



Integrated Therapeutic Alignment (ITA) Energy Medicine

Melaney Ryan Institute of Applied Consciousness

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“Our vision is to unite humanity by sharing truth on our infinite potential for conscious co-creation in life.”

- Melaney Ryan is the founder of MRIAC, ITA Energy Medicine and Mahat Meditation. She is a 4th generation energy worker with 33 years of clinical experience as an energy therapist.



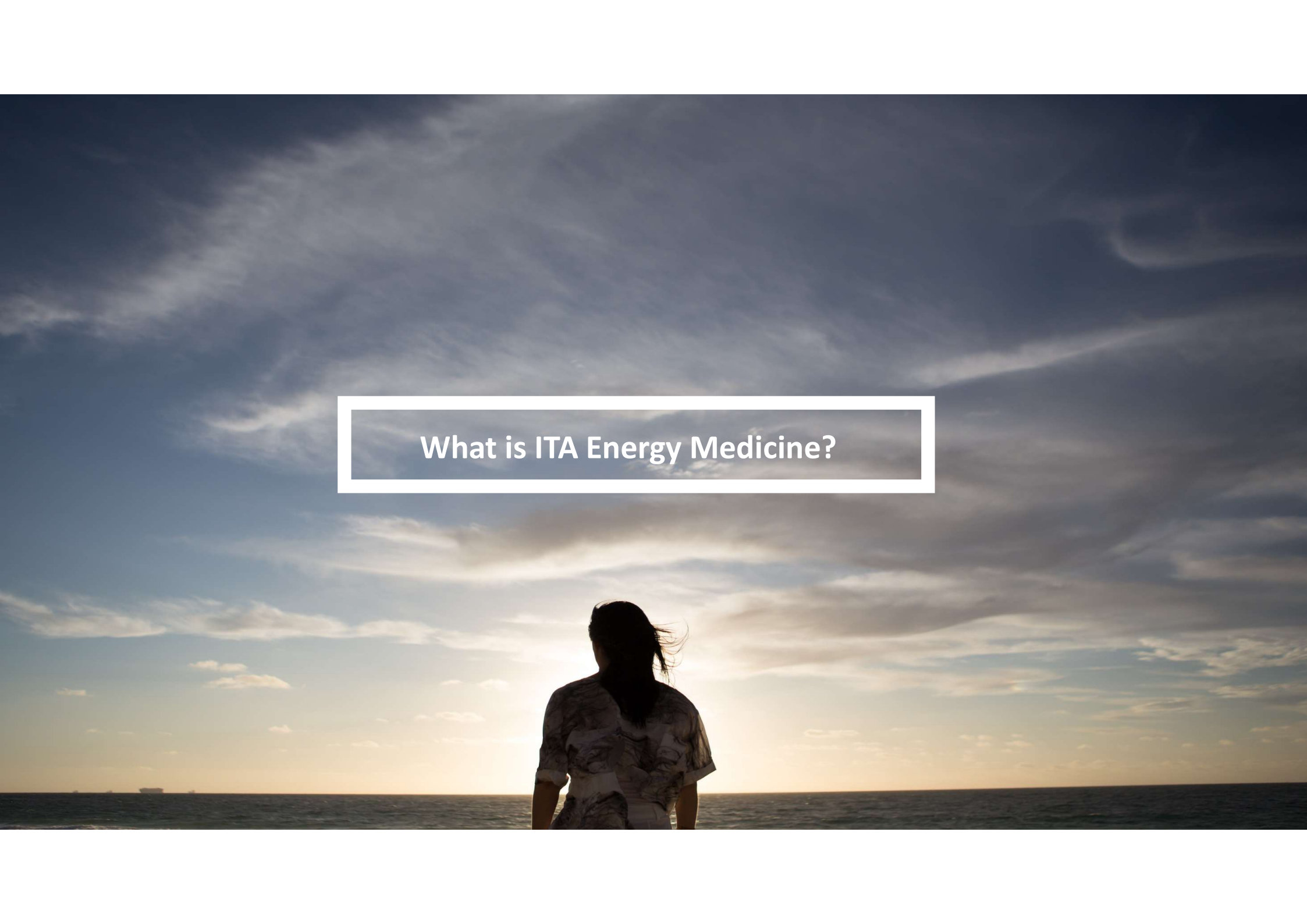
Virtues (MRIAC)

Within all of our exchanges we need to carry the following virtues:



- Unconditional love
- Generosity with discernment
- Faith and trust within life and self
- A brave heart and the courage to take action when required
- In every moment we need to stand in truth which will ultimately align us with Supreme Truth.



A person is silhouetted against a sunset over the ocean. The person is standing with their back to the camera, looking out at the sea. The sky is filled with dramatic, dark clouds, and the sun is low on the horizon, creating a bright glow. The overall mood is contemplative and serene.

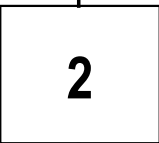
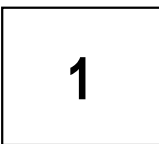
What is ITA Energy Medicine?

