



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 40**

#### **Episode 89**

[(0:00)]

[music]

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. I'd like to thank our sponsors for making this podcast possible. Today, for week number 40, we will seek to find an MS free zone.

[music]

Our mantra for today is simply freedom.

[music]

From your comfortable position, close your eyes. And look at your mind's eye. What does freedom mean to you? What pictures come into your mind?

[music]

Freedom. It's just one word but it has so many meanings. When you close your eyes and you breathe in freedom, how does it feel in your body? In your bones? In your core? In your heart?

[(2:00)]

[music]

What does freedom look like for you? Hold on to that. What do you need to let go of or change in your life to have more freedom?

[music]

Freedom for me feels like letting go of old stories, it feels like stepping into a healing space.

[music]

Freedom feels like Trust. It feels like balance.

[music]

Freedom allows me to be a better person for my family and friends [(4:00)] and a better person in my work.

[music]

Imagine yourself experiencing more freedom in your life. That feeling in your body that you thought about earlier, hold it close. Put it in a place that is easily accessible.

[music]

Instead of taking more things on, more to do on, let go of things that threaten your freedom. Bring more space and more freedom into your week.

[music]

Take a deep breath in, and exhale.

[music]

[(6:00)]

Breathe in your freedom.

[music]

Let your eyelids flutter open. Let the light in slowly.

[music]

Move your body starting with your fingers and your toes first and then moving to your bigger muscle groups.

[music]

Take a big stretch. Reach your arms up, high, as you breathe in. And, exhale, take up space. As you let your arms float down.

[music]

Freedom.

[music]

We're so glad you joined us for this week's mantra. We hope to see you back again [(8:00)] week after week for more mantras, meditations, and moments of mindfulness. If you enjoyed this episode, please consider sharing the podcast with a friend. Thanks again and see you next time.

[music]

[END]

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