

Tibi Mohapi	Please stand and welcome Me Oprah Winfrey.
Oprah Winfrey	<p data-bbox="528 237 746 266">Can you hear me?</p> <p data-bbox="528 309 1406 548">I just want to say I just came 8000 miles to say to you: "Thank you Vrystaaaaaaaaaat!" Thank you Vrystaat. Have a seat. Get comfortable. So let me tell you, I did not come to do a big speech. I really came to share this time with you because I am not about big speeches. I am about connecting and communicating to an audience. Hearing what you have to say. You hearing what I have to say so that we both leave feeling that we have shared time with each other.</p> <p data-bbox="528 591 1406 976">That is why I insisted upon having time for questions and answers because I want to hear from you as much as hopefully you want to hear from me. But let me just tell you all how this all started. I was reading a wonderful article in the <i>Sunday Times</i> when I was here several months ago because I get to South Africa about three or four times a year because of the group of girls at our school. And this was a really thoughtfully, profound article about not accepting mediocrity in South Africa that was done by Prof. Jansen and I was so stimulated by what he was saying because I agreed that in order to have a country to become what I know you all wanted it to become and what the dream of freedom was for this country that mediocrity will not serve this country.</p> <p data-bbox="528 1019 1406 1547">So I called John Samuel who was former CEO at the Oprah Winfrey Leadership Academy because I know he has connections to Prof. Jansen. I said: "John, could you please tell Prof. Jansen that I read this article and that I really loved this article and just let him know that really if there is ever anything I could do, I just really love him, and I love the article and everything." And John Samuels said: "Well, you can tell him yourself. If you come to Vrystaat and speak to a class." So I said I would love to come and speak to a class. I said make sure that I have enough time that the students can ask me questions and we can just have like a fire-side-chat with the class and it will just be a few students and myself and we will chit-chat. That was the plan. And a couple weeks ago I saw something on the internet about all of you showing up and I went "What... what?" I called John and I went: "John what the heck happened here?" And he said a few more students and some staff and other people wanted to show up.</p> <p data-bbox="528 1590 1406 2000">So that is how this all came about. I wanted to come because. I came first in 1995 when freedom was in the air. And there was all the talk about the new South Africa. And what South Africa could become and all the hopefulness for future generations. What I truly believe, having read about and seen what Professor Jansen and the Council of the leadership here, Chancellor Mokhele, and all of you as a student body and as community have done. What has happened here at Free State in terms of racial reconciliation, of peace, of harmony, of one heart understanding and opening itself to another heart, is nothing short of a miracle. It is truly what the new South Africa is all about and that is why I am here today. To witness this transformation in person, to say thank you for being the pioneers for a new way of thinking and a new way of</p>

being in the world.

For opening up your hearts in such a way that you understand what all of humanity comes to know when you reach true wisdom. And that is that we are all really more alike than we are different. And so the Chancellor was saying earlier that I was the 'Queen of Tears', I did not know that I was the queen of tears, but you have now labelled me 'the queen of tears'. And I will have to carry that from now on but it will be Doctor Queen of tears to you. Doctor Queen of Tears.

I have been known to cry a time or two, so much so my best friend Gale, who just had to leave today. Is in South Africa and leaving this evening and so could not come, use to say to me watching the show going: "You crying too much. You are crying entirely too much. You need to stop crying every day." And I started working on not crying because what happens is that I try to have a big wide open heart space and feel what my guests are feeling and not just emphasise but to put myself in their position and many times that causes tears.

Today I stood here in tears when John Samuel said that I was an honorary daughter of South Africa. I am going to cry again. That brought tears to my eyes because of the mission that I have held in my heart for this country. My vision for changing the lives of empoveraged disadvantaged girls from the moment I sat in Madiba's living room years ago and he and I were having a conversation about how to change South Africa and that conversation ranged in the same way that all of your conversations about how do we change South Africa and Madiba was saying we have to fight poverty and the best way to fight poverty as we all know is through education and I said to him, casually, yes I do believe that Madiba. And one day I would like to build a school for South African girls, he said: "How about today?" And literally got up out of his chair, called Kader Asmal, the late Kadar Asmal, who just passed. He called Kadar Asmal and Kadar Asmal was on holiday but Madiba told Kadar Asmal to come off of holiday, he was on a boat in Cape Town. He got Kadar Asmal off the boat in Cape Town and said I want you to meet with Oprah later today and that is how the vision of the Oprah Winfrey Leadership Academy was started. And it has profoundly changed me. To be able to do for African girls which was never done for me. To do for African girls which was never done for me.

As I stood on the stage 'doctor queen of tears', part of what I was thinking about is the history, the past, all of the other people for generations passed who have been on this stage. The colour of their skin nowhere matched mine, who's history nowhere matched mine. Who would have no idea of a dream that would be possible that an African American woman from the United States would be standing here today to receive an honorary doctorate degree from this university. How extraordinary. That is what the tears are for. The tears are for the amazing grace. The amazing grace and miracle of that moment that just happened here.

I think about my life and the life of everybody that had come before me standing here which is exactly what I was thinking about, Chancellor, on the night of Obama's election as I was leaning on the shoulder of that man. I did not know who he was. I was crying then too. I was thinking about my grandmother who would not have imagined that a man named Barack Obama could become president of the United States. I was thinking about Martin Luther King, I was thinking about the marches, I was thinking about because I am a student of my history because I know you cannot go anywhere unless you know where you have been. And so I was thinking about all of the people who hoped and prayed and cried and marched and believed that that day could come, that is what I was thinking about. That was what was on my mind.

Recently, you all know the Oprah show is still running here, but recently I did my very final show and all this year people have been saying to me what is that going to feel like? How are you going to feel? It is so bittersweet. And I said: "No it is not bittersweet, it is all sweet no bitter." All sweet and no bitter cause when you have done what you came to do and did it as well as you know how to do it there is nothing more to do but to move forward. And I stand here not of my own I am only one black woman born in Kosciusko, Mississippi that is just a few minutes, a few minutes from Kenya across the street from Vrystaat. Around the corner from Johannesburg. One black woman. My hand in God's hand. Trusting and believing that there is a power greater than myself and I lean into that power. I lean into that power for all things.

Recently I was cleaning out my closets and drawers as I prepare to move from Chicago in Illinois to California because the show has ended. I have started a new network and that network is going to be in California. And I started you know, preparing as you know, you collect more things than you realise and I ran across a picture of myself as a little girl that I had not seen in a while. Yes there I am. Cuter than I remembered. That picture is on a stool in front of my grandmother's house. That bush next to me is a hydrangea bush and I grew up loving hydrangeas because that is the only flower I knew as a little girl and that is a swing on the wood porch and right underneath the stool you can see the stairs are a little broken down. This was just a little shotgun house in rural Mississippi. I was born in 1954 which means I am fifty-seven. You do not have to try and figure it out. And happy to be alive, I do not get people who lie about their age every year is a celebration.

So born in rural Mississippi which is very much like rural South Africa. Like any rural area, I grew up with my grandmother, no running water, no electricity. My grandmother boiled our clothes in a big wash pot outside and would hang them on the line once a week. I would churn the butter. We had one cow. We did hog killing, killed the pigs, keep the meat for the whole year. I would take out what we call the slop jars underneath the bed; go to the outhouse, afraid I was going to fall in the hole. So that is how I grew up. When I ran across that picture the other day I was getting ready to walk through one of the rooms of my house, make-up room and in that make-up room there are multiple

photographs from multiple covers of myself over the years. Not even my own magazine, but just other covers and every wall in the make-up room is covered with photographs that I started collecting around 1986 and then I got tired 1995 and go: "Enough already." I have passed that room a thousand times maybe a hundred thousand times at my house and never paid any attention to the pictures on the wall. Oh, there is the covers, oh there I was. I was skinnier. Well I like my hair there. On this particular day when I just found the picture in the drawer, I walked through the makeup room with all the covers on the wall and I turned. Suddenly something said stop and I turned and I looked at the entire wall. Year after year after year after year of covers of magazines that I never even imagined that I could be a part of and I just stopped and I sad to myself: "How did that happen?"

Which is part of the moment which I was having here on stage as I am standing here at Free State, thinking how did this happen. As I begin to ponder the answer to how that happened I would have to say that it is because from the very earliest memory of myself. I recall standing on the back porch watching my grandmother in the cold, about like this where you could see your breath and she was boiling a big pot of clothes and hanging them on the line. And I was supposed to be churning butter, anyone here ever churned butter? Churning butter. Well, I churned a little bit then when she would look at me I would churn a lot. And my grandmother had the clothes pins in an apron and she said: "You better watch me now, Oprah-Gale. You better pay attention. Cause one day you will have to learn how to do this for yourself!" And I looked at her and I nodded and smiled and the voice inside myself, something, a feeling, a voice inside myself said: "No grandmamma, I won't." No grandmamma, I won't.

This I think I was four years old could have been five years old, but something inside me felt this will not be my life. I am not going to spend my life hanging clothes on a line. There was something, I did not know what, there is something bigger for me. I could feel that and now I can articulate what that is, I could feel that urge or calling I call it, inside myself. Calling me to something bigger and greater than my front yard in rural Mississippi. And the way I could feel that calling was because my grandmother had raised me to do the only thing that she has known how to do, read the Bible. So I grew up reading the bible, and reading little Bible verses. You know in our community we often did not have the best hymn books so we had pieces of it and you would stand up in church and you would read a piece and my piece... I remember being three-and-a-half years old in my patterned leather shoes. And it was Easter Sunday and I really did not care about Jesus; I just want to know did you see my shoes? You noticed my shoes? But my Easter piece was Jesus rose on Easter Day. "Jesus rose on Easter day. Hallelujah, hallelujah, all the Angels did proclaim. " And all the sisters sitting in the front row fanning themselves said: "Hattie Mae, this here is a talking child."

