



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 46**

#### **Episode 96**

[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 generous support of this podcast series. But most of all, I'd like to thank you for joining me to share in this week's Mantra.

[music]

It's week 46. Our Mantra is "I Can Invite Help Into My Life."

[music]

Once you're in your trusted meditation position...

And you've closed your eyes...

And you've relaxed your face and your shoulders, and your arms and legs...

Take a deep breath in...

And let it fill you up all the way...

Exhale that breath, and as you do that, open your mouth and sigh.

[music]

I can invite help into my life.

It's hard enough to ask for it, but then you have to let in. And when it's in the door, you have to be a good host or hostess. You have to want it to stay, let down your guard and give up your way.

[music]

Where can you invite help into your life?

[music]

Allowing help allows you to rest. It allows you to conserve energy. But it's also not all about you. Inviting in help allows another person to help, to care, and to serve. It's a beautiful example of symbiosis of community, of care.

[music]

You may have seen faces of people who've helped you as you've been doing this mindfulness meditation. You may have seen faces of people who you help as you've been doing this mindfulness meditation.

[music]

It's okay to invite help into your life.

[music]

Take a deep breath in.

Exhale.

Say out loud, "I can invite help into my life."

[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. Remember, mindfulness does not have to be difficult... If you enjoyed this episode, please consider sharing this podcast with a friend. Thanks again, and see you next time.

[music]

[END]

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