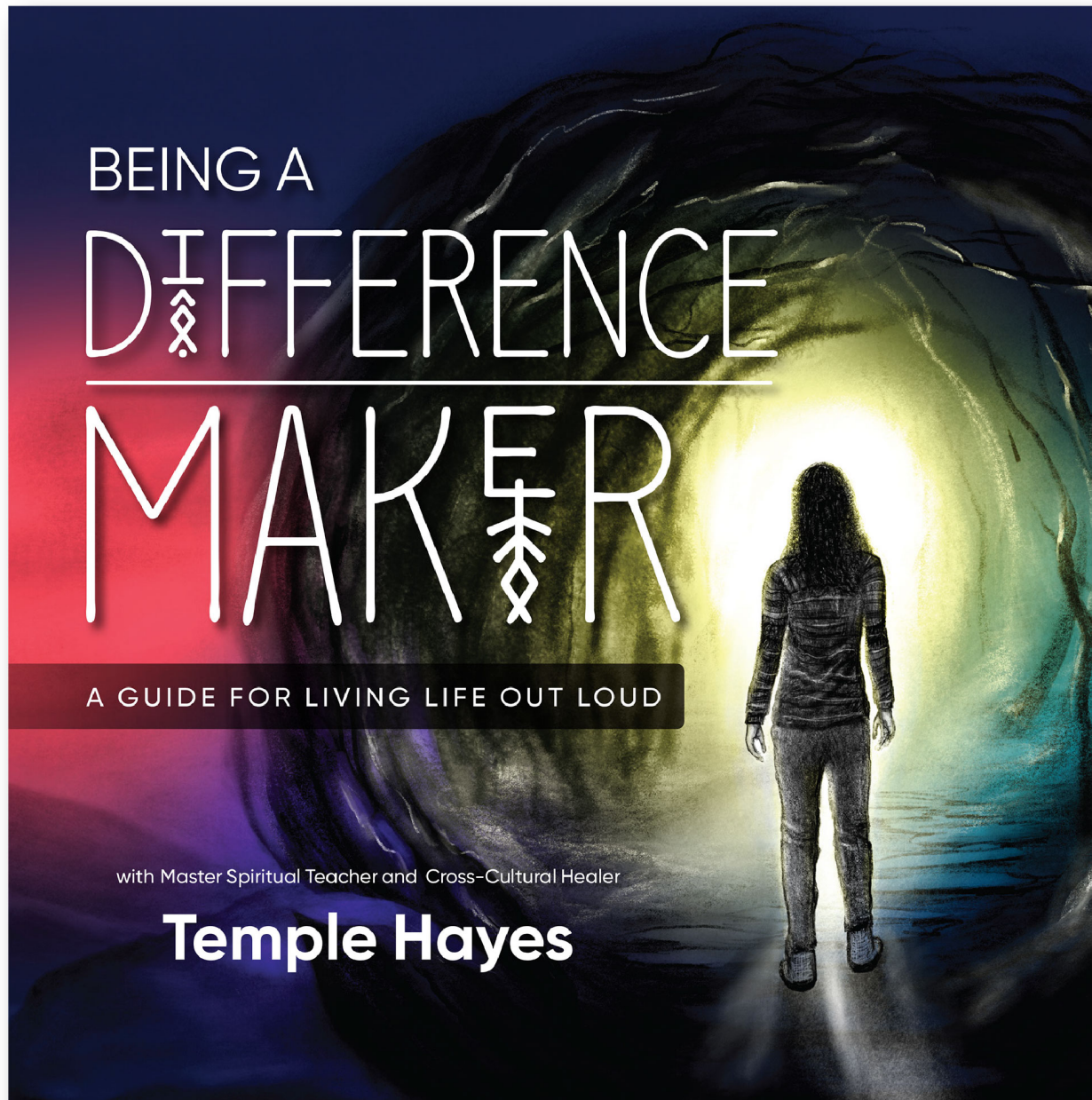


# Being a Difference Maker: A Guide for Living Life Out Loud

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By Temple Hayes



To schedule an interview with the author, please contact:

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**For Immediate Release**

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## **PRESS RELEASE**

***Being a Difference Maker:***  
***A Guide for Living Out Loud***  
**By Temple Hayes**

### **Important Guide Empowers Readers to Discover the Spiritual Path to Authentic Personal and Collective Change**

New Orleans, LA. - Author, international motivational speaker, spiritual teacher, and humanitarian Temple Hayes has released her newest book, *Being a Difference Maker: A Guide for Living Out Loud*, a guide to becoming energized by embodying common sense tools and applications to make this world more evenly beneficial for all living things.

*Being a Difference Maker* steps outside of the confines of a fixed formula to changing the world and instead invites readers to journey inward, kindling the energy from their unique qualities so that they can come alive and stay in the state of being a Difference Maker. Drawing in decades of Hayes' personal experience, activism, and ministry, the book presents a collection of reflections, personal stories, and teachings that are meant to be read and revisited.