Basic Concepts of ITA

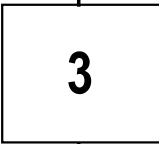
- 1 The human systems are always seeking balance. This balance can either be constructive (life affirming) or destructive.
- 2 ITA works with individuals to restore the systems to a constructive balance.
- 3 An ITA treatment is always based around specific ITA sequences.

ITA takes a systematic approach to treatment

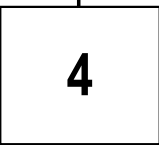
ITA treatments can be applied for physical imbalance, psychological imbalance and for self development.



To support the continued integration of the sequence, specific homecare exercises are prescribed on a case-by-case basis.



Individual beliefs, thoughts, attitudes and emotional patterns are all significant in identifying and addressing the root cause of any imbalance.



The successful outcomes seen in ITA energy medicine come from knowing where these aspects are stored and which pathways are distributing the memory associated with the root cause.

ITA Treatment



Benefits of ITA

- 1 Illness moves through the physical body at a faster rate.
- 2 Increased physical and psychological resilience.
- 3 Ability to monitor and redirect the thoughts and emotions more efficiently.
- 4 Increased detachment and presence.
- 4 Heightened intuition, awareness and depth of inner knowing.
- 5 Activation of the heart brain and three heart intelligences.
- 6 Deepening of unconditional love for the self, others and the Earth.

- Testimonials

“Melaney’s approach is targeted and highly effective. The disorders and diseases are being treated with amazing results, utilising ITA, in conjunction with other conventional disease treatment.”

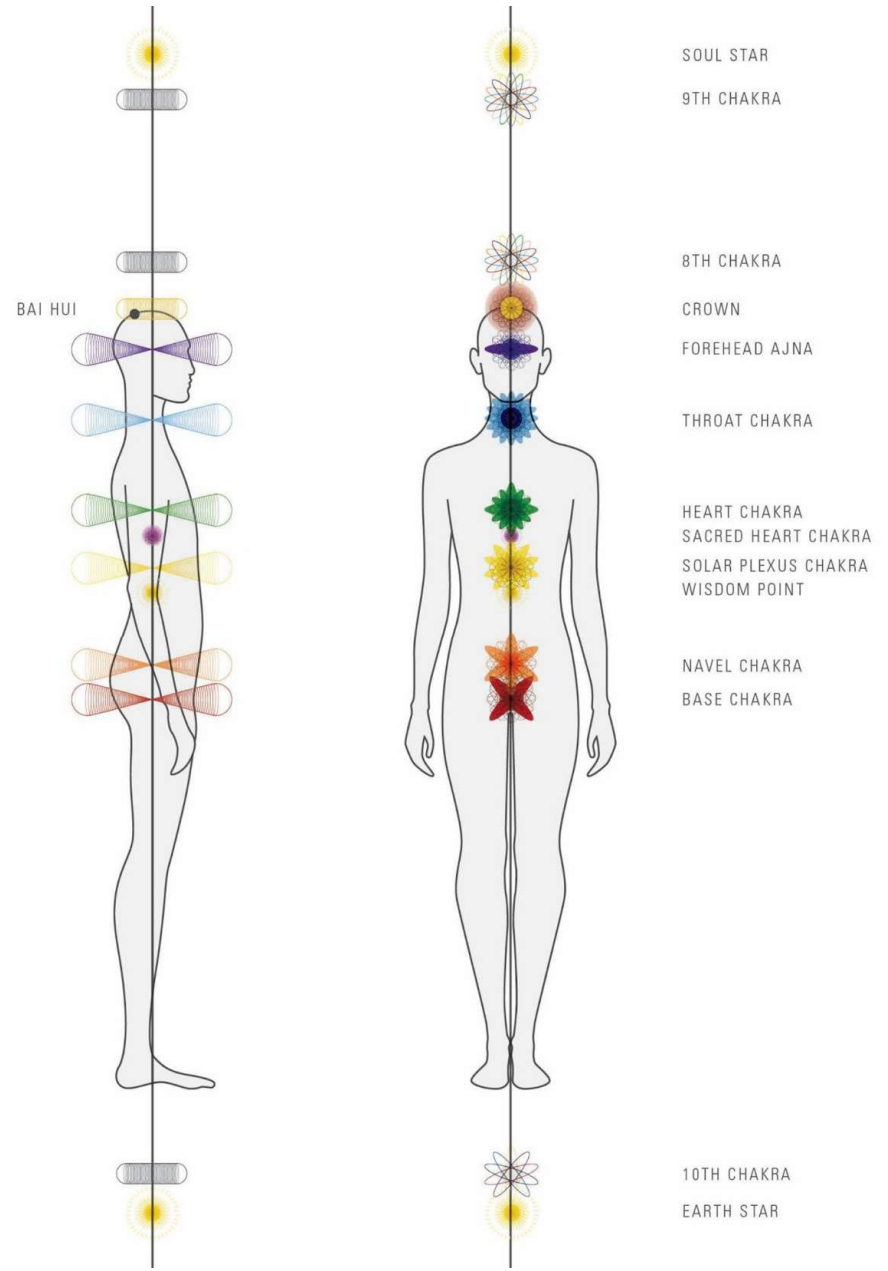
- Testimonials

“I was lost, tired, stressed, quite depressed and it culminated in a psychotic episode. I was medically described as mentally unstable following the breakdown of my eleven year relationship. I approached Melaney for help and the unconditional support that I have received and the gratitude I feel can't be expressed in words. The practical tools, exercises, workbooks and meditations have enhanced and accelerated my healing and spiritual understanding. I live each day with more clarity, a sense of freedom and great joy.”

