

It's Time to Wake Up



Based on the book

**When Did
YOU
*Die?***

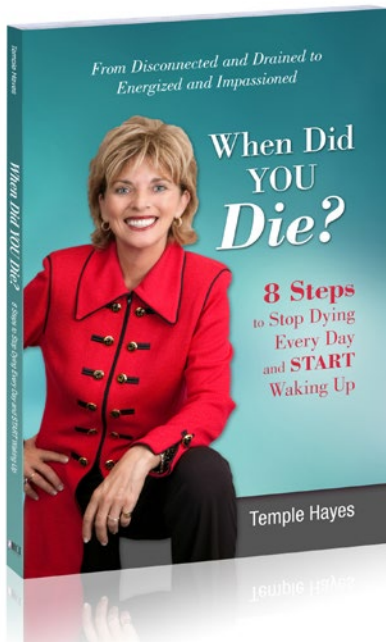
**8 Steps to Stop Dying Every Day
and START Waking Up!**

by Temple Hayes

Dear Friends,

Thank you for coming on this journey with me through these eight steps to stop dying every day and start living awake and present. My goal is for you to learn new tools and practices, to find new symbols, to rewrite your story, and to find your unique one-and-only creation story.

When Did You Die? is actually a metaphor for how to open your heart. The little deaths we feel every day lead to a tightened heart, and the way to true bliss and to the riches given to us is through an open heart.



I had to learn I was dying a bit every day before I could find how to embody the truth with an open heart—the only way to feeling, to loving, and to giving beyond what I ever knew I could feel, love, and give. This is the essence of what it means to be both human and divine. This is not about being a victim or taking on responsibility that is not ours; this is the way to reach the well of unconditional love deep inside every one of us. Therein lies the treasure.

For you, dear reader, I wish you and grant you, should you so desire, the gift of an open heart. Mine was closed for years; it had turned to stone and wouldn't soften. It is not in the divine plan to greet each day where we feel bitterness or regret. We are meant to face each day with awe and wonder, and to embrace each other as the divine beings that we are, sharing our eternal journey.

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.

May all that I have shared with you in this book move you forward—to more love, more self-worth, more dreams to come true, and more you! And remember, you are the one who is waiting for you, to embrace every living creature with your heart wide open.

Loving life,

Temple Hayes

Time to Wake Up

Chakra of the Week: Color is Red
Root Chakra: Physical Body

Step One: How to Put Your Whole Self into Your Life

Check all that apply:

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

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.

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

How Do We Come from an Open Heart?

Do you remember being a little kid and dancing to the song “The Hokey Pokey,” putting different parts of yourself into it and then being asked to “put your whole self in”? Remember how good it felt to shake your body and turn around? You were present, alive, and awake! Isn’t that what life is all about?

You put your whole self in! This really is what life is all about, but why do so few of us put our whole selves in?

Are you putting your whole self in with the following? If yes or no – define how.

Relationship _____

Career _____

Creative Self Expression _____

This Program _____

Your Life _____

*"All living things are little cups of God.
We are nature and therefore we are a cup of God."*

When you think of God this way, how does it shift former thoughts and beliefs you have had about God?



When you are not you, you hurt you and you die a little.

Describe one area in your life in the past where you were not you? How did it affect you and those around you?



Think about your life right now. Is there a place or space in which you are not giving of your best self?



We are all created from a place of wholeness, but if we are always treated as broken and driven to be perfect we are not able to be fully self-expressed.

Are you into perfection or connection? In what ways does perfection hinder your spiritual quest?



The purpose of my life was not so I could continue to die a little.

*My life purpose was so I could learn with my new
sacred/creation story how I could truly live.*

List 5 past challenges in your life.

1. _____
2. _____
3. _____
4. _____
5. _____

How did they shape you?





From Fear to Feeling to Freedom

Chakra of the Week: Color is Orange

Sacral Chakra: Emotional Body

Step Two: How to Walk into Your Life by Walking Through Your Life

When you are in the stillness or sitting in sacred space, what 'pull or call' do you feel? Is it seva? Is it exercise? Loving your partner more? Stepping into leadership? Be willing to share with the group.



Describe the ways you feel you were influenced to become a chicken rather than an eagle.



Traditionally we are taught that we must experience salvation to truly live, when the spiritual teaching is we must be saved from ourselves to live a full and prosperous life. We must save and retrieve the parts of ourselves which we have allowed to die while we are living.

The truth is the fear will return time and time again until the individual goes deep inside and does not hold back.

How has this statement proven itself in your life?



If we deal with our fears and feelings at a surface level, then we will have experiences at a surface level. Describe 3 areas of your life right now where fear is leading or hindering your ways.

1.

2.

3.

In what ways have former religious beliefs created fear in your life?



When you read the section of the old rugged cross how do you identify with the author?



How has your way of avoiding your fears and feelings been working for you thus far?



What is the payoff of keeping things the same?



The more we hold back our true authentic feelings, the more we hold back our true authentic selves.

