



Can Do MS Podcast Transcript Mindful Moments: Week 47 Episode 98

[(0:00)]

[music]

Megan Weigel: Hello and welcome. My name is Megan Weigel, nurse practitioner, and MS certified nurse. I'm your host for the Mindful Moments podcast. I'd like to thank our sponsors for making this podcast possible and bringing all of us together to have a mindful moment.

[music]

Today, for week number 47, we will seek to find an MS-free zone. Our Mantra for today is, "My priorities have changed."

[music]

Let's get into our comfortable meditation position. You may be in a chair, on a couch, on the floor, wherever you are, make sure that you're comfortable, that you can maintain a state of relaxed alertness, and that you can close your eyes and feel safe.

[music]

When you hear the Mantra, "My priorities have changed." What comes to mind?

[(2:00)]

[music]

You know, our priorities change as we experience life. Our priorities change as we experience opportunity. As we experience setback. As we experience negativity and positivity. Our focus may widen or narrow. In either case, we are called to re-evaluate where we invest ourselves and our time. As a result, our priorities change.

[music]

Take a deep breath in, to a count of four or five, whatever feels comfortable for you without strain. And then, exhale that breath out. Let it be a release of any preconceived notions you have about what your priorities should be.

[music]

What is essential to you?

[(4:00)]

[music]

Isn't it interesting to see what comes into our mind's eye when we hear the words essential? Things, people, some we may not even expect. What are your priorities this week?

[music]

Based on what showed up as being essential to you and what showed up as being a priority for you this week, can you say yes or no? Using your heart and core values to steady you, instead of what other people might think.

[(6:00)]

[music]

My priorities have changed and that's okay.

Gently start to let the light back into your eyes. Make small movements with your hands, arms, feet, and legs to let your body know it's time to return completely to the present.

[music]

We're so glad you joined us for this week's Mantra. This week, remember, my priorities have changed and that's okay.

[music]

Thank you for joining us and we hope to see you back again week after week for more mantras, meditations, and moments of mindfulness.

[END]

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