

# Doing and Being

I heard Kate Jones talk to Phyllis Furumoto on the show 'Reiki – Balancing Form & Essence' on 21st January 2010 about **Doing** and **Being**. I was intrigued by these words but did not quite understand them. The next day I was reading the book 'My Naked Journey' by Maureen O'Shaughnessy, a Reiki Master based in Hawaii, and I came to the chapter '**Doing and Being**' in her book.

It was really interesting to read this as what Maureen was saying resonated with me. It was about getting caught in the trap of wanting to **do** things rather than allowing ourselves to **be** in the right space, to allow the balance between **Being** and **Doing** so that life can flow along more smoothly.

Maureen says that the more she works with the life force energy, the more she notices that it is our thoughts rather than our actions that affect the results in our lives. She talks about **Being** as our feminine energy: playful, emotional, passionate, accepting, intuitive, creative, imaginative and perceptive; and **Doing** as our masculine energy: responsible, reliable, efficient, decisive, productive and intelligent. The balance between the two is very important. She reminds us that Reiki helps us move towards greater balance and harmony, and if we focus on how we are **Being**, then our actions, or our **Doing** becomes effortless and more effective. Using my Reiki level II practice I am sending Reiki for better balance in my life between **Being** and **Doing**.

Maureen also talks about honouring our feminine energy by making time in our life for what gives us joy, and to not judge this as wasted time. When we feel that we don't have enough time it can perpetuate a feeling of scarcity and lack in our life. She suggests viewing **time** as something we *experience* rather than *use* and perhaps it will become something that stretches and flows instead of something that gets used up and disappears. She recommends that we trust everything unfolds in PERFECT TIME.

She suggests making time each week for ourselves, where we do not schedule anything for a day. When she says that this



creates time and space in our lives to listen to our inner whims, and that she wants to be guided by these inner whims instead of outer 'shoulds', it really resonates with me and makes it easier for me to give myself permission to make time for what I enjoy. Her words '*...I believe that as I nurture this feminine side of me I will blossom in new ways...ways that I have never given myself the space to develop. Since I have always been so diligent about being productive and making good use of my time*' make me realise that insights come when I am allowing myself space to **be**, when I am not rushing around trying to **do** things.

Our society, our culture tends to value the masculine qualities more. So I found it very inspiring to read this book and nurture my feminine side. To me it seems very positive to focus on **Being** so that we can attract what we need in our lives.

I saw this book with my Reiki Master a couple of years ago. I kept meaning to ask her to borrow it but did not get around to asking for it till recently. I feel that I was ready to read this book now and that it arrived in my life at the perfect time... □

