

Additional Resources for January – Intention

Books

The Power of Habit

Charles Duhigg

How to intentionally change your habits and take back your life.

The Art of Pilgrimage

Phil Cousineau

(Using intention to bring a new perspective to everyday “journeys.”)

“Phil Cousineau invites us to extend our vision of pilgrimage to something beyond an actual journey to Jerusalem, Mecca, or Machu Picchu. He invites us to think about unique times or stages in our lives that might hold a special difficulty. Perhaps extended time at the bedside of a loved one in hospice could be seen as a pilgrimage of sorts. Or walking with a child through a health crisis, or a learning challenge. Maybe a short-term job assignment, or an unwelcome task that comes our way could be reframed in this way. Perhaps even just a regular day on the calendar could be reimaged.”

Where We Belong

Hoda Kotb

From a review: “Kotb writes about individuals who realized their path in life was either veering off in a completely new direction or was getting too far off course from where they knew they belonged. By following their passions, their gut, and their heart, these people intentionally took their life in a new and more meaningful direction. From the investment banker who became a minister after years of working on Wall Street, to the young woman from a blue-collar background whose passion took her to Harvard Medical School, to the high-powered PR exec who found herself drawn to a pioneering residential community, to a “no-kids” guy who now helps children all over the world.”

The Miracle of Mindfulness

Thich Nhat Hanh

Offers reflections and practical exercises as a means of learning the skills of mindfulness.

Movies

Smoke

https://www.rottentomatoes.com/m/1062983_smoke

A story about moving from wandering through life to living it intentionally.

A clip: https://www.youtube.com/watch?v=JGV_h36uZ5E

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http://www.imdb.com/title/tt0453562/?ref_=nv_sr_1

The story of Jackie Robinson and unfailing intention, endurance and belief in one’s inherent worth.

Field of Dreams (PG)

http://www.imdb.com/title/tt0097351/?ref=fn_tt_tt_1

A classic on the theme of faith and intention: "If you build it, they will come."

Billy Elliot

https://www.rottentomatoes.com/m/billy_elliot/

A young miner's son's intention to become a ballet dancer changes his life, and the lives of those around him.

Ratatouille (G)

http://www.imdb.com/title/tt0382932/?ref=mv_sr_2

A tiny rat with the big intention to become a gourmet chef. What else is there to say?!

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