

What Oprah Shared That Inspired Us All

Why are you here?

- A great question to ask yourself, not just inside the context of the event, but also wherever you are in life: personally, professionally, even financially
- Every day we get to paint on the canvas of our lives - know who you are.
- Get clear on what your calling is: What are you being called to do? To be? Because, you were born with a character - what is yours?
- Everyone has a calling. If you're here and you're breathing, you have been called.
- All that I am, all that I aspire to be, comes from the recognition that through God I move, I breathe, I have my being.
- I am a cup of water that comes from the vast powers of the oceans; I have access to the power, but I am not the power. The power is within me, but it is not me.

Purpose

- "Purpose is a spirit seeking experience" - it is revealed through you. Know that the Universe is inside you.
- "Purpose integrates all our life experiences. It is the defining thread that runs through and connects all our life experiences." From the book 'Leadership from the Inside Out' written by Kevin Cashman.
- If you do not feel completely fulfilled in your life, go back to the core and find the thread.
- You define your own life. Don't let others write your script.
- It was when I was asked what I wanted to be that I defined who I was to become.
- I always wanted what I said to mean something.
- When traveling to India with Deepak Chopra, I recalled a moment when he asked me, "Who are you?" Not as in my role as a woman, or philanthropist, or a media person, as these are roles, jobs, tasks. I answered that I am the whisper on the breath of God.
- "In God we live and move and have our being." Acts 17:28
- As the acorn has a purpose, to be an oak tree, so do each of you.
- You are to get to know what you are supposed to do. It's your job to find your purpose and do it well.

- Teaching is my calling. I delight in seeing someone’s eyes light up with the spark of understanding. Especially when that understanding will enhance their life.
- My greatest desire is for people to bear witness and connect to the light of hope, possibility, and fulfillment. Everything we are searching for shows up in full force when we let the light shine in.
- We are vessels for it; our level of recognition determines how brightly we shine.
- If your life is used to service others, you will do very well, as nothing expands without doing something in the spirit and glory of doing it in good service.
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- If you don’t feel alive or vibrant, shift yourself. Who you are and what you do to be of service - that’s the key! Ask yourself, “How can I use what I do for a living to offer it as a service, so that it shifts the energy?”
- Success is about making more right choices than wrong. Divorce for example is just a label. Work on being whole, that’s the real work of life. There is no such thing as failure. I realized the moment I took responsibility for all things in my life, I restored my power.
- Whatever someone did to you in the past has no power over the present. Only YOU give it power.
- Whatever is to happen, will happen.
- I recall when I wanted the role in The Color Purple - I wanted that role so bad. But I drew it to me. I willed it towards me. I spoke about it all the time, to everyone around me - I put energy into it.
- You are the master of your fate and the captain of your soul.
- Your life is speaking to you, are you listening?
- In all my years interviewing murders, rapists, artists, rock stars, Hollywood greats, icons, leaders and thought provokers...no matter who they are, where they come from: poor, rich, dying or glowing - the moment the interview ends, they always lean into me when the cameras turn off and ask, “was that ok?” Even Beyonce in all her ‘Beyonce-ness’ asks.
- It seems to me that we all just want to matter.
- We as human beings walk this planet asking: do you hear me? do you see me? and does what I say matter? Do your eyes light up when I enter the room?

“Not everybody can be famous. But everybody can be great. Greatness is determined by service.”

Martin Luther King

Your Beliefs

- Life is not happening to you, it's happening for you.
- You become what you believe, not what you wish for, and every choice makes it so.
- Your beliefs are your lenses through which you look at life. How you see life will be based on what your beliefs are.
- You become what you believe. If you're being held back in your life, check your belief system.
- Look at where you are, and you will see what you believe.
- You are in this moment, co-creating your life; for every action in life there is a reaction.
- My creed based on the third law of motion in physics: What you put out comes back always, in all ways.
- You've got to experience what it is you want and desire.
- What you put out comes back all the time, no matter what.
- This is about figuring out how to be a better human being.
- Only do what you intend - don't do things because you feel guilty or forced to - especially if you are not sure, if not - don't do it. When in doubt - do nothing.
- Pleasing people used to control my life. I was a slave to what I thought everybody else wanted me to do.
- I recall when Stevie Wonder requested of me to make a donation to a charitable cause, and although I felt compelled to do it, I didn't want to. When the moment came that he called to confirm my support, in spite of my nerves and obvious risk (to me) in upsetting him, I said 'no.' To which Stevie replied 'ok.' So in the end, the big deal was all in my mind, and I did what I wanted to do.
- The lesson: you free people to do what they must and to live as they wish when you tell them the truth - it also is quite freeing for yourself.
- If you make a choice that goes against what everyone else thinks, the world will not fall apart. The happiness you feel is in direct proportion to the love you give.
- Every action, thought and feeling is motivated by an intention:
Intention > Cause > Effect What's your intention in life?
- If you have to ask someone if it's ok, then you don't know.

