
PODCAST TRANSCRIPT

SHIFT HAPPENS EVERYDAY!

EPISODE 4: THE 4-POINT PLAN FOR STARTING THE NEW YEAR STRONG (PART 3)



MYLA (0:00): I have a friend who once shared with me that during the time when she and her husband were living separately... This was after she discovered that the husband was having an affair, and so the husband moved out of the house and moved in with the other woman. But she still continued to pray for healing and reconciliation and restoration of their marriage. She continued to pray for God to bring her husband back home to her and their children. And then one day, while praying for her husband, she realized that she wasn't actually making space for what she was asking to receive. So as soon as she realized that she wasn't making space, she walked over to the closet and cleared the space that her husband's clothes used to occupy. She

made sure that the shelves, the drawers, his side of the bed, his side of the bathroom sink are all ready for him whenever he comes back.

You're listening to Shift Happens Every Day! Podcast Episode No.4... Picking up where we left off last week, we're continuing on with Part 3 of The 4-Point Plan for Starting The New Year Strong.

INTRO (1:10): If each one of us is a work in progress, and we're constantly being "worked on" by our Master Creator, then that means every day we're growing. Every day we're evolving. Every day we're expanding. And so that also means that where we are standing right now in life may not provide sufficient space to allow for that expansion. And so what do we do? We SHIFT. You may not have realized this yet but you shift every day. We shift positions. We shift gears. We shift directions. We shift perspectives. This is just a natural and beautiful part of life. Hi! This is Myla Saavedra. My weekly podcast *Shift Happens Every Day!* is all about finding just the right, tiny adjustments we can make every single day to make room for these shifts in life without being overwhelmed or shocked. And most importantly, without the need to be perfect. I invite you to subscribe to my brand new podcast show *Shift Happens Every Day!*. Episodes will be released once every week. So come as you are, bring your favorite cup o' Joe, and let's get ready to make a big SHIFT.

MYLA (02:39): Hey there, it's Myla Saavedra and welcome to another episode of Shift Happens Every Day! This episode is actually Part 3 of our 4-part mini-series which we started two weeks ago. This is *The 4-Point Plan for Starting the New Year Strong*.

Last week, we talked about the different things that could be weighing you down, or holding you back, preventing you from moving forward, in life and in business, and preventing you from moving closer to your goals. We talked about why you should and how you can begin letting go of these things.

If you missed that episode, simply go to the main menu of this podcast show, in whatever platform that you're listening on right now, and click on the link to Episode 3.

But if you already listened to it, I hope that last week's episode was an eye-opener and I hope that it helped in identifying what those dead weights might be in your life, and that the thoughts that I shared were impactful enough to motivate you to start getting rid of certain things in your life.

So just a quick review of what the 4 points of our game plan are:

- Point No.1 - Be grateful for everything you received last year.
- Point No.2 - Let go of everything that's weighing you down.
- Point No.3 - Make space for what you're asking to receive.
- Point No.4 - Welcome change with grace and ease.

Today, we will talk about Point No.3.

Make space for what you're asking to receive.

You might think that this is exactly the same as Point No. 2, *Letting Go of Everything That's Weighing You Down*, but it's not.

Letting go doesn't automatically mean that you're actually freeing up some space for new things to come. Your willingness to release something is not necessarily the same as your willingness to receive something else. You might decide to let go of something but it could also still be the case that you're not ready or not willing to welcome something else to come into your life in place of that which you just let go.

Making space for what you're asking to receive refers to specific actions that you're willing to take in preparation for the arrival of your desire. It's a strong and firm declaration that you believe you deserve and that, in fact, you've already received what it is that you're asking for.

A farmer who prays for the rain to come pouring down on his land, but doesn't do anything to prepare his land, doesn't truly believe that the rain will come, does he? Nor does a woman who's praying to find the love of her life but isn't willing to go out and meet new people due to this belief that all men are deceitful and therefore will only break her heart. Her refusal to go out and meet new people means that she doesn't truly believe that a loving relationship is possible for her, let alone find it, right?

