

Success Stories

"Our work, our desire to act in the real world and in our lives for us is not a hobby or a "spiritual" fantasy but a continuous affirmation that becomes concrete facts, and especially daily conquests for more and more people.

The most intimate point of this victory is enlightenment and those among us as Buddhists cannot fail to realize, or at least, to understand what it is and what already lives in us.

But you can call it as you wish: if you believe that in life there is a deep, true meaning, you definitely want to know it and live it.

We often hear things like "everyday life is the true miracle" or "kill the Buddha if you meet him on the road" are all things that have a deep meaning, but if a meaning is to be achieved, it should be made current and true at this moment.

If you truly understand the meaning of "Everyday life is the true miracle", then you know also how to create some major change in your life and live it with more strength and an ability to win, rather than say this wonderful phrase with clenched teeth when you're in trouble.

If you truly understand the sentence that reads "kill the Buddha if you meet him on the road," you will understand the fact that the Buddha - that is, our enlightening - must first be met, made friends, listened, questioned and Meditated in total silence for the time needed, after which you can overcome (kill) the Buddha, as our real nature has been realized.

I say this because I want you to remember the inner and practical sense that always has guided your life. Why, then, should we abandon this valuable inner and practical sense when we sincerely consider life, the potentiality, or the Spirit?

Winning is part of life, it is pleasant, is joyful, and makes us useful to others; avoiding this is pathetic, as is just complaining in a difficult situation.

And then ... if things go wrong but we learn the code of victory then we are not crushed but we learn new things and how to act at least, with gratitude and joy, despite the hardship or the pain.

So it is much better to start now to develop this attitude of victory in us, and never take it for granted: this is not enlightenment but is the basis of our very living, of our survival and of civilization".

From a speech by Leonardo Anfoli

Included here, we have gathered some testimonials from the many people who had significant experiences about their inner self or their health, because of their work with themselves and their awakening with the help of Leonardo Anfoli.

Testimonials

Dr. Antonella Russo

During my professional practice as a dentist, I had the opportunity to meet a patient who is truly unique: Mr. Leonardo Anfoli.

He needed extensive dental caries filled which were deep and near the pulp chamber. These usually demand extremely painful interventions requiring anesthetic support. But Mr. Leonardo Anfoli expressed the wish not to receive any type of anesthesia.

The peculiarity of Mr. Anfoli was not so much in his rejection of anesthesia, because other patients have been forced for various reasons not to benefit from the use of anesthesia, but I saw them day after day experience such pain without it. Usually the pain in the teeth continues and the patient suffers even after the intervention, but not with this patient.

I usually see how the facial expressions and body language express unambiguously the struggle between the will to resist and the increasingly unbearable pain perception. In Mr. Anfoli I have not seen any of this.

The expression of his face was relaxed with a comfortable look, more often with an amused look and he did not communicate that he was experiencing any pain, even during the breaks, when I asked him if there was any pain. Sometimes he just laughed, as one who did not have any worries in this regard which left me stunned and thoughtful: What's so "funny" about drilling deep into his own teeth?

I want to explain myself better: anesthesia blocks the perception of painful stimulus, but the patient reported to me that he was experiencing a range of feelings in the opposite direction - pleasure, well-being, and happiness as if the painful sensation had been

transformed into a pleasant feeling.

Knowing the patient better, I found that has nothing remotely reflects any kind of masochism, but he seems rather to have more vitality than the average, who can transform pain.

As a dentist, I cannot believe anyone has such a capacity and I, myself, was curious and I tried to look at it in various ways using all my knowledge on the subject, my rationality, of course, but also my ability to listen. But Leonardo Anfolsi seems to have a unique ability to manage his pain in a most pleasant and painless manner. He even fell asleep during a treatment and often looks refreshed.

Dr. Antonella Russo Bologna

Sig.ina Giada Cerbai Sesto Fiorentino

They could not understand right away what it was. It is common for a woman to suffer from painful periods and generally complain about it too long which can irritate doctors. When they do not find the reason for your suffering, they simply assume that you are exaggerating the symptoms to get attention.

With many laboratory tests, the doctors finally diagnosed my condition as "endometriosis". This disease causes the mucous membranes in the uterus to grow outside the uterus, and even also in the intestine.