- Testimonials

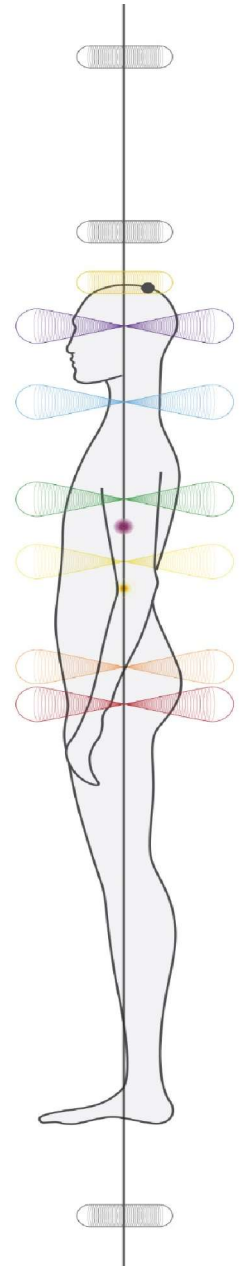
“Since using the tools provided in the teachings and treatments, my life has become very easy. I don’t struggle with things emotionally like I would have in the past and my intuition has improved dramatically. I am able to manifest and co-create things in my life with relative ease and I have a deep sense of simply ‘knowing’ more than I ever have before. Everything moves as it should now that I have learnt to trust the process and follow my own ‘gut feelings’ and intuition. I will continue to speak of Melaney and her work with the highest of praise, she truly is one of a kind.”

**Basic ITA
Energetic Anatomy**



What is a Chakra?

- 1 A chakra is a cone shaped vortex of energy that draws in and expels chi. In other schools of training chi is known as life force or prana.
- 2 In ITA understanding, Chi is referred to as information energy. This is because it can be programmed and directed through intent to carry specific instructions to any area of the systems.



Chakras

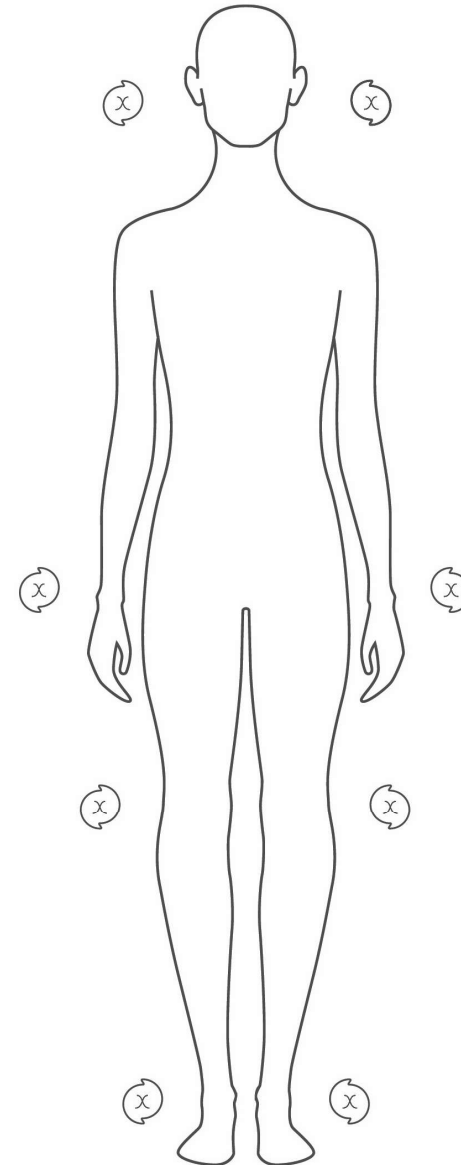
- Chakras are the organs of the energy body and are in constant mediation between the physical body and the systems and structures fuelling the physical body.
- They are perpetually drawing in, converting and expelling energy between the various dimensions of self.
- Energy is distributed from the chakras through the physical body by the meridian pathways.
- When the chakras and meridians are balanced, the energy body as a whole will be more balanced.
- This leads to the energy systems becoming stronger, the physical body reflecting balanced health and the individual carrying an inner strength.

Meridians

- Meridians are energy channels that form the complex circulatory system of the energy body.
- Meridians distribute chi from the chakras to the physical body and back again.
- In ITA we work with 12 meridians that are mirrored on each side of the body, making 12 meridian pairs.
- We also work with the conception vessel (CV) and the governing vessel (GV). These vessels are not technically meridians - they are part of a series of channels known in Chinese medicine as the eight extraordinary vessels and correspond with the central axis of the body.
- By working with a meridian pathway, you can assist the physiological aspects situated along the pathway as well as the related psychological, cognitive and emotional aspects.

