



Can Do MS Podcast Transcript Mindful Moments: Week 49 Episode 100

[(0:00)]

[music]

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.

[music]

Week 49's Mantra is, "Stop, drop, and listen." With that, stop what you're doing, drop into your meditation position, and let's take a moment and listen to all the things around us.

[music]

What do you hear? What are all the things in your head saying? The things you need to do, the way you shouldn't be talking to yourself so negatively, the anxiety of now and tomorrow, the hurt of yesterday. Stop it, drop it, and listen.

[(2:00)]

[music]

Listen to the comforting sounds in your house. Maybe even the sound of silence. Listen to your favorite song playing itself in your head. Listen to the breathing of someone you love or someone you care about who's nearby.

[music]

If you're outside right now, listen to the birds, listen to the sound of the wind through the trees, listen to the sounds of your family

[music]

Stop, drop, and listen to things that bring you joy.

[(4:00)]

[music]

Part of the benefits of these mindful moments is being comfortable listening to the quiet. Being comfortable with the space between. Being comfortable for longer and longer periods of time, just being still, just being you.

[(6:00)]

[music]

Stop, drop, and listen.

You can gently open your eyes. Let the light in. Engage your other powerful sense of vision. Start to make small movements with your arms, and hands, your feet, and your legs. Maybe you stretch your mouth open real wide and stick out your tongue. Let your body know it's time to come back to the present.

[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.

[END]

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