



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 30
Episode 140

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Megan Weigel: 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 Moments. 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 episode of Mindful Moments.

[music]

This week's mantra is: My heart sees all of me. Let's go ahead and get into our comfortable, mindful positions, and that may be sitting in a chair or on a couch, or even on the floor. You might put a pillow under your bottom or even a pillow under your knees, if you're laying down. However, you need to brace yourself so that you can, uh, feel comfortable, relax, uh, but also aware of what's going on in your mind and your body and your heart.

And that brings me right back to this week's mantra of: My heart sees all of me.

Go ahead and place your hand on your heart. Feel your heartbeat. So, when I talk about your heart seeing all of you, of course, I'm not talking about the [(2:00)] organ. I'm talking about the spiritual heart. I'm talking about the feelings that happen when you feel loved or cared for when you give of yourself to someone else, when someone offers time for you. Your heart sees all of that. It feels all of that. It allows a healthy connection between your mind and your body. Your heart can see all of you and know exactly what's wrong.

What does your heart see about you today?

[music]

[(4:00)]

What does your heart see about you today? Does it see that you're confident? That you're calm? Does it see that you're getting the things that you need to fuel your body? Does it see that you're trusting? Does it see that you're comfortable?

[music]

Or does it see the opposite of all those things? Because if it sees the opposite of all those things and it never gets to tell your brain that it's okay to be still, that it's okay to relax, that it's okay to not be anxious, and then your brain gives that feedback right back to your literal heart, the organ, and it tells it [(6:00)] to speed up, beat harder, your blood pressure goes up. You feel more nervous, you feel more anxious and worried.

So, let your heart see all of you. Let it see your pain but know that you're not in danger. Let it see your anxiety, and let it know that you'll ask for help. Let it see the kindness and the caring and the trust that you have for other people. Let it see what it needs to see from you past to help you heal, and if that means that you need to see a counselor, so be it. Let your heart see all of you, so that the connection between your mind and your body is allowing for you to enjoy health and well-being.

[(8:00)] [music]

My heart sees all of me. Your heart sees all of you, amazing, wonderful, brave you. Your heart sees all of you, and it keeps on beating.

[music]

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.

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