



MINDFUL
MOMENTS

Can Do MS Podcast Transcript 2023 Mindful Moments: Week 35

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Megan: 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 mantra. This week's mantra is, I can be alert and relaxed.

[music]

Now, for those of you who have been a part of this journey, this may sound familiar to you, and it's because I say it almost every week. I say, let's find ourselves in our position, our comfortable position for meditation, and it should be a position where you feel you can be relaxed, but stay awake. So, this is just another way of saying it. I can be alert and relaxed. What is so funny about that?

Well, when many of us are alert, it means that we're looking for something. We're looking for an opportunity, or we're looking to make sure that we don't mess up, or we're looking to make sure that we're safe and not in any danger. But really at its core, alert just means open. So you're open to receiving. Your brain isn't sleepy enough [(2:00)] to shut down all of its good activities that can go along with processing. And sometimes we process the best when we're relaxed. So, we wanna focus on that period of time when we're alert and relaxed.

So, let's just practice here, being in this position, this comfortable place where you put your body to meditate or to be mindful, and allow your body and your mind to relax as much as it can without falling asleep. So, go ahead and relax your forehead. Let your eyes cross. Let them fall into center. Let your jaw relax inside of your mouth, hollow out. Maybe rest your head back if that feels good to you. I really want you to relax here. Let your palms fall open on your lap. Let your legs relax and your feet fall open. Let your breath slow down. Let it come in and out through the center of your

chest to a count of four or five or six, whatever feels good for you without causing you to struggle.
[(4:00)]

And as you do this, notice that that point of where there's just so much peace. It's almost like right before sleep. There's so much peace. There's so much opportunity for that deep relaxation, and yet you haven't let go of wakefulness and enjoy that. Enjoy that relaxation that's coupled with the alertness that you're actually doing something. You're actually practicing good exercise for your mind and your body and your spirit right now.

[music]

I can be alert and relaxed.

[music]

I can be alert and relaxed.

[music]

Go ahead and [(8:00)] pat yourself on the back right now, because you did it. Some of you may have started to drift off. I know it's hard for me not to when I am that relaxed, but there's something, again, just at that point right before I nod off to sleep, that pulls me back and lets me know that I'm in a deep state of relaxation, that I don't want to leave. I want to be in that state of alertness so that I can receive and so that I can be open.

[music]

I can be alert and relaxed.

[music]

Thank you for joining us today. We hope that this episode helps you to reflect on what relaxation and alertness can mean from a mindfulness perspective. We hope this starts your week off in a positive way. Please join us again next week for another episode of Mindful Moments. You can learn more about Can Do MS, and our programs and resources at cando-ms.org.

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