

Part Two: The Message of The Ball of Light

Now, 14 years after being hit in the chest with the ball of white light, the message that I received and live from is that the purpose of this world is to experience fundamental reality. The direct experience of what my life on this earth is all about and my life path is thanks to this ball of white light and my journey with sharing Life Essences with you.

To define the experience and relate it in words significantly removes me from the actual "experience" of it. So please take this limitation of the written language into consideration as you then interpret its meaning. Simply put, it is the difference between, say, me telling you about how a strawberry tastes and you eating one and tasting it for yourself.

From a young age, I always sought the spiritual, looking for meaning and ultimately yearning for an understanding of what the purpose of life is. I was a seeker, and the part of me that was seeking was thinking. I remember at the age of sixteen that I went to the mountain looking for the answer to "What is the difference between when we are born and when we die? What does the thing we call life give me?" The answer I found is that this life gives us the opportunity for growth. It gives us the chance to learn or gain "something" from this experience of living.

I was seeking to know what this "something" is. Is it the chance to become whole (assuming we are not whole already)? Is it the opportunity to move up the spiritual ranks of awareness? Or is it the ability to master one's self and experience of this creation? These are the ideas that I was working with when the ball of white light took me beyond this.

From the experience of the white light it became very obvious that the answers could never be found in the realm of the intellect. When I was hit by this ball of white light the part of me that was before seeking and thinking was insignificant and did not hold my attention any longer. It was like I was hopping on one foot everywhere I went, and I was so used to hopping on one foot that I didn't even realize that I was hopping any more. Getting hit by the ball of white light was like showing that I didn't need to struggle hopping around on one foot any more, that it was clear that I could walk freely with ease on two legs. I had been struggling with my mind to understand this world and my life. After being hit by the ball of white light there was a profound peace as all the pieces of the puzzle were removed leaving an emptiness, a completion.

I will now attempt to describe what the strawberry tastes like - the experience of fundamental reality. All preconceived ideas and notions about oneself and the world around you are removed. What does this mean? All fears, likes, dislikes, interpretations, limitations, illusions of separation are no longer

there. I remember walking along a branch of a tree 12 meters of the ground without hesitation as though I was simply walking on the ground. I ate tomato, which I usually think I dislike, as though it was the first time I ever ate it, without defining it as either good or bad. I brushed my teeth and got a real buzz from the sensation of the tooth brush tickling my teeth and gums. I felt tired so I charged my body with energy by my simply choosing. I experienced the thoughts of people around me as though they were in my own mind. There was no effort in doing these things; it was simply the experience of fundamental reality.

Emotional compartmentalization do not exist. Emotional reality is bound together with fundamental reality. The emotional experience is a continuous cohesive continuum. There is no happy or sad or singular exclusive emotions; there are no polarities. There simply just is... no reflection, no intellectualization and labeling, simply the experience of it.

There is also the removal of the illusion of time. To step through this door is a decision of death - one if they choose to go through must die unto themselves - there is no mistaking - who you are must die to go through this door. On the other side it is all very simple...

So now 14 years later after being gifted with such a beautiful experience, it is now clear to me that this direct experience of fundamental reality is what we as living beings are capable of experiencing. In truth, it is what we are meant to be doing while we are here. It is being said by all the saints and all the

sages, "Live in the now." "Experience the present." "Breathe." But once again, these are only words. Now, I can see why I became a naturopath and learned the art of energetic medicine. It allows a direct energetic transmission to take place. Energetic medicine transcends words. It bypasses the intellect, allowing a soul recognition to take place. This is the reason why I have been led to make Life Essences so that I can help other people to share the same experience.

To experience this fundamental reality and read more about it, please look at my web sight www.lifeessences.com.au.

Thank you for taking the time,

Ben Risby-Jones