So I got my sense of value and who I was and who I could be from

growing up in the church, reading the Bible, learning to read other pieces and passages and John Samuel said to you earlier, by the time I entered kindergarten I was pretty well read for a five, six years old. And I did write my kindergarten teacher a letter and told her I knew a lot of big words. Nicodemus... Shadrach, Meshach, and Abednego. Let me tell you, that will throw a kindergarten teacher off. So she took me to the principal's office and said who did this and I started telling her about Nicodemus being born again. So they put me in the first grade, they said: "Get this child out of the kindergarten."

I have felt that calling, that yearning to do something and be something that was bigger than myself because early on I was taught having been raised with my grandmother then my father and my mother. My father and mother saw each other one time. He said she was wearing a really big skirt. They called them poodle skirts back then in the fifties. He said he wanted to know what was under there. Turns out, I was. But I say that to say there was no plan. They never married, they had sex one time and I, who could have been at the time considered an accident.

I happened. And this is what I know and what I am here to share with you today. I am no accident and neither are you. Wherever, whomever, whatever the circumstances of your being here in this place, in this space right now. There is a calling for you that is as deep, as strong, as pure, as wide, as broad, as powerful, as gracious, as loving, as the calling for me. And people get it confused because you look at the trappings. You look at all the stuff. You look at all the things. You look at the shoes that are hurting my feet right now. And you get confused cause you think well I, you know, I'll be successful when I get to have this many square feet or this big of a yard or this kind of car or this kind of electronic device – then I will be successful. I am here to tell you that success, anybody can be successful, really. You put your mind to it, you work hard, you are diligent, and you can be successful. But what I want for myself and what I know every human being is striving for is something more than success. What you want is to be able to fulfil the highest expression of yourself as human being on the planet earth right now.

Who you are and what you were meant to be is what you are looking for in this life. And every single person, every single person is looking to become more of who you are. People get it confused when you, you know I think we live in a celebrity culture that admires celebrities for doing nothing. We live in a culture that admires people for being famous for doing nothing, for showing out and doing sex-tapes. I hear one out of five adults in the United States sexed. I would not advise it if I were you. Sexing. We are all confused about what really matters. What I know for sure is what really matters is who you are, you were meant to be and how you use what you have been given to serve.

First yourself, cause you have got to fill your own cup. Allow your cup to run over so you have enough to give to other people. And do not worry in your life about success but focus on service. If you focus, whatever

	<p>your job is right now and everybody in here has a job. Mother, teacher, lawyer, doctor, clerk, student, pharmacist, clerk, waiter, caretaker. Everybody here has a role that you play. There is a title that you have been given. The title means almost nothing, what matters is how you use what you have been given to serve the higher order of what you are meant to be. I have learned so many lessons over the years on the show. And one of the most moving one's came from a young mother named Monica George. Monica George is a hero to me. Heroin. She had gone into the hospital to have a baby just like everybody goes into the hospital to have a baby. And while she was there tragedy struck. I think we have the video tape of that can we role that Monica George?</p>
Video clip 1 "Monica George"	<p>Three years ago Monica George was a healthy mom excited to give birth to her second child. But just days after her baby, Sophia, was born, Monica's body was attacked by a rare and deadly flesh eating bacteria. Doctor's had to amputate both of her arms and both of her legs to save her life.</p> <p>"When they told me that they were doing it I said ok. Do it, just get it done so I can do what I need to do so I can go home."</p>
	<p>Having lost so much Monica had every reason in the world to feel sorry for herself but her nurses said the "why me" break down they had all expected never happened. No arms, no legs but his is how she talked about life two years ago when we first met her.</p>
	<p>"I knew that I was going home to a loving husband and two wonderful girls. I did have moments of if God just left me one. Just one arm or one leg it might be a little bit easier. But that is not the way it went. So you make do with what you have and I could still love my girls. That was just the bottom-line, that was still here."</p>
	<p>Since I met Monica I never forgot her irrepressible spirit and unflinching determination to live life to the absolute fullest. You are our warrior of the year. You are warrior of the decade.</p>
Oprah Winfrey	<p>The reason I love that so much, Monica George, she goes into the hospital as you saw and comes out with both arms and both legs amputated. She never once complained. The nurse said they kept waiting for the breakdown of why did this happen to me, I can't believe this happened to me, I cannot go on cause this happened to me. And her attitude instead was let's get on with it. Let's get on with this because and this is the line that I loved the most: "I still have the capacity to love my girls." I still can love my girls.</p> <p>Which is the greatest capacity all of us have and why I was so, uhm, is the word excited, no, I was honoured to be able to be among the students, the leadership here at Vrystaat. Because what happened here with the workers and that Reitz experience, and what happened afterwards. What the leadership here, the Chancellor, Prof. Jansen was able to do. Prof. Jansen especially who took all the flack. And when I first read about it and he was saying he was going to let the students back I said "Oh I believe in forgiveness but I do not know if I allow that." That is just a little more love than I have right now. But what happened was the opening of the heart space of those four men and of particularly the workers. The workers are here. Can you stand up? The workers? Stand</p>

up. Where are the workers? Oh yes. Let us stand up for them. They deserve it. First of all, let's see if we can get them down here. Willy will you see if you can get them down here? Let's get them up here on stage. Bring the workers up here. And the reason I want you to see them, I want to see them, is because what happened here is the ultimate example in capacity to love.

I believe basically that there are two emotions that we are operating on in the world all the time. You either, in your life moving in the direction of love which is grace, is kindness, is forgiveness. Or you are moving in the direction of fear which is jealousy, anxiety, racism, hatred, ignorance, all of that. And so what happened here was a big move in the direction of opening the heart space. Opening the ability to not just say I am sorry because anybody can say I am sorry but to be able to say: "And I forgive you." I forgive you. And this is the truth, if they were able to do that after what was done to them, that makes it possible for you who is now holding grudge against your sister-in-law, who is upset with your cousin, who is not talking to your best friend. If they were able to do that, oh my God, what does that mean we are able to do?

My favourite definition that I learned on the show about forgiveness was, somebody shared this years ago, is forgiveness is giving up the hope that the past could be any different. You stop holding in to that should not have happened, I wish that had not happened, something should happen to them for that happening. You stop holding on to your desire for revenge, but you give up the hope. That happened and now we must move forward. Here are the heroes of Vrystaat.

Ladies and gentlemen, this is what it means to open your heart, forgive and love somebody. That is what it means. Thank you. I am honoured to meet you. Thank you. So having witnessed that, seen it, experienced it in this community, in this country, in this nation, allows all of us to be able to also expand the vision of who we can be as human beings to a broader view of ourselves. What that takes to do that, just extraordinary.

When I finished my show as I was nearing the end. I was trying to; everyone was asking me, what has been the most important moment. You know, how do you choose one moment? I have interviewed over 30 000 people. I have done over 4780 some shows. And never missed a day. And I never missed a day because I knew in my life that I had been called to this. That this was what I was supposed to be doing. How do you know you are called? Cause you would do it for free. It is good I did not have too. But I would do it for free because something inside me felt the need to connect. I have been doing that since I was three years old. And for everyone of you, something is calling you. And your real job in life is to go to school, get an education. As Modey was saying to me earlier today. Said what is your biggest ambition right know, she said: "To get my degree." Yes that is very important to do that. To get your degree. But the real question is how do I use my degree? How do I use what I have been given here? The education, the opportunities, to serve

	<p>the world in such a way that I honour the fullest expression of myself as a human being. I was saying earlier to the student leaders I have interviewed everybody but the Pope. And I did not necessarily want to talk to him. Cause I am not that sure the Pope would be that vocal with me. I do not know if you could have a good time with the Pope. But in my years, everybody always thinks it is going to be the famous people, the celebrities. In all of my years, in 30 000 interviews of shows there was one woman that stood out. Her name is Tererai Trent and here is her story.</p>
<p>Video clip 2 “Tererai Trent”</p>	<p>Tererai Trent grew up in this remote village in Zimbabwe. She was raised in a hut with no water or electricity. And little hope for the future. She travelled back here to tell us her remarkable story.</p> <p>“They are saying work hard, work hard. We are welcoming Tererai.”</p> <p>It was a homecoming for an unlikely hero. To these women Tererai Trent has become a symbol of hope.</p> <p>In my village, girls have no hopes. Only boys have the opportunity to go to school. This is where my brother went to school and this is the place where I always wanted to be when I was young. I would always cry and say: “Papa why do not you just allow me to go, just for one day?” I just wanted to sit on a desk and you know raise my hand and say something. As a little girl I was desperate to learn. I was secretly doing my brother’s homework and I learned to read and write from my brother’s books. This use to be my desk for doing my brother’s homework.</p> <p>Eventually a teacher discovered their secret and begged Tererai’s father to let her come to school. But after only two terms, was married off. She was just eleven years old and by the time she was eighteen she was already a mother of three.</p> <p>When my husband realised that I wanted to have an education, he would beat me. I have nightmares of that time of my life.</p> <p>In 1991, a woman from an organization called Heifer International, visited Tererai’s village.</p> <p>She started asking us what our hopes and what our dreams and I remember very clearly saying: “My name is Tererai Trent and I want to go to America to get an education.” And she just looked at me, if you desire those things it is achievable. Then my mother said, write those dreams down on paper and bury them. And if you truly believe in those dreams, you will see them growing and growing. Cover those dreams with a rock because that rock will always call you wherever you are in the world.</p> <p>Tererai wrote down her dreams that day, placed them in a scrap of tin and buried them under a rock.</p>

It was like I had my own secret and the rock was keeping my secret from me and he did over the years. There it is. My mother said: "You are the last person to break this viscous cycle of poverty and I want you to do that. " And I did it. I did it.

Oh yes she did. So just listen to this, her first dream that she wrote down on that piece of paper when she was a little girl, was to live in the United States. In 1998 Tererai moved to Oklahoma with her husband and five children. Dream number two that she wrote down, just three years later, after Tererai moving to the United States, earned her bachelor's degree in agricultural education. In 2003, Tererai's husband was deported for continuing to abuse her but she still achieved dream number three. Earning her master's degree in just two years. And today Tererai is happily remarried and before the end of this year, Tererai will have made dream number four that she wrote down also come true. She will be awarded her PhD. Unbelievable. Please welcome the soon to be Dr. Tererai Trent. What an honour to meet you.

