



Creators in Challenging Times

"The vicious cycle created by the Victim Orientation and the Dreaded Drama Triangle pulls people into the darkest depths of the human experience and breeds hopelessness. They long for a magical someone or something to race to their rescue. But no matter how much tough luck the human experience dishes out, the Creator Orientation and The Empowerment Dynamic provide a larger perspective... Your life is a kind of learning laboratory where you're constantly experimenting with your capacity to design your life and to choose your response to what happens to you."

From Chapter 9: "Shift Happens"

These are challenging times in which we live

Wherever you are reading this in the world, I am certain that either you or someone close to you is facing economic, professional, social, physical, emotional or spiritual challenges of one sort or another. That is part of the human experience. That said, these *do* seem to be especially difficult times for many of us.

It is easy to feel victimized by such challenges. Many of the forces we face appear not to be of our individual making. As a result, we can feel powerless to directly impact the suffering we experience and/or witness. Hopelessness festers.

One natural reaction is to long for a "magical someone or something" to come to the rescue – be that a political leader, executive management, a friend or a loved one. Or we may go into "overdrive" in an attempt to control the conditions we encounter. Another may be to "numb out" through substances and/or activities that relieve the pain of our predicament.

All of these are ways of reacting that are rooted in – and reinforce – the Victim Orientation and the Dreaded Drama Triangle.



New TED* Teleclass Announced

We are excited to announce the first-ever teleclass version of "Introducing *The Power of TED**" For more information on this 6-week class, which begins on March 17th, visit our seminars page

<http://www.powerofted.com/seminars.html>

THE TED^{*} LETTER

By David Emerald



February 2009

So, **how does a Creator respond to challenging times?** First and foremost, **a Creator sees the situation for what it is – a Deconstructive Challenger.** In *The Power of TED**, Ted describes such challengers as those that often come “unwanted and unwelcome” and, yet, bring with them the opportunity for learning. In order to uncover the lesson, we must dissect or take apart, hence “deconstruct,” the situation.

These challenging times offer us the opportunity to learn, grow and make preparations. During this “winter of our discontent” we are offered the opportunity to put into practice some of the following wisdom passed down through the ages in agrarian cultures:

1. **Slow down** – In challenging times, the tendency is to react by quickening our pace, trying to control our circumstances. But we cannot hold off winter. Creators see challenging times as an opportunity to step back, reflect on the lessons learned from seasons past, make due with that which has been harvested and refurbish or make repairs to that which has become worn. They then let go of the past, while retaining any lessons learned, and turn to face the future and the seasons to come.
2. **Prepare the Soil** – Winter is a time for planning and looking ahead. Like farmers envisioning their fields and the spring planting, Creators clarify their envisioned outcomes and do not let the current circumstances limit the possibilities of the future. The reality may be that creating those outcomes may take longer to manifest or may take different paths than originally envisioned, but this is not a time for compromising vision. Just as farmers rotate crops and experiment with new plantings, our vision may take new and different forms and shapes.
3. **Sow Seeds** – Creators sow seeds by sharing their vision with others and supporting those around them in envisioning their own outcomes. Network with others who have either been successful in the fields in which you envision working and talk with others who share similar interests. Learn from others what they have experienced and learned. Share your experience with others. This is how we become Co-Creators.
4. **See Current Reality Clearly** – Farmers cannot control the weather. As the time for action approaches, they pay careful attention to current conditions and take action when the opportunity presents itself. As Creators, we must “see reality for what it is” and to balance our assessment and discernment between helpful and limiting factors.
5. **Take Baby Steps** – Take action. All of the previous four practices involve taking baby steps. The farmer usually does not plant all their crops at once. They plant different crops

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at different times when the current reality is optimal for taking that step. As Creators, we take baby steps by investing our time, talents and resources in those choices and actions which move in the direction of the outcomes we envision sowing, nurturing and – in time – reaping.

The above steps have been guiding my own process the past few months. I have been taking time to reflect on what's worked and what hasn't. Sharing, applying and reinforcing TED* continues to be a guiding passion and vision. Yet, in discerning the impact of current economic realities on travel and other expenses, offering an alternative to face-to-face seminars emerged as a new "field to plow." Others shared of their experience with technology-based learning and we researched technology providers. Given the current realities of schedules and financial resources, we have committed to taking the baby step of offering our first teleclasses beginning next month. I share this here not to promote the classes themselves, but as a "near and dear" example from my own experience.

These *are* challenging times. And yet it is in seasons such as these that we are called, as Creators, to strengthen our capacity to choose the steps are ours to take, however limited the range of choices may be in this moment.

Many have faced challenges greater than – or, at the least, different from – our own. Some of them have left words of challenge and inspiration. Here are two:

"These are times in which a genius would wish to live. It is not in the still calm of life... that great characters are formed. Great necessities call forth great leaders."

Abigail Adams (1744-1818) in a letter to Thomas Jefferson

"The marvelous richness of human experience would lose something of rewarding joy if there were no limitations to overcome. The hilltop hour would not be half so wonderful if there were no dark valleys to traverse."

Helen Keller; blind and deaf educator (1880-1968)

Spring *will* come – eventually. Let us, as Creators, treat this as a time of winter in which to pause, take stock, and prepare for moving in the direction of the days of growth and harvest that lie ahead.

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Putting TED* into Practice

Identify a dream or envisioned outcome that has been impacted by the challenges of our times. Apply each of the above “practices of winter” to your situation by considering and journaling the following questions:

1. **Slow down** – As you look over your past experience, what has worked or provided forward progress? What hasn't worked the way you thought it would? What lessons have you learned? How can you apply those lessons in moving forward?
2. **Prepare the Soil** – What is your vision for moving forward? Pay close attention to where your sense of purpose and passion comes most alive. How might that vision manifest in new and different ways that you may not have considered up until now?
3. **Sow Seeds** – With whom can you share your vision, purpose and passion? Who shares a similar vision or passion with whom you can “compare notes?” Who has done something like what you envision that you could learn from?
4. **See Current Reality Clearly** – What is going on in your current situation that supports or is helpful in creating your envisioned outcome? What inhibits or limits your current ability to move toward that outcome?
5. **Take Baby Steps** - What is going well that you can continue to leverage? What steps might you take to overcome or eliminate a limiting factor? What other steps might you take that are within your current capacity to undertake?

TED* Sightings

This new section will feature links to people and places where TED* is showing up on the internet and in the world.

This month features a video on YouTube by Brian Johnson, chief philosopher and founder of PhilosophersNotes, on the technique of mind-mapping, a great tool for brainstorming and planning as a Creator. Watch and listen as Brian uses *The Power of TED** as the subject of his mind-map. ([click here to listen](#)). Thanks, Brian!



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David Emerald