



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 31**

#### **Episode 78**

[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.

On week, 31, our mantra is, "I forgive." Go ahead and get yourself into your comfortable meditation position. This week's meditation should definitely prompt you to be in a position where you feel safe, comforted and taken care of.

[music]

I'm curious as to how many of you had the face of someone you know, maybe a loved one or a co-worker or friend pop into your head when I said, "I forgive."

[music]

Let's go ahead and lengthen our breath a little bit, maybe inhaling to a count of four or five, whatever feels comfortable for you without straining and exhaling to the same count.

[music]

When you're comfortable with this breath, let that person's image come back into your mind's eye. I forgive. Forgiveness is such a toughie. It's also one of the greatest gifts you can give yourself. Have you ever been in a position where you need to accept an apology or ask for forgiveness from someone you feel actually owes you the apology?

[music]

Come back to your breath. Let it lengthen again. Four to five counts in, four to five counts out. Relax your forehead. Relax the space between your eyes. Let your jaw muscles relax. Let your hands unclench.

[music]

Forgiveness is so hard, but it clears emotional space. It allows you to create boundaries that come from objectivity rather than anger. It allows emotional growth instead of increased toxicity and it often stops a relationship train from going off the rails.

[music]

Try forgiveness this week. If you're not quite ready but you need to get ready, try saying this mantra daily to exercise your forgiveness muscle.

Take a deep breath in. Open your mouth and sigh as you exhale.

"I forgive. I forgive."

[music]

Gently open your eyes and let the light in and let your body know it's time to get going again.

Thank you for joining us today. We hope that this episode helped you to reflect and will 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. You can learn more about our programs at [cando-ms.org/programs](https://cando-ms.org/programs).

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