I was the Dr. Queen of Tears that day. It is my all time favourite story in twenty-five years. And the reason is because it embodies all of the things that I tried to say in twenty-five years. Never give up. You are not defined by your circumstances. You are defined by the possibility of the fullness of our life. It says have faith, it says keep going, it says if you believe and are willing to work, you can achieve. It says there is hope. It says; have a vision for yourself and have that vision be bigger than yourself, your family, your village, and when you have dreamed all that you can dream and you cannot hold it for yourself any longer, you surrender that dream to that which is greater than yourself. I call it God. You surrender the dream and allow yourself to live in the space of that vision of hope for yourself.

That is why you are here. We were not created to struggle and suffer. And to labour. And to not recognise who we are and the greater possibility of that which is the space of God. We are here to recognise that and seize that. To use that each of us, is here, powerful. You are powerful in your own way and you loose power when you spend time thinking about your neighbour's power. When I was competing, the reason why I was number one for twenty-five years was because I always said to my team focus on here and now. Focus on what you need to do. When you are running a race, those of you who have ever run, you know you absolutely lose energy just to turn around and see where the other guy is. If you are spending your time thinking, talking, gossiping, worrying about what the other person is always doing, you lose power. You lose power and you alone are responsible for the energy you bring to whatever it is you are trying to do. So, whoever you choose to be in life. However you choose to pursue that let the road and the path of that pursuit be through service. When you leave here today, whatever it is that you are doing, however your work shows itself, if you just shift the paradigms shift the way you think about what you do to how can I serve as a mother, how can I be more of survive as a

	<p>caregiver, how can I be more of service as a student, how do I use what I am learning to be of service, Cheri – as you have done. Lesego – as what you have done. When you do that, focus on what you can give, how you can serve, then you will be the best that you can be and you will live the glory of the dream that, that which I know to be God holds for all of us. God bless South Africa. Ready for your questions. I think they have a system here, right?</p>
Tibi Mohapi	Yes we do.
Oprah Winfrey	Ok, I will try to be brief if you want.
Tibi Mohapi	<p>You have already gone overtime, Oprah.</p> <p>Ladies and gentlemen, we do have a couple of students who have made questions ready for ms Oprah, so they re ready and here is our first speaker. She will introduce herself and also just for interest sake let you know in what direction she is studying.</p>
Oprah Winfrey	Ok, you should also have the second speaker ready. So you should have them lined up. I do not mean to come and boss everything.
Student 1	Greetings to everybody else here. Welcome to you Miss Oprah.
Oprah	Thank you.
Student 1	I am, studying Social Sciences. I am in my third-year and I am also a member of the student governance.
Oprah Winfrey	Oh, lovely. I love that.
Student 1	We are greatly encouraged by your visit to our university which is your university now. Why did you decide to honour this?
Oprah Winfrey	<p>I knew you would be here. As I was saying earlier, John Samuel, who is someone who I respect and had worked with at my own school, I consider a friend and when I called about Professor Jansen’s speech and that is actually how it happened.</p> <p>You must know that I am a woman of my own making, nobody has given me anything and therefore I reached a point in my life where I only do what I want to do. Nobody tells me what to do and even if they suggest it, I do not do it unless I want to do it and so when it was suggested that I come here. John Samuel was telling me about all of the great things that were happening in terms of reconciliation and transformation in the students and how just such a short time ago things were very different here on campus.</p> <p>I thought that is something I wish to see and am willing to give up my time and come and share my thoughts with you. I think, I really do. I really do not believe in a lot of rhetoric. You do not know me that well but when you have spend some time with me you will know, I really do not. I do not use words that, I do not like hyperboles. When my staff over the years was preparing scripts for me and many times they would say so a particular guest is coming on, Oh they’re amazing. I would say no they are not. They are interesting, I like them, but I am not going to say you are amazing unless I think it is. I really do believe that what has happened here at this university comes under the category of amazing.</p> <p>I mean you know about the whole Reitz thing so when you look at those workers and what they were able to do not you think that is amazing? I</p>

