

Chapter 8

Intuition

*“I never came upon any of my discoveries
through the process of rational thinking.”*

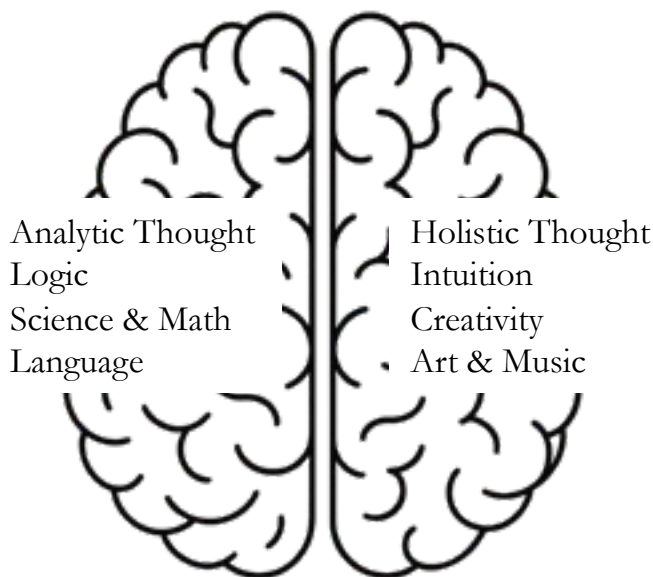
Albert Einstein

Reiki enables the development of intuition and is actively used in its practice. Dedicating time to understanding it is essential. Otherwise, it would create a significant gap in comprehending how reiki can aid you in becoming a better leader. It is one of the tools that will help you thrive.

The Oxford Dictionary defines intuition as “the ability to know or understand something instinctively, without the need for conscious reasoning.” It is one of the most underestimated yet essential qualities. While many associate leadership with decisiveness and direction, the most impactful leaders also know how to listen deeply to others and themselves. Intuition is the quiet inner compass that helps a leader navigate ambiguity, read between the lines, and sense what is needed.

Another way to understand intuition is through the lens of brain hemisphere function. While the left side of the brain is known for logic, language, and analytical thinking, the right hemisphere is more connected to emotion, spatial awareness, and holistic processing. It picks up patterns and subtle cues that don’t always register consciously. In this sense, intuition isn’t vague or mystical—it is the brain’s way of integrating complex, often nonverbal information, especially through the right hemisphere.

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Intuitive leaders lead not only with their logical minds but with their intuition. They notice what is not said. They feel the energy of a situation. They recognise the emotional undercurrents in a room, the hesitation in a voice, or the subtle timing that signals when to act—or wait. This form of knowing doesn't replace logic or analysis—it complements it. When cultivated, intuition gives leadership depth, agility, and authenticity.

We are all born with the capacity to be intuitive and lean on that capacity to varying degrees. Due to your character or your upbringing, you may be very much in contact with the messages or sensations that come. Or you may be very data-based, analytical and logical, and you have persistently ignored that capacity, which has by now faded. Yet intuition and facts are not necessarily incompatible; they can be complementary and key to success.

Whether you are an advanced intuitive or resuming your journey, reiki and meditation will allow your practice to flourish even further. Through meditation, you give your mind the space and time

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to understand yourself and your environment from a broader and calmer perspective. When you manage your energy, you can maintain that calmness to perceive what is truly happening. Reiki introduces a layer of connectedness to more subtle signals, providing an extra tool to understand and utilise.

Developing intuition takes practice; it cannot be forced. There are three things you basically must work on to develop it:

- Recognising
- Interpreting
- Trusting

Recognising

It is a common question asked by leaders. How do I know if it is an intuition? You may sense that something is off or a 'gut feeling,' an image or phrase in your mind that you are not sure where it came from. Or when you instinctively know when something is good or not. In many new situations, you may have acted in a way not in your standard script, and the direction may have come from an intuitive source.

You are now better equipped to receive those messages. Allow them to come and either write them down or make a mental note of them. You should write them down at the beginning to track them better. Even if they are strange or unrelated. By doing so, you can work on the other two elements. The more you listen to your intuition, the more information you will get. Be open, and don't judge; you are on a learning and development journey. If you ignore it, it will stall.

Recognising is like going to the gym; the fitter you are, the better you can perform. Exercise it so it grows and you develop your capacity.

If you are not used to listening to your intuition, start working on telling yourself that you are now open to it. Take a step back, possibly meditate on individual issues you are facing, and accept the information you receive. Once you are used to it, it will come naturally.

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Interpreting

Intuitions are not received in linear, consistent or predefined ways. If you are new to sensations, messages, or signals, you may find yourself lost in what they mean and how to act upon them.

