



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 14
Episode 120

Megan Weigel: Welcome to today's Mindful Moments podcast. Our hope is that this episode provides you with powerful tools to focus your mind and enrich your spirit. Thank you for joining me today, and thank you to our sponsors for making this podcast possible. Let's take a few moments to practice mindfulness together.

This week's mantra is, "It's easy for me to be hopeful." I'll say that again in case you choked on listening to it. It's easy for me to be hopeful.

Hope is something that we all desire, but it's not something that we all find easy to grab onto. So let's take these moments together to make better friends with hope so that we know that she's always there for us and it's easy to find her, and it's easy for you to be hopeful.

Go ahead and get into your comfortable position today. Wherever you are, I'll give you a choice of two different hand positions. If you're feeling a little bit heavy and like you really need some space, let your palms face up towards the ceiling. But if you're having a hard time sitting still today and your mind and your body feel like they're all over the place, let your palms rest on the top of your thighs or on the surface next to your legs or your body.

It's easy for me to be hopeful.

Relax your forehead, relax your mouth, relax your shoulders, your belly, your legs. Take a deep breath in through the center of your chest, right through your heart center, and exhale that breath right out of your heart center.

It's easy for me to be hopeful.

Think about the things that cause you to feel hopeful. Maybe it's a sunrise or a sunset, or maybe it's pictures from family members or a conversation with a friend who always seems to be positive. Maybe it's a good report from a healthcare provider. Maybe it's having just a little bit of extra energy on any given day.

Call to mind the things that help you to feel hopeful. Let the images take over your mind's eye and let that feeling of hope take over your body.

Notice how it feels. Does it feel warm? Does it feel cool? Does it feel breezy? Does it feel light? Notice what colors come into your mind's eye when you think about hope. Notice how your body feels when you think about these things.

It's easy for me to be hopeful.

[music]

It's easy for me to be hopeful.

I can feel hope whenever I choose to. In fact, you just did. You allowed feelings of hope to envelop you. You allowed colors and sensations of hope to root into your body.

It's easy for you to be hopeful.

Take another breath in through your heart center and let it out through your heart center. Hold on to that hope and let it be easy.

Thank you for joining us today. We hope that this episode helps you find hope every time you need it. 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.

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