



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 32
Episode 142

[(0:00)] [music]

Mel: 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.

This week's mantra is, "I communicate clearly." This is a toughie. As you're getting situated into your comfortable position, start to let some thoughts wander around about whether or not you have difficulty communicating. [pause] Maybe you have difficulty communicating only with certain people. Yeah, so close your eyes here in this comfortable position. And we'll actually get a little bit uncomfortable together. Let some situations come to mind where you did not feel that you are communicating clearly. Or let some situations come to mind where you always feel like you get [(2:00)] taken out [pause] by a certain person who you're trying to share something with or talk about something with. And it's okay, uhm, if some uncomfortable feelings come up. Part of the process of mindfulness is being just here with what is.

[music]

Okay. So, we're going to reframe this now. We've thought about situations where we couldn't communicate clearly or maybe people with whom we have a hard time communicating clearly. Now, let's call to mind some [(4:00)] situations where everything went perfect. Uh, people who you just have that certain thing with. Uhm, there's never a misunderstanding. Uh, you never trip over your words. You always feel like your needs are heard. I communicate clearly. Yeah, and you can probably feel the difference in your body when you think about those people with whom communication is easy and those people with whom communication is hard. So, let's stay in that feeling of communication is easy. Stay with that feeling. Let it root into your body.

[music] [(6:00)]

I communicate clearly. I know what my needs are and I know how to ask for them. I feel deserving of what I need. It feels good to communicate my needs and to know that they will be met. It feels good to be in different types of situations and still to be able to communicate my needs. It feels good to practice communicating clearly.

Let's take our last few minutes together practicing. I'd love for you to call to mind either a situation or a person who showed up in the first round of things where communication wasn't so clear. And I'd love for you to imagine a scene where you feel just like you feel when communication is clear. How you feel in your body right now. Think of something simple to say. An example might be, "John, I'm hungry. I'd like to get a glass of water. Will you help me?" And John says yes. Or a situation might be, "Doctor, I'm worried about how much medication I take. Can we take a look at my list and maybe eliminate one or two things together?" And the doctor says, "I think that's a great [(8:00)] idea." Let's take our last few minutes so that you can practice communicating clearly and getting the result that you want.

[music]

I communicate clearly. I hope that most of you are smiling right now as you heard yourself speak your needs, trust that you knew exactly how to do it, and get exactly what you needed.

[(10:00)] We're so glad you joined us for this week's mantra. This week, remember. You can communicate clearly. Thank you for joining us and we hope to see you back again week after week for more meditation and moments of mindfulness. Until next time. Please follow us on Instagram at [candomultiplesclerosis](#), and on Twitter at [candoms](#).

[music]

[END]

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

