



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 38
Episode 149

[Music Instrumentals]

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 and meditation. [cool music] It's week 38. This week's mantra is, "my thoughts are clear". Some of the things that can happen are things like a tendency to worry, a tendency to have issues with attention or muddy thinking, a tendency to be scattered or to lose ground when you're talking to people. We wanna make sure that we stand in our clarity of thought. And so this week's mantra again, is my thoughts are clear. Let's go ahead and get comfortable. You might already be very familiar with your comfortable meditation position. And you might be new with us, and if that's the case, welcome. We hope you continue to join us Weekly. A comfortable meditation position allows you to stay in a place that keeps you [(2:00)]comfortable and alert. So I don't want you to fall asleep during this mantra.

Once you're there, if you can be safe about it, and if you feel comfortable doing so, you can go ahead and close your eyes.[cool background music] My thoughts are clear. Take a look into your mind's eye. If you're worried about what thoughts you're even having right now, go ahead and unfollow your brow and let go of those worried thoughts. Let them blow away. You can even imagine them as clouds washing away with a gust of wind. My thoughts are clear. [cool background music][silence][(4:00)] My thoughts are clear. I know what I'm talking about.

I know what I want to communicate. It is easy for me to communicate my needs. My thoughts are clear. [silence] [cool instrumentals] [(6:00)] I am comfortable knowing that my thoughts are true. I speak my truth and I speak it clearly in this late summer. Moving to early autumn, I know that I'm nearing the season of letting go. My thoughts are clear about what I need to let go of. [cool background music][silence][(8:00)] This week. As you enter each day, if you encounter muddled thinking, decreased clarity of thought, even that cog fog, go ahead and step back. Close your eyes, relax your forehead, relax your shoulders. Take a deep breath in, and as you exhale, think to yourself, my thoughts are clear.

Thanks for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week. Remember, mindfulness does not have to be difficult. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again and we'll talk next week.

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