
Cyndee Jacobson
Amy Jo Offret You have been there since the beginning. thank you Amy.

facebook.com/photo/?fbid=1222586755940098988set=a.122135350160009898



25w Like

Kimberlee Baldwin Hugs! 🤩

25w Like

Author **Cyndee Jacobson** **Kimberlee Baldwin** 😭🥰

25w Like

Chris Gorzalski Hugs

25w Like

Author **Cyndee Jacobson** **Chris Gorzalski** thank you Chris happy Mothers Day 🌹

25w Like

Amy Jo Offret Sweet little man has the best momma

25w Like

Author **Cyndee Jacobson** **Amy Jo Offret** You have been there since the beginning. thank you Amy. 🥰🎀

25w Like

Scarlett Bascom That sweet little face ❤️

25w Like

Author **Cyndee Jacobson** **Scarlett Bascom** stud sweetest! 😭💕

25w Like

Facebook

cyndee.jacobson.163679

System ID: 662180

Cynthia Lee Jacobson

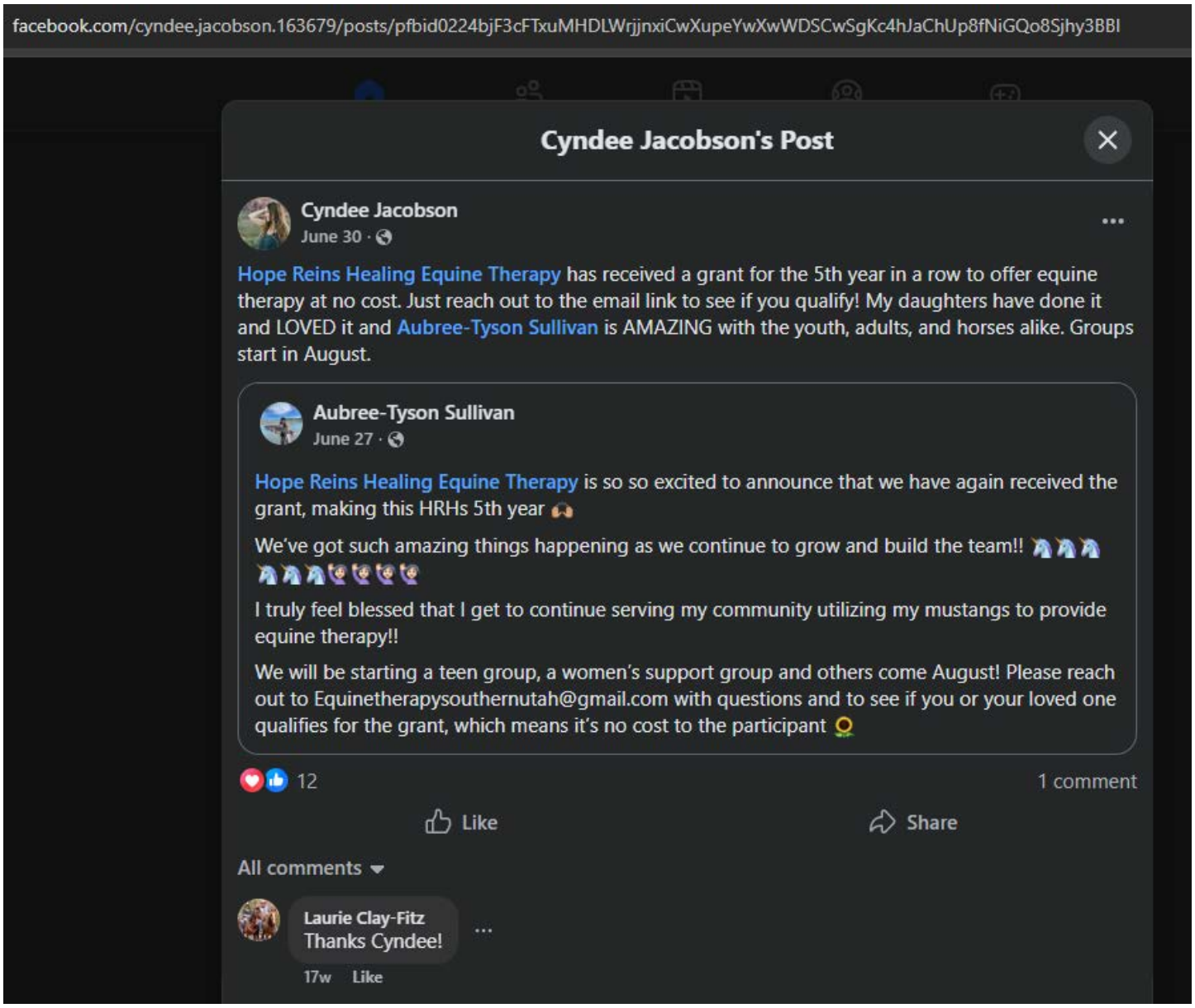
https://www.facebook.com/cyndee.jacobson.163679/posts/pfbid0224bjF3cFTxuMHDLWrjjnxiCwXupeYwXwWDSCwSgKc4hJaChUp8fNiGQo8Sjhy3BBl