What is fuelling the movement of chi within our chakras?

- Vortices and 8 extraordinary vessels
- These are fuelled by divine energy



Understanding the Mind

The mind interplays with both the energetic and the physical systems.

The cognitive brain has three minds

1 Subconscious (Long term memory)

2 Unconscious (Intuitive mind)

3 Conscious mind (Present moment)



Subconscious Mind (Long term memory)

- The subconscious mind** draws information from the long-term memory, generating thoughts based on pre-existing beliefs and conditioning patterns, mostly related to this lifetime as well as drawing on strong cellular imprints from our lineage.
- The subconscious mind tends to pull you toward whatever makes you feel safe. If it becomes your friend in the negative, you will come to believe that the memory of the negative is keeping you safe.
- The virtue that emerges through integration of the subconscious mind is unconditional love.

'When we are presented with a new opportunity that closely resembles a painful past memory and can choose to explore it anyway, we have a level of integration of the subconscious mind.'

~ Unifying the Minds by Melaney Ryan

Unconscious Mind (Intuitive Mind)

- The unconscious mind** links to the higher soul self, the intuitive part of the psyche. In most individuals the unconscious mind is the silent observer and place of intuitive knowing. Before the unconscious mind is integrated, it is often most active in the dream/sleep state.
- Integrating this aspect of self into the human experience so it can become as active as the conscious and sub-conscious minds is one of the main goals of the ITA Tier 1 work.
- The virtues that emerge through integration of the unconscious mind are trust and faith.

'When we can see our path clearly even if everything around us is unfamiliar then we have a level of integration of the unconscious mind.'

~ Unifying the Minds by Melaney Ryan

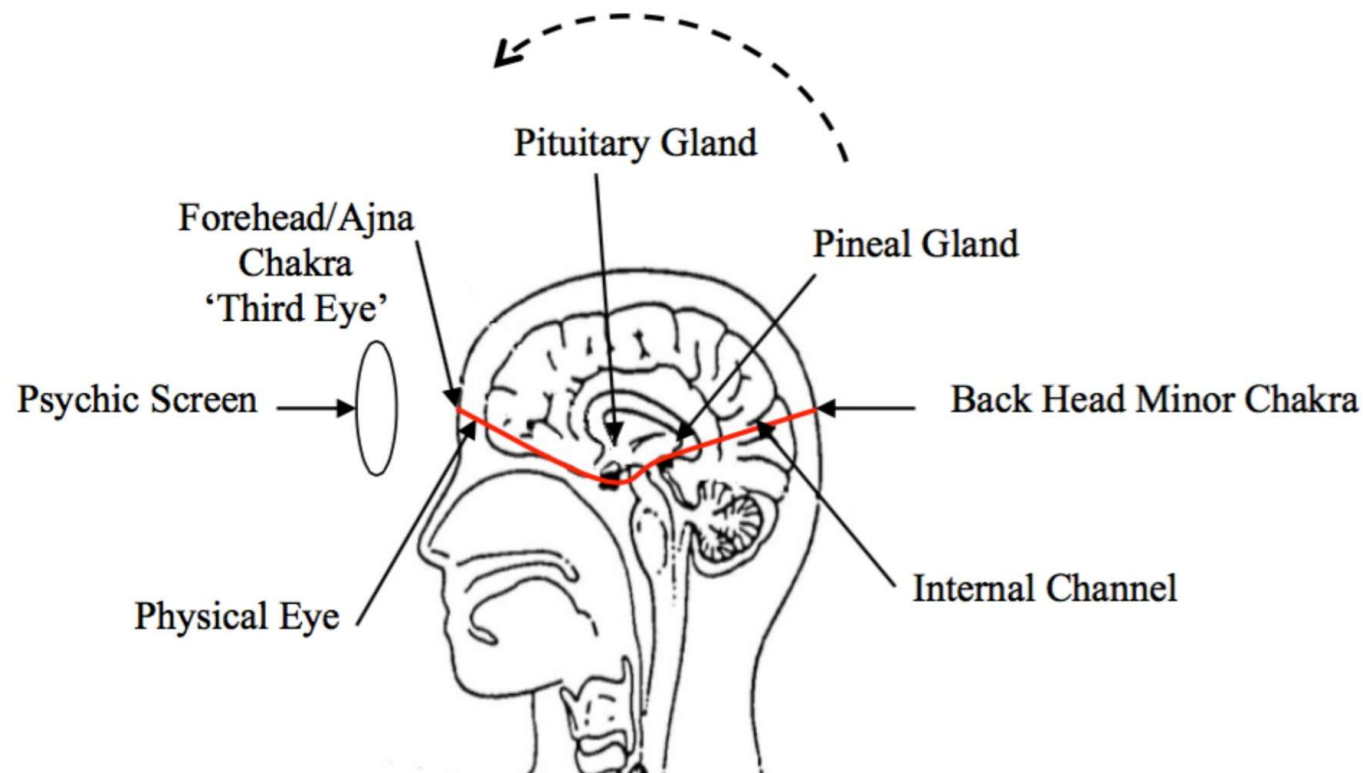
The Three Heart Intelligences

- All three minds of the cognitive brain need to be working in harmony to begin the awakening process of the heart brain and three heart intelligences.
- The three intelligences of the heart brain are the Will, Love and Wisdom. These aspects begin to emerge when we have fully integrated the unconscious mind.