Letting go is an act of *SURRENDER* while making space is an act of *FAITH*.

And FAITH always, ALWAYS requires action. Your faith or whatever it is you strongly believe in is made clear and evident in the choices that you make and the actions that you take.

Using the same example I made earlier, a woman who desires to find love but refuses to go out and meet a man, or meet men, is making that choice because of her strong belief that no matter what, no matter where, any man she meets is bound to break her heart. So she's making the choice to stay home and not mingle, not socialize, and not put herself out there.

But a woman who has FAITH that good men are still out there and that she deserves a chance to meet one of those good men out there, regardless of having had a not-so-pleasant experience in the past, will choose to go out and meet people.

Yes, the logic and the principle behind it are very simple, very easy to grasp, and yet a lot of people still end up missing the point... that you need to intentionally make space for what you say you desire to have in your life.

I have a friend who once shared with me that during the time when she and her husband were living separately... This was after she discovered that the husband was having an affair, and so the husband moved out of the house and moved in with the other woman. But she still continued to pray for healing and reconciliation and restoration of their marriage. She continued to pray for God to bring her husband back home to her and their children. And then one day, while praying for her husband, she realized that she wasn't actually making space for what she was asking to receive. So as soon as she realized that she wasn't making space, she walked over to the closet and cleared the space that her husband's clothes used to occupy. She made sure that the shelves, the drawers, his side of the bed, his side of the bathroom sink are all ready for him whenever he comes back.

Now the point I'm trying to make here is not to compromise the values that you stand for, okay? I'm aware that there are certain lines that should never be crossed and certain sins that are deemed unforgivable in a marriage. So if you're thinking, "*Are you kidding me? That husband shouldn't be given a second chance!*", you wouldn't be wrong for thinking that, but that's not the point I'm making. What I'm trying to point out is that this was my friend's desire—for her husband to realize, repent and return. And as soon as she realized that her actions were not in alignment with what she's been praying for, she immediately made some changes.

Did the changes that she made guarantee her husband's return? Of course not. And this is what I meant when I said that letting go is an act of *SURRENDER* while making space is an act of *FAITH*.

Whatever it is that you're hoping to manifest this year, it's time to ask yourself if you're mentally, emotionally and even physically ready to receive it. You need to self-examine and identify where you might be doing things that are actually blocking the blessing.

What do you need to rearrange in your life to allow for certain changes to happen? If you want to pursue a job at a specific company which is in another state for example, but you haven't even done your research on what steps you need to take to actually move to that state, how do you expect to manifest that desire? If your goal is to take a trip to Europe some time this year, another example, but you haven't even taken the time to check the cost of airfare or hotels, what that looks like is that you're not ready for it, or not even serious about it.

What areas in your life need some clutter-clearing so that there is room to accommodate new blessings? If you say you're unhappy in your relationship right now... you feel taken for granted, or you feel disrespected, or you feel devalued in the relationship, and yet you choose to stay, your choice to stay is keeping you from meeting the person who's actually capable of giving you that love and respect and appreciation.

So let these serve as empowering thoughts for you... empowering questions to ask yourself. Let me repeat those two questions for you, okay?

What do you need to rearrange in your life to allow for certain changes to happen? And what areas in your life need some clutter-clearing so that there is room to accommodate new blessings?

I'm stopping here for now and will continue on with Point No.4, the last one in our list, next week.

So once again my dear friend, thank you so much for joining me today for this episode of *Shift Happens Every Day!* I can't wait to connect with you again and explore more ways to shift our mindset for living a more fulfilling life. Thank you so much for tuning in. Take care and stay safe.

CTA (11:48): If you love listening to this podcast, please leave a review in Apple Podcasts, and spread the love around by sharing it with your friends and loved ones. I'd sincerely appreciate your support.

OUTRO (12:02): Thanks for listening to *Shift Happens Everyday!* You can access the show notes for this episode and all past episodes at www.mylasaavedra.com/podcast. Please join us again in the next episode of *Shift Happens Every Day!*