



Reiki Can Help Us Trust Our Intuition

BY JENNIFER LYLE TAYLOR

ONE PHRASE I hear myself repeating often to my Reiki students is, “Reiki is a trust fall.” The divine energy of Reiki is there, supporting and guiding you; asking you to surrender your doubt, fear, and disbelief, and just *trust*. Often, developing this trust begins by learning to listen to your intuition in Reiki sessions. Trust that you are being guided to just the right place on the client’s body. Trust that tiny, almost imperceptible voice saying, “Use this symbol, place it there, move your hands in this way, stay here longer.”

Connecting to the divine guidance inherent in Reiki is perhaps one of the most exhilarating and also intimidating aspects of Reiki, both for new students and for many seasoned practitioners. It is easy to ascribe any guidance as a figment of the imagination or coincidence. Many of us *want* to receive guidance but are fearful we are deluding ourselves or making it up. Sometimes, there is a feeling of unworthiness, a sense that we aren’t special enough for the divine to speak to or through us. Often, there is a false belief that one has to be born with special gifts to receive and perceive energetic or spiritual guidance. I can personally attest that you do not have to be perfect, a saint, or a born psychic to access divine or intuitive guidance.

Before I delve deeper into this topic, I want to say that while I have found much joy in deepening my ability to perceive, trust, and follow divine guidance, it is not essential to practicing Reiki. Many skilled and effective practitioners use the Reiki hand positions as their sole method of providing Reiki with marvelous results. Some profoundly effective professional practitioners practice Reiki with no sensorial or psychic perception of Reiki flowing at all. For them, the confirmation is entirely in the beneficial results experienced

by their clients. The results of a Reiki session are not dependent upon the practitioner’s psychic or intuitive ability. This article intends to support and encourage those who desire to practice a more intuitive style of Reiki. All Reiki is valuable, beneficial, and effective.

When I began my Reiki journey, I had never considered myself particularly intuitive or psychically gifted. I knew others who were profoundly energetically sensitive and psychically open. I considered myself very much a Muggle—a term in the Harry Potter stories to mean someone devoid of magical ability. My Reiki Placements didn’t immediately or dramatically open my third eye awareness, as it did for some in my class. It surprised me, however, to discover that I *could* feel the energy flowing through my hands.

At first, the sensations were very slight, but they were there. It felt like a pulsing from within my hands and radiating through my palms. Moving my hands over a person’s body, I could feel the pulsing intensify slightly over some areas more than others. This in itself was exciting, but I soon became aware there was so much more information and guidance possible. I deeply desired to tap into that well of intuitive and divine wisdom and bring its blessings through for others. As other practitioners described the heightened level of awareness and intuition they experienced in Reiki sessions, I listened longingly. I was in awe as they described finding a past life source of an injury and sending Reiki to it, clearing energy blockages they found in the aura, working with divine beings, and following their guidance on how to best use the Reiki energy for the highest good in the session, and many other such scenarios. These beautiful and seemingly miraculous events seemed out of reach for someone like me.

Reiki heard my calls and fortuitously I was invited to join an online Reiki share group. The group consisted of Reiki Masters, with varying Reiki experience and many intuitive gifts; the leader had been practicing for over 25 years. We took turns being on the table each week while the rest of the group cooperatively provided the Reiki session. We would openly discuss what we felt, saw, sensed, and worked together to support the person while simultaneously fostering our personal growth and development.

Discussions often sounded something like, “I feel drawn to her right hip,” or “There’s something in the mental layer of the heart chakra,” “Yeah, I feel that too,” “Kwan Yin has come in and is holding her hands over her heart, infusing it with Light.” We benefitted from both direct feedback from the person receiving the session and the psychic and energetic awareness of the other practitioners.

Slowly, I learned to suspend my disbelief that I was receiving guidance. I began following that guidance and being validated by others who saw or felt something similar. It opened me to new insights and possibilities, built my confidence, and continually expanded my awareness of the vast healing potential of Reiki. Week after week, the leader encouraged me to pay attention to any tiny vibrational nuance I sensed. She motivated me to stay with it, not give up, and hone my sensitivity to and connection with the energy. What I came to realize through this gentle, loving tutelage, and my own dedicated, consistent practice was that this was a *skill* that we could learn, hone, and develop. It is akin to learning a new sport that requires muscles you haven’t used before. Learning to isolate, strengthen, and use the muscles with increasing skill and precision takes time and attention.

So, how does one find, develop, and strengthen their intuitive muscles? How do we know if we are “making it up” or receiving guidance? There are many answers to this, but I suggest starting by pretending. While I realize this may seem counterintuitive, it is one of the easiest ways to remove this fear. One of the biggest perceived obstacles is the idea that if it is our imagination, it isn’t real. Let’s look a little deeper into this assumption. Is this true?

The imagination is the bridge between our thinking, logical selves, and our higher selves, or divine consciousness. Using our imagination helps to loosen the constraints of our logical minds and opens us to a broader field of information and possibility. What better aspect of ourselves to employ than the imagination? When we can relax and say,

“Well, if it’s my imagination, I welcome it,” we effectively remove a significant barrier to receiving. Rather than judging and doubting the inclinations we receive, we can move straight into listening to them.

There are many articles and books about the “claires,” the different ways one can perceive information through higher senses. I’ll touch upon it here only to note that the information may reach you in diverse ways. You may hear a voice—your own, or it may sound like someone else’s, guiding you. Some feel physically moved by the energy, as if invisible hands were guiding them or as a magnetic pull to a specific area. Others may “know” where to go without logically understanding why. There may be a thought of an area in the body or energy field. An image of a part of the body needing Reiki may pass into your mind. You may experience other physical sensations like a thickness in the air above the body, a prickling feeling as you move over the area, or other sensations. The key is to tune in to how *you* perceive the information and follow it. While there are often many overlaps and similarities, ultimately, everyone has their own individual ways of perceiving. Discovering what those are for *you* is the key.

“But what if I listen to it and then I go to the wrong place?” you may ask. I recommend creating a Reiki “safety net” to allay this concern. At the beginning of your session, activate the Distant symbol, even if it’s in person. Ask the Reiki energy to flow wherever the highest good and greatest well-being of the client is, regardless of where your hands are. This step provides the comforting knowledge to help you take the leap and follow the nudges. Knowing there is no “wrong” location, you can follow your guidance without fear. From that moment on, you can enjoy playing with the energy and seeing where it leads.

Another way to move past our barriers to receiving guidance is by quieting the mind and merging with the Reiki energy. Spending time filling your energy field with Reiki before a session will help to quiet the mind and bring you into a state of resonance and coherence with the client’s needs. Simply set your intention to merge with the Reiki energy to allow it to fully inhabit your body, mind, and spirit so that you are one with the energy moving through you. You do not accomplish this through effort, but quite the opposite. It is an act of deep surrender. It is a step taken in faith that the divine light of Reiki is supporting you and then simply allowing it to move you. You can say a prayer or invocation,

inviting the Light of Reiki to fill and guide you. It may take a while to develop your sensitivity so that you truly *feel* or perceive this happening. In the meantime, use your imagination. Like a child playing pretend, simply *imagine* that you embody the full energy and power of Reiki. Imagine you are radiating this divine light and being guided to where you are meant to be and what you are meant to do. This exercise is wonderful to use throughout your day, not just in a Reiki session. You will strengthen your connection to Reiki energy and your perceptive abilities every time you do it.

Now for the most important part. Follow your guidance. Initially, it will probably not *feel* like guidance, simply the slightest inkling to “go over there.” For many, it feels like a very subtle impulse. Since there is no wrong placement, just follow it and be gently aware of what happens. Ideally, you could practice with a friend or someone who will give you feedback. The magic happens when you follow that impulse and get validation. You may tell the client, “I felt drawn to your right knee,” and they reply, “Oh my goodness, I forgot to mention I injured it last week!”

You may follow your intuition to move to a location and feel Reiki flowing more strongly over that area. This sensation is another form of validation—areas in particular need of Reiki will draw the energy through you even more, soaking in the healing and intensifying the feeling in your hands. Every time you follow the impulse, you strengthen that “muscle” of intuition. The more times you follow it and receive validation as a reward, the more it

builds confidence. Incredible things begin to happen. The more you listen to the guidance you are receiving, the more guidance you receive. The more you listen to that guidance, the stronger the perception of the guidance becomes, and it gets easier and easier to recognize it as such. Every time you follow through and receive confirmation, celebrate it! This acknowledgment creates a feedback loop that reinforces itself, and this becomes a fun and exciting practice. I am proof positive that it works, and many of my students have experienced it, too.

The divine guidance of Reiki now guides every aspect of my life, not just my sessions. With every trust fall, I am immersed more fully in the great magic and mystery of life. I feel more profoundly the wealth of divine support that is ever present for all of us and access it more freely. I assure you it is more than worth it to devote yourself to this practice. You will benefit greatly, and so will your clients. ■



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