



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 36
Episode 147

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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 minutes to practice mindfulness together.

This week's mantra is, "I'm a survivor." So, I can see some of you right now nodding your heads like, "Yes, I am. I'm a survivor." And I can imagine that others of you are like, "I don't know. I don't know if I'm a survivor. I don't know if I can make it through another day like this. I wish that my life were different." You're a survivor. Say it out loud, "I'm a survivor." Say it again, "I'm a survivor." Say it one more time, a little louder, "I'm a survivor." Nod your head yes. I want to see everyone nodding their head yes, if I could see you. [pause] You are all survivors. You have had to put up with intolerable things, [[2:00]] things that you don't deserve. You've had to put up with uncertainty, with losing control, with fear. And you're a survivor. You're a survivor. You can be joyful. You can be lively. You can have a good memory. You can be thoughtful. You can think critically and process highly charged emotions, even your own, in those settings where you feel like things aren't going your way and like you've lost control. You've learned how to survive. You are a survivor.

So, from the position that you're in right now, hopefully, it's a comfortable one, the one that you choose every week. Allow your eyes to close. And allow your breath to lengthen and deepen. Allow yourself to be tender-hearted towards yourself. Allow yourself to be a safe haven for you. [[4:00]] You are a survivor. Enjoy those words. I'm a survivor.

[music] [[6:00]]

And we'll end today with the same way we began. Say, "I'm a survivor," out loud. Say it again with a little more firmness, like you really believe it. And then finally, say it louder so that a person in-

the building with you will also believe it. I'm a survivor.

We're so glad you joined us for this week's mantra. This week, remember, you're a survivor. 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 [candomultiplesclerosis](#) and on Twitter, at [candoms](#).

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