



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 45**

#### **Episode 95**

[music]

Megan Weigel: Good morning and welcome to today's Mindful Moments podcast. Our hope is that this podcast 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.

[music]

Week 45. I can't hold it in anymore. Let's get into our comfortable meditation position together. If you're sitting in a chair and your feet can reach the floor, press them into the floor. Let this pressure into the ground that holds you up cause a little bit of rise in your posture.

[music]

And we've worked from the ground up. Now let's work from the heaven's down.

Relax your forehead, relax your jaw.

Relax the front of your chest that your collar bones widen as your shoulders come down your back.

[music]

Let your palms rest on your lap facing up. Take a deep breath in... And let it out.

[music]

I can't hold it in anymore. I actually wrote this phrase at the bottom of a page when I started writing these Monday mantras. I didn't know what it meant when I wrote it. I didn't know when, or even if it would show up as a mindful moment. But it did. Well, because I couldn't hold it in anymore and the letting it out was extremely healing.

[music]

When things get held in, we eventually have toddler-like tantrums of grown-up proportions. Instead

of a tantrum, I chose to relent. We're turning to our thoughts again. Just to give us some food for this week's mindful moment.

[music]

Are there things that you can't hold in anymore?

[music]

Are there things that you'd like to let go of?

[music]

See them as they come into your mind's eye. Feel the response that these things cause in your body.

[music]

Feel where they cause tension or tightness. Listen to what they do to your breath or your heartbeat. And as you feel those things and listen for those things, take a deep breath in.

[music]

And on the exhale, push those things away and come back to kindness.

[music]

You can choose to relent. And to relent means to abandon cruel treatment. To relent means to reach your hand up out of the rapids you might have thrown yourself into. And to take the hand of your gentler self, the hand of your helpers, and the hands of all the people who love and care for you and get pulled onto shore.

[music]

To relent means to let the sun warm you. To love, to forgive, to move forward without fear. The opposite of fear is love. Can you choose love?

[music]

When you turned your attention on to what felt relentless to you, could you feel that tantrum brewing? When you took a deep breath, and on the exhale, blew those feelings away. Can you feel the calm?

[music]

Can you work on a plan for relenting with love and kindness?

[music]

Take a deep breath in... Exhale... Draw your fingers into tight fists as you inhale. And as you exhale, let your fingers loosen. Let your hands open. Spread your fingers wide. I can't hold it in anymore.

[music]

Thank you for joining us today. We hope that this episode helped you to reflect and we'll start your week off in a positive way. Please join us again next week for another episode of Mindful Moments and consider joining Can do MS at one of our many programs. You can learn more about all of our programs at [cando-ms.org/programs](http://cando-ms.org/programs).

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