Aristotle

“Knowing yourself is the beginning of all wisdom.”

Internal Channel Technique – Building Intuition



Monitoring of the thoughts and emotions

- Developing conscious awareness through the ITA understanding of energy provides us with a foundation of self awareness.
- From this space we can learn to monitor our thoughts and emotions through active mindfulness.
- This helps us to have a level of control of our life experience.

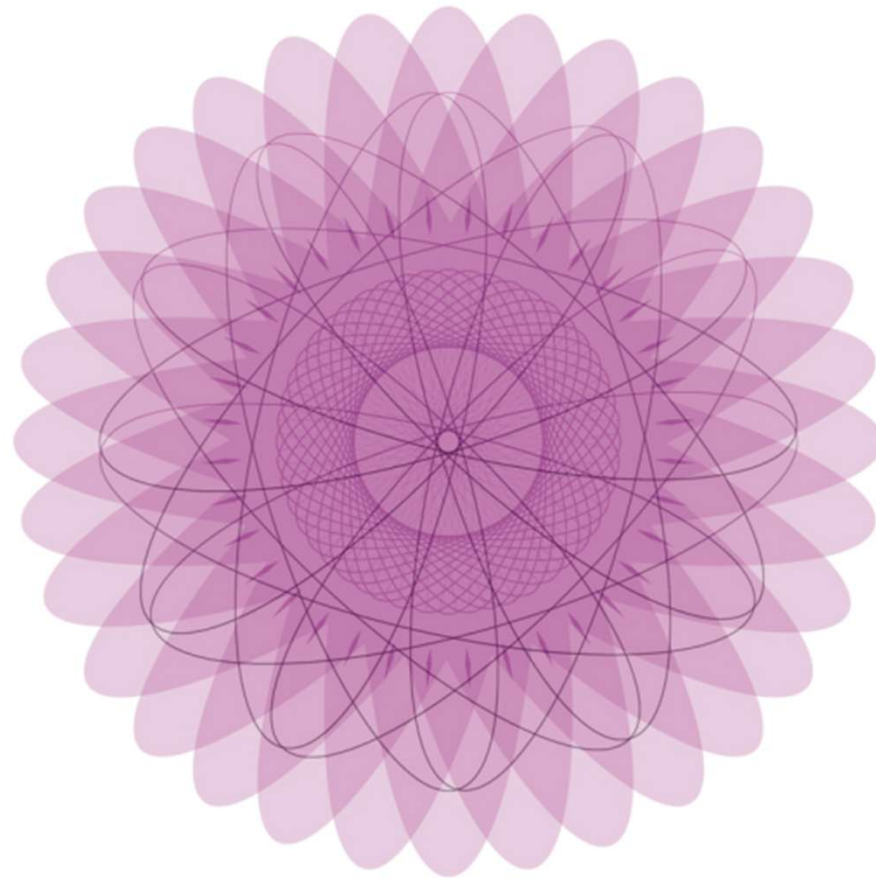
Working with Thoughts and Emotions

- When you experience a persistent destructive thought or emotion, simply; catch it - greet it and state the following,
 “This thought/emotion is not serving me, I no longer need this thought/emotion.”

- Consciously move the thought or emotion to the side and replace it with an empowering/constructive thought or emotion. If you have a thought that creates a strong masking emotion like anger, try not to suppress it, simply state;
 “Interesting, I am feeling angry.”

- Observe the feeling of anger within you and ask the true feeling to surface from behind the anger - this may be loneliness or abandonment. When the true feeling surfaces (not just the masking feeling) you can nurture yourself by affirming;
 “It’s OK that I feel alone or let down, I am moving forward in strength and empowerment. ”

Sacred Heart Yantra



The Sacred Heart Technique

Sacred Heart Technique

- When destructive thoughts, emotions, or feelings become a distraction, you can utilise the 'Sacred Heart Technique.'

How to locate the Sacred Heart

- Although the exact location of the Sacred Heart is different for everyone, it is typically located slightly lower and inwardly than the physical heart.

