

# The Wisdom of Sundays: Oprah's New Book

November 2017

## AWAKENING

- "I never thought of it that way" -- possesses the spiritual force to **break through** any barrier. Weighted with enough depth to **break down** the deepest pain. It can **break open** the most revelatory "Aha!" blessings.
- The privilege of a lifetime is being who you are.
- Your spirit can be defined as the part of you that is seeking meaning and purpose.
- Everyone needs to be able to find their little tiny corner of life, of your day of stillness, where you can begin to ask yourself those burning essential questions: who am i? Where did I come from? Where am I going? What am I here for? For this, you need a sacred moment of silence to begin to look for that journey. And that's available to everybody.

## INTENTION

- The energy we put out into the world is the energy we get back.
- **\*love\*** Whatever follows "I AM" will determine what your experience will be. This is what we're inviting into our life. So you say, "I am tired," "I am frustrated," "I am sick and tired" -- and you've invited that in. So the principle is to turn that around and invite what you want into your life. "I am proud, I am strong, I am excited, I am hopeful, I am blessed."
- **\*love\*** We sin when we have our loves out of order. So: What do I love? And in what order do I love them? Am I spending my time on my highest love? Or am I spending time on a lower love? For example, If we're lying to get money, we're putting our loves out of order. Or if your friend tells you a secret and you blab about it, you're putting the love of popularity above your love of friendship. And we know that's wrong, that's the wrong order.
- Dare greatly: the courage to be vulnerable. Vulnerability is the cornerstone of confidence.
- You can't get to courage without walking through vulnerability, period.
- We are in control of only two things: (1) how we prepare for what might happen and (2) how we respond to what just happened.
- It's a moment. It's one scene of your movie. And what makes a great movie are scenes that are put together of great conflict.

- Wait a minute. Do I understand what the big idea of my life is supposed to be? If my life is a story, then I have to know the point of my story.
- If my life was a book, and I was the author, how would I want the story to go? If you can see it, and you can feel it, then it is completely possible.

## MINDFULNESS

- Everyone needs to take time to find a way to quiet themselves.
- Slowing down, showing up, and listening—shows the people around you that they’ve been seen and heard by you.
- Those people who are fully awake see all the sunsets.
- Art is prayer. Creativity is an expression of prayer. It is prayer.
- When you find yourself in a new situation, everything that requires healing is going to rush to the surface. So you’ve got to be clear enough, grounded enough, centered enough to say, “How am I going to handle it this time?” For every one--**pause. Take a breath. Pause.**
- You are causing the vast majority of your own problems, due to your mental reactions.
- It takes 90 seconds from the moment you feel that trigger happen, and you feel yourself starting to get angry, for the chemicals to flush through your body and then flush completely out of you. 90 seconds is all. Start timing it. Within 90 seconds, you’ll go, “Okay, I just dodged that one.”
- People harbor the same feelings over and over b/c they keep re-thinking the same thought that re-stimulates that emotional circuitry--and they return the loop. They effectively hook right back into that hostility--people can stay angry for days, weeks, years. All because they’re choosing to rerun the loops, the circuitry.
- Your pain, you anxiety--that’s your baby. You have to take care of it.

## SPIRITUAL GPS

- The meaning of wisdom is recognizing the moment when what you **know** aligns perfectly with what you **feel**.
- Invictus: “I am the master of my fate. I am the captain of my soul.”
- That inner voice--some call it instinct--is our spiritual GPS, our persistent knowing. Every right decision I [Oprah’s] ever made has come from listening to my gut.
- **\*Love\*** The goal: get filled up by what you’re doing instead of being drained by it.

- We're vibrational human beings. So people holding onto rancor, animosity--they're slowing down their vibration.
- **\*love\*** If you become the vibrational frequency of love, harmony, peace, and if I'm radiating that--it's going to show up in my life. To have this completely, you have to lift your vibration--and become that in the vibration.
- **\*love\*** With every single choice, I'm either going to learn something from this, or I'm not. It will either enhance the spirit or it's going to drain it. We're either giving ourselves peace or taking away from it.
- President Carter: That I use the best of my talent and ability and influence to enhance the kingdom of God on Earth.
- That feeling when, "My life no longer resembled me." From Elizabeth Gilbert which prompted her journey.
- I always recognize when I'm walking in the direction of love and the direction of fear.
- We are all looking for, "where do I belong?" All seeking to be in our place of belonging.
- Sometimes when the lights are the brightest, people feel the most invisible.

