

# Reiki and the Divine Feminine and Masculine

BY ELEONORE KOURY

LIKE THE REIKI FLAME spreading throughout the world the divine feminine and the Divine Mother is awakening in us all. Through my years of practicing Reiki, and my recent attunement to Karuna Reiki® my experience of the divine feminine has strengthened. The feminine and Reiki share similar qualities of compassion, abundance, intuition, receptivity, pleasure, nurturing, rest, healing, being, depth, creativity, etc. Feminine being a part of the masculine/feminine qualities within us all.

For many centuries the feminine has been lost to us, and we have been quite disconnected from it. Often we have a misconception of the feminine categorizing it as female, pretty, sweet, vulnerable or weak. In our predominant culture, women as well as men are challenged with embracing their feminine qualities. With so many taboos revolving around it, men and women are suffering as a whole. In many ways embracing our feminine qualities has been unsafe. We live in a culture that demands us to do, do, do. We are raised in a predominantly masculine culture that requires us to achieve, to constantly take action, and to be aggressive in order to attain our dreams in the world. Until recently there has been very little influence towards rest, slowing down, healing, creativity, nurturance, etc.

In the healing arts (or other creative arts arenas), we are more apt to embrace our feminine energy and utilize it in our healing work. In spiritual communities we may hear more about the Goddess, or come across the concept of the Divine Feminine.

This is seen in global movements such as that of the Grandmothers, lead by Sharon McErlane with The Grandmothers Speak work. Sharon has traveled around the world giving women the femi-

nine empowerment ceremony and men the cloak of comfort [www.grandmothersspeak.com](http://www.grandmothersspeak.com). The raising of the feminine energy has supported personal healing as well as combined group efforts in healing and strengthening the web of light that surrounds our planet. Another global movement by Katherine Woodward Thomas and Claire Zammit, co-founders of the International Feminine Power Telecourse, support the awakening of women around the world, stepping into their feminine power in order to co-create a sustainable world [www.femininepower.com](http://www.femininepower.com).

In main stream culture the feminine is gradually being reclaimed and brought into our consciousness, into our routines, into our conversations and into our way of living. We are seeing changes around the world with women's roles in society. For example in Saudi Arabia women are now able to vote on their own when historically they required permission from their male guardian. This kind of progress is also seen in the United States where women just recently began running for Presidential office. Globally women are rising in their roles in politics, business and education. Such a rising is contributing to the shift in our world towards a more cooperative versus competitive reality. It has been demonstrated that the most cost effective way to reduce poverty and over population in the third world is to educate woman. As woman become literate and develop important life skills, they have fewer children and lead the family into health and prosperity and a better future for their children. *The Better Angels of our Nature* by Steven Pinker demonstrates through statistics that the world is actually becoming more peaceful and one of the main reasons is the rise of the feminine in the world.

Sufi Teacher Llewellyn Vaughan-Lee, Ph.D., author of *The Return of the Feminine and the World Soul*, expresses the same sentiment as the Dalai Lama, which is that women and the divine feminine would be the key component to the healing of the Earth and humanity. He also states that it is through women healing their wounds of the past that they would be able to more fully step into their leadership roles and in so doing would also support the healing of the men in their lives.

## Reiki inherently balanced in the feminine and masculine principle

The time has come for the return of the feminine. The healing arts and alternative health care is part of that emergence. Like a wave the feminine is looking to flow through us, our communities, and our world. Reiki is a vehicle for such resurgence. Reiki has been, and continues to be, a crucial element to healing and balance for individuals and for our world.

As we open to the healing energies of Reiki we come into close contact with the higher realms and through that in contact with the Source of Reiki. This source is Universal and carries within it the feminine and masculine energies of the Universe. In *The Big Book of Reiki Symbols* Walter Lubeck tells us that he traveled to the outskirts of Trivandrum in India where he visited a family of spiritual hands-on healers. "The current lineage-holder explained to me that the power for the healing that was accomplished by laying on hands came from a ray of the Great Goddess. At that time, I did not yet understand the entire significance of this statement, but the attentive reader will discover that this is just as true of Reiki."

Frank Arjave Peter in *The Spirit of Reiki* reminds us that Usui Sensei based his system of Reiki on Esoteric Buddhism as well as Chinese Oriental Medicine. Chinese Medicine is based in the understanding of the yin/yang principle as key to health and wholeness. Yin representing the feminine and yang the masculine. William Lee Rand points out to us in his Reiki I and II tapes that two of Usui Sensei's original Reiki symbols carry within them the distinct qualities of both the feminine and masculine. In the Power symbol we have the spiral that symbolizes the feminine energy of the Universe and the horizontal line representing the masculine principle of the universe. In the Mental Emotional symbol we have the right side of the brain the creative, intuitive, feminine side represented by the rounded portion of the symbol, and the logical/rational, masculine side represented by the jagged lines.

As we look to the Chinese Medicine symbol of yin and yang, within the feminine there is a spot of masculine and within the masculine there is a spot of feminine. One cannot exist without the other. Therefore it is time for us to strengthen the development of the feminine principle in balance with the masculine in all areas of our lives, our beings and our worlds. Reiki, along with all ancient wisdom and teachings, is a primary vehicle in such a development.

