

Love, Life, God



The Journey of Creation

Jarrad Hewett

Love, Life, God:

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Also by Jarrad Hewett

*The Big E: Everything is Energy
Unleashing the Power of Everyday Wisdom*

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By Jarrad Hewett

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This book is dedicated to friends and
family, past, present, and future.

You've touched my life in so many
countless ways.

I'm truly grateful for your unending love
and support and honored to have shared
creation with you.

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Preface

“You will write.”

I was in a Barnes and Noble with two of my friends, in the checkout line, when I heard this affirmation.

I had heard these words before, but they were more like thoughts in my head. This time, however, the voice wasn't coming from inside. I turned to see if anybody was talking to me. For a moment, it seemed like time was standing still, until one of my friends snapped her fingers.

“Hey, Spacey McSpacerton, the cashier's open. Let's move it.”

I only had a couple of moments to process what had just occurred, but in all honesty, it wasn't really that out of the ordinary for me. In fact, I was kind of excited. I had been working with a group of healers for several years, and I had spent the past year or so teaching workshops on moving and directing energy. The building blocks of what is presented in this book had already begun to trickle into my consciousness, and my entire existence had been greatly altered as a result.

This breakthrough was a long time in coming. From childhood, I had experienced dreams that would ultimately come to pass—a gift that paid off quite nicely one spring break at the roulette table. From time to time, I also saw (and was pretty darn scared of) non-physical beings or spirits. As a matter of fact, I ignored that aspect of who I was almost up until my early twenties. But, as I opened up to the idea that everything was energy, the fears began to subside and the answers to the questions I'd been asking began to come. As I

learned to communicate with and direct my own energy, or balance certain beliefs and fears that kept me in certain patterns of sickness, lack, and limitation, more and more “strange” and miraculous things began to happen: One of which was the awareness and ability to communicate with those who had physically passed on from this plane.

The first “other” energy I remember seeing was my grandpa. I don’t have a whole lot of memories of him from when he was alive, and I was so shocked and freaked out when he showed up in my bedroom that I honestly don’t remember much about the experience other than frantically calling a healer friend afterward.

“Hey . . . I just saw my grandpa.”

“Oh, great. How is he?” she asked.

“Dead.”

“Oh. Well, did you ask him what he wanted?”

Did I ask him what he wanted? I was raised a strict Southern Baptist. Despite some of the “strange” occurrences in my life, I still thought that after death you either went to heaven, or you went to hell. This guy had been dead *for almost twenty years*, and now he was standing in my bedroom smiling at me. Apparently, unlike me, my friend didn’t have a problem with this.

A few weeks later, the cousin of another friend of mine came through. I called her with some trepidation—not even knowing if she had a dead cousin. I described what he was wearing (a dated brown suit, his shirt, hat, etc), and she started crying.

“That’s my cousin all right. I have a picture of the two of us in my nightstand. It was taken at my Grandma’s funeral, and he’s wearing exactly what you just described. That was the last time I ever saw him alive.”

As I started to open up to the “reality” of what I was experiencing, more and more “strange” things began happening.

At a workshop one day, a girl began crying hysterically. She explained that three of her relatives were missing in a snowstorm in Oregon. They had been missing for four days, and rescue workers were beginning to fear the worst. My healing partners and I sat down and had the group focus. Suddenly, I felt something in me expand outward. I was still in my body, but I was simultaneously so much bigger. I didn’t understand what was happening at the time, but I was tapping into “the field”—the one universal energy. I then saw a highway sign and a mile marker. I told the girl they were fine, and that they would be found. The next morning, I received an email. They had found the family exactly where I had said.

Holy. Crap.

I felt validated and scared out of my mind all at the same time.

Over the next few months, I received constant validations. For a while, I thought communicating with the dead or helping find lost loved ones was to be my spiritual calling. I hadn’t yet realized that I was creating these experiences through my own desire to expand my consciousness. Plainly put, this was all just another aspect of my totality that was unfolding. I was tapping into the infiniteness of who I AM.

What had begun as a sort of “peering through the veil” wound up as the realization that the veil—all veils—was just an illusion. There is no separation. As I began to remember who I really was and to open up to all that I AM, I had even greater experiences of Oneness.

