

Melaney Ryan Institute of
Applied Consciousness (MRIAC)

Clinical Application of ITA Energy Medicine

Case Study: Fertility Issues

Contents

Overview	3
Introduction	3
Case Presentation.....	3
Analysis	4
Treatment Protocol.....	5
Home Care Protocol.....	6
Outcomes.....	6
Discussion.....	7
Summary/Conclusion	7

Overview

The purpose of this case study is to provide an objective account of how ITA Energy Medicine has been used to assist with fertility issues experienced by the case study subject.

Introduction

The client is female, 31 years of age who is trying to have children but is having trouble conceiving. The client has experienced some irregularity in her menstrual cycle since having an intra uterine device removed. The device was implanted four years earlier.

As a child growing up, there was a prevalence of ongoing conflict within the country where the client and her family lived. As such, the client experienced constant feelings of insecurity relative to her safety. When the client was 10 years of age her grandfather, whom she was very close to, passed away in front of her. At the time, the client thought he had just fallen asleep; however, she now feels guilty that she did not take action to try and revive him. At the age of 14, the client and her family moved to Australia, which was challenging for her, as she had to leave behind all her friends and a prominent swimming career.

The client has a medical history of menstrual imbalance. As a teenager she suffered from amenorrhea (absence of menstruation) and was placed on the oral contraception pill to regulate her menstrual cycle. When the client was 25 years of age she suffered from chronic fatigue and ankylosing spondylitis (inflammatory disease). The client still experiences constant neck and back tension and also experiences broken sleep due to a need to urinate frequently.

Furthermore, the client has a difficult relationship with her older sibling and feels anger towards him for the discontent/trauma he causes within the family. The client recognises that she holds perfectionist qualities and places high expectations on herself. She is aware that her drive for excellence can sometimes be detrimental to herself and others.

Case Presentation

On presentation, the client's symptoms appeared to fall mainly within the physical category.

The client is seeking ITA treatment to assist with fertility issues that she is currently experiencing. The client has been unsuccessful in previous attempts to conceive a child and is currently undergoing hormonal therapy, however, she has not been able to fall pregnant.

A digestive imbalance, resulting in bloating of the abdomen is also present. The client noted that she felt self-conscious in relation to the appearance of the bloating.

The client has not had any previous energy work.

Analysis

The following ITA tools were used to determine an appropriate treatment plan:

- Scanning Techniques
- Body Reading
- Understanding Mental Illness & Psychological Imbalance Protocol
- Key Energy Points Expanded Chart (Reproductive System & Respiratory System)
- Element Questionnaire
- Systems Charts (Infertility)
- Building the Essence Package
- Organ Relationship Charts (*Worry, Overthinking, Frustration, and Irritability*)
- Back Chakra Organ Relationship & Affirmation Chart
- Root Cause Chart

The ITA treatment plan was aimed at resolving the client's inability to successfully conceive a child and secondary to that; it was to address underlying emotional and psychological imbalances held by the client.

ITA Scanning was used to detect congestion within the client's solar plexus area. The *Understanding Mental Illness and Psychological Imbalance Protocol for Digestive Imbalance* was used to determine which back *Chakras* carried a misalignment of trauma/grief in relation to the memory of the death of the client's grandfather.

Key Energy Point - Expanded Chart (Reproductive System & Respiratory System) was referenced and *Emotional Aspect* information was discussed with the client to allow her to gain an understanding of how this connected to her physical imbalances. To determine the *Shen* category for the client the *Element Questionnaire* was utilised. The *Infertility Systems Chart* was also used to identify relevant spinal reflex points, organs and endocrine glands

Building the Essence Package was referenced to determine the meridian pathways to work with so that the client's *Essence* could be increased. The *Organ Relationship Chart for Worry, Overthinking, Frustration and Irritability* was utilised to determine front *Chakra* work along with the *Back Chakra Organ Relationship & Affirmation Chart*.

A *Root Cause Chart* (in relation to where trauma, grief, fear and loss is held within the client's systems, preventing her from conceiving) was prepared using *ITA Scanning* techniques.

Treatment Protocol

The client underwent the following ITA treatment plan over the course of an eighteen-month period.

