

## **Moving Toward Your Destination**

<https://houseofcetty.com/podcast/moving-toward-your-destination/>

**Kenieshhear Czetty** [0:00:00] Hello, friends. It is Kenieshhear here. Here. Uh, I hope as you are listening to this, you are filled with warmth and the peace that just flows through us when everything is as it should be. Right now I am talking to you from our used to be home. We're packing it up and kind of getting ready to go mobile. That is a long story for another podcast. But, um, for all intensive purposes of this one, it has really gotten my wheels turning and looking around as we've been in this place for 11 years and man in 11 years, you can really collect some things. Um, it's it's like you think you've gotten somewhere and then it's kind of scratched the surface and there's more, there's more. And then there's more. Um, it's interesting to see you know how life can really start collecting over time. And I had heard someone say that sometimes what we collect can be mirrored and kind of how our minds may function, that is my mind functioning clearly with all of the things that we've collected. What I can say is, as we have had amazing people come through here and really help us clear it out. I have felt a clearing in my mind clearing in my thoughts and purpose. And, um, it really has been neat to experience that as well as some of the lessons we've learned do we really need to keep that thing we've had for 15 years. I really need those shoes that I bought when I was in junior . No, I really don't. Especially if I'm not using them. So this will probably be our last podcast from this place. It'll be interesting to see where we are when we have the next one. Um, we do feel a sense of of going out into the world into the community and just being light and joy and adding our flavor to wherever it is we go, we all have something very unique within us. And so when we put a bunch of unique pieces together, what comes out of it's gonna be unique. So whether it's the time place people and, um, you know, going on around me are, um, my husband and children all just kind of getting ready for this move. So any background noise you hear is just our life going on as usual. Usual. So, um, a lot of times, that's how it is. You know, we are, um, doing our calling in our purpose in life is going on around us, and we just roll with it, and it kind of makes it a lot more enjoyable for everyone. So today what I've been thinking about for a while, and it's been a while since I've done another another podcast, and I used to kind of be on this. I have to do it every week. But, you know, everybody's different. And I feel like, you know, it's gonna be more powerful if I make sure that whatever I talk about is something that, you know, I just wake up in like I had to do a podcast, which is what happened today. Um, definitely, you know, different timing. A lot going on. But it just got that feeling that it was time. So I'm gonna be quite a surprise. Is you guys are at the end result of this. This is not one that I have pre prepared writing. So But what I was thinking about is where we headed. Where we going? Um, you know a lot of times when we think about now we have different kinds of navigation apps on our phones that help us to get to places that we don't really know the way to and has become very convenient. Not only does it tell us what we're going to go, it even gives us some road conditions and lets us know places we can stop along the way, which is very convenient. But there was a time where that wasn't the case. If you didn't know where you headed, you had to go and get a old fashioned map and learn how to read it and chart it. And you wouldn't really know what the conditions were unless you had a radio and, you know, yet someone that was updating you and you were listening to that, So it's very interesting to see how things were going. But you know what's interesting with all that we have now, there are still times that we still end up in the wrong places. Or, you know, put that that word wrong in quotation marks. Because and I believed it often times with the right attitude and mind set a lot of times, even a wrong turn can end up really working in our favor. Um, I think about a place you didn't intend on going could still be quite a wonderful stop along the way. So I ask you, my sweet friends, to consider right now in your life, where are you headed? I've had some coaching conversations with clients and also with me being the client that have asked that question. And it's interesting because sometimes you know, it's not a matter of one going to the grocery store, because sometimes we think about that physical. Where we heading? Where we taking ourselves, too, when we think of planning to point B. But what about that? Well, I'm heading to making help your meals for my family and eating out less, or I'm heading to making a better budget so that we have more room to do similar things we want to d'oh! And a step along the way of that destination is going to the grocery store. So I think sometimes whenever we give ourselves the opportunity to look at, you know what's the reason? It's interesting. The physical where we going is often really a step along the kind of larger you know what? Our goals for ourselves, our family, our business, our relationships with people in those steps are what where we physically take ourselves from here to there and I've noticed and myself, and sometimes another's is, you know we can Sometimes I feel a sense of frustration without realising. Actually, I have often said that our bodies are tend to be ahead of our minds, weaken, react to things emotionally and sometimes even physically. Before we have really understood why we might re reacting that way, rejecting something or drawing near to something. They're things that I think our bodies sometimes realize, and then our minds kind of take the time to kind of understand and catch up. Oh, did I take the time to process this, or did I take the time to grieve that, um, our bodies will often be in process on those things and our minds, you know, will be on other things. And so we kind of get them in sync and then understand what's really going on, that we can really find some harmony in ourselves and get kind of back on whatever past that we find ourselves on. So with all that being said, oftentimes we can feel frustration because we really actually don't know where we're headed. We're doing a lot of things, but we haven't really had that conversation with ourselves or with someone else. Well, what am I really going towards? One thing that's really need to note when we talk about this is you can always change directions. I think sometimes we might not want to commit to a direction because we think that it might shift and change. But that's okay, because if we're going with things organically, things are going to shift and change because we shipped in change. We grow the world around, us changes and we change with it along with their family. As our family grows there as our family families change, or as we invite new people in and to our extended family and community, things change. So it is definitely okay to expect the shift to the change in directions, but it definitely helps to have some sort of destination in mind. Um, when you're thinking about what that looks like, it could be, you know what, what are some goals you have for right now and that can be and I'm one of those dream big kind of people, you know, things you've always wanted to do. I think we tend to get caught up in the well, it's too late. I can't or I'm to this and I can't or maybe after this, then I will. But the interesting truth is right at the very moment when you are wanting to do those things and making you have to put them off, Do we think about, well, can we actually fit those things? And now are we capable now? Because we don't know exactly what's going to be happening then or later when we've put this thing off, it's just something that something to think about, something that I have been challenging myself to do in the last couple of years is to look at all of the things I've always wanted to do in seeing if I could find a space within where my life is. It's interesting cause there's a lot more going on now than there was two years ago, but also I have been doing a lot more things that I thought I had to put off to. D'oh.

