



MINDFUL
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Can Do MS Podcast Transcript 2023 Mindful Moments: Week 49 Episode 163

[[0:00]] Host: 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 thank you to our sponsors for making this podcast possible. Let's take a few minutes to practice mindfulness together. This week's Mantra is I will ask for what I need. Oh my goodness. Yes, I'm going to say that once again. I will ask for what I need.

So many of us have a hard time asking for what we need and it might be what we need to literally survive that moment or it might be a luxury that we actually guess need. A luxury that we need. Let's go through our experiences this week with asking for what we need. Go ahead and get comfortable. Some of you might be Old Pros at getting into that meditation position that suits you but some of you might be joining us for the first time, we're happy you're here. You can be seated in a comfortable position that allows you to be in that position for about 10 minutes without getting sore. You can also lay down on the ground, as long as you don't fall asleep [[2:00]] and then I want you to lengthen your breath. So, let it come in a little bit more slowly through your nose and out a little bit more slowly through your nose.

I'll ask for what I need. What is it that you need? What is it that you need to get through each day? Well, we need air, we need water, we need food, we need shelter. But we also actually need love, we need touch, we need Beauty. We need to feel close to other people. We need to feel supported. I'll ask for what I need. Can you ask for what you need this week? [[4:00]] Even though it might feel like winter in a lot of places, we're still in the season of Autumn and Chinese medicine and the two organs associated with the metal element in Autumn are the lungs and the large intestine.

What did they need? While the lungs need air. We need to breathe. We also need to breathe out, right? So we need air to fill us up, and to empty us, and the large intestines, well, they need our food to go through our bodies and then to let go of the waste of the things that we don't need. [[6:00]] But we need to ask for those things. We need to ask for breath. We need to ask for nourishment. I'll ask for what I need. Can you ask for what you need this week? Let's take the next couple of minutes with you just visualizing asking for the things that you need. [[8:00]]

I'll ask for what I need. I'll leave you with this final thought today, actually, a question that you might think about throughout the week. What do you need to be nourished and fortified so you can manifest your Highest Potential this week? Ask for that. Thank you for listening to this episode of Mindful Moments. We hope that you feel enriched and ready to take on the week and ask for what you need. 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 your weekly journey of mindfulness.

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