

## [Book Journeys](#) Author Interview - May 17, 2012

**Dr. Angela Lauria with transformation coach Ted Karam, author of *Jumping on Water, Awaken Your Joy - Empower Your Life*.**

*"I believe that we are spiritual beings having a human experience." ~Ted Karam*

### **Angela:**

Well hello and welcome back to Book Journeys Radio! This is Angela Lauria from Journey Grrl Publishing, and every week on Book Journeys Radio, we talk to non-fiction authors about their experience writing their first book.

On today's episode we have Ted Karam, he is a transformation coach and he wrote a book called "Jumping on Water," which is a fantastic title that makes me wanna know more about it. Ted, why don't you tell us—welcome to the call, and why don't you tell us a little bit about "Jumping on Water", and about yourself?

### **Ted:**

Thank you Angela. Thanks. It's a pleasure to be here with you, and, yeah, "Jumping on Water," it's an interesting title. My eight-year-old son came up with it years ago.  
*[Chuckles]*

You know, I've been involved with counseling and coaching for quite a long time, and for those of you that are writing books, certainly anything that you are passionate about, anything you have a lot of interest in and wanna share—that's what this book is all about. I was doing a lot of coaching, and a lot of counseling, and people would ask; "Would you have that little process?" or "Have that little technique?" and I didn't! I said, "I'll write it down and I'll email it to you." It eventually worked its way to all this collection of little exercises and tools for transformation that worked itself into a book.

Jumping on Water is all about doing what you may think is impossible in your life, like walking on water, flying—these are impossible, but a lot of times, what also seems impossible is just the simplest things, like being happy, being in joy, feeling empowered, being creative—everyone on the call today is writing a book, right? Staying in that creative zone, being in that inspiration independent of what's going on in the world around you. Independent of conditions in your life because you're tuned in, you're turned on, you're tapped in—to your very center—that very part of you where that inspiration comes from. That's what we wrote about, we showed a lot of different exercises and little processes, little games to do with yourself, to keep you inspired, to keep you in that place of power where your joy is, where your inspiration lies.

**Angela:**

Well that is awesome, and I love a couple of things that you talked about that I wanna highlight in case people missed them. One is that you've identified techniques that are yours, and what I always tell writers is: There is a way you do the things you do. You may not know there's a way, and one of the hard parts can be identifying what are the steps, how is this a process and not just my brain doing what my brain does? I definitely want to talk a little bit more about that; maybe you can jump in now and just say like: Was that hard for you? Did you have help doing that?

**Ted:**

I did, I did. I had a lot of great friends, including my wife who's my greatest mirror in life. *[Chuckles.]* Shows me, absolutely, the good and the place where I can improve, and, you know, what you say is so important. You know, when we can put our understanding, our experience, our knowledge down in little processes, little systems, it's so... that's easy for people to apply in their lives. That's a huge help, and I would constantly have... I had different folks give me feedback on little sections of the book; on editing—my wife helped me edit it, you know. We are unique embodiments of the One Divine Being. We are here—there's no one like you, and there will never be anyone like you. You're here in life with special talents, gifts and abilities, special knowledge, special skills to inspire, to inform, to educate, to entertain, and it comes through you uniquely.

Just as you said Angela, each [and] everyone listening today has a unique gift that only they can offer the world. No one else has it. Maybe other people doing something similar along other lines, but no one sees the world like you do. To have a way to capture that into a form of media, whether it's a book, whether it's an audio recording, video program, whatever it may be—can be very, very, very empowering and helpful for other people.

Staying true—what I used to do is I used to actually go into meditative states. I would just get calm and quiet—just get yourself into a happy, relaxed state. It could just be sitting on your porch... and then speak and record yourself. Speak out—talk out whatever it is... or share that insight, or that technique, or that inspiration, and imagine you only have a few minutes to do it. Capture it and play it back to yourself, saying, “yeah, yeah,” and then write that down. I did that quite a bit at times, where it's there... and for me there's a huge disconnect between my brain and my writing—you know, my writing can't keep up.

**Angela:**

Yeah. Well, then, you're not the only one, because my... comes up with my book coaching clients all the time, so they will be glad to know that they are as normal as are you. And I think, having techniques like that, like for some people, recording helps, or talking about it with a friend or a partner or a coach that can do it. There are

different ways, but knowing you can reach that goal, I think it's important that you can kind of get your brain and your writing in sync with a little bit of support.

