



What Makes ITA Energy Medicine Different?

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Contents

Why ITA is Different	3
Key Points About ITA.....	3
How the Energy Body, Mind and Physical Body Work Together	4
A Systematic Approach.....	4
The Role of the Practitioner	4
Why Work with the Energy System?	5
Understanding the Energetic Anatomy	5
Memory, Core Beliefs and the Energetic System.....	6
Example: Anxiety	6
The Broader Vision of ITA.....	7

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Why ITA is Different

Integrated Therapeutic Alignment (ITA) is a structured system of energy medicine that works with the relationship between the energetic body, the mind, and the physical body.

ITA is based on the understanding that we have both an energetic body and a physical body, and that the mind acts as the bridge connecting these two systems.

When imbalances occur within the energetic system, they can influence the mind through thoughts, emotions and beliefs, and eventually be reflected in the physical body.

Within the ITA system, many links between the energetic anatomy and the mind have been mapped, including how thoughts, emotions and beliefs interact with the physical body.

ITA Energy Medicine was established by **Melaney Ryan**, founder of the **Melaney Ryan Institute of Applied Consciousness (MRIAC)**. She is a fourth-generation energy worker with more than 40 years of clinical experience.

Key Points About ITA

- **A structured methodology**
ITA practitioners follow step-by-step sequences rather than relying solely on intuitive ability.
- **Anyone can learn the system**
Practitioners do not need to be naturally “gifted” or intuitive to practise ITA.
- **The practitioner acts as a facilitator**
Practitioners activate specific points within the energetic system to support the body’s natural self-healing mechanisms.
- **Focus on the energetic system**
ITA works primarily with the energetic structures that influence both the mind and the physical body.
- **Understanding the role of memory and beliefs**
Within the ITA model, emotional experiences and core beliefs are understood to be stored within the energetic system and can influence both mental and physical wellbeing.
- **Replicable techniques**
Because the system follows structured sequences, the work can produce consistent outcomes and has the potential to be explored through research.

How the Energy Body, Mind and Physical Body Work Together

ITA understands health and wellbeing as the result of the relationship between three interconnected aspects of the human system.

- **Energetic Body**
Within the ITA framework, the energetic body fuels and supports the physical body. It contains structured energetic systems that influence how energy flows throughout the body.
- **Mind**
The mind acts as the bridge between the energetic body and the physical body. It includes thoughts, emotions, beliefs and conditioning patterns that shape how we experience life.
- **Physical Body**
The physical body reflects what is occurring within the system. When deeper energetic imbalances are present, they can eventually appear as physical symptoms.

ITA primarily works with the energetic system in order to support balance across all three aspects of the human system.

A Systematic Approach

A defining feature of ITA is that it follows a structured and systematic methodology.

During an ITA alignment, practitioners follow step-by-step sequences rather than relying solely on intuitive ability. This allows the work to be applied in a consistent and replicable way.

Because of this structured approach:

- ITA can be learned by anyone
- A person does not need to be “gifted” or naturally intuitive
- Practitioners follow clear sequences and processes


Each ITA sequence is designed to produce consistent outcomes, meaning the system can be further explored through research.

During treatment, practitioners progress through sequences based on the individual needs of the client at that particular time.

The Role of the Practitioner

ITA practitioners do not consider themselves energy healers. Instead, they act as facilitators who activate specific points within the energetic system.

These activations help create the conditions that allow the body’s natural self-healing mechanisms to engage.



Clients are also supported with tools and understanding that encourage:

- Greater self-awareness
- Personal empowerment
- Active participation in their wellbeing

Why Work with the Energy System?

Within the ITA framework, the energetic body is understood to fuel and support the physical body. For this reason, working directly with the energetic system can help address deeper patterns that contribute to physical symptoms.

When energy flows in a balanced way throughout the multi-layered human system, the body's natural self-regulating functions tend to operate more effectively.

In ITA:

- Chi is understood as information energy.
- This information energy can carry targeted messages throughout the body.
- Divine energy can be activated to fuel the energetic system in a systematic way.

Understanding the Energetic Anatomy

To understand how ITA works, it is helpful to understand the structure of the energetic system.

Within the ITA model, the energetic anatomy is considered highly organised and complex, much like the physical body.

It consists of multiple interconnected components that work together to support the overall functioning of the human system.

These energetic systems are closely linked with:

- Feelings
- Emotions
- Beliefs
- Thoughts

Over a lifetime, the energy body is understood to collect and store emotional experiences and memories. When these experiences remain unresolved or become imbalanced, they can disrupt the energetic system and often reflect as physical symptoms.

Memory, Core Beliefs and the Energetic System

Within the ITA model, the brain helps to distribute and coordinate memory, but it is not understood to store the complete record of memory.

Instead, deeper memory patterns are considered to be stored within the energetic system. These patterns are shaped by our:

- Beliefs
- Emotional experiences
- Conditioning patterns

Over time, these experiences form core beliefs that influence how we perceive and respond to life.

Within the ITA framework:

- Core beliefs and memory patterns are understood to be held within the back chakras.
- These patterns are then projected through the front chakras, influencing how we experience the world.

When working with a physical symptom, emotional imbalance, or thought pattern that is no longer serving an individual, ITA practitioners track the energetic system to identify:

- Where the memory pattern is held.
- Where the underlying belief may be located within the energetic structures.

By addressing these deeper energetic patterns, the mind and body can begin to respond in new and more balanced ways.

Example: Anxiety

Many people who experience anxiety notice that even when they try to change their thoughts, the anxious feeling can still remain.

Within the ITA framework, thoughts are only one aspect of the system.


In ITA it is understood that:

- Emotions are stored within energetic structures that correspond to the organs and spinal column.
- These emotional patterns influence the thoughts that arise in the mind.

Within the body's electromagnetic field:

- Thoughts relate to the electrical aspect of the field.
- Emotions relate to the magnetic aspect of the field.

These two forces work together to shape how we experience situations.



If anxiety is addressed only at the level of thought, the emotional patterns that influence those thoughts can remain unchanged.

ITA therefore works with the energetic structures that hold the emotional patterns behind the thoughts. By supporting balance within these deeper energetic structures, shifts can begin to occur in both emotional responses and thought patterns.

Over time, this can support a more stable and balanced state within the system.

The Broader Vision of ITA

ITA treatments do not attempt to change who a person is. Each individual is understood to carry their own inherent perfection.

However, repetitive patterns stored within the subconscious mind can lead a person to operate from limiting beliefs or conditioned responses. These patterns can influence how the system perceives imbalance and can eventually affect the physical body.

By addressing these patterns within the energetic system, new pathways can be supported that encourage:

- Greater balance
- Emotional clarity
- Improved wellbeing

The Melaney Ryan Institute of Applied Consciousness explores the evolving fields of:

- Meditation
- Energy-based medicine
- Consciousness studies
- The natural laws of the universe

ITA Energy Medicine provides tools and techniques that explore the connections between:

- The energetic anatomy
- The mind
- The physical body

Through this understanding, practitioners have reported consistent patterns of improvement across a wide range of client conditions.

At its core, ITA supports individuals in developing a deeper awareness of themselves and their energetic system.

As balance is restored, people generally experience greater clarity, wellbeing and connection within their lives.

The broader vision of ITA is to support the evolution of consciousness, encouraging a movement away from patterns of separation and struggle toward greater awareness, connection and unity.