Posted: Jun 30, 2025

Captured: Nov 06, 2025

After DOI

Most recent activity on Subject's Facebook account. A repost from an equine therapy group that received grant funding. Subject states that her daughters have gone and loved it.


facebook.com/cyndee.jacobson.163679/posts/pfbid0224bjF3cFTxuMHDLWrjjnxiCwXupeYwXwWDSCwSgKc4hJaChUp8fNiGQo8Sjhy3BBI
Cyndee Jacobson's Post
Cyndee Jacobson
June 30 ·
Hope Reins Healing Equine Therapy has received a grant for the 5th year in a row to offer equine therapy at no cost. Just reach out to the email link to see if you qualify! My daughters have done it and LOVED it and Aubree-Tyson Sullivan is AMAZING with the youth, adults, and horses alike. Groups start in August.
Aubree-Tyson Sullivan
June 27 ·
Hope Reins Healing Equine Therapy is so so excited to announce that we have again received the grant, making this HRHs 5th year
We've got such amazing things happening as we continue to grow and build the team!!
I truly feel blessed that I get to continue serving my community utilizing my mustangs to provide equine therapy!!
We will be starting a teen group, a women's support group and others come August! Please reach out to Equinetherapysouthernutah@gmail.com with questions and to see if you or your loved one qualifies for the grant, which means it's no cost to the participant
12
1 comment
Like
Share
All comments
Laurie Clay-Fitz
Thanks Cyndee!
17w
Like

Instagram

blazewithincyn/

System ID: 663508

Cynthia Lee Jacobson

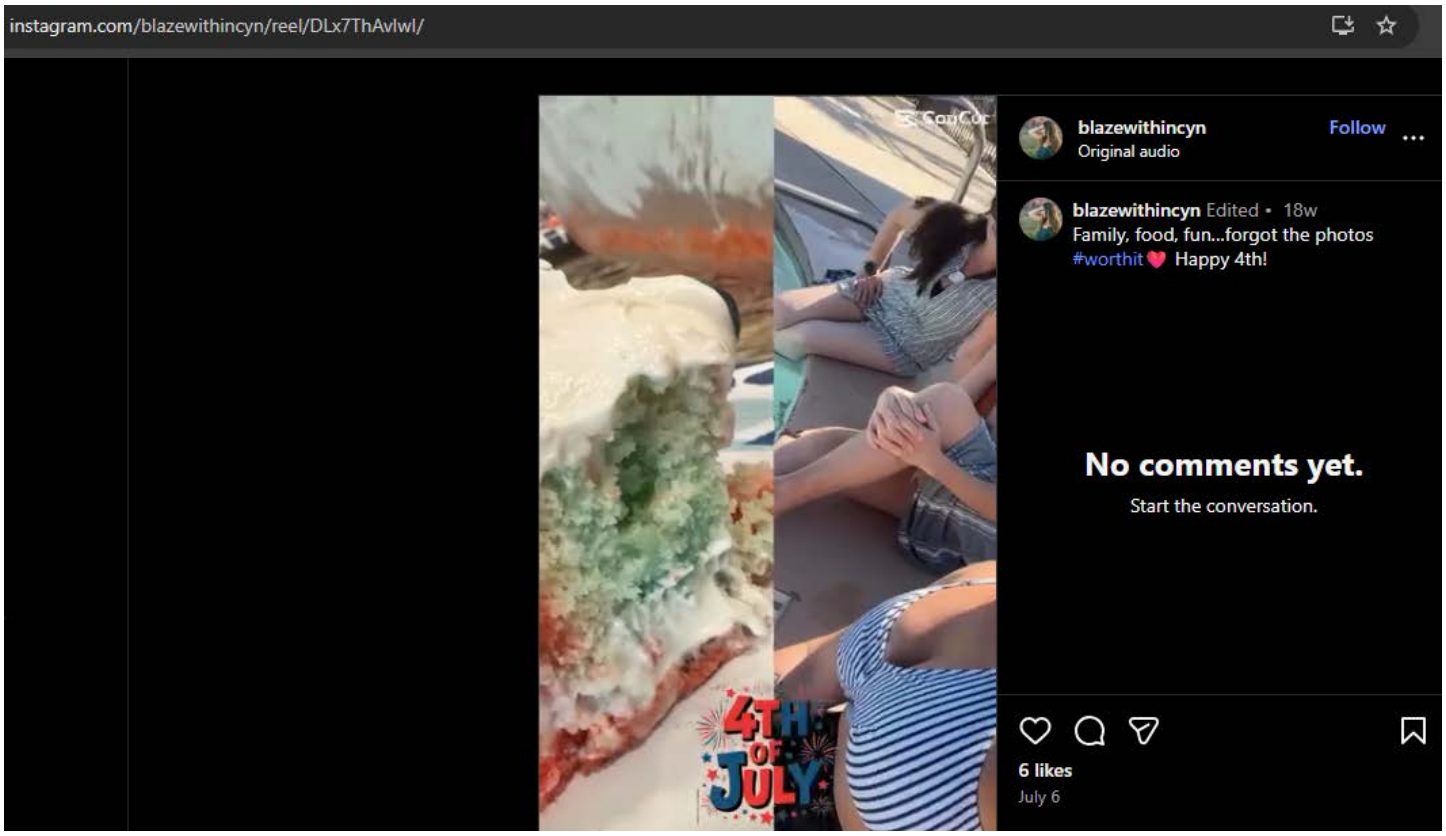
https://www.instagram.com/blazewithincyn/reel/DLx7ThAvIwI/

