



Can Do MS Podcast Transcript

Mindful Moments: Week 38

Episode 87

[(0:00)] [Music]

Megan Weigel: Hello, my name is Megan Weigel, a nurse practitioner, and I'm a Certified Nurse. I'm your host, and I'm excited to invite you back for another week of Mindful Moment.

We'd like to thank our sponsors for their generous support of this podcast series. But most of all, I'd like to thank you for joining me to share in this week's Mantra.

It's week. 38, can you believe it? We're about three-quarters of the way through the year for those of you that joined mindful moments in the beginning. Give yourselves a little pat on the back. Thanks for sticking with us.

Week 38.

I'll let it take me where I need to be.

Get comfortable in your meditation position, wherever that may be in a chair, on a couch, on the floor, wherever you can maintain a state of relaxed alertness, and I'm going to tell you a little story.

I got a new pair of running shoes a while ago. I'd spent more money on them than I had for years back when I was training for races. I really needed some [(2:00)] motivation to pick up my mileage again and invest in some me-time. I set out on a Saturday morning for a short run. It was beautiful out, it was breezy, I could feel fall in the air. I was smiling and right at about a mile and a half, I felt a hot poker jab really high and to my left leg, and my hamstring went out. I nearly fell. I stopped. I took a deep breath, and I kept going.

There I was, gritting my teeth, tears running down my cheeks, screaming inside. Don't let it take you out. Don't let it take you out. I turn my music louder. I made it another couple of miles after stopping several times to stretch. Have you ever experienced something like this? Something that happened to you physically in your body that you tried to push through gritting your teeth. Pushing, pushing, pushing so hard.

[Music]

So there I was. In that last 30 seconds of running, when a song touched my soul. There was a line, and I can't remember now what it said. But I just know that it caused my heart and my whole body to [(4:00)] soften. I released my grip on my jaw, I took a deep breath, I sighed, and the tears really came then. I heard my inner voice say, "Don't let it take you out, let it take you right here you need to be."

I, like many others, have spent my life running literally and figuratively. Always busy, always moving. The past few months have presented me with opportunities to slow down and to figure things out without the frantic. Maybe something like that has also happened to you.

[Music]

Slowing down. Create space for miracles. And allows you to actually see them. You are right where you need to be.

[Music] [(6:00)]

The next time something threatens to take you out, reframe. Let it take you right where you need to be.

[Music]

Inhale, long and slow.

[Music]

Open your mouth and exhale.

[Music]

I'll let it take me where I need to be.

[Music]

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. If you enjoyed this episode, please consider sharing this Podcast with a friend. Thanks again. See you next time. And remember, you're right where you need to be.

[END]

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