Since you will now be 'tracking' the information, you will also start to discern what it means. But how? This is when intuition and facts come together.

When the information comes, you may not know what it means, but you probably know what it refers to according to the context. Suppose you are already actively listening and accepting. In that case, you will be using all your knowledge and experience to be able to express it. This is why journaling is important; you can explain and express that instant moment of additional information and express it. Even if you do not have the whole meaning. As you start getting more of them and writing them down, you will see patterns and alignments grow in clarity. You will detect when and how you receive them depending on the situation.

Walking in the park near home some time ago, I felt something was off. It looked beautiful and calm with other people around; the sense had no logic. Initially, I ignored the sense, but it got more assertive and, to an extent, oppressive, so I cut the walk short. I told my family that they should also avoid going to the park. The next day, a tragedy happened in the park, which I can't easily forget as it was very close to home. I was able to protect my family and myself.

Most intuitions are subtle and will guide us in the right direction in apparently mundane things. If you track them and explain them in your own words, you will develop a way to interpret their meaning. This will allow you to check with facts and the context they are in, paving the way to trusting them.

Beware of mixing intuition with fear. If you are working on the principles, you will get to know yourself better and discern when you are acting on fear or if it is intuition. Acting on fear, or fear itself, is a desire to avoid a perceived threat or an unwanted situation. It is usually accompanied by negative thoughts, limiting beliefs and uncertainty.

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Even if it pulls you away from a problem, intuition is a feeling or light bulb moment indicating the direction. If you doubt between the two, it is because both are giving you negative information. The intuitive information will be the one that directs you to the hard decision, the one that you don't really want to make. While the information related to fear signals you to play it safe and take the known path.

With fear, you will be more logical, and if you struggle to manage your energy, it will be very noisy and repetitive, and it will feel urgent. With intuition, it will be more immediate, unable to explain logically (at least at the beginning), and you will have a sense of calmness, even if it is a tough decision. Decisions made on fear will leave a sense of guilt and/or uncertainty after the decision is made. If you are unsure, meditate on it before proceeding.

Recall or imagine an interview process when all seemed correct: the right company, project, role, and remuneration. Yet you were not jumping at the chance. Why? Look inside and figure out if you desire to play it safe and stay on known ground, giving yourself excuses or if there is really something in the opportunity that is off. Look at the facts. Are you looking for information to sustain your decision not to take the step, or are you looking for information to understand the opportunity? All these cues will give you the answer if you are not sure. Listen, and you will discern.

Trusting

Some intuitive decisions are easy and have no significant consequences, so you are comfortable following them, like choosing a restaurant for an evening out or a layout in a presentation. Others are more complex and convey more responsibility, stopping you from acting on them. For example, choosing one project vs. another, utilising considerable resources. This is why you must become more adept at recognising and interpreting; it is the groundwork before trusting.

When you keep track of the intuitions and evolve in their interpretation, you will notice how accurate the guidance is, whether you follow it or not. Validating future information.

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Start with the more minor things, and you will gain confidence, triggering a virtuous cycle that, in turn, will help you be better connected to receiving, interpreting, and acting on them in the future. It is no different from the development of other skills.

One day, after lunch in a restaurant at a shopping centre with another board member, I got lost returning to the car. I usually have a great sense of direction, so I wondered why I found myself in the middle of the Marks & Spencer supermarket for no apparent reason. I stopped, took a deep breath, and asked myself, ok, is there a reason why I am here? What is it? I took a deep breath and looked again... there it was; I had forgotten that I had committed to buying one of the articles that was right in front of me at that very moment. Tune in with yourself when unsure why, trust and align; it is usually very powerful. Even when it is a small and almost irrelevant situation.

Intuition will give you a broader set of information and opportunities. Once you have all the information, you are free to make the decision. You do not need to follow your intuition if you do not wish to, and you may prefer to play it safe. There is no right or wrong answer, but it should be a conscious choice.

Leadership and intuition

Authentic leadership is not just about strategy or action. While these are important, leadership is more about presence, discernment, and alignment. While the brain stores enormous amounts of experience-based data that you can draw upon, intuition is more of a non-linear pattern recognition. Intuition allows for clarity of response beyond logic and a reaction with authenticity and vision.

You may have all the facts, but your intuition will tell you what matters now. As you build that self-trust, bridging knowledge and wisdom, you will have the courage to pursue paths that may not be obvious. You will lead with a purpose and ensure it is effective and meaningful. This will empower you, and you will radiate a vibrant, positive and confident energy.

This book took shape after a series of what I thought were unfortunate events. Instead of despairing, I paused and thought: What

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is this trying to teach me, what am I missing? I realised that I needed to refocus. I needed to stop and think about the direction of travel. I needed to truly listen.