

Emotional Freedom File: Segment Intending

By Kat Miller

Segment Intending

Use this file in the morning for a smooth and easy day. Defaults set in the file help make a smooth flow of activities. (Example: Driving/Travel Segment sets intent to have smooth travel, arriving at your destination safely and without interference, etc.)

Use this file to set intent for unique activities as well. Call the file, name the segment and state your intentions (as many intentions as you desire for the segment).

For example say:

"*Segment Intending*" (sets Segment Intending defaults for the day)

"*Segment Intending*" "*John's birthday party*" "*I intend for everything to unfold in a beautiful and fun way, for John to be surprised and happy with his gifts, and for everyone to get along well and have a great time.*" (sets Segment Intentions for John's birthday party)

"*Segment Intending*" "*(whatever the activity is)*" "*(your intents for that activity)*" (sets Segment Intentions for the activity)

The above multiple topic example counts as 1 (one) EF file called "Segment Intending" with 3 (three) different topics. You can still say 3 (three) more files, for a total of four (4) files, before "running" the vial.

Some segments addressed by the *Segment Intending* file include:

1. Arising Segment
2. Arriving/Parking Segment
3. Banking in Person Segment
4. Banking on Internet Segment
5. Bill Payment Segment

6. Computer Segment
7. Cooking Segment
8. Dressing Segment
9. Driving/Travel Segment

10. Eating Segment
11. Entertaining Segment
12. Entertainment Segment
13. Errand Running Segment
14. Evening Segment
15. Housecleaning Segment

16. Imbibing Segment
17. Internet Segment
18. Leaving Home Segment
19. Leaving Other Than Home Segment

- 20.Love Making
- 21.Machine Interaction Segment
- 22.Mail Opening Segment
- 23.Mealtime Segment

- 24.Music Segment
- 25.Party Segment
- 26.Personal Hygiene
- 27.Reading Segment

- 28.Relaxation Segment
- 29.Repair Segment
- 30.Shopping, Online Segment
- 31.Shopping, Store Segment

- 32.Shower/Bathing Segment
- 33.Sleeping Segment
- 34.Social Segment
- 35.Sports Participation Segment
- 36.Sports Watching Segment

- 37.Telephone Call, Desired Segment
- 38.Telephone Call, Undesired Segment
- 39.Work Segment
- 40.Writing Segment

Should there be any segments in your day that you would like to have a default set for, please contact me at ehdef.com@gmail.com and let me know and we'll see what we can do about getting a segment default set up in the file.

If there is no default set for a segment of your day, you can call the file, state the segment and then the intents for the segment. Say:

"Segment Intending" "(whatever the activity is)" "(your intents for that activity)"

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Abraham brought us the idea of Segment Intending in the book *The Law of Attraction* by Esther and Jerry Hicks. The Emotional Freedom vial helps to make it much quicker, easier and less intensive. You no longer need to set your intent at the beginning of a segment of your day. Instead, running the Segment Intending file through your Emotional Freedom vial first thing in the morning sets up intents for the entire day, helping to make your day flow smoother and easier.