

FREE CHAPTER

*From Disconnected and Drained to
Energized and Impassioned*



When Did YOU *Die?*

8 Steps
to Stop Dying
Every Day
and **START**
Waking Up

Temple Hayes



*I dedicate this book to the
deep appreciation of life, for when the
awakened door truly opens, there is no life
that can be overlooked or not immensely valued.
Every life matters—all life, not only
people but all living things.*

When Did YOU *Die?*

**8 Steps to Stop Dying Every Day
and START Waking Up!**

Temple Hayes



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Deerfield Beach, Florida

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INTRODUCTION



When Did You Die? *How to Recognize When You're Dying a Bit Every Day*

*The secret of life is not whether we will live or die;
it is the parts of ourselves which we allow
to die while we are living.*

—Gary Busey, Hollywood actor, who was given
this message when he had a near-death
experience in a motorcycle accident

We are walking our path in paradoxical times. We hear that the world is waking up, yet we read every day that another life or many lives have been taken by senseless tragedies. We evolve with technology yet ponder how to stay connected. We have prepackaged foods yet struggle to take care of ourselves. We have more knowledge but seem to know less. We believe in dreams yet have difficulty believing in our own. We long to believe in God or

something larger than ourselves, yet we do not seem to understand that the way to God is by loving what is closest to us.

We have more wealth, yet in so many ways we are still poor, and many of us are longing for a life of meaning, value, and purpose. We long to have a message and an understanding of life that allows us to be heard, recognized, and discovered for who we truly are. We long to matter, and as a teacher of mine many years ago always said, “We are here not to solve all the problems of the world but to not be one of the problems of the world.”

We have become a “me” or “what about me” generation, yet we do not innately understand that there is not a true *me* expressing in most of us. We are programmed and robotic rather than innately being who we are destined to be.

All of us long to be appreciated and valued. We long to be seen and heard. Until we see and hear our own inner voices and callings, we will simply continue to die a little each and every day.

I wrote this book because I have come to understand that our experiences and challenges play a major role in our development. I am the same person now that I was at five years old—a person who “survived myself” long enough to understand the difference between our earthly birth story and the magic and miracles of our sacred creation story. I understood that embracing my Creator offered me the crayons for the amazing coloring book of my own life. I somehow finally understood that the anger and disconnected feelings I had carried most of my life really weren’t anger with and disconnection from the Creator but were anger with and disconnection from myself.

The only difference between who I was then and who I am now is that I have given myself total permission to be vulnerable and real and not be concerned with what someone else thinks of me. I believe I was born to write this book, and from my living a little and dying a little (a lot of dying a little, actually), I have become more awake and a

little wiser. I believe that life is simple but that because of our inability to see how natural our paths are destined to be, we have made life hard and complicated.

We are living in a time in our society when we need to move beyond scratching the surface by sharing platitudes and clichés and bumper sticker truths. We need teachings of depth and practical applications to show us how we can die many times in a lifetime and how, with our permission and willingness to do so, we can stop dying all these times and truly live. We all long to become fully present and alive. It is our true sacred creation story.

We often fear or avoid the call of death within our lifetimes, hoping that science will create a magic pill or potion so that we will not have to exit this go-round. Death will be our ultimate gift to the life we have lived. We can deny it, yet the key secret to life—the magic code—is realizing that being born and dying are not once-in-a-lifetime events.

We actually choose life or death on a daily basis. And while we are determined to avoid aging and avoid the truth that we will die, we miss out on the greatest performance of all time: *not dying while we are living*.

In this book you will learn how to choose life over death every day. You will learn to wake up, to celebrate your life, and feel the excitement you were born to express.

The Many Layers of Dying a Bit Every Day

Many people do not realize that there are many layers of being asleep and dying while we are living. We are so caught up in the motions of living, eating, working, and making and keeping appointments that we don't realize that we died to our potential a long time ago. We have become robotic! How do you know whether you've been dying a bit every day? One key way is to notice if you are feeling

disconnected or drained rather than energized or impassioned about your life. Listed below are a number of life events which can happen to us and we lose energy in our bodies if we have not spiritually or emotionally handled them to find a sense of peace. Please take some time to evaluate real moments in your life and consider the questions below to see which ones apply to your current situation:

- Have you ever been involved in an automobile or a motorcycle accident? Have you had another type of major accident or life-threatening condition?
- Have you ever lost a loved one from death or separation and you are not completely at peace with it?
- Have you ever had major surgery?
- Are you carrying a dream that is not currently being fulfilled?
- Do you explain, justify, or defend yourself at least once a week?
- Have you ever had, or do you currently have, an addiction?
- Do you have sugar and/or carbohydrate cravings?
- Do half the clothes in your closet either not fit you or not appeal to you?
- Do you long for something more in life?
- Are you in an unhappy relationship or marriage?
- Do you feel not seen or heard by a number of people in your life?
- Do you have what feels like endless days during which you feel sad and anxious?
- Is your energy level not what it used to be?
- Are you waiting for something to happen so you can then be happy?
- Do you have people in your life who you know do not deserve to be there?
- Within the past twenty-four hours, have you had an encounter with someone to whom you did not say what you truly felt or wanted to say?