Posted: Jul 06, 2025

Captured: Nov 10, 2025

After DOI

Subject posted a picture montage of her and her family's 4th of July pictures. Family, food, fun...forgot the photos #worthit❤ Happy 4th!



Link to download video

Instagram

blazewithincyn/

Posted: Jul 13, 2025

System ID: 662585

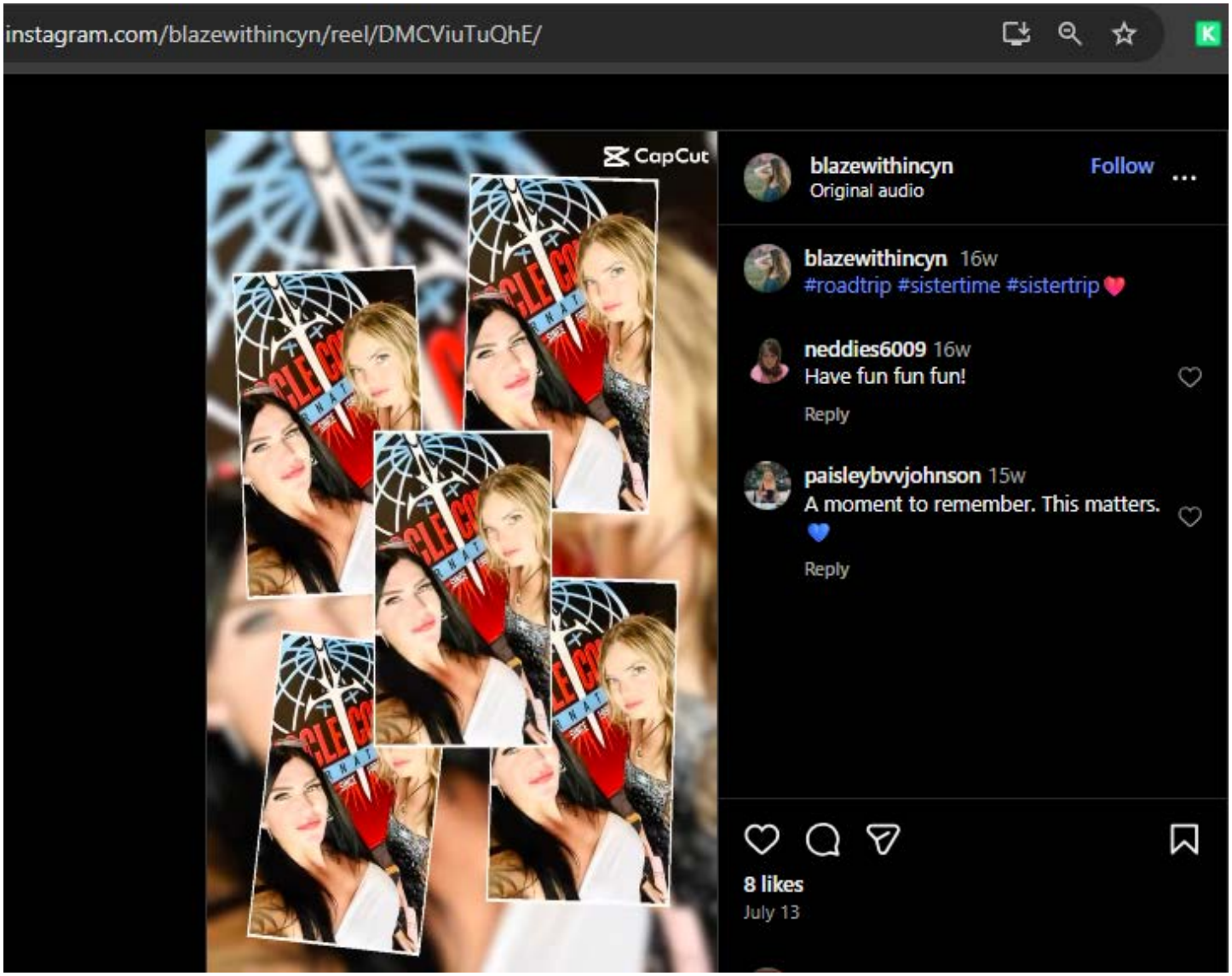
Captured: Nov 06, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/DMCViuTuQhE/

