



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 39**

#### **Episode 88**

[(0:00)] [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 for making this podcast possible.

[music]

Let's get right to week 39. This week's mantra is, "Let the endlessness be an invitation." In your comfortable position, remind yourself to stay in a state of relaxed alertness. Starting a meditation can seem endless. You have no idea when it's going to end. Let that feeling be an invitation to completely and fully jump in.

I took a picture this morning of the ocean and the sun barely rising. I was on a barefoot beach walk. The right hand-side of the picture ends but the horizon doesn't, right? It's never-ending. I realized at that moment that healing begins at some [(2:00)] point when the endlessness becomes an invitation to joy and learning and grace.

[music]

Think back to the first time you joined the Mindful Moments podcast. Maybe it was your first time in meditation, your first time exploring any mindfulness activity. And maybe you even wondered if you would make it through the five to ten minutes that we promised to give you. Here you are, however many weeks later, looking forward to your Mindful Moments, looking forward to the joy, the learning, the grace, and the calm. That this time you've set aside for you gives to your life. Can you apply this concept to something else in your life that seems endless?

[music]

[(4:00)] Imagine that corner of the picture where the horizon literally ends because a picture is finite but you know it's actually never-ending. And it's beautiful. It has so much to offer. It heals.

Take a deep breath in and allow your face to form into a soft smile.

Exhale. And as you do, relax your shoulders.

Let the endlessness be an invitation.

[music]

Let your eyes gently open.

Begin to move your body slowly and carefully.

[music]

Thank you for joining us today. We hope that this episode helped you to reflect and start your week off in a positive way. Please join us [(6:00)] 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 and you can learn more about these programs at [cando-ms.org/programs](http://cando-ms.org/programs).

[music fades]

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