Don’t get me wrong. I spent a lot of time ignoring all of this and trying to pretend it wasn’t really happening, but as I opened up to it, I began opening up to the greater me. My

life began to change in extraordinary ways. Miracles began happening all around me. One moment, I would be standing in a grocery store, and the next, I would be looking *through* the store and out into a vast Universe of beings and potential.

“What in the world is all of this?” I began to wonder.

Then, one day, came an audible answer.

Introduction

The Big Fat Whole Giant Whole

Most stories start with a beginning such as: “Once Upon a Time,” “When I was younger,” or “When I was born.” I’m sure you’re thinking that you too had a starting point, a finite beginning. We’re here to tell you that you did not. You have always been, and you have always been perfect. Life after life, you’ve manifested what must seem like infinite “beginnings” when in fact, you never began from scratch. You simply always were. What we are asking you to do is to give up the idea of any beginning, and thus give up the story of you.

What does that mean, “give up the story of you?”

It’s like the old saying goes, “If you want something you’ve never had, you’ve got to do something you’ve never done.” In this case, it involves examining who and what you are and realizing that you are not the sum of your past. The future is yours to create. If you want to be a new you, be a new you – but know that you can’t make anything totally new by using parts from the old. In simpler terms, we’re going to show you how to forgive and how to truly love.

Wow.

It’s quite a journey, but it’s definitely one you won’t regret taking. Now, some people may lose their bearings a bit as we go, and to them we want to say that’s not a bad thing; in fact, it’s a blessing. It’s the first step in waking up and truly seeing yourself as God sees you. Right side up is just a perspective.

All we'll ask is for everyone to be present - to be in the moment of now - and to really allow themselves to express, experience, and feel the words that we say.

You keep saying, "we." I think I already know the answer to this, but can you explain who "you" are?

"We" are also really an "I," but we'll get to that later. For now, a good answer for that question might be to simply say: "We are the collective whole, or Source Energy - the consciousness of All That Is - moving forward on our journey of expansion and celebration."

We're coming forward through our conversation with you, so that all may know from whence they are, because again, none came; all have simply been. We are frequency. We are vibration. We are thought. We are creation. We are you. We are All That Is.

How was that?

That was good. I like it. But that just raises another question.

Which is?

Why have you come forward now?

We've come forward now to help show you and everyone reading these words their Oneness with Source - that which most people have called God and have placed outside of themselves. Simply put, We've come so that you may know.

Know what?

All That is.

That sounds like a lofty goal, even for Source.

Indeed it is, yet the goal has already been reached. All that you are - all that you ever were - is infinite, and within the realm of infinity, we are all complete.

Now, you think that you know who you are. You are an individual. To some extent, yes; you are. However, you are an individualized expression of Source energy - which we all are. We've come forward now to help you understand that while you perceive yourself on this grand journey - a journey you are very much on - you needn't take it so seriously. You needn't ever feel alone, and you needn't ever suffer. You are greatly, greatly loved by all that is, because you are all that is, and all that is, is always complete. Got it?

Got it!

We'd like to add that even though you're having the experience of this conversation, there really isn't any separation between us - just as there really isn't separation between anything. Scientifically, you know that if you look at anything under a high enough powered microscope, you'll see space. Space isn't separation; it's actually unity. Everything exists in this space: you, the world, the heavens, every one and every thing.

That's pretty cool.

It really is. It's also quite vast. Think about it. If there is no separation, you're never really in what you just called a mono-logue. "Mono," infers a singularity of or separation of being, and this - among other notions - is what we're here to shed some light on.

Awesome. Well, where would you like to start?

(Laughs) Why, at the "beginning," of course. You just received a text message from your friend. What did it say?

He was asking me to check out an engagement ring online that he is looking at for his girlfriend ... That's the beginning?

Yes, and no. We told you, there is no beginning. But, to fully illustrate our point, we'll explain the nature of things using terms you're familiar with.

Well, that text was about relationships. Is that where we're starting?

Yes, indeed. We wish to begin by exploring your relationship to yourself.

Why did you have me type "your Self," "your self," and then "yourself?"

We wished to show you the degree of separation that exists in your thinking even now within the Oneness of You. For you are all there is, and if you are separate from yourself, how can you serve as the All that you are?

Okay, now that's confusing. Can you break it down for me, in plain English?