After DOI

Subject posted a video montage of a road trip she took over the summer with her family. #roadtrip #sistertime #sistertrip❤



[Link to download video]

Instagram

blazewithincyn/

System ID: 662574

Cynthia Lee Jacobson

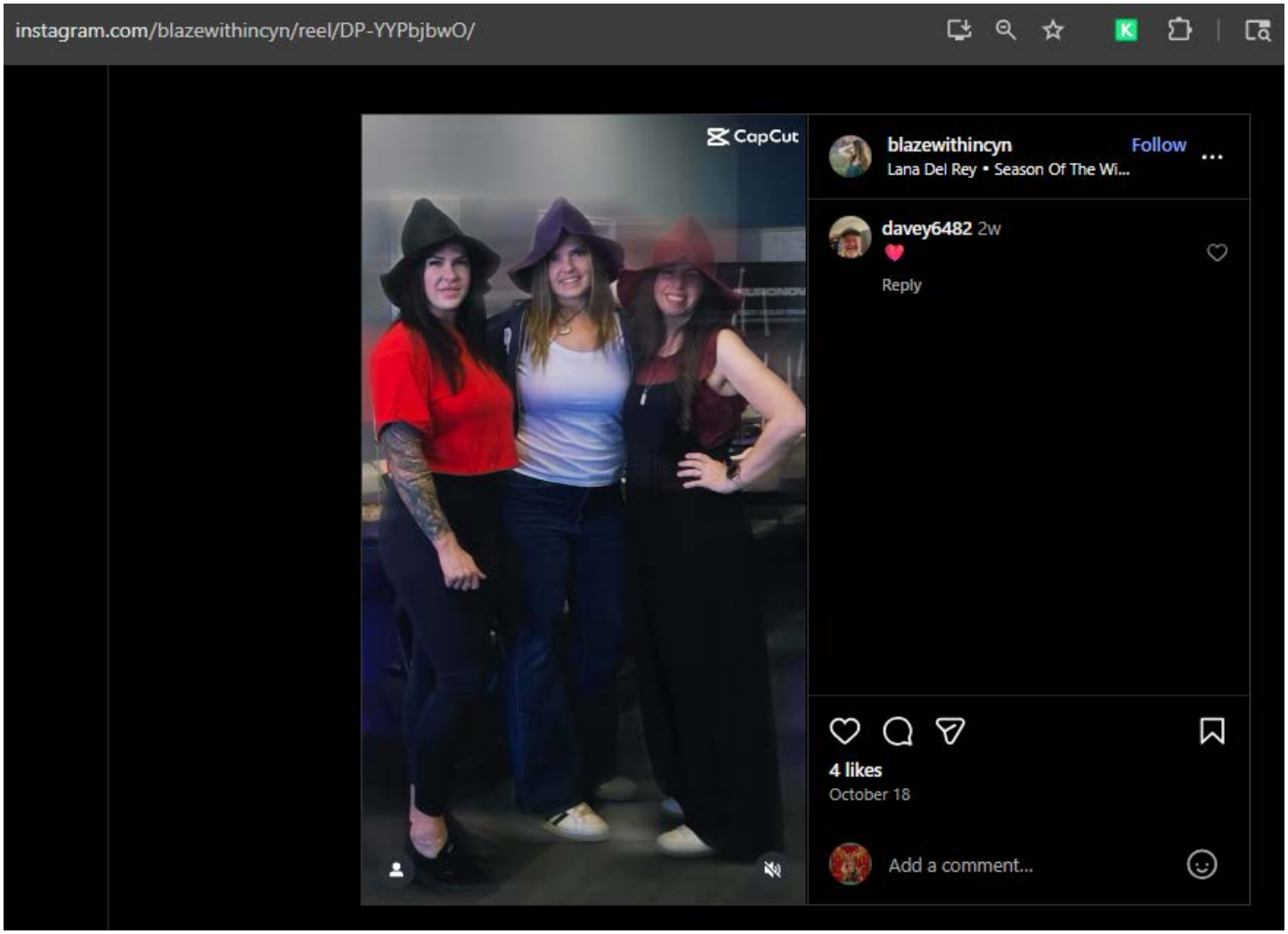
https://www.instagram.com/blazewithincyn/reel/DP-YYPbjbwO/

