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Can Do MS Podcast Transcript
2023 Mindful Moments: Week 39
Episode 151

Megan Weigel: Welcome back to the Mindful Moments podcast. I'm your host, Megan Weigel, and today we'll explore a mantra to help guide you throughout your week. Thank you for joining me today and for being open to this week's mantra. I'd also like to thank our sponsors for their support of this podcast. It's week 39, and this week's mantra is, I am capable of clear communication. Hmm, that's a tough one. How many of us get tripped up on our words, especially when we feel like we have something really important that we want to share? I am capable of clear communication. Let's get into a position where we can put a little meditation around this. Go ahead and sit comfortably. Make sure you're propped up. Make sure that nothing's going to get numb or tingly or become painful. And if you need to lay down, that's fine too. Just make sure that you don't fall asleep. If you feel safe, go ahead and close your eyes. Let your palms open to the ceiling or to the sky.

[(2:00)] Take a deep breath in and then open your mouth, sigh, huh. I am capable of clear communication. Think about the last time you wanted to deliver a message. Maybe it was to a loved one. Maybe it was to your healthcare provider. Maybe it was to a person who was doing some work at your house. Maybe it was to someone you wanted to thank, but you wanted to deliver a message and you didn't want it to be misconstrued. I am capable of clear communication. Take the next few minutes here to think about the last time you wanted to deliver a clear message. See yourself doing it. If you think you did it wrong, let it go. If you think you did it right, let that go too. I am capable of clear communication.

[[4:00]] The Earth Element comes with characteristics of intent, of purpose, of integrity, and of turning words into dreams. When we clearly communicate, we do just that, right? We take things that we're really [[6:00]] passionate about or that fundamentally we need to have happen to take care of ourselves or other people and we turn them into reality. You are capable of clear communication. Take a deep breath in and exhale. Breathe in confidence as you inhale. Exhale slowly. Breathe in. My memory is good. Exhale slowly. Breathe in. I am steady. Exhale slowly. Breathe in, I am un, I am aware. Exhale slowly. You need all of these things for clear communication. You have all of these things. I am capable of clear communication.

[[8:00]] As you enter the week, if you have something important to say, and you're worried that you might not say it the way you want to, take some time to plan it out.

[[10:00]] Take some time to visualize it happening just the way you want it to. Look yourself in the mirror and say, I am capable of clear communication. Thank you for listening to this episode of Mindful Moments. We hope that you feel enriched and ready to take on a new week. If you enjoyed this episode, please leave us a rating or review. It truly helps us out. Thanks again and we hope you join us to continue our weekly journey of mindfulness.

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