

the Source, we can clear and cleanse chakras. Another very important centre is the Heart Chakra. If we have emotional problems through loss and the ending of relationships, this chakra blocks and Reiki and Vibrational energy can really heal the cause of the problems from the root. Often this happens repeatedly, since we have not healed the cause. We are all wounded children in the end. It is so very important to do this because once we have cleared the chakras, the energy flows freely in the body pushing away all the unwanted energy, and with Reiki, we replenish that energy that has left the body with clear, cleansed, and blessed energy. Giving the person a vital and vibrant energy all along. Could you elaborate on the science behind energy work? The substance of everything in the world is energetic, including our thoughts. Quantum physics has scientifically demonstrated events that "science" would not consider possible. We are all energy and we are all one.

How do you begin the process of a healing session with a client? The person lies on a treatment table fully clothed, and the practitioner puts his hands on (with permission) or close to the body of the person in different positions to get the energy flowing. Reiki energy pushes away unwanted energy in the body for the good energy to come through. The person at the end feels energised and at the same time very relaxed and calm. To clear different blockages, you might need multiple sessions. You establish that with the person as it is a very individual practise. Over the years, I have created my own technique on my Reiki sessions. To achieve maximum benefit from a session, I have divided my treatments into different modalities, such as looking at the person's aura and through that looking at their chakra for balancing and aligning. I also give guidance to them through the so called "Invisible world" and then I end the treatment by giving a proper Reiki session.

You have touched the lives of many people with your work. Do you have a special moment with a client that remains with you? Recently, a lady came to me, and she had been suffering from migraines for over 25 years, and I could see her suffering very much. My Reiki treatments is not only hands-on healing, but it is a host of modalities I have mastered in all these years. So, I decided to practise on her Vibrational Psychic surgery, where with a series of questions you can take the person in to verbalise what her problem is and with my Reiki dissolve the problem altogether. So, this is just what happened to her. We decided that she needed four sessions in a row and after just the second session, her headache was starting to disappear so much that at the end of the four sessions, she was a different person altogether. Reiki with Vibrational Psychic surgery can help you with many physical pains that you have had for so many years, the important part is to talk to your pain through a series of questions I ask, and you will see how energetically the pain goes from your etheric body and after that from your physical body.

What are some of the common reasons people come to see you? Reiki is a healing technique which helps put the body in balance through a therapeutic touch. I have helped people suffering from emotions related to the heart when they have lost beloved ones or have been rejected for instance or people who have gone through depression, anxiety, fears and insomnia. I have helped people suffering from headaches and migraines. All these elements are related to blocked emotions, and once we clear those emotions, once we heal them then the body heals itself. It is not a matter of healing, one particular part of the body or the physical body because Reiki does not work like that. My Reiki works to heal the soul in order for you to receive

maximum benefits out of it. Reiki helps heal the emotional pains that an individual goes through in his life. We are all wounded children, and we all need Reiki in our life.

Tell us more about your workshops that take place in Dubai? I have been coming to the UAE for quite some time now. I work exclusively at a beautiful centre called the Keyani Health Center. I see people every day for one hour of treatment and also, I teach my certified Reiki courses. I am the founder of the Reiki Vivo International School, and my diplomas are all certified by my school, where I teach Reiki and many other healing modalities to enhance the soul of people who come to seek guidance, teaching love self-love.

What resources would you recommend to enhance this practise? Tell us more about the book you've written. I have published many books and my latest one called *PantaReiki* has come out first in my mother tongue which is Italian, then in Arabic and English. I feel very fortunate to have been able to have my books translated into Arabic. A culture that I love. My book tells you all about my evolution as a very introverted boy from the man I have become today to the mission that I was given by God to help humanity through Reiki.

This is The Alignment Issue – what activities help you align your daily life? Meditation is key to start your day and Self Reiki Practice to help you to start the day in a more aware way and to enhance self-healing and others.

*"Reiki is all about energy flow. So, when one chakra is blocked, we clear and cleanse that chakra to let the energy go through the body."*