Posted: Oct 18, 2025

Captured: Nov 06, 2025

After DOI

Subject posted a video of herself and 2 companions wearing witch hats and lying on mats.



Link to download video

Instagram

blazewithincyn/

Posted: Oct 29, 2025

System ID: 662559

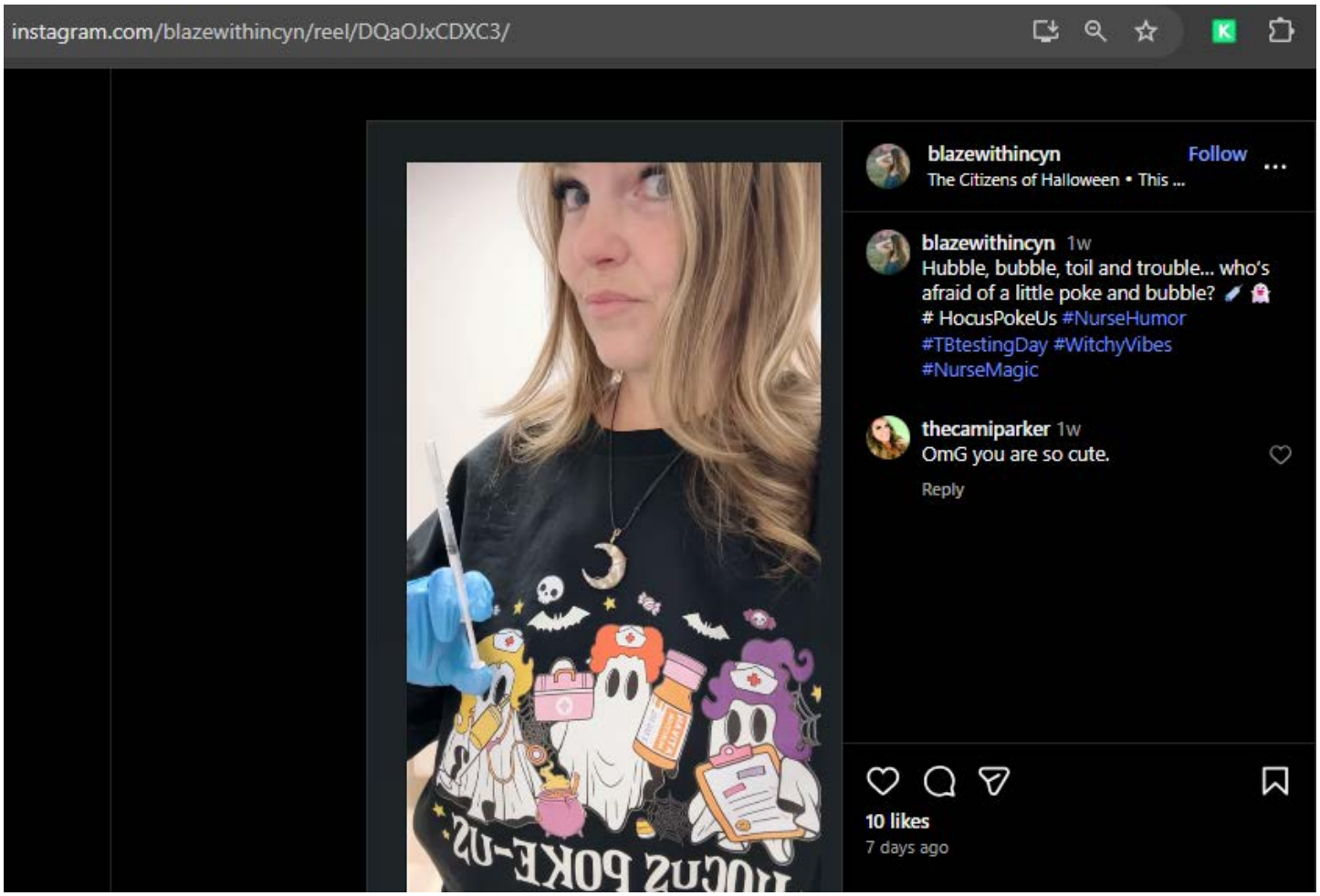
Captured: Nov 06, 2025

Cynthia Lee Jacobson

https://www.instagram.com/blazewithincyn/reel/DQaOJxCDXC3/

After DOI