Hayes has designed the book with a four-part framework, each representing a different path (Sacred Warrior, Intentional Spirit, Quiet Genius, and Enlightened Rebel). This four-fold path embodies the aspects of the self, the seasons, the directions of earth's astrology, and the developmental stages of our time on Earth. Within this structure Hayes explores the concepts of active participation vs. passive hope, highlighting the importance of the connection between personal transformation and the collective human experience.

On the vision behind her work, Hayes writes, "I want to contribute to society as a change agent and I want a world that works more fairly and evenly for all of life on our planet. I want to be clear when I am speaking in truth with solutions and possibilities, rather than reactively with unresolved emotions like fear, anger, and apathy."

Making a difference in the world requires us to walk our truth talk, model the significance of the great Spiritual Warriors, participate in positive change, and align with light. *Being a Difference Maker* reminds readers that meaningful change, both personal and collective, comes not from waiting for the perfect moment but from engaging fully in the moment already in front of us.

## About The Author



**Temple Hayes** is a powerful, dynamic, and energetic presence—a successful author, life coach, motivational speaker, podcast host, Unity minister leading communities in St. Petersburg, FL and Santa Barbara, CA and a practicing Shaman—an intentional spirit. For many years, people have asked her to share her views on how to go beyond seeing life to actually being life—being present, being intentional, being alive.

For more information please visit: [www.TempleHayes.com](http://www.TempleHayes.com)

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# TEMPLE HAYES BIOS

## LONG BIO

Temple Hayes is a difference maker, global spiritual leader, shamanic energy healer, podcast radio host and author. For the past twenty five years, Temple has been a shamanic practitioner and has dedicated her life to resurrecting humankind to understand that the secret of life is not whether we will live or die but the determination to not die while we are living. She is a sought-after keynote speaker and has spoken to hundreds of thousands globally, filling stages across the United States in large spiritual communities, 'for profit' organizations, universities and twice at Carnegie Hall. Her global influence has been shared in the United Kingdom, and abroad including international cruise speaking tours and online programs in India. With decades of experience guiding individuals and organizations, Temple is known for her compassionate leadership and her ability to bridge spirituality, social consciousness, and practical transformation.

Temple's voice is both grounding and inspiring, offering insight on topics such as spiritual resilience, collective healing, LGBTQIA+ inclusion, social justice, and conscious leadership. She also has a very popular podcast, The Intentional Spirit on MindBodySpirit.fm. Rooted in love, service, and unity, she continues to champion peace from the inside out—believing that personal healing is the foundation for global transformation.

As former CEO, Senior Minister and Chief Development Officer for one of the largest Unity spiritual communities (top five in the world), she created and implemented strategies that foster a culture of giving, and managed day-to-day expansions for the downtown campus which included a free-standing new thought book store and a global soul food café.

As the founder of Temple Hayes Ministries, The Institute for Leadership and Lifelong Learning International (iLLLi), and Global Peace Workers International, she is devoted to fostering environments where people feel seen, valued, and empowered to live authentically. Her



work centers on conscious living, inner healing, restorative dialogue, and what she often calls “woundology”—the awareness and healing of emotional and spiritual wounds within individuals and communities.

Temple is the recipient of many awards and honors, including the following: nominated as an all American and elected to the National Softball Hall of Fame (1979); elected to Outstanding Young Women of America (1988); and the mayor of St Petersburg, FL declared July 11, 2021 Temple Hayes day in the city. Awards include the International Who’s Who of American Professionals (1997); National Association of Professional Women (2008); the People of Distinction Humanitarian Awards (2016); and an Honorary Doctorate Degree of Humane Letters from Centers for Spiritual Living (2019).

Knowing what it feels like to feel disconnected, unloved, addicted, and rejected, Temple has resurrected herself many times, transforming her life from alcohol addiction and embracing her sexuality. Her life and teachings are an example for others to live a full and healthy life and to wake up and stop dying every day. She feels her greatest accomplishment is that she survived herself and has been sober for 38 years.

Based upon her life experiences, Temple uses her 501c3 Global Peace Workers International to support the homeless, animal activism, children and the elderly. Her current project is lifting an entire community in Kenya providing funding and teaching with guidance with The Institute for Leadership and LifeLong Learning International, which represents the highest good for humanity and all sentient beings. The institute offers education to people all over the world with the foundation being Universal Principles.

Temple has authored six books. She believes her best work hasn’t happened yet.

## **SHORT BIO**

Temple Hayes is a difference maker, global spiritual leader, shamanic energy healer, podcast radio host and author. She is a sought-after keynote speaker and has spoken to hundreds of thousands globally, filling stages across the United States in large spiritual communities, ‘for profit’ organizations, universities and twice at Carnegie Hall. With decades of experience guiding individuals and organizations, Temple is known for her compassionate leadership and her ability to bridge spirituality, social consciousness, and practical transformation.

