



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 41
Episode 153

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Megan Weigel: Welcome back to Mindful Moments. I'm your host, Megan 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 us cope with MS and the symptoms that come along with it. We hope that you will join us weekly to practice mindfulness and gain a new mantra to help guide you through life. It is week 41. This week's mantra is, I hear the voice of my heart. I love that mantra. Just speaking the words seems to settle my body, seems to make me feel a little bit more grounded and maybe even a little bit more presence to my needs. I hear the voice of my heart. Let's go ahead and get into our comfortable meditation positions. Let yourself be relaxed, yet alert, and if you feel safe doing so, close your eyes. I hear the voice of my heart.

[(2:00)] What happens in your body when you say those words, either out loud or in your mind's eye, I hear the voice of my heart. [music] [(4:00)] What does the voice of your heart say? [music] What emotions come to mind when you really listen to your heart? [music] What needs is your heart telling you it has? [music] [(6:00)] I hear the voice of my heart. What words do you want to turn into dreams? [music] I hear the voice of my heart. Lori deShar, in the book *The Five Spirits* [(8:00)], says, "Healing involves strengthening a person's center. It means being able to listen inside to one's own voice, and it also means having the power to move from the realm of abstract ideas into concrete action thus, we nourish the seeds of our dreams. I hear the voice

of my heart. Go ahead and insert music for another two minutes. [music] As you enter the rest of your week and the rest of your day, listen to that still small voice. I hear the voice of my heart. [music] Thank you for joining us today. We hope that this episode helps you to relax and start 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 candoms.org. [music]

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