

THE TED* LETTER™

By David Emerald

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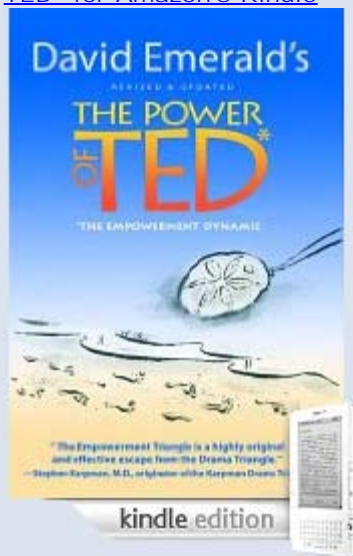
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[\(See the printer friendly pdf on the Power of TED* Website. - available within 24 hours of this email.\)](#)

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Gratitude and a Letter from Prison

"I closed my eyes and offered a prayer of gratitude. I had found a wise friend, and now I had the time to consider our conversation, maybe even start putting it all to good use... I felt calm, at peace."

From Chapter 5 "Another Friend" ([The Power of TED*](#))

November is the month in which we, in the United States, declare and celebrate "Thanksgiving Day." It grows out of the tradition, found in many cultures, of expressing gratitude for the harvest that has resulted from the sowing of seeds in spring and the growth during summer.

This is also a time to more generally pause and reflect on all that we have to be grateful for - which is an important practice as a Creator regardless of the season and one's culture.

Over the years in which I have been blessed to offer TED* (*The Empowerment Dynamic), I have been deeply touched by the expressions of gratitude from others about how TED* has contributed to their lives.

One such individual is Ron, a federal prisoner with whom I have corresponded off-and-on for nearly three years. During that time, he has been an inspiration to me and a source of great gratitude. At one point Ron designed and taught several times to fellow inmates a 10-week course on *The Power of TED** before being transferred to a new facility.

This past week, I received another letter from Ron that was so moving that - with his permission - I offer as the Thanksgiving "TED* Letter:"

"My mother sends your newsletters to me. Sometimes when they arrive it seems... like it was scripted. I can apply the information immediately to a situation..."

Every day in here there is a constant reminder of the power or, better put, 'loss of power,' that is the Drama Triangle. The roles are played through a vast array of situations feeding in a perpetual cycle of unhappiness and despair. Whether the beast is in the open or remains in the peripheral, it thrives!

In here it is amazing that people will not take the relief that TED offers! It seems they live in the DDT (Dreaded Drama Triangle) and think that is how life is supposed to be. Quite the contrary for me...

The blame that is put on the 'ever elusive goblin' (AKA the system) is incredible. People don't want to take responsibility for their actions, or their lives for that matter! Do you know how many times I have heard, 'I am a product of my environment' or 'I

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What People are Saying about TED*:

The following are statements that have been shared on Facebook:

"I became acquainted with The Power of TED* during a series of online courses leading to a certificate in leadership/management from the University of Notre Dame. TED* has become an integral part of my life. As a manager of a large automotive service department we tap into power of TED* every day, both in our relationships with each other and with our customers.

At home, The Empowerment Dynamic has brought much harmony and balance. We also used the book as a center piece for a Mission Trip this summer with 62 high school students in our youth group. It was amazing to hear the teens sharing their discovery with the congregation upon their return. The Power of TED* has been truly life changing. I am grateful

had a hard life, society owes me.'

I cringe every time I think, 'Hey, that was me." I am not sure how you felt when TED took hold, but I can tell you this, for me 'the sky is more blue, the sun rays are a marvel to behold, prison food tastes like gourmet, and even in my six by nine cells, I am free!' I would not change anything! To live my life the way I did prior to TED was not to live at all! I would rather stay in here with TED than be released to the jaws of the DDT.

Another thing I've learned - prison is not limited to institutions, because I was imprisoned long before I came there! I am so glad of the unique circumstances that brought TED into my life. Quick recap: I read a book called Codependent No More and there was a line about Mr. Karpman. So I asked my mom to look him up and she sent me TED. I guess the rest is history... and the future! ?

I am still working on getting a class sanctioned here. It is a challenge, but no challenge is too great with TED in your corner, and always know TED is here in the pits."

Your friend,
Ron

Ron is, indeed, a Creator who reminds us so eloquently that we have the capacity to choose our response to our circumstances. Rather than be imprisoned by the DDT situations in our lives, we can respond to life as a Creator and reclaim our freedom to be at choice.

For Ron's reminder, I am deeply grateful! Happy Thanksgiving!

Putting TED* into Practice

Take the next 30 minutes to list all of the people, experiences, and things in your life for which you are grateful.



TED* Sightings

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

- [Seattle Seminar](#): "Discovering The Empowerment Dynamic" 1-day seminar will take place January 8, 2010! [For more information click here.](#)
- HOLIDAY SPECIAL! [Save 30% on e-books through Smashwords! Promotional price: \\$6.99; Coupon Code: AZ25D; Expires: December 31, 2009](#)
- **The Power of TED*** Now Available On-Line around the World - A search has turned up the fact that TED* is available on a number of Amazon and other websites (in English only). The one caveat is that a search for "The Power of TED" does not

beyond words. ”
J.H.

“ Our almost 4-year old granddaughter... loves TED*. She discovered it on the counter a few weeks ago and now it's her favorite bedtime book when she spends the night at our house. We look through the book until she finds one of the sketches and then she begins to tell the story of who is sitting on those benches and what they are doing/saying and who created the footprints and walking stick (almost always family members). She gets most excited when we get to the triangle pages because she knows the letters and then makes up special words to go with them. What a delight! ”
C.W.S.

“ Thanks for such an insightful book. I became engrossed in the Power of Ted in just a few short pages and couldn't put it down. It was a learning and liberating experience for me. It revealed the patterns of behavior we live with without our conscious acceptance. We become victims of the DDT and trapped in the triangle. It helped me to recognize that I was in the triangle and then showed how to make the changes needed to exit the triangle. I hope this valuable book will touch millions of people and help them to be Empowered. ”
J.A.

“ Since I've been aware of TED, it's been fundamental in my journey away from victimhood and towards empowerment. Some of my baby steps forward seem like I'm doing the moonwalk instead, especially during these recessionary times, but I look back and find I've come a long way when I travel the path I create. Gotta go [subscribe to your blog.](#) ”
J.R.

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David Emerald

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