

THE TED* LETTER

By David Emerald

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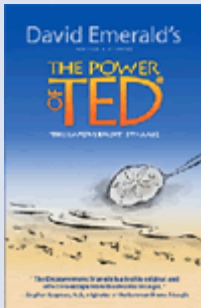


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What People are Saying about TED*:

"Powerful and timely message in (the February) issue of TED*. I am in awe of the gift that your work extends to a world crying out for relief from fear and scarcity. May you be blessed with a significant increase in global awareness about this beautiful gift you have to offer a world starving for its wisdom." " Love, Jim A.

"I read your book as soon as it arrived and so appreciated your story. It is dynamic and such a profound approach to life. For the next few days, I observed my interactions with friends and my husband... How empowering to have this tool!" Judy M.

Holding Dynamic Tension

"The way you create any outcome in your life is to hold the vision of your deepest desires. At the same time, though, you must honestly and accurately assess your current situation and how it relates to your greater vision. By doing this, you engage a tension between what is and what can be. This tension is the primary creative force behind the manifestation of any outcome. It's as natural and powerful as the force of gravity."

From Chapter 7: "Dynamic Tension" ([The Power of TED* - Revised & Updated](#))

We humans don't like tension - unless we are at a sporting event or a movie, in which case we know that the tension will be resolved by the end. But the capacity to engage, hold and utilize tension is a critical capability of a Creator.

When tension does arise, we often look to resolve and rid ourselves of the uneasy feelings that arise. The anxiety we experience can easily result in our reacting to make the tension go away. From a Victim Orientation, we will react from the Victim perspective within the Dreaded Drama Triangle and begin to seek - consciously or unconsciously - relief. We will grope about for a Rescuer to release us from the grip of the Persecuting tension.

To suggest that we must learn to hold the tension as a Creator flies in the face of this most human of responses. And it is definitely "counter-cultural" in our day-and-age of quick fix, fast pain relief, and quest for a life of smooth sailing.

Yet, we are called to learn the process of harnessing and holding the Dynamic Tension in service to creating envisioned outcomes. In *The Power of TED**, the tension we consciously and purposefully engage arises in the gap between what we want (Vision/Outcome) and the honest discernment of our current conditions (Current Reality).

Educator Parker Palmer refers to this as the gap between reality and possibility. Parker, often referred to as the "teacher's teacher" and founder of the [Center for Courage & Renewal](#), recently appeared as a guest on [Bill Moyer's Journal](#) and raised a most important question: "what happens when we don't learn to hold the tension between what is and what we know to be possible?"

He went on to observe:

"What happens when we don't learn to hold the tension between what is and what we know to be possible - the reality and the possibility - is that we flip out on one side or the other. Flip out into too much reality, and you get what I call corrosive cynicism... When you flip out into too much

"I absolutely love and deeply appreciate this little gem of a book. It shares such a powerful and empowering message, with a loving, gentle, concise flow that keeps you wanting to learn more and more.

Thank you."
Erica B.

"The Empowerment Triangle is a highly original and effective escape from the Drama Triangle."
Stephen Karpman, M.D., originator of the Karpman Drama Triangle

"When practical advice meets profound, yet simple, explanations for human behavior, we can learn, change, and grow. The Power of TED* does just this, and beautifully."
Annie McKee
Founder, Teleos Leadership Institute and co author *Becoming a Resonant Leader*, *Resonant Leadership*, and *Primal Leadership*

"Conscious relationships begin with conscious individuals. Being a Creator in one's own life is the heart and soul of The Power of TED*. This powerful little book points the way toward a hugely fulfilling life of empowering relationships - at work, at home, in the whole of your life."
Gay Hendricks, Ph.D. and Kathlyn Hendricks, Ph.D.
Authors of *Conscious Loving* (among many books) and co-founders of The Hendricks Institute

"Knowing the characteristics of the Dreaded Drama Triangle (DDT) and its creative alternative, The Empowerment Dynamic (TED*) is remarkably transformative. It's impossible for me to overstate my enthusiasm for this book!"
Brian Johnson
Founder of PhilosophersNotes & Zadz/Gaia.com

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possibility you get irrelevant idealism. (This) sounds very different from corrosive cynicism, but both have the same function in our lives - both take us out of the action...

I think irrelevant idealism that is not held in tension with what's really going on on the ground eventually just disappoints and drops people off the wagon... because nothing changes... If you don't have a capacity to hold the tension in your heart between reality and possibility, then you are just going to give up eventually...

I don't think, in this culture, we teach very much - or have much formation - around the holding of these great tensions, which is so critical to our lives."

So how do we hold and, eventually, resolve such tension? Through discerning and taking Baby Steps.

As we engage the tension between possibility (Vision) and reality (Current Reality), the first step is to tell the truth about the current reality - seeing it for what it is and in its fullness. We identify and affirm those aspects of current reality that support or are helpful in creating the envisioned outcome. In turn, we also identify and acknowledge those aspects that currently inhibit making progress toward to outcome - be they problems or obstacles.

As we hold this Dynamic Tension between vision and current reality, we explore alternative actions - possible Baby Steps - we might take:

- to keep focusing on and leveraging what supports us;
- to stop doing what is within our control that thwarts our efforts (like the self-talk that intones "it's not possible");
- to change or do differently something that currently exists that will further our progress; and/or
- to start doing or attending to aspects of the vision that we have not been focusing upon.

From these alternatives, we then select and commit to a few "baby step" actions which will begin to resolve the tension by progressing from current reality toward the envisioned outcome.

By learning to harness and hold the Dynamic Tension between envisioned outcomes and current realities - and then discerning and taking baby steps - we will grow in our capacity as a Creator in our personal and professional lives.

Putting TED* into Practice

Harness and hold Dynamic Tension by applying the following process to one of your envisioned outcomes:

1. State the Vision - State it using "present tense" language (i.e. "I am..." "We are..."). How would words would you use to describe characteristics, qualities and/or elements of your vision to others?
2. Assess Current Reality - This needs to be honest and



objective, as it thwarts the creative process to deny, minimize, or in any way explain away current reality. What currently exists that Supports the outcome? What is going on that Inhibits progress? Aspects of currently reality that you may want to consider include behaviors; objective facts (i.e. time, money, age, etc.); and/or feelings.

3. Discern Possible Actions - Brainstorm alternatives by asking: what might I/we KEEP doing; STOP doing; CHANGE or do differently; and START doing?
4. Commit to 1-3 Baby Steps - These need to be both actionable and steps that are yours to take. This could include things like having a particular conversation; conducting research; writing an email or letter... anything that furthers action toward the envisioned outcome.

TED* Sightings

This section features links to people and places where TED* is showing up on the internet and in the world. This month features two sightings:

- Chelsea Kouns attended an "Introducing *The Power of TED**" seminar in Richmond, VA last October. Inspired by her experience and exploration, she embarked on an experiment captured on [her blog](#). Chelsea is now working with [Imagine Learning](#), which is an organization which is seeking to answer the question: "How do we educate young people to thrive in a world of possibility?"
- David Daidan [posted a picture](#) that includes *The Power of TED** as part of his "French Night In" on Facebook. He is giving his guests copies of TED*!

Thanks Chelsea and David - to the Creator in you!

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Have a Great Month!

David Emerald

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