



The Big E

Everything is Energy

Jarrad Hewett and Dee Wallace

Also by Jarrad Hewett

Love, Life, God: The Journey of Creation

Also by Dee Wallace

*Conscious Creation: Directing Energy
to Get the Life You Want*

The Big E

Everything is Energy:
Unleashing the Power of
Everyday Wisdom

By Jarrad Hewett and Dee Wallace

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Dedications

This book is dedicated to my wonderful family and friends, past, present, and future. You have touched my heart and blessed my life in countless ways. I love you all.

- Jarrad

Dedicated with love to my family and friends

- Dee

Table of Contents

Introduction	11
The FUNdamentals	13
Definitions	15
The Left Hand Doesn't Know What the Right Hand Is Doing	17
Today is the First Day of the Rest of Your Life	19
Don't Worry, Be Happy	21
Shit Happens	23
That's Just the Way it is	25
That's the Last Straw	26
Dare To Dream	27
The Sky Is the Limit	29
Let Bygones Be Bygones	30
The Road to Hell is Paved With Good Intentions	32
Cast Not Your Pearls before Swine	34
Chance Favors the Prepared Mind	36
The Early Bird Gets the Worm	37
There's More than One Way to Skin a Cat	39
Look Before You Leap	41
It Must Be Nice	43
There Is Harmony in Disharmony	45
Live and Let Live	47
That's a No Brainer	48

An Idle Mind is the Devil's Playground	49
If The Cap Fits, Wear It	51
Better Late than Never	53
Laughter Is the Best Medicine	55
You Have To Walk Before You Can Run	57
Like Father, Like Son	59
Like Water off a Duck's Back	61
Many Hands Make Light Work	63
Never Judge a Book by its Cover	65
No Pain, No Gain	67
You Can't Make a Silk Purse Out of a Sow's Ear	69
There Are No Victims, Only Volunteers	70
We Shall Overcome	72
Never put off till tomorrow what you could do today	74
You Can't Have Your Cake and Eat it Too	76
A Watched Kettle Never Boils	77
Beauty is in the Eye of the Beholder	78
Up The Creek without a Paddle	79
Talk of the Devil, and the Devil Appears	81
You Can't Have it Both Ways	83
Knowledge is Power	85
Misery Loves Company	86
Jack of All Trades, Master of None	88
No Man is an Island	90
Nothing Ventured, Nothing Gained	92

One Doctor Makes Work for Two	93
Out of Site, Out of Mind	96
Paddle Your Own Boat	98
People Who Live In Glass Houses Shouldn't Throw Stones	100
Power Corrupts While Absolute Power Corrupts Absolutely	101
Tomorrow is Another Day	103
Too Many Cooks Spoil the Broth	105
No Man Can Serve Two Masters	107
Just Whistle A Happy Tune	109
Always Look On the Brighter Side of Life	111
I Used to Think I Had it Bad Because I Had No Shoes	112
You Can Lead A Horse to Water, But You Can't Make Him Drink	114
When Life Gives You Lemons, Make Lemonade	116
If At First You Don't Succeed... Try, Try Again	117
If It Ain't Broke... Don't Fix It	118
Progress, Not Perfection	119
Be Careful What You Wish For, You Might Just Get It	121
A Penny Saved Is A Penny Earned	122
All's Well That Ends Well	123
This Too Shall Pass	124
Pride Comes Before the Fall	125
Beggars Can't Be Choosers	126
You Can't Teach an Old Dog New Tricks	128
What You Think Is What You Get	129

Every Cloud Has a Silver Lining	130
God Cures, And the Physician Takes the Fee	131
He Who Hesitates Is Lost	132
Half a Loaf is Better Than None	134
Health Is Better Than Wealth	135
Desperate Times Call For Desperate Measures	136
Birds of a Feather Flock Together	137
Fools Rush in Where Angels Fear to Tread	138
Forewarned is Forearmed	140
If Everybody Jumped Off a Cliff, Would You?	141
Do What You Love and the Money Will Follow	143
God Helps Him Who Helps Himself	144
Ignorance Is Bliss	146
You Don't Know What You've Got 'Till It's Gone	147
When You Lie Down With Dogs, You Get Up With Fleas	148
He Who Lives By the Sword, Dies By the Sword	149
Good Fences Make Good Neighbors	151
A Merry Heart Makes a Long Life	152
Let Sleeping Dogs Lie	153
A Good Beginning Makes A Good Ending	154
A Fool and His Money Are Soon Parted	155
Judge Not, Lest Ye Be Judged	156
Out of the Frying Pan and Into the Fryer	158
Actions Speak Louder Than Words	159
The Grass is Always Greener...	160

