



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 17**  
**Episode 124**

[music]

[(0:17)] Megan Weigel: Welcome back to Mindful Moments. I'm your host, Megan Weigel, nurse practitioner and MS-certified nurse. Before getting started with this week's mindful moment, I'd like to take a quick moment to thank our sponsors for making this podcast series possible. There are many benefits to practicing mindfulness. It can help improve quality of life and help us cope with MS, MS symptoms that come along with it. It can also just help you cope with life. We hope that you will join us weekly this year to practice mindfulness and gain a new mantra to help guide you through each week.

Let's jump right into week 17. This time of year is springtime. So, our next several weeks are going to focus on things that typically happen in our bodies and in the world during spring. I hope it gets you a little bit more connected with the environment around you and just leads you to have a great experience with this time of the year.

Let's go ahead and get comfortable. For those of you who have been practicing with us for a long time, get to that comfortable spot that you know. For those of you who are new to mindful moments, I'd like for you to sit or lay in a position that you can be in for 5 to 10 minutes without pain and hopefully without falling asleep. While the goal here is certainly to relax, it's also to maintain your awareness.

This week's mantra is, "My life force is strong". What happens in your mind when you

say the words, "My life force is strong"? Do you nod your head, yes? "Yes. My life force is strong", or do you question whether or not your strength remains because of all the things that you've been through? By the end of today's time together, I hope that you can say, "My life force is strong", with conviction.

Let's close our eyes together. Start to lengthen your breath to a rhythm that's comfortable for you. It might be a 5-second breath in and a 5-second breath out, or maybe it's shorter 4 -seconds in and out. Wherever there's no struggle, that's where you want your breath rhythm to be.

And then, either start saying out loud, or in your head to yourself, "My life force is strong". See yourself as you are now, strong. Acknowledge yourself for the hard things that you do every day. Let those images come to mind. Give yourself a little pat on the back.

If an image comes into your mind, that isn't about your strength, let it go. See it float on down the river, see it float away with the clouds, and bring back around an image of you as a strong force of life.

[relaxing music]

So, as you're seeing yourself as this strong life force, think about the miracle of spring. In the springtime, we plant these tiny seeds and the seeds germinate and they produce these, uhm, you know, really flimsy-quite flimsy sprouts that push their way through the dirt. And, they push their way through the mud and they push their way through things that are so much bigger and stronger than them, and they burst through the ground ready to be alive, more beautiful than they were when they started because their life force is strong. That just brings me back circling around to the beginning. Things in your life might look differently than they did 3, 5, 10, 15, even 40 years ago, but your life force can still be strong.

[relaxing music]

My life force is strong. Let's say it out loud, "My life force is strong".

[relaxing 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).

[relaxing music]

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