

OPRAH: So you use medication, but you also do many other things to keep yourself spiritually sound and centered.

LADY GAGA: Yes. So I meditate.

OPRAH: Yeah.

LADY GAGA: I do transcendental meditation. It's—it's great.

OPRAH: Yeah.

LADY GAGA: Bob Roth taught me.

OPRAH: Bob Roth taught me.

LADY GAGA: Isn't he great?

OPRAH: He's great.

LADY GAGA: Sorry.

OPRAH: Okay.

LADY GAGA: And so I do that. And when I slip up on it, you know it's not the best because it's like—it's better when I do. And sometimes I can be in a ton of pain and meditate and it goes away. It's amazing.

<https://www.weightwatchers.com/us/ambassadors/oprah/tour/lady-gaga>