

5-Step Ryce Wakeup Sheet with Dr. Timothy Hayes' detailed processing

My feeling (anger, sadness, frustration, fear, etc.) _____ (*Breathe.*)

My upset level before doing wakeup sheet (1-10, 10 being the worst): _____

1. My lack of peace/wellbeing (Love) is caused by the thoughts I hold about(my trigger) _____
_____. (*Breathe.*)

2. Since my "reality" comes from my own mind, it is my responsibility. I ask that Love be restored to my mind.
(*Breathe.*) To collapse my "reality", I locate and cancel my need for my trigger to _____
_____. (*Breathe.*)

3. I ask that my True Being, Love, be restored to my awareness. I affirm that I want to be shown the Truth and am willing to have my "reality" and its effects change. To facilitate this . . .

- a. I cancel my need to be right. (*Breathe.*)
- b. I cancel my need for anyone or anything to change, including me. (*Breathe.*)
- c. I put my conscious, logical mind on the shelf for now. (*Breathe.*)
- d. I cancel my specific goal for this wakeup sheet. (*Breathe.*)
- e. I ask to be shown the hidden part of my mind that is creating the negative emotion presented in this wakeup sheet, and I take a few moments to breathe and ask to be shown what my logical mind cannot show me. To do this . . .
- f. I place myself in that open, allowing state and watch whatever images come up. How old am I? 7 Where am I? Who else is there? What is happening? I trust that whatever I see, however disjointed, is just what I need to see to begin to heal and move forward. (*Continue to breathe.*)
- g. It is perfectly safe for me to "see" and feel whatever comes up, questioning old conclusions about myself and anyone else and remembering that what comes up is all "old stuff" — just nerves firing in my brain. Whatever comes up cannot hurt me any more than it already has.
- h. I keep repeating the idea, "I cancel my need to be right and refuse to make up another image/story based on my 'brain content/reality' to prove that I am right."

4. My true Source is Love. I reconnect to that Source and ask both I and my trigger be restored to Love. (*Breathe.*)

5. Once restored to Love, I offer my trigger this Love by creating a loving (enlightened) goal that will be beneficial to both/all of us/the situation: _____.

Upset level after doing wakeup sheet: _____