



# THE TED\* LETTER™



By David Emerald

April 2011

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## LAST CALL for these TED\* Workshops:

- [May 5<sup>th</sup> in the UK](#)
- [May 25<sup>th</sup> at Boulder Integral](#)

## What's New?

Meet Donna Zajonc, PCC, director of coaching and practitioner services. [View Donna's new video.](#)

Follow us on 

*"I have to say, as the daughter of an alcoholic father... The Power of TED\* really helped me as well. I had not heard of the Drama Triangle before reading this book. It helped me recognize the toxic nature of the drama triangle roles (and how often I played them) but most importantly, it clearly illustrated simple baby steps that I could take every day to change my life by "choosing" my reactions (instead of simply "reacting"). I cannot recommend this book highly enough!!! The TED\* triangle really illustrates how to get into the "functional" triangle..."*

Anonymous post on [Adult Children of Alcoholics \(ACOA\) Blog](#)

*"This is a book I believe you will return to often. It's a great gift for someone who needs a nudge out of being a victim,*

## Dancing with Anxiety

"It's important to remember that anxiety and even fear are part of the human experience, and that these unpleasant emotional states very often raise their heads when we begin working creatively with Dynamic Tension. It helps to be aware that anxiety is part of the experience of manifesting. Anxiety has positive aspects, such as excitement and exhilaration, but it can also arise in ways that limit your effectiveness. In other words, you can have your anxiety but don't let your anxiety have you!"

From the Chapter 7 ("Dynamic Tension") of [The Power of TED\\*](#)

Creating outcomes in our lives is not anxiety-free.

Years ago, a participant in a workshop that applied the [Problem \(Victim\) Orientation](#) and [Outcome \(Creator\) Orientation](#) to the field of addictions and recovery, exclaimed: "Serenity is not a tensionless state - and I want to learn to dance with the anxiety!" We had been exploring the application of [Robert Fritz's](#) "structural tension" model to the idea of creating recovery with people recovering from addictions...

Learning to dance with the anxiety that often comes while creating is a vital discipline for any Creator.

Recall a time in your life in which you created an outcome that you felt passionate about. It could be at work, at home, learning a new skill, etc. When you were in the process of going after your vision, did you encounter anxiety along the way?

Of course! Looking back over my own experience, some of my most satisfying accomplishments were accompanied by some of the highest anxiety (for instance, the writing and publishing of *The Power of TED\**).

Anxiety as an aspect of creating came up recently in a webinar with our [TED\\* Practitioners](#). We were exploring the creating process of harnessing Dynamic Tension and how anxiety often is felt as we hold the tension between what we want (the envisioned outcome) and what we have (our current reality).

Most of the time, when we think of anxiety it is assumed to be feared-based. Since anxiety is the emotional "inner state" of the Victim Orientation, it is all-too-easy to react in ways to deny, minimize or to make those feelings go away.

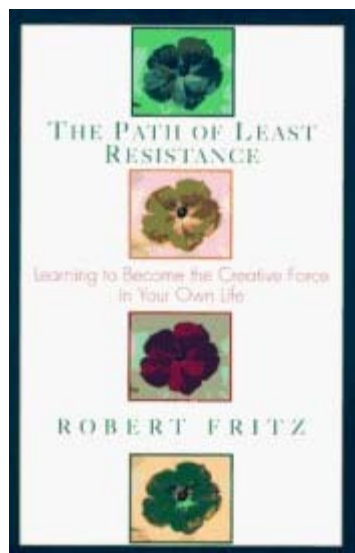
To provide an alternative way to deal with anxiety, it is important to recall

*especially if that someone is you! It offers a sweet awakening. This story and its message is simple, clear, and memorable.*

*If you are ready to break free of the "drama triangle" and hang up co-dependency once and for all, give The Power of TED\* a read... This little book is a protein packed morsel for those hungry for peace and aware of the calling for a feminine model of empowerment and balance (Yin-Powerment)."* ["Offerings" Blog](#)

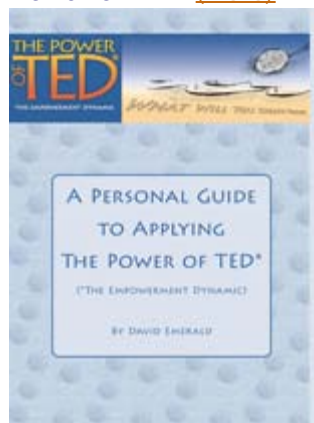
## Recommended Reading:

*The Path of Least Resistance*  
by Robert Fritz



Click the cover to order online from Amazon.com

## **A Personal Guide to Applying The Power of TED\*** [\(more\)](#)



We are pleased to announce that The Power of TED\* is now available as an e-book!

the FISBE mental model that frames both the Victim and Creator orientations: our Focus, engages an Inner State, which then drives BEhavior. In the Victim Orientation we focus on problems, which engage the fear-based anxiety that drives reactive behavior. When we adopt a Creator Orientation, we focus on envisioned outcomes, which taps the passion that provides the energy to take baby steps in service to creating.

