

The Seven Cs grew to eight, the Five Ps once were four
The Six Fs build on trust, with be *Friending* at its core.
If all parts are welcome all letters will be, too.
So let us reconsider the ABCs anew...

The ABC's of SELF ENERGY

Acceptance Awareness Allowing Acknowledging Affection Accord Alignment Awake

Beautiful Bountiful Belonging Basking Beckoning Befriending

Calm Curious Compassionate Confident Courageous Creative Connected Competent Caring Collaborative

Divine Delightful Delicious Dancing

Eternal Effervescent Essence Enlivening Energized Exquisite Everywhere

Forgiving Focused Faithful Fellowship Friendly Fondness Forever

Gracious Grateful Global Generous Goodness Glorious Gentle Godliness

Harmony Heartfelt Holon Heavenly Healing Holistic Honorable

Intuitive Instinctive Inspired Interested Insightful Inclusive

Joyful Joining Just Jewel

Kind

Loving Laughing Lighthearted Luminous Lasting

Magical Mystical Mysterious Majestic Melodious

Natural Nuanced Now Nurturing Nonviolent

Open Optimistic Original Orchestral

Present Patient Perspective Persevering Playful Positive (in) Parts!

Quality Quiet

Radiant Reassuring Respectful Real

Soulful Spirit Sacred Strong Sincere

True Trustworthy Talented Timeless

Uplifting Unburdening Unifying Unity Unique

Valuable Vast

Wondrous Whole Wise

Xcellent :)

Yours

(Present even when you) ZZZZ

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