When working with the Sacred Heart

- Be still, and feel the energy surrounding the Sacred Heart
- Locate the light within the Sacred Heart
- Allow the light to radiate and expand (just be present in what you feel - expansion can be an inward or outward sensation)

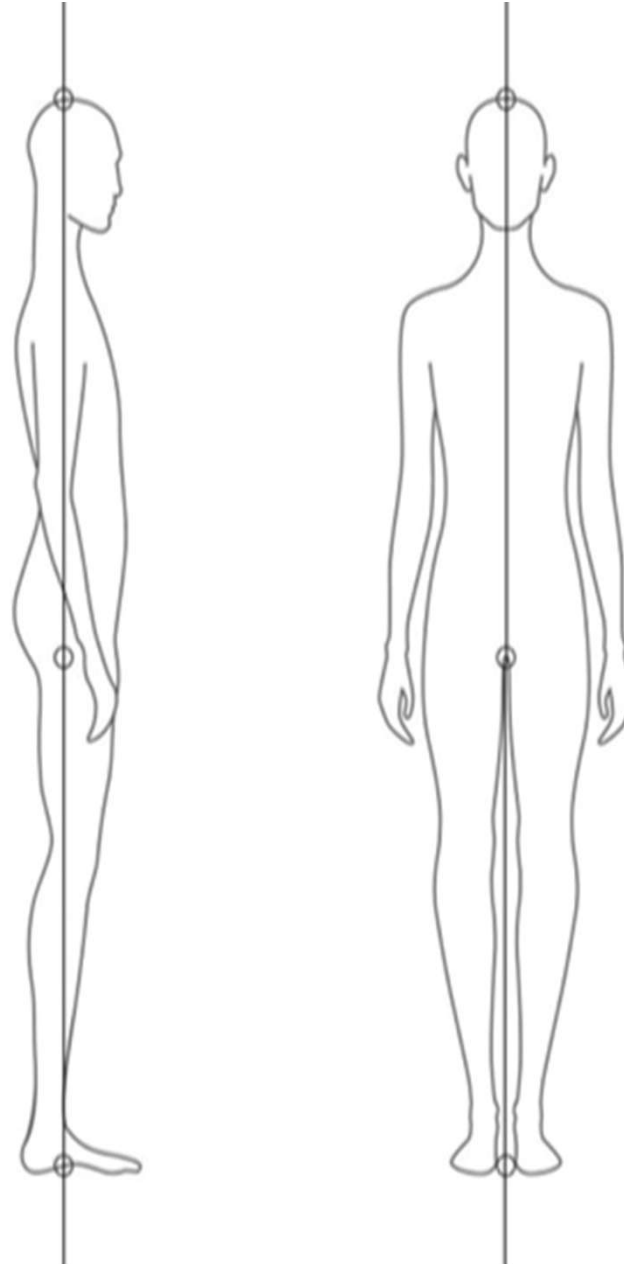
How to convert destructive aspects or aspects of the shadow-self in relation to thoughts, emotions or feelings that present

- Acknowledge what has presented in a thought, emotion or feeling
- Bring the energy to the Sacred Heart with intent
- Feel the Sacred Heart
- Ask yourself 'what do you feel within the Sacred Heart?'
- Stay with this feeling in the Sacred Heart

Benefits:

- By utilising this technique you are placing the intent on the Sacred Heart. The physical mind has no choice but to let go of the negative or lower thoughts, emotions or feelings as the heart mind moulds within the Sacred Heart presence. This creates a moulding in the Sacred Heart region.
- This simple technique allows you to connect with the resonance of pure love and can be practiced anywhere and at any time.

Alignment Position



Grounding and Anchoring Technique

- Feel your inner channel (central axis)

Affirm: My inner channel is balanced and aligned

- Place intent through the inner channel to the 10th chakra (below the feet)

Affirm: I am aligned and anchored to the Earth

- Bring your intent up through the inner channel to the 9th chakra (above the head)

Affirm: I am aligned with my true authentic self

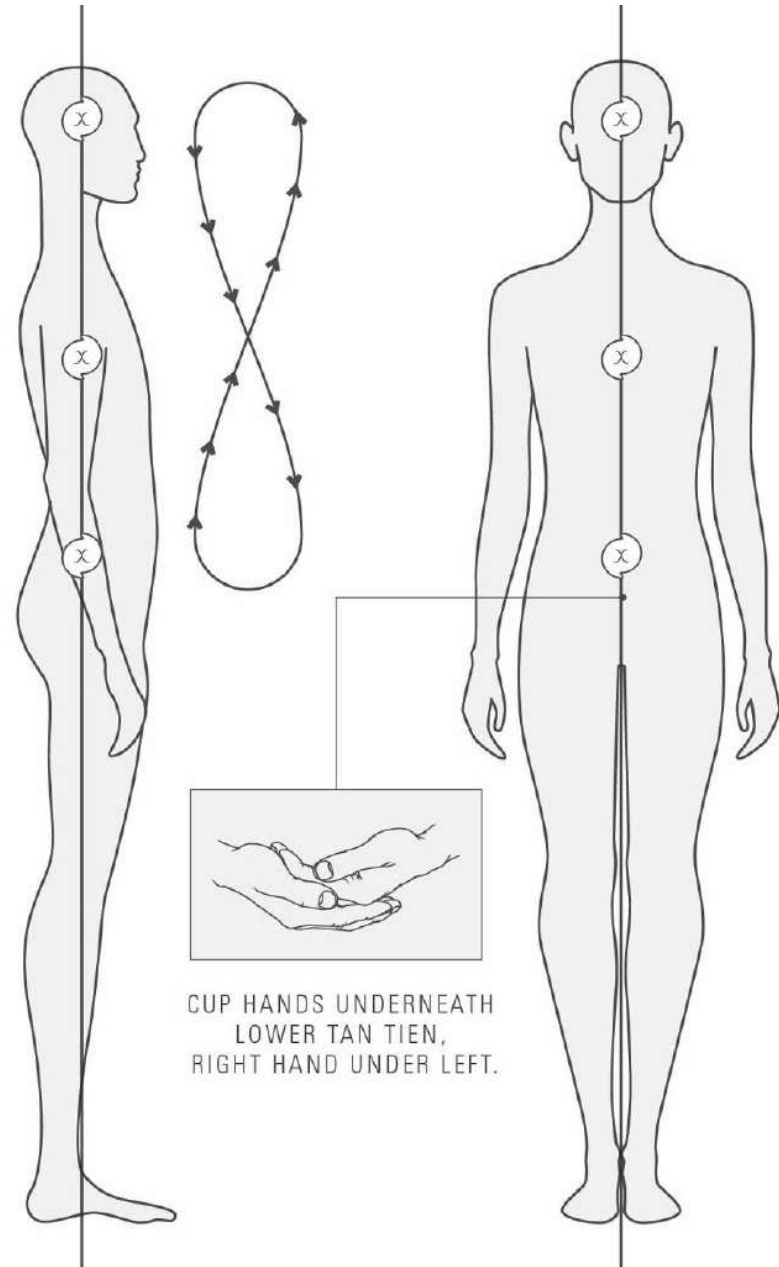
- Hold the awareness of these three structures for a few moments. Feel, see, sense and know the inner channel, 10th chakra and 9th chakra

