



Can Do MS Podcast Transcript

Mindful Moments: Week 11

Episode 53

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 generous sponsors for making this podcast possible.

This week's mantra is ***Hope does not disappoint.*** Get yourself settled into a comfortable position. You can close your eyes if you feel comfortable doing so. It's nice to close your eyes to encourage you to focus inward instead of focusing outward where we tend to look for other things.

Hope does not disappoint. Take a deep breath in, maybe to a count of 4 or 5, and a deep breath out to the same count. [music]

Hope does not disappoint. [(2:00)] Where does that mantra land in your body? Does it bring you a sigh of relief? Does it make you feel a little sad? Does it make you wonder? Hope is always available.

What are you hopeful about today? Maybe you have a wellness goal that you'd like to achieve. Or maybe a spiritual goal. Maybe coming back to this podcast for 11 weeks brings you hope. For the next couple of minutes see the things that bring you hope pass by in your mind's eye. If you get distracted, you can come back to your breath. That slower and deeper breath. The breath that helps you find calm. Hope does not disappoint. Ink on it here. [music]

[(4:00)] [music] I hope that you've seen that hope is always available. Hope is the cornerstone of MS care. Grab a corner of it and let it grow in you. Breathe in deeply. Let that breath fill you up from top to bottom, side to side, and front to back, and exhale to completely empty yourself. Make room for hope. Let It grow. It does not disappoint. [music]

You can gently open your eyes and come back to a more alert posture. [music]

Thank you for joining us for week 11 of Mindful Moments. I hope you have a wonderful week.

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