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- Write your WINS in your HEALING PLAN
- Use them as evidence you're doing the right things for the change you want
- Use them as POWER STATEMENTS - repeat them to yourself to bring in your strengths and encourage more of what you want.

18th Aug

Rose

"I'm not too bad"

"I woke up asking 'where's that pain!!'"

"It calmed down"

"Two things calmed back down again"

Sarah

"It's time for me now"

11th Aug

Sarah

"I'm alright"

Rose

"Not too bad"

"I woke up ok"

"I don't always have a lot of pain"

"I had quite a nice day yesterday"

Gill

"I've been feeling much better"

"I'm becoming aware of my body, grateful for what it does, so appreciative"

"I'm much more relaxed"

Jane

"Sleep was a bit better"

Samantha

"I'm getting on well"

3rd Aug

Samantha

"I found some bits that I like"

"I'm relaxing"

"I'm coming back - great!"

Sarah

"I was alright"

27th July

Jane

"I'm not too bad right now"

Rose

"Today's not too bad a day"

Samantha

"It brought me so much joy"

"I'm feeling very calm and sleepy"

21st July

Rose

"It's getting more guided now"

"The area that's been blocked for so long is opening more, softening, blood flowing"

Samantha

"I've had such a big release"

19th July

Rose

Beautiful and I feel really at peace. I have also started taking cbd gummies and using dsno gel from the lovely lady called Sasha who was on the podcast the other day. I have slept for 8 hours and the gel is helping with pain.

Onward and upward a true reminder to never give up. There is so much wonderful things out there to help you as you connect with your body and life itself. 🥰

14th July**Sam**

"I'm feeling good"

Rose

"I'm not too bad at the moment"

"I feel very peaceful"

"I'm more and more coming into a good place"

Gill

"It's not too bad"

7th July**Jo**

"I'm feeling good today"

"Full of positivity"

Rose

"Everything just loosened"

"It really eased my pain"

"I'm feeling a lot better now"

Gill

"I know they will (fall into place)"

1st July**Rose**

"I started the day quite lovingly"

"You can feel it lifting"

Gill

"When I'm moving its almost not there"

Jackie

"I felt really good"

23rd June**Rose**

"Now it's dropped"

"It's actually dispersed"

"I'm ok"

"I'm better now"

Gill

"The lid's come off - not boiling anymore"

"It lightens the load"

"It feels better"

Jackie

"I'm not in pain"

"I'm light"

"It's not bothering me at the moment"

Sarah

"It was all positive"

16th June

Gill

"I'm already walking better"

"It's lessened now"

My shoulders feel better"

Rose

"My back pain's not come back"

12th June



9th June

Gill

"I'll get there"

"My headache is slightly better"

Rose

"It passed as soon as it arrived"

3rd June

Gill

"I'll be alright"

Sarah

"I'm a lot better than I was"

"I'm grateful"

21st May

Gill

"It's eased a bit"

Rose

"I can open up more, express myself more."

"I was able to say gently "I love you"

13th May**Rose**

"I'm not doing too bad today"

My mind is very kind to my body"

Gill

"I've slept pretty well"

"Headaches get better"

Ashley

"It's not too bad at the moment"

I'm feeling better"

Jackie

"First time I got out of bed without pain"

"I had a fantastic 2 days"

"It felt great!"

"Nothing was bothering me"

"I was so proud"

30th April**Sarah**

"I'm grateful the costs were trimmed down - fantastic!"

