



## **Can Do MS Podcast Transcript Mindful Moments: Week 35 Episode 83**

[Music]

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.

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

[Music]

Host: Week 35's Mantra is, \_\_\_\_\_ .... you heard me, right? It's literally silence. Let's go ahead and get into our meditation position and I'll tell you a little bit more about how we got here.

Find your comfortable position that it holds you up, let you feel safe. Close your eyes and come into your breath.

Inhale a little bit longer and slower than you usually would and exhale at the same pace.

A few weeks ago, the Monday mantra for mindful moments podcast was silence is okay. As if it was a choice, you got to make. I choose silence instead of noise, instead of distraction. I choose tuning in instead of tuning out.

This week's Mantra is simply silence. It's a necessity.

[Silence]

Host: It's hard to just be quiet. It's hard to just tune in. Every once in awhile and especially now we need quiet time.

[Silence]

Host: Take a deep breath in. And exhale that breath. Let your eyes turn inward. To an empty mind. And if a thought comes up, just let it go. Watch it float away.

This is your blank canvas. You are empty chalkboard. Your quiet time. Your time to float.

[Silence]

Host: I read an article recently about depleted surge capacity in humans that each day this week, enjoy the sound of silence and the space between your ears. Let the work, do you.

[Silence]

Host: Drink in the silence. Check out so you can check back in. Quiet. Try it. Take another inhale. Let it fill your, you all the way up to the top of your chest, and then exhale, empty it out all the way through your toes.

Gently open your eyes, let the light in open your ears and let the sound in. Begin to gently and slowly move your body.

Thanks for listening to this episode of mindful moments. We hope that today's Mantra resonates with you and guides you through your week.

Remember, mindfulness does not have to be difficult.

[Music]

Host: If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again. See you next time. And remember this week try some quiet time.

[Music fades]

[END]

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