



Can Do MS Podcast Transcript Mindful Moments: Week 44 Episode 94

[upbeat music]

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

It's week 44. Our mantra is, "It's okay to miss a beat". Bring yourself to that comfortable position, the place where you feel safe, the place where you can be relaxed but alert, and the position in which you can be comfortable for several minutes.

[relaxing music]

I'm going to give you a few seconds to do this because, well, it's okay to miss a beat. Things don't always have to happen in the order that you thought they would. Things don't always have to complete themselves.

It's okay to miss a beat.

Turn your attention to your breath. [(2:00)]

Are you inhaling all the way?

All the way up to the top of your lungs?

Are you exhaling all the way?

Completely emptying out your belly?

Is your heart beating?

Yeah, it is: You're here.

Is it beating fast or beating slowly?

Do you feel relaxed right now?

Perhaps worried about what might happen for the rest of the day and whether things will go in order or not?

[relaxing music]

It's okay to miss a beat.

[relaxing music]

I was at a concert a few weeks ago, and the band tried three times to perfectly start one of their most famous songs. The audience was anticipating it. You know, [(4:00)] we could tell within the first few seconds of hearing music, what the song was going to be, and by the time the 10th second arrived, you could tell that they'd messed up.

Finally, the lead singer just stopped and started laughing. And he said, "you know what? Let's just skip this part", and they started the song, probably within about 30 seconds of where they should have. The audience went wild, really, because when a person who is associated with perfection, messes up and accepts it joyfully, it's such a relief. Just like this week's mantra, it really is okay to miss a beat.

[relaxing music]

I wrote these mantras during the year of 2020. It took 43 weeks and me getting Covid-19 to miss recording a Monday mantra. Sometimes enough is enough, and you miss a beat. Maybe you do it by accident like the band did, or adrenalin maybe you do it on purpose because [(6:00)] you've had enough and you need the world to know that. But whatever the reason you loosen the reins, you throw caution to the wind, and in being with the music of now, you miss a beat. What a beautiful song you have made.

[relaxing music]

It's okay to miss a beat.

Take a deep breath in.

Exhale.

Acknowledge the drummer in you.

Acknowledge your heartbeat.

Gently open your eyes and let the light in. [(8:00)]

Begin to move your body.

We're so glad you joined us for this week's mantra. This week, remember, it's okay to miss a beat.

[upbeat music]

Thank you for joining us, and we hope to see you back again next week for more mantras, meditations, and moments of mindfulness.

[upbeat music]

[END]

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