Be Known, the Podcast

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Episode 97: It’s about Loving.

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This is Be Known, and I’m Kerrah Fabacher. You’re listening to episode \_\_\_97\_\_\_. We were made for relationship, but so often our relationships are broken. And when our relationships are broken, we are broken. One of our deepest human desires is to be known, but we often have lost ourselves along the way. This is a podcast to help you get your relationships back to a place of wholeness. A place of authentic connection, where you feel truly known.

So come on in and sit a while. Let’s exchange fear for love and finally see what good relationships are made of.

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Good grief! It’s good to be back with you after a break the last couple of months. I’m excited to jump into new topics and grow in my relationships alongside you. Today, I just want to set us up for some of that.

If you’ve been around for a while, none of what I’ll say today may be new.

But I just want to remind our listeners, seasoned and the ones who are brand new, that this space, this podcast is always always always going to to gently point us in the direction of having a healthy relationship with ourselves, God, and others.

Though , yes, I do come from a Christian worldview, I believe this podcast is for everyone. I try my best to be careful not to rely too heavily on scripture or faith-based conversations, and that’s on purpose. I will use those when appropriate, but I am Licensed Counselor who believes in holistic health. Who believes all truth is God’s truth, no matter where it comes from.

So I’ll sometimes also share quotes and concepts from professionals and authors and sometimes even the people I work with on a daily basis, some of whom may not be faith-based.

I want to be a safe place here.

I want this to be a safe place.

No matter your faith-background.

There will be truth spoken, but not in judgment.

Because I believe grace is the most important thing of all.

Each episode is short and to the point. I do that on purpose, too. I love a good conversational podcast just like the rest of them, but I also really love to absorb information in smaller amounts so that I can really reflect on what I’m hearing. I also believe the world of social media, podcasting, and eve writing is getting far too loud. And I have no desire to add to the noise.

So it’s always my goal for this podcast to do this for you.

To provide an opportunity to turn inward, and then, to turn outward.

To learn what it looks like to actually love God and love people as we love ourselves.

Because that’s what it all boils down to.

Those three things.

So that’s what we’ll do here.

I also know that sometimes hearing information about what to do and what not to do and how to do it and how not to do it can get really overwhelming, and often we feel like failures because we just can’t do it all.

Relationships are difficult.

We won’t do them perfectly.

That’s not possible.

But we can learn. We can commit to growing. To changing what needs to change.

And giving ourselves (and others) grace along the way.

We’re not alone.

We’re all in process.

May this be a space where you’re able to take a deep breath. To listen to your life. To your soul. To your body.

A space where healing is possible.

Thanks for sitting a while with me. I trust that gently resetting and reminding yourself that it’s really just about loving will help you take a step toward wholeness so you can finally see what good relationships are made of.

For further resources and how to connect, please see [www.kerrahfabacher.com](http://www.kerrahfabacher.com). I’m in a season of revamping some things— developing new resources and opening up some coaching spots, too. I’ll share more when that’s all ready.

And of course you can also allow along on social media— instagram @kerrahfabacher is a great place to start. Also, something new I’m doing is I have created a specific instagram account for the podcast to quiet up my own personal page a bit. You can follow that account @beknownthepodcast!

A big thanks to my friend Robert Hargrove for creating the music for the show, and Renowned Media for editing.

Until next time friend, I’ll see you soon.