



Melaney Ryan

Institute of Applied
Consciousness

PROSPECTUS

Welcome to the Melaney Ryan Institute of Applied Consciousness



▲ Founder - Melaney Ryan

We are delighted that you are considering applying to study at the Melaney Ryan Institute of Applied Consciousness (MRIAC).

MRIAC offers you the opportunity to study at the forefront of the evolving fields of meditation, energy-based medicine, consciousness and the natural laws of the universe.

We are an international community of students and graduates who are deeply committed to global unity and world peace.

If you feel drawn to discover more about the remarkable fields of study offered by MRIAC, we encourage you to apply.

Mahatma,
Melaney Ryan

A handwritten signature in black ink, appearing to read 'Melaney'.

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Melaney Ryan

Institute of Applied Consciousness

Vision

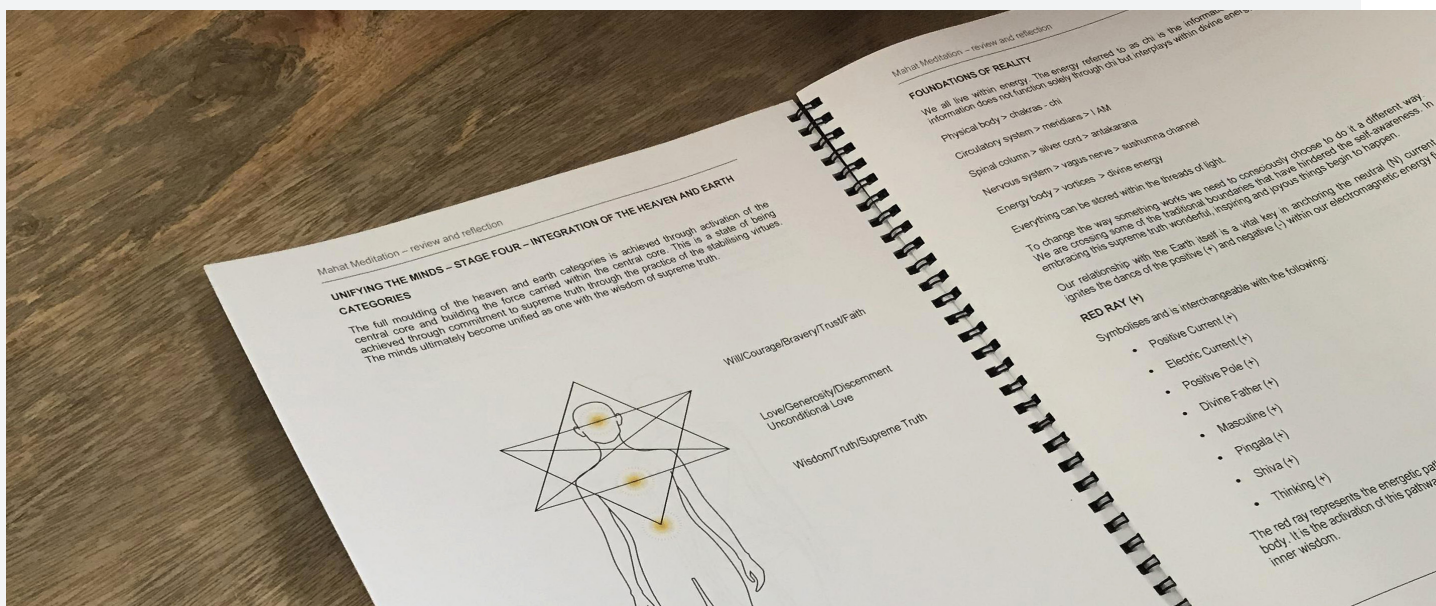
Our vision is to unite humanity through sharing truth about our infinite potential for conscious co-creation in life.

Mission

- To be recognised as a global authority on the understanding of energy medicine, meditation and consciousness
- To provide tools for self-mastery and to define clear pathways for transcending levels of consciousness
- To fuel consciousness in the shift from duality to non-duality
- To establish five centres of higher learning worldwide, dedicated to the sharing of ITA energy medicine and Mahat Meditation
- To continue to build a strong, supportive global community
- To undertake further research into the systematic and evidence-based programs offered by MRIAC

Qualities we value

- Unconditional love
- Generosity with discernment
- Trust and faith
- Courage and action
- Truth and wisdom



The Culture of the Melaney Ryan Institute of Applied Consciousness

MRIAC believes in the power of collective action to support the growth of positive outcomes in the world. We pride ourselves on providing clear, relevant and accessible information on Integrated Therapeutic Alignment (ITA) energy medicine and Mahat Meditation.

Embedded within MRIAC is a culture of nurturing the self and others, mentoring and working as a collective. We encourage and support anyone seeking to deepen their understanding on the make-up of consciousness to join our programs.

MRIAC ensures that the foundational skills of ITA and Mahat Meditation are shared and

practiced in their purest form. Practitioners understand that ITA and Mahat Meditation are aligned with the universal laws of energy and are always shared and practiced with respect and responsibility.

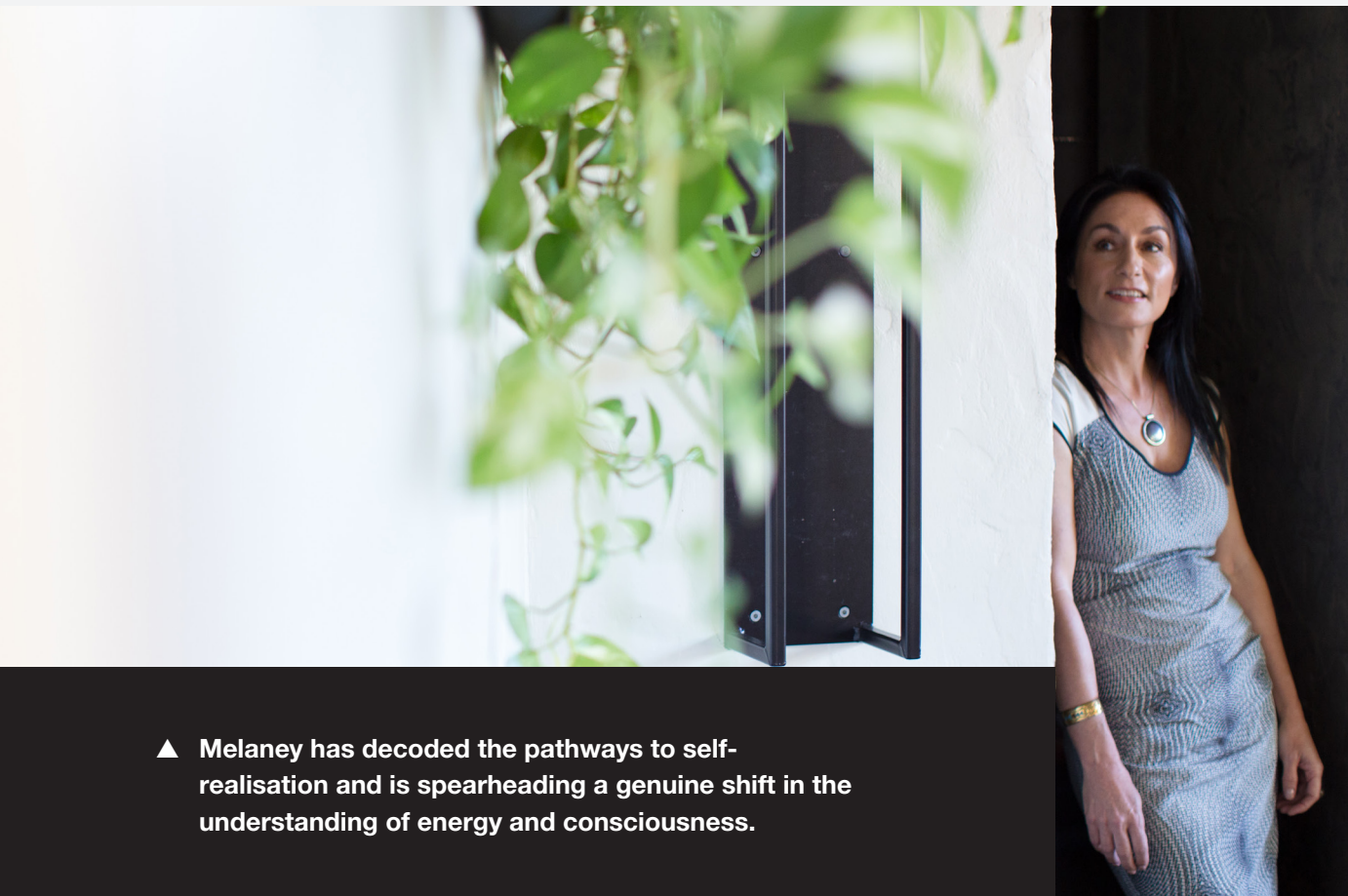
All practitioners are encouraged to:

- Practice self-care, self-awareness and self-discipline
- Appreciate and recognise that all beings share one consciousness
- Develop their ability to access higher intelligence
- Uphold the highest moral and ethical standards

▼ Educating the mind without educating the heart is no education at all. - Aristotle 384-322BC



The Founder of the Melaney Ryan Institute of Applied Consciousness



▲ **Melaney has decoded the pathways to self-realisation and is spearheading a genuine shift in the understanding of energy and consciousness.**

Melaney Ryan is the founder of MRIAC and the developer of Mahat Meditation and Integrated Therapeutic Alignment (ITA) energy medicine.

Melaney Ryan is a fourth-generation energy worker with over 30 years of clinical experience as an energy therapist. Melaney's intuitive knowledge of how to work with subtle energies was nurtured from an early age by her grandmother. Her great grandmother was an extraordinarily skilled energy worker from the Canary Islands, renowned for treating a wide range of difficult ailments.

Building on her family lineage of skills, training with great masters and working with thousands of clients, Melaney has been able to discern the intricate relationships between the physical body, the energy systems and the mind. This understanding forms the basis of the ITA and Mahat Meditation systems.

Mahat Meditation

Mahatma is a Sanskrit word that means 'great one' or 'great soul'.

Over the course of human history, we have gradually allowed ourselves to disconnect from the Earth. We have abandoned our place in nature and surrendered our respect for nature itself. Through this experience we have severed our connection with universal consciousness.

With respect, accurate perception and by following the laws of energy, Mahat Meditation reawakens our soul connection with the Earth. As this reconnection deepens, so does our depth of wisdom. It is in reawakening wisdom that we reconnect with universal consciousness.

Mahat Meditation is an active meditation practice that builds inner force and accelerates our personal evolution. Rather than simply emptying the mind or visualising tranquil imagery, we are utilising chi, divine energy, colour and sound to activate different areas of the energy systems in a specific sequence.

The active nature of Mahat Meditation results in the mind of the meditator staying focused and engaged.

During the meditation sequences there are stillness and integration points which allow the meditator to experience a deep sense of inner stillness.



Testimonial from course participant

It is rare in life to find a teacher who embodies and lives the truth of what you are seeking. Melaney Ryan, the founder of MRIAC, is one of these teachers. She teaches from a place of knowing. Using her direct experience, she shares intuitive insights and inspired wisdom, which are well grounded in ancient sacred teachings. She conveys great compassion and care in the way she graces every encounter. Since studying Mahat Meditation, my way of being and living has changed profoundly, as it has for countless others. I am safely guided to deepen my understanding of the inner-self and my purpose here on Earth. With deep appreciation and respect, I give thanks to Melaney and her team for their dedication in raising the consciousness of all beings and helping people find peace within themselves, with others and in our world.

It is possible to experience a world based in love – the process starts with you. Mahat Meditation offers steps towards finding love and unity within the self.



Mahat Meditation takes us on an inner journey that leads to the rediscovery of our greatness. By practising Mahat Meditation the Mahatma energy is activated.

A regular meditation practice will bring clarity to the higher senses and an improved sense of well-being. A consistent Mahat Meditation practice brings benefits such as:

Inner balance and health

- Harmony
- Grounding
- Awareness
- Wisdom
- Clarity
- Positive action with certainty
- Magnetism and manifestation
- Self-love
- Alignment of lower emotions

Mahat Meditation is a non-denominational practice, not aligned with a specific religion or deity. Mahat Meditation honours our connection to the Earth. A portion of the energy generated during the meditation practice is given back to the Earth with intent.

A single Mahat Meditation sequence runs for approximately 25 minutes. The sequence can be practised