The other thing—the other objection, or—not objection but, what do I wanna say, like obstacle, that's the word—that comes up for people is finding time to write, and one of the things I recommend to them is I say, have you ever written an email where you describe to somebody what you do, or how to solve that problem. One of the things that you said was that you had written things down and you kind of collected them into the book, so I love that you went back to writing that you have already done. Can you talk about that and how that worked for you?

**Ted:**

Certainly. You know, inspiration comes in different times, right? It doesn't always come when you want it to, like in the middle of the night, you wake up with an idea or some kind of insight, and so I would write little things down, and I really started using this pocket recorder, record myself and then later transcribe it or come back to things that I had written. Sometimes I'd see it in a new light, sometimes I would enhance it, or whatever; other times there'd be like, "Wow, did those words come out of my mouth? That's what I need right now!"

So I think we teach and we give and we inspire, we teach that we most need to learn or want to embody and become. Writing is really a sacred journey. It is. I believe there's a book in all of us, I believe we all have a message, a unique way of expressing the one Divine Being that we are and sharing that in myriad, different ways with the world.

If there are things that you've written, going back to it and reviewing it is kinda like going back to an earlier version of yourself—bringing a new consciousness, a new awareness to it. What I found is I had all these scattered thoughts—Okay, I got this one, this—oh, the book didn't fall into the table of contents, blah blah blah blah...it does for some people, but for me it was "well, how does this fit with that? How does that fit with that?", and this whole process of going inside, getting quiet and getting still, getting centered and allowing these pieces of the puzzle, so to speak, that I'd written in different times and had come through in different workshops, so "Oh, yeah, look, that's a natural flow," or "Oh, look at this, that fits nicely." And it kinda worked itself into a collage.

So, yeah, if you've done different things, and work in pieces, definitely, I would recommend reviewing that, just sitting back like you go up in a helicopter. You can look at—you have a certain perspective when you're on the ground, but you rise up fifty, a hundred feet up in the air and you see how—you see things differently. And see, allow yourself to have this intention, how do these separate—appearingly

separate pieces that I have written, that have come through me, that I feel are meaningful and have a lot of collection to this work? How do they flow together?

Imagine you had to give a one-hour talk to someone, or you just had to describe it to your sister or your brother—you know, what this all is—what order would you do it and how would that flow together? A table of contents... an outline, and see how that feels. Maybe you wanna enhance it, change it, add something to it—maybe it'll draw something out of you that you haven't written yet. It's a perfect thing to kinda get into this structure that you created and would have value for you.

**Angela:**

Okay, I think that's fantastic advice. Let's talk about—for you, what was—obviously you've been doing coaching, you've had a lot of these talks in random places, but what was the thing that made you say, "I'm gonna write a book." What was the vision that you had and how did you get it?

**Ted:**

That's a great question. You know, a friend sent me, you know Eckhart Tolle, who wrote *The Power of Now*? A friend sent me that book in 1999, showed up from Amazon on my door. I remember I picked up the book and started reading it, and I couldn't stop. I felt like "Wow, this being is in my head, in my thoughts!" These are a lot of the same thoughts, and how true this is, how powerful this is—and yet how simple, and how, in a sense, obvious.

I thought, you know, I really need to start collecting 'cause I've been doing coaching, counseling for years. I need to pull all that stuff; there's some junk in there, but there's some great stuff in too, with all these books and these notebooks—I really need to pull that into something so I can offer it to-- I was totally blessed that I could read these words, and the words would resonate with something inside of me, and cause an experience to happen in life that changed the way I would perceive things and experience the world. I thought, "yeah, there are some things that you have to share too." I'm sure that everybody has some great books, things that inspire you, right, that are motivational. But that was the turning point. 1999.

**Angela:**

Wow. And then you ended up publishing your book in 2008, so what happened? That was a little bit of a journey. What happened between here and there?

**Ted:**

Well, life happened. So, you know, there were times when I would be so inspired and I would get up, I'd write in the morning, I'd get up early. My wife and I have three kids so there's a lot to do, right? There's a lot going on, activities and fun things. Sometimes, I would be very disciplined and I would, I'd write, and there'd be this inspiration, it'd just

flow. And other times there'd be nothing, nothing for like months at a time. Then I'd come back to it again, when there was-- usually over the holiday break or something, over on vacation, have a little bit of time again and get re-inspired.

