

# Book Review: When Did You Die?

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

**By Temple Hayes**

*The Rx For the Emotionally and Spiritually Drained Generation*

“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

When did you die? When someone told you that you weren't good enough? When you buried who you really are for fear that others would disapprove? Or when you gave up your creative dreams to take a “practical” job? Are you in a relationship which does not ‘relate’ to you?

You may not have realized you were dying, but you have been dying a little more each day. And that's the miracle of Temple Hayes' remarkable bestselling book *When Did You Die? 8 Steps to Stop Dying Every Day and Start Waking Up*. It empowers you to wake up and take back your life!

Hayes is today one of the most respected and authentically inspiring leaders in spiritual enrichment and a sought-after speaker. A spiritual leader and well known life coach with a global following, and an extremely popular radio show, Hayes knows firsthand what it is to die to your true self and your dreams.

Born in a rural Southern church-going community, she knew from the beginning she was different from those around her. Her life was filled with strife—violence in the home, a lack of love and compassion, blatant neglect. Her father killed her adored cat, later ran over her dog with his truck and when she was helping her beloved dog, her grandfather—with reckless abandon—ran over her with his car. Horrifyingly, her mother was forced into shock treatments for not conforming to local morale judgments. What terrible message did THAT convey to her preteen daughter? Men tried to force themselves on Hayes.

So at 13, she sought to numb the pain with alcohol bought at the local grocery store. But there was more that she was hiding, she knew she had a deep connection to spirit which no one would approve or believe because it didn't conform to traditional Christian teachings. And the biggest secret of all was that she was attracted to other girls. So each day, she denied who she was, diving deeper into numbness, dying a little more each day.

And so she raged on, with a drinking problem that resulted in multiple auto accidents, arrests, the loss of her driver's license, and years of bad behavior. Over the years, despite outwardly having a very successful professional career in the corporate world, she floundered in relationships, felt empty and hid her sexual identity. And then slowly she emerged -- with a deep hunger for spiritual connection, a connection that led to her healing and to the wisdom that she offers in *When Did You Die?* to help others resurrect themselves.

Says Hayes: "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...the inner cause of feeling disconnected and drained is that our society and surroundings often do not allow us the chance to be our true selves. We often approach life being half awake which gets in the way of our success.

"True success is measured by how we thrive and live being totally alive, rather than being drained and weary. Subtle deaths prevent us from experiencing the miracles and magic that are our birthright. 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."  
-Temple Hayes

*When Did You Die?* is designed to inspire you to become more alive, more authentic, more youthful, and more energetic! A much-needed wake-up call for an emotionally and spiritually drained generation, the book offers a profound 8-step program to propel you to a healthier, happier, and more prosperous life. This inspiring, realistic guide is packed with motivational tools, shamanic surprises, daily practices, uplifting parables, and good, old-fashioned Southern storytelling.

Chapter by chapter, step by step, you'll learn how you connect with those subtle moments which will leave you either disconnected and drained or energized and impassioned. Discover practical ways to actually go through fear and not let it stop you. You'll learn how restoring your soul re-energizes you and creates an open heart.

*When Did You Die?* shifts the paradigm and lifts you to live beyond your greatest vision. Hayes is the embodiment of what she teaches. Authentic to the core, she inspires millions around the world: "I had almost become comfortable being a chicken even though deep down I always knew I was an eagle destined for an 'eagle's life.'

The eagle within me continued to call me to keep going." And so Hayes did...living in full brilliance instead of dying a bit more each day.

# Books

*When Did You Die? 8 Steps To Stop Dying Every Day and Start Waking Up*

Retail price \$15.95

Available at: [AMAZON](#)

Being a Difference Maker: a Guide for Living Life Out Loud

Retail price: \$12.95

Available at: [AMAZON](#)

How To Speak Unity

Retail price \$8.95

Available at:

[DEVORSS](#)

[AMAZON](#)

The Right To Be You: The Little Book that Could

Retail price \$9.95

Available at:

[PAYPAL](#) (all net proceeds support Life rights with animals, elders and children)

# Temple Hayes Bio

Rebel, renegade, and resurrected a thousand times, Temple Hayes is a spiritual trailblazer for our time. Born in a rural church-going community in South Carolina, she knew from the beginning she was different from those around her. Her life was filled with strife—violence in the home, a lack of love and compassion, blatant neglect.

Her father killed her adored cat and her grandfather ran over her beloved dog with reckless abandon. Horrifyingly, her mother was forced into shock treatments for not conforming to local morale judgments. Men tried to force themselves on Temple.

