



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 22**

### **Episode 67**

Megan Weigel: Hello! My name is Megan Weigel, nurse practitioner, and MS Certified nurse. I'm your host for the Mindful Moments Podcast. Today, for week #22 we will seek to find an MS free-zone. Thanks to our sponsors for their generous support.

Our mantra for today is, "I can start conversations that matter." Get yourself to your comfortable position. One that allows you to feel supported, but also allows you to be alert and aware. Notice where your breath goes. Where does it stop? Did it stop at the upper part of your chest? The middle part of your chest? Or does it go all the way into your belly? Go ahead and make your breath taller.

[(2:00)]

Invite it in from top to bottom. Make it wider. Invite it across from side to side, and from front to back. Do you feel like you can't quite take a deep breath? It's a similar feeling to when you have something to say, and maybe you're afraid to let it out. You can start conversations that matter. Focus your attention on your heart center. So right at the center of your chest, and just let your breath come in and out through your heart center. As you listen, keep your attention on your heart center. When there is a collective problem, we hear people coming together in meditation, in breath, and in prayer.

[(4:00)]

Together like we are now. And while this Collective energy certainly raises awareness prepares us for challenges, and lets us feel like we aren't alone. It also quite literally causes us to sit in silence. Is there something deep in your silence that you'd like to say out loud? You can start conversations that matter. Because if you don't, you miss opportunities for action and for change. Let this week's mantra be a call to action for you. Let this week's mantra start conversations that change history, even if it's just the history in your home. Let this mantra start conversations, that let the light seep in, one little sliver at a time.

[(6:00)]

Notice where your breath goes again. Is it a little bit longer, deeper, wider than when you start it? Hold on to the depth of that breath, and start conversations that matter this week. Thank you for listening to this episode of Mindful Moments. We hope that you feel enriched and ready to take on the week ahead.

Did you love this episode of the Can Do MS Podcast? Head on over to Apple podcasts to subscribe, rate, and leave a review. It's very much appreciated. Thank you. And see you next time.

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