I don't recommend taking as long as I did. *[Chuckles]* Took me about eight years to pull it all together into a book. The one secret to really finishing—remember this-- was having time every single day to create a habit about writing a book. Like when you start jogging. It's "Aaah, it's painful," you're jogging and it's "Aaah, this is terrible," but then you do it consistently, for four, five days over a week, two weeks later—you're in a groove, right? And then a month later, if you miss jogging, it's like "I gotta jog!" it becomes a part of your life.

If you do that, if you carve out whatever your creative time is—for some of us it's in the morning, for some of us it's late at night; whenever your most creative time is, if you carve out—get up an hour earlier or stay awake an hour later, and you dedicate that time and say, I'm gonna do nothing in that time but allow myself to contribute to this vision, to this work, and write or edit or do some kind of activity that moves you to the completion of your book, then that habit will help you propel to finish your work.

**Angela:**

I think that's really good. I also read something, I think this is a quote from you, which is that human beings will take as long as we give ourselves to finish a task, which I thought was a pretty profound observation about the human condition. How do you feel about, in addition to that sort of daily habit, daily schedule you talked about, how do you feel about deadlines? Did you set deadlines for yourself? Do you set many deadlines? Did they move you forward or backward or what?

**Ted:**

It's so true. I think all of us can resonate with the truth of that. We'll take as long as we have, and yes, I did set deadlines, especially towards the end when it was, OK, we got a deal. Let's wrap it up. So I set deadlines, and it was great. My wife's an angel, she gave me a lot of time to be able to finish things and then help with the editing and review.

I'm the kind of person-- naturally, I don't like deadlines. I like setting goals in general, okay, get into the feeling of it, like the law of attraction, everything it is now and all that—by nature, I never liked the deadline, but I had to set them for myself because I wouldn't stay up late and wouldn't put in the extra effort; I wouldn't get to where I was glad I got to without the deadlines. Without the deadline being...

Here's the biggest thing too: Another important thing that I discovered about myself in this process is I believe we are spiritual beings having a human experience. The spirit that we are, it can never be left imperfect—it's always abundant, always processed,

always alive, vital, creative, inspired—but we don't live that all the time. There's this veil, this veil of separation that keeps us from that experience of this higher part of ourselves. There's this natural creativity, this natural spontaneity and insight that's there, and it's so important to realize that in many ways, what we see and what we experience in life isn't the truth about that abundant, that infinitely creative being that we are.

We see a lot of times just a reflection of our own limited thoughts and ideas about who we are and what life is all about, and that gets projected into our relationships and into our experiences and into our circumstances, so sometimes I would be concerned about having to get all these permissions or having to do the editing properly, or having to do this, or an... would come up. Like I don't have the time, something would happen in life, or these things would happen, and I would see them as roadblocks to getting the book done. What I discovered was most of the time, it was my own inner fear, believe it or not, allowing my words to be put on paper and be sent out into the world for all to see—that was holding me back. So this own inner doubt, own inner fear; who am I to write a book on this stuff? Who am I? You know...

**Angela:**

That's a quote I hear from every single time... who am I to write this book?

**Ted:**

Yeah! Who am I? Okay, so who are you not? You are the unique embodiment of a Divine Perfection, and these words, this inspiration is coming through you to be expressed and you're being drawn to do this.

Here's what you wanna do: you wanna change your thinking around. It's not that "Who am I?" but that, you are a vehicle, an instrument, for divine insight and inspiration, education and entertainment flowing to humanity. You have—think of it like this. You have a cure for cancer in what you have to say, and you're holding on to it 'cause you're worried about whether people will accept it or like it. Let all that go and just do it, and give the best of who you are; be who you are, you're already enough. You're already it.

**Angela:**

Yeah. What I'd like to say is that who are you not to write this book? And in a lot of way, I think that authors, when you have coaches, healers, when you have the idea for a book, at some level, you owe it to the world to put it out there. There's a reason it's coming into your head, there's a reason you have that desire, and it's your obligation to figure out how to get it done and get it out of your head, 'cause you're the only one who's gonna write that book; there's no else who can make people... you know, related issues or whatever. You're the only one who could write that book.