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# MEDIA QUESTIONS

What inspired you to write *Being a Difference Maker*?

In the introduction, you say that the book is not designed to teach the reader how to make a difference. What is your intention for this book?

What do you mean by “living life out loud”?

What is a Difference Maker?

What prompted the idea for developing the book as a four-part framework?

Of the four paths, does a reader choose which one they most identify with or are all four parts within each of us in some way?

Which of the four paths do you relate most with?

How has your background in Science of Mind and Unity influenced your approach in this book?

In the book you discuss how inherited stories help shape us, despite some of them being false. Can you give us an example of a personal story that you had to release in your own life?

You mention in the book that participation may be the opposite of hope. Why do you believe this is the best chance for a peaceful world?

How do we become a catalyst of energy rather than be the sole producer of it?

What advice do you have for those who want to make a difference but feel bogged down or hopeless by the negative 24/7 news cycle of today's world?

What role does meditation play in discovering and staying alive in the state of being a Difference Maker?

What type of audience did you write this book for?

What is the most important thing a reader will take away after reading this book?

Can you give us an example of one practical thing a reader can do within their own life that helps set them up to be a Difference Maker?

What is your website?

Do you have any other books or projects coming up?

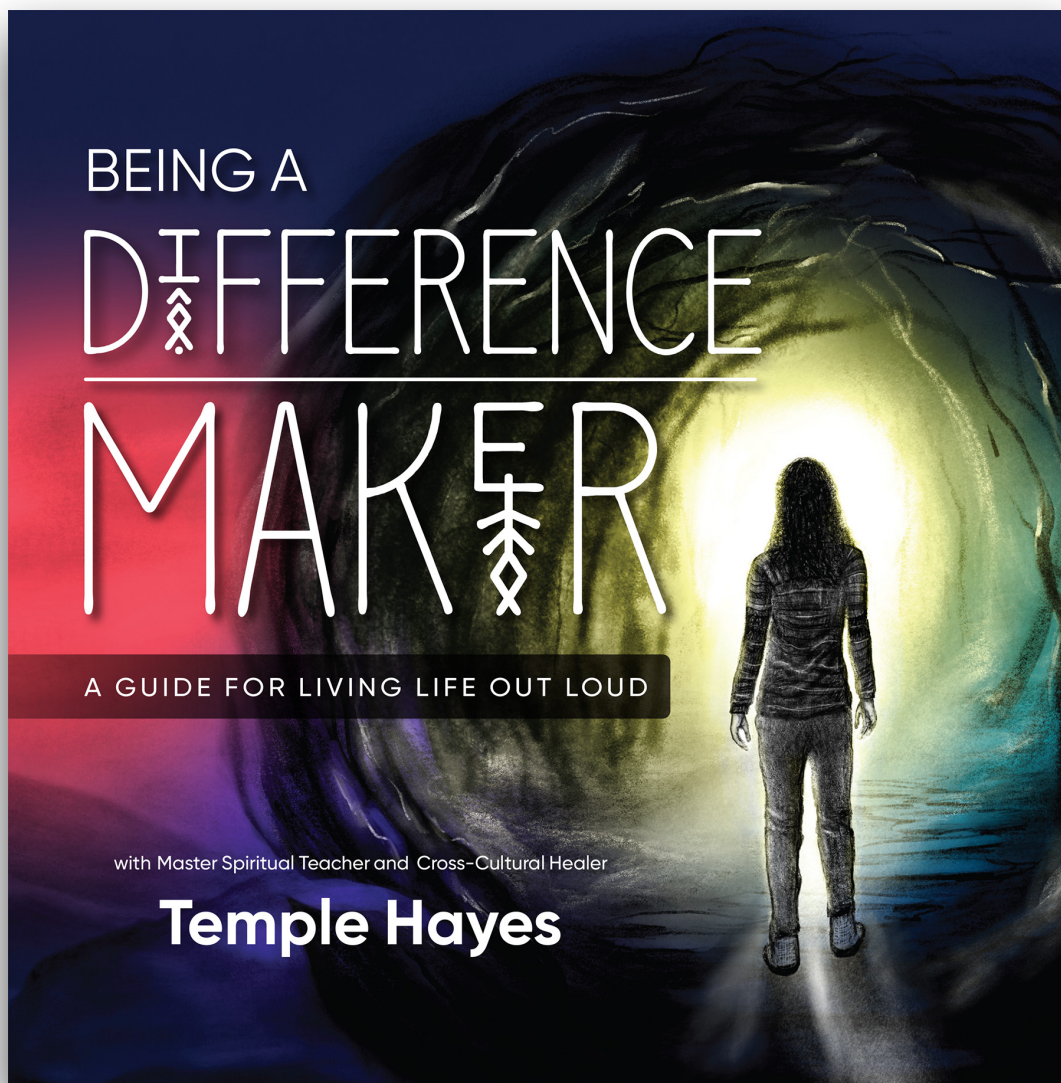
## MORE INFORMATION

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