



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 13**  
**Episode 119**

Megan Weigel: Welcome to today's Mindful Moments podcast. I'm your host Megan Weigel and today we'll explore a mantra to help guide you through your week. 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.

This week's mantra, week 13, is I listen to my body's wisdom.

Go ahead and get into your comfortable position. And you know, listen to your body's wisdom. Maybe you always sit up in the same chair but today, you're a little tired and you'd like to lay down. Acknowledge that and do it. Maybe you always lay down because to you mindfulness is associated with feeling sleepy and that's okay. But maybe you're curious about sitting up. Go ahead and indulge that curiosity. Find a comfortable seat. You're listening to your body's wisdom.

Wherever you are, I invite you to close your eyes. Relax your forehead. Relax, your jaw. Relax your shoulders. Let your hands fall open. Relax the legs that hold you where you need to be all day. Let your feet just be flat on the ground. If you're laying down, you can let your toes fall open and your heels touch.

[music]

I listen to my body's wisdom. It knows exactly what I need. What is your body's wisdom telling you today?

[music]

As you listen to your body's wisdom, acknowledge that it's telling you exactly what you need.

It may not be what you want to hear. Maybe it's telling you that you need more rest today. Maybe it's telling you that you really don't need to do that thing that you feel like you have to do just because you have to do it not because it really fills you up. Maybe your body's wisdom is telling you that gosh, I would like to move in a different way than it usually does. Maybe fear is holding you back from that. Listen to your body's wisdom. It knows exactly what you need.

[music]

Take a deep breath in. Open your mouth and sigh, exhale. Don't be afraid to make noise. I listen to my body's wisdom. Inhale. It knows exactly what I need. Exhale. Let your eyes gently open. Thank your body for its wisdom.

[music]

Thank you for joining us today. We hope that this episode helps you to reflect and start your week off in a positive way. Please join us again next week for another episode of Mindful Moments. You can learn more about Can Do Ms and our programs and resources at [cando-ms.org](http://cando-ms.org).

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