Most recent activity on Subject's Instagram account. Subject posts a selfie of herself in a Halloween t-shirt holding a syringe. Hubble, bubble, toil and trouble… who’s afraid of a little poke and bubble? □□ # HocusPokeUs #NurseHumor #TBtestingDay #WitchyVibes #NurseMagic



[Link to download video]

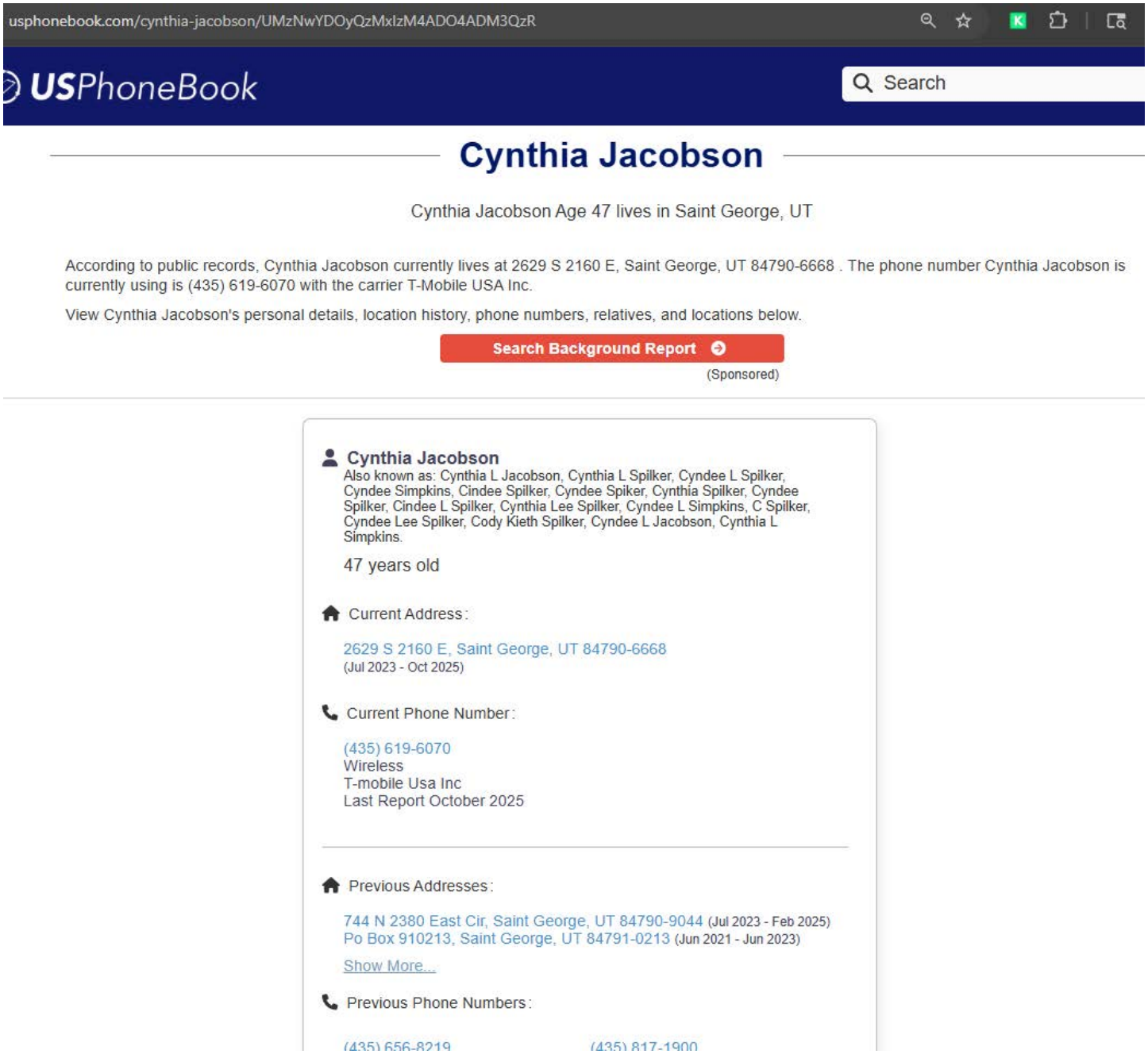
Other

US PhoneBook
System ID: 663220
Cynthia Lee Jacobson
https://www.usphonebook.com/cynthia-jacobson/UMzNwYDOyQzMxIzM4ADO4ADM3QzR

