



Can Do MS Podcast Transcript Mindful Moments: Week 20 Episode 64

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 sponsors for making this podcast possible.

Week 20. I can let in more air. Let's go ahead and get seated in a comfortable position. And notice who's around you. Are you by yourself today? Do you have pets? Do you have family or friends nearby? Just notice who's around. Now turn your attention to your breath. Let it fill you up from top to bottom, from side to side, and from front to back.

[(2:00)]

So that your lungs become this beautiful, expanding bellows. With a little bit of room always available to let in more air. So many people quite literally are alone right now. Others are surrounded by people and yet feel very lonely. Loneliness can feel suffocating. The juxtaposition of that is that, being alone but not lonely can provide space. Maybe you are alone and not lonely because you are connected to a higher power or to others, or maybe you are connecting with yourself. Maybe you are searching for something. Searching relentlessly with hyperfocus is actually pushing instead of allowing in.

[(4:00)]

And it, just like being alone, can feel stifling and exhausting. I can let in more air. Whether I'm alone or not, I can come from an allowing-in mentality. I can do things that are unplanned. I can roll down my windows so to speak, and I can let in more air. You can be alone but not lonely. You can be with people who may not fill you up. But find comfort in your own sacred space.

[(6:00)]

Whatever Journey you are on, make a commitment to take out the suffocation, the stifling, the exhaustion. Make a commitment to make space. Consider the benefits of being alone, but not lonely. Consider the benefits of being surrounded by people and turning inward. Where in your life can you send loneliness packing, because you let in more air? Take a deep breath in and see how much taller it is from top to bottom. How much wider it is from side to side? How much fuller it is from front to back? Gently open your eyes.

[(8:00)]

I can let in more air. Thank you for joining us today. We hope this episode helped you to relax 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 website for more helpful, tools and resources. That's cando-ms.org!

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