



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 23
Episode 131

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 throughout your week.

Thank you for joining me today and for being open to this week's Mantra. I'd also like to thank our sponsors for their support of this podcast.

We have made it all the way to week 23. This week's Mantra is, My Intuition is Always Available To Me.

Take a deep breath in on that one and let it out. For those of you who are familiar with your comfortable meditation position, go ahead and get right to that. And for those of you who aren't and who are new to this podcast, I'd like you to get into a seated or a laying position where you can be comfortable yet alert for several minutes.

My intuition is always available to me.

[(1:59)]

I can think of several thoughts that I'd share with you that run through my head when this happens. The thoughts would be, well, I can't just rely on my intuition. What if it's wrong? I always need this person or that person to help me make decisions. I've never been able to trust my gut. It always leads me to the worst place.

I'm just so full of bad luck.

Let's take these few minutes together to change our perception around our intuition. The one thing that you can be sure of in life is that you are always with you. So, it's really important to get to know yourself well. My intuition is always available to me.

Close your eyes. Say the words after me, either out loud or in your mind's eye. My intuition is always available to me. And where might your intuition be? I think most people would agree that it's that "gut feeling", that intuition in the seat of your belly, that lets you know whether you're making a good decision or a bad decision. It's probably even a little bit different than coming from your heart.

[(4:02)]

Do you have a sense of where your intuition lies and how it helps you? My intuition is always available to me. If you have a sense of where your intuition is, go ahead and put your hands there. Right now, I'm placing my hands on my belly.

[(6:03)]

If you're not sure where your intuition comes from, think about physically what happens when you either make a bad decision or a good decision. Maybe you get a lump in your throat or a lump in your tummy. Maybe you feel a quickness in your heart. And the next time that you need to make a quick decision, when the only thing that's available to you, is you, put your attention on that part of your body. You can hold it, hold your belly, put your hand on your heart. And you can say, my intuition is always available to me and I trust it.

Maybe you have to make a decision about a test or a medication or about asking someone for help. Your intuition is always available.

A few weeks ago, we talked about flexibility and about it being a muscle that you have to develop. Listening to your intuition is similar. It's a muscle that you have to develop and learn to trust. This week, spend some time with your intuition.

[(8:02)]

My intuition is always available to me.

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 enjoy this episode, please leave us a rating or review. Thanks again and we hope you join us to continue our weekly journal of mindfulness next week.

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