



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 46
Episode 159

[background music]

Megan: 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 thanks to our sponsors for making this podcast possible. Let's take a few moments to practice mindfulness together.

[background music]

This week's mantra is, take the time off. Go ahead and get in your comfortable position. If you're new to Mindful Moments, that could be a seated position that allows you to feel supported and one in which you won't feel pain if you're seated there for 10 minutes or so, or if you're more comfortable laying down, then you can do so. I just ask that you not get so comfortable that you fall asleep.

Through the end of the year, we'll talk about autumn. Autumn is a season in Chinese medicine that's associated with the metal element. This week's mantra, take the time off, is meant to help you through the season of autumn as we learn the benefit of letting go.

[(2:00)] When I hear the words, take the time off, well, I immediately feel a sense of relief, but then I also feel a sense of worry. Like, what would happen if I take the time off? Who's going to do the things that I do when I take the time off? What if I take the time off, and I come back and things are a mess? Well, guess what? That probably means I have a hard time letting go. When you hear the words, take the time off, what shows up in your head?

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

Take a deep breath in. And as you let it out, say out loud, "I'll take the time off."

One of the organs of the metal element is the large intestine. It's not a coincidence that the large intestine, literally, let's go and makes way for new things. When we take the time off, we create energy and space for those new things. We remove obstacles. We clear time. We clear space. We are, as you might say, "Easy come, easy go." What benefits could you receive if you took the time off? Let those come into your mind right now without judgment, and then let them go.

[background music] [(6:00)] [pause]

Take a deep breath in and open your mouth to exhale. I hope, today, you realized the benefits of taking the time off.

[(8:00)] [background music]

Thank you for joining us. We hope 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. You can learn more about Can Do MS and our programs and resources at cando-ms.org.

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