That which you call God, has always existed. If we call it energy, you can understand it in a more detached, yet specific way. Energy is neither created nor destroyed. All that is, has always been. It simply manifests in ever-changing ways. Thus is the story of you.

You mean like past lives and stuff?

Exactly: past lives . . . and STUFF! The "stuff" is the part we wish to explore right now. Within the "Stuff"—which is you by the way, it's all you—lies every single dimension, every single probability, every single animation of being ness and it's corresponding stillness and void.

So you're telling me at my core, I'm basically a big fat giant whole?

Yes. You are nothing. You are no thing. You are every thing and everything. You are all that is.

Well, if I'm everything, why is there war? Why is there poverty? Heck, why am I even here?

The answer to that question lies within your degree of Self-Love. But we don't want to get ahead of our-self right now. Do you see what you just did?

Got ahead of myself?

No. You wrote “our-self!” You’re already starting to get it. Impressive.

Chapter One

Who are you?

As we said, to understand that there is no beginning, you’ve got to understand that there is no question of who you are. You are, as was so eloquently put by the Buddha, the result of all that you have thought. The Bible tells us something of the same, “As a man thinketh in his heart, so is he.” So ask yourself, “What are my thoughts? Where do they come from? Just what, who, and how am I?”

We'll help you out by giving you the answer: You are unlimited thought. You are infinite vibration. You are energy within a field viewing itself as a connected individualization of Source.

Think of it this way: when God moved upon the waters . . .

Whoa. Really? We're going Biblical?

This is an allusion to the "illusion" of how you think you came into being. Rather, how you came to find yourself defining yourself as an individualized self, free of any innate connection to creation or that which you call God.

Okay. Sorry. Continue.

No. That was it. "God moved upon the waters." What are you?

...Water?

Yep, mostly water.

So the phrase: "God moved upon the face of the water" is really the creation story in one sentence?

Nope. It's the creation story of your individualized self. You are the energy that moved upon the waters. You are the energy that created your individualization.

Why would I do that? Why would I consciously choose to say to God, "Hey, peace out. I'm going to go do my own thing for a while?" That doesn't make much sense to me.

We'll get there. You are the energy of God – Creation - made manifest in human form. And you've been here many times, by the way.

(Pause)

Now might be a good time to take a break.

But this is just getting good!

You've moved into a place of resistance and your mind is starting to cloud things up a bit. We need you to be clear. Take a break. You won't lose your place, we promise.

(I was asked to return to the computer the following day.)

We've asked you to come back in tonight so that we can address the point of your creation.

Me as God moving on the water?

Right. You moved upon the water, became the water - realizing that this is not water as you know it - and burst into form.

Well, I didn't literally burst upon the scene. I had a good eight months of gestation.

This gives you a little more insight into what we call water. We don't want to get too much into the physical act of pro-creation, however, know that you are the one who moved upon the waters.

Why did you have me hyphenate "procreation?"

Because whether you consciously perceive it is as such, all creation is pro-active. All creation is a further exploration of All That Is. You are both the explorer and the explored. You create you. In this life, on this plane, there was a physical act of procreation, but that act didn't create you. The participants of that act didn't create you. You created you.

Wait. Are you saying I created me? ...So what? My parents were just kind of like two random participants who got together to bring me forth?

No. You brought you forth. Your parents were chosen, by you, with their consent. Remember, you're perfect just as you are. You don't need to DO anything. You make your birthing agreements - which sometimes differ from your family agreements - far in advance.

Not to backtrack too much, but I thought I began as I moved upon the waters?

In so much as anyone “began,” that’s true. What we’re talking about now is specific to choosing an incarnate lifetime on this planet. You chose the vessels to provide the genetic kindling - if you will. Source/You then came in with the spark and made fire. You made life where only chemical codes existed. You moved upon the “water” and began programming yourself in the womb.

Interesting. This brings up the question of “When does life exist?”

You’re missing the point. Life - your life - always exists. There is no point of origin for something that has always been. We know what you’re asking in this perspective, and we can offer you this in response: as the physical aspect of that which is to become you - that is to say, the body you will create for physical experience - begins to form, you are present both inside and outside of its existence, much as you are now.

What do you mean as I am now?