	<p>think that is amazing, I mean that is, that is worth putting my shoes on and come up. So that is really why I am here. I love sharing information, I love having exchanges. I would not have done it if we could not have done this. If I had not have been able to talk to you all. And you all talk to me. And this is so interesting, the other week when I had found out that this had turned into not just a classroom and I said to John Samuels: "So we are still having the questions and answer?" and he went: "Well there will be no time for that, there is not going to be time" and I go: "No I am not coming unless we can talk to the students" and he said: "Well how much time?" And I asked: "Well how much time do you have for me?" and he said: "Twenty minutes". I go: "No I am not coming for twenty minutes. I have to have more time. I have to have more time." So I am here to because I wanted to have this exchange with you. That is why I am here.</p>
Student 1	Thank you.
Student 2	<p>Dr. Winfrey, my name in Annemieke Plekker. I am a fourth-year law student and I am also the chairperson of my residence, Marjolein. You have been such a lovely inspiration to so many South Africans and definitely to people who come out of disadvantaged backgrounds because they look at you life and say I can do it also. What lessons can you share with us?</p>
Oprah	<p>For every action there is an equal and opposite reaction. The reason I love physics so much is because it mirrors life. It is life. And I would say that the greatest lesson that I have learned about how to move through life. I mean I am a Christian but if you would asked me what is my mantra, what is my philosophy, what is my creed? It is, that there is emotion.</p> <p>In the movie <i>The colour purple</i> which the Chancellor mentioned, Harpo was told to beat me. In that movie there is a scene where Celie played by Whoopi Goldberg is leaving the house, remember this Chancellor? And she is all dressed up and mister comes running up out on the porch and he says: "You ain't nothing, you ain't never going to be nothing" and she turns to him. Remember in the movie she turns to him and does that with her fingers and she says: "Everything you even try to do to me, already done to you." And that is how I live my life , I know that the energy that I am putting out into the world the energy I am putting out into the world, actually I have a tape, it is only about a minute. Can you run that please guys? This is a great example. This woman is so powerful. I did not know you were going to ask this, but this is great. Look at this.</p>
Video clip 3	<p>Suffered a massive stroke years ago when a blood vessel burst in the left side of her brain. Remarkably she remained conscious the entire time and recalls everything that happened during the stroke.</p> <p>When the stroke happened, the left hemisphere got wiped out and lost its functions but the right sphere was ok. The right hemisphere is right here, right now and it is "being". Having an experience. The right hemisphere thinks in pictures. The left hemisphere think in language and the left hemisphere is about the past and the future and it has a to-do list and it is "doing". So the two hemispheres just think differently so</p>

	<p>when I lost the left hemisphere I lost my past and I lost my future, I lost my language, I lost the identity of whom I had been and all the memories of my life. I was still capable of being in the present moment, I was just connected to the portion of my brain that said I am an individual, this is the name, this is the data of my life and this is what I need to do in order to get help.</p> <p>Ok so this is the thing that changed me, you said in the book: “I am in here, come get me”.</p> <p>I am in here come and find me. And you were more perceptive than you have ever been in your life cause you could feel the energy that everybody brought to you and some of the things you said that really changed me was I wanted people to be responsible for the energy they brought to me.</p> <p>That is right. Take responsibly for the energy that you bring to me. Yes absolutely cause that is all I could perceive. I was in the present moment and that is all I could perceive and if I had a doctor come in and just kind of talk to my mother or talk to my friends and just go about without me not even bother to make eye contact or try to connect to me and show me that they value me and that they value the connection, then I am not going to show up. So I needed that.</p>
Oprah Winfrey	<p>So that is my lesson in life. I do not know if you heard the very beginning of it. This woman is a brain scientist. She was a brain scientist at Harvard and her book is called <i>My stroke of insight</i>. And at thirty-seven years old she has a stroke in the left portion of her brain and as you lost all cognitive memory and that stuff and ability to function. So she had to re-learn language, she had to re-learn everything. And her side of her jaw had dropped and all of that, but during that process because she was a brain scientist when she was in the middle of the stroke she realised I am having a stroke. This is a stroke.</p> <p>It took her years to come back and now she is teaching at a university in Indiana. But she was saying that she could feel just like all of us can feel when you allow yourself to be attune to it. You can tell when you walk into a room if somebody has been talking about you and you can tell if that was a good talk or not so good talk. So you can feel if you're connected to that part of yourself when people mean you well and when they do not. You can feel when somebody is lying to you or when they are not and that is what she was able to sense. She was able to tell when the nurses came into the room with her if they were thinking about getting off at the end of the day or whether they are there to serve her.</p> <p>And so that ties in for me with the third law of motion. Every action and all the energy that you are putting out and all that is all that any of us are energy fields in the world. The energy that you are putting out is not only being received but that is what is coming back to you. And you alone are responsible for the energy that you bring into your classroom every day, in your relationships with your friends, in your relationships</p>

