

# THE TED\* LETTER

By David Emerald

February 2006



## Welcome

This monthly newsletter is designed for those who are committed to making the shift from Victim to Creator in their own lives. If you want to continue to receive “The TED\* Letter,” please add this to your address book to avoid spam filters. And, please, feel free to forward this to friends and colleagues who might benefit from it! If you do not want to receive future issues, please scroll down to the bottom and click on unsubscribe – we will promptly remove you from the list. And, as always, “The TED\* Letter” will not share its subscriber list with anyone else.

## An Important Distinction

From time to time, one point of resistance that arises concerning what TED\* has to teach us is the misconception that somehow this way of life denies the reality of victimization. Make no mistake, there are victims in the world – stuff happens! Man’s inhumanity to man is infamous. My friends who make (or made) their homes in New Orleans certainly have suffered at the hurricane hands of Katrina.

However, there is a vital distinction between victimization and Victimhood. Victimization happens when one becomes a Victim because of a Persecutor – be that a person, a condition, or a circumstance. Victimization, then, occurs as a particular situation, which can be short term or lifelong, depending on the experience. Victimhood, on the other hand, refers to a way of being and self-identity. One can be, in reality, a Victim while still refusing to take on the label of Victimhood. It is this self-identity and way of being that we now have the capacity to change, thanks to [The Power of TED\\* \(\\*The Empowerment Dynamic\)](#).

Since the beginning of time, the default orientation of humanity has been that of the Victim. In order to survive in an often hostile and dangerous world, we human beings honed the fight, flight, or freeze reaction to our life experience. While surviving is an accomplishment that deserves to be honored, most of humanity now lives at a level of material wealth where survival is no longer a question. However, surviving is not thriving – spiritually, mentally or emotionally. And surviving is not creating. There must be a better way – and now there is!

But, first, we need to acknowledge that there can be a subtle and powerful seduction to being a powerless Victim. Besides being a great way to elicit pity and assistance from others, the identity of Victimhood leads one to conclude that they are not responsible (i.e. unable to respond) toward what is going on in their life. While they may not have caused their own victimization, those who adopt Victimhood as a way of being abdicate their capacity to choose their response to what happens in their life.

The Victim then becomes the star of the Dreaded Drama Triangle (as TED\* calls it)! In this dramatic role, the



Victim embodies a “Poor Me” persona and proclaims “It’s not my fault!” Victimhood breeds the belief that that the all causes of suffering exist in the outer world and one is powerless to influence what shows up in one’s life. Ultimately, however, it is not a question of “whose fault is it?” The vital questions are, “What do you want?” or “Who do you want to be?” or “How do you choose to respond?” given your situation. By answering these questions we begin to make a life-changing shift.

The [Power of TED\\*](#) offers a new Orientation that is the antidote to the Dreaded Drama Triangle (DDT). By engaging in life as a Creator instead of experiencing life as a Victim, a whole new way of being and responses to life circumstance becomes available.

Making the shift from Victim to Creator can take an instant or many years, but it is worthwhile. The process is achieved one step at a time, each and every day. It requires reviewing and previewing our actions to determine whether we are acting in the role of Creator or Victim. This conscious shift requires daily attention and is not necessarily easy. It is, however, a shift worth making!

In the next issue of the “TED\* Letter” we will explore several inspiring examples of individuals who have experienced situations of victimization but have chosen to respond as Creators.

## Putting TED\* into Practice

All of us have experienced victimization in our lives! Set aside some time to write in a journal or on a pad of paper, those the situations that come to mind in which you have been the victim of a person, condition, or circumstance. One way to make the shift happen from seeing your experience as a Persecutor to accepting it as the Challenger, is to identify and write down at least seven things the situation either taught you or has caused you to learn, grow or develop in order to respond to it. This is the process that Sophia teaches David on page 123 in *The Power of TED\**.

## Calling All TED\* Stories!

As *The Power of TED\** (\*The Empowerment Dynamic) makes its way into the hands of more and more readers, people are beginning to share stories with us of others who have either been impacted by the principles and tools contained in TED\* or who are examples of a Creator responding to life circumstances. We have created the “[TED\\* Stories](#)”, section on the website. Do YOU have a story to share? Please write it up and send it to me: [David@PowerofTED.com](mailto:David@PowerofTED.com) today!

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## Conscious Talk Radio - Tune In!

We are pleased to announce that "The Power of TED\*" will be featured in an interview with Rob Spears and Brenda Michaels on Conscious Talk Radio on Thursday, March 26th between 7-8 AM and 4-5 PM PST. Conscious Talk can be heard on the air in the Seattle area on KKNW 1150 AM and streams live on the Internet at [www.conscioustalk.net](http://www.conscioustalk.net) at the same time. Tell your friends and tune in live!

## Links

[Our website](#) is a growing resource for ideas, information, and sharing. To learn about upcoming workshops, presentations, and book signings, check out our [Events section](#).

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Please let me know what you think of "The TED\* Letter" & including what you'd like to see in future issues and/or how it can be improved! Write me: [David@PowerofTED.com](mailto:David@PowerofTED.com).

Have a great month!

*David Emerald*