



MINDFUL  
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**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 11**  
**Episode 116**

Megan Weigel: Hello, my name is Megan Weigel, nurse practitioner, and MS certified nurse. I'm your host and I'm excited to invite you back for another week of Mindful Moments. We'd like to thank our sponsors for their generous support of this podcast series, but most of all, I'd like to thank you for joining me to share in this week's mantra and meditation.

It's week 11. We've really taken a big leap into the new year, and we've learned some big things. We've been talking about the water element, which is specific to winter or this time of year in Chinese medicine. This week's mantra is, "I have what I need to do what must get done today." I'll say that again. "I have what I need to do what must get done today."

Hopefully, you're in a comfortable position, either seated or laying down and supported. If you're feeling heavy today, turn your palms up to the ceiling or the sky, and if you're feeling a little bit out of control and having a hard time sitting still, go ahead and turn your palms down and place them either on top of your legs or pressing into the surface next to you, maybe a chair or a bed.

"I have what I need to do what must get done today." What does that mean to you? It might mean that you have a list of things that you have to get done today, and that list seems insurmountable, and today is a kind of a bad day for fatigue, or maybe it's a bad day for pain and you're not sure how you're going to do it all. If today's not one of those days for you, and it's a good day, I'm sure you've had one of those days.

If we look ahead, or I guess I should say, look behind at yesterday. Remember what got done. Did you finish everything on your list? Maybe not. Did you finish your list and then some? Maybe so. But whatever happened because we've learned that our life is unfolding with certainty. So try not to worry so much about your list this week and just know that you have

what you need to do what must get done today.

It might mean that you don't finish your list, and that's okay. You have what you need to do what must get done today. I'll leave you with that for a few moments as you breathe in and out more slowly and deeply than usual, and let those words really sink into your heart. I have what I need to do what must get done today.

I have what I need to do what must get done today. It's a hard thing to accept that life may happen and something may take you out of your to-do list, or that maybe you already know from the beginning that what you plan to do today just isn't possible. Trust that you have what you need to do, what must get done today. Maybe that means no things get done. Maybe that means one thing gets done. Trust that you have what you need.

Begin to let your eyes open and let some light in. Wiggle and stretch your fingers. Press your feet into the ground, pull your shoulders down and back. Breathe in, I have what I need. Breathe out, to do what must get done today.

Thanks for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week. Remember, mindfulness does not have to be difficult. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

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