### Reiki Teaches Us the True Nature of the Divine Feminine

Reiki supports women in healing their overdeveloped masculine tendency to give without receiving. Because of the passive way Reiki is administered, in which it does not require any effort on our part, and due to its loving nurturing energy it supports us in surrendering and allowing for the flow of life versus controlling, fixing and consequently depleting ourselves. As we apply Reiki on ourselves and others we learn this passive way of allowing and it gradually aligns us with divine flow. It is through our Reiki

practice that we then begin to fully embody the true nature of the Divine Feminine as women.

Men who also receive Reiki or learn it themselves begin to heal any masculine imbalances within. Through Reiki they heal the wounds and disconnections of their past and embrace their intuition, creativity, and emotional literacy. This leads to a balance of the feminine and masculine within and the embodiment of the Divine Masculine as men.

In the same manner in which the yin and yang cannot be separated and one is in need of and balances the other, so too is the divine feminine and the divine masculine, one enhancing and engendering the other. A balanced female who embodies and lives the Divine Feminine can inspire and support the men around her to step into their balanced masculine energy. And the same is true for a balanced male embodying and living the Divine Masculine, his energy will support and inspire the women around him. As women are being called to step forward and lead in the healing of our planet, so too are men being called to do the same and to support women in their leadership roles. It is through our mutual support and love that we will create a balanced and whole world community; a humanity that is fully represented of the Divine.

### Bringing the Divine Feminine into our daily lives

A great way to strengthen your connection to the divine feminine, whether male or female, is to ask for the presence of the Divine Mother or any of the other divine feminine enlightened beings you connect with into your personal Reiki practice and your Reiki treatments with others. Many Reiki practitioners connect with Mother Mary and Quan Yin, two central beings that assist us in connecting with the Divine Feminine. So whether you connect with either of these images or other beings from other parts of the world, call on the Divine Feminine or the Divine

Mother and ask her to assist you in healing the feminine within yourself and guide you in embodying her qualities both for your personal well being and for the well being of those around you.

The following are ways you can utilize Reiki to help bridge your connection with the Divine Feminine and Masculine. These exercises can be used to heal the feminine and masculine within and also assist you in embodying the divine nature of each as men and women.

### Reiki Exercise to help you connect with the Divine Feminine

Sit in meditation, invoke the distant symbol and if you have it you can use the Usui master symbol ( or any other Usui, Tibetan or Karuna symbol you feel guided to use). Send Reiki to any of the feminine enlightened beings that represent the Divine Feminine or Divine Mother. Visualize the violet/white light of Reiki moving through you and beaming to this being. Visualize the Reiki light moving through you and bridging the connection between you and this being. Take a moment and simply be present with the energy and with the connection. You can then ask any questions you may have of her, or request healing of any kind. Receive the energy and inspiration that comes through and also allow yourself simply to be drenched in the light of the Divine Feminine. As a woman opening to this energy, it allows you to be nourished and to embody the highest part of yourself. This can be a time to allow the light of the Divine Feminine and any of the enlightened beings that represent her, to teach you and guide you in healing the feminine/masculine parts of yourself that may be out of balance. This can help you heal the part of you that is overdoing in your relationships or in your Reiki practice and teach you new ways of being and giving in which you are in partnership with the Divine within you. This practice can help you move more into the true nature of Reiki which is primarily about surrendering to a Higher

Power, a Higher Grace that does the work through you.

Men can use this exercise to help heal any wounds they may have from their past with women and also to heal the feminine parts of themselves that they have had to suppress due to conditioning and societal pressures. You can allow the love, grace and beauty of the divine feminine to heal and guide you in how to live a more balanced life, allowing the feminine within you to compliment the dominant masculine energy you embody as a man. Once both channels of energy are open and balanced men can truly step into their roles as the Divine Masculine in the world and in their personal lives. This will enrich your relationship with yourself, others, your creative works and careers, and your overall sense of serenity and fulfillment.

### Reiki Exercise to help you connect with the Divine Masculine

This exercise can also be used to help you connect with any male enlightened beings/ the Divine Masculine including Jesus, Buddha, Krishna etc. Simply substitute the above exercise replacing feminine for masculine. Allowing the Divine Masculine energy to heal the masculine energy within you and to guide you in balancing the masculine within. Through this we can learn that action does not have to be aggressive or competitive, trusting the flow of the Universe and acting according to a higher will. The Divine Masculine can also teach us much about a still mind. Enlightened beings such as Buddha are great teachers in helping us develop a meditation practice. All male enlightened beings have a balanced presence embodying both the feminine and masculine prin-

ciple within. This is most evident in Jesus, whose teachings were all about non-violence, compassion, love and wholeness.

We are living in amazing times with so many beautiful aspects of humanity evolving and rebirthing. As old systems crumble, new ones are emerging and the consciousness of humankind is reaching deeper to its balanced feminine/masculine qualities of cooperation, inclusivity, ingenuity, creativity, culture, arts and spirituality to address the needs of our present challenges and future creations. As we individually heal with the Grace of Reiki and embody the Divine Feminine/Masculine, we are raising the frequency and vibration of our fields and consequently lifting up all of humanity. 

—Eleonore can be contacted by email at [info@sacredventures.com](mailto:info@sacredventures.com)