

abraham hicks segment intending

Book Concept: Abraham Hicks Segment Intending: Mastering the Art of Deliberate Creation

Book Description:

Are you tired of feeling stuck, unfulfilled, and like your dreams are perpetually out of reach? Do you yearn for a life filled with abundance, joy, and effortless manifestation? You're not alone. Millions struggle with aligning their desires with the Universe's infinite possibilities. But what if there was a simple, yet profoundly powerful technique to unlock your inherent creative power and effortlessly attract everything you truly desire?

This book, Abraham Hicks Segment Intending: Mastering the Art of Deliberate Creation, unveils the transformative power of the Abraham Hicks teachings on "Intending." We'll go beyond the surface level, providing practical strategies and real-world applications to help you harness the vibrational power of your thoughts and feelings to create the life you've always envisioned.

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Introduction: Understanding the Power of Intention and the Abraham Hicks Philosophy

The core principle behind Abraham Hicks' teachings is the Law of Attraction, a concept suggesting that like attracts like. However, Abraham goes beyond the simplistic "think positive and you'll get rich" narrative. They emphasize the feeling component, asserting that it's not just about what you think, but how you feel that determines your vibrational alignment with your desires. "Intending," in the context of Abraham Hicks, is a conscious and deliberate process of aligning your vibration with

what you want to create in your life, by focusing on the feeling of already having it. This isn't wishful thinking; it's a powerful technique to shift your energy and attract what resonates with that elevated state.

Chapter 1: The Fundamentals of Vibration and How it Relates to Manifestation

Everything in the universe vibrates at a specific frequency. Your thoughts, feelings, and beliefs all contribute to your overall vibrational signature. When your vibration aligns with what you desire, the Universe effortlessly delivers it. Abraham explains that resistance – negative thoughts, doubts, fears – creates a vibrational mismatch, preventing manifestation. Understanding this fundamental principle is crucial to harnessing the power of intending. This chapter will delve into the science behind vibrations and provide practical examples of how your thoughts and feelings create your reality. We'll explore different vibrational frequencies and how they influence your experience.

Chapter 2: Identifying and Releasing Limiting Beliefs that Block Your Intentions

Limiting beliefs, often ingrained from childhood or past experiences, act as significant roadblocks to manifestation. These beliefs, often unconscious, sabotage your attempts to align with your desires. This chapter focuses on identifying and releasing these limitations. Techniques like journaling, self-inquiry, and reframing negative thoughts will be explored, empowering you to dismantle the mental barriers that keep you from achieving your goals. Examples of common limiting beliefs and effective strategies to overcome them will be provided.

Chapter 3: The Art of Feeling: Aligning Your Emotions with Your Desires

Abraham emphasizes the importance of feeling. It's not enough to simply think about what you want; you must feel as if you already possess it. This chapter explores different emotional states and their vibrational frequencies. It will teach you how to cultivate feelings of joy, gratitude, and appreciation, which are essential for attracting positive experiences into your life. We will delve into practical exercises to help you intentionally shift your emotional state to align with your desires.

Chapter 4: Practical Techniques for Powerful Intending: Scripting, Visualization, and More

This chapter introduces practical techniques for potent intending. We'll explore various methods, including:

Scripting: Writing down your desires as if they've already manifested.

Visualization: Creating vivid mental images of your desired reality.

Affirmations: Repeating positive statements to reinforce your beliefs.

Guided Meditations: Using guided meditations to align your mind and body with your intentions.

Each technique will be explained in detail, with clear instructions and examples.

Chapter 5: Overcoming Resistance and Staying Aligned with Your Intentions

Resistance, the internal conflict between your desires and your current vibrational state, often sabotages manifestation efforts. This chapter provides strategies to identify and overcome resistance. We'll explore techniques like releasing judgment, embracing uncertainty, and practicing self-compassion. The importance of staying present and focusing on the positive aspects of your life will be emphasized.

Chapter 6: Intending for Relationships, Health, and Abundance

This chapter provides practical applications of intending in various aspects of life, including relationships, health, and financial abundance. Specific examples and case studies will illustrate how to use these techniques effectively to create fulfilling relationships, improve health, and attract financial prosperity.

Chapter 7: Integrating Intending into Your Daily Life for Sustainable Results

This chapter focuses on integrating intending into your daily routine for long-term success. We'll explore the importance of consistency, self-care, and creating a supportive environment conducive to manifestation. Practical tips and strategies for maintaining a positive and aligned vibrational state will be shared.

Conclusion: Embracing the Journey of Deliberate Creation

This concluding chapter reinforces the key takeaways and emphasizes the ongoing nature of the process. It encourages readers to embrace the journey of deliberate creation with patience, persistence, and unwavering faith in their ability to manifest their desires.

FAQs:

1. What is the difference between wishing and intending? Wishing is passive; intending is active and involves aligning your feelings and beliefs with your desires.
2. How long does it take to see results from intending? It varies; some experience results quickly, others take longer. Consistency and staying aligned are key.
3. What if my intentions don't manifest exactly as I envisioned? The Universe often delivers what you need, even if it doesn't look exactly as you planned.
4. Can I use intending to help others? Absolutely. Intending for the well-being of others can be incredibly powerful.
5. What if I have doubts or fears while intending? Acknowledge them without judgment and gently redirect your focus back to the positive feelings.
6. Is intending a form of self-hypnosis? While there are similarities, intending is more about aligning your vibration with your desires.
7. Can I intend for multiple things at once? Focus on a few key intentions at a time to avoid diluting your energy.
8. What role does gratitude play in intending? Gratitude raises your vibration, making you more receptive to what you desire.
9. Is there a "right" or "wrong" way to intend? There's no single "right" way, but the key is

genuine alignment of your feelings and beliefs with your desires.

Related Articles:

1. The Power of Positive Affirmations in Manifestation: Explores the use of affirmations to shift beliefs and attract desired outcomes.
2. Understanding Your Vibrational Frequency and its Impact on Your Life: Explores the scientific and spiritual aspects of vibrational energy.
3. Releasing Limiting Beliefs: A Practical Guide to Breaking Free from Self-Sabotage: Provides practical techniques for identifying and releasing limiting beliefs.
4. The Art of Visualization: Techniques for Powerful Manifestation: Provides detailed instructions on effective visualization techniques.
5. Overcoming Resistance: Strategies for Aligning Your Actions with Your Intentions: Explains how to overcome internal conflict and stay aligned with your goals.
6. Manifesting Abundance: Attracting Wealth and Financial Freedom Through Intending: Focuses on applying intending to financial abundance.
7. Intending for Health and Wellness: Creating a Vibrant and Healthy Life: Applies intending techniques to improve physical and mental well-being.
8. Building Strong and Fulfilling Relationships Through the Power of Intending: Focuses on applying intending to relationship building.
9. The Importance of Gratitude in Manifestation: Raising Your Vibration to Attract Abundance: Explores the vital role of gratitude in the manifestation process.

Additional Resources

The Life of Abraham - Bible Study

Abraham is one of the most blessed people in the Bible. Although Scripture is not a comprehensive history of humans it does, however, chronicle the relationship of one man and his descendants ...

Life of Abraham Timeline - Bible Study

Abraham makes a covenant with Abimelech, the leader of the Philistines, then lives for a time in Beersheba (Genesis 21:22 - 34). 1845 A Severe Test God tests Abraham, now 115 years old, by ...

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God personally changed Abram's name (a quite rare occurrence in the Bible), when he was ninety-nine years old, to Abraham because of the blessings he would bestow on him. Sarai, his wife, also ...

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How many children were in Abraham's family tree? Through which wife of Jacob does Jesus trace his lineage?

Abraham's Journey to Promised Land Map - Bible Study

Where did Abraham's journey to the Promised Land (the land of Canaan) begin? How old was he when he left his hometown? Who came with him on the trip? What places did he visit? How long ...

Why Did Abraham Try to Save Sodom? - Bible Study

What was the purpose of angels visiting Abraham before the destruction of Sodom and its sister city Gomorrah? Why did he try to bargain to save them? What are the lessons we can glean from ...

Genealogy of Shem to Abraham - Bible Study

Genealogy Fast Facts The genealogy from Shem to Abraham is the fifth found in the Bible. Preceding it are the lineages of Cain (Genesis 4), Seth (Genesis 5), Japheth and Ham (Genesis ...

Where Did Abraham Live? - Bible Study

Where did Abraham live before the journey that ultimately led him to Canaan? The city of Ur, where Abraham first lived, is one of the first places on earth where humans established a settlement.

Did Abraham Meet Jesus? - Bible Study

The Bible does record that Abraham, the father of the faithful, had at least one face to face talk with the Lord (Jesus Christ in human form). The meeting took place when, at the age of 99 in 1861 ...

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In Biblical terms a day often refers to a year, so how many years Abraham lived there is anyone's guess, but "many" days (years) would likely indicate at least ten and likely more. How Old Was ...

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