From a Creator Orientation we can actually befriend the anxiety we experience when creating outcomes, which we can then channel into passion-based (rather than fear-based) emotional energy. That is the dance.

During the webinar, TED\* Practitioner and principal, [Bert Parlee, PhD](#), referenced an [article from "Fast Company"](#) featuring an interview with philosopher and corporate consultant [Peter Koestenbaum](#) (who I had the good fortune to sit with in a global leadership program just a couple months ago). At the end of the article, entitled "Do You Have the Will to Lead?" the author summarizes Koestenbaum's positive perspective on anxiety:

- Anxiety generates knowledge - "Anxiety tips us off to the existence of our freedom: It reminds us of our huge responsibility to choose who we are and to define our world."
- Anxiety leads to action - "It is the experience of thought becoming action, reflection becoming behavior, and theory becoming practice. Anxiety is pure energy."
- Anxiety makes you a grown-up - "Anxiety is the experience of growth itself... Anxiety that is denied makes us ill; anxiety that is fully confronted and fully lived through converts itself into joy, security, strength, centeredness, and character."

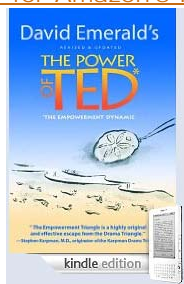
With this reframe of anxiety from being merely relegated to the fear-based emotion of reactivity to that of a "dance partner" in living fully as a Creator, we can acknowledge, befriend and move forward in the face of anxiety, [harnessing Dynamic Tension](#) in creating empowered outcomes.

## Putting it 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..."). What 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. (This is also where you may discern anxiety being present!)
3. Discern Possible Actions - Brainstorm alternatives by asking:

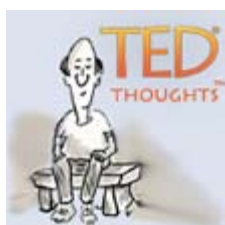
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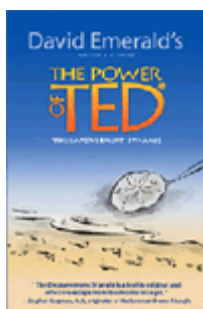


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Recent Blogs:

- [Creating a Healthy Earth](#)
- [Seeing the Other as a Creator](#)
- [Reactive Strategies](#)
- [Victim vs Creator \(a Philosopher's Note\)](#)
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"Thank you for writing this wonderful book! My copy is

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.

**2011 Power of TED\* Public Workshops**

We are excited to announce the following TED\* workshops that have recently been scheduled and confirmed for 2011:

May 5th in Milton Keynes, UK (just North of London): Create Inspired Outcomes in Your Work & Life with 'The Power of TED\* (\*The Empowerment Dynamic)' -David Emerald and co-sponsor The Harmony Partnership in this first-ever offering of TED\* in the UK. [Click here for more information.](#)

May 25th in Boulder, Colorado: An Integral Introduction to The Power of TED\* - David Emerald and Bert Parlee, PhD will offer this special one-day introduction to TED\* with an added Integral perspective, hosted by Boulder Integral Center. [Click here for more information and to register](#)

November 27th - December 2nd at Esalen (Big Sur, California): The Empowerment Dynamic: An Integral Experiential Exploration - David Emerald and Bert Parlee, PhD facilitate a deep, deep dive into TED\* in a most amazing venue. [Click here for more information & here to register](#)

The spread of TED\* continues! If you would like to sponsor a TED\* workshop in your community, contact us: [DEmerald@powerofTED.com](mailto:DEmerald@powerofTED.com).

**Next TED\* Practitioners Program: October 3-5, 2011**

After another successful and full program, we are pleased to announce the next offering. If you are interested in applying to become a TED\* Practitioner, go here for more information.

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To the Creator in you!

*David Emerald*

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The Power of TED\* | 321 High School Road | Suite D3 #295 | Bainbridge Island | WA | 98110