



Can Do MS Podcast Transcript

Mindful Moments: Week 24

Episode 69

[ambient music]

Megan Weigel: This is the Can Do MS podcast, "Mindful Moments" I'm your host, Megan Weigel, nurse practitioner, and MS certified nurse. Before getting started, I'd like to take a quick moment to thank our sponsors for making this podcast possible.

[ambient music]

Welcome to a new week. I'm excited to be your guide on today's journey, and I hope that today's mantra starts your week off right. This is week 24, our mantra for the week is, "I share from self, not self-image".

[ambient music]

Let's get comfortable in our seats. The physical body is a great place to start to talk about sharing from self, not from self-image. Don't worry about what you look like right now. Worry about what you feel like in your body. Notice where your tension is, and let it go. You don't need to worry about that for the next few minutes.

[ambient music]

Breathe into your areas of tension. Invite fresh air to rush around those parts of your body, clean them out. And then as you exhale, invite that exhale to take all the tension with it.

[ambient music]

And for your brow, relax your tongue, your jaw. Let your shoulders fall down and back. Relax your hands, and let them fall open in your lap. Relax your hips and your feet.

[ambient music]

Focus on these physical sensations of relaxation.

[ambient music]

I've noticed a common theme among podcasts lately, and that theme is letting go of the ego, sharing from the heart, checking your ego at the door and showing up with integrity and authenticity.

In fact, Deepak Chopra often asks his listeners to consider what is coming from self versus self-image. And to practice returning to self.

[ambient music]

Let's take a breath in on that and a breath out.

[ambient music]

Where in your life do you come from self? And where in your life do you come from self-image? There's no judgment here. As the images pop into your mind, notice them, and let them move on.

[ambient music]

Come back to your breath, to the feeling of your relaxed physicality.

[ambient music]

The message that keeps me grounded right now is the expectation that sharing a word or deed from a loving part makes up for not getting that word or deed right. That listening and learning is the best form of doing.

[ambient music]

All of this requires comfort with yourself. It requires putting your self-image in the closet for a little bit.

[ambient music]

When you share from self, not from self-image, you may be a good person, but you're ultimately on your way to becoming a better one. "I share from self, not self-image."

[music]

Thank you for joining us today. We hope that this episode helped you reflect and start your week off on the right foot. Please join us again next Monday for another episode of "Mindful Moments".

In the meantime, head over to the Can Do MS Website for more helpful tools and resources. That website is cando-ms.org.

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