



Can Do MS Podcast Transcript Mindful Moments: Week 19 Episode 63

[music playing]

Megan Weigel: Welcome back to the Mindful Moments podcast. I'm your host, Megan Weigel, and today we'll explore a mantra to help guide you throughout your week. I want to thank you for being here and being present. I'd also like to thank our sponsors for their support of this podcast. Week 19; I was created for this. Go ahead and get settled in a comfortable position. You know, if you've been with us on this Mindful Moments journey, you might always sit the same way. This week's mantra might encourage you to try something just a little bit different. If you always sit on the chair, try the floor and vice versa. Feel supported by your seat. Feel supported by your breath that is a little bit longer, slower and deeper as you breathe in and as you breathe out. Feel supported by the air and the environment in front of you, and notice the air and the environment behind you as well. [(2:00)] Go ahead and close your eyes. You were created for this.

[music playing]

Are you working on a goal that is challenging, or facing some uncertainty in your personal life? Do you find yourself saying, "I would really love X, Y or Z, but I'm just not sure it's possible for me." Come back to your breath longer slower and deeper than usual. "I would really love X, Y or Z, but I'm just not sure [(4:00)] it's possible for me." When you hear that in your head, there's another soft, small voice behind it. It comes from deep within you and it says, "You were created for this." Come back to your support, back to your seat, back to the space in front of you, the space behind you, back to your breath. You were created for this. You were given the tools and the support you need to become and to overcome. You deserve.

Take a deep breath in, and sigh as you exhale, [(6:00)] and either in your head or out loud say, "I was created for this." Go ahead and do it now. If your eyes are closed, open them and say it again, "I was created for this." Take a cleansing inhale and a grateful exhale.

We're so glad you joined us for this week's mantra. This week, remember, you were created for this. Thank you for joining us, and we hope to see you back next week for another great episode of Mindful Moments. In the meantime, head on over to our website, cando-ms.org, to learn more about our programs and resources.

[(7:38)]

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