



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 12**  
**Episode 117**

Megan Weigel: Welcome back to the Mindful Moments podcast. I'm your host, Megan Weigel. And today we'll explore a mantra to help guide you throughout your week. Thank you for joining me today and for being open to this week's mindful moment. I'd also like to thank our sponsors for their support of this podcast.

It's week 12, if you've been following along with us since the beginning of this year's Mindful Moments series, you'll realize that we're well a quarter of the way through the year. This week's mantra is I am not afraid.

What does that mean to you? Saying I am not afraid may conjure fears that oh my gosh, the year is already a quarter of the way done. I haven't completed x, y, and z I was supposed to be doing this by now. Or maybe there's just that fear of the future unknown. Saying I am not afraid may feel scary.

We've been talking about the season of winter. We've been talking about the element of water that goes along with the season of winter and we're about to ease out of that into spring. But in the season of winter, there can be a lot of fear. It gets dark earlier. For some of you, it gets dark in the late afternoon. Many people are afraid of the dark. And I'm asking you today to say I am not afraid.

Go ahead and close your eyes in a comfortable position where you can feel relaxed yet not fall asleep.

When you say to yourself, I am not afraid. Acknowledge the images that roll through your mind and let them keep on rolling by. Like clouds blowing in the wind. I am not afraid of you or

that or this thing. Allow that process to happen for the next few moments. And really sink into your core. I am not afraid.

[music]

I am not afraid.

I am not afraid of what's in front of me right now and I'm not afraid of what the future holds for me.

I am okay with the unknown.

I may not get an answer to everything.

My life is unfolding with certainty. And I am not afraid.

[music]

As you inhale hear the words I am not afraid and root them into the core of your being. And as you exhale whatever last fear you have left in your mind, let it leave your body with that breath of air.

Say out loud, I am not afraid.

Gently begin to open your eyes and let the light in slowly. Sit up tall, and let your shoulders roll down your back. Lift your sternum, lift your chin, and say out loud one more time. I am not afraid.

Thank you for listening to this episode of Mindful Moments. We hope that you feel enriched and ready to take on a new week. If you enjoyed this episode, please leave us a rating or review. It truly helps us out. Thank you and we hope you'll join us again to continue our weekly journey of mindfulness.

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