The procedure to treat this disease by conventional means relies on a hormone treatment that sends the patient into menopause until she decides to have a baby when the abnormal growth of the mucosa should stop. Despite this chemical treatment, endometriosis began to affect even my right ovary which made me realize that I had to take another route.

I wanted to stop any chemical treatment and then I decided to follow only the advice of my Teacher, Leonardo Anfolsi, who began to propose exercises and apparently harmless, artistic expressions and other such things - very simple things which, however, began to dissolve something in me.

But the final result was reached on a spring day in which my Teacher invited me to his house and I underwent a treatment that could be described as "radiant energy".

My Teacher noted that one of my two sides was extremely strong while the other was as devoid of life. He put pressure to prove it with his energy on my magnetic field. At that moment I had the impression of being an egg floating. This showed to him the fact that I might be willing to accept such a change, however, more pronounced.

Without touching me, Leonardo sent energy through me for a few minutes so that I felt a strong "shift".

It is difficult to explain but I realized that it felt very strange and as a witness, I myself realized at that moment that the incredible amount of energy imbalance between my left and right.

The fluctuation and the pressure at first appeared to me to be very strange but I soon realized that the strangest thing, really, was that I could live with such an imbalance for so long: it was as if I went around for years with a weight of thirty pounds on one shoulder only.

During this treatment, I staggered like when you lose your balance and I felt the internal pressure given by the energy of my Teacher. That energy floated and finally became stable within me.

A feeling of electric power with different chills went through me and I felt that the intervention had ended. After this treatment I started feeling better and strangely enough, I might say, a bit "higher" realizing the power of this treatment.

After a fortnight, there have been no signs of endometriosis through an ultrasound.

Giada Cerbai - Sesto Fiorentino

Sig. Giorgio C.

I have for years practiced meditation with my Teacher, Leonardo Anfolsi, and what I'm about to tell - which is strange for me - happened with the disarming simplicity that is typical of Leo and I am not a person who is easily swayed.

One day, in the meditation hall, my Teacher looked at me intensely. I approached and he touched one side of my head as if he was looking for something and exclaimed: "Here! I saw that you lost the force of this hemisphere in a continuous stream. It makes me think that this loss is the cause of your stomach ulcer, and now I feel that you have a hole right here."

Touching me and saying in an unequivocal manner, "You have a hole in the skull with a diameter of three inches and the bottom two millimeters."

I was not surprised, "Yes, I know, I've known about this for a month but I hadn't associated it with my illness."

"Well, now! It's time to close it, right?" And he patted it as if to seal it. After a while, I touched my head but I could not find the hole any more... The hole in the head was a

simple sign or the real reason of the problem?

How did he close this hole so suddenly?

This ulcer had caused me to be admitted to the hospital for a few days later. That crisis was resolved thanks to the intervention of the teacher and the relaxation that I was able to realize in the midst of my contingencies and responsibilities that were not easy to manage.

The doctors wondered how I could be so relaxed despite all the blood that I had lost.

However since that day I suffered from the dangerous ulcers, they began to heal until they were completely healed.

Giorgio C. - Cento (Bo)

Sig. Francesco Carpini Firenze

One day I noticed a strange red spot on my right forearm. I thought it was an abrasion and didn't worry about it.

A few hours later the spot began to itch and within a couple of days I was completely covered with the wounds except for my hands and face, as if it was afraid to manifest itself outside, where others could see it.

The strange and sudden illness was diagnosed solemnly and inevitably by the best specialists as "pityriasis rosacea Gilbert's". There was no cure and the origin of the disease was obviously uncertain.

In my heart, I knew that those wounds were nothing more than an allergy to the insanity of life I led. The days were all the same, although they were days of interesting and high expectations, they inexorably consume all the energy I have to live.

I do not remember, but it was almost as good as following the natural course of events, that I found myself without a reason, sitting on the bed of a friend, next to Leo, with unexpected sincerity to tell every detail of my situation.

Leo prefers to send people to a good homeopathic doctor, or a good therapist, agrees to heal only those who are connected to him, that is, those who need him and not others. Leo let me speak, and even rejected somewhat my dramatic description, joking about the fact that the wounds were very contagious like leprosy. He listened intently knowing full well what my conclusion would be.