**Ted:**

It's never gonna come through anyone like it's gonna come through you, and there are people in this world who won't resonate with anything but what you have to say and give, and it's in a very unique and powerful way.

To continually come back to—"what's my 'why'?" "Why am I writing this book?"

**Angela:**

What was your "why?"

**Ted:**

My "why" was, I would see this transformation happen to people's lives, and all these great stuff—you see them come back and I'd go, wow, they're so blessed, it's a blessing for me to be even there, present, 'cause something from beyond the world would step in, and this awareness, this awakening, this process could happen, where life could become better, life could become easier, more joyful. And as I saw this process, I was like, wow, you know, so I meet with this one person, or that little small group, or this group of people. But you know, you only touch so many lives directly, right?

And it was like, I wanna capture this because when I'm long and gone, I love reading books that were written at the turn of the century, like, I don't know if you know Charles Haanel, who wrote The Master Key System, or Thomas Troward, these were really new thought leaders, just really powerful material. And they're long gone! And I'm benefitting, I mean, this stuff is in the public domain, it's all over the Internet. I come into tears sometimes reading this, and it changes my life, it changes my perception of reality, which changes who I am.

I thought, I gotta capture this and put it down for my children, for anyone who I may never meet, who someday, I'll never know, may benefit. I think we all have important lessons, important things to share that humanity can benefit from.

**Angela:**

So I know that you attended, I think it was Mark Victor Hansen's Megabook Marketing program, and I know that Jack Canfield has a book marketing program, and Arielle Ford has a book marketing program; there's lots of book marketing programs out there. How did you pick Mark Victor Hansen's program, and would you recommend it to—or were there certain takeaways that made that a good use of your time and money?

**Ted:**

Absolutely. It was a great program. I discovered it, I was listening to an article, an audiobook—I don't know, have you ever heard Earl Nightingale's "The Strangest Secret"? Yeah, I loved that. I loved Earl's voice, and it's very inspiring. I have it on my iPod, and I listen to it periodically. There's a version that Mark Victor Hansen had put on his website... it was *Chicken Soup for the Soul*, I guess, years ago, you know? Great book. I discovered that he was giving these seminars; I gotta check this out, this guy appears to know what he is doing, 'cause obviously selling tons and tons of books that are a huge success.

I went there and met a lot of great people, spoke with a lot of folks. The takeaway for me, and again, it's different for everyone, was I knew I had this message, these techniques, these... I wanted to share with people. I just wanted to get it into a book form and get it out there, so I start taking these books to my seminars, and doing workshops with them, and I wanted a tangible forum.

I learned all about this whole process of self-publishing, so publishing whereby you actually hire someone to actually publish your book for you. There was another book I was reading at the time, it was called *The Fine Print of Self-Publishing*, something like that. I don't know if you're familiar with that. It was written by Mark Levine, is the author.

**Angela:**

Oh okay, I know Mark Levine. Yup.

**Ted:**

You know Mark? It was the best fifteen dollars I spent my whole... you know, on this whole book publishing pursuit, because he compares all the different self-publishing houses, you know, from Author House, to the Amazon one, to Infinity, and all these others. I looked at all of that. He did all this work, all this homework for me in that book. I decided, coming away from Mark Victor Hansen's program that yeah, self-publishing is where I wanna go. I'm not interested in writing tons of letters and sending it out to all these people; you know, you hear the stories all the time. Dr. Seuss, his book proposals or his book gets rejected a thousand times, blah blah blah. It's the same story with everybody.

I had no intention of doing any of that. For me, I just wanted to have a tangible book in my hand that I could begin to use to teach. This self-publishing book by Mark Levine helped me kinda size up all the different people, and I just started calling a few that I was interested in. I landed... I ended up with Dog Ear Publishing.

**Angela:**

How did that work out for you? People have lots of strong feelings about their publishing companies; how was Dog Ear to work with?



**Ted:**

It was joy. *[Chuckles]* The whole process for me was effortless. It was great working with them.

