It stands for:

❖ Create
❖ Read
❖ Update
❖ Delete

These four items are essentially made so that the user can use the product to fulfill a need that that they are simply using the application for. Lets use FB as an example.

- We can "create" a blog post.
- We can "read" content we have already posted.
- We can "update" a post with additional information.
- We can "delete" a post simply, after we post it.

We can also do the same amongst our lives. We can judiciously create meaning in our lives, something positive that can impact ourselves or others or we can create something negative that can be a detriment to ourselves or others. Its important to always remember what we do and how that print of an action stands regardless of the nature or intent of the choice.

We can additionally read the situation and realize when we are meant to do something and analyze how we are going to solve whatever the issue is. Its essential to understand a problem before solving it. By understanding, awareness is the key in which building the foundation occurs.

Updating others and objects can also be seen as a form of communication with yourself, with others, and with the foundational aspect of life. By acknowledging this updating, can be an essential skill we can develop as we move forward in life. Ultimately, we can class this also as efficient communication.

Finally, deleting unnecessary items is like cleaning a room, home, or any space. Its essential to only keep or hold on what is needed as opposed to what is desired. Desire alone can be the foundational aspect that allows us to hold on to things longer than we should. We soon realize after, we essentially no longer need said light in our lives.

Understanding this anagram gives us developers containers, if you will, a space with parameters in which we can hold light. It gives us a template in which we can satisfy the basic needs of the user in any application, and it is through that we can make effective change in our lives as well as others moving forward.

Ultimately if we stop and see us as the user, we can ultimately see, in essence, the advice of treat others as yourself go far in terms of empathetic living for life.