Treatment	Type	Frequency
Stage 1 Alignment Yin Yang Stage 2	In Person	Once
Understanding Mental Illness & Psychological Imbalance Protocol	In Person	4 x spaced 2 weeks from previous treatment
Stage 1 Alignment Yin Yang Stage 1 Yin Yang Stage 2	In Person	1 x spaced 3 weeks from previous treatment
Stage 1 Alignment Ajna Chakra Work (Spinal Reflex Points C1,C3, T5 & T7) Yin Yang Stage Two	In Person	1 x spaced 4 weeks from previous treatment
Stage 1 Alignment Meridian Work (Bladder, Kidney, Stomach and Conception Vessel) Yin Yang Stage 2	In Person	1 x spaced 4 weeks from previous treatment
Stage 1 Alignment Stress Band Balance Front Chakra work (Base & Navel) Back Chakra Organ & Affirmation work (Bladder, Kidney, Appendix, Reproductive, Lungs, Skin, Large Intestine)	In Person	1 x spaced 4 weeks from previous treatment
Blood Purification Technique Ying Yang Stage 2	In Person	1 x spaced 4 weeks from previous treatment
Spinal Reflex Alignment (Infertility) Yin Yang Stage 2	In Person	1 x spaced 4 weeks from previous treatment
Stage 1 Alignment Front Chakra Work (Navel & Solar Plexus) Yin Yang Stage 2	In Person	1 x spaced 4 weeks from previous treatment
Stage 1 Alignment Front Chakra Work Yin Yang Stage 2	In Person	8 x spaced 4 weeks from previous treatment

Home Care Protocol

The following ITA Home Care tools and techniques were provided to the client over the course of the treatment plan:

- Relevant Chakra Cards & Affirmations
- Breathing Techniques (CV/GV, Abdominal, Solar Plexus Balancing)
- Wake Up Points
- Element Information
- Meridian Acupressure Points & Affirmations (Element Chart)
- Lower Tan Tien Affirmation
- Inner Smile Technique
- Essence Home Care Package
- Sacred Divine Heart Meditation
- Building the Foundation Technique
- Kidney Cleansing Breathing Technique
- Figure of Eight Technique
- Baby Meditation

The client responded well to the home care provided and undertook to use these tools in between her treatments.

Outcomes

The client observed shifts within herself and noted the following significant changes:

- Feeling calmer & more peaceful
- Greater clarity in her experiences
- Less agitated
- Overall, more contented
- Successfully conceived and delivered a healthy baby
- No further problems conceiving since the birth of her first child

The client provided direct feedback at each treatment session.

Three months into the ITA treatment plan, the client successfully conceived. However, she miscarried at five weeks and then received an oestrogen booster. To allow the client's body to normalise, the hormonal treatment was put on hold for two months. It was recommended the client see a Naturopath for the next three months in conjunction with the ITA treatment plan, to prepare her nutritionally for pregnancy and to assist normalising her hormones.

The miscarriage triggered in the client, feelings of helplessness, at not being able to control the situation and a resurfacing of grief emerged, in relation to the death of her grandfather when she was 10 year of age. The client then slipped further into the emotional category of *worry, overthinking, frustration and irritability* and was provided appropriate home care to assist catching negative thoughts, when they appeared by bringing them to the *Sacred Divine Heart* to be released.

A few weeks prior to the client successfully conceiving for the second time, the client reported that she had been feeling deflated and was experiencing symptoms of a cold and a persistent cough for a period of about two weeks. A discussion was had with the client to explain the connection of the key emotional aspects relevant to a coughing imbalance within the respiratory system.

Nine months into the ITA treatment plan the client successfully conceived again, this time carrying to full term and giving birth to a healthy baby. The client continued with ITA treatments whilst she was pregnant and still continues to have a treatment every 8 to 10 weeks. The client conceived her second child with no difficulty.

Discussion

This client's treatment plan consisted of 20 in person ITA treatments spaced approximately 3 to 4 weeks apart. The client's main reason for seeking ITA treatment was to assist her with fertility issues so that she could have children. The client learnt about ITA Energy Medicine after discussing her situation with a friend who subsequently referred her to an ITA Practitioner.

An initial ITA treatment plan was developed to assist the client with her infertility imbalance, however, this needed to be adjusted after the client was emotionally pulled when she suffered a miscarriage three months into the treatment plan. It then became evident the client was still holding emotional aspects of loss, guilt and grief which needed to be processed, balanced and aligned.

Over the course of this treatment plan, the client was able to process and release some deep-seated emotions that she had stored within her systems for many years. As the client progressed through the treatment plan and undertook the prescribed home care exercises, she noted that she felt calmer, more alert, peaceful, less agitated, and overall, more contented.

ITA effectively provided the client with an avenue to understand the significant connection of underlying emotional aspects which were contributing to her physical fertility issues. The treatment plan focused on restoring balance and harmony between the client's energy systems and physical systems, using the mind as the key interconnection point which resulted in the client being able to fulfil her desire to have children.

Summary/Conclusion

The client's physical infertility issues were resolved nine months into the ITA treatment plan at which point she successfully conceived again and nine months later delivered her first, healthy child. The client has since experienced no trouble conceiving and has since given birth to a second child.

Even though the client's initial reason for seeking ITA treatment has been resolved she continues to receive monthly ITA treatments in order to maintain balance as well as deepen her understanding of self.