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Can Do MS Podcast Transcript
2023 Mindful Moments: Week 45
Episode 158

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Megan Weigel: Welcome back to the Mindful Moments Podcast. I'm your host, Megan Weigel. And today, we'll explore mantra to help guide you through your week. Thank you for joining me today and for being open to this week's meditation. I'd also like to thank our sponsors for their support of this podcast.

[background music]

It's week 45, and our mantra is, "It's okay that I can't make sense of things right now." Hmm, that's a toughie. Let me say it again. "It's okay that I can't make sense of things right now."

It's the autumn season, and we're going to talk a bit about that and what that means in today's meditation. So, go ahead and get comfortable. You can be in a seated position as long as you're supported. You can also lay down on the ground as long as you can maintain a level of alertness and not fall asleep so that you can participate. If you feel safe closing your eyes, it's helpful to do that. And then put your attention on your breath. Let your inhales and your exhales be a little bit longer than they usually are. Sometimes it helps to breathe into a count of 4 or 5 and breathe out to a count of 4 or 5. The next thing you have to do is simply [(2:00)] listen. Allow your thoughts to come up. And without judgement, give them permission to go away. It's okay that I can't make sense of things right now.

Autumn is the season of metal in Chinese medicine. It's associated actually with grief and sadness of the inability to let go. It's associated with the need to be right and to seek a higher order. So, it might be a little bit difficult when you can't make sense of things. What are you having trouble making sense of right now? Let your thoughts come up as you continue to breathe in a little bit more slowly and deeply than usual. And then let them go away as you exhale.

[background music] [pause] [(4:00)]

It's okay that I can't make sense of things right now. Letting go isn't easy. And letting go of our inability to create order is equally not easy. But let's think about what happens in autumn. Well, the trees [(6:00)] let go of their leaves after the leaves change color. The trees become empty in the winter, and then there's a rebirth in spring that couldn't happen without that letting go. Even though it's difficult and it causes grief, letting go can eventually happen even if you can't make sense of it right now.

[background music] [pause] [(8:00)]

If you're having trouble creating a sense of order, if you're having trouble understanding why a certain thing is happening right now, if you're having trouble making sense of things, give yourself permission and tell yourself that it's okay. It's the season of letting go and the time will come when it's right.

[background music]

Thank you for listening to this episode of Mindful Moments. We hope that you feel ready to take on the new week. If you enjoyed this episode, please leave us a rating or review. It truly helps us out. Thank you and we hope you join us again to continue our weekly journey of mindfulness.

[background music] [(10:00)]

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