



Can Do MS Podcast Transcript 2023 Mindful Moments: Week 7 Episode 111

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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 to share in this week's mantra and meditation. Week seven's mantra is, I am okay with the unknown.

[music]

Megan: Oh, goodness. That just might send a shiver down your spine, right? We all would love to be in control and know everything, but we can't always do that. In fact, we can very rarely do that. So, how do we become okay with what we don't know? Let's gather some time and mindfulness around just that today. Please get comfortable in a place where you can stay without pain for about five to ten minutes. I invite you to close your eyes and relax the big muscles of your body and the small muscles of your face. I invite you to lengthen your breath, make it a little bit longer, a little bit slower, and a little bit deeper on the inhales and the exhales. I am okay with the unknown.

[music]

Megan: We are currently in the season of winter. In Chinese medicine, the season of winter goes along with the water meridian. Winter silences the world. It's the keeper of the longest night. It's the time of using our stores so that we can survive through the cold, through the longest night, through the unknown.

[music]

Megan: I am okay with the unknown. When your water is out of balance, according to Chinese medicine, you might lose confidence. You might become withdrawn or detached. You might become fearful. In fact, fear is the primary emotion that gets out of balance in the winter. So, it's even more important to become okay with the unknown. What are you waiting for right now that you're not okay with and that you don't have control over? Take a deep breath into that thing and exhale as you let it go.

[music]

Megan: I am okay with the unknown. How many times have you been here before? When you get to the place of "I don't know," and "I have no control over it," what do you reach for? Do you feel desperate? Do you feel fearful? I know that all I want to do is for the thing to change, so I can get more comfortable. But it's in this unknown that we actually are able to connect to ourselves, remember exactly who we are, and go with the flow of the water element. I am okay with the unknown.

[music]

Megan: I am okay with the unknown. Imagine the stillness of water, the calm of a glassy lake or an ocean. I am okay with the unknown. Take a deep breath in and exhale. Go ahead and gently let your eyes flutter open. Acknowledge yourself for sticking with us during this Mindful Moment, in the unknown.

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, and it should not be stressful. If you enjoy this episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

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