

## Alignment Position

Tilt chin slightly in to chest.

Perineum point.

Pelvis slightly tilted forward. Internally pull upwards.

The intersection between the foot points.

If standing for a long time, this position takes the stress off the back and prevents weakening of the kidney meridian. It is also a good position to promote inner power as it is fully balanced.

Tilt the chin slightly in and down.

Tilt the pelvis slightly forward.

The knees should be bent slightly, but not too much.

The toes should still be visible when looking down.

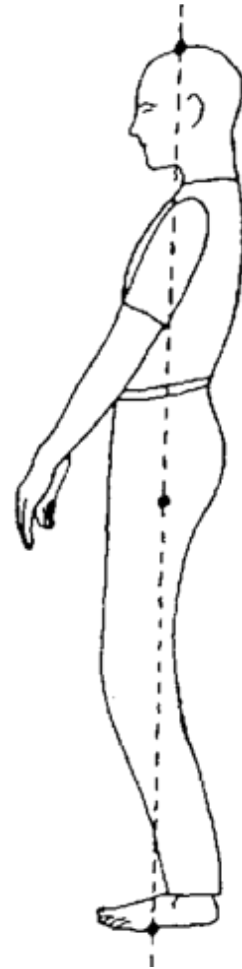
If the weight isn't slightly forward creating a static posture of 60:40%, these points will not be in line.

This position de-emphasises the chest which makes it easier to focus and to stand for longer periods of time.  
(compared with the military stance which emphasises it)

To check if your stance is correct, stand for 5-10 minutes in this position and if the points are in line, there will be a general feeling of lightness and a feeling that the head is suspended or being held up by itself.

This is the sign of a proper stance because the energy is flowing more easily.

Practice once twice per week



Exercise - Melaney Ryan Institute of Applied Consciousness  
ITA – Energy Medicine created by Melaney Ryan

