



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 30**

#### **Episode 77**

[Music]

Megan Weigel: Welcome back to the Mindful Moments podcast. I'm your host, Megan Weigel. And today, we'll explore Mantra to help guide you through your week. Thank you for joining me today and being open to this week's Mantra.

I'd also like to thank our sponsors for their support of this podcast. This week, week 30. We have a challenging Mantra. There is always enough time in the day.

[Music]

I'm sure some of you already feel your heart fluttering at that one. So, let's go ahead and get comfortable.

[Silence] [Music]

We'll start our meditation by paying attention. To the beating of our hearts. We are paying attention to the rhythm of our breath. And you are doing a quick head-to-toe body scan to notice where you're holding tension. [Pause] We'll take some time to do that because there is always enough time in the day. [Pause]

When you feel an area of tension or pain in your body, take a deep breath. Let it wash that area of your body. And then, exhale, exhale out, the tension and the pain.

[Silence] [Music]

There is always enough time in the day. I mean, they're so not. So many of us wish that days were 48 hours long. But if you let that run through your mind, I never have enough time. Does your perspective change? [Pause] What if you've accepted that there's always enough time in the day? To finish what is supposed to be done?

[Silence] [Music]

If your mind wanders, come back to your breath. Come back to listening for your heartbeat without judgment. [Pause] If your mind wanders to all the things you need to get done today and all the worry about whether there is enough time to finish them. Let those things go without judgment.

[Silence] [Music]

There is always enough time in the day to finish what is supposed to end. Give yourself a little nod. Yes, on that, and if it feels good, say yes, out loud. [Pause] Take another minute or so to scan your body. Go back to those places that felt tight and tense before we started. If there's still some tension there, take a deep breath into that area. And on the exhale, watch the tension blow away.

[Silence] [Music]

Slowly start to move your body. And come back to this day. That will hold all that's possible for you.

[Silence] [Music]

We're so glad you joined us for this week's Mantra. Remember, there is always enough time in the day. We hope to see you again week after week for more mantras, meditations, and moments of mindfulness.

[Music]

[END]

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