



Can Do MS Podcast Transcript

Mindful Moments: Week 10

Episode 52

Megan Weigel: Welcome back to the mindful moments podcast. I'm your host Megan Weigel and today we'll explore mantra in hopes that you can free your mind. Even for just a moment from the confining feelings of MS. I want to thank you for being here and being present, I'd also like to thank our sponsors for their generous support and for making this episode possible.

Megan: Let's move right to today's mantra. Week ten's mantra is: ***I make room for good thoughts to root and grow in my heart and mind.***

Get comfortable in your chair for this one. Take a brief survey of your body and where you find tension. Bring a deep breath to that area. Let that fresh air wash over the tension in your body. And as you exhale, push the tension away.

Megan: You really do need to work to make room for good thoughts to root and grow in your heart, and your mind. Waiting for the next bad thing to happen in life doesn't [(2:00)] til good soil. And thoughts really are like food. The thoughts we let into our hearts and mind can cause diseases similar to those caused by poor nutrition if we stew on them. Think about that. The stress that happens depending on how we handle it, can make us sick. I make room for good thoughts to root and grow in my heart and mind.

Megan: Take another deep breath in to any area of your body where you feel tension. And just like you did before as you exhale, push away the tension. Make room for more good thoughts to feed your soul. For the next few minutes, consider what's good in your MS world. Maybe you have a really wonderful friend or family member who supports you and helps. Maybe you're grateful for an MS nurse. Or for your MS provider. Maybe having MS has taught you something really important.

Megan: Make room for these good thoughts. [(4:00)] Let them root and grow in your heart and in your mind.

Megan: How does it feel in your body when you think good thoughts? What does your face do? Does it smile? Does it relax? When you think of a friend you've made [(6: 00)] or a helper

you've had or something really awesome that you've done, does it cause your heart to swell. Does it cause you to get a warm feeling? These are the kind of thoughts that are like medicine. These are the kinds of thoughts that you want to make the most room for. I make room for good thoughts to root and grow in my heart and mind. Let's take another minute or so to think of more. Grab onto them. Hold them close.

Megan: It's hard to imagine enough time thinking of good things. So let's just grab onto your favorite one. Inhale it all the way in deep into your body. And exhale the relief that comes with making room for good thoughts. I make room [(8:00)] for good thoughts to root and grow in my heart and mind.

Megan: Thank you for being here with us today. I hope that this call to action gives you encouragement for the week ahead. Thank you for listening to this episode of the mindful moments podcast series. We hope that you take the time to join us weekly for a new mantra to help focus your mind and enrich your spirit. Subscribe to the Can Do MS Podcast, available on any of your favorite streaming services, or at can dodashms.org/forward/slash/moments.

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