

were not doing very well. I would call you and say, "Hey, slow down," or this and that.

With Reiki you learn to do long-distance healings, using secret symbols, one of which is related to a Tibetan syllable than comes from Sanskrit. At the master level it is possible to work on people who are 50,000 miles away, or in the other room.

**PK:** *Does your healing depend to any extent on faith from the side of the patient?*

**DO:** No. Reiki is not faith healing; it works even when people are unconscious.

**PK:** *How could a person go about seeking out the healing they need?*

**DO:** When people look for Reiki healing, it is because they have heard about it. People need to have the karma to meet with Reiki masters. But some people are not ready to take responsibility for their own health or their own practice. You cannot be running around the world saying, "I know this technique that is going to help you a lot, and I can do it on you." It needs to come from your own side. I think it is the same with the lamas. It comes from your side to take refuge or request the teachings. The lamas have all the tools

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to bring us to enlightenment, but if we don't ask, then it just does not happen.

I have a free Reiki clinic for terminally ill people on Sundays, and with some of my students we work on people with cancer. My life is really interesting. From Monday through Friday I see people who come for Reiki treatment, so I wake up very early to do all my practices first. Thursday nights I teach Japanese healing techniques; Fridays I teach Dharma; Saturdays I teach Reiki workshops; Monday nights I teach Ethics for the New Millennium. Once a month there is a six-day intensive master's training; it's like a Reiki retreat.

**PK:** *And your family?*

**DO:** I have three children: my son, Chris, and my daughters Melody and Dharma, who were born around monks and around my practice. The girls are very interested in healing, so I teach them Reiki and they attend my Reiki-4-Kids workshops. They use Reiki as their first band-aid when they get hurt. If they see animals or a little bug who is hurt, they Reiki them. They do OM MANI PADME HUM or Medicine Buddha mantra on any animal. If the animal dies, they put it by the stupa that we have at the house. They are very harmonious kids; they know about taking responsibility. So it is a joy and a blessing to have them.

My husband has also done energy work since he was very young. He does Reiki on me when I am totally drained. And he sometimes helps me at the Sunday clinic if we are shorthanded.

**PK:** *Do you know how Lama Zopa Rinpoche feels about Reiki?*

**DO:** Lama Zopa explained to me that Reiki is beneficial because the practitioner generates a very strong wish to help others, and it is a very quick way of achieving bodhichitta. It is also good for people who enjoy practicing *tong-len*.

Lama Zopa Rinpoche actually suggested that I do my master's training in Germany with a Reiki master who lived in Japan for twelve years. So Lama Zopa always guides me in exactly what to do. Even if my delusional mind has to encounter hardships to follow the guru's advice, I look at the big picture and I try not to get caught up in little things.

When you are helping others, you don't have time to be self-cherishing or to think about all your sufferings and all your problems.

When you are seeking healing, I believe that you need to reach the point of total surrender – then healing takes place.

But otherwise we are too busy, caught up in our own delusions, and we take everything for granted. We forget that we can die today. We even take the air that we breathe for granted! We wake up thinking, "I'm going to be busy today, and tomorrow, and I'll be super-busy next week, so I don't have time for myself, and even less for others." But if we understand that by healing ourselves and by maintaining health and good practice and guru devotion, we are helping our mind-body to achieve enlightenment, that is very important.

If I can remove suffering from one sentient being even for one second, even for one minute, the merit is unbelievable. When people come with unbearable pain from cancer and they lie on the Reiki table and say that they were able to feel relaxed and no pain, that is great! If we can help one single sentient being to achieve enlightenment by the practices that Lama Zopa Rinpoche teaches us, then it is great! Rinpoche has translated a mantra that creates a lot of merit by reciting it. Rinpoche says that by reciting this mantra it becomes so beneficial when you practice massage, because when you touch other people's bodies your touch purifies them. It is the mantra taught by Buddha Drodhen Gyälwa Chö: [www.fpmt.org/teachers/zopa/advice/pdf/mantra\\_buddha\\_droden\\_gyalwa\\_choo\\_june05.pdf](http://www.fpmt.org/teachers/zopa/advice/pdf/mantra_buddha_droden_gyalwa_choo_june05.pdf) ❀