



Can Do MS Podcast Transcript Mindful Moments: Week 33 Episode 80

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Megan Weigel: Hello and welcome. My name is Megan Weigel, nurse practitioner and MS certified nurse. I'm your host for the mindful moments podcast. [music]

I'd like to thank our sponsors for making this podcast possible. [music] Today, for week number 33, we will seek to find an MS free zone.

[music]

Our mantra for today is, "Silence is okay."

[music]

Let's ease into our meditation position... Make sure that you're comfortable, not just in your body, but also with the quiet... See if you can literally hear your heartbeat... Listen to the sound of your inhale drawing in through your nose, and the sound of your exhale coming out through your nose or your mouth. [pause] Listen to the sounds around you, in your home or your office... Listen to the quiet...

[Silence]

What do you reach for so you don't have to listen? Is it the TV, a radio, or maybe even making a phone call? Ironically, in searching for the silence, or for the not listening, you're searching for more noise or a way to tune out instead of tune in.

[Silence]

Quiet often forces us to tune in, to listen to our heart, to our intuition, to listen to something

that may tell us difficult things to hear... Not to mention, there are so many things to tune into these days.

[Silence]

There is some fear of missing out involved in silence, but silence is okay... Silence is rejuvenating... Silence can be medicine for a busy, distracted, and tuned out mind... Silence can get you back on track.

[Silence]

Put your attention on the music that matters most that aims to steer your ship in the right direction. That's the music of your heart and soul. [pause] Take a deep breath in... and exhale... Silence is okay... Tuning into your heart and to your intuition, and tuning out the external noise is okay... Let silence rejuvenate you...

[Silence]

Let your eyes gently open... Bring yourself back to your awareness of the things around you... and make a mental note to come back to silence this week...

We're so glad you joined us for this week's mantra. This week, remember, silence is okay.

Thank you for joining us, and we hope to see you back again week after week for more mantras, meditations, and moments of mindfulness. [music]

[End]

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