

The scriptures say there are four goals (purusharthas) to every human life to enjoy total peace, happiness and joy.

Purusārtha literally means an "object of human pursuit." It is a **key concept** in Hinduism, and refers to the four proper goals or aims of a human life.

If any one of these four Purshatras is lacking, then you will feel **lack and agitation, restlessness**, in your mind and in your Consciousness.

The four Puruṣārthas are **Artha** (wealth, prosperity, economic values); **Kama** (desires pertaining to human relationships and sexuality); **Dharma** (righteousness, moral values, Dharmic, karmic, actions); and **Moksha** (liberation, spiritual values, enlightenment). So these four are very important aspects for participants of the ISIP to be aware of.

The First Focus (The "F" of FAB) is related to Dharma and Moksha.

The Second Focus is about Artha and Kama (desires and relationships).

Lack consciousness:

Most people on the spiritual path (or even those who are not) go into lack and focus on lack. It is not about abundance for them, but about their **negative mind-set, their neediness**.

The obstacle is their own inner belief that they cannot achieve what they lack. This has created "lack or needy consciousness". It is a self defeating attitude and we can never expect a positive outcome to anything.

Materialism which is predominant in most western societies such as the USA provided a solution for this lack in terms of wealth and prosperity. But this has not solved the problems as it clear that this has not led to happiness for most wealthy and business persons. As such it is evident that there is something missing in this concept.

The Solution to Lack: Expansion

Our focus therefore is not on materialism but on the state of Expansion. A shift from being focused on money to expansion is what is called for here and the spiritual law of using the vibratory forces have to be applied here. This means being aware of the vibrational field, having access to it, changing your vibratory attitude from lack to abundance and utilizing it by taking the requisite actions to amplify the reality we wish to create.

Expansion requires Immediacy

It is important to note that expansion must happen in the **NOW**, in this very moment. If a thought cannot be delayed then our creation too cannot be delayed. It is simple fact. Therefore, the focus is on thought and the vibration that a particular thought brings. It has to be **FELT RIGHT NOW** in this very moment.

STEPS To Achieving Focus 2:

- 1) Pick up any thought which feels expansive** – any form of imagination that feels expansive can be invited here through a thought.

2) **Feel good about it:** FAB is about feeling FABULOUS about the thought. The essence of the teaching is feeling good about it. Ancient Indian scriptures have stressed the importance of feeling positive and happy about what you wish to create. *Yad Bhavam tad Bhavati (What you feel is what manifests)*. The feeling itself helps to create it.

3) **Then act on it:** Don't just sit feeling it. Rather act.

It could be small steps each day but action is required towards what is desired. An inspiration to act will arise, but you must feel that you are moving in the direction of what you want to achieve in terms of your mind and body (limbs) until you feel like you are already achieving it. Visualise it in your inner image. You can visualise an inspirer, someone who inspires you, someone who has achieved greatness in his field, **whatever makes you feel that you are touching and experiencing it now**.

Bottom line is we can all choose and invite the experience we desire or want in our life. And the biggest experience or knowingness is that of happiness and joy which we can actually invite right here and right now without waiting for consciousness to actually deliver it. By "feeling good" through expansive and mentally stimulating thought or image we can experience that in the NOW itself instead of waiting. To wait is as good as denying us what freedom and abundance.

4) **Obstacles :** The greater the idea of creation, the tougher can be the journey. Obstacles are common and indicate that the result is going to be in your favor provided you stick to the above 3 points. Keep engaging in right thoughts and drown the lower vibrational thoughts of victim consciousness, helplessness, reliance on past destiny and move into the higher vibratory thoughts and feelings.

So anytime you feel you have victim consciousness, that you're going into lack or agitation, do not dwell on the negative. *Whatever you are going to think, is going to happen.* So choose to change it atleast in the way you feel about it even if its not happening "out there" yet. Eventually the world will respond to how you are feeling.

"You attitude is your altitude"

However, guard against greed. If greediness comes into play, know that you may be ignoring Focus one practices (F) so get back to that. Focus One practice will balance it. Focus One will take care of any greed and your conscience will kick in to make you know whether you are acting exploitatively or manipulatively; so it will stop you. This will help you to keep your boundaries. If you start to feel attachment, look at that, sense the constriction, do any steps relevant in Focus One, and realign and attune your vibrational harmony. Focus One balances Focus Two and vice versa.

Always remember Seva. Give back to Consciousness - returning back to the world what you have gotten from the world. One MUST avoid getting self-obsessed about one's desires. Give back to consciousness whenever you achieve something. Return back to the world what you have achieved from it. This is an important spiritual law.

From Abundance consciousness to Devotion:

- As you begin to apply the principles regarding *Abundance* as given above along with the Spiritual (F) practices and the Mantras of Mother Durga given, the need to create consciously will replace a state of neutrality where all will be known to be taken care off by God. Such an attitude will eventually result in strong bond towards God and develop deep devotion towards the Mother Goddess. The result will always be good and turn out to be more FABulous than you can ever imagine or visualize.