## EGO

- **\*love\*** Ego is an imposter, imposing on the real you, making you think you are something you're not. True self-esteem is realizing that the stillness and presence in me is the same as the presence in all people.
- The ego has the power to influence or derail *every* aspect of our lives. An ego-based mind can dominate everything.
- **\*love\*** Ego draws the line and separates you from everyone else. It leads you to see the world as "this is me and this is the other." When in fact, we all share the same spiritual energy. The ego makes judgements and longs to feel special. It loves conflict, creates enemies, and operates out of fear.
- In those moments, call yourself out by saying, "Oh, that's my ego flaring up." Do this, and you begin to diminish its power. As we realize our own spiritual evolution, we have the miraculous ability to shed our current state of ego.
- You do not become good by trying to be good, but by finding the goodness that is already within you and allowing that goodness to emerge.
- E-G-O → Edge God Out.

- Ego is an idea, that's all. It says, "I am what I have, I am what I do, I am what other people think of me. I'm separate from everybody else. I'm separate from what's missing in my life, and I'm separate from God."
- **\*love\*** I call the ego the hustler. It says, "You've got no inherent worth. You got to hustle for it, baby." How fast are you going to run? How many comments do you have on that post? That's the hustle.
- **\*love\*** Every time we are negative about someone else, we are actually affecting ourselves. Every time you judge someone else, it's just a projection of our own self-judgement. Parts of ourselves we don't accept. **When you're pointing your finger, there's three fingers pointing back.**
- Aspire to manage compassionately.

## FORGIVENESS

- The most debilitating source of pain has been the struggle to forgive. The other side of forgiveness → freedom.
- The true purpose of forgiveness is to stop allowing whatever that people did to affect how I live my life now.
- Forgiveness is "giving up the hope that the past could be any different." Until you heal the wounds of the past, you will continue to bleed.
- **\*love\*** Pushing against the need to forgive is like spreading poison in your veins. Make a decision to meet the pain as it rises within you and allow it to pass right through. Give yourself permission to let go of the past and step out of your history, into the now.
- All the negative energy that we've inherited, it's there b/c it's looking for resolution.
- I had grace for him. I understood what it must have been like to live in that atmosphere every single day.
- **\*love\*** A mistake is our best teacher if you just take it and go, "I'm not a bad person. I made a mistake, and I've learned a lesson." And any day you learn a lesson is a great day.
- You meditate so that you have the center so you can let go of what life is doing. The real growth is letting go.

## BROKEN OPEN

- There is not one experience—nothing that is ever wasted. All of it is being drawn into your life as a means to help you evolve into who you were really meant to be here on Earth. It's not the thing that matters, it's what that thing opens within you.

- **“What is the lesson that took you the longest to learn?”** -- love this question.
- Turn your wounds into wisdom.
- Challenges provide opportunities that force us to search for a new center of gravity.
- I am going through a very hard time. I'm not going to waste this precious experience, this opportunity to become the best me. When we open into our brokenness, that's when we blossom.
- The heart has to break open. Most people are so closed, they are so contracted. It's all about me, me, me. This is crucifixion of the ego.
- When people are in tough situations, they ask disempowering questions--"What's wrong? Why me? What did I do?" They're disempowering, so the universe will answer those. But if you ask empowering questions, you'll get an answer to rise above the muck. So it's all about the question, the sincerity of the question, and then the ability and the willingness to really listen, to be really available.
- When you feel pain in your heart, it's telling you something is wrong. You relax and don't touch; it will come up and push its own way out.
- There are **four primal fears** -- and anger is really the manifestation of one of these fears:
  - a. Fear of losing someone's love or having your love rejected
  - b. Fear of being powerless or helpless → fear of being unsafe
  - c. Fear of losing control
  - d. Fear of not being seen as valuable, worthy, necessary.
- Ego can't stand vulnerability. So in order not to be vulnerable, you want to maintain control. When you can't control, that takes us to anger.
- You're never really angry for the reason you think you are. Right beneath the anger there is a well of hurt. And we stay at the anger because it gives us control, b/c we're afraid to go into the hurt. Because right beneath the hurt is the love.
- **\*love\*** What you can do in any situation, is you can always go to your state of being. You stop. No matter what the challenge is, you stop. Take a few deep breaths. Smile everywhere in your body. Observe what is happening in your body, in your mind, and then you proceed with love, kindness, and compassion. That's the state of being. That's the highest form of human intelligence.
- **STOP → Stop. Take three deep breaths. Observe. Proceed with kindness, joy, love.**
- Difficulty can have a profound and meaningful transformative effect on us. You have to be unconditionally open to it. And take responsibility.

