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O's Five-Point Plan to ... **FULFILMENT**

Dr. **JOHN DEMARTINI** reveals how small changes to your thoughts, perceptions, feelings and words can add up to a sense of contentment.

1 **Do you love what you do?** If you experience Mondays as blue days and thank God when it's Friday, then it could be time to consider a career change. Start by interviewing yourself: Ask what you would truly love to do. Establish where there is a need for the service you want to offer and go out there and provide it. The reward is job satisfaction and, most often, increased wealth, too. In challenging economic times, when changing a career is less of an option, stop and look at the job you already have. Ask how it's helping you to grow in other areas of your life; how it is serving you. Answer the question over and over again until you are truly feeling grateful.

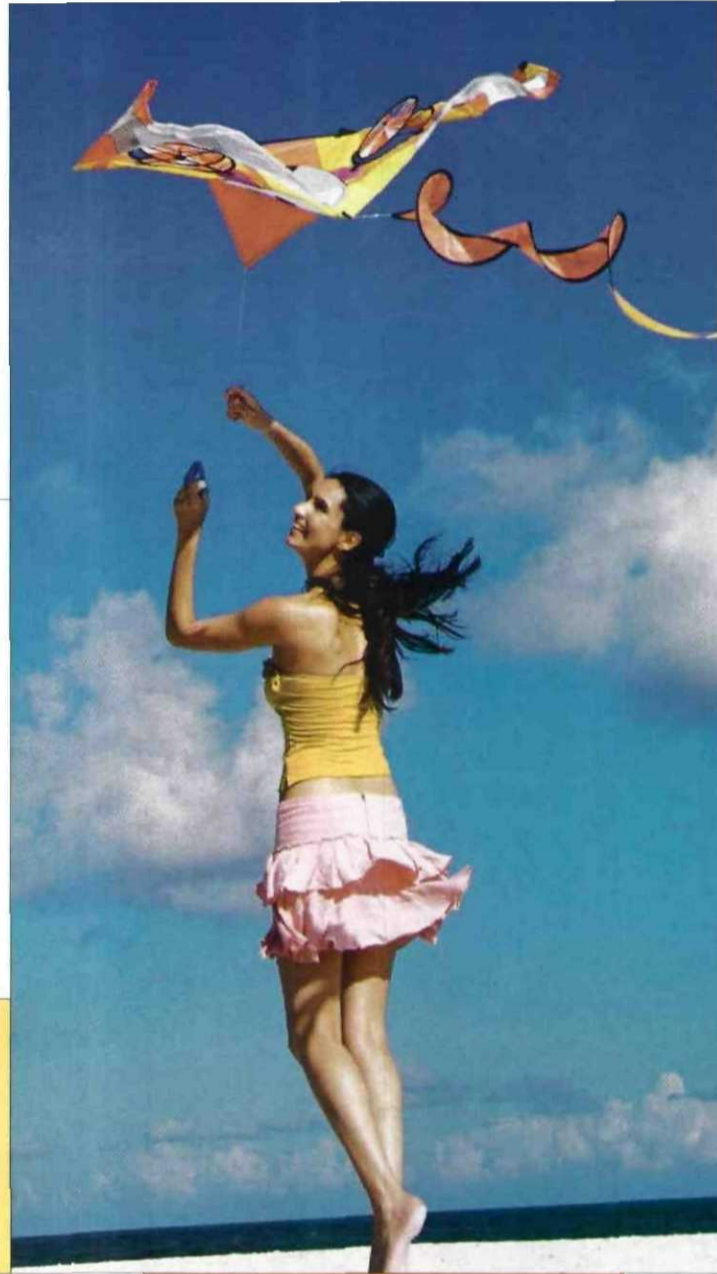
2 **Fantasy? What fantasy?** For many, the pursuit of happiness makes them sad, because their idea of what will make them happy is grounded in fantasy. Fulfilment is a combination of joy and sorrow, pleasure and pain, and all other complementary opposites. If you want to dissolve sadness, ask yourself what fantasy you are comparing your life to.

3 **How's your balance?** Integrating both positive and negative notions tempers mania and lifts depression. Intuitively, we know that when we are elated or depressed we lose focus. Many successful individuals have worked this out. Donald Trump has advisers to help him see both sides of his many projects. Tiger Woods has a specialist to keep him centred by encouraging him when he plays badly and levelling him when he is elated from playing well. They know a balanced orientation makes them more effective and efficient.

4 **Want fulfilling relationships? Then embrace negativity – yes, really!** For the past few decades we have been swept up in the positive-thinking movement – a paradigm that promotes the idea that it's possible to rid ourselves of negative thoughts. This is unrealistic. I don't know of anyone on the planet who has achieved such a permanent one-sided state. Unless you see yourself in 360 degrees and appreciate the unique expression of every character trait equally, it is unlikely that you will experience a fulfilling relationship with others. If you are not loving the whole you, how can you expect anyone else to?

5 **What are you grateful for?** The more grateful we are, the more we get to be grateful for. Gratitude clears the mind and awakens inspiration. It lets intention emerge and gives us a deeper appreciation for life. It has been scientifically shown that appreciation brings order to cell structures, which helps prevent disease. If you had one day to live, what would you do? Most would tell their loved ones: "Thank you – I love you." When we're down to our last moments, we prioritise; and the *biggest* priorities are love and appreciation. **O**

John Demartini is a bestselling author and a leading authority on human behaviour. Visit drdemartini.co.za



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