When I had finished the story after a long time, Leo nodded and said it was beautiful the

intensity with which I was living the circumstances of my life. He also said that for me music was very important and it

would be even more in the future. 'Well, now we are ready. So, let's look for a suitable music.' Leo stood up.

He rummaged in a box of cassettes of the landlord and took out a colorful-looking one.

He sat me on a chair leaning back, making sure that I was perfectly at ease, and then he started the music.

Almost immediately, the perception of my body changed. I felt relief from my head and body turn into a placid current, as a wide stream of water cascades down and in every direction! Almost completely lost in orientation, and at the height of the Blessed 'journey', I had the impression of seeing a big purple iris in front of me, bathed in light.

I did not realize what happened next or how the session came to the end of healing.

I got immersed in a supernatural peace and I looked at the sun out the window to see what time it was and concluded that it was late afternoon. I stretched and joined Leo and the landlord in the kitchen.

I wanted to tell of my miracle, tell of my experience, but a beautiful ordinariness reigned throughout the house and without a doubt, I loved the crisp silence in which my two friends were happily enjoying.

We prepared dinner in complete silence- zucchini stew seasoned with spices and fresh Sicilian trenette with pesto. The dinner was great and, again in silence, we ate everything.

From time to time I felt the need to 'add' something to produce some positive and uplifting account but the silence was always the best.

Between the laughter and the clinking of glasses and forks, so many scenes from my life, that I had not thought about for a long time, went through my head, stopping briefly for me as if they wanted to give me a brief and welcome gift.

The evening was beautiful and, eventually, I found myself with the usual company. Twenty-four hours later, I came out of the shower ready to enjoy another night like the previous one. My mother asked me with concern, through the door the bathroom, about how my disease was progressing. The sores were completely gone.

Francesco Carpini - Firenze

Sig.ra Emanuela Salvini Impruneta (FI)

In a difficult time and, moreover, with a very unpleasant disease I met the Teacher, Leonardo Anfolsi.

Knowing him (being in the same town) and knowing from somebody that he could help me, I decided to ask for his help. After ten days of suffering, I asked him for some relief from my illness that was the S. Anthony fire.

This is a painful disease and, frankly, is not treatable by modern medicine and the doctor was honest in pointing out that I had to take heavy medications with obvious side-effects, but without any certainty of a result.

I consulted with Leo Anfolsi who invited me to three sessions of morning with fasting.

The first session was held at my house because I had no way to get out, walk, behave soberly and endure the burning pain of the disease. After this first meeting, the burning went away.

The second meeting at my home, the red streaks on the skin went away forever.

The feeling of being healed was so strong that I wanted to go to the home of the Teacher for the third session, because I felt I was already completely healed.

He motivates the success of treatment with the will of the universal force of love and joy coming to our aid. I voiced this thought from my experience with Leo that life would not need to be painful if we were not so "distracted" as always we are.

Emanuela Salvini - Impruneta (Fi)

Sig. ra Luisa Fiorina

Death is experienced by most people as the end of earthly life and the beginning of the heavenly city, or by those who are more cerebral, as the extinction. I learned, however, that death is continuing.

Death is nothing so scary or bad and it is not a punishment or a reward, it is simply a condition. He lives nearby us or, rather, with us, in the same reality. A dotted circle of intensity, a deep, warm place that is not separated from us, that is also life.

Nothing should frighten us.

I live now in a city where the flow and the shine of every energy and quality give beauty to this enchanting and magical place. Is it a coincidence that I ended up living in this

little corner of the world?

I never thought before that death was expecting me, but now I do.

For the first time in my life, I understood the real meaning of the word "definitive". I was scared and I could not figure out why all that I asked, escaped me.

I remember a great fear and sleeping pills, to sleep a few hours, drugs that darkened me even more and that tried to erase the erasable, leaving me with no opinion, lost in my thoughts, where no one could penetrate.

Among the many phone calls I received after his death was that of a dear friend, who asked me to join her in Florence where I could breathe for a few days healthy air and where, perhaps, I could understand better the thin dashed line that divides us from immateriality, from death.

Gianni had fortunately received a Christian burial – when the requested ceremonies can be offensive - but perhaps he needed to be driven in his new condition and there was a chance to do it with Leo, whom I respect very much.

