



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 20**  
**Episode 127**

[music]

[(0:21)] Megan Weigel: Welcome back to the Mindful Moments podcast. I'm your host, Megan Weigel, and today we'll explore mantra to help guide you through your week. Thank you for joining me today and for me being open to this week's journey. I'd also like to thank our sponsors for their support of this podcast.

[music]

[slow music]

This week's mantra is, I feed my soul what it needs.

[slow music]

Go ahead and get comfortable right now. You'll want to be in a position that allows you to be alert, yet relaxed, where you can be for several minutes without any pain or discomfort.

[slow music]

I feed my soul what it needs.

Take a deep breath in. And open your mouth. Let it out with a sigh. Ha.

[slow music]

What does your soul need?

[slow music]

It needs love and care. It needs nutrition. It needs adequate sleep. It needs exposure to the natural beauty of the world. It needs an outlet for creativity.

[slow music]

I feed my soul what it needs.

[slow music]

Close your eyes and take a soul-cleansing breath again.

[slow music]

When you think about what your soul need, what comes to mind? Are you listening to beautiful music? Are you drawing or painting? Are you surrounded by people you love? Are you cooking? Are you caring? Are you resting? Are you watching the sun rise or set?

[slow music]

For the next few minutes, go to exactly what your soul needs.

[slow music]

I feed my soul what it needs.

[slow music]

When I give my soul attention, it allows my imagination to be richer. It allows me to be more decisive. It allows me to feel less guilty, less irritable, more passionate and excited about life. Just like Springtime, it makes my soul feel more colorful.

[slow music]

I feed my soul what it needs.

[slow music]

Whatever that last image was that came into your mind when you think about what your soul needs, give it a little nod and a smile. Call it to mind as often as you need this week.

[slow music]

We're so glad you joined us for this week's mantra. This week, remember to feed your soul what it needs.

Thank you for joining us, and we hope to see you back again week after week for more mantras, meditations, and moments of mindfulness. Until next time, please follow us on Instagram, @CanDoMultipleSclerosis and on Twitter, @CanDoMS.

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[END]

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