	<p>with your parents in your life. And that is the greatest lesson I have learned, that I get exactly what I put out all the time and it is going to be returned to me in direct proportion. So people one of the reasons why I am so blessed in my life. Everybody has their own platform; mine was a talk show for twenty-five years. You're are being here as a student and the circle of people you encounter everyday in the cafeteria, when you are going to the cleaners when you are doing you laundry. That is yours. That is your circle and the energy you put out with all of those people with your teachers with the work that you put out. That is what is coming back to you all of the time. So that would be my lesson to anybody regardless of where you are; take responsibility to the energy that you bring to your life and to yourself. Thank you.</p>
Student 3	Is it working? Good afternoon Dr. Winfrey...
Oprah Winfrey	Oh thank you.
Student 3	Dr. Queen of Tears. I am Chene Tisner and I study with Annemieke, fourth-year of law and I am very, very proud of myself for not fainting in your presence.
Oprah Winfrey	Thank you.
Student 3	I would like to ask you. We at Kovies here would like to have the students at the Oprah Winfrey Leadership Academy for girls. We would like to have the students here at Kovises. So I want to know what can we do to make that happen. To implement that.
Oprah Winfrey	Well there is our Head mistress, Mrs. Ann van Zyl who is bringing the girls here on July 10 th . The girls, my girls, our girls are coming to visit Vrystaat on July 10 th as they have already started their process of looking for colleges and universities. We would love to have any students from here who want to come to Henley on Klip and work with our girls. We are still building our school, you know it is a huge learning curve building a school and so we have just started incorporating girls in from colleges from other parts of the world. United States in particular who are working in the dorms with our girls who is tutoring with our girls and this is the first matric class that are graduating and they are coming here July 10 th . Be nice to them.
Student 4	Good afternoon my name is Jany Niewenhuizen and I am a first-year social work student and I am a candidate for the international study programme and my biggest dream for getting my own show one day called dr. Zuma. I have already chosen the name. I want to host it on the internet.
Oprah Winfrey	I think it is going to be easier to do that over the internet. You know I think television is going to move on to internet, it is all going to be one thing. It would be easier to have you own show.
Student 4	You are an international media icon. How did you choose your career? And how did you know it was the correct option and do you have any tips for students on choosing the correct career?
Oprah Winfrey	Well, I was speaking about a calling. Everybody knows that it is not like Moses and the burning bush, it is not like.... "Hello... Journalism. You shall do media studies." No it is not like that. There is if I were to talk to you at that time there would be a pattern and a flow already present in your life of thing stat you like. That you feel interest in and passionate about. How you know that it is the thing that you are supposed to be doing is the same thing that I said up here. You do it even if you do not

	<p>get paid and it fills you up. It fills the heart space inside you. It brings light to you and you can't wait to get to work every day and you are anxious to be a part of whatever that is and I would say to everyone here today you know not everybody can do that immediately and not everybody is in the flow of their life, the fulfilment for themselves but you have to find things that bring you joy, that fill you up, that bring you passion, that opens your heart space in order for you to fill yourself as a human being and so that is how you know. It is a feeling, it is not a voice as much as it is a feeling and I will say this I made many mistakes. It is really easy to look at me now and say Dr Oprah Winfrey but the truth is I made a lot of mistakes in the earlier part of my career. As John Samuels was saying, I have been an anchor woman since I was in news and many times doing the wrong thing allows you to know the right thing. Yes, many times you have to be in the wrong. If you are in the wrong job then you know it immediately. You hate it you ... it makes me feel... it depletes your energy. So to go back to the energy question when you are doing what you are supposed to do it fills you up. It gives you energy so you will know it. You will feel it. And it is not like what your mother wanted or your father wanted or what all the professors say. It is inside yourself. You know I often say the voice of the world will drown out the voice of God if you let it and that is why that passage in the Bible that says be still and know. You cannot know unless you get still. Really so you get quiet inside yourself and it is a feeling you get and you will be let by it. I see you got it. A couple more?</p>
Student 5	Afternoon Dr Winfrey,
Oprah Winfrey	Oh thank you.
Student 5	My name is Thabiseng Nokgle. I am doing my second year education with the university on the Qwaqwa Campus. And we are as a university I must say that we are very impressed by your ... by the people who work for you. They push their mission so far that you get successful as yourself. So much of leadership is based on coherence between the people you work with. My question is how do you know or what characteristics of you look for when choosing your leadership team?
Oprah Winfrey	I look for knowledge. I look for people who are smarter than myself. You know, I look for people who are smarter than myself. Because I, you know the greatest quality to answer her question to, the greatest quality we can hold for ourselves is to know who you are. Not only to know who you are but to know who you are so fully that you are not threatened by anybody else. You are neither threatened nor defined by them. So I know who I am, I know what I can do and I know what I cannot. So when I cannot, I look to the people who can and I want to surround myself with all of the smartest people because they make me look smart. They make me look smarter.
Student 5	So thinking that I am smart, can I be a part of your team? Thank you.
Student 6	Goeiemiddag dr. Oprah Winfrey, my name is Frans Jakobus Maree. I am a first year law student and I am also candidate for the international study program. There are many students here at Kopsies who study in the field called media studies, so what is it that made the Oprah Winfrey show be so successful as an international media event?
Oprah Winfrey	Oprah Winfrey. That is true. I am not even trying to brag about that but that is true. The difference between my show and every other show was

