



Can Do MS Podcast Transcript

Mindful Moments: Week 25

Episode 71

[Ambient music playing]

Host: 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.

[Ambient music playing]

Thank you for joining me today, and thank you to our sponsors for making this podcast possible.

[Ambient music playing]

Week 25. I am already the person I wish I could be. Get yourself to a comfortable position... Reach your hands out. Like, maybe, you're about to give someone a big hug. Bend your elbows... Open your hand, so your fingers are spread wide apart... I want you to say this with me, "I am already the person, I wish I could be." Take a deep breath in... and exhale... sigh.

[Ambient music playing]

Let's do it one more time. Get those hands up, spread those fingers wide. "I am already the person, I wish I could be." Take a deep breath in. Open your mouth and sigh. Go ahead and close your eyes. Let your eyes roll in... If your brow is furrowed, let it relax... Let your jaw relax. Hollow out the inside of your mouth... Try your shoulders up to your ears, roll them back. Notice the beating of your heart... Take longer and slower, deep and deeper inhaled and exhaled, than you're used to. And notice... how you can slow down the beating of your heart.

[Ambient music playing]

"I am already the person I wish I could be." We are taught to visualize and manifest, and to believe the joy is in the journey... So, which of these is right?

[Ambient music playing]

The joy is in the journey, that's true. But what if on the journey, you chose to act as if there is no question you will arrive? You are already the person you wish you could be.

[Ambient music playing]

Unfrown your brow again... Let your shoulders relax again... Open your palms to face the ceiling on your lap... Relax your legs... You are already the person you wish you could be.

Instead of walking through your day with trepidation, instead of waiting for something to take you out, instead of questioning your abilities, you act as if you've already arrived.

[Ambient music playing]

You start bringing gratitude into your everyday. You accept yourself just the way you are... just the way you show up... But you show up to higher standards, because you are already the person you wish you could be.

[Ambient music playing]

You are the person you are visualizing. It becomes less effortful to rise to your high standards. It becomes less of a battle because you embody them... You're finding joy in the journey... You are already the person you wish you could be.

[Ambient music playing]

Imagine yourself on that road... to the thing that you really want right now... Sure, there are bumps in the road, but imagine that the road is easy and that you get to enjoy the ride or the walk... Imagine that the sights are beautiful, and that you're fully equipped to get to the end.

[Ambient music playing]

Take a breath in... and exhale. Let that feeling... root in your mind. You are the person you are visualizing... You are already the person you wish you could be.

[Ambient music playing]

We're so glad you joined us for this week's mantra. This week, remember, "I am already the person I wish I could be."

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](https://www.cando-ms.org), to learn more about our programs and resources.

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