



MINDFUL  
MOMENTS

## Can Do MS Podcast Transcript 2023 Mindful Moments: Week 15 Episode 121

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 these moments together to practice mindfulness.

It's week 15.

This week's Mantra is, I choose food that nourishes my body. I choose food that nourishes my body. You might say, well, what the heck does this have to do with mindfulness? It's very, very important. As we move into another season, the season of springtime, which in Chinese medicine is the Wood Meridian, we're thinking about all of the things that are growing, right? It's springtime and their blossoms starting to come up out of the ground, the trees are starting to grow green leaves. We are coming out of the depths of winter and the dark, into the light. And we need to choose things that nourish our body.

Actually, eating is a very mindful process. If we do it right, we will make the right decisions. Let's get into a comfortable position. Maybe you're sitting, maybe you're laying down. Wherever you are, let yourself remain alert, yet a little bit relaxed. Relax the muscles of your face, the muscles of your neck and shoulders, let your belly relax, let your legs and toes relax.

I choose food that nourishes my body. We can think of this in a couple of ways. The first is that the process of eating, from the standpoint of being joyful, and being in community with one another is nourishing.

On some of the food pyramids, the bottom, uh, the bottom row[?] of the pyramid is just that, it shows community, it shows a table where people are eating together without their devices, like I add, and they're in conversation. They're sharing about their days, their learning about each other.

That in and of itself is nourishing.

I choose food that nourishes my body. Literally, you choose things that when you put them into your body, give your body the nourishment that it needs to work, your organs work, your blood moves smoothly, your insulin works well, all of the functions of your body work together to give you the energy that you need to allow your brain to think, to allow your heart to beat without difficulty.

You choose real food. Because fake food is just that it doesn't give us what we need. I choose food that nourishes my body. For the next few moments conjure up images in your mind's eye of you having joyful meals with people you love. Notice that the smile that that brings to your face. Conjure up images of you making good decisions about food, choosing nutritious foods that nourish not only your physical body, but also your soul. Be with those images. See those colors. Taste the foods. Feel the laughter in large table. Let yourself smile and be nourished by those memories.

I choose food that nourishes my body. Make a conscious decision to choose more of the things that came into your mind. Fresh and colorful fruits and vegetables. Fun and joyful and loving friends and family.

I choose food that nourishes my body. Take a breath in, let it fill you up, and then exhale it all the way out. Then gently open your eyes if they're closed. Won't your body just sway from side to side, as you bring it back to full alertness here, after our mindfulness journey?

Thank your memories for being with us today during this mindful movement.

I choose food that nourishes my body. Thanks for listening to this episode of Mindful Moments. We hope that today's Mantra resonates with you and helps you make good decisions this week.

Remember mindfulness doesn't have to be difficult. It should be fun, and it should be nourishing. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

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