



## **Can Do MS Podcast Transcript 2023 Mindful Moments: Week 2 Episode 105**

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Megan Weigel: 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.

[music]

It's week two, still early in 2023. We're still getting used to things, and I'd like to think of these mantras as we start off the year as orienting ourselves. Orienting ourselves to what we need, to what our loved ones might need, to what keeps us in balance and out of balance. And really moving forward from that orientation. So, this week's mantra is "There you are".

Go ahead and get comfortable. Make sure that you have enough room to spread out your arms and legs if you want to. Make sure that you have enough room to relax. Make sure that you can do those things safely without falling. And once you get in that comfortable position, close your eyes if that feels good to you.

Let your forehead relax.

Bring your shoulders up towards your ears and then roll them down your back

Let your palms fall open on your lap.

Take a look at your legs. See them where they are planted. Maybe your feet touch the floor or maybe your legs are straight in front of you.

Wherever you are, there you are. And it sounds so funny, but it can relate to ourselves and to other people. How do you feel when you see a dear friend or a loved one? "Oh, there you are, it's so good to see you."

How do you feel when you're alone and maybe scared or sad? And someone who makes things right in your world walks through the door. "Oh, there you are. Thank you for coming."

I to you, say, "There you are. Thank you for being here. Thank you for sharing your energy and life-giving presence with me. There you are and you matter."

[music]

There you are. Imagine a couple of those scenes. Like seeing a loved one, a dear friend, or a family member. Having someone that you know bring you relief. Imagine how it feels in your body when you see those people when you experience that relief. When you say to that person, "oh, there you are".

[music]

Breath in longer, and slower, and deeper. And let those memories flood your mind and soak in your heart.

[music]

"There you are. Thank you so much for being here. Thank you so much for bringing me exactly what I need." Isn't it nice to know that there are people out there who do that for you?

[music]

There you are. Go ahead and gently open your eyes. And bring some movement back into your body.

Take one last deep breath in.

And open your mouth, exhale hah.

[music]

Thank you 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 time.

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