



THE OPRAH  
MAGAZINE

# How to Feel So Much Better!



Surprising, slightly strange,  
highly effective ways to  
get body & soul in perfect  
working order

## Shoes! Shoes! Shoes!

Sarah Jessica Parker designed them,  
Gayle King falls head over heels  
(and you will, too)



## O's Guide to Loving the One You're With

Fix your relationship  
by dinnertime!

## Getting Out of Your Own Way

A remarkably  
simple 3-step plan

## Heaven Is a Place on Earth

And Rob Bell wants  
to take you there

## Reality Check in Aisle Five

Decoding your  
food labels

FEBRUARY 2014 \$4.50



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# What I Know for Sure



Oprah and OWN president Sheri Salata (in black) doing group yoga at Ananda spa.

# R

## RETREAT. RELAX. RESTORE. RENEW.

This month I'm making it a point to practice what we're preaching: taking time for yourself in the name of wellness. In fact, I'm writing this in the foothills of the Himalayas, near Rishikesh, India (where the Beatles learned to meditate), at Ananda spa. It's the most authentic spa experience I've ever had.

Here in the birthplace of yoga, they take

restoration and renewal seriously. It's a life-enhancing process that begins the moment you arrive.

"*Namaskar*" ("I salute the God in you") is the greeting you receive from everyone, either with both hands in prayer position or with one hand over the heart. All day long, at breakfast, in yoga: *Namaskar*. It's a custom of giving and receiving that embraces the reverence of each person you meet.

Going to Ananda is more like a pilgrimage than a visit, with every moment designed to cultivate presence. Whether you're doing an early-morning trek up the forested mountainside (which I do not advise on your first day!) or taking part in the daily guided group meditations, being fully present is the main goal.

I've enjoyed wonderful yoga teachers and transcendent spa treatments. (I think

I had my first out-of-body experience as a result of the "fusion" massage.) But the real gift is the opportunity to come back to self, to the centered space that abides within us all, as the still observer of our thoughts and experiences. Because as Eckhart Tolle reminds us in *Stillness Speaks*, we are not our thoughts. We are the awareness of our thoughts, disguised as people.

My time at Ananda has been a treat I gave myself on the way back from a business trip to Africa. I know for sure, though, that you don't have to journey to the Himalayas to find stillness. You don't even have to look in your own backyard. Wherever you are right now...it is.