

The WISDOM *of* SUNDAYS

Life-Changing Insights from
Super Soul Conversations

OPRAH WINFREY

#1 *New*
York Times
best seller



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SOUL CONVERSATIONS

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AUTHOR'S NOTE

I never thought of it that way.

It's a small sentence, but one that I strived to hear and experience in every interview.

It possesses the spiritual force to *break through* any barrier. It is weighted with enough depth to *break down* the deepest despair. It can *break open* the most revelatory “*Aha*” blessings.

It is my great privilege and honor to share these wisdom conversations I've experienced with some of the great thought leaders of our time.

I offer my endless gratitude to every *Super Soul Sunday* guest whose spiritual journey and wise words have led me to knowing for sure that we are all spiritual beings having a human experience.

To the Emmy Award–winning *Super Soul Sunday* team, who helped me bring my dream to life ... including Jenna Kostelnik, who helped craft all of these teachings into book form.

Thank you, Charles Melcher, Aaron Kenedi, and the Melcher team for understanding the symbiotic connection between art, nature, and the human spirit.

Bob Miller, Whitney Frick, and everyone at Flatiron and Macmillan, thank you for helping shepherd these words into the world.

—Oprah Winfrey



INTRODUCTION

All of us are seeking the same thing. We share the desire to fulfill the highest, truest expression of ourselves as human beings.

—Oprah

I believe part of my calling on Earth is to help people connect to ideas that expand their vision of who they *really* are and all they can be.

That's why I created *Super Soul Sunday*. After filming more than two hundred hours of heart-expanding interviews, I began to envision a truly transcendent book—with words you can hold in your hand, be inspired by, and carry with you forever.

The photos also hold deep meaning for me. Many of the images you'll see were taken at my home in Santa Barbara, where I feel the presence of God, and the connection to *All* that is greater than myself, most deeply. Morning walks with my dogs represent a form of prayer for me, taking time to delight in the glory of nature that surrounds me. Baby tears grass laced between a stone path, fallen acorns, a bird's nest, these photos represent to me both the majestic abundance of our shared world and the unseen details we often miss in our lives. Like spirituality itself, the simplest things, when appreciated with reverence, take on an entirely new meaning. Suddenly that

single blade of grass has gone from ordinary to poignant to explicit and finally miraculous in its beauty.

As you read *The Wisdom of Sundays*, my prayer is that you will uncover the little spaces in your own life, find comfort in them, gain insight to their meaning, and see the way forward to an extraordinary new existence.

Within these pages, I've collected some of the most powerful spiritual lessons, sparks of brilliance, and *aha* moments from *Super Soul Sunday* that continue to resonate with me today.

What I know for sure is the most valuable gift you can give yourself is the time to nurture the unique spirit that is you. Your life, just like mine, is unfolding according to your own truth. No one has been through what you have been through, not in the way that you've experienced it. And yet, all pain is the same. Our sadness and sorrows, joys and triumphs bind us in the common thread of humanity. The sooner we realize the connection, the more elevated life becomes.

What you will learn from these spiritual teachers is that with every decision, you are claiming the essence of the phenomenon that is your life.

The great American mythologist, author, and philosopher Joseph Campbell once said, "*The privilege of a lifetime is being who you are.*"

I believe your true purpose here on Earth is to align yourself with the great spiritual force, your divine inner compass, already at work in your life.

I hope that *The Wisdom of Sundays* will illuminate your path to becoming all that you were meant to be.

Embrace and enjoy the journey!

—Oprah



CHAPTER ONE

AWAKENING

Spirituality for me is recognizing that I am connected to the energy of all creation, that I am a part of it and it is always a part of me.

—Oprah

Years ago, I invited renowned spiritual teacher Caroline Myss to be a guest on *The Oprah Winfrey Show*.

I had just been introduced to Caroline's groundbreaking work on healing and intuition and was so excited about what I had learned that I couldn't wait to share it with the audience. I hoped they might experience the same spiritual awakening.

