

Terry Kennedy, LCSW
518 South School Street Ukiah, CA 95482
(707) 467-1362 LIC# LCS 19869

**“THE BASICS”
AN AUDIO/VIDEO BY ADYASHANTI**

The 4 principles in understanding the basics:

- 1. Suffering is caused by identification with egoic (ego) consciousness. (Ego is a myriad of internal voices that are experienced continually by people both "mentally and emotionally".)**
- 2. Ego, itself, is a fiction created in the mind (and emotion) by circular patterns of thinking based on the belief that you are separate from existence, God, happiness, love.**
- 3. Freedom from egoic consciousness comes from awakening to our “true nature” as conscious spirit (holy ghost).**
- 4. Awakened Values: What does awareness, conscious spirit (holy ghost) hold as valuable? What are the values of our awareness or True Nature if we live as true nature or conscious spirit?**

- 1. TRUTHFULNESS (TO BE IN TRUTH)**
- 2. UNITY (CONSCIOUSNESS (GOD) IS ALL ONE)**
- 3. CLARITY**
- 4. FREEDOM**
- 5. GRATITUDE**
- 6. PEACE**
- 7. LOVE**