Posted: Nov 09, 2025
Captured: Nov 10, 2025

After DOI

Subject's phone number led to Subject and additional associates.



usphonebook.com/cynthia-jacobson/UMzNwYDOyQzMxIzM4ADO4ADM3QzR

USPhoneBook

Search

(435) 656-8219
Landline
Qwest Corporation

(435) 817-1900
Wireless
New Cingular Wireless Pcs Llc

Show More...

Full Background Report (Sponsored)

- Current & Past Contact Info
- Addresses & Phone Numbers
- Business Records
- Professional Licenses
- Family & Associates
- Social Media & Photos
- Properties & Assets
- Public Records
- Criminal Records
- Court Records
- State & County Records
- Bankruptcies, Judgments, Liens

View Full Background Report

Relatives

Cody Spilker
James Simpkins
Timm Simpkins
Alexis Simpkins
Angela Smith
Cenya Jacobson
Stacy Hales
Zacheria Jacobson
Angela Simpkins
and 32 more available

Associates

Jo Farnham
Adrian Hyer
Chance Garnica
David Farnham
Dianne Fry
Lucille Smith
Bryan Black
Charles Campbell
David Greco
and 38 more available

Email:

dxspilker@yahoo.com
dean.orgeron@cs.com

Other

Google Maps/Property Records

System ID: 667501

Cynthia Lee Jacobson

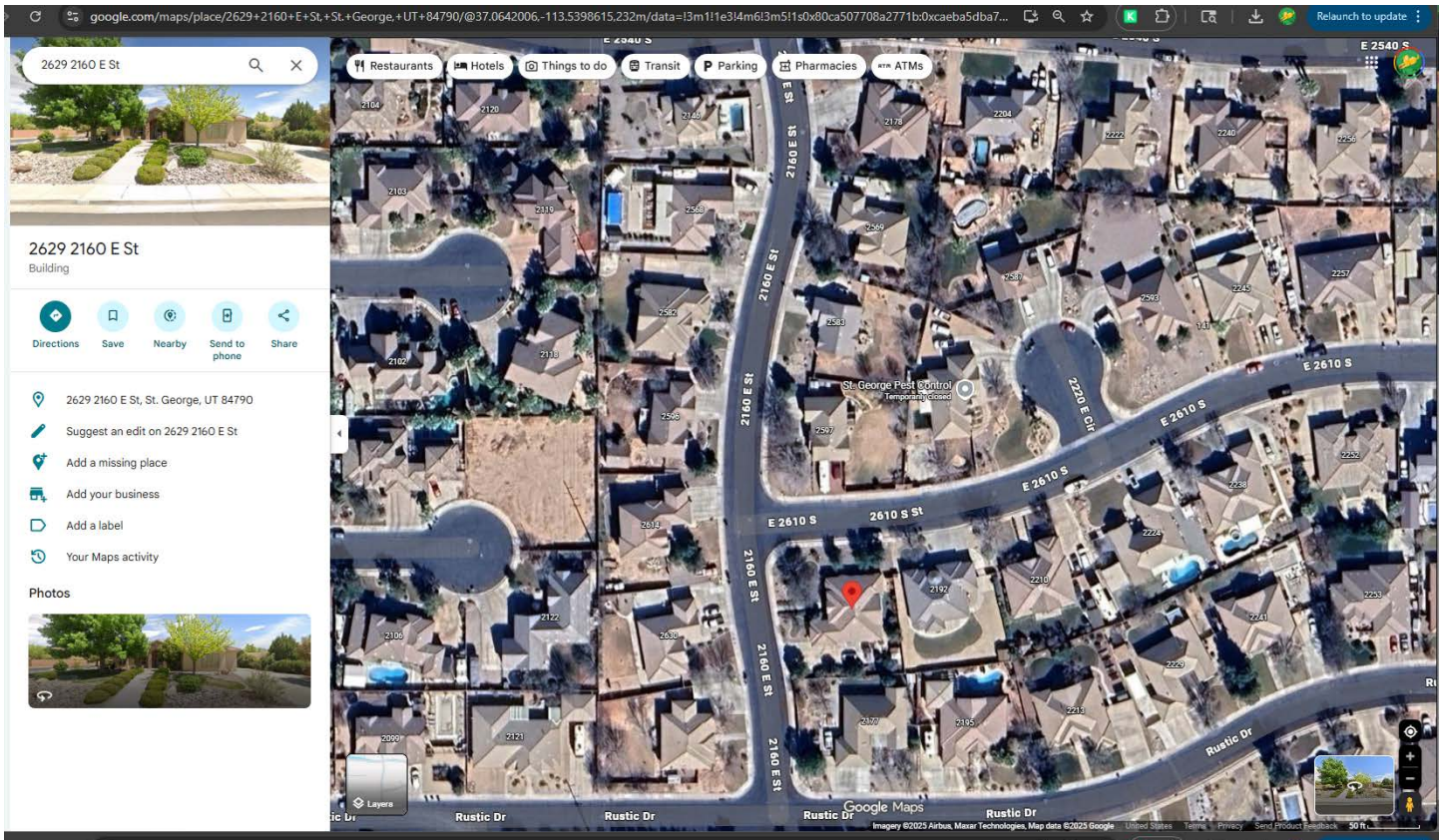
Posted: Nov 18, 2025

Captured: Nov 18, 2025

https://www.google.com/maps/place/2629+2160+E+St,+St.+George,+UT+84790/@37.0639069,-113.5393125,197m/data=!3m1!1e3!4m6!3m5!1s0x80ca507708a2771b:0xcaeba5dba7c72e65!8m2!3d37.0637448!4d-113.5393458!16s%2Fg%2F11c5nx45vc?entry=ttu&g_ep=EgoyMDI1MTExNi4wIKXMDSoASAFQAw%3D%3D

After DOI

Subject's current address is 2629 2160 E St, St. George, UT 84790 . Property records were not located in Subject's name. Link to Property Records: https://eweb.washco.utah.gov:8443/recorder/taxweb/account.jsp?accountNum=0703960&submit=Public%20Login&guest=true


google.com/maps/place/2629+2160+E+St,+St.+George,+UT+84790/@37.0642006,-113.5398615,232m/data=!3m1!1e3!4m6!3m5!1s0x80ca507708a2771b:0xcaeba5dba7...