So at 13, Temple sought to numb the pain with alcohol bought at the local grocery store. But there was more that she was hiding, she knew she had a deep connection to spirit which no one would approve or believe because it didn't conform to traditional Christian teachings. And then there was the question of her sexual identity...So each day, she denied who she was, driving deeper into numbness, and dying a little each day.

After this heartbreaking childhood and a traumatized youth, she built an outwardly successful professional career in the corporate world, while continuing to struggle with alcoholism and a hundred different fears. But through it all, she felt a longing for spiritual connection and held a lingering sense that she was here for a reason.

Even as a child, she had heard a voice that she knew to be God, telling her she was destined to make a difference in people's lives. It was her introduction to a Unity Church in Greenville, SC, where Temple heard and experienced the message that she was indeed loved and created by the Divine, that put her on the path to true healing.

Temple forged a new life from the ashes of her day-by-day death, a life that embraced bringing others to this realization of being worthy and loved, and in opening their hearts. She is now an accomplished and practicing shaman, living as a catalyst for turning lingering sorrows into brighter tomorrows and restoring all parts of the soul.

Her well known book ***When Did You Die?*** is anchored in her work to fast-forward people to the impassioned and energized living they so richly want and deserve. Temple is easily able to get people aligned with who they really are in order that they may become totally alive.

In addition to ***When Did You Die?***, she has also authored *Being A Difference Maker (Amazon)* *How to Speak Unity (DeVorss)* and *The Right to Be You (Temple Hayes Ministries)*.

Temple is the founder of Global Peace Workers which stands for Life Rights, a nonprofit organization dedicated to the right of all to live the life of their intention in freedom and peace, and the SOFI Project, a non-profit organization that educates and supports rescue organizations which stand for animals and all sentient beings.

For more information, visit [www.templehayes.com](http://www.templehayes.com).

# Reviews

## What They Are Saying About *When Did You Die?*

“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*

# On Air Introduction

Rebel, renegade, and resurrected a thousand times, Temple Hayes is a spiritual trailblazer for our time.

Raised in South Carolina, she was born to question everything. Why must everything be just as her Southern Baptist family told her it should be? Enduring a heartbreaking childhood and a traumatized youth, she turned to a new understanding of Spirit to pull her from the car wrecks of alcohol addiction and through a hundred different fears. Firm in her conviction that the Creator loves you as you are and wants to have a conversation, Temple forged a new life from the ashes of her day-by-day death, a life that embraces bringing others to this realization and opening their hearts. Temple, an accomplished and practicing shamanic energy healer, is a catalyst for turning lingering sorrows into brighter tomorrows and restoring all parts of the soul.

***When Did You Die?*** is anchored in her work to fast-forward people to impassioned and energized living.

In addition to ***When Did You Die?***, she has also authored, *Being A Difference Maker*, *How to Speak Unity* and *The Right to Be You*.

Temple is the founder of Global Peace Workers which stands for Life Rights, a nonprofit organization dedicated to the right of all to live the life of their intention in freedom and peace, and the SOFI Project, a non-profit organization that educates and supports rescue organizations which stand for animals and all sentient beings.

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# Questions for Temple Hayes

1. How would you describe your book in a few lines or less?
2. Why do you think this book is life-changing?
3. *When Did You Die?—that's an interesting title; how did you happen to call your book When Did You Die?*
4. You use the words “dying while we are living”...what do you mean by that from your own perspective?
5. Tell us about Temple's story and how that instigated the practices in this book.
6. *What are some of the spiritual and shamanic traditions you have featured in this book, When Did You Die?*
7. What if people do not really consider themselves spiritual...how will this book help them?
8. Can you give me an idea or suggestion from the book?
9. What happens when we become robotic in nature and how does this happen to us?
10. You talk a lot about nature in the book and our relationship to other animals. Why?
11. How do mystical experiences play a role in being energized and impassioned versus drained and disconnected?
12. I know you have over 30 years of sobriety. Will this book give some new insights to people in recovery? Can you comment on that?
13. Tell me about your journey in finding true love and how did you discover it?
14. How was it for you growing up being so different spiritually and sexually?
15. You talk about how you resurrected from absolute woundology to an energized ageless spirit. How did you do it?
16. If you had one "take away" from the book what would it be?
17. You use the term your dreams are waiting on you to come true in the book; what do you mean by that?
18. Likewise you talk about “ah, ha” moments. What does that mean?
19. What defining moment which you mention in the book “my way or the Highway” is relative to how this book came about?
20. Is there anything we didn't cover that you want to add?