MARIE-DOMINIQUE RAIL / MARIDO

Media & Press Kit

Author · Spiritual Companion · Reiki Master · Pianist & Composer



Marie-Dominique Rail (MariDo) is an author, spiritual companion, Reiki Master, and contemplative pianist-composer. Her work explores healing, grief, resilience, inner transformation, and the visible and invisible passages of human life. Trained in French culinary arts, she spent more than twenty-five years in the culinary world and founded MCHEF, which she led from 2003 to 2022. Her work now spans contemplative books, reflective writing, bilingual narrations, and piano compositions. Through each form, she seeks to accompany one person at a time with presence, compassion, and respect for their own journey.

Books & Writing

Semper Fidelis | Always Faithful — Courage, inner fidelity, and hope through uncertainty.

Beyond the Veil — Grief, enduring love, and continuing bonds.

Beyond Recovery — Healing, integration, and inner reconstruction after survival.

The Journey to Wholeness — A 52-week contemplative companion in development.

Explore books and editions

Music | MariDo

Across nine albums, MariDo's piano music offers a wordless space for reflection, prayer, stillness, and attentive listening.

Spotify · Apple Music · YouTube

Bilingual Podcasts

The Passages — Narrations (English) and **Les Passages — Narrations** (French) are written and narrated by Marie-Dominique Rail, with music by MariDo Piano.

Listen in English · Écouter en français

CONVERSATIONS & PRESS

Interview Resources

Featured Author Conversations

Semper Fidelis — Presence & inner fidelity
Read author conversation

Beyond the Veil — Grief & continuing love
Read author conversation

Beyond Recovery — Healing & reconstruction
Read author conversation

Selected Conversation Themes

• Life after survival and the quiet work of reconstruction

• Grief, remembrance, and continuing bonds

• Spirituality, prayer, and inner listening

• Writing from lived experience

• The relationship between piano music, silence, and contemplation

• Resilience while honoring vulnerability

• Accompanying transitions with compassion and discernment

Questions for Interviewers

• What led you to write from your experience of illness and recovery?

• How does the meaning of healing change after survival?

• What can enduring love look like after bereavement?

• What role has music played when words were difficult to find?

• How do your books and bilingual narrations accompany different passages of life?

• What does spiritual companionship mean in practice?

Selected Press Releases

Semper Fidelis — Press release

Beyond the Veil — Press release

Beyond Recovery — Press release

Beatitudo Hymn — MariDo — Press release

Media Inquiries

For interviews, podcast appearances, literary events, contemplative gatherings, or requests for approved high-resolution photographs:

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Media Resources · Official website

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