



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 28
Episode 137

[[00:00]] [music background]

Megan Weigel: 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 moments to practice mindfulness together.

Speaking of spirit, this week's mantra is My spirit is radiant. It's week 28, it's summertime. In the summertime, we're talking about the fire meridian. The fire meridian has to do with joy, laughter, excitement, even feeling loved. It encourages thoughtfulness. It encourages possibility. It encourages literal radiance. My spirit is radiant.

[[02:00]] What do you bring to the table of life? Go ahead and get into your comfortable meditation position. Let your hands sit on your lap, face up or face down whatever feels most comfortable for you. Close your eyes. My spirit is radiant. When you hear those words, what color comes to mind? Maybe it's red or orange or yellow, or blue or green or purple or white. It doesn't matter. It's just something to notice. My spirit is radiant. What would be missing if you were not here? That's how I think of radiance of spirit.

Let's say your family was gathering or your friends were gathering, and for some reason, you couldn't be there. Fill in the blank of this sentence. Boy, I sure Miss John or Mary without her, we're missing the X, Y, Z.

[[04:00]] We're missing the funny jokes. We're missing the crazy stories. We're missing the calm. We're missing her hugs. We're missing her connection. Those are the things of your spirit. How is your spirit radiant?

[speaker pause]

[music background continues]

[(06:00)]

[music background continues]

Take a deep breath in and exhale. My spirit is radiant. I know the joy, the ease, the love, the calm, the laughter, and the excitement that I bring to the lives of other people and yes, that's true. I'm talking about you. Your spirit is radiant.

[speaker pause]

[music background continues]

This week, consider giving yourself this compliment daily. My spirit is radiant.

[(08:00)] My spirit is radiant. Write it on a post-it note. Put it on your dashboard. Maybe you put it on your bathroom mirror. It's important to remind ourselves what we bring to the table of life. We're so glad you joined us for this week's mantra. This week, remember your spirit is radiant.

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 at Can Do Multiple Sclerosis, and on Twitter at Can Do MS.

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