



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 36**

#### **Episode 84**

[music]

Woman: 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. This week's mantra, week 36, is just this. Let's get into our comfortable seated position for our mindful moment.

[music]

Find yourself in a state of relaxed alertness in a place where you feel comfortable and safe emptying your mind, opening your heart and being in community with all of us here practicing mindful moments together. Just this.

I study and practice a form of biofeedback called heart math. One of the techniques called quick coherence involves making an attempt to experience a regenerative feeling. I call that feeling, just this. What I mean is I only need this, nothing more. I picture very specific things. The way my husband looked at me at our wedding, the feeling of my son running to me with arms outstretched and pummeling into me with a huge hug, moments of laughter that have purged any negativity out of my body, a sacred hug with a friend, a holy knowing, a gaze of connection.

What is your just this? See it in your mind's eye right now and feel it in your body. Replay your just this over and over again. Know that just that is accessible to you anytime.

As you are seeing and feeling your just this, the only thing you need, find your heart's center. Your heart center might be the center of your chest or it might be a little bit to the left where your literal heart is. And with your next in breath, let it come in to your heart center and exhale. Breathe in again through your heart center and stick with your just this.

You can find this anytime you're in need of just one more burst of energy. It's simple and simply the best. See your moment, your regenerative feeling... just this in your mind's eye one more time. Seal that feeling in your heart and let it root. Feed your heart with more of it this week.

Gently open your eyes. Let some light in. Wiggle your fingers and your toes. Roll your shoulders back. Breathe in deeply and smile. Exhale and let your smile be a little bit bigger.

We're so glad you joined us for this week's mantra. This week, remember just this is available to you anytime.

[music]

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

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[END]

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