I left abruptly from my native country without giving too much explanation, knowing that nobody could understand my choice. That feeling of immersion in myself was huge. I could not see anything else. No one could tear away the harsh reality with which I was to do the math. I left not knowing if I would come back, not realizing whether I would return.

I do not remember anything about that trip until the arrival in Florence. I remember when I arrived at the house of Leo, I remember everything perfectly: the paintings, the home, the magic of the place, the large and void terrace, the slender figure that I was, and the black clothes I was wearing.

But above all, I remember when I was in the house and I could feel a huge sense of love and hugs in the air by Gianni.

Malnutrition for a year kept me tied to strict control. I remember I spent hours looking at myself and wondering how much weight I still had to lose to eliminate even my shadow.

In Florence, I saw myself edgy for the first time.

I got in contact with my body first of all, with my boundaries, with my colors. I had only the perception of the little space I was taking but finally I was starting to understand how much space I could take with my soul. Through accurate perceptions of color, which Leo led me step by step, I began to understand the spatiality – the huge, deep, and alchemical, that is in all of us. From here, I understood all that seems impossible for the human mind, but only because we are not able to believe enough in ourselves and in the mystery that we are living.

Leo showed me actively, which in an instant the time and space, the earthly life and death, the idea of "creation" and "creator", can be cleared from the mind or better, in the universal mind.

We went into a quiet and natural room.

All was still but dynamic.

I thought of the "Panta rei", to Heraclitus.

Everything flow and nothing changes (that's what the ancient philosophers spoke).

At that moment I felt that everything was bright and overwhelming, and at the right place; later I still had those feelings. I was told I had the experience of Kensho, a first, brief awakening to the immortal self.

In the energy shift, in the very bright light, I felt the presence of Gianni, who understood everything that had happened. We talked our way, as you do in that space outlined in intensity and glitter. Everything is brilliant in the same place.

The meeting with Gianni was a revelation, but even more when I met myself.

I opened my eyes and I was alone yet surrounded by my mystery, filled with fullness. Then as we open our eyes, we meet the world and we are forced to impact numbers, quantities, and faces again. Those things I am not still completely able to manage, this being my "work in progress."

Luisa Fiorina

Janet Sambucetti – A testimonial from the United States

My daughter met Leo five years ago. Her stories about him were interesting but never having met him, I did not understand completely this man or his energies, insights, or abilities. Through a challenge I faced in my life, my daughter suggested that I contact him. Via the modern-day way of communication, I contacted him on Facebook and he immediately responded and guided me through this difficult

situation with ease, comfort, and helpful suggestions. Even without meeting him, he helped me tremendously and always responded to my questions and issues immediately and he knew even without meeting me, how to challenge me to face my situation but also how to calm my fears and encourage me to see this life in a different way.

We communicated via Facebook for six months and in that time, Leo gave me unconditional guidance that helped me move forward in my life in a positive direction.

During the time we communicated, my daughter suggested that we both could offer something to the other so we arranged a meeting during my trip to Italy. The moment I met Leo, my life began to change incrementally. I spent three days learning from him more than I can even describe. Leo's approach was quiet yet influential. He knew without discussion much about my health, my personality, and my needs. But rather than tell me what he knew, he provided experiences that taught me what would help me the most. He would ask me a question that would promote me to think deeply before answering. But he already knew the answer. But it was me that needed to sort out the ideas and issues which Leo gave me the tools to be able to accomplish that.

Now, I have known Leo for more than a year and a half, and every time I meet him, his wealth of knowledge and understanding continually amaze me. I have seen him work with many more people, all walking away with a solution to their problems and feeling much better with long-term results and an improved approach to their health. This has inspired me to create a website and organize workshops and retreats so more people can experience Leo's talents and benefit from them for a healthier, happier life.

Leo also helped me with my back which has been chronically painful for many years. With very simple techniques, my back has completely healed. I have no pain or any tightness in my back and I feel like I am much younger with no aches and pains as you feel when you are older. Leo has an ability to understand and really "listen" to another person's body and mind to determine the problems and solutions to enable a person to feel better and have a much greater quality of life. Truly he is a gifted person who has the ability to heal and to improve one's sense of health and well-being.

Janet Sambucetti