



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 25
Episode 133

[(0:15)] Host: 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.

Let's take a few minutes to practice mindfulness together. It's week 25, and this week's mantra is *My Creativity Flows*.

Go ahead and get into your comfortable meditation position. Close your eyes. Start to lengthen your breath in and out longer, slower, and deeper than you're used to. Maybe to account of four or five seconds, my creativity flows.

Some of you're probably nodding thinking No, I really am a creative person. I do X, Y, and Z. I like to craft. [(2:00)] I like to cook. I like to paint. I make music. I like fashion. I like to decorate.

Others of you are probably thinking, I have no idea where I could possibly find myself being creative.

For those of you who are in the first group, during our time together today, think about ways that you can bring creativity into your daily life that doesn't involve such a production. So maybe you're a painter, but everything has to be just right for you to paint. What if you just left out your paint and every once in a while, you know, kind

of doodled around? What if you love to cook? But everything has to be perfect. Everything has to be a big deal. What if you just used your cooking creativity, in your daily meals?

For those of you in the other group where you're saying, gosh, there's just no way I could possibly be creative. Let's think about the things that you do that actually are creative, because what really is creativity? It's sharing the parts of ourselves [(4:01)] that bring something different to life with other people. It doesn't have to be art. It doesn't have to be music. It could be the way you listen. It could be the way you ask questions. It could be the way that you bring fun to conversations. It could be the way that you problem-solve.

If we were sitting in a room together, I would ask each of you to tell me how your creativity flows, as you continue to take deep breaths. Let those thoughts about creativity that we've just expanded flow through your mind.

[(6:00)] My creativity flows. Were you surprised at what came up? Perhaps some of you are so used to being creative in just one aspect of your life that you were very surprised at what showed up on your river of creativity, and perhaps those of you who never thought you were creative are now feeling really passionate about sharing what showed up with someone else.

That's what springtime is all about. It's about rebirth, it's about reconnection. It's about rethinking the drab of winter my creativity flows. [(8:00)]

We're so glad you joined us for this week's mantra. This week remember, your creativity flows. Thank you for joining us, and we hope to see you back again next week for more mantras, meditation, and moments of mindfulness. Until next time, please follow us on Instagram at Can Do Multiple Sclerosis and on Twitter at Can Do Emma.

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