



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 22
Episode 130

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

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. [soft music continues]

This week's mantra is, I am abundant. That's right. You are abundant.

Let's get comfortable in a position either sitting or laying down where you can remain alert and engaged with this mindfulness activity without having pain.

I am abundant. What does that look like for you? I think of abundance as like this, this big presence. Maybe it's, um, maybe it's in an emotion like I have abundant love, or I have abundant hope, or I have abundant ease. I am abundant. Take a deep breath in.

[(02:00)] Maybe you count to four or five on the inhale. Maybe you count to four or five on the exhale. Whatever feels good for you so there's no struggle in your breath, but let your breath be big and abundant. If there were someone in the room next to you, they might even be able to hear your breath, and that's okay. Maybe you sigh on the exhale.

This is your opportunity to reinforce your life force. It's springtime. There are trees brimming with green leaves. There are flowers looming everywhere. There are birds chirping. There are animals being born. There's a lot of abundance around us.

Where do you feel abundant in your life? Let those images come to your mind and let them fill you up with the feelings that they bring to you, whether it's hope, joy, love, ease, peace. [soft music]

[(04:00)] Where do you wish you could be more abundant? Where is the lack that you would love to build upon? Maybe you feel abundantly grateful,

[(6:00)] but you're not always at ease. Maybe you feel abundantly hopeful, but not always loved. Where would you put your abundance intention? Where can you invite that abundance into your life?

Let those thoughts come through your mind's eye and just notice them. Don't judge them. [soft music].

[(08:00)] I am abundant. Take a deep breath in. Maybe even wrap your arms around your shoulders and give yourself a big hug and let that breath out and keep the hug.

[soft music]

Thank you for sharing your abundance with me today, and 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. [soft music].

[END]

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