Don't Make A Mountain Out of a Molehill	161
Don't Sweat the Small Stuff	162
The Only Thing We Have to Fear is Fear Itself	163
Pretty is as Pretty Does	164
Money Doesn't Grow on Trees	166
When it Rains, it Pours	168
A New Broom Sweeps Clean	169
Sticks and Stones May Break My Bones	170
There's No Time Like the Present	171
Absence Makes the Heart Grow Fonder	173
After a Storm Comes the Calm	174
A Guilty Conscience Needs No Accuser	175
About the Authors	176

Introduction

For those of you new to quantum physics – like we were not too long ago – here are some basic scientific (AGHHH!) principals that will help you understand how energy works:

The first thing we need to understand is that everything is energy – from your Aunt Clara’s cat to the cabinets in your kitchen.

That sounds kind of strange, but let’s look at it this way: all matter – including us – is made up of atoms (protons, neutrons, and electrons) which are all just varying forms of the big E: Energy.

When we can look at everything as just a part of the big E, we begin to see how amazingly connected everything truly is. It’s like that old song, “The knee bone’s connected to the... something bone” (I never really paid that much attention), only in this song, the thought bone is connected to the belief bone (which is connected to perception, which is connected to direction, all the way down to manifestation). With this understanding, we’ve begun to look at our world a bit differently. Science is learning that what we focus on is what we create in our lives. So, from a fat butt to a fat wallet, you can literally change energy with your focus.

In other words, when you feel joyful, your E (your Energy) is vibrating with joyful frequencies; you actually *become* a joyful vibration. How cool!

Guess what? It gets even better, because when you're in your joy, you're able to love yourself – and the world – even more, and as you focus on this joy and love, guess what? More is created – and when you can become the experience of love and joy and focus that love and joy into creating what you want, watch out! The Sky is the limit.

The quickest way to create what you want is to be in a high vibration (love/joy) and to consciously focus, direct, and allow the big E to bring it right to you.

More simply, be happy, say what you want, and go have fun!

Here are the basic FUNdamental steps in creating what you want:

- Choose to get off your butt – nice butt though it is – and go get what you want.

Remember, creation is about choice, so choose to choose so we can get on with it.

- Know what the heck it is you want.

If you already know what you don't want, choose the opposite and try that.

- Keep Focused on what you want.

Eat it, drink it, sleep it, dream it... and don't let the bed-bugs bite.

- Feel good, happy, and excited.

You know what gets you there; go do it!

- Love yourself, and let others love you.

Love conquers all. (Go love!)

- Allow.

Allow everything you're asking for to come to you easily, effortlessly (did you catch that?), and joyously.

- Allow others.

Don't judge. Don't save. Don't manipulate. Like that one guy who used to have a band said, "Let it be."

Now, as you begin reading, you may find yourself saying, "Well, what the heck does that mean?" Look at you, you instant manifestor. Ask, and you receive!

- Vibrations – What you give forth, or emit, through your energy
- Manifestation – The demonstration or materialization of something
- Focus – What you think about, dream about, want, are in fear of – anything that you "look at" consciously or unconsciously
- Create – Anything you bring into existence/into your reality;
Love/Jealousy/A New Car/A Great Mate/A Million Dollars
- Energy – All that is -- Everything that exists
- Directing Energy ("The Big E") – Energy is everything. You change energy through choice, direction, and action. Like the transformation from water to ice or steam, The Big E responds to your direction with no judgment.
- Perspective – The view of everything in life from the unique vantage point of your own personal experience
- Polarities – Direct Opposites

Ready to see just how much of an amazing creator you are?

You said, "Yes," right?

