



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 19**  
**Episode 126**

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[(0:20)] Megan Weigel: Welcome back to the Mindful Moments Podcast. I'm your host, Megan Weigel, and today we'll explore a mantra to help guide you through your week. Thank you for joining me and for being open to this week's mindfulness journey. I'd also like to thank our sponsors for their support of this podcast. It's week nineteen, and this week's mantra might cause an eye roll. It is the morning is a joyful time. Now, whether you're listening to this in the morning or you're listening to this in the evening, I think many of us could agree that mornings can be hard.

Maybe we don't sleep so well. Maybe our symptoms affect our sleep, or maybe we have busy minds. The morning doesn't always feel like something that we want to do. When our wood meridian is out of balance in the springtime, we actually can sleep excessively. Our anxieties really do take over at night, so we want to call to mind things that happen in the morning that bring us joy, and that's what we'll do together today. Go ahead and get comfortable in your meditative or mindful position, 1 that allows you to be relaxed and alert without discomfort, or pain for the next several minutes.

Let your hands rest on your lap with your palms facing up, and put some attention on your legs. Notice whether they are stiff or whether they're a little bit relaxed, and as much as you can, allow your legs to relax. Now, put your attention on your head. We'll start from the very tippy top at your forehead. Let your forehead, relax. Let your ears relax. Let your mouth fall open. Thank goodness we can't see each other

right? We look a little silly, but it sure feels good to just relax our faces.

Bring your shoulders up to your ears, and then roll them down your back. The morning is a joyful time. As we move into this mindfulness period together, I'd like you to call to mind all the things that happen in the morning that don't happen at any other time of the day, and let them fill you up with that joy, with that gratitude. Some examples might be listening to the bird's chirp, after all it's springtime, or maybe the color of the light in your house when the sun begins to rise. Maybe it's the smell of coffee or the stirring of your family.

Maybe it's the pet that needs you to wake up and it feels good to be needed. Maybe it's the time that you typically spend in prayer, or maybe it's the time that you do your exercises, but right now, as you let your breath come in and out a little more slowly and deeply than usual, allow those joyful thoughts to just flow through your mind.

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The morning really is a joyful time, isn't it? This week when you set your alarm, if that's something that you do. When you set your alarm for morning as you're going to bed, make a conscious effort to call to mind something that is going to bring you joy when you wake up in the morning. Go to bed with that and see if it helps you get into that head space of having joyful mornings. The morning is really a joyful time. Thank you for listening to this episode of Mindful Moments. We hope that you feel enriched and ready to take on a new week. If you enjoyed this episode, please leave us a rating or review. It truly helps us out. Thanks again and we hope you join us next week to continue our weekly journey of mindfulness.

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