Relaunch to update
2629 2160 E St
2629 2160 E St
Building
Directions
Save
Nearby
Send to phone
Share
2629 2160 E St, St. George, UT 84790
Suggest an edit on 2629 2160 E St
Add a missing place
Add your business
Add a label
Your Maps activity
Photos
Restaurants
Hotels
Things to do
Transit
Parking
Pharmacies
ATMs
2160 E St
E 2610 S
2610 S St
2220 E Cir
St. George Pest Control
Temporarily closed
Rustic Dr
Layers
Google Maps
Imagery ©2025 Airbus, Maxar Technologies, Map data ©2025 Google


google.com/maps/@37.0637162,-113.5396524,3a,75y,83.3h,90t/data=!3m7!1e1!3m5!1sqKE700ijHzTRU8Dhpg8Apwl2e0!6shttps:%2F%2Fstreetviewpixels-pa.googleapis.c...
Relaunch to update
2629 2160 E St
2629 2160 E St
St. George, Utah
Google Street View
Apr 2023
See more dates
Share
Expand
Google Maps

eweb.washco.utah.gov:8443/recorder/taxweb/account.jsp?accountNum=0703960&submit=Public%20Login&guest=true

Relaunch to update



Account 0703960

Location	Owner	Value
Account Number 0703960 **Parcel Number** SG-RBTS-2-73 **Tax District** 08 - St George City **Acres** 0.31 **Situs** 2629 S 2160 E ST , ST GEORGE **Legal** Subdivision: RED BUTTE 2 (SG) Lot: 73 **Parent Accounts** 0699218 **Parent Parcels** SG-5-3-9-1401 **Child Accounts** **Child Parcels** **Sibling Accounts** **Sibling Parcels**	**Name** CALLAHAN HARRIET TR 2314 S SOUTHGATE HILLS DR SAINT GEORGE, UT 84770	**Market** (2025) $587,300 **Taxable** $323,015 **Tax Area:** 08 **Tax Rate**: 0.006584

Type	Actual	Assessed	Acres
Primary Improved	$587,300	$323,015	0.310

Transfers

Entry Number	Recording Date	
00839338	09/08/2003 04:13:00 PM	B: 1580 P: 600
00856251	12/16/2003 09:58:00 AM	B: 1603 P: 722
00925987	02/08/2005 04:13:00 PM	B: 1712 P: 462
20160038728	10/14/2016 02:56:11 PM	
20220050395	11/18/2022 10:41:05 AM	
20220050396	11/18/2022 10:41:05 AM	

Tax

Tax Year	Taxes
2025	$2,126.73
2024	$2,167.61

Images

GIS