Gill

"The 4 ACTIONS does help the tension"

"I managed to sleep a couple of hours"

"This morning it was quite good"

Rose

"It's calmed down a little bit"

"It's been very good"

Kathy

"It has cleared the head"

"Once in a blue moon I go from sick to well"

"I feel great"

"Nothing's a struggle"

SARAH ZestZeal Zing ✨



Patience... breathing

Extra shelves created so
can finally tidy things
away 🙏

20:43



30th April

Sarah

"I had a great day yesterday"

Aroha

"I'm progressing well"

"I haven't got the pain in my legs like I used to have"

"I've been able to do more in the garden"

"My back/legs didn't hurt"

"My head feels ok"

"I had quite a good night last night"

Gill

"Not too bad"

"I felt good"

"That felt quite good"

"We're quite amicable"

Rose

"I stepped out of my comfort zone"

"It's not been too bad"

"One of my nicer days"

28th April



27th April

Aroha

"am improving, less pain, sleeping a little better"

23rd April

Rose

"I'm not too bad today"

"I feel refreshed"

"It was nice"

"My day's been nice"

"Doubt is disappearing"

Aroha

"They feel fine"

Gill

"My shoulder is not as it was"

21st April

Gill

"Last night I slept well"

"I managed to sleep"

"I feel so much better"

Rose

"I'm feeling a bit better"

16th April

Sarah

"It's getting there"

Rose

"Today's not been too bad"

"I'm a lot better than yesterday"

Kathy

"That's ok"

"There are times that that has eased"

Gill

"I can be (pain free)"



10th April

Jackie

"last week I had four really good days"

9th April

Gill

"Not that bad"

"I'm ok, fine"

"It's not really bad"

Rose

"It's not so much there any more"

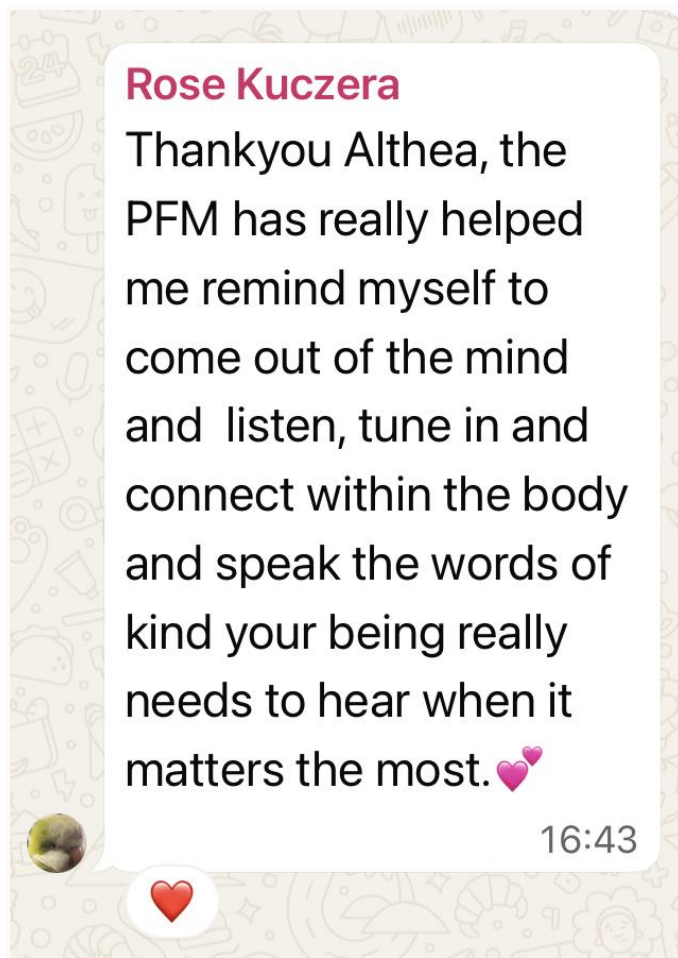
"Sometimes it's mild"

"I'm feeling quite good today"

8th April

Rose

My pain has not risen since it went from really high at 2am this morning to coming down to a mild 4/5. Allowing the body to relax and the mind to calm, grounding has helped me alot today along with nature and the sun. I have tuned into my heart space as that is where I find stillness and peace, where once that was not possible. The one grateful moment I take from today, is standing in the stillness of the quiet hours of this morning outside, hardly a sound as if the whole world was asleep and it was just me and the stars to wish upon, and the faint call of the mornings chorus dawn, quietly starting to sing. Xx



7th April

Gill

"I'm in a better place now"

Gill PFM

Rose Kuczera

Good morning all. I wish to
send a loving healing
blessing to who ever needs...

Happy Easter to
everyone. I hope you are
feeling at peace with
yourselves and life. I
slept finally last night and
feel better than I did
yesterday 🙏
So wishing you all a day
of peace and love.



11:50



4

2nd April

Rose

"It's not been too bad"

"It will go back down again"

"It's a lot more easier than it was"

26th March

Rose

"I'm actually not too bad"

Gill

"Hips are better than it was!"

"I feel relaxed in my feet and legs"

"It's not as bad today"

"I slept well"

"I'm feeling great!"

19th March

Gill

"Sometimes it's better than others"

"There's no particular back pain in my body"

Rose

"It's not as bad as it was"

It shifted for me"

27th Feb



24th Feb

Grazyna

"Now it kind of relaxed

Sarah

"I feel alright

19th Feb

Kathy

"I'm ok

10th Feb

Susan

"I've had some good ups

"I haven't had it much lately

"It disappeared!

"It was fabulous!

"It felt really good

"It was instant!

"The knees are responding

"I'm sleeping a lot better

Kathy

"I'm happy most days

"There's nothing to challenge me

22nd Jan**Susan**

"I'm ok

"I'm good

"It (the pain) doesn't bother me like it did

"I am able to walk a distance without the stick - very good

"I've been out...it was ok

"It wasn't hurting when I was having lunch

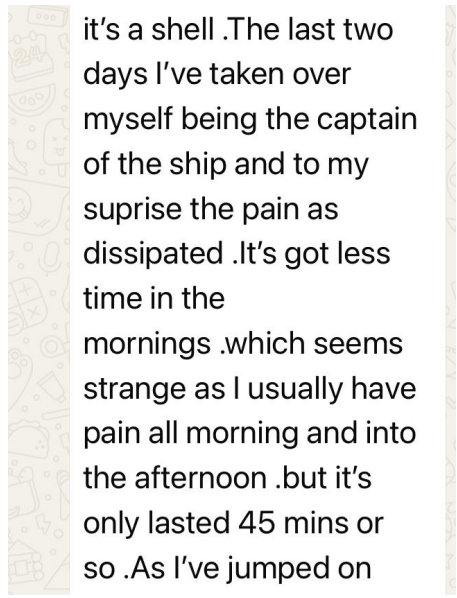
Kathy

"That feels good, ok

"There's no pain there

Lucy

"I really love the garden

Jackie

it's a shell .The last two
days I've taken over
myself being the captain
of the ship and to my
suprise the pain as
dissipated .It's got less
time in the
mornings .which seems
strange as I usually have
pain all morning and into
the afternoon .but it's
only lasted 45 mins or
so .As I've jumped on

WINS on the Group Support Call 13th Dec**Sarah**

"I was very happy (looking at the photos) lovely

"I'm free now

Grazyna

"I don't feel hopeless

"I improve so much

"It softened and went

It's ok

Susan

"I'm feeling much better now
"I can turn them off (the heaters)
"It's a really sunny day
"It'll be ok

WINS on the DEEP DIVE call 7th Jan

Sarah

"It's been abundant
"I am walking a bit more
Yawning - a clear sign of release!
"It feels great
"It feels calm when I let it

Kathy

"My left arms there's no pain, relaxed
"Right now it's quite alright

WINS 6th Jan

Sue

"I'm doing better
"Some good times
"Walking with the stick not so much
"Ears feel ok
"Palpitations not as strong
"Hips are ok
"I had a lovely husband, marriage

Sarah

"I had an amazing experience skiing!"

Lucy

"I've made significant improvement"
"I'm now moving around!"
"Not needing a cane all the time"
"I'm getting excited about my improvement"
"I am improving"
"I'm getting stronger each day"

WINS 19th Dec

Rose

"I was not in a wonderful place but I'm no longer there"
"It started off really good"

Grazyna

"For the moment I don't feel the pain"
"It's getting lighter"

Kathy

"Right now it's ok"

Sarah

"I'm alright"

"I'm good"

"All good things"

"It's not too bad"

WINS 17th Dec

Lucy

"emotionally, I've been doing quite well"

"I've been making more steps to see more people."

"I definitely, now I'm more mobile."

"I'm getting out and about which is such a relief."

"Being able to move is great."

WINS on the Deep Dive Call 11th Dec

Jackie L

"I don't feel as bad as I did"

"It's nothing as bad as it was"

"I've got a lot of hope inside me"

WINS on the Group Support Call 9th Dec

Lucy

"I've made such a huge improvement"

Grazyna

"I'm on cloud 9"

Sarah

"It's good"

"It is easier"

Grazyna

"I have proof things change"

"I am sometimes (happy, safe, light)"

"They do change"

Sally

"I'm doing really well"

Sarah

"It's alright"

Sally

"Big leap!"

WINS on the Group Support Call 13th Nov

Sally

"I wanted to be pain free, to sleep well and to be happy - I feel all 3 are true!"

"It's PFM really, really helped"

"He (neighbour) hasn't done it since - really good"

Jackie

"It's not as bad in the neck"

"It's gone in the throat"

"Neck's not as tight now"

WINS on the Group Support Call 9th Oct

Sally

"Eating that food fine"

"Most of my body is working well"

"I feel so much better"

"I had a really good conversation"

"I'm reaching out more"

"I'm socializing"

WINS on the Group Support Call 2nd Oct

Sally

"It went really well"

"Feeling gratitude"

Grazyna

"Quite good"

"Nothing to worry about"

WINS on the Group Guidance Call 30th Sept

Sarah

"Feels better"

Sally

"It's easing"

Lucy

"Starting to relax in my shoulder"

"There was absolutely nothing and then it was fine"

"It's fine"

WINS on the Group Guidance Call 25th Sept

Grazyna

"I'm ok"

Rose

"my back pain has all but gone"

"my back pain has still gone"

WINS on the Group Guidance Call 23rd Sept

Sarah

"They're gone now"

"It feels better than it did yesterday"

"Better"

Lucy

"Better than before"

WINS on the Group Guidance Call 16th Sept

Sally

"I feel love in my whole being"

Grazyna

"So much less pain"

"A bit easier"

Lucy

"It's all so happy"

"Inspired me"

WINS on the Group Guidance Call 4th Sept

Grazyna

"I don't think I feel low at the moment"

"I don't feel any nagging pain"

"I'm getting somewhere"

"I'm full of hope"

Louise

"It was lovely to reconnect with people"

"It was all ok"

Sally

"Back pain has minimised"

"I can walk further now"

WINS on the Group Guidance Call 2nd Sept

Sally

"It's helped with physical pain"

Grazyna

"I make slight changes very slowly"

"Less (tension)"

WINS on the Support Call 27th Aug

Louise

"Things are stirring!"

"I'm very thank you things have changed"

"Sense of relief"

Sally

"It feels a bit looser"

"It feels like it's starting to relax"

WINS on the Deep Dive 20th Aug

Licia

“Almost ok”

Sally

“I’m not feeling anxious”

Marion

“I’ve had a massive shift in my healing”

WINS on the Support call 19th Aug

Sally

“I’m getting much less pain”

“I walked further yesterday”

“I have minimum back pain”

WINS on the Support call 12th Aug

Sally

“I got the tests I wanted”

“I stood up for myself” - absolutely fantastic!!

