



MINDFUL
MOMENTS

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

[background music]

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 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. Thanks for joining us during our Mindful Moments Podcast this year. We hope you've gained really great information to help guide you through life.

[background music]

This week's mantra is: "Gratitude is how you heal." I'm going to give credit for this mantra to Joe Dispenza, who's a phenomenal healer.

Gratitude is how you heal. Go ahead and get into your comfortable position. It might be seated. It might be laying down. Just let yourself be supported in such a way that you can maintain some sort of alertness but also really relaxed. Let your heart take over. Let your soul take over. [(2:00)] And let your monkey mind to go, gratitude is how you heal.

Often, when we are feeling stuck, feeling tied up, feeling sad. Gratitude is offered as a way out of the dark. Simply being in awe of something or being thankful for something simple can create a mood of lightness. And this, this change from dark to light, is healing for our bodies. Gratitude is how you heal.

I'm not going to say much with today's mindfulness episode. I'd like for you to take this time to think of all the things that you might be grateful for. Simple, not so simple. Let them come into your mind's eye. Memories of people, memories of places, memories of things or episodes. Someone who helped you, someone you helped. Really, anything that made you feel gratitude. [(4:00)] Close your eyes and allow those moments to move from your thoughts into your heart and into your soul

and bring you healing.

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

[(8:00)] Gratitude is how you heal. You can make a gratitude list this week. Write down one, two, or three things that you're grateful for each day and, um, put them on little pieces of paper, drop them in a jar or a cup and let that cup be a source of healing for you. When you need it, you reach in, you pull something out, and you feel the feeling of the gratitude event that you pulled out of the jar. I guarantee you, that lightness will come from that. Gratitude is how you heal.

[background music]

Thanks for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week. Remember, mindfulness doesn't have to be difficult. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again and see you next week.

[background music] [(10:00)]

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