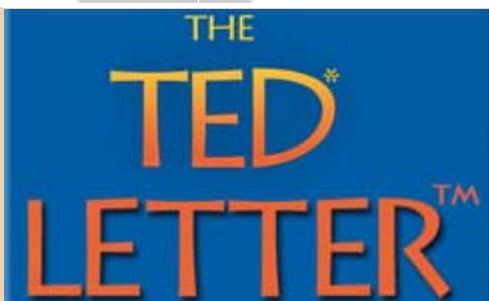


Debbie Hulbert

**From:** David Emerald [david@powerofted.ccsend.com] on behalf of David Emerald [david@powerofted.com]  
**Sent:** Wednesday, November 30, 2011 1:36 PM  
**To:** debbie@powerofted.com  
**Subject:** Gratitude and a Letter From Prison - The TED\* Letter - November 2011

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By David Emerald

November 2011

## In This Issue

- Gratitude and a Letter from Prison
- Putting it Into Practice
- 2011 Power of TED\* Workshops

### The TED\* "Practically Perfect" Holiday Sale

Our challenge is we have books with a minor cosmetic flaw. This creates an opportunity for you to buy **The Power of TED\*** at a discount price.

Share TED\* with everyone on your holiday list! **Order today!**

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### TED\* for Coaches Webinar:

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### Applications Now Open for April, 2012 TED\* Practitioners

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

This TED\* Letter is a reprise of the November, 2009 issue. I have chosen to reprint it as an example of how we can find gratitude in even the most challenging of circumstances - even in prison. It has been five years now since I first started corresponding with my friend Ron. He continues to be an inspiration and **Creator**, as he has developed a new form of yoga that he teaches in his prison - and has just begun his 4th class on TED\*, for which he has developed incredible materials.

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.

**Program.** [Read more here.](#)

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"I am the Superintendent of a school district...and I have purchased the book for the School Board Members and my staff for Christmas...I truly loved the book and it is the first book my husband and I have a discussion about. He only has time to read it on the weekends. We had company last weekend and this morning he said, 'I can't wait to get back to TED\*. I feel good when I read it. Great book!'"

**L.M. via email**

"In June of 2012 our youth group will be traveling to Illinois to work on making some of the residents' homes cleaner, safer and dryer. I hope to be using The Power of TED\* as the theme for our evening gathered sessions. The Power of TED\* has proven to be a valuable tool for our young people and their mentors. As I practice TED\* on a daily basis, I remain ever grateful for this powerful life changing book."

**J.H. via email**

"Changing old habits or old roles is not easy, as they say in the book, but at least they give you a door for you to walk through to a new way of working everyday relationships. What's even better is that the book has bits of wisdom intermingled through out. The couple of pages (127-130) on forgiveness were a real gem. I will never be able to resell this book. It has too many notes, underlines and dog-eared pages. Need I say this is a keeper?"

**"Bucks Bibliophile" via Amazon.com Book Reviews**

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**Become a TED\* Fan on Facebook**

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 **(Karpman) 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 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!"

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!

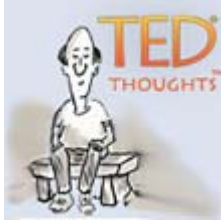
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### Putting it Into Practice

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

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**Announcing the next "TED\* for Coaches" Webinar!  
Begins January 19, 2012\***



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**H.R. via email**

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This webinar series is designed specifically for coaches, whether you are an independent coach, a coach within an organization or a team leader. This six-session series will be facilitated by Donna Zajonc, PCC (Director of **Coaching and Practitioner Services** for The Power of TED\*) and Barb McAllister, PCC (an independent coach and **TED\* Practitioner**). [Click here for more information](#) or [register](#) online.

**Applications Now Open for April 15-18, 2012 TED\* Practitioners Program**

The **TED\* Practitioner Program** draws a committed group of individuals from throughout the United States and the world, forming a community-of-practice of professionals who are committed to making TED\* (\*The Empowerment Dynamic) a key component in the services they provide to their clients. [For more information, click here](#) .

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**The spread of TED\* continues!** If you would like to have David Emerald speak or to sponsor a TED\* workshop in your community, [contact us](#).

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To the Creator in you!

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