



Some background on the "Segment Intending Process".

The value of the Segment Intending Process is to encourage you to pause many times during the day to say, "This is what I want from this experience. I want this to go this way." And as you set for those intentions, you attract into your experience what you visualize.

The reason why segments are so effective is because although there are many things you want to consider, when you try to consider them all at the same time, you become overwhelmed and confused. The value of your intending, segment by segment is that you do not try to chew on so much at any one time. You say, "What is it that I want now". When you focus upon the specifics of what you want in any particular moment, you bring clarity and calm to your purpose. As you move from one segment to the next, you focus on what you want in the next segment.