



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 24
Episode 132

[ambient music]

Podcaster: Week 24. Welcome to today's Mindful Moments Podcast. Our hope is that this episode provides you with powerful tools to focus your mind and enrich your spirit. Thank you for joining me today and thank you to our sponsors for making this podcast possible. [ambient music].

Let's take a few moments to practice mindfulness together. This week's Mantra is, My life is colorful. Let's go ahead and get into our comfortable meditation position. You're either seated or laying down, in such a way that you can be in that spot without pain for a few minutes and yet remain alert.

You can place your hands on your lap, face up if you feel like you need a little more joy, and face down if you feel like you need a little bit more groundedness in your life. Close your eyes and start to link the near breath.

When I say the words, my life is colorful what comes into your head? See those images without [(2:00)] judgment. Just let them kind of wander through your mind's eye.

Like clouds wander through the sky or like leaves wobble down a river, you're just noticing the things that come up when you hear the words, my life is colorful. Let your forehead be relaxed, unfurl your brow.

Relax your jaw, bring your tongue down from the roof of your mouth. Let your

shoulders drop up and then back down your spine. Let your hands whether they're facing up or down, relax. Then let your legs relax.

My life is colorful. Take these moments to enjoy the color, the art, the beauty, all the things that bring that colorfulness to your life.

[ambient background music] [(4:00)]

[ambient background music] [(6:00)]

Podcaster: My life is colorful. And it really is, right? All of the incredible things that bring color to our lives, to our every day are going to sleep, are rising again in the morning.

I would encourage you this week to maybe pick your top one to three of those colorful images and consider drawing them the best that you can or at least bringing into your days, the colors [chuckles] that they brought to mind. Enjoy the color in your life.[ambient music]

Thank you 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.

[End]

This podcast is made possible thanks to the generous support of the following sponsors:

