

Andrea Putting

Moving from stuck to success and abundance



Getting Past the Fraud complex

“I feel like a fraud?” Strangely enough I hear this often. And honestly, I’ve had my moments too. We work away at our businesses doing whatever we think it will take to get things going. You work long hours struggling away to make ends meet. You juggling your family responsibilities in-between your work. But what about you? Oh there is no time left for you. Your health, your diet, your lifestyle are all going down the gurgler. You’re getting to the point you are starting to wonder if it is all worth it.

When the work you are portraying is around spirituality, health and lifestyle yet things are slipping backwards in your own life, you soon get the fraud complex. It’s not just my clients who feel like this. I’ve been there. So what happens when all you are teaching others to do is falling around your feet in your own life?

Well, for me I got the message, eventually. The thing about working with spiritual and intuitive people is they pick up on it fairly fast, you can’t hide. They know you’re not quite living what you are teaching. Then you really feel like a fraud! In the space of about a month I have about 7 people randomly channel messages for me, all basically saying the same thing. “Stop and listen to your heart.”

I had got so caught up in the day to day striving hard that I forgot about me. “I’ll take care of that when I get there.” Get where? For me this was more than just stop and take care of yourself, it was a stop and reflect where am I really going and what am I doing.. Add to the mix a little scare of some lumps in my breast. It really was time to reassess where I was and wasn’t walking my talk.

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I guess that is the thing when you stop and listen to your heart. You finally get the message where things aren't quite going in the right direction. Where am I going and what am I supposed to be doing? In amongst the reflection of my life, I started to put together what it takes to allow the flow back into life, to nourish the soul.

Connecting with Spirit. Being "in-tune" with yourself starts with listening to your higher self. Taking the time to stop and really listen to what it is that you are being guided to do; what is in your heart and soul. Connecting with Spirit moves beyond just being an individual, and being in oneness with God, the Divine, Source or the Universe – whatever terminology works for you. It is about feeling in your soul that you are more than just this body, this life, you have a purpose and within that you find strength and your inner peace.

It is so easy when we are busy to skip on making this time to quieten our mind and be at one with God. Gradually there is less and less time spent in quiet reflection. Soon what happens is that you lose all sense of this. You can no longer trust your intuition, you feel disconnected and your path seems to go astray as you get caught up in the material needs of life. Suddenly one day you wake up and don't know who you are anymore. Uncertainty fills your mind and nothing seems to come together. It is all pointless.

Now it is time to make it a priority. What you will find is; that when you do, instead of getting less done in your day, you manage to be more efficient with your tasks. Your mind is clearer and you start to trust your inner guidance as to what really is

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important. You can see what tasks to focus on and which ones just don't matter. You are more directed.

There are some simple ways to start reconnecting yourself. Of course time in meditation is a great start. Even if you just take 10 minutes twice a day to start with. Journaling I find can really get the ball rolling. I found first thing in the morning is great; I start to write and just allow things to flow. Often as I write I suddenly realise that this is no longer my thoughts, but messages are starting to come through. It seems to me that my mind is happy being busy writing, so it slows down and just allows Spirit to come through.

Take a Holy day. This is great to do once a week if you can, but if you can't, try for once a fortnight. It doesn't even have to be a whole day, a half day, or a couple of hours will do. Simply don't do anything that you normally do. If you can spend some time in nature, that is perfect. For me it is in the bush or down by the river. For you it might be by the beach, or even just relaxing in a bathtub. Where ever it is for you just do it. Allow yourself to connect. You might like to write, draw, take photos, or just walk. Be at peace; make it your special time to be with your spirit.

Balanced life. A balanced life honestly means different things to different people. There is no rigid structure to follow. It is about listening to your own needs and ensuring that you have the food that best nourishes your body, the amount of sleep you need, the exercise that is right for you - that you enjoy, time for family and friends and of course, "me time".

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Food on the run can often lead to grabbing anything that's handy or quick and easy at the shop. Before we know it our diet is out of control and exercise, well that's a thing of the past. Our life quickly gets out of balance. You start to put on weight, your skin gets bad, aches and pains may come and sleep, oh what is that. You not only look tired, but you start to look and feel older and that sparkle has gone from your life. You just don't have the energy to get through your day.

I don't think I could possibly over-emphasise the importance of a balanced life. This is where it is important to be able to trust your intuition and listen to your body. Everyone's needs are different; the foods that are good for you may not be right for someone else. Before you decide what to eat, listen to what it is your body really wants. When you hold that bar of chocolate in your hands, is this really what you want and need right now? Would a piece of fruit or some nuts satisfy you just as well or better? If it is the chocolate, go ahead and enjoy it, don't feel guilty.

Listen to your body for what it wants and how much it really needs and honour it.

What exercise is right for you? What is something you will enjoy? Would joining a class or club help to keep you motivated? Time of course is an issue for you, so can you find just 15 minutes in your day to do something? If you look around you can find short effective exercise programs that you can do at home or in the office. Or maybe you just want to put on some music and dance. That will do it and you will feel great. Just do something and get started. Move that body.

When your eating better and getting some exercise your sleep will improve as well. If not, there may be something else you need to look at.

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Being on the right path. We all have a purpose for being here. Some people know right from the start what they are here to do. Others of us have so many twist and turns in our lives that we feel that it is an endless search. Your path is the one that fills your life, gives you satisfaction and makes you feel that you're achieving something worthwhile. You have found your place in the world.

Starting out in your business you can feel that you have the picture. This is what I'm going to do. You feel it is what you are meant to be doing. But there are lots of different reasons we start our business and our direction can be swayed by what is most sensible, lessons we need to learn, what someone else thinks is best, etc. Then you start hitting brick wall after brick wall, nothing feels quite right.

This is when you start to doubt is this what I'm meant to be doing. You feel like throwing in the towel. It all starts to feel too hard. "I've had enough." You say.

Spending some time really getting clear on what your life purpose is, is so helpful at this time. It gives you clarity and helps you to tweak what you are doing so that it is more in alignment of who you are. For some it may be a complete change is needed, but usually it is just a tweak.

Hand Analysis, Astrology or connecting in with your soul on a Life Between Lives journey are all powerful ways to get clarity on the what, the whys and the hows of your life purpose. If your connection to spirit is strong, you can spend some time meditating on what is your purpose. Call on your guides and angels and communicate with them, have a conversation. Once again doing this in writing can help start the process. Write out your question and then keep writing anything

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that comes to you. You can find a lot of direction using this simple method and it helps to strengthen your connection and intuition.

When you are on your life path, then doors start to open and opportunities arise.

Clear the Blocks. Constantly I hear women say “I feel blocked” or I’m stuck or if I could just get past this. Well the truth is that we all carry this stuff around that likes to jump out at us, just when we think we have things going along nicely. Then block after block comes along. We struggle and struggle and before we know we’re stuck in the quagmire.

OK, I’m speaking from experience here. Nothing I was doing would work. I felt like I was going around and around in circles until I got to the point I had no idea of what I was doing. I had all this “stuff” I had to work through. Years of it, life times of it, all backed up. So I needed to unclog my life, before I could see clearly and get out of the fuzz.

Until I could get to the core of this and make the shifts at a deep level, I was forever going to be pushing ##### up hill. There was occasional little breakthroughs from time to time and I thought “Great, I’ve moved it, now I can go steam full speed ahead,” but then I’d hit another bump and my thinking and situation was just going back around in circles, again and again.

What I discovered is that no amount of thinking and positive affirmations were going to really shift what is lying deep down, clinging for life, hanging on to you. It will not budge until we gently coax it out and show it a new way.

The truth is that I had these underlying beliefs, things I had learnt as a child, things I had brought in with me from previous lives, things that had happened during this life that have imprinted on me.

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These programs were still running in the back ground. Every time I worked at manifesting something, I would be putting out, saying positive affirmations. Money is here. I will manifest this amount by such and such date. Money comes easy.

Great, repeating them time and time again. Commanding that this comes to me now. My conscious mind was taking it on, telling me I was doing it right, yet my subconscious was snickering in the back ground.

“He, he, that's what you think. Money is hard to make. You don't earn money, Other people have control of finances. You don't deserve to have money. You have to work hard to make money. “

Oh dear so many of them were playing in the back ground.

No matter how much you work at staying positive and moving ahead, when these are playing in the background you just can't get pass them. If you do happen to breakthrough, it is only short term and before you know it the money is all gone and you're back to square one.

Of course it's not only money here. If you have these messages going on in your head it is dam hard to get a business going, as you are subconsciously sending out messages that are repelling money.

You can also have core beliefs around not being good enough. So you shy away from offering your services, If you don't mind, would you be interested, oh of course you wouldn't sorry to disturb you. Now I'm sure you don't say that, but this could be the message you are subconsciously sending out. It is a real battle to get past these.

You may have core beliefs around your role in a relationship that are holding you set in concrete. They could be soul agreements that you have come into this life with as well. They are there for a reason and they are going to hang on and faithfully do their job for you, until you can reassure it that it is no longer needed.

There are many ways of accessing the subconscious. It responds to symbolic language including art, stories and the vibrational tools of colours, sound and aromas. Rituals impress the subconscious. In some cases, re-living the past,

Andrea Putting

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through present-life or past-life regressions, will sometimes liberate old belief systems.

The subconscious is very simplistic and child-like, and its primary function seems to be protection and survival. Significant parts of most people's subconscious minds actually believe that person to be somewhere between 3 and 6 years old! So it is not surprising that the subconscious believes that this person needs the kind of protection that was appropriate when that person was between 3 and 6 years old.

There are many ways to work with the subconscious, and to gently coax it into a more realistic understanding of this person's adult needs. One of the most powerful tools is Core Belief Reprogramming.

Core belief reprogramming is part of the program I offer and using this process we really get to the core of what is going on, where these beliefs come from and then work with the subconscious to create new beliefs and new roles for it to work with you to create a life that is fulfilling, successful and abundant.

Shifting these core beliefs and blocks is an essential part of taking back your power, moving out of stuck mode and preventing burn out. I see it as a 4 part plan.

Decide. Decide that you are worth it. Decide what it is you want from life and go and there and make it happen. Sounds simple enough doesn't it? However all too many of us don't do it. We just let life take us on a ride. What happens then is that we allow other peoples agendas to take over our life. We're not living our life, we're living someone else's version of our life.

Before you can decide, you have to allow yourself to dream. Allow yourself to connect in with your greatest desires. Look ahead with positivity and possibilities and decide which ones you really want to create in your life.

When you decide and start taking action, the universe can follow. "Oh, you

Andrea Putting

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are serious, great let's get this show on the road." You will find the assistance you need. It will be there. You say "YES" to yourself. Yes to your dreams, Yes to creating a happy, abundant and fulfilling life for you.

Decide what it is you want then allow it come into your life. Accept it with open arms.

Are you ready to get out of the Fraud complex and power towards building the life of your dreams. Then here are again are my 5 steps.

First of all you need to strengthen your intuition and spiritual connection. Taking some time to really reconnect with yourself, to listen to you heart, body and soul on what it is you really want and need in life to be happy, healthy and satisfied.

A balanced life of good food, exercise, sleep and fun is vital if you are to keep going on your journey without falling over or burning out.

Being sure you are on your path, are you on the right path, a reflection of your soul purpose. When you know your true purpose, you can move ahead with confidence, you are feeling congruent with yourself and can make a big impact on life.

And then looking at what holds you back and shifting those beliefs that are keeping you stuck in concrete.

Now make the decision. Decide you ready to manifest your life. There is nothing standing in your way. You are able to give clear instructions to the universe about what it is you want to create and you are ready to hear the messages and take massive, empowered action.

It is from here you can start to create the life that you truly want and deserve. You no longer have the fraud complex. Your feel authentic in what you are doing and send out an empowering message to the world of who you are

Andrea Putting

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and what you do.

I can't tell you how much a difference this makes in your daily life. To know that you are truly, finally going to get moving and transform your life into your one that reflects your true being, your soul.

If you are you ready to decide to be everything that you want to be in life; To create a life where you are fully in your power? Then shout it out, Tell the universe you are ready, take back control of your life and let life flow for you.

So now it is time to make it happen for you. Stop going down the path towards burn-out and open the door to yourself, your own spirit and the opportunities that await you.

Learn to listen to your intuition, connect in with your spirit guides, understand your life purpose and get on track with a healthier balanced life. It is time to let go of all that holds you back and step into a successful, abundant and sustainable life.

Let's get your life back on track and start walking your path. Contact me know and let's getting talk about how you can get your life moving in the right direction.

Email me now at andrea@andreaputting.com.au for further information.