



## **Can Do MS Podcast Transcript Mindful Moments: Week 14 Episode 57**

[background music]

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. Week fourteen's mantra is "What Is Now For Me?"

[meditation music]

Many people live by the tenet, "What Is Next For Me?" For this week's mindful moment, I'd like to focus on the now. Get comfortable in your seated position. Take your first deep breath in and let it fill you up all the way from the tip of your head to your toes. And then, let it empty out in the exact opposite direction. If we waste just a few minutes and think about our schedules for today or tomorrow, or all the things we have to worry about next month, then, we've just lived by the tenet, "What Is Next For Me?" Let's bring it [(2:00)] back to "What Is Now For Me?"

What does that mean? Well, "Tomorrow is a new day." is a great saying, but what can you accomplish right now? Today? What can you control today to encourage that you thrive? What can you control today to encourage your comfort? What can you control today to encourage rest? What can you control today to encourage happiness? If you've been with us in these mindful moments, you may have learned that letting go can actually serve a good purpose. You may have learned that letting a good thought sink in is something that you can control to improve your mood. You may have learned that coming back to a deep slow breath is something you can do to control anxiety or worry. So, what is now for you? What can you do today to improve your experience of this amazing gift of twenty-four hours that you are given?

Settle into your chair [(4:00)] and continue the journey, the experience of slow deep breaths in and slow exhales out as you consider what is now for you.

[meditation music]

Is now more manageable? Does your mind feel a little less cluttered? I hope so. Take a deep breath in and open your mouth as you exhale sigh. Just let all the next go and stay in the now. You can gently open your eyes and wake up your body. Thank you for practicing together today. I hope that the mantra, "What Is Now For Me?", gives you encouragement for the week ahead.

[background music]

Thanks for listening to this episode of the Mindful Moments Podcast series. We hope that you take the time to join us weekly to help focus your mind and enrich your spirit. You can subscribe to the Can Do MS Podcast available on any of your favorite streaming services, or at [cando-ms.org/moments](http://cando-ms.org/moments).

[background music]

[END]

*This podcast is made possible thanks to the generous support of the following sponsors:*

