



Can Do MS Podcast Transcript

Mindful Moments: Week 23

Episode 68

[ambient 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.

It's week 23, and our mantra is, "Grace is not an excuse, it's an invitation".

[ambient music]

I invite you to get comfortable. And yes, really comfortable. So, you can find a comfortable seat or maybe you choose to lay down today. Maybe you choose to snuggle up with your favorite pillow, your favorite blanket. Because it feels good. And this week's mantra is about giving yourself some grace.

[ambient music]

So, I'll give you a few moments here to find that grace in how you're sitting or laying down to listen.

[ambient music]

Wherever you are and whatever or whoever you're cuddled up with, pay a little bit of attention to your breath. Let it come in through your nose and out through your nose. And then don't worry about the rest. Because I can assure you, you will keep breathing.

Don't worry about how tall you're sitting or how right you're laying down. Just accept that you deserve to feel comfortable.

[ambient music]

I often find myself saying, give yourself some grace. The phrase suggests things like taking it easy on yourself, giving yourself a break, relaxing, not trying to do so much, or not trying so hard. And it can quickly become an excuse.

So what is grace really? It's love. It's peace. It's unmerited favor. And right now, it sure seems like many of us could use some grace.

[ambient music]

I bet it feels really good to feel comfortable right now. I bet it feels really good to enjoy that grace. Especially when so many things that we do right now feel uncomfortable, unfamiliar, and illogical. And hopefully, all of us are trying to do these things with grace, with love, with peace, with unmerited favor.

[ambient music]

Grace is not an excuse.

[ambient music]

What it is, is an invitation that as you fumble and stumble through your journey, you still deserve peace, rest, and love. What grace is, is a nudge to do good and say the right thing. Right through the lump in your throat. Right through old thoughts and stories. Right through to mercy, love, and peace.

[ambient music]

Let grace be a deep breath, an opportunity to tune in. Grace is not an excuse, it's an invitation.

Take a deep breath in, and let it go.

[ambient music]

This week, fill up your grace cup.

[ambient music]

We're so glad you joined us for this week's mantra. Remember, grace is not an excuse, it's an invitation. Thank you for joining us and we hope to see you back next week for another great

episode of "Mindful Moments".

In the meantime, head on over to our website cando-ms.org, to learn more about our programs and resources.

[music]

[END]

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