



Can Do MS Podcast Transcript Mindful Moments: Week 8 Episode 50

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Megan Weigel: Hello. My name is Megan Weigel, nurse practitioner and MS certified nurse. I'm excited to invite you back for another week of Mindful Moments. Throughout 2022, we'll be releasing a new Mindful Moments podcast every Monday. Listen in to be enriched by a weekly mantra and meditation session. We'd like to thank our sponsors for their generous support of this podcast series. We couldn't do it without them.

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Let's jump right into week eight's mantra.

[meditation music playing]

Ho'oponopono. You heard it right. Ho'oponopono. It's actually a call to action. A thing to do. A healing task. An ancient Hawaiian way of being. And that long word means, "I am sorry. Please forgive me. Thank you. I love you. I am sorry. Please forgive me. Thank you. I love you." Settle back into your comfortable position for meditation. [(2:00)]

[meditation music playing]

Just the word "Ho'oponopono" in and of itself is a lot to digest. The fact that it carries with it all of those meanings is even more to digest. So, let's take a few minutes to relax our bodies. To clear the insides of our mind. To close our eyes. Let our gaze turn inward instead of looking all around us for the next thing. And let's come back to those words, Ho'oponopono, "I am sorry. Please forgive me. Thank you. I love you." Take a breath in. And take a breath out. Ho'oponopono. "I am sorry. Please forgive me. Thank you. I love you."

In the next few minutes, call to mind a person who needs to hear this from you or a person from whom you need to hear those words. Say those words to that person in your mind. "I am sorry. Please forgive me. Thank you. I love you." [(4:00)] Take a breath in. And take a

breath out.

[meditation music playing]

[long pause]

Ho‘oponopono. "I am sorry. Please forgive me. Thank you. I love you." I hope that your experience with this really brings healing. [(6:00)] Take another deep breath in, and on the exhale, let go of any expectation you have. Just know, know that it was beneficial. Ho‘oponopono. Thank you for joining us. Have a wonderful week.

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