

# THE TED\* LETTER

By David Emerald



Thanksgiving 2008

## TED\* Stories of Gratitude and Thanksgiving

This week we celebrate Thanksgiving Day on Thursday in the United States (it was celebrated in Canada on October 13th). This North American holiday is a special time for pausing and expressing gratitude for the harvest from the summer growing season. In that spirit, this special edition of the "TED\* Letter" encourages you to pause, reflect on your own growth and to give thanks.


One of the great blessings of the work of TED\* is hearing from people who have been touched by three ways of thinking, being and taking action that make up The Empowerment Dynamic. Below are the emails received in the last month that express growth and gratitude:

I have found *The Power of TED\** to be transformational personally and professionally. One example of how I use *The Power of TED\** is in career coaching. What I have found is that when my clients grasp the concept of Creator, they actually create jobs where none existed. One of my clients comes to mind. This client (I'll call him Jim – not his real name) came to me in a pretty desperate state. He is the sole provider as his wife stays home with their young children. Jim was told by his employer that he would most likely be let go in the next round of layoffs. I worked with him to get clear on his strengths, values, and passions, meanwhile introducing him to the concept of moving from Victim to Creator. Long story short, Jim targeted a company whose values aligned with his and created a plan to show them why they needed him and what he could do for their business. Through his networking efforts (he told me he was a terrible networker), he found someone in the company and presented his plan. He started working there a month ago & created the perfect job for himself! Jim is an excellent example of moving from Victim to Creator and using his boss as a Challenger instead of a Persecutor.

Many blessings...

D. C.

Before any harvest there must be the sowing of seeds as well as attending to the nurturing of the manifestation during the summer season of growth and maturation. D.C.'s client began by clarifying and planting the seed of intention by envisioning his outcome; took the baby steps of networking – even in the face of not knowing how; and cultivated the full flowering of the seeds he had sown.



### Join TED\* in Toronto on December 3rd!

The first Canadian offering of "Introducing The Power of TED\*" seminar will take place on Wednesday, December 3rd. This premier experience is being co-sponsored by Delisle Youth Services and ABI Possibilities. For more information, [click here](#).

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2008 has been a year of great challenges and incredible miracles. We negotiated the trials from a son's battle with immeasurable sorrow, (now in school, strong and stable); our family home near foreclosure (now being re-written by lenders, we will stay); fighting bankruptcy (now a 14 month plan to be debt free); my brother's esophageal level 4 cancer death sentence (to living with us through 126 doses of radiation with 12 weeks of chemo, keeping his hair, not needing a feeding tube, and having the cancer gone by Mayo surgery date – and cancer free today!) and my depression at bay today and for many days to come.

My EAP counselor "P." showed me the prevalence of DDT and taught me to re-program to The Empowerment Dynamic.

Thanks to my MSW "P." and the fundamentals of The Empowerment Dynamic, I feel healthy and enriched. God, Spirit or Life has given us all we needed, more than we hoped for and a little bit more.

F. G.

As I expressed in response to F.G., the following quote from The Power of TED\* comes to mind; "What determines our destiny is not the hand we are dealt, but how we play the hand." F.G. was dealt a lousy hand filled with many challenges. Even through a stormy season of growth, F.G. has played the hand as a true Creator!

My daughter gave me your book some time back... I sat down one afternoon and read the whole thing. Next I ordered one for my son, made my husband read it. I told everyone near me what a profound book it was. Somewhat of a philosopher myself, self-realization is a path. Your vision was a clear path that made every human interaction an opportunity to move forward...

My copy of your book sits on the nightstand of our spare room for family and guests to pick up. Saturday I picked it up and started to reread it. It was again inspirational. I wanted to share your vision with all the women I know that come from a place of victim.

My desire to help a friend led me to give my signed copy to her with a request that she read the first 25 pages in the next 24hrs. I told her it would transform her life. While I was thinking about ordering I thought of others suffering - my assistant is struggling with her husband, my friend is struggling with his wife, a client in a betrayal - etc, etc.

I felt I could offer your book to them anonymously and it would bring comfort to me knowing they could be creators instead of victims...

Godspeed.

K.M.

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Thanksgiving Day is about sharing the harvest. K.M. is sharing the bounty of her own growth and insight with family and friends.

May these three stories serve as reminders of your own growth and bounty during this time of Thanksgiving. Take the time to pause and express your gratitude.

Invitation: If you have a story of how TED\* has contributed to the growth of you and/or someone close to you, please send me an email. We would like to share your story of inspiration with others in the TED\* Stories section of the website.

## Putting TED\* into Practice

Take a few minutes – right now – to reflect over the past year of your life. How have you grown and matured? What were the conditions that contributed to that growth? What challenges did you face and overcome? Who has contributed to the “bounty” of your growth? Take the time during this week to write them and email or send them a card and a note expressing your gratitude and Thanksgiving.

## The Spread of TED\*

The end of the year is rapidly approaching. Stayed tuned for a new calendar of public seminars to take place in 2009! The following are some of the private and public offerings of TED\*:

**December 2:** (Private) “**The Power of TED\* (The Empowerment Dynamic): A New Paradigm for Creating Resourceful Interpersonal Dynamics**”; Toronto, Ontario, CA; Toronto East General Hospital

**December 3:** (Public) “**Introducing The Power of TED\***”; Toronto, Ontario, CA; Hincks-Dellcrest Institute (co-sponsored by ABI Possibilities and Delisle Youth Services); 9:00 – 4:00

**February 29, 2009:** (Private) Keynote and seminar for the annual alumni conference of Georgetown University’s Leadership Coaching Program.

If you are actively using or participating in TED\* related processes, please let us know by emailing me:

[David@PowerofTED.com](mailto:David@PowerofTED.com)

To learn about upcoming events, visit [www.powerofted.com](http://www.powerofted.com) for the latest developments.

If you would like to schedule a TED\* Event for your organization or community, [please contact me!](#)

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*David Emerald*