Unfortunately, that's not what happened.

For the first few minutes, Caroline and I were totally engrossed in our conversation about spirituality and nurturing the soul. But eventually we reached a point where I noticed that the people in the audience were looking at us like we were speaking a foreign language. I stopped the taping and asked if they understood what Caroline and I were talking about. One woman bravely stood up and said, "No, we really don't. What do you mean by spirit? Are you talking about Jesus?"

"No," I said. "We're talking about you."

The woman went on to say that she thought the word *spirit* meant something outside of herself, similar to how she viewed religion.

This was an epiphany for me. I realized concepts like spirituality and the soul were unfamiliar ones for many people at that time.

We have come a long way since then, but I'm forever grateful to that woman for speaking up. It is a wonderful reminder that every single person is at a different stage of their own spiritual evolution. And no path is the same.

We eventually resumed taping, and I asked Caroline to explain her definition of the word *spirit*. And now, years later, in most *Super Soul Sunday* conversations, I ask that same question: What does spirituality mean to you?

The message running through every lesson in this chapter is that each one of us has been blessed with an individual spiritual essence.

As you begin to establish a deeper connection to that innate presence within you, certain passages from *The Wisdom of Sundays* might feel like a direct spark to your heart—a big lightning bolt, or a little shiver that shouts, “Yes!”

I know this, because I experienced it, too! When something clicks so profoundly, it feels like a light bulb illuminating the truth. As these great spiritual teachers taught me, this is your awakening. It's resonating because it's spirit recognizing spirit.

That is the ultimate *aha* moment.

—Oprah

Your spirit is the part of you that is seeking meaning and purpose. That's one way someone can relate to that. Another way to understand spirit is that it's the part of you that is drawn to hope, that will not give in to despair. The part of you that has to believe in goodness; that has to believe in something more.

—*Caroline Myss*

GARY ZUKAV

I'm talking about an expansion of your perception beyond the five senses, beyond what you can see and taste and touch and hear and smell. As people become multisensory, they begin to become aware. Millions of us are acquiring that sense that life has a meaning, that I have a purpose, that I am more than this mind and body. I'm more than molecules and dendrites and neurons and enzymes.

I have a part of me that is immortal. Multisensory perception does not make us more kind or patient or caring or less angry. It makes us more aware. And when you get that sense, the spiritual work begins.



