



Can Do MS Podcast Transcript Mindful Moments: Week 42 Episode 91

[(0:00)] [music]

Megan Weigel: Hello and welcome. My name is Megan Weigel, nurse practitioner and MS certified-nurse. I'm your host for the mindful moments podcast. I'd like to thank our sponsors for their generous support and for making these moments of mindfulness possible.

[music]

Megan: Today, for week number 42, we will seek to find an MS free zone.

[music]

Our mantra for this week is, it takes both rain and sunshine to make a rainbow.

[music]

As we usually do, we start by getting situated into a comfortable position. It's a position that you can stay in a state of relaxed alertness without feeling pain or discomfort. And in a place, where you feel safe.

[music]

Go ahead now and close your eyes.

Relax your forehead and your ears.

Relax your shoulders.

Let your hands fall open on your lap with your palms facing the ceiling or the sky. [(2:00)]

[music]

Notice your breath. Try to let your exhales be a little longer than your inhales.

[music]

It takes both rain and sunshine to make a rainbow.

When you hear that sentence, notice the thoughts that come into your mind's eye. You might reflect on them for no more than a few seconds. And then let them go.

[music]

It takes both rain and sunshine to make a rainbow, but it sure feels like a lot of rain sometimes. When my thoughts get dark and stormy, I usually find my eyes on a rainbow. Quite literally, there will happen to be one right there in front of me. [(4:00)] It completely reframes my thought pattern.

[music]

Gratitude for all who have gone before me somehow looking out for me at that very moment, rushes in. When you see a rainbow, how do you feel?

[music]

It takes both rain and sunshine to make a rainbow. The puddles are there for a reason, the dampness is there for a reason, the darkness is there for a reason. So don't get too stuck in your stew. Look up. Look for the light. Look for the sunshine, invite in a smile. And invite in a rainbow.

[(6:00)]

[music]

It takes both rain and sunshine to make a rainbow.

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. If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again and see you next time.

[music]

[END]

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