



Can Do MS Podcast Transcript

Mindful Moments: Week 27

Episode 73

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Megan Weigel: Welcome back to Mindful Moments. I'm your host Meghan 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.

Welcome to our new week, week 27. I look forward to guiding you with this week's mantra, "My effort matters."

[music]

Let's dive right in. Go ahead and make yourself comfortable. If you're new to our mantras, you might choose a comfortable seat on a piece of furniture or on the floor. And if you've been following us along for all of these weeks, then you know where your favorite place is, just get there.

[music]

Give yourself a few moments to settle into your body and to settle into your breath. You can close your eyes or you can let them rest on something that you find peaceful and calming.

[music]

Week 27, my effort matters. St. Francis of Assisi said, "All the darkness in the world cannot extinguish the light of a single candle." Do you wonder if you are doing enough? Maybe you quite literally can't do as much as you used to. Maybe you can and it just looks different. Take this quiet time to reflect on the light that you bring to the world.

[music]

Take this time to see in your mind's eye and feel in your heart that your effort at sharing your light with others, however you may do that, matters.

[music]

You're having a hard time seeing your light, then I encourage you to think about the things that make you happy. Think about sharing your joy with people you love and care about. Think about the last time you helped someone. Think about the last time you made someone feel good about themselves.

[music]

My effort matters.

[music]

As we end this week's mantra, I hope you feel the power of your light. I hope you feel deep down in your spirit that your effort matters. Gently open your eyes. Bring your body and your mind back to the present.

[music]

Thank you for joining us today. We hope that this episode helped you to reflect on your light and its importance for everyone around you. We hope it helps you 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. There's something for everyone and you can learn more about this at CanDo-MS.org/programs.

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