

Decoding KEY Words from *My Diary Unlocked* (Glossary of Acronyms)

ABC:

AWARE OF **B**EING **C**ONSCIOUS

AFFIRM:

ACKNOWLEDGE **F**ROM A **F**OUNDATION OF **I**NTENTION **R**EALIZED AND **M**ANIFESTED

AWAKE:

ALIVE **W**ITH **A**LL **K**NOWLEDGE **E**VIDENT

AWARE:

AWAKE **W**ITH **A**LL **R**EALITY **E**XPOSED

AWARENESS:

AWAKE **W**ITH **A**LL **R**EALITY **E**XPOSED **N**ATURALLY **E**XPRESSING THE **S**OUL**S**ELF

BAR:

BOUNDARIES, **A**WARENESS, AND **R**ESPONSIBILITY

BEING:

BODY, **E**MOTIONS, **I**MAGINATION, **N**ATURAL SELF, **G**ENIUS MIND

BREATH:

BRIDGE TO **R**ECONNECT YOUR **E**NERGY AND **T**RUST YOUR **H**EART

BREATHE:

BRIDGE TO **R**ECONNECT YOUR **E**NERGY AND **T**RUST YOUR **H**EART **E**SSENCE

CEU:

COMPASSION, **E**MPATHY, AND **U**NDERSTANDING

CHOICE:

CONSTANTLY **H**AVING **O**PTIONS **I**N **C**REATING **E**XPERIENCE

DENIAL:

DECISION TO **E**XCLUDE AND **N**EGLECT **I**NSIGHT, **A**WARENESS AND **L**OVE

DIARY:

DEVOTED **I**NSIGHTS ABOUT THE **R**EAL **Y**OU

EMPATHY:

EMBRACING THIS **M**OMENT OF **P**OWER AND **A**WARENESS TO **T**RULY **H**ONOR **Y**OURSELF AND **O**THERS

FEAR:

FRAGILE EXPERIENCE OF ANXIETY OR REGRET

FEARSELF:

FRAGILE EXPERIENCE OF ANXIETY OR REGRET SEEKING EVIDENCE OF LIMITATIONS FOREVER

GOSSIPING:

GESTURES OF SPREADING STORIES IGNITING PERSONAL INSECURITIES NATIVE TO THE GOSSIPERS

GRACE:

GENUINE RECOGNITION AND ACCEPTANCE OF OUR CONNECTED ESSENCE

GRIEF:

GOING RIGHT INTO THE EMOTIONAL FEELING

HELP:

HEALING ESSENCE OF LOVE'S PRESENCE

LISTEN:

LET IN SILENCE, TOTAL EMPATHY, AND NON-JUDGMENT

KEY:

KNOWING THE ESSENCE OF YOU

ME:

MODELING EMPATHY

NUMB:

NOBODY UNDERSTANDS MY BEING

REACT:

RACE TO EXERT ANY CONCLUSIONS TRIGGERED

REAL:

RAW ESSENCE OF AUTHENTIC LOVE

RESPOND:

REFRAIN AND ENTER A SILENT PAUSE IN ORDER TO NURTURE A DECISION

SOUL:

SOURCE OF UNIVERSAL LIFE

SOULSELF:

SOURCE OF UNIVERSAL LIFE SERVING TO EXTEND LOVE FOREVER

US:

UNITED IN SERVICE