



MINDFUL
MOMENTS

Can Do MS Podcast Transcript 2023 Mindful Moments: Week 31 Episode 141

[(0:00)] [music]

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 the mindfulness journey. I'd also like to thank our sponsors for their support of this podcast.

This week's mantra is, "I know what's good and what's bad for me." Go ahead and get yourself comfortable. Many of you have been here for way more than the 31 weeks that we're into now as you followed along since the beginning of last year. For those of you who are new, just get yourself into a comfortable position where you can remain relaxed but also alert for the next few minutes.

I know what's good and what's bad for me. So, this is an interesting conundrum that we have because we all know [laughs] what's good and what's bad for us. But yet, even as a default, it doesn't show up in our bodies. For example, many of you are probably sitting with tight shoulders, with your brow furrowed. Many of you, uhm, may be in [(2:00)] pain, but yet, for whatever reason, have decided, uh, not to do what you need to do to treat your pain, whether that's pain medication or go to physical therapy today. So, we know what's good and what's bad for us but we don't often choose the right path because of the way that we might feel about ourselves. Maybe we don't feel like we deserve the goodness. Maybe we feel like we deserve to feel bad. There are all kinds of reasons for this, but we're not gonna get into those reasons today. We're just going to get firm on knowing what's good and what's bad for you.

So, take a deep breath in and let that breath come in right through the center of your chest, right through your heart center. And then open your mouth and exhale. Sigh. [sighs] You know it's good for you to breathe. It's good for you to breathe in deeply, to hold onto that air. And then it's equally as good to let go of that air to make room for some fresh air. It's bad for you to breathe shallowly and rapidly. You never get a chance to breathe out the chemicals that your body doesn't need. It's

good for you to be here right now. It's bad for you to put this off because you don't feel like you have the five to ten minutes to join us for a mindful moment.

Let's take a few minutes and just think [(4:00)] about what's good for you and what's bad for you without judgment. Again, today is not about judgment on what you do or don't do even though you know you should. I know what's good for me and what's bad for me. See what pops through your mind. And as it passes through, acknowledge it and let it go.

[music] [(6:00)]

Sometimes, we're surprised by the things that pop in our head. I know what's good for me. For example, what's good for me is, every once in a while, to enjoy an amazing, incredible dessert, but isn't that bad for me? No, because we deserve joy. We deserve joy as much as we can have it. We deserve an incredible, lovely, tasty dessert now and then. I know what's bad for me. Well, when that, uh, maybe outing with a family member comes into your head, you might be surprised and you might say, "Oh, gosh. But I have to see that person. How could that be bad for me?" Well, maybe there's something about that person that triggers something in you, uh, that causes an untoward emotion. So, these are just things to think about as they pop into your head. And maybe when this is over, you'll choose to write some of them down. I know what's good for me and what's bad for me.

[music] [(8:00)]

I've talked about the fire element during summer. And part of that fire element includes trusting. So, as these good things and these bad things pass through your mind, and some of them surprise you, trust that what's coming through is the right thing. You've got good survival instincts. [pause] You've got clear emotional boundaries and you're working on using [(10:00)] them. You trust that your mind and your heart know what they're saying when they tell you what's good and what's bad for you.

[music]

Thank you for listening to this episode of Mindful Moments. We hope that you feel enriched and ready to take on a new week. When you close today's podcast, I would encourage you to write down the things that were surprising to you and revisit them as the week goes on. Maybe you implement or take out some of those things. If you enjoyed this episode, please leave us a rating or review. It truly helps us out. Thank you and we hope you join us again to continue our weekly journey of mindfulness. [music] [END]

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

