

Even when you eat, you offer everything to the guru. When you bathe, when you walk, when you sing, when you sleep, whatever you do in your daily life the key is to offer it to the guru, Dharma, and Sangha. Then life makes sense.

When I teach Reiki, I don't teach any dogma, first because Reiki has no dogma, and second because some people are Christian and I don't want to make them feel uncomfortable. People who come to my Reiki classes know I am a Buddhist, and if they are interested in Buddhism, then I am available to teach them a little bit of my crumbs of wisdom in Dharma, yes? And I explain that Reiki is a lot about cultivating bodhi-chitta and the motivation to remove the suffering from all sentient beings. We start the class reciting the *Heart Sutra* and the four immeasurables, with a motivation to remove the suffering from all sentient beings, but again ... this is my path. Another Reiki master may be Catholic or may be Muslim.

**PK:** *Do you work in conjunction with Western or other medical traditions?*

**DO:** No. Right now I am studying naturopathic medicine, which is based on the body's own ability to heal itself and on not harming others and healing in a natural way, with herbs, nutrition. It is a bit like Tibetan medicine.

Yes, it can benefit animals; it can benefit plants; every living being can get affected by Reiki, even water...

Naturopathic medicine also works with meditation and hydrotherapy. I am studying that because I see a lot of people who are terminally ill with cancer and chronic problems. I don't have much trust in Western medicine unless it is for major trauma. When students come who are recommended by Lama Zopa Rinpoche I combine my work with a friend who is also a very old student of Rinpoche – Mercedes Udaeta. She works with OM AH HUM syllables, which contain precious relics, precious substances, and texts and which are placed on the seven chakras. In many difficult cases we work together. She is in Spain and I am in the U.S.

**PK:** *When does a sick person need Reiki rather than going to a conventional doctor?*

**DO:** Reiki is not an alternative for going to a doctor. Reiki is high energy vibration so the more you are exposed to Reiki the more the body will be able to balance itself. Usually when I see a person who is terminally ill, I give two sessions a day for three days so it is like a shot of high energy. Usually between treatments they sleep a lot. People who travel long distances to come see me stay here for three days to a week. Now if they are very sick and they need to go back to their home country, I try to teach them level-one Reiki so they can do it by themselves. It is about taking responsibility

for being healthy and about understanding that it takes a lot from their side, too.

**PK:** *And what part does Lama Zopa Rinpoche play in your healing?*

**DO:** Lama Zopa is everything to me. My refuge, my guru, my friend, he feels like a family member. I was very sick in 2001, and Lama Zopa was there for me all the time. He was "my pillow" in hospital. He was doing pujas for me. Lama Zopa is a human being who has the most incredible bodhi-chitta. I saw who he really is after an empowerment. As we were leaving Land of Medicine Buddha in California late at night, there was a car accident ahead of us: One of his attendants had hit a little possum with the van. I saw a monk praying strongly beside the creature, and I thought this is what I want to be able to do – mantras and prayers and healings on animals and on everybody like this simple monk is doing! I did not know that it was Lama Zopa until he looked up. From that moment on I saw him as the most pure human being, benefiting every sentient being, even if it a wild possum in the middle of forest at night.

When I was in the hospital, almost dying, he said, "You are going to die soon, you are going to Vajrayogini Land."

Then I made a vow and I thought, If I get out of this I'm going to serve my guru and benefit all sentient beings and remove all their suffering. Because I had suffered so much pain and I had the lamas praying for me, it is the least I can do.

**PK:** *So this form of healing can also benefit animals as well as people?*

**DO:** Yes, it can benefit animals; it can benefit plants; every living being can get affected by Reiki, even water. When Lama Zopa was staying at our house, I had Reiki'd a gallon of water for him and put it in his room. He said, "That water is delicious! What did you do?" So ... you can Reiki everything. You can use it for your airplane trips, and Reiki the hundreds of people on that flight.

**PK:** *When I was very ill earlier this year, you worked on me. I was 2,000 miles away from you, and yet I could feel the energy of your concentration at our scheduled daily appointments. How would you explain that?*

**DO:** Karma! Yes, I was very much in tune with what was going on with you. Usually when I work on people who are far away, and if Lama Zopa tells me to help them, I know there is unbelievably strong karma. So it is my duty to help that person who is sick, and usually I tune into that person very strongly. That's why I was able to feel you when you