



## Can Do MS Podcast Transcript Mindful Moments: Week 13 Episode 56

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Megan Weigel: This is the Can Do MS Podcast: Mindful Moments. I'm your host, Megan Weigel, nurse practitioner. Before getting started, I'd like to take a quick moment to thank our sponsors for making this podcast possible.

Welcome to a new week. I'm excited to be your guide on today's journey. And I hope that today's mantra starts your week off right.

This week is Week 13: ***I Remember All the People Who Loved Me***. The scene in the movie *A Beautiful Day in the Neighborhood* about Mr. Rogers that struck me the most was when Mr. Rogers asked someone to think of all the people who had loved him into being, and a montage of interviews followed.

Find yourself a comfortable seat. You might be sitting on a chair. And if you are and your feet can reach the floor, feel the ground beneath your feet. If you're sitting on the floor, feel the ground underneath your seat. [(2:00)] Feel supported. Close your eyes. For just a few moments here, turn your attention to your breath. Let your inhales be longer and slower than they usually are. And let your exhales be longer and slower than they usually are. Don't strain at the top of your inhale. Just let it flow.

When you are comfortable with your rhythm of breathing, turn your attention to the own movie in your mind of all the people who have loved you into being. These people may be, literally, with you in your home right now. They might live far away, or they might no longer be with us here on earth. In fact, some of the people that pop into your mind might actually surprise you.

[(4:00)] I remember all the people who loved me. As each person comes to mind, acknowledge them for the gift of love, or of care, of knowledge or wisdom that they brought to your life. Think of the people who [(6:00)] have changed your mind, your heart, your soul.

The people who gave time to you. The people who nurtured you and allowed you to grow.

As you let the ground support you, as you let your breath be your connection between your body and the loving energy around you, continue to call to mind people who taught you, who coached you, who loved you. You may notice that emotions come up when you see these people in your mind's eye. [(8:00)] As part of this process of meditation of letting in and letting go, acknowledge these emotions, acknowledge how they feel in their bo- in your body, and then move on and let them move on. These emotions are just more affirmation that we are all connected. And the energy that these people gave or still give to you is able to be used for your highest good.

Continue to feel supported by the ground, supported by your breath, and supported by all of these people who have loved you into being. Take one last deep inhale. Open your mouth and sigh on that exhale. And gently open your eyes.

[background music]

Megan: Thank you for [(10:00)] joining us today. We hope that this episode helped you to reflect and start your week off on the right foot. Please join us again next Monday for another episode of Mindful Moments. In the meantime, head on over to the Can Do MS website for more helpful tools and resources. That website is [cando-ms.org](http://cando-ms.org).

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