- Your job is to know that your most powerful field is love; to give love, share the love, be the love - and if you can get paid doing that - all the better.
- Your greatest power is to recognize that you have no power in changing other people - just choose what's around you.
- Wanting somebody to be different is a waste of time.
- When people show you who they are, believe them the first time.
- Show, see and give love.
- To diffuse fear is to believe in your own power and ability to do so.
- If you feel you've done everything and nothing is working, it's because you're resisting letting it through

Ego and Forgiveness

- Oprah chatted with George Strombolopolous and discussed her interview with Lance Armstrong and her need for compassion.
- It's really about how to figure out how to become a better human being and if Lance Armstrong is willing to do the work to do that, he can become a real hero in his life, for himself and then maybe the world. The real work is just starting if you ask me.
- I think that when you have a life that is that big and a quote "fall from grace" that's that big you know it means something certainly in our own life. Everybody has the ability within them to rise again.
- I prepared for the interview. I sat in that room and meditated and at the end of the meditation I prayed to surrender the whole thing, to let it go so I could be in the space of no judgment, no agenda. I made the mistake with James Frey in 2005 of having such anger with him because I thought that he had lied and betrayed the book club and all that stuff and I had all my ego and energy in it. My prayer for Lance was to take my ego and any agenda I might have out of it and to meet him, my presence to his presence.

(*Luck is preparation meeting opportunity.*)

- I've interviewed people who've killed their kids, several times, different kinds of people and I've interviewed child molesters and I was more compassionate with them then I was with James Frey and I realized that was my ego that flared up there. So that was really my thinking when I went into interview Lance. Have no agenda. Just stand back with your ego. Whatever he answers, that's his answer. I'm not there to make him one thing or another. I'm there to offer the space in which he can offer his truth if he chooses to.

Inspiration

- When I endured many of my greatest challenges and adversities, especially the battle with cattle ranchers in Texas or the OWN network genesis - I realized this: I am climbing. I am IN the climb. This is MY mountain.
- But you see, as I had my trial(s) in Texas, we all in life have ours. Many people have the trial called cancer, or divorce, or unemployment or a broken home - but you see, you are not the trial. Your identity is not the trial, it is an experience, and your job is to stand still inside yourself and claim the power you come from.
- Everyone has the power within to rise again.
- You have to get really still to get to know the voice of God...that way you can determine what the next right move is, and then the next right move, and the next right move, and the next right move...
- Your life is speaking to you all the time, are you paying attention?
- The little things you do every day matter, don't just wait for the big things to happen.
- Know and honor your calling. Have an open hand to life, not a clenched fist.
- "Whatever follows 'I am...' will come looking for you." Pastor Joel Olsteen
- In the book 'Gift of Fear', by Gavin De Becker, there is a story of a woman that lives through the horrifying fact of what happens when you ignore or take for granted the 'whispers' of life; as life gives you hints, provides you clues and provides signals to awaken you and give rise to your awareness.
- Trust your gut. It's your spiritual GPS.
- If there is an (emotional or experiential) Whisper, there is a Message. If there is an (emotional or experiential) Pebble, there is a Lesson. If there is an (emotional or experiential) Brick, there is a Problem. If there is an (emotional or experiential) Brick Wall, this is a Crisis. If there is an (emotional or experiential) Earthquake or Tsunami, there will be a Disaster.
- What I know is this: what I put out there in the world will come back. If I put out what I do and do so with grace, it shall be through grace I will receive its energy and power.

Invictus

Out of the night that covers me,
Black as the Pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds, and shall find, me unafraid.

It matters not how strait the gate,
How charged with punishments the scroll.
I am the master of my fate:
I am the captain of my soul.

William Ernest Henley

- When people show you who they are, believe them the first time. Character or lack thereof always shows itself early.
- All pain is the same. A mother in Mali losing a child feels the same grief as a mother here who loses a child.

Gratitude

- Practice in the Garden of Gratitude and acknowledge every night before bed (5) five things you are grateful for: Peace, blessing and glory.
- Gratitude is the single most important practice for all of us.
- If the only prayer you ever say is “thank you,” that will be enough.
- You must live your life to the fullest expression for yourself and your life. Claim your age - own every year! (Oprah is 59 years of age, born January 1954).

In Closing

...Sit here. Eat. Give wine. Give bread. Give your heart to itself...Feast on your life.