How do you hold back with the people closest to you? What stories in your life do not add up? Are they real, or are they only what you have held as being true? Are your wanting and your being going in the same direction? Please describe.





**When we rush the feelings of
sadness, anger, disappointment
or rage, we are not able to get
the full benefit of having the
feelings in the first place.**

**When we embrace the feelings,
it leads us to greater insights
and wisdom, shape-shifting
our current realities into
something much deeper and
perhaps even magical.**





The Secret to Your God-Personalized System

Chakra of the week: Color is Yellow
Solar Plexus: Self Esteem & Confidence

Step Three: How to Restore All Parts of Your Soul and Move from Disconnected and Drained to Energized and Impassioned

Describe one or two of your near life experiences:



Define three or four defining moments in your life where you feel you had a significant loss.



Now looking at these same scenes in your mind and heart, how are you still impacted by them?



The more you go through, the more you can become reveals itself to you, and the more you walk through, the more energy you will have in your body not less.

What is your GPS currently guiding you to do?



What symbol or sign can you use as your spiritual GPS reminder? It could be a penny, a feather, butterfly, dolphin, or a rainbow that would show up right when you need a lift.



If you do not have one, pick your symbol by going into a deep meditation and asking your inner awareness to reveal a symbol to you and allow it to show you amazing grace. Share here:



Describe two spiritual relocations you have experienced in your life.



How are you better because of them?





Still holding the symbol of your present, turn around. You are turning your back on your past and putting it behind you. Continue:

Copyright © Temple Hayes Ministries, 2020

.....

What does this sacred writing do for your soul?





Happy Birthday, Real Me

Chakra of the week: Color is Green

Heart Chakra: Love & Compassion

Step Four: How to Be Reborn as the Real You

The world changed the day Rosa Parks declared she would not give up her seat. How would the world change if you said, “My seat in life is to express how animals are wrongly treated” or “My seat in life is to show people how to be thriving and energetic” or “My seat in life is to show people how to have a successful marriage” or “My seat in life is to show people how to be healthy and happy”?

How have you given up your seat in life?



What seat are you now going to claim?



What is currently in your life that you need to prune? Is it time to let go of some relationships that are not changing and growing with you? Is it time to let go of another layer of self-criticism or of being too analytical? Perhaps it is time to prune spending too much time watching television or overindulging in negativity. Please describe:



We are bombarded with messages by the following influencers:

- Because the Bible says so
- Because the preacher says so
- Because the doctor says so
- Because my parents said so
- Because the billboard tells me so
- Because the commercials on TV, radio, and the Internet say so
- Because someone else says so

What are yours? Define how you are impacted by them?



This variation of the Serenity Prayer can help us through such a situation: "God grant me the serenity to accept the people I cannot change, the courage to change the one I can, and the wisdom to know that one is me."

We have areas in our lives which have died that need to wake up and we have areas in our lives that we need to truly bury and put behind us.

What are you holding onto regarding others that is taking your true authentic self away?



.....

In what area of your life, are you living backwards looking through the rearview mirror?



.....

.....

.....

How do you celebrate your birthday?



.....

.....

.....

How in your life are you aging?



.....

.....

.....

How are you believing in getting old?



.....

.....

.....

.....

Give examples of people you know who are again versus getting old. These can be people you know personally or who are famous.



In what ways are you like the beggar at the gate?



What area of your life are you carrying around rags?



It takes a courageous person to let go, let life, let God and release control. We truly accept our life path when we accept that all events, people, and places have all been necessary to be who we are. This knowingness is the highest surrender to trusting in our life path. We are in the now. In Shamanism, the past, future and present are one time. There is no time in Spirit--the time is only now. Now is infinite with unlimited potential.



Oh, the Places You'll Go—It's You?

Chakra of the Week: Color is Blue

Throat Chakra: The I AM power of the Voice

Step Five: How to Live Awake, Full, and Present

As long as you feel something is missing, then you will buy “the solution” that is touted as being able to make the missing feeling go away. It is not natural for us to have this missing feeling, since we were made by the Creator to be infinite, to be whole, and to lack nothing. In other words, we must move from the hole to the whole.

What do you currently feel is missing in your life?



How will you be different without this HOLE?



In what ways do you love, value, and respect yourself?



.....

Make a list of the main relationships in your life, whether they are at home, at work, or in community. How do love, value, and respect manifest?



.....

.....

.....

.....

.....

.....

Describe the ways in your life that you are in the lower class?



.....

.....

.....

.....

Describe the ways in your life that you are in the middle class?



.....

.....

.....

.....

What ways in your life are you in the upper class?



.....

.....

.....

.....

.....

A lot of judgment is directed against a person who loves who he or she is: People and some religions say “It is wrong to love yourself. It is too selfish.” Describe how you have changed this concept within yourself.



.....

.....

.....

Our family of origin is valuable in helping us see in life what we want to be and what we don't want to be, yet it is our Creator and the energy of creation which brings us into our true being. Who are you according to your family of origin?



.....

.....

.....

Who could you be according to your creation story?



.....

.....