ECKHART TOLLE

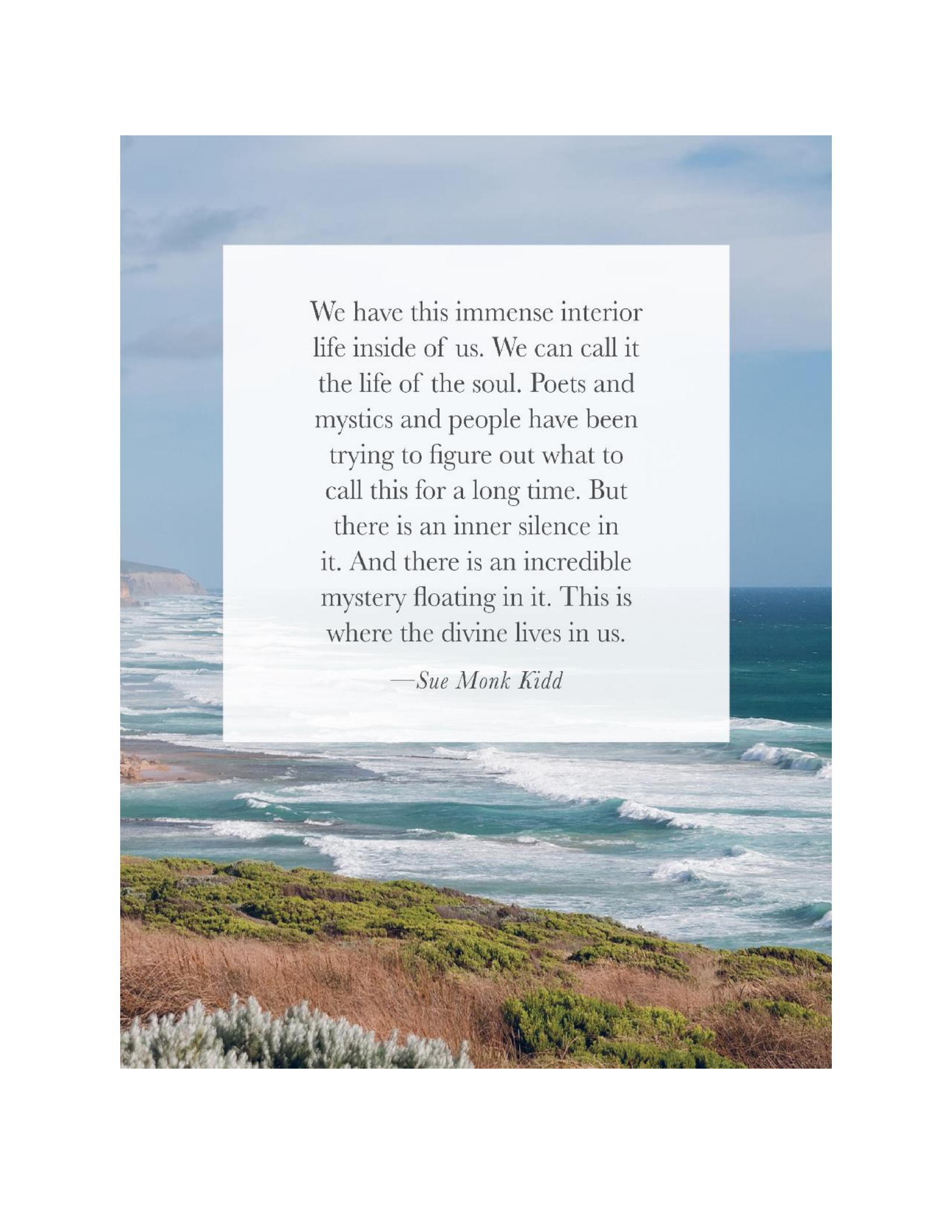
ECKHART TOLLE: The real truths of life are never entirely new to you because there is a level deep down within you where you already know all the things, all those spiritual truths that you read or hear and then recognize them. Ultimately, it's not new information.

OPRAH: *It's a resonation. It's resonating with what is somehow buried or suppressed.*

ECKHART: Yes.

OPRAH: *Your consciousness is recognizing the consciousness of whatever that message is.*

ECKHART: Yes. And that's an awakening. And that knowing in you awakens and then it grows. It comes to the surface more. And the more it grows, the more open you are to hearing spiritual truths. And then you begin to live it in your life.



We have this immense interior life inside of us. We can call it the life of the soul. Poets and mystics and people have been trying to figure out what to call this for a long time. But there is an inner silence in it. And there is an incredible mystery floating in it. This is where the divine lives in us.

—*Sue Monk Kidd*



DEEPAK CHOPRA

I want to give you just a very brief, and very quick, understanding of these different areas of our life that we call the body, the mind, the soul. Your body is mostly carbon, hydrogen, oxygen, and nitrogen. You have stardust that was once circulating in that body. There are at least a million atoms in your body. In just the last three weeks, a quadrillion atoms have gone through your body that have gone through the body of every other living species on this planet. We experience our body as this three-dimensional structure in space and time.

We know where the mind is. We experience it as our thoughts, our feelings, our emotions, our ideas. But where is the soul? Between every thought, we have a little space. That still presence that you feel, that's your soul. It was there when you were a baby. It was there when you were a teenager. It's there now. It will be there tomorrow. And if you get really in touch with it, if you become familiar with this center of awareness that you really are, you will see it's your ticket to freedom.

