



MINDFUL
MOMENTS

Can Do MS Podcast Transcript
2023 Mindful Moments: Week 52
Episode 166

[(0:00)] Host: Welcome back to the Mindful Moments podcast. I'm your host Meghan Weigel and today we'll explore Mantra to help guide you throughout your week. Thank you for joining me today and for being open to this week's mindfulness practice. I'd also like to thank our sponsors for their support of this podcast. It is week 52. If you're listening to this podcast in real time, it's the last week of the year.

This week's Mantra is I Spend Time With My Soul. Even though I think technically it's Winter, we're still in the season of Autumn in our discussion here in the Mindful Moments podcast and in this season of Autumn, we talk about the buried light of spirit.

And the buried light of spirit reminds me of the Soul because sometimes we just push those very needs, those very things, those very words, those very songs that we want to make happen or speak or sing, we just push them down. [(2:00)] into the darkness and they become buried, like buried light. So, at the end of this year, I'd love for you to spend time with your soul. Go ahead and get into that comfortable position that many of you know so well. You feel relaxed but supported. You feel safe closing your eyes and then lengthen your breath. Let your inhales be a little longer and slower and deeper than usual and allow your exhale the same privilege.

I spend time with my soul. Your soul is precious. It makes up who you really are and who you are in connection with all that there is. I spend time with my soul. What is your soul telling you as this year comes to an end? What does it need from you as the next year begins? [(4:00)] I spend time with my soul. [(6:00)] If we don't express our sole purpose, we can feel out of balance. We can feel Restless. We can feel that

something just isn't quite right. We can feel pain and upset. We can feel stuck. It's so important to spend time with your soul. To listen. To ask for what you need. To let go of what you don't and to be in gratitude to all of it. [(8:00)]

I spend time with my soul. I'd encourage you right now to wrap your arms around yourself. Cross your arms in front of your body and if you can reach the opposite shoulder with the opposite hand, go ahead and give yourself a squeeze. Close your eyes, breathe in, and breathe out. [(10:00)] You are precious and your soul thanks you for the attention today. We're so glad you joined us for this week's Mantra and for this year's series of Mindful Moments podcasts. Remember to spend time with your soul

Thank you for joining us. We hope that these Mantras meditations and moments of mindfulness are helpful for you. Please follow us on Instagram @candomultiplesclerosis. Thanks for your time.

[END]

This podcast is made possible thanks to the generous support of the following sponsors:

