



Can Do MS Podcast Transcript

Mindful Moments: Week 17

Episode 61

[[0:00]] [background music] Megan Weigel: Hello! My name is Megan Weigel, nurse practitioner, and MS certified nurse. I'm your host and I'm excited to invite you back for another week of Mindful Moments. We'd like to thank our sponsors for their support of this podcast series. We couldn't do it without them. Let's get started with week 17. I am in good company.

Let's go ahead and get settled in a comfortable position. The best part about these mindful moments is that you are in good company. At any given time when you're tuning in to this podcast series, you can rest assured that others are tuning in with you. You really are in good company.

From your seat, feels supported. So I figure in your chair. Feel the ground beneath your feet, your seat underneath your seat. If you're sitting on the ground, feel the ground beneath your seat. Let the support coming up from the earth allow a little bit of length in your spine. So you grow a little bit taller. Your head and your chin, pick up just a little bit.

[[2:00]] Close your eyes. Let your eyes fall inward. And begin to lengthen your breath. You're breathing... longer and slower and deeper than you usually do. You're using your breath to convince your nervous system, that you actually are in good company... There's no one to run from. [pause]

Many of us have been isolated for quite some time. And while this isolation certainly has reached some havoc, it has also opened up much-needed space for many people to turn inward. And that turning inward might mean towards yourself, or even towards your family. Maybe you've begun processes of growth or healing with yourself and others...

Take a deep breath in, to the processes that have begun to grow in you, as a result of you keeping good company in the past couple of years. [[4:00]] That company might look a little differently than it used to. Right now there's more virtual company. We can have more

people in our living rooms than we ever thought we could... Read into, the access that you have to one another. [pause]

I am in good company. And you truly are. If you live alone, you might realize that you aren't so bad to be with. If you're always very busy at home, perhaps you've had time open up for storytelling and for laughter. If you've always filled your calendar with social engagements to avoid sitting with yourself and quiet, maybe you're having a chance to re-evaluate the company that you've kept. [pause]

[(6:00)] [background music] Come back to your practice of feeling tall and supported... Feeling the earth underneath you... it allows you to grow a little bit taller... Feeling the sky above you... it allows you to pick up your chin a little bit higher... Consider creating a life that leaves you saying each day, "I am in good company...". Take a deep breath in, and smile as you exhale. When you're ready, you can gently open your eyes.

[(8:00)] [background music] Thanks for listening to this episode of Mindful Moments. We hope that today's mantra resonates with you and guides you through your week. If you enjoyed this episode, please consider sharing this podcast with a friend or posting about it on social media. Thanks again and see you next time.

[END]

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