

**From The Translucent Revolution**  
**By Arjuna Ardagh**  
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Engaging in Translucent Practice

In some ways translucence is just another way to describe a human being's most natural state. This is how children live, with an open, playful, total involvement in life, free of concepts, glued to the present moment. But to sustain this way of living, awake to our unchanging nature but without resisting the natural flow of life, is to take a stand against a lifetime of habits. Translucents embrace spiritual practice not as a means to achieving a future goal but as a way to a more fully lived present moment, with open heart, open mind, and open body.

We face a mountain of habits at odds with our heart's deepest knowing. This schism can be profoundly frustrating and painful. We have no choice, those of us with feet of clay and hearts on fire, but to face habits as they arise, allowing them to be alchemized through honesty and courage. As we encounter our old ways, passed down through generations, we must use increasingly creative tools to crack the concrete of our routine life and to wiggle our love and clarity into the crack. Anything short of this leaves us compromised and restless.

We find ourselves walking a razor's edge. We have realized the ultimate truth in snapshots, that all is perfect as it is. Hopefully, we also have the humility to see that we all have habits of thought that are in constant rebellion with this lucent reality, this living in the now. If we lean too far in one direction, we fall into self-congratulation and delude ourselves that a glimpse of a restaurant will satisfy our hunger. If we lean too far in the other, we get lost in the masochism of endless self-improvement, always creating

new and different character defects to tweak before we can relax. We set up house with the ghosts of our childhood, and live in a war zone of our own imagination.

Right down the middle lies this edge. It requires of us a continual process of meeting with old pain and habits of demarcation, lingering only long enough to feel them deeply, and then returning as fully as we know how, to this, and this, and this, allowing love to flow through us. No one living a translucent life claims to be an expert at this, but many of us now would rather live clumsily in this way than successfully in self-deception. It is a glorious failure.

In the maturing beyond dogma and the rules of tradition, transluents have also grown beyond hierarchy. The traditional setting of one Enlightened One sitting on a raised podium, answering questions from deferential devotees, is being replaced by the sacred circle, where wisdom is everywhere in the room at the same time, where the meeting is eye to eye, heart to heart. Realizing the deepest truth of who we really are may occur on the meditation cushion or in a cave. To discover our potential to live as radiant love and humorous art, requires involvement with other people. Through the alchemy of meeting with others in honesty and trust, we can take our inner wisdom for a test-drive and find out what happens when the rubber meets the road.

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