



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 18**  
**Episode 125**

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[(00:15)] Megan: Hello, my name is Megan Weigel, a nurse practitioner, and MS Certified nurse. I'm your host and I'm excited to invite you back for another week of Mindful Moments. 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.

[music]

This week's mindful moment focuses on making good decisions, and the mantra is "I make good decisions." Please get into a comfortable position where you can sit without pain or discomfort for about 5 to 10 minutes. That might mean you sit propped up with a pillow behind you, or maybe you lie down, uh, with your legs elevated. But I'd like you to stay awake with me as we consider our capability to make good decisions.

Close your eyes and begin to lengthen your breath. Let your breath come into account of 4 or 5 and go out to account of 4 or 5. I don't want you to think too much during our time together, but I would like you to call to mind some good decisions you've made lately, and maybe even some bad ones. Have you given yourself grace on the bad ones? You know, because they were a learning experience too.

I make good decisions. If you've been joining us for the entire year, then you know

that this year's focus is on different parts of, uh, the seasons and the Chinese meridians associated with these seasons. And right now it's spring. And spring is the time of the liver and the gallbladder, not as we think about them in conventional Western medicine, but as we think about them in Chinese medicine, and the gallbladder loves a good plan. It's really good at making decisions. When it's having a hard time, it can be impatient and in a hurry, it can get stuck on really trivial details.

Have you ever felt that way? Have you ever felt like, gosh, I just have so much to do, I'm just going to make some quick decisions? Conversely, can you think of the times that you have had enough time to really consider the pros and the cons of things, and to make choices, even hard ones, from a place of creativity, emotional flexibility, and courageousness? Keep that breath going long and slow. In and out. I make good decisions.

[music]

So, I'd like you to be that force for making your own good decisions. Take a deep breath in, give a good sigh, and say out loud, "I make good decisions."

[music]

Thanks for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week. Remember, mindfulness does not have to be difficult. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

[Music]

[END]

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