	<p>me. So, I know that it is not the answer you are looking for right. But is really is. This is it. You are looking at it right now. The real difference is this, it think. I say this to my team all the time for every show that I ever did. Every one that I showed here today and thousands more, I would ask the producers to come to me with not just the idea but the intention behind the idea. I said that so many times that they were sick of me saying it. Tell me what is the intention.</p> <p>Because my intention was not just to be on television - I did that the first part of my career - I was being on television as an anchor woman. I did not like it. I hated it. That is why I was saying. I so disliked being a news reader; that is why I started my queen of tears vocation. I would go on the news stories and people would lose their homes and I would have to cover people that lost their homes or there was a fire or there was a tragedy. They lost their child or whatever and I would be crying in the news story so that was not very good for a news-person. It was very difficult for me to have no emotion and be a news woman. It was not the right space for me. Telling stories was, but it was not the right space where I could not have any kind of feeling or reaction to it. So I got fired from that job.</p> <p>And you know when you get fired you think, oh this is the worst thing. Well often it is the best thing because failure in my opinion is just the universe saying move in another direction. So the Oprah Winfrey show every single day for twenty-five years up until the last show except for two that they surprised me with there is not a day that I did not sit in my office with the producers going over every single guest, every single script, what I would say, how I should say it in such a way that I want to know how is it going to serve the viewer. That is not what most television does. And so most TV is only about what they think is hoping to get the numbers or the ratings. For me it was about coming from the heart space. How can I connect to you? How can I say something so that you would hear me? You would hear me and you would be moved by that. You would be changed by that. You would, you know I would say for anybody who is in media studies. Media is there to serve the people. You are there to serve the truth for the people and if you look at your vocation, if you look at your pursuit of that as how do I use this in service to the people and not to make yourself famous. I mean the fact that I became famous that just happened. The energy that I brought to it but serving the people that is how you do it. Couple more and we will go. You guys have been patient.</p>
Student 7	Hi Oprah.
Oprah Winfrey	You are all dressed up.
Student 7	My name is Richard I am just a student. I would like to know.
Oprah Winfrey	Just a student? What does that mean Richard? Just a student. Ok go ahead.
Student 7	You are a lady of immense acclaim. I would like to know; surely at some stage you must have made a controversial or unpopular decision. I would like from your experience just to advise the youth as to how they would go about making a controversial decision.
Oprah Winfrey	How to go about making one?

Student 7	Ja, well no, making that decision and then most importantly making that decision and sticking to it or acknowledging that it was a mistake.
Oprah Winfrey	<p>Everything comes from standing in your own truth and that is why I love Prof. Jansen so much. I think to be able to stand in his own truth when everybody was giving him flack and to be able to say no this is going to be the way it is going to be and if you do not like it, you do not like it and if it means you remove me, but standing in your own truth. I have not had a moment that was as clear as that and I hope not too, anytime soon.</p> <p>But I will say that when I stood up for - when I came out for Barack Obama, there were a lot of people that felt that that was not the right thing to do. But I knew in that same space, that same, I will have to tell you all this, the same spirit, voice, feeling, that said to me no grandmamma I won't have to do that is the same spirit and feeling I got the very first time I saw Barack Obama. I said he will be President of the United States one day.</p> <p>I felt that. Strongly felt that, and what I thought was, I hope I am around when that happens. I did not think it was going to happen in 2008 at the time that I saw him. The first time I saw him was at the democratic national convention. In 2004 I actually started paying attention to him.</p> <p>But 2016 maybe 2020. But I had him to my house, I did a whole thing because I thought and I said to all my friends then in 2005, he is going to be president of the United States. So it felt like the most natural thing in the world for me, it was not a political statement on my part although it was viewed as such. It was a statement about his humanity and his depth of presence that I knew how much he cared about people and what he could do.</p> <p>So, I felt like when people criticise me for it, "so what." And I think you can stand by and I think Professor Jansen will be actually a great person to interview about it. Would you like to be interviewed at some point? What it means to stand with your own convictions. You can only really do that when you know your own truth in such a way.</p> <p>I am not ever looking for controversy, I am not trying to be controversial but if it is the truth - I do not go, I do not speak up or stand up for anything that I do not truly believe in - so if you hear me saying something it is because I really do believe it. It is just like, you see me here today, I wanted to be here. I wanted to be here. Time for another question, is that you?</p>
Student 8	My name is Hlumie. I am an honours student in Governance and Political Transformation. Dr Winfrey as a last question, I just wanted to ask what is it that you want to see us doing as the university and how?
Oprah Winfrey	What do I want to see you doing?
Student 8	As a university and how?
Oprah Winfrey	The final question I cannot answer. What I would have to say, I do not have a strategic plan. What I do have, is a belief in the vision that the leadership of this university holds for every one of you and I think that

	<p>that vision is in alignment with what I have been talking about today. That you take what is offered here. You take this opportunity to create a new South Africa. In spirit, in harmony, in cooperation, in reference for the humanity of people who do not look like you who do not sound like you who do not come from the same background that you come from and you use that to move yourself forward and to move this country forward. That is my dream for it, thank you. Thank you Vrystaat!</p>
Prof Jansen	<p>That was an amazing class. Ladies and gentlemen the event of the century at the University of the Free State. Warm round of final applause for Mrs... Dr Oprah Winfrey. Thank you.</p> <p>Thank you and now I ask you to stay standing for one of the greatest hymns of the civil rights struggle. The hymn that was the signature hymns of Dr Martin Luther King Junior. And which connected in powerful ways the civil rights struggle in the United States to the anti apartheid struggle in our own country and we are going to be joined here by Neil and the absolutely amazing Botshabelo string quartet. I listened to them during rehearsals. Keep your tissues ready! And in the final, the final stanza of this amazing song Mrs Winfrey will leave the stage with going that way. I ask you please not to leave the hall until we are out of that door and until the dignitaries in front led by Chancellor Mokhele have left the room. Thank you all and now the <i>Battle of the hymn of the republic</i>.</p>