If you answered yes to two or more of these questions, then you are a person who has been dying a bit every day. Because you've picked up this book, you are obviously ready to benefit from these writings.

You have the potential to become more alive, more authentic, more youthful, and more energetic. I know it, and deep down you know it, too. Subtle deaths on a daily basis are just as significant as the larger ones. They add up a bit every day and take away our life force, our creativity, and our energy. Subtle deaths prevent us from experiencing the miracles and magic that are our birthright.

We are not designed to grow *old*; we are created to grow *up* and *out* as beings of light. Some would call this the lightness of being or taking yourself lightly. Whether or not you believe in the Bible, when the Creator said, “Let there be light,” the Creator was talking about you. Even Jesus tells a parable in which he reminds us not to hide our light. We are that light, and, as long as we hide it, we are hiding from ourselves. We are dying a little rather than thriving a lot. As long as we stand in the way of our light rather than expressing as a sparkle, we are merely a shadow of who we could be.

My Mission to You

I’m going to show you how to stop dying a bit every day and start seeing yourself as someone who can be fully awake to your complete and present life. No matter what your background, no matter what you have gone through in life, you and I are going to transform all that, and, once you stop dying a little bit every day, you will begin to see yourself as the empowered being that you are, worthy of love and happiness and being fully alive. You will shift from being disconnected and drained to being energized and impassioned.

When you learn more about my life—the pain, the rejection, the dismissal by many—some of you may be surprised that I hold on to God in a way that is not only a choice but also a necessity. I believe that having a relationship with our divine Creator is absolutely necessary to have a thriving and vibrant life. I want to share with you

how I started seeing life from a new perspective by understanding in depth that we cannot separate ourselves from the very essence that we are made of.

We can deny it or pretend that it doesn't exist, the way some people attempt to separate from their birth mothers. We can dislike, distrust, and separate from our birth parents and pretend there is no connection whatsoever, yet we will still have qualities like them. We will do things a certain way and wonder why we do it; we will have memories or intuitive moments and feel something worth pondering. We can separate ourselves from our family of origin, even move to a different country to be away from our family members, yet there will still be characteristics of them within us. We may deny them, yet we should never want to deny the gratitude we have because through these people we were given life.

On a much grander scale, who birthed us (our earthly story) is small compared to our sacred story (our creation story), which we should recognize and honor. Until we connect with our creation story and recognize the Creator who has given us life, we will be incapable of truly living and being born into our magnificent selves.

Being angry and disconnected from the Creator who gave you life is like having a parent who, unbeknownst to you, is very, very rich. You have denied yourself a relationship with this parent all your life, and one day you realize that you could have inherited amazing riches had you been willing to open your heart. Our Creator has given each of us amazing riches, gifts, and talents, but only when we seek to be open to the kingdom of the riches will they be ours for the taking.

Living life without deepening an appreciation of the Creator who gave you life is like having a beautiful coloring book and carrying it around all your life, yet you have no crayons to color with and so you cannot truly see what an awesome gift you are toting from place to place. Denying our creation story and cutting ourselves off from the

flow of our Creator is like having a large chest filled with magic and wonder that we carry everywhere but have never opened; we have not honored where it came from enough to even be motivated to find the key. The key to an energized life is the ability to understand with deep honor and reverence both our earthly story and our sacred story. As I look back, I see that God and I have been connected for a very long time.

I can still feel the image in my heart and the uncertainty I had as a five-year-old girl sitting in a tree and hearing a voice say to me, "One day you will share a message the world will want to hear." God spoke to me all the time, but no one in my earthly story believed me when I told them that.

One of the first memories I have of becoming aware of my ability to use the gifts my Creator gave me occurred when I was seven years old. It was very important for me to have a dog. Now that I look back, I can see that this was an expression of my deep appreciation and understanding of nature. I seemed to always understand that there is more to life than what we see. I seemed to just know that I could think and feel things into my life. There was an innate reality within me that understood that just as there is an abundance of everything within nature, there is equally an abundance available to us. Somehow I knew that nature is our way of experiencing God. I also knew that the creations of nature offer unconditional love, and, because I was not feeling it in my household, I was seeking it from a pet. Pets offer us spiritual medicine and bring to us the energy we need at the time.

