



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 48
Episode 162

[[0:00]] Host: Hello, my name is Megan Weigel nurse practitioner and MS certified nurse. I'm your host and I'm excited to invite you back for another week of Mindful Moments. We'd like to thank our sponsors for their generous support of this podcast series. But most of all, I'd like to thank you for joining me in this week's Mantra and meditation. We've been talking about Autumn, and perhaps the most obvious event that happens in autumn is the trees letting go of their leaves. In that spirit, this week's Mantra is, It Feels Good To Let Go. Think about that as you're moving into your comfortable, meditation seat, whether it be sitting or lying down.

If you've been following us weekly, then you've remembered that it's hard to let go. It doesn't necessarily feel good. Sometimes we want to hang onto things even though- well, gosh, even though they may make us feel yucky but it feels good to let go.

Let's go ahead and go back to thinking about those trees. [[2:00]] So close your eyes, let your breath slow down. Maybe in to account of four or five out to a count of four or five. So, a lot of people travel in the fall to see the leaves turn colors. It's so beautiful. Right? And as the leaves start to fall what we notice is space. We notice literal space between the limbs of trees. We notice space between trees. We notice space and land, and that space in my opinion is just as beautiful as the leaves.

After all, it feels good to let go because it's that space that we create that allows for new growth. What would it feel good for you to let go of? [[4:00]] I'll ask that again. What would it feel good for you to let go of? Allow images of those things to come to your mind and allow the emotions associated with those things to come over you. Take some deep breaths through those emotions. It feels good to let go. [[6:00]]

Take a deep breath in, really deep all the way in from your nose to your toes, and then open your mouth, exhale long and slow, and [[8:00]] sigh. Notice the lightness that comes from letting go. It feels good to let go. 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 does not have to be difficult. If you enjoyed this episode, please consider sharing the podcast with a friend.

Thanks for being here, and I hope to see you next week.

[END]

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