- The keys to your happiness are no longer in somebody else's pocket from the past. They're in yours. And that's empowering.

## **GRACE AND GRATITUDE**

- Grace is transformative. The more graceful you are, the more grace mirrors the gratitude that you have.
- Life changed when I started writing down 5 things I was grateful for each day. The practice of gratitude can elevate your life to a state of grace.
- Never lose sight of the horizon even though in this moment you're not seeing it.
- When you're suffering it's hard to jump to ecstasy. So the first step I go to is appreciation. Because the minute you appreciate, you get out of your own self. Most of your suffering comes from expectation. So: trade your expectation for appreciation.
- I'm going to love what happened to me because I trust it's here to remove a veil.
- If you have gratitude, you don't have room for fear. It's an expandable gratitude. One size fits all. Put it in your heart and use it. If you're in a car wreck, you're grateful that nobody was hurt. If they're hurt, you're grateful they didn't die. If they die, you're grateful for the chance you had to know them.
- It's all about perspective and gratitude. And those two things are so key to a happy life.
- Wake up every morning and practice saying three things you are grateful for--they have to be new each day--by doing this for 21 days.
- **\*love\*** No matter what the task is in front of you, bring as much enthusiasm and energy to it as you possibly can. Passion is an inside job. It's a muscle that gets stronger the more you use it.
- Waking up in the morning with "I didn't get enough sleep" and going to bed at night with "I didn't get enough done," we are book-ending the day with scarcity.
- The sweet territory of silence and sleep.

## **FULFILLMENT**

- Everybody has a calling. Your real job in life is to figure out why you are here and get about the business of doing it.
- Oprah: "Use me, God. Show me how to take who I am, who I want to be, and what I can do, and use me for a purpose greater than myself."

- The key to realizing a dream is to focus not on success but on service. Make that shift from self to service. "When your personality comes fully to serve the energy of its soul."
- **\*Love\*** Follow your bliss. That means pay attention to those moments when you're lit up, when time just flies by. When you're in that field of joyful expression, which is generally in contribution and being in service of some kind. Some sense of connection in your life. Think "what can I give" versus "what can I get?" What makes you happy? What makes you alive? What is your bliss?
- What's the thing that lies at the bottom of my heart? Have the courage to set that intention. To announce it. To make the annunciation somewhere. Even if it takes our own breath.
- The whole purpose of life is to gain mastery--it's not about the stuff. You are mastering through the process of overcoming obstacles that you face in life. I believe you're not given a dream unless you have the capacity to fulfill it.
- We are busier than any other generation--so, ask yourself: Are you really being effective, or is your life cluttered with all kinds of stuff that demands you, and drains you, and taxes you, and stops you from being your highest and best self?
- What is your sentence? Oprah's: "I teach people to lead their best lives by leading my own."
- Was I better today than I was yesterday? That's how we make progress. We do it slowly, step by step by step.
- Intelligence = 25% of our job success. 75% of our success in life comes from **how** we process the world. It's our optimism. Like the belief that our behavior really matters.
- The only limit to your success is your own imagination. When you can wake up saying, "I'm glad to be alive. There is purpose to this day." To me, that is success.

## **LOVE AND CONNECTION**

- Three of the most important words anyone can say are not I love you, but I hear you.
- Common thread we all share is a mutual desire for connection and contentment.
- The most effective method to find common ground is to approach the person with heartfelt compassion and ask, "What is it that you really want?"
- **Please take responsibility for the energy you bring into this space.**
- For every relationship, not only do I have to be accountable for the energy I bring, but I also have to take responsibility for the energy that I allow from others.
- The opposite of love is not hate, but indifference.

- “Darling, I’m here for you.” When you love someone, the best thing you can offer is your presence. “Darling, I know you are there, and I’m so happy because you are truly there.” You recognize the presence of your beloved one as something very precious. **These two mantras** can bring happiness right away.
- “Darling, I know you suffer. That is why I am here for you.”
- “Darling, I suffer. I am trying my best to practice. Please help me.” If you can bring yourself to say that mantra, you suffer less right away.
- Instead of looking for the right person, work to make yourself the right person. And the right person will be drawn to you based upon the work that you’ve done for yourself.
- Whatever you do in life, remember: think higher, feel deeper.

## **EPILOGUE**

- As long as you are asking the right questions of yourself, the answers will readily reveal themselves. Who do you want to be? How can you allow who you want to be to thrive in all aspects of your life?
- How can you allow who you want to be to emerge in all aspects of your life?