My parents were no different from many folks at the time who thought that a dog, a cat, or any other animal was a waste of time and just one more thing to tend to. It was clear that no one else in my family seemed to understand that for me a pet was crucial to my well-being. I needed something I could relate to that offered me daily God-blessings of love that were tangible, and I knew a dog could give

it to me. I was already wounded from the environment I lived in, from the arguing and the rage, and living in daily fear of what was going to happen to us with a dysfunctional father and an abused mother. A dog could help me heal. I was dying a little from a lack of nurturing, and I needed unconditional interaction with a pet. I begged for a dog, I cried for a dog, and yet my parents were sure that I would not take care of it. There were two answers: “No” and “Because I said so.” How could they know I would not take care of a dog if I was never given a chance?

The answer is that they projected themselves onto me. They were assuming that I would not take care of a pet because they were not taking care of me. I was dying inside, for no one could truly see me—the gifted one!

I decided I would go over their heads and go directly to my source of nature. I stopped asking them and began to pray to God, my Creator, who I knew deep inside spoke to me all the time. Within a few weeks, a beautiful stray dog showed up at my doorstep. Even though I had heard God speaking to me while I was in nature when I was five years old, and I had always felt such a strong relationship, witnessing my request being answered so directly showed me how connected I really was. Until this event of manifesting my dog, I had not totally connected the dots. It was this defining moment that revealed to me that I could “call in” and pray for what I wanted, and it would be granted. I realized at this moment that I was connected to something greater than myself, and the reason I desired life-affirming experiences is because they were mine to have. I could see clearly that a prayer for a desire wasn’t a new, unheard-of plea to the God who made me; a prayer from me to God was letting God know I had heard the desire and I was saying yes.

The secret to life is not in learning new formulas to have the life you long to have. The secret to life is to embody your sacred creation

story. You are here to bring your message to our planet, and, when you truly understand this, all you need in order to bring this message to this life will be given to you. You were born with all the innate gifts you need to be rich, healthy, and happy. Most important, you are here to bring the message of your life to our planet; when you truly realize this, all you need in order to bring the message of your life to this life will be given to you.

Creating a New Paradigm

Sometimes it seems that out of fear and insecurity, a number of traditional philosophies do not want us to understand how easy it is for us to manifest our desires. The original sacred texts clearly taught us that we were here to live a life of miracles and magic and share our original message with our world. There were mystery schools that supported individuals to come into their own. Yet controlling and man-made philosophies did away with the ancient teachings so that people could be guided, directed, manipulated, and controlled.

We are not commonly raised to be independent thinkers and creators of our own destiny. I was taught that I could not go directly to God with my desires because he was too busy up there keeping up with all our shortcomings, but I did not resonate with this way of thinking. I knew this was a lie, although I did not dare to share it because no one else around me was open to the idea. Oh, I attempted to, a time or two along the way, but I was treated so oddly that I became a chameleon.

As long as people live by the old paradigm of using formulas that are human-made rather than ordained by Spirit, they will never be fully present to live an empowered life. It is natural for us to live intuitively and create a wonderfully rich and rewarding life. The challenge is that it is unnatural for us to live according to what other people tell

us: our parents, guardians, teachers, and doctors. Once people cross the line of unnaturally being told what to do and what to be, they begin to die a little, and many never again create a new paradigm by which to live innately in the way they were designed and destined.

It is as if many people have become robots and outside sources are trying to create one remote control to operate all of us. The remote control consists of twenty-four-hour biased news, medical advertisements 24/7, and pretentious role models making millions telling people how to do something they have never done themselves. The situation has gotten way out of hand, and my purpose as a spiritual leader is to urge everyone to take a time-out and realize we are getting worse rather than better. We know more than ever, yet we are showing very little of what we know. As a world we have become weary, for we have lessened our energy by the day-to-day lack of celebrating this amazing life.

We get better by admitting, first and foremost, that we as a world are ready for help. We get better by understanding that a few simple causes have made us get worse. We get better by realizing that it will not take a lot to get us where we need to be. We get better by being willing to know better and by directing this energy into doing better.

We get better by realizing that we have more information available to us than we have ever had, yet first we must realize that many of us seem to be more ignorant than we have ever been. Knowing a fact doesn't mean anything unless our knowing transforms into our growing, then transcends us into our showing.

