



MINDFUL  
MOMENTS

## Can Do MS Podcast Transcript 2023 Mindful Moments: Week 37 Episode 148

Megan Weigel: Welcome back to Mindful Moment. I'm your host Meghan Weigel, nurse practitioner and MS certified nurse. Before getting started, I'd like to take a quick moment to thank our sponsors for making this podcast series possible. There are many benefits to practicing mindfulness. It can help improve quality of life and help cope with MS, and the symptoms that come along with it. We hope that you will join us weekly this year to practice mindfulness and gain a new mantra to help guide you through life.

This week's Mantra is my life has purpose. Let's go ahead and get comfortable. We'll be here for a few minutes, and I want you to feel very relaxed but not fall asleep. I also don't want you to be in a position where you might feel pain if you're staying in the same position for a few minutes. That might mean that you sit with your legs propped up, or maybe you lay on your back, again, as long as you can remain in a relaxed and alert position. Once you're there, go ahead and close your eyes. My life has purpose. I wonder if that makes your muscles tense. I wonder if that makes your muscles relax. Let's all work together to relax [(2:00)] through this mantra. Put your attention on your forehead, but your brow on furrow. Let your jaw relax and your mouth open. Roll your shoulders up and then down your back. Whether you're seated or laying down, let your palms face up. Be in receipt of your purposeful life.

In this early Autumn season, I like to think of Indian summer when the unexpected strikes. It may take us off the path that we've envisioned for ourselves. For example, I grew up in the Northeast, and it would be early Autumn, it would be starting to get a little bit cool outside, and then suddenly we'd have a day where it was 80 or 85 Degrees. Just when you thought you could break out all of the fall clothes and the winter coats, or just when you thought you wouldn't be hot when you went outside.

It took us off the path that we had envisioned. Purpose is like that. It's not always the path that we had planned. The thing that we had envisioned for ourselves, the picture of 20 years from now that we were just sure would happen. We knew exactly what our purpose and what our place was, [(4:00)] and instead something took us off the path. It's very possible that that's something that took us off the path, gives us even more purpose than we had before. My life has purpose.

[soft music]

[(6:00)] [soft music]

My life has purpose, even when I am given the unintended. [(8:00)] Even when something may be uncomfortable. I am capable of clarity of thought. I am capable of fulfilling my purpose. I am capable of standing behind that commitment. My life has purpose. This week as you enter each day, say out loud to yourself, [(10:00)] "My life has purpose." Stand behind your intention. Thank you for joining us today. We hope that this episode helps you to reflect and start your week off in a positive way. Please join us again next week for another episode of mindful moments.

[soft music]

[END]

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