**Kenieshhear Czetty** [0:08:54] So when I started looking at my current destination. It became a bit easier for me to fit in things that I thought I had to wait. Two. D'oh! I have come to really want to create the win win and I'm finding that actually it is not impossible to do so. It might take some creative planning, some work and also building community, but it is definitely possible and speaking on community. That's another lesson that I have learned to really be successful, that all the things we want to do a big part of that is increasing and investing in your community. Building a network of people around you, where you each help in love on and serve one another in a very riel and consistent way doesn't necessarily mean every day, but some sort of consistency, really, to build and grow your relationships with one another. And it's really amazing to see what happens when you set off to do something when you have people that are working with you and the neat thing is, is it's it's symbiotic, you know, it's not just one direction. It is definitely a mutual exchange, depending on what the needs are and the needs aren't going to be the same at the same time, which is needed will actually usually be complimentary when you allow yourself to be open to those possibilities. So I ask you to do your sweet friends. Where are you headed? What is your current destination for you? For your family, For your children, for your friends or with your friends? Um, with your business with the where you're working with any future business organization with any volunteer work you might want to d'oh!

**Kenieshhear Czetty** [0:10:44] And what is stopping you? What? What are the barriers that you may see in the way? Have you at least exploring those options? What are some resource is that you actually do have at your disposal are at your at your fingertips? It's probably better word to be able to explore, and those barriers are they really barriers do. Any of the resource is that you're thinking of help with those barriers? And remember, resources can be people. It can be the Internet it can be and experience the past experience. I mean, it could be anything that's going to be a vehicle that's going to get you from point A to point B and not just physically, even mentally or emotionally and spiritually.

**Kenieshhear Czetty** [0:11:43] And as you are looking at that often times when we really look to see what is standing in our way. A lot of times it's ourselves, you know, and and and that's okay, too, because once we realize that if that's the case, sometimes it's strengthening ourselves. Sometimes it's educating ourselves. Sometimes it's growing the relationships that we have been creating, a group of people that could support us. Sometimes it's volunteering and encouraging others and putting ourselves in the space to where we're really utilizing our gifts. Sometimes it's finding ways to figure out what our gifts are, which, by the way, is also a resource. The gifts that we have, the things that were able to dio are definitely resources that could go into helping us know what we were designed in here. We better go again into our purpose because often times where we're headed will be intertwined with what our purpose is. I don't know about you guys, but for me I am definitely instinct driven and oriented with this move. Give you a great example of this. Since we have been doing this move, it has been training, draining, draining me and most people will hear that and say, Well, yeah, moves or draining And yes, you know they tend to be. But when I think in the past when I've taken on projects similar to this, whether it's been organizing our garage or a part of our home are moving. The last time we moved 11 years ago, it didn't feel this like I was an energized by it. I was able to organize it. I had everything I needed and I was able to do it and it was not like it is now. And I've been asking myself Why is this so difficult right now for me and member? When I mentioned that things shift, things, change our directions, change what we do changes and I have been in the midst of a change. In the last several years, I have found that certain tasks that I used to be able to do field training and tasks that I really never did before feel energizing. What does that even mean and what are the similarities between these new tasks and the tasks that I used to d'oh and what I found for me? is that I am finding that I'm supposed to be more in an architectural type role in a designing, designing actions rather than doing actions supporting and encouraging rather than being and doing. And I love the being in doing. But for whatever reason, my body has just been rejecting it. And so it seems that my being in doing has shifted rolls and I could do one of two things. I could fight it. And they know, um, mentally fight it and they know I'm going to continue doing what I I feel like that I should be able to do. Or I could get more in harmony with my body and figure out what's going on and work together with it and when I do that, But I'm realizing, Okay, what can I do with where I'm at now to still be able to get things done but not feel drained and maybe help others who'll energized? So that's just kind of an example of real time example of what we're going through to kind of give you an idea of what I am saying when it comes to where we headed and have things shipped, it do I need to read me to retool. We work what our role is. And what does that mean for the destination? I think for a long time. But I've been realizing I've always kind of been headed towards the encouraging and bringing light and joy to others. But it was not intentional before. I just did it kind of here in there as it showed up. But in the last two years has been a difficult two years, but a good two years because, um, the word intentional has definitely come to mind. And it's been OK, one of my intentionally doing and how can I really get serious about it? And what's the difference there? And I've noticed I have covered a lot more ground when I became or intentional with what my gift ings are and where I'm headed, remember, not attached necessarily destination, but to have a destination in mind and being willing and flexible should that shift and change so that I'm not taking time and energy away from myself, fighting against my body and fighting against the change that it's it's taking place.

