



## **Can Do MS Podcast Transcript**

### **Mindful Moments: Week 48**

#### **Episode 99**

[music]

Megan Weigel: Welcome back to the Mindful Moment's podcast. I'm your host, Megan Weigel, and today we'll explore a mantra to help guide you throughout your week. Thank you for joining me today and for being open to this week's Mantra. I'd also like to thank our sponsors for their support of this podcast.

[music]

Let's see what week 48 has to offer us. This week's mantra is, "I don't have all the answers, but I'll do the best I can".

[music]

Be seated in your meditation position. At this point, if you've been following these mindful moments for almost a year, I hope that this place feels like a respite for you. If you're new to mindful moments, then be sure that you're setting yourself up for success. And sit or lay in a position that allows you to feel comfortable and safe, relaxed yet alert.

[music]

I don't have all the answers, but I'll do the best I can. [(2:00)]

[music]

I don't have all the answers, but I'll do the best I can.

Close your eyes. Let your eyes fall into center towards your nose like they're crossed. Let your forehead relax. Your ears and jaw, relax. Hollow out the inside of your mouth. Draw your shoulders up to your ears, let them roll now down your back. Let your hands fall open on your lap with your palms facing up.

I don't have all the answers, but I'll do the best I can.

I'm sure that many of you listening have had difficult decisions to make. Decisions that have caused you significant worry. Decisions, that no matter how much research is done, or how much information is given to you, there still isn't a concrete answer, there still isn't one right decision. We have so many to make. Sometimes we're asked to make decisions on behalf of others while we struggle to make even the right decisions for ourselves. [(4:00)] It's not easy.

[music]

I don't have all the answers, but I'll do the best I can.

I'll identify my resources, and if I don't know what they are, I'll ask. I'll use those resources to the best of my ability. I'll make my best decision, and I'll let grace take the weight off my back.

[music]

I don't have all the answers, but I'll do the best I can.

[(6:00)] Take a long slow deep breath in, and exhale that breath out.

Gently open your eyes, let the light slowly in

Begin to make small movements with your body to bring it back to complete awareness.

Thank you for joining us today. We hope that this episode helped you to reflect and will start your week off in a positive way.

[music]

Please join us again next week for another episode of Mindful Moments, and consider joining Can Do MS at one of our other programs. There's something for everyone. And information is available at [cando-ms.org/programs](http://cando-ms.org/programs).

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