

Book Foreword (abridged)

Author: Sunny Massad, Ph.D.

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Author: Arjuna Ardagh, author of 7 books, including *the Translucent Revolution*

Sunny Massad belongs to an emerging, new way of working with the mind which has its roots in both the best of Western Psychology as well as a mystical perspective derived from Eastern traditions. Perhaps the most revolutionary step that a human can make is to be able to observe their own thinking process, and to realize that who they actually are is something deeper, more mysterious, and more expansive than any thought the mind has ever created. This is called “Awakening,” and it allows us not only a freedom from the constriction of the mind, like taking off a tight shoe, but also allows us for the first time to be able to make conscious and fresh choices to welcome thoughts which are useful and creative.

Sunny Massad is eminently qualified to write a book of this kind for three important reasons.

First, she has versed herself in a wide variety of traditions and can draw from the very best of practical mysticism. She is comfortable with the Buddhists and can speak their language, but she also understands the Christian mystics, the Sufis, and the Judaic tradition.

Second, Sunny has also immersed herself in the cutting edge of Western psychology. She obtained her Ph.D. at Saybrook University under the direct supervision of Stanley Krippner, one of the leading authorities today on the nature of consciousness. So she is just as familiar with Freud, Jung, cognitive therapy, and even neurolinguistic programming.

But her third qualification eclipses the other two completely. Sunny Massad is a true mystic and has done her own inner work for real: both in the exploration of our eternal, expansive awakened nature, as well as our unavoidable shadow self. She has traveled into the light and also explored the darkness.

This book represents the finest in the field of “Translucent Psychology.” It sits alongside the great contributions of A.H. Almaas, Jacquelyn Small and Stanislav Grof. Her approach is not opaque: which means that she is not approaching human beings as defined by their thoughts and feelings or even their sense of personal identity. But her approach is also not aiming for total transparency and transcendence: an attempt to deny our humanity and disappear into the light. A translucent approach is one that allows us to be both human and universal simultaneously, as a paradox that could never be fully reconciled intellectually, but can only be lived as an exquisite mystery. With elegance, humor, and practical insight, Sunny brings together seemingly disparate elements which give us the tools we need to return to being simple and natural in our humanity.