**Kenieshhear Czetty** [0:16:25] So are there any things in your life that you're doing day today that are draining the heck out of you because, if so, it might be good to take, take, take a step back and process that, and that's a hard thing to do if we're not used to it, we don't have designated time and our schedules to take that step back, and it's difficult time and I'm still struggling myself with that. But to take that step back whenever that would be when we can really think about it and minimize our outside distractions and figure out what in my current life do I mean by doing that just is feeling so exhausting because I'll tell you most of the time, that is not how it's supposed to be. What we do is not supposed to be exhausting. It's not supposed to make us miserable. I think sometimes and we've learned we've definitely built up our endurance muscle, just a good muscle to have. But sometimes a very built up endurance muscle can often cause us to unintentionally neglect our our needs and what it is that we're kind of wanting to do because a lot of times our wants are built into what we're supposed to be doing. I think we sometimes think that our wants are a luxury, but sometimes what we're wanting, when when we really look at them is built into us being able to function at our best. So let us join together and stopping so hard on ourselves, give ourselves permission to really explore the things that give us joy, things that we would like to do and see. Josh, can we have our cake and eat it, too? Can we create a win win? You know, I think it's interesting that that that phrase is out there. We can't have our cake and eat it, too, When I think about our creator, the one who created us, Um, I don't believe that that is the intended design. If you have a child, if you find yourself ever in leadership roles with anyone, and when you think about kind of what you provide to the people that that look, look thio. When whatever role you find yourself in order, that's parents that's a leader in a group or organization or even within your friends, just whichever at any point, if you are finding yourselves being able to encourage someone, if you were to give them a gift, wherever that might be with. That's a physical gift. Whether that's a compliment, do you expect them to just look at that gift and then leave it on the counter or leave it there on the table with that compliment there on the table? Or are you hoping and expecting that when you give them a complimentary gift that they will take it and use it and use it to make them their lives better? I believe we all mostly inherently. I want someone to take in the compliments and motivations, the encouragement, the gifts, the affection, whatever it is that we give them, because we wanted to help them feel great or do great or whatever it is that's going to help them be who they want to be. And to me and my friends, I believe that is having your cake and eating it, too. So what would happen if we all started living in that way and encouraging others to live in that way and realizing there's enough for everyone? There is an abundance for everyone and spreading that it would be very interesting to see what the fruit of that would look like So as as we wrap up, I want to leave you with this.

**Kenieshhear Czetty** [0:20:10] Where you heading?

**Kenieshhear Czetty** [0:20:13] What are some steps along the way?

**Kenieshhear Czetty** [0:20:17] What might get in your way?

**Kenieshhear Czetty** [0:20:20] What are your gifts in? Resource is that you have available to you.

**Kenieshhear Czetty** [0:20:26] How can you opt out and do the adventure like we all deep down really would love to live an adventure? And I think that means because we were built to to do it. You know, when when something is created, when you think of all of the man The wonderful man made things that have been created where it could be expected to do what it was created to do. And when it doesn't, you know it's not functioning. And so let's think about us. We were created And what will we created to do and what were we individually created to do? Because we're all individually masterpieces of art. We're all extraordinary, by the way.

**Kenieshhear Czetty** [0:21:05] And so when we think of ourselves is extraordinary masterpieces of work that were created completely unique, each one of us, we really tapped into that. I'm really curious what we would find And how could we can encourage each other in the world as we walk in that So my asleep and dear friends, is you go off into the world today, remember? Yes, you. You are absolutely extraordinary. You are a unique masterpiece created in a tapestry of other masterful works. And as we come together in the tapestry, we will create beautiful living, moving art that will just manifest itself in a multiple of ways.

**Kenieshhear Czetty** [0:22:07] So we will see you next time.

**Kenieshhear Czetty** [0:22:11] I love you and I just help you. Have a beautiful day.