

Chapter 1 : "I AM" Hsiao-Yen (shiao-yen) (@theintentionallife) Instagram photos and videos

*Intentional Living with Dr. Randy Carlson helps you live intentionally in the five essential areas of life: Faith, Family, Health, Finances and Work.*

Share Print Each week, as a physician and adjunct clinical professor of medicine, I assign one or two essays to the medical students and residents in my charge. While many hours are spent teaching them the nuts and bolts of clinical diagnosis and treatment in internal medicine, these reading assignments are my modest effort to speak deeply to the oft-neglected culture and vocation of medicine. But while the sources and topics selected may vary, the message is often the same. But what does that mean? To be sure, there is so much you can regret or ruminate about the past. There is even more you can worry about the future. Now as a physician there is no question, patients can tell in a moment if you are distracted, disinterested or detached. If you have trouble with your cable television and call the help line, you can tell in ten seconds if you can get through the maddening automated phone tree if the person on the other end of the line can help you. Are they reading a script? Are they creative enough to work around pat answers? Do they seem to listen? Do they seem to authentically care? Doing what you ought to, instead of simply what you need to is the essence of being intentional. Sir William Osler, a brilliant and deeply compassionate internist who effectively put Johns Hopkins Medical School and Hospital on the map, spoke eloquently of a key feature of intentionality. That is true intentionality. But to live intentionally is an active process constantly encroached upon by fear and guilt and worry and fatigue. Too many people are trapped in the past and caged by the future. I, too often, am one of them. But while we are so fettered, our children grow up before us, our spouse waits, our parents age, our patients search us and our seasons drift from the fresh green of spring to the last death rattle of fall. Or did we miss the utterly vital for the infinitely trivial? The masterful poet, Seamus Haney, epitomized intentionality in a portion of Clearances, a series of eight sonnets penned in honor of his deceased mother, When all the others were away at Mass I was all hers as we peeled potatoes. They broke the silence, let fall one by one Like solder weeping off the soldering iron: Cold comforts set between us, things to share Gleaming in a bucket of clean water. And again let fall. So while the parish priest at her bedside Went hammer and tongs at the prayers for the dying And some were responding and some crying I remembered her head bent towards my head, Her breath in mine, our fluent dipping knives" Never closer the whole rest of our lives. Today " right now " let us not strain to see what lies dimly at a distance. Let us labor to do what lies clearly at hand.

**Chapter 2 : The (other) Intentional Life (@theintentionallife) – Instagram photos and videos**

*Free Resources from The Intentional Living Center. Including downloadable ebooks, Emergency Bible Numbers, 28 Days to More Intentional Prayer, and others.*

Our little man was originally due on September 6th, smack in between our wedding anniversary and my birthday. Considering the advice that second children often come sooner than first and knowing my history of a late first arrival, Liz and I prepared ourselves to have a due date baby. Yes, he could be early or late, but the smart money is. And so, we were ready. Not that there was much to prepare this time around; we knew how little he would need in the first few weeks, and we already had all the baby gear anyway. His due date came and went. And, day after day we waited. Evenings brought increased fetal movement and thrills of excitement. Morning after morning I got up to report that I slept shockingly well; there was no baby. To encourage the little man along, I tried evening primrose oil, pineapple, bumpy car rides, pumping, eggplant Parmesan, acupuncture, and red raspberry leaf tea – all to no avail. And so, at forty-one weeks and three days, I headed to the hospital for an induction. It was strange to arrive to the hospital in such a state of preparedness. Here we were, hospital bag in hand, no contractions yet, bellies full of breakfast, childcare in place, everyone calm. I started on an IV drip of Pitocin and waited. At the time, it felt a bit annoying; after days of anticipation, the hours remaining grew even more difficult. Looking back, I can see how, person by person, my crew slowly assembled. I started this whole adventure with Liz at my side. Aunt Kate and Grandma both showed up in advance to take care of Elliott; they gave me the opportunity to yield last obligations and focus entirely on this birth. Then, upon arrival to the hospital, we added the Labor and Delivery nurse who started my IV and would finish the day coaching me through pushing. Soon my doula joined; she intuitively knew what I needed and was on my spiritual wavelength. Finally, the midwife with decades of experience and lots of pragmatic love arrived. By the early afternoon contractions began, gently at first and then increasingly. Liz and I walked the halls haltingly, stopping every minute or so for a contraction. Each time a contraction came, I grasped my IV stand, picked a point on the wall for visual focus, and breathed through it. It was almost as if spirit was pouring energy right into the top of my head, through my body, and out my vagina for the purpose of bringing this baby out with it. If I hesitated or resisted, that flowing energy would get stuck. If I let it simply course through me, it felt painful but also useful. As I rode contraction after contraction and came to see that pain differently, I knew: This is what I had hoped for in childbirth. I had hoped to learn things about myself, about pain, about presence, about motherhood, and about life through labor. This was a fundamental human experience, consistent over the ages. I wanted to experience every aspect of it. I wanted to receive the wisdom of generations of women participating in this process. I wanted to see what I would learn from it and how I might evolve. My underlying assumption was that I would learn the most by having a natural birth; drugs would disrupt and obscure what I was meant to experience. Yet as the birth progressed, my fears crept in. My biggest fear was not the pain of the current contraction; I had found my way to be present to that. Instead, my biggest fear was the expectation of where those contractions might go. How much longer would this take? How much more intense would it be? Would I be able to stand the sensations? How much did I believe in myself? Aspirationally, I wanted to do all of it without drugs; I wanted to trust in nature and to believe in myself that much. Eventually, my question turned from whether I would be able to be with the pain to why I was choosing to experience it in the first place. Why am I bearing such pain when there are options for relief? Is it better for me? Better for the baby? Was there really some great spiritual insight to uncover? And so, around six or seven centimeters, I got an epidural. Part of me is still tempted to judge myself for doing so; I feel that only I had been stronger, braver, more spiritually centered – then I would have had the capacity to be with the experience. And yet, I have to let that go. As in all life experiences, my learnings came not from running some externalized gauntlet – in this case, giving birth naturally. Instead, learnings came from more deeply being with the experience that was right in front of me and the struggle that it prompted inside of me. My real insights came from seeing how an expected plan can still feel unexpected, from challenging my views of necessary and unnecessary suffering, from reconciling the coexistence of spiritual fullness and modern

