



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 40
Episode 152

[[0:00]]Megan Weigel: 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 the next few moments to practice mindfulness together. It's week 40. And today's mantra is, I stand on firm ground. Let's get into our comfortable meditation position. If you've been with us for the whole year, maybe even for a year and a half of mindful moments, you might challenge yourself to sit in a different way. Or maybe if you're always sitting, lie down. If you're always lying, sit up. Maybe you sit in a different chair. We're speaking this week about firm ground. And to me, that implies that no matter where we are, we're steady.

So maybe try a different spot. However you end up you want to make sure that you are in a position that allows you to be in a state of relaxed alertness. I don't want you to fall asleep, you definitely wouldn't be on firm ground if that happened. From your position. [[2:00]] Let's go ahead and begin to relax our bodies. When our bodies are tense, there's actually more of a chance that you might fall and hurt yourself, believe it or not. So put your attention on your forehead. Let your brow relax. Come down to your jaw. Let your mouth hanging open hollow out. No one's there to see you. Let your shoulders relax. Let your hips and thighs relax. let your knees fall open.

And let your feet fall out to the side. Open your hands so your palms face up. Go ahead and close your eyes. Trust your steadiness. Remember, this week's mantra is I

stand on firm ground.

If you've been with us for the past few weeks, you've heard things like my life has purpose. My thoughts are clear. I am capable of clear communication. I stand on firm ground.

We're building steadiness. We're building strength. We're building dedication to our inner purpose

I stand on firm ground. [(4:00)]

When you have multiple sclerosis, it may not always feel that you're standing on firm ground. In fact, even if you are standing on firm ground, it may feel like the ground can't possibly hold you up.

But actually you're steadier than you think. You have the ability to make adjustment. You have the ability to use assistance. You have the ability to make your ground as firm as you want it to be.

You have the ability to stand on firm ground, whatever standing looks like to you.

[(6:00)] Standing on firm ground doesn't necessarily mean the literal thing. It means your word, your declaration, what you stand for, what you will stand behind. I stand on firm ground.

I stand on firm ground. As you move forward into the week. Remember the things that we've talked about in the weeks prior. Intent, purpose, integrity. [(8:00)]

I stand on firm ground. We are so glad you joined us for this week's Montra. This week remember, you stand on firm ground. 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 @candomultiplesclerosis. Have a great week.

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