We get better by showing everything and everyone around us that indeed we are growing. We are knowing, growing, and showing our divine possibilities by learning to live as authentic, empowered individuals rather than attempting to be one size that fits all, governed by one remote control.

I saw early in my life how easy it was for people in my school, my neighborhood, and my town to die a little and sometimes a lot. I saw how most people around me lived their lives believing only what their families said, or their doctors or their teachers, and never experimenting beyond those walls of limitation to see what their Creator had in mind and in store for them. Most of the people I met as a child lived from the outside in rather than from the inside out.

All amazing human beings come to understand that there is a forked path in life: the path of familiarity (our families, our earthly story) and the original and unique path of our destiny (our sacred lives, our creation story). The path on which we will be awake and fully alive is as unique as our fingerprints. There is no one else who can walk it or be on it for us.

Those of you who are feeling as if you are dying a bit every day, I understand. I died a lot before I was a teenager. You are not dying because it's too hard to be you, however. You are dying because you are *not* being you; that's what makes life hard.

By the time I was fourteen years old, I was already dying. I became a regular customer at one particular aisle at my local grocery store. That aisle had one item, alcohol, though many different brands. It was the aisle I would go to last, once all the other shopping was done, in order to numb myself one more time while I participated in not being fully alive. Of course, at this age someone older had to go with me and help me purchase items from Isle 13. This was the isle where I grew up. It was an unlucky aisle for me from the very beginning; it offered a way for the gifted, the unheard, and the unseen to not feel the pain of dying.

Alcohol used to be the legal drug to numb ourselves with. For you younger readers, it's now much easier to get all sorts of drugs that will make you forget how to spell your middle name or count to ten. Who ever dreamed we could go to a certified medical practitioner and get

a prescription for a pill that would allow us to be asleep daily or to sleep because we are not living lives of our own making?

This book is my story of how I have lived, died, and been reborn many times. This is my story of how I lived long enough to discover how my stories of “woundology” would later become my sacred creation stories and transform my life to the true me. It has been an amazing, fascinating, and ongoing journey. I learned that we are not made to be old in spirit; we are birthed for our spirit to remain forever young, and the more years that are added to our lives, the more light we will have to give.

We have all met many young people who seem old beyond their years because they have already begun to die a little every day, and their light has been diminished. The distinction is to understand that spiritually we all age, but, at the same time, aging without being old is not only possible, it is natural.

Your light is your energy, your gift to the world. And your lightness of being is your gift to yourself. Making a decision to stop dying will greatly increase your capacity to start living and to manifest your true purpose in life. You will now begin to shine.

What People Are Saying About Temple Hayes

“Truth pours forth here to wake you up to what it means to be truly alive and fully in your body. This compelling and life-changing book will make you feel exhilarated. I want everyone to read it.”

—**Donna Eden**,
author of *The Energies of Love*
and *Energy Medicine*

“Temple Hayes is a catalyst for total transformation.”

—**Janet Bray Attwood**,
New York Times bestselling author,
The Passion Test

“Magnetizing, energizing, and inspiring . . . remembering who you were born to be. Read *When Did You Die?* knowing your life is about to change in a profound way.”

—**Dennis Merritt Jones**
Author of *Your (Re)Defining Moments—
Becoming Who You Were Born to Be*

“Temple Hayes is a powerful, dynamic leader of change . . . Her book *When Did You Die?* is designed to bring about important changes in the way we think and relate to the world. We keep our true selves under wraps for much of our lives—now this book will bring us out.”

—**Caroline Sutherland**
author of *The Body Knows . . .
How to Stay Young*

“One of the brightest lights in the spiritual movement today . . . a clear beacon for people who want to express more of their authentic selves and reach their highest potential.”

—**Noah St. John**
author of *The Book of Affirmations*

“*When Did You Die?* will open hearts and minds around the world. When Temple has a vision, she makes it happen!”

—**Deborah King**
Hay House radio host, author of
Be Your Own Shaman and *Truth Heals*

“Very few of today’s spiritual leaders can deliver a message like Temple Hayes. Yet again in *When Did You Die?* she connects with people on the deepest levels, moving beyond the time of their emotional death and giving them a chance to be reborn!”

Michelle Phillips
TV and radio host, speaker, and bestselling author of
The Beauty Blueprint: 8 Steps to Building the Life and Look of Your Dreams

“A new book by Temple Hayes is cause for celebration. The world is a better place with Temple in it, and now even more souls will be enlightened by her beautiful spirit.”

Suzanne Giesemann
Author of *Messages of Hope* and *Wolf’s Message*

Read more of Temple's inspiring story!

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