Affirm: I am one with all

Tan Tiens – Our Power Centres

- A Tan Tien is a power centre located at three points along the inner channel of the body.
- Tan Tiens fuel our personal power and inner strength
- At the lower tan tien it is possible to collect and build chi. It then rises up in a cyclic movement to flow through the middle and upper tan tiens and back down again.
- The three tan tiens are:
 - **Lower tan tien** is below the navel – it's an energy centre
 - **Middle tan tien** is at the heart – it's an emotional and mind centre
 - **Upper tan tien** is at the head – it's a mental and mind centre

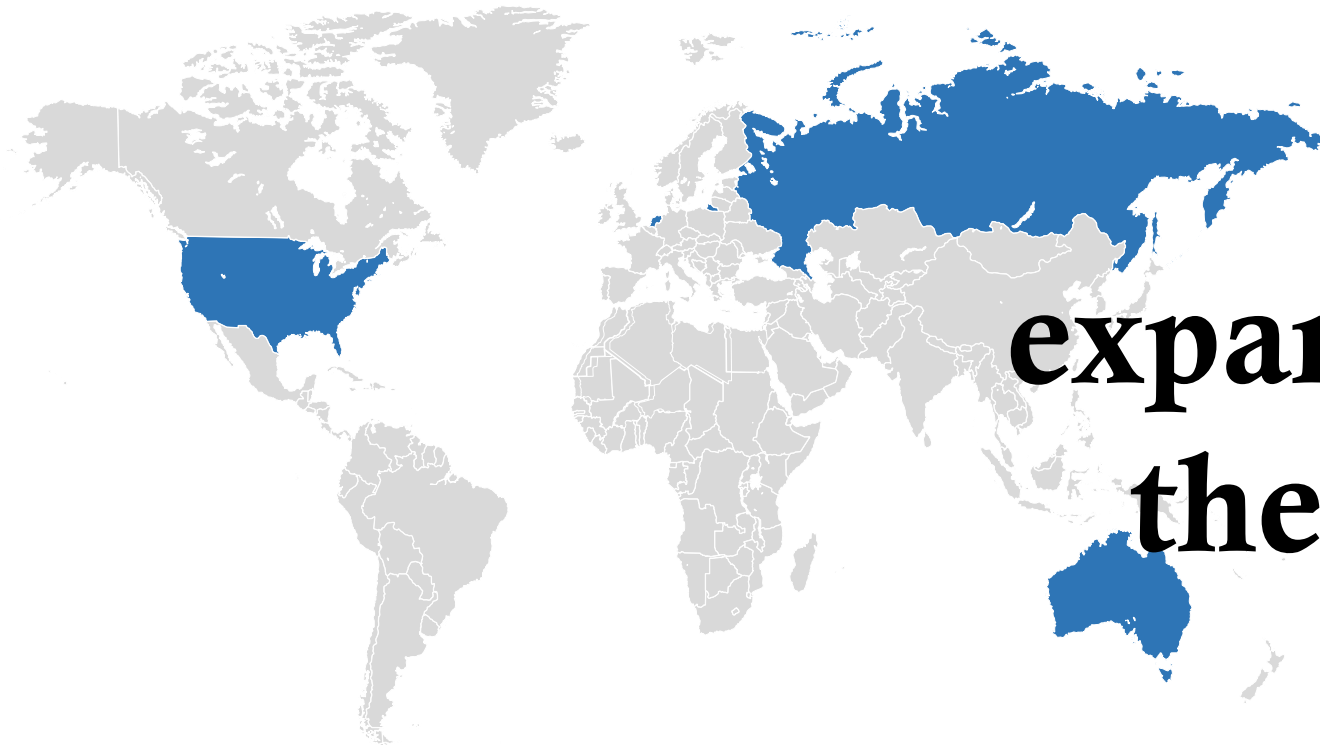
Tan Tien Figure 8 Technique



Energy Medicine has an essential role to play within our world



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**ITA is
expanding in
these areas**