The reason I went with that company, and again, I encourage everyone to do their own research—you know, call, talk with the people a couple of times before you make a decision. The people I work with, mainly, there was a difference. There was a lot of listening happening, and there was a lot of questions coming my way, and there just seems to have a genuine care about this project that I've spent so much time on. I selected them, and I was glad I did. The whole process—to the proofing and the final artwork for the book cover, all that—we really just went very smoothly, and I'm very happy with them. They have a great loyalty program and you can learn about it on their website, but again, you need to really—don't just go with any one offer, anyone's experience 'coz that's just one data point. Do a little research yourself, find a few things, call people, talk to people. The whole self-publishing thing for me, was, looking back, really effortless, and it was a joy to go through.

**Angela:**

That's awesome.

Other than having a good publisher, which is rare and wonderful, what is the best thing that's come out of having your own book?

**Ted:**

Well, you know, I have a newsletter too, I got a little website and people sign up for newsletters and stuff, and I get questions from around the world, people have written that they've read the book.

I love the dialogue. The real-life questions that come back, like people read the process, or they have something called... in there, which is about regaining that higher awareness about any problem that's in your life, and how the root of this power was in yourself, and that you can actually transform yourself, neutralize the roots of that problem that's being projected on a relationship or a circumstance or whatever; how you can transform that within yourself—almost like Disney's world, the outer world changes. It's a vibrational match. We're looking at a mirror.

I get questions coming in from all sorts of different—people of all sorts and walks of life. But how I prize this, to this relationship, I read this, and that was nice, but I don't see how it would be applicable in this situation. The huge satisfaction from being able to work with people, and to continue to learn and grow myself; its funny. Some of these times I'll get a question and it's like, "Hmm, strange how the universe brought me that question right now. That's exactly what I need to remember right now."

**Angela:**

Yeah. I find that with my clients so often. What my clients are working on is exactly what I need to be working on. I'm like "Well, fancy meeting you here."

**Ted:**

Angela, have you heard of the Ho'oponopono process?

**Angela:**

Yeah, I think Joe Vitale talks about that.

**Ted:**

Yes. Joe wrote some, he did a great program with the teacher of that, Dr, Ihaleakala. The Ho'oponopono process is all about what we kinda know, life is like a mirror. So anything that goes into your experience is for you. It's all about turning within to divinity and this petitioning of "I'm sorry", taking responsibility for whatever's happening in your life. "I'm sorry", release kind of forgiveness and then filling that space, that feeling place in your self with love.

Everything that comes to us is for our own growth, development and fulfillment, even though it appears to come out of the blue like a new client of yours, or someone you happen to meet.

**Angela:**

I don't know if you know Byron Katie's work, but she always says that it's happening for you, not to you. It's not always easy to remember when it seems like something's happening to you, but I think that's great.

We have a couple minutes left, and I like to end all my interviews with the same question, which I will ask you in one second. But before I do, I just wanna make sure, for people listening, Ted Karam can be found at [www.jumpingonwater.com](http://www.jumpingonwater.com) or at his website, which is Chrysalis Point. So Ted Karam, Karam is K-A-R-A-M.

So my last question in the last minute that we have is, what business process was different than what you expected? What happened differently than you expected?.

**Ted:**

Oh, great question. A lot of things. As life is, sometimes, I guess, huh? I think the biggest things is, it was such a high, holding a book, this book in my hands; I think the biggest realization was that, and we celebrated that, it was such a completion of things, but in many ways, it was just the beginning.

Writing the book is one thing. Giving birth to your book and seeing it and staying with it and following through with your passion till it arrives here, materializes and forms is so powerful, so transforming, but for me, it was a big realization but that was just the first step. Really then, birthing is kinda like the Yin nature, the Divine Feminine. You're giving birth to something... But then the Yang nature, which is taking it forward and bringing it out into the world, and speaking, doing all this great stuff—that's a whole another thing. The whole marketing of it, the whole promoting, the whole—making people simply aware of this wonderful stuff that you have in this creation of yours.

**Angela:**

I hope people are more aware of *Jumping on Water* today than they were yesterday. I loved talking to you and the Yin and Yang of writing a book, I think you got that right.

So thanks to everybody for listening, Ted blessed me with one quote I wanna share with you, which is "Don't go to your grave with your book still in you." Share your gifts with the world, hopefully you have been inspired by some of Ted's story today, and check out *Jumping on Water!* Thanks!

**Ted:**

Thank you, Angela! Take care.

**Angela:**

Thanks.