medicine in my mind, and from examining my assumptions of where and how spiritual growth occurs. Ultimately, it was not about some womanly secret revealed only if I endured; it was about me in the here and now. Labor progressed swiftly from that point; and by early evening, I was ready to push. At that point, a fair amount of assistance was required to ultimately deliver the little man into the world, but this was less of concern to me. I was focused on having a healthy baby “and it was time for the little man to come out. And so, my son joined us at 7: He had none of the complications that Elliott experienced meconium in the amniotic fluid, jaundice shortly after birth. In giving birth to you, I learned new lessons beyond those I learned giving birth to Elliott. The experiences may be similar, but the edges of learning are all new and unique.

## Chapter 3 : The Intentional Life: Making of a Spiritual Vocation by Basil Cardinal Hume

*At Intentional Living, we have a passion to help people live intentionally in the five essential areas of life: Faith, Family, Health, Finances and Work. We're motivated by our God-given mission, vision and message.*

Finding minimalism in a world of consumerism. Live intentionally and on purpose. Living a simple life certainly requires intentionality. In a world that is hectic, busy, and hurried, simplicity is not. In a culture that encourages selfishness and excess, minimalism does not. And in a society that is rushing to gain more, satisfaction with less is counter-cultural. To live an intentional life, we must begin by laying a proper foundation and then add practical steps on top of it. First, Lay the Foundation. Realize that your life is made up of choices. Every morning is a new day full of decisions and opportunity. You get to pick your attitude and your decisions. You have a choice in the matter. You do not need to be stuck in the same pattern of living that you have been for years! realize that every morning is a new opportunity. Life is not lived in a vacuum. It is lived surrounded by a culture that is moving somewhere. This culture around us forms a swift downstream current. Know who you are. Get a strong handle on your passions, talents, abilities, and weaknesses. Give precious time and energy to this endeavor. It is one of the most valuable things you can do. Second, Add Practical Steps. Decide to live your life. Stop comparing yourself to others. You were not born to live their life. After all, you only get one shot. Identify what you want your life to communicate and contribute. Find a passion to live for that is bigger than yourself. It will wake you from the slow death of only living for yourself. Goals move us and goals shape us. Set goals that are directly in line with your defined purpose. By their very nature, they will introduce intentionality into your life. We live in a world of constant connectivity and distraction that is begging for our attention nearly every moment of the day. Learn to turn off the distraction and live your life instead. Remove nonessential physical belongings that are robbing you of time and energy that could be better spent living intentionally. They possess the humility to learn from others. Identify people accomplishing your purpose and goals. Then, study them and learn from them. Instead, commit yourself to live intentionally and on purpose.

## Chapter 4 : The Helpful Guide to Living an Intentional Life

*The Intentional Life. 55 likes. Living the intentional life is doing everything with ease, allowing your path to unfold and walking down it with Love.*

## Chapter 5 : Jahdal â€œ The Intentional Life

*Filled with ruminations on living life fully, this book encourages women to reflect on their lives and consciously decide how to live now, in preparation for the future. Beautifully written and poetic, this book is a love letter to life and eternity.*

## Chapter 6 : Pursue the Intentional Life by Jean Fleming

*The Intentional Life. 70 likes. Living life with purpose, intent, and making time for the things that matter most. Living holistically in all areas.*

## Chapter 7 : The Intentional | A Clearer View to Life and Meaning

*Pursue the Intentional Life: Teach us to number our days, that we may gain a heart of wisdom. (Psalm ) [Jean Fleming] on [www.nxgvision.com](http://www.nxgvision.com) \*FREE\* shipping on qualifying offers.*

## Chapter 8 : The Intentional Life â€œ How we spend our days is how we spend our lives. -Annie Dillard

*k Followers, Following, Posts - See Instagram photos and videos from I AM   Hsiao-Yen (sh o-yen) (@theintentionalife).*

## Chapter 9 : The Intentional Life

*About Us. At Intentional Living, we have a passion to help people live intentionally in the five essential areas of life: Faith, Family, Health, Finances and Work.*