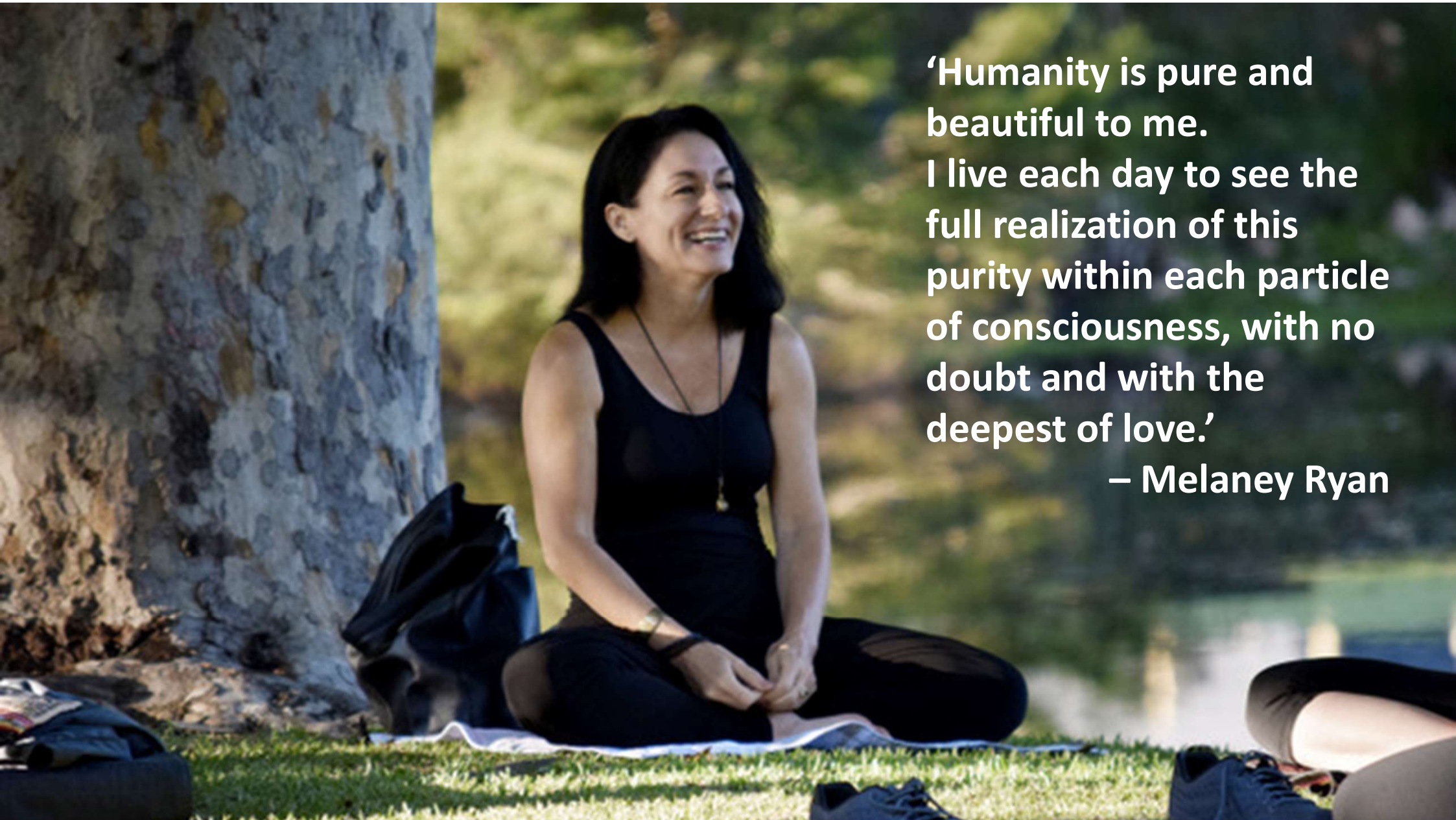
Mahat Meditation

MRIAC also shares a unique form of meditation.

- Mahat Meditation, founded by Melaney Ryan, is an active meditation practice that builds inner force and accelerates our personal evolution.

- Rather than simply emptying the mind or visualising tranquil imagery, Chi is utilised to activate the chakras, vortices and specific energy points in a detailed sequence while integrating colour and sound.

- This approach assists meditators in aligning and balancing themselves whilst aligning to the path of self realisation. Mahat Meditation allows each individual to give back to the earth through the activation of the earth and universal connection points within our energy systems.



‘Humanity is pure and beautiful to me. I live each day to see the full realization of this purity within each particle of consciousness, with no doubt and with the deepest of love.’

– Melaney Ryan