Small people talk about other people. Ordinary people talk about ordinary events. Great people talk about great things.

What is your pattern? What do you talk about?

What do you say to others who talk about other people?



.....

.....

.....



When Did You Die?: 8 Steps to Stop Dying Every Day and Start Waking Up



Your Dreams Are Waiting on You to Come True

Chakra of the week: Color is Purple

Third Eye: Our Deepest Insights and Seeing

Step Six: How to Allow Your Dreams to Become Real

Dreams are not simply the ideal of getting everything that I want or you getting everything you want. Dreams are more an emerging energy which supports our intention of not living with the eyes and heart of constantly affirming what we don't want.

One day a teacher asked her first graders, "What do you want to be when you grow up?" and she received several great answers. Julie said, "President of the United States!" Tommy said, "I want to be a major league football coach." John said, "I want to run my own company."

The teacher was waiting to hear what Billy had to say. "Billy, what do you want to be when you grow up?" she prompted him, and he replied, "I want to be possible." She asked what that meant, and Billy explained, "Well, my mom is always saying that I am impossible, so I want to grow up to be possible."

Describe how you are currently living what you thought was possible when you were little?



Describe how you feel you are not and why is this so?



Describe three dreams/desires you have in your life.



What action/actions could you currently take which would move you closer to your goal?



We don't want life to give us everything we think we want, we want our soul to recognize what it wants us to come true to ourselves.

How have you pushed on the highway of life versus living the HIGH-way?



Within every child is the desire to be clothed with an amazing destiny. Do you know how much energy it takes to always keep your life the same?. It is exhausting!!!

How are you attempting to keep life the same?



.....

Time spent in nature every day. Describe how you accomplish this.



.....

.....

.....

The belief that other people's opinions of you are not that important—you are long past the teacher's report card. Where do you still need support in this area?



.....

.....

.....

The ability to celebrate delays rather than being angry and denying them. Give an example.



.....

.....

.....

.....

The understanding that your exes, past employers, parents, etc are not the reason your life doesn't work—they are your sacred friends who made the real you begin to work.

Who have been your sacred friends?



.....

.....

.....

.....

The realization that no one has ever been against you—even the most difficult people in your life shaped your path. Who was against you who shaped you?

Define the circumstances.



You begin to have clarity that people's views of you have very little to do with you and more to do with themselves. Give an example of how this has been evident in your life.



Give an example where the people who could not “get” you created the space for you in which you had to “get” yourself.



Acceptance that your addiction was not wasted living but that it helped you survive the false you, which was wasting the real you. What addictions have you or are you currently overcoming?



*We cannot see life in a different way until we are
willing to see ourselves in a different way.*

Change Your Energy; Change Your Life

Step Seven: How to Live Awake, Full, and Present

When I blame, I cannot claim my life, my energy, my possibilities, nor my wellbeing. How are you still blaming 'something' for where you are?



We all need to have plastic surgery – have all the plastic removed from our houses, our stores and places of purchase and start to wake up!!!

In what ways are you energetically contributing either physically or emotionally to release the plastic in your lives?



You must change more than your thinking. You must open your heart. What areas and how have you closed your heart?



You open your heart by changing your energy so your life will change. The flow of life cannot reach you if you are blocked with layers and layers of protection, attitudes of positionality and the unwillingness to start waking up and be willing to change.

In addition to the famous statement, “We are the ones they have been waiting for,” let us know “You are the one YOU have been waiting for.” What are you currently waiting on?

Look at each of these shadow statements and pick three that you use as a habit.

“It’s not that big a deal.”

“It doesn’t really bother me.”

“I’ll deal with that later.”

“I can’t take one more thing!”

“Everything happens for a reason.”

“I’ve dealt with my grief; I am doing okay!”

“Everything that could happen is happening to me right now.”

“What you don’t know won’t hurt you.”

“They are still learning their life lessons.”

“God never gives you more than you can handle.”

“That’s not my problem.”

“I will put on weight if I give up smoking and drinking.”

“Money is not important. I don’t really care about money, and I don’t understand why people care so much about it.”

Now that you have picked three, in relationship to the author’s description, what is your new awareness and how can you change this shadow habit?



.....

How do you sit with death?



.....

.....

.....

.....

Through your life experiences, what people have you seen model aging and dying at its best and most natural state?



.....

.....

.....

Remember, the body is not robotic like some of us are, so it will never lie. If you continue to lie to it, it will lie you down. What is your body wanting you to change right now? More sleep, better self care or perhaps a different diet.

Share with the group.



.....

.....

.....

.....

.....

.....

.....

A change in heart brings the new start.

When you love and give your energy to something you are not depleted, you are blessed. How can you change some of your labels regarding what gives or depletes your energy?



.....

.....

.....

What are you currently doing in your life that you do not want to do?
Describe how it drains you.



.....

.....

.....

.....

.....

.....

What do you enjoy doing the most? How can you create MORE of it?



.....

.....

.....

.....

.....

.....

Write down some of the groups ideas that can help you achieve this on the next page.

