



## **Can Do MS Podcast Transcript 2023 Mindful Moments: Week 9 Episode 114**

Megan Weigel: 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 'My life is unfolding with certainty'. If you've been listening along with us for the past few weeks, you'll scratch your chin on that one because we've been talking about being okay with the unknown and being okay with uncertainty. The irony underneath all of it is that your life is unfolding exactly as it should be, and so you say to yourself, my life is unfolding with certainty even in the unknown. Even though you can't get an answer, there's a reason for that, and that's for certain.

Go ahead and say that out loud. Now. Actually, my life is unfolding with certainty. It might be hard for the whole phrase to come out. It might even cause some anger or even a little choke in your voice or even some tears because maybe you didn't want your life to unfold this way, or maybe the way your life is going is the greatest gift you've ever received,

But one thing is for certain your life is unfolding, so let's try to get a little bit more comfortable with it and wrap some gratitude into it. Get in your comfortable position for several minutes of mindfulness. You want that position to be one that's relaxing but also allows you to be alert.

I invite you to close your eyes and just be with your breath and your body. Lengthen your breath. Let it be deeper than it usually is. Inhale more slowly than you usually do,

and actually pay attention to your breath. Let your exhale be more slow than it usually is. Pay attention to how quickly or how slowly you're able to let out all of your air.

My life is unfolding with certainty.

My life is unfolding with certainty. You may have had no idea how you ended up where you are, or you may have a sense that everything that's happened to you thus far has definitely happened for a reason. It's presented you with challenges that have revealed gifts. You know why you're here.

It's winter and in the period of winter, most of us are a little bit more still. We're still so that we can listen to words of wisdom and listen to the words of our heart. What does your heart say when you say, my life is unfolding with certainty? Allow emotions to come up.

As you hear these words, my life is unfolding with certainty. Allow those emotions to be released without judgment. My life is unfolding with certainty, of that, you can be certain.

Let your eyes gently open. Let the light back in. Wiggle your fingers, your feet. Stick your tongue out really far. Say, ah, shake off what you need to shake off. Take a deep breath in and exhale the rest out.

We're so glad you joined us for this week's mantra this week. Remember, your life is unfolding with certainty. Thank you for joining us, and we hope to see you back again next week for more mantras, meditation, and moments of mindfulness. Until next time, please follow us on Instagram at Can Do Multiple Sclerosis, and on Twitter at Can Do MS.

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