One question at a time. You’re an omnipresent being - you always have been. As Source Energy, you’re connected to everything that is—which is all that has ever been and all that will ever be. Cool, huh?

You seem to have just gotten excited.

Oh yes. We are very excited. Excitement is a wonderful vibration. You yourself should try it more often.

Hey. That was a cheap shot.

We’re just messing with you to show you that God has a sense of humor. Now, as we were saying, you’re omnipresent and omnipotent.

Wait. I’m all-knowing also?

Of course. You've chosen an individualized experience of Oneness wherein you identify yourself mostly with the personality you are now - and we say mostly because in cases such as yours, some people awaken to their multidimensional, past-life selves in a way they often times find hard to communicate. You've chosen to come here and commit to this reality. You commit only because you don't always remember that you don't have to forget. You're safe at all times, and at any time in this life, you may choose to "un-commit" and remember all that you are. In this remembering, is the being.

So, let me see if I got all of that. You're saying life doesn't start at conception because life never actually starts. I was in existence in some form or another (which I hear we'll be talking about later) before choosing - and it is important to know that I CHOSE - to come into this physical existence in this body. You're also saying that I had a hand in programming my physical attributes.

Yes and more than a hand. You were the architect of your own design.

Ummm . . . Okay, so at what point did I focus all of my energy or beingness into, or onto this plane?

At no point. You're still very much alive, as you would call it, in other places of time and space - at which point we feel it necessary to add that what you perceive as time doesn't exist. As man so humbly channeled in the past, "I am the Alpha and Omega." To the One Energy, all - including elements of time and space - are one.

Whoa. That's a little difficult to . . .

(At this point, the phone rang and I became distracted.)

Pulled you out, didn't it?

Yeah. It did. I kinda feel like I need a break. Is that okay?

Of course. We'll finish when you return.

(I returned the following evening)

A bit more in the present tonight?

Yeah. I think so. I kind of drifted away at the end of yesterday's chat.

That goes perfectly with what we were speaking about. At any given moment - which is always the present - you're literally capable of experiencing any "other" moment there is, because there is no separation of time or space - of anything for that matter.

Can you explain that?

Well, you like to refer to the picture of the clock that we gave you. Only, until now, your understanding of that picture was limited. As you believe, the clock represents the One Energy - The All That Is. In the very middle of the clock face, as you understand it, is your soul or the You behind the you.

The various numbers of time mark literal destinations in what you believe is a time/space continuum. The hour hand then is the literal focus of your soul into a specific being in a specific time/space reality/identity, while the minute hand may be used to identify the different potentials that you will either choose to fulfill or use to birth new desires that exist within the context of or relation to the hour hand. However, this clock would have many hands branching out from its center pointing to many different numbers—all of which you understand to be different lifetimes—that which you previously understood as past or future lifetimes.

I think I'm losing the "whole" picture.

Well, just as one pixel can be viewed as a whole or combined with others to make up a bigger picture, so can Source. All of the pixels come together and form the whole, but like with a hologram, the Source coding is whole within each unit. In other words, all of these tiny pieces have the whole within them. The you that you know in this existence is one of these many pixels, and you fit together with the rest of Source to make up the whole—and, that whole is already within you. So with regard to the pixels and hour hands, all of these lifetimes are yours, but you are currently focused on only one.

You mean consciously and according to my belief, right?

Yes.

Okay, so basically, all time exists simultaneously, and that while my soul - if we can call it that ...

We can, but know that you and your Soul are one. It's not some menacing overlord whom you are programmed to serve, nor is it some greater being. It's you. You just perceive yourself in a way that implies separation.

So then, my soul isn't focused on one reality, it's my perception?

We're getting there. But, if we may interrupt your thought process and continue exploring our examples of the clock and pixels, we would like to move further into the understanding that no separation exists "between" anything - whether it be lifetimes or people.

I'm sensing a big theme.

Yes, and it is important for you to understand just how all encompassing this is. The clock represents all energy. We used the picture of a clock because you associate it with

time. However, within the one energy, where all time exists, it exists not as time, but as the expansion of the present moment.

I'm not quite with you on that one.

