



MINDFUL
MOMENTS

Can Do MS Podcast Transcript 2023 Mindful Moments: Week 43 Episode 154

Meghan: Welcome back to mindful moments. I'm your host, Meghan Weigel, nurse practitioner and EMMA 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. I'm glad that you're here with me today, to practice some mindfulness.

We hope that you'll continue to join us this year as we end another year of mindful moment, it's week 43. Today's Mantra is: I set loose my binds. What does that mean to you? I set loose my binds. Let's go ahead and get into our comfortable meditation position. That may mean that your seated, resting back onto some fluffy pillows or maybe you're sitting in a chair sitting tall, practicing good posture or maybe you're laying on the ground completely relaxed.

Let's think about our binds. What binds do we have? What attachments do we have? Do we have attachments to people, to things, [(2:00)] to activities, to memories? Take some long slow deep breaths in an equally long slow exhales as you think about the binds that you have without attachment. [(4:00)] [background music continues]

When I think of a bind, I think about tightness, about squeezing. I also think about being attached to something without the ability to let go or to make an independent decision. If I had to liken it to an MS symptom, I might think of it as spasticity trying to stretch, but being unable to straighten, tightness, squeezing. Physically, I bet it would feel good to let spasticity go, right? We take medicine for that symptom, and when it works, it's like a relief. It's like a release.

So, as you take a deep breath in and think about some of these binds that you have on your exhale, imagine letting them go so breathe in to a count of four or five and think without attachment and without judgment [(6:00)] about that bind you have to that person or thing or memory and as you exhale to that count of four or five, just let that bind go. Imagine it coming untied. Imagine it loosening up and imagine it floating away.

Take one more deep breath in. Seeing all those knots that you've thought about in the past 10 minutes or so. And as you exhale, watch all of those knots come undone. [(8:00)] You are just a nice loose piece of string, really? You have set loose your binds. I hope it feels good.

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. If you enjoyed this week's episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

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