

# THE TED\* LETTER

By David Emerald

January 2006



## Welcome

This is the first issue of “The TED\* Letter” – and how fitting at the start of a New Year! 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.

## What IS the Power of TED\*™?

*The Power of TED\* (\*The Empowerment Dynamic)* is more than a book. It is a way of thinking; a way of acting; a way of being in the world. TED\* is a Challenger to the prevailing perspective most of us have as we look around and try to make sense of who we are and how we are to handle all the trials and triumphs served up by our daily lives. Thoreau said it well: “Most men lead lives of quiet desperation and go to the grave with the song still in them,” TED\* helps dissolve the desperation and bring the song back into our lives.

I first met TED\* a few years ago during a period in which I could have served as Thoreau’s poster child. After a number of devastating losses, I was deeply entrenched in looking at my life through the eyes of a Victim (though I was not consciously aware of it at the time). My dreams had died. I’d awake each morning to the question, “why me?” Each day was a test of endurance. My gut gurgled with the fear that life as I knew it was over. Purpose and meaning seemed to elude my grasp. I did a wise thing, though, by seeking out a counselor to help sort through all that was swirling in my mind, heart, and soul.

The therapist helped me see that I was not alone in my perspective. Indeed, since time immemorial, the default orientation of humanity has been that of the Victim. Driven by the fear and anxiety attending survival needs and instincts, we human beings have honed the “fight, flight, or freeze” reaction to our life experience. While surviving IS an accomplishment that needs to be honored, most (but not all) of humanity 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.

But, I am getting ahead of myself....

During that time, my therapist also introduced me to the Karpman Drama Triangle, which TED\* calls the DDT (Dreaded Drama Triangle). Stephen Karpman, MD, observed that most human dynamics involve three roles – that of Victim; Persecutor (or Perpetrator); and Rescuer. All three of these roles were way too familiar to me – and I was sick and tired of bouncing around within their dynamic interplay in my relationships with myself, others and my life. I deeply desired to escape the drama!

One fateful morning I sat in silence, engaged in my almost-daily “quiet time” of reflection and contemplation. In

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that space and ready to surrender my victimhood, I turned within to God/Spirit and asked: “What is the opposite of Victim?” The response was immediate and clear: “The opposite of Victim is Creator.” I was stunned, and began to ponder the implications. Over time, that insight opened me to meeting TED\*, learning about \*The Empowerment Dynamic and embracing a Creator Orientation.

By engaging in life from a Creator Orientation, a whole new set of alternative roles has emerged that have broad implications for living more effectively and with much greater fulfillment. Creator, Challenger, and Coach are the antidotes to the toxic interplay of the Victim, Persecutor and Rescuer. TED\* challenges us to move into these roles and makes possible a life of purpose, power, and compassion.

So, what is the Power of TED\*? More than anything, I think, the real power of TED\* is the *power of hope*. Hope that the song still lives in each of us. Hope that we can reclaim our voice. Hope that there is a more effective and fulfilling way to lead our lives. Hope that merely surviving and living in quiet desperation is not the ultimate end of our human experience.

In future issues of “The TED\* Letter,” I will be sharing more of my experience in applying TED\* in my own life and, perhaps, ways in which I see the shift from Victim to Creator playing out in the world. More importantly, I will also be passing on the insights from others who share their journey with TED\* through the community that is evolving in and through our website: [www.PowerofTED.com](http://www.PowerofTED.com).

Please become part of the community and add your voice! If you have a “[TED\\* Story](#)”, please share it!

## Putting TED\* into Practice

The New Year is a perfect time to start a journal! Begin by reflecting on the ways in which you have defined yourself as Victim. What are the aspects of your life in which you have thought “Poor Me!”? Write those down. Now, commit to releasing this perspective and turn to face the New Year – and your New Life – from a Creator Orientation.

If you could have, do, or be anything in the coming year, what would you envision? Dare to dream! Write your dreams down in your journal. Then make it a practice to use the process outlined on pages 115-116 of **The Power of TED\***, each day taking a Baby Step toward bringing your dreams into being in your life. That is the way of a Creator!

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## Special Offers

*The Power of TED\** (\*The Empowerment Dynamic) is currently available only through [Amazon.com](http://Amazon.com) and the [PowerofTED website](http://PowerofTED.com). An autographed copy and volume discounts are available through the website!

## Links

[Our website](http://PowerofTED.com) 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*