



MINDFUL  
MOMENTS

**Can Do MS Podcast Transcript**  
**2023 Mindful Moments: Week 34**  
**Episode 144**

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Woman 1: Welcome back to the 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 release what I don't need to carry." Let's go ahead and get comfortable together. We can release what we don't need to carry right here. [laughter] What don't you need right now? All you really need is your body and whatever piece of furniture or whatever piece of support like pillows or blankets. You need to keep yourself in a comfortable position so that you can relax and feel supported. I release what I don't need to carry.

Let's start by putting our attention on our breath. How deep are you breathing right now? You might only be filling up to like just under your throat. Let's release some of the breath that stuck the stale air because you don't need to carry it. Take a deep breath in [(02:00)] and exhale all that air out.

You don't need to carry that anxiety right now. You don't need to carry that "what next right now?" You don't need to carry that, "I have so much to do right now." Just let it release.

Let's move to our shoulders. Our shoulders quite literally shoulder our burdens. And when I say literally, I mean they carry our heavy bags, they carry our heavy purses, that so many of us hold tension in our neck and shoulders. Our muscles, they are always tight. You can release what you don't need to carry. Many of us carry around baggage and burdens that don't even belong to us. In fact, the person to whom they belong is probably quite capable of carrying those things themselves. But because we're a helper, people-pleaser, we shoulder some of the burden. But you can release what you don't need to carry.

As we spend time together today, let the things that you don't need to carry and that you sure would love to release show up in your mind's eye. Acknowledge them. Thank you for what they've presented you to in your life and then see them move on. Literally let them be carried away. Watch them float down a stream, watch them float off into the ocean, give them to a person and watch that person walk away. Release what you don't need to carry.

[music]

How many of you feel lighter right now? I hope most of you do, in fact, I hope all of you do. And if there's still more work to be done, well, guess what? You have all week to work on this, all week to give your burdens away.

I release what I don't need to carry.

[music][6:00]

Thank you for listening to this episode of Mindful Moments. We hope that you feel enriched and ready to take on the week. 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][8:00]

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