Stay with us. Don't drift. Your perception of the hour hand was correct in that it represents you, but it represents *the "you"* within the mass consciousness. It represents the part of you that while it is the all, has come forth to experience singularity—springing forth from Source into this embodiment. Yet, you've come in to this moment simply by being what you already are. This part of you perceives a passage of time, but in fact, you are timeless. Your orientation to Source doesn't change. This would appear to you then as the hand remaining in the same place while the clock face, representing Source, spins. In actuality, what you call your soul is Source Energy, and as such it is experiencing itself in an infinite way. This means, according to your picture, there are an infinite number of hour hands, and the clock is always expanding according to Source Energy's desire for new experience. Do you follow?

My brain gets it: "There is no time," but I feel like my being doesn't quite get it.

You're separating again. Your being gets it. You - in all of your physicality - are the physical manifestation of spirit. You are not IN your body. You are experiencing all of you. Your body and spirit are in direct relation: the body is the physical expression of your spirit—of your energy.

I don't know what happened, but I think I just got it.

You integrated, and the resistance to knowing left. Good riddance.

Wow. Okay, so let me see if I can recap this. I am Source Energy.

You could really stop there.

Okay, but I want to understand how this all comes together. So, I am Source Energy, manifesting as me. While I am consciously experiencing this life...

Oh, you're consciously experiencing all life. You don't get that yet, but you will.

Ahem!

Sorry.

While I'm consciously experiencing myself in this reality, what I believed to be past lives, also exist at the same moment?

Yes. What you would term "future" lives as well.

Okay, so all of these lifetimes are happening energetically at the same time?

Yes. You've just made a breakthrough. You said "energetically." You see, EVERYTHING is energy: you, your desk, your computer, your mother, your father, and the trees outside - everything. Your perception of you is that you are in fact you - a solid being with some squishy parts who believes he has an identity that makes him a unique and separate individual. In fact, your uniqueness, your ego if you will, is just the mechanism that allows the illusion of separation to play out.

I feel like I've heard this explanation before.

You probably have. We've been implying this all along. So then, energy simply is. You've taken this energy, which is you, and said that you wish to experience it in a new way. Think of this lifetime as a ride at a water park. You have eagerly climbed to the top of the slide, knowing all along that once you experience the slide, you will be back in the pool, safe and sound.

What if I don't like water?

It's a metaphor. Go with it.

You excitedly climb to the top and shoot down the slide. The slide is your life experience. You can embrace it, fear it, love it, or even change it - because while you're on the slide, you are also engineering it.

Kind of like a choose-your-own adventure book, but on a larger, physical scale?

Precisely. The slide is whatever form you wish it to be, and when you're finished with what you've chosen to experience, you arrive back in the pool, where you can float about, get out and use the restroom, or climb back up the slide and do it all over again.

All of this while staying in the moment?

We'll add another element or two here. You're not only experiencing the water park, you're not only creating the ride as you experience it, but you're also the entire water park. The entirety of the situation is you. The slide is an element of you. The you who is experiencing the ride is an element of you. The creator of the ride is you. The eager parent waiting at the base of the ride is you. It's all you.

You're saying I'm safe, huh?

Completely. Even if you create an enclosed slide and you become disoriented to the point of not knowing which way is up or down, you're still safe. Just because you are momentarily afraid of your own creation, doesn't mean you aren't safe. You think that no one makes it out of life alive; when in fact, that's not the point. You're always alive. You just finish the ride.

Now that we have covered a few of the basics...

Basics? That all seemed fairly complex and mind blowing to me.

(Excitedly) Oh, This is just the beginning.

Well how much more expansive are we going to get?

Let's just say, you might want to strap yourself in.

About the Author

Jarrad Hewett is a spiritual author who seeks to empower others by sharing his personal humor and insight. Through his writing, he seeks to help others reconnect with their own inner guidance, wisdom, and peace.

Jarrad was born and raised in Oklahoma. He moved to Los Angeles in 2004 after graduating with honors from Oklahoma City University. He holds doctorates in both divinity and metaphysics, and is an active alumni and supporter of the Lambda Chi Alpha fraternity.

In 2005, Jarrad began working as a voice actor and has since been the voice behind hundreds of television and radio commercials. He's also voiced major national and international campaigns for companies such as Coca-Cola, Toshiba, and The Ad Council of America.

For more information, please visit <http://www.jarradhewett.com>