# Usui Reiki Ryoho

#### The Four Noble Truths



Reiki is the God's Energy or God's Presence that supports and sustains the material universe. Matter, energy, light and duality are the four components of the universe. The Four Attunements of Reiki Ryoho open us to the flow of Reiki in and through the universe and its four components.

The Four Attunements of Reiki Ryoho also open us to the flow of Reiki in and through the four corresponding layers of

our own Material Nature for healing and personal growth. The Four Attunements of Reiki Ryoho also open us to the Path of Reiki and the Four Noble Truths.

## The Four Degrees of Usui Reiki Ryoho

Reiki I - Shoden- The 1st Degree Attunement of Reiki Ryoho opens us to flow of Reiki in and through The Acting Body commonly known as the Physical Body which is composed of 7 systems and 5 senses.

(1st Degree Practitioner)(Hands on Healing) (1st Noble Truth - Innocence)

Reiki II - Okuden- The 2nd Degree Attunement of Reiki Ryoho opens us to flow of Reiki in and through The Thinking Body which is composed of the 7 Auras around the Body and 5 Pranas within the Body.

(2<sup>nd</sup> Degree Practitioner)(Distant Healing) (2nd Noble Truth - Purity)

Reiki III - Shinpiden- The 3rd Degree Attunement of Reiki Ryoho opens us to flow of Reiki in and through The Feeling Body which is composed of the Chakra System from the crown down. The Chakra system from the crown down is composed of 7 chakras on the back body and 5 chakras on the front body. (Master Practitioner)(Emotional Healing) (3rd Noble Truth - Love)

Reiki IV - Shihan- The 4th Degree Attunement of Reiki Ryoho opens us to flow of Reiki in and through The Karmic Body which is composed of the Meridian System. The Meridian system is made up of The Governing Vessel on the spine, the Conceptual Vessel on the front and the 12 pairs of organ meridians.

(Master Teacher)(Passing Attunements to others)(Karmic Healing) (4th Noble Truth - Wisdom)

### The Three Degree System

In the three degree system of Reiki Ryoho the Third Degree and Fourth Degree Attunements are combined into one 3<sup>rd</sup> Degree Master Attunement. People attuned in this way tend to practice at the Master Level to gain experience before they begin to teach Reiki classes and pass attunements on to others.

When a person is attuned in the three degree system, Reiki Healing Energy will naturally adjust to the four levels of their subtle anatomy, listed above, to bring a deeper harmony and healing to the Master Practitioner/Teacher. The Four Degree System and the Three Degree System attune the receiver to all four levels of Reiki Ryoho.

# **Questions and Answers**

#### Questions:

- 1. What is Reiki Energy?
- 2. What are the four components of the universe?
- 3. What are the names of the four degrees of Usui Reiki Ryoho
- 4. What are the four bodies and their anatomical function?
- 5. What is the difference between the Four Degree System and the Three Degree System of Reiki Ryoho?
- 6.Do both systems attune the receiver in four distinct levels of Reiki energy?

#### Answers:

- 1. Reiki is the God's Presence that supports the material universe.
- 2. The four components of the material universe are matter, energy, light and duality.
- 3. The four degrees of Usui Reiki Ryoho are  $1^{st}$  Degree-Shoden,  $2^{nd}$  Degree-Okuden,  $3^{rd}$  Degree-Shinpiden and  $4^{th}$  Degree-Shihan.
- 4. The four bodies are the (Acting Body- physical body), (the Thinking Body- auras and pranas), (The Feeling Body- chakras) and (the Karmic Body- meridian system).
- 5. In the Three Degree System the third and fourth degree attunements are combined in one attunement.
- 6. The Four Degree System and the Three Degree Systems attune the receiver to all four levels of Reiki Ryoho.