Whew!

(We were going to start anyway.) ☺

Let's begin by taking a look at all of those wonderful, cool, old clichés we've all grown up hearing, and re-examining them using a brand new understanding: Everything is *energy* – from here on out, known as "The Big E."

Get ready to let go and re-know what you already knew. Ya know?

“Today is the First Day of the Rest of Your Life.”

This is so true... unless you're dead. But if you're dead, you've probably got better things to do than hang around here and read this book (all though, we don't mind). No matter what you've done in your past, today is a fresh start. Who you were yesterday is not who you are today. How could you be? In creation, “yesterday” might as well be a past life, because you cannot create today from yesterday. The only place in which you can create is present time – where it's always time for a present!

Now, what so many of us do is, we re-create today based on the stories and labels we're still holding onto. We try to define who we are and what we do. We put ourselves in little tiny boxes and file ourselves away under an infinite amount of categories and subtext.

The truth is, we are beings at choice, and when we can choose to say, “I love myself” and truly move into the power of divine love, you and I will have the power to start fresh because divine love is like the ultimate toggle switch – no matter where you are in life, it allows you a clean slate.

From the standpoint of The Big E, we are releasing the story of who we are and we are creating (as opposed to re-creating) who and what we are in this very moment – which is the moment that will shape the next, and the next, etc.

Here. Try this on for size: In the presence of love, I release all definitions of self and other. I lovingly embrace that all are one, and I let go of my story. Today, I AM That I AM. Today, I surrender to the moment. Today is the first day of the rest of my life!

“Shit Happens.”

I have a friend who once had a tree fall on her house. Her neighbor came over and, trying to ease her mind, looked at her and exclaimed, “Ya know, shit happens.” Without missing a beat, she looked him dead in the eyes and said, “Yeah? Well, I sure wish shit would have happened on *your* house.”

“Shit happens” is the ultimate statement of a victim consciousness, and most of us have heard it all our lives. Some of us have even taken it a step further by stating, “Shit happens, and then you die.” With this idea, there is an expectation that bad things are going to happen no matter what we do. More importantly, there is an acceptance of this belief that literally serves to continually create random instances of total shit. The belief behind this self-feeding cycle is one of powerlessness: “I am a separate being who is at the mercy of a greater outside force.”

What we must realize then, is that in a world of one consciousness, there is no separation. Everything is part of The Big E. There is no such thing as a random occurrence. There is no outside force. Therefore, the only shit that happens is the shit we create.

If something “crappy” comes into your consciousness, turn your frown upside down. Wherever there’s shit, there’s usually a pony – and who doesn’t like ponies?

“That’s Just the Way it Is.”

“Shit happens” has an ex-wife named “That’s just the way it is.” They were married for many years, but one day, “that’s just the way it is” fell in love with a higher vibration, and that was the end. The relationship between these two was interesting – if not codependent - to say the least. You see, while with Mr. Happens, “That’s just the way it is” was constantly re-enforcing his belief, and so, the two went through life constantly dodging trees because Mr. Happens was holding the belief and the expectation that were causing the trees to “randomly” fall.

One day, however, “that’s just the way it is” realized that she was her own creator, and that her thoughts created her reality. You see, “Mrs. Is” was giving her creation over to whatever energy she was around, and not claiming her own power. The day she realized that she had been giving her power away, she saw her husband for what he was – just a belief. When she was able to see that, she was able to re-claim her own power and fall in love with herself.

Now, she loves herself, and remains in the knowing that she is always taken care of because *she* is the only one who can create her world – because... that’s just the way it is.

“Dare To Dream.”

OMG! How sad to think someone actually had to give this direction to another human being. It is the very core of creation.

As the song “Happy Talk” from *South Pacific* states, “You’ve got to have a dream. If you don’t have a dream, how you gonna have a dream come true?”

The Dream is the desire and the seed that eventually grows into everything.

So, why would anyone dare NOT to dream?

Well, it’s safer, for one thing. If we don’t dream, we don’t risk our dream not coming true. We also get to remain in our “crap” and gain sympathy and camaraderie from our birds-of-a-feather friends who are not daring to dream either. Most of all, we get to remain “powerless” in our lives – which is sometimes a whole lot easier (and much more acceptable) than knowing that we are our own creators.

As Maryanne Williamson said, “Our deepest fear is that we are powerful beyond measure.” What if we DO create the dream we dared to dream?

Dare to live the life you’ve always wanted. Like an over-stocked candy store, our dreams are filled with every delicious treat we could ever imagine, and imagining them is the first step in getting a vision for what we want to create. All we have to do is dive in, and dare to dream.

“Don’t Worry. Be Happy.”

This is perhaps one of the simplest, yet most powerful choices in creation (and thanks to Bobby McFerrin, it’s also fun to rock out to). The vibration of worry not only causes us to focus on the opposite of what it is we truly want, but it also causes us to just feel gross. In a universe where we create what we focus upon, worry is the result of fear and only serves to keep us from our knowing. We fear there won’t be enough money, enough time, enough *US*. Some of us worry from the opposite approach – “Oh my gosh; it’s really happening.” This is the same vibration of fear and mistrust as the others.

When we can be in a vibration of happiness, the message is sent out to the universe that fear is not what we want. We are consciously telling ourselves that we are not victims, but that we are creators. We are choosing to focus our energy on what it is we want, rather than on what it is we don’t. And in **THIS** moment – the moment of now, which is the only moment we create in – choose to be happy.

“How can I choose to be happy when my life is seemingly in chaos?” says someone whose life is seemingly in chaos.

The answer is love. Think of a moment of total happiness. Love yourself enough to feel your way to a happier thought. Reach out into the infinite field of potentials that you are and *know* you are loved. Think of a baby, a sunset, a new car – whatever it is that will elevate your vibration. Carry that vibration of joy, of happiness, of safety, of love, and from that vibration, *know* that whatever you wish to be, you will be. The key here is to remember that now is the moment from which you create all others. Today is a gift.

How will you choose to spend it?

“That’s A No Brainer.”

Whoo-Hoo! Let’s hear it for the No-Brainer!

The more we can get out of our brains and into our hearts, the better off we’ll be.

Einstein himself said, “Imagination is more important than knowledge.”

We create through our creativity, our passion, and our instinct. The good old brain usually plays the devil’s advocate to all of these by pulling us back into “reality.”

That’s probably why meditation is so popular. It forces us to become quiet, get out of our “heads,” and experience the Universe creatively speaking through our hearts.

This is not to say that the brain has no use, it’s just that most of us have it backwards. We tend to lead with our thoughts instead of first checking in with our still, small voice. Instead of leading with the brain, use it to direct the Big E to manifest what the little voice has to say. We can direct the brain to guide our creativity in fabulous ways, but the creative impulse - the little voice, the divine idea - comes from the heart, and it is the heart that truly creates... and that, folks, is a no-brainer.

“Let Bygones Be Bygones.”

Most of us would like to make bygones – stay gone! Energetically, a stay gone is an oxymoron because if we are focused on something staying gone, we are still focusing on the thing that should be gone – thus bringing more of that thing into our existence. So, why do we hold on? What kind of ride do we get to take by keeping our focus on the things we don't want?

Well, to answer those questions, we have to ask a few more: “Who are we really hurting by holding a grudge anyway? Whose feelings are kept out of joy, and whose focus is kept off of creating happiness?”

The answer is: OURS!

Look at it this way:

Holding the junk:

- 1) Makes us unhappy
- 2) Keeps us focused on what we DON'T want (which is more of whatever we're trying to let go of)
- 3) Keeps our vibrations in judgment, anger, revenge, lack, etc.
- 4) Keeps us STUCK.

Whatever nasty things you're lugging around, get rid of it. Let go, and let The Big E start working for you!

If you can choose to say “bye” to all of your baggage, it'll have no choice other than to *be gone*. Turn to that baggage and repeat after me, “Buh-Bye!”

About the Authors

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.

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Dee is a talented actress, clairaudient healer, and a much sought after motivational speaker who currently hosts the incredibly popular "Consciously Creating Your Life" on 7thWave Network as well as her own weekly segment on the internationally acclaimed Healing With the Masters.

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