Louise

“Life moves me”

“Things are possible”

Brechtje

“I’m ok”

“I’m really well”

“My ankles are really well - gives me freedom”



Sally Studd

I did a DREAM WHEEL on one of my relatives. I now feel much better about that person. I did a MY IDEAL LIFE synopsis, and consequently feel much better about my future. Thank you Althea for recommending me to do these processes. Also, I am sleeping better. I am walking without my walking stick presently. My recliner chair, which I got from a charity, is really helping me to relax and is a factor in having less physical pain. Hooray. 😊 A health issue cleared up after asking a question to Andie Spragg and following her advice, on Althea's podcast last week. 😊

14h Love Reply

1 ❤️

WINS on the Deep Dive call 23rd July

Lee

"pulsing has stopped"

"It's not painful now"

Grazyna

"It's not too bad"

"It feels ok"

"I'm not in great pain at the moment"

"I do get better"

Manjit

"I'm supported by my family"

"I'm not forcing things"

"I've not been in serious pain"

"I'm not feeling lower back pain"

WINS on the Support call 22nd July

Sally

"I've had less pain"

"I felt really positive"

"I feel much more love towards.."

Rose

"I feel I'm really coming together"

Louise

"It's worked out well"

"Bridges were built"

"It was very, very positive"

"I felt I'd be better"

"Body, head pain dissipated"

"Kind of worked out a little bit"

"It does alleviate"

"We had a lovely day"

WINS on the call 15th July**Sally**

"My back is ok"

"It's getting better"

Louise

"I've had good days"

"Relatively quiet"

"I'm ok"

Brechtje

"I'm doing really well"

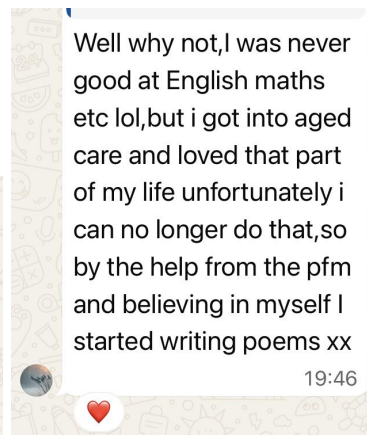
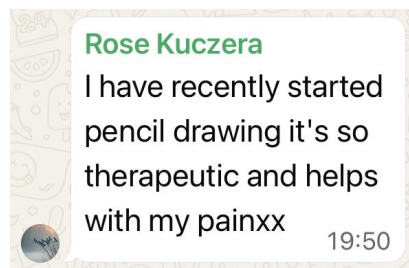
"My ankle is strong"

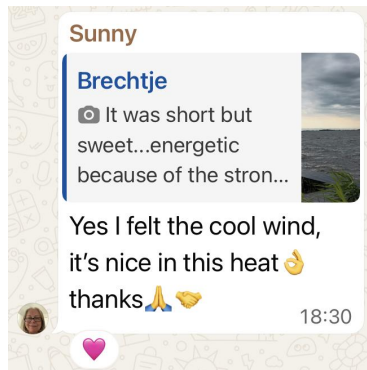
"I'm getting better"

Manjit

"It's helping"

"I'm ok"





WINS on the call 9th July

Sally

"It's loosening"

"It doesn't build so much"

Louise

"It really has made an effect"

"It's really been effective"

"This side is ok"

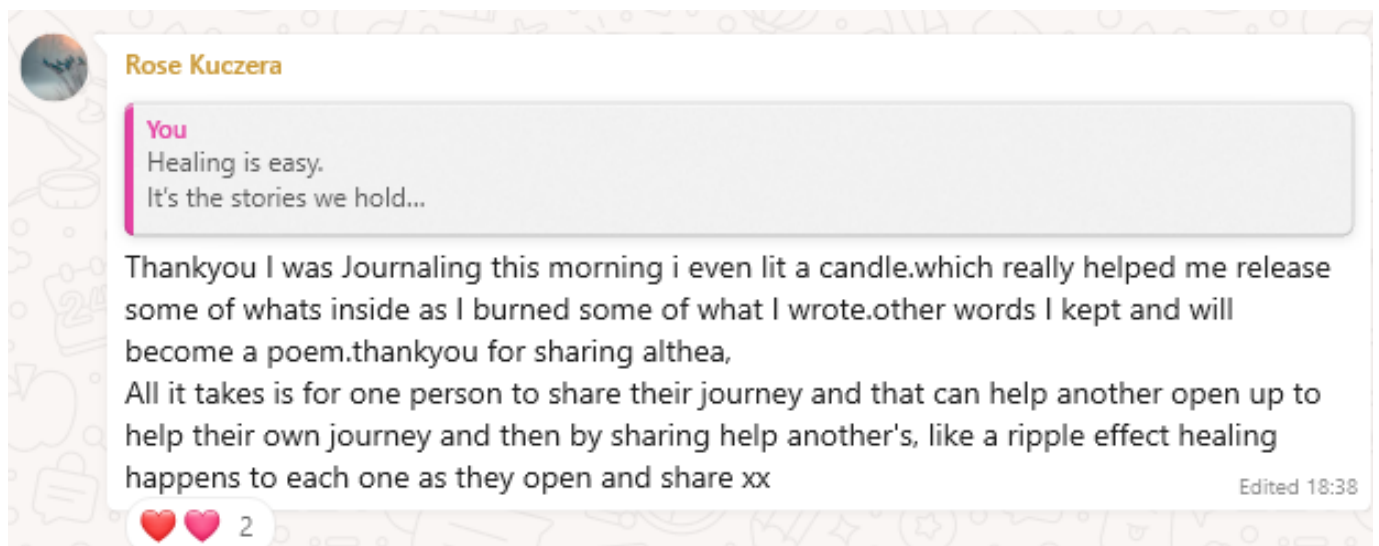
"It's the first time I haven't had intense pain"

Brechtje

"I'm doing pretty well"

"I'm quite ok"

"I do feel I'm getting stronger"



guidance and I am happy
I finally took some
(baby)steps xx



Edited 14:23

that's outside in myself i
feel bright and sunny
today as I'm having a
really good day and not
much pain,only when I
walk but apart from that
it's a great dayxx



16:22



just made and ate a fresh and wholesome meal, which made me feel a bit better energy-wise 🙏

15:39

Sunny

Sunny

Awww sweetheart, I know that kind of news really unsettles & drains u of ene...

P.s. I feel a bit better thanks coz I couldn't do anything but lay down where I fell asleep for about an hr & felt better when I woke up 🙌🙌😌

15:25

👍❤️ 2

Sunny

Josie Sutton

Hi Sunny, yeah all good thanks. How about yourself? How are things? X

Yeah and no all at once if you know what I mea 😞

🙌 but I'm not that bad

foods, I never get colds or have any digestion problems or skin irritations and the like, thank goodness! I just

Thanks Althea, it's going a bit better..just tired xx

17:02

but I fell asleep instead & when I woke up I felt a little better 🙌

17:06

3rd July

Brechtje took some steps to finding a job - woohoo!!

grandad.Driech means overcast and rainy.But that's outside in myself i feel bright and sunny today as I'm having a really good day and not much pain,only when I walk but apart from that it's a great dayxx



16:22



WINS on the call 2nd July

Sally

"Pain has lessened"

"I'm feeling positive"

"I don't have it when I wake"

"I'm looking better"

Brechtje

"physically I'm feeling quite well"

Louise

"today is really good"

"it does subside"

"it's been ok"

"a lot more positive"

WINS on the call 26th June**Brechtje**

"I'm ok now"

"I'm happy"

Marion

"I'm fine"

"I'm living a more authentic self"

"I'm accepting myself"

"my daughter's asking my advice for the first time"

Sally

"I'm ok"

"my camera came on just at the right time!"

25th June

Brechtje



Well I wanted to go for a swim, so after a rest I just went and it was lovely as always 💙💜💚

17:47



3

Sunny

The same as I was before the podcast, okay ish, not as bad as some days when I wake up in total turmoil, and for that I'm truly grateful 🙏 thank you. How about you,

Rose Kuczera

Sunny

Hello everyone, I'm back! ❤️

Glad you have decided to stay sunny nice to have you back. there is something special about being in a group when we are all on kind of the same journey and can offer each other support and benefit as a group with altheas guidance support as wellxx 💕💕

17:49

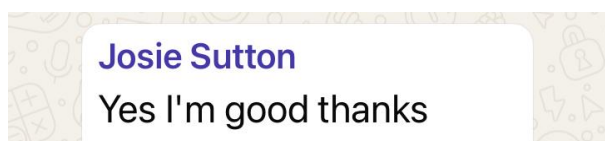


I'm good, thanks. Slept well and was up early while it was/is still nice and cool. I love the tranquility of early mornings 💙

Already did my trip to the lovely organic farm and am now mixing some housekeeping with relaxing in the garden ☀️

10:08

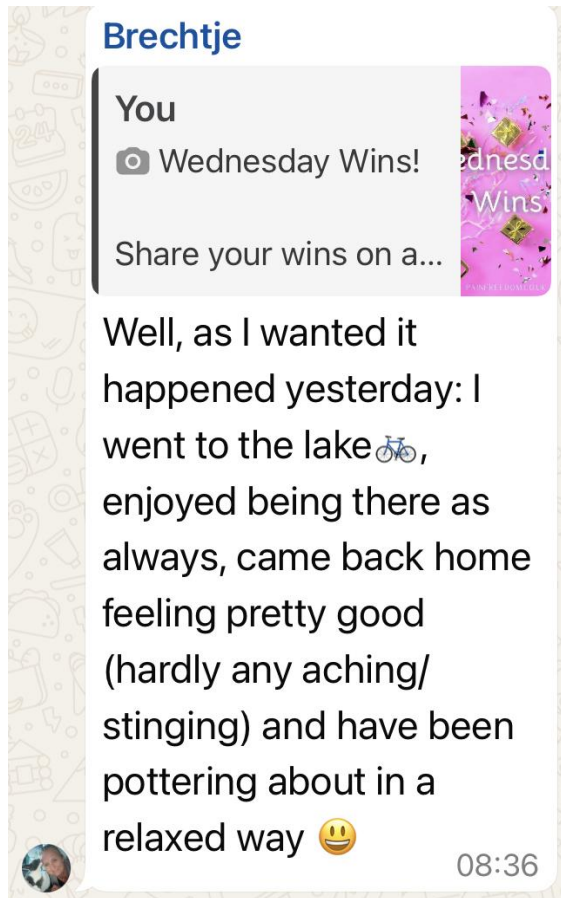




WINS on the call 24th June

Louise: "the discomfort has subsided" "it is a lot better"

Brechtje: "Now my ankles do really well" "it's quite calm-ish"



WINS on the call

Louise-

I'm doing alright

Most of the time it has alleviated the pain

Sunny-

I'm ok

It's ok

I feel better



 All-star contributor · 2m · 🗨️

I just wanted to say the painfree method has led me on to such a wonderful path to heal.

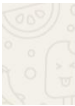
I have came across such beautiful beings on this Journey and keep in touch with a few past members on a daily basis.I would never of got the chance to be connected with them if our path had not crossed within this group.Thankyou for all your loving guidance and for helping us on our journey to heal💕💕

 Althea Finch

1 comment

18th June

Josie



I've feeling much calmer

Josie Sutton

I felt relief last year, a great deal in fact then I



The calmness is because I'm no longer experiencing the palpitations I had earlier in the week due to thyroid medication. I feel relief because of it which is creating the calm.



Edited 18:11

Where is that relaxing feeling in you now?

11:26 ✓✓

Josie Sutton

In my body all over. Mind and body in fact.

Rose

offered as it has and is helping me so much as

I listen to my body know and I am kinder to my mind. I never used to!

Brechtje

I just wanted to share a social WIN:
In a few weeks time I'm gonna meet up with a lady from the organic farm-shop that I've been having a really nice click with for a while already...so many similarities and connections.

Josie

they? 🙌 & as u say, they are pure positive energy. I'm totally relaxing & I

focus/connection. It's very similar to somatic tracking. I've done somatic tracking before and that did help.

09:51

Rose

help. But I do guide myself more kindly now and that is healing in its own way.xx

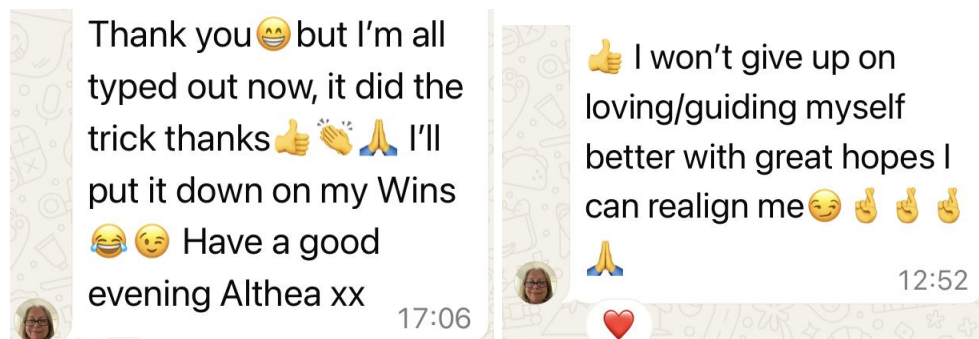
12:42

Josie

such I'm just able to walk
because I'm wearing
wide boxed trainers 📖



Sunny



WINS on the call

Sally

"It feels like relief,"

"It's easing."

Q: What's happened to your headache at the moment?

A: It feels like there was a constriction and it's sort of opening.

Brechtje

"I don't really feel that much pain"

"I'm feeling quite proud"

"I feel quite good"

9th May 2025



Brechtje

If there are no changes from their side I am going to meet my brother, sister-in-law and nephew & niece (6 an 4) tomorrow for the first time since 9 years! 😊👶

Edited 14:06



Brechtje

It was absolutely amazing in every possible way to see my brother, sis-in law and kids! 😊



12:48



Grazyna

Thank you. I will give it a good try . Slept a bit better last night. 💕



Josie Sutton

I had a win today. I had an appt to have a steroid injection for my foot (for a Morton's neuroma) which I never wanted anyway. I've changed my footwear to wide box shoes/trainers, used toe stretchers and massaged my own feet daily for months. Attended the appt today and didn't need the injection as the consultant said the inflammation had been reduced and what I was doing naturally had helped. 🙌 Now to tackle the other pain 🙌

11:52



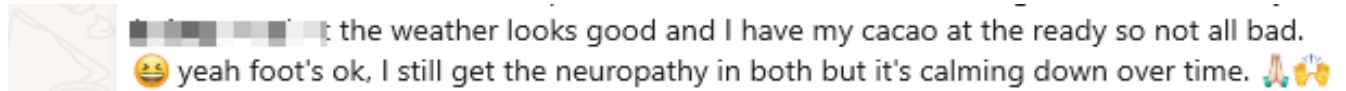
Josie Sutton

Brechtje

You could use comfrey-ointment as well to help with the swelling and plant. It really is a miracle-plant💕🙌

It's weird, it's more like an internal tiny lump so feels like a pebble when walking. It's taken almost three months to get here but a relief.

11:57



“My back pain significantly reduced ..I’ve also learned so much about how to care for my body better moving forward.”