



Can Do MS Podcast Transcript 2023 Mindful Moments: Week 8 Episode 113

Megan Weigel: Welcome back to the Mindful Moments podcast. I'm your host, Megan Weigel, and today we'll explore a mantra that helps guide you through your week. Thank you for joining me today and for being open to this week's mindfulness journey. I'd also like to thank our sponsors for their support of this podcast.

It's week eight. We're moving into the year. Maybe you're moving towards something. You're looking forward to something, but you don't yet have the answer.

Last week we talked about being okay with the unknown. That suggests that, at some point, we'll know, right? But we may not get an answer to everything. This week's mantra is just that.

"I may not get an answer to everything."

When you live with a chronic illness like MS, it's hard to hear that, we don't know what exactly the cause is. We know there are some things associated with MS. We know that every person with MS has, for example, been exposed to the Epstein-Barr virus, but not every person with MS has a family history of autoimmune disease. We can't give every person who lives with MS, like you, an exact cause of why you ended up here.

So that's one example of I may not get an answer to everything. We can use mindfulness to be more okay with that. Go ahead and get in a comfortable position, and we'll sit with this for a while.

Make sure that wherever you are, you're safe if you were to become very relaxed. I invite you to close your eyes. And starting with the top of your head, let your forehead relax. If your jaw is tight, let your mouth hanging open. There's no one here to see you. Let your tongue fall down from the roof of your mouth, hollow out the inside of your

mouth. Notice where your arms are. If you're holding your shoulders up towards your ears, let them roll down your back. Let your hands be open to the ceiling or to the sky. Let your thigh muscles relax, your feet relax.

Try to let go of things in your physical body that you're holding on to. Any tightness that you're holding on to, take a deep breath into that area and then let it out.

"I may not get an answer to everything."

Allow the things that come to mind when you hear those words come to mind. Allow them to be in the space of your mind's eye and as they come in. Allow them to just pass on by acknowledging them for being there without judging why they are there.

Some things may not be a surprise at all, and some things that pop up might really surprise you.

Breathe in deeply. "I may not get an answer to everything." Exhale completely. "I may not get an answer to everything." And that's okay.

In the season of winter and the element of water in Chinese medicine, we talked about wanting to be comfortable. We also talked about sitting still in order to conserve energy because, in the winter, we only have the stores that we gathered. Sitting still allows you to have a greater connection with your soul to remember exactly who you are. And to notice a glimmer of hope.

"I may not get an answer to everything." And that's okay.

"I may not get an answer to everything." Take one last deep breath in and exhale it out completely. Gently let your eyelids flutter open. Awaken your body to a more alert position. And give yourself a little nod of approval for being in that hard space during this mindful moment.

Thank you for listening to this episode of mindful moments. We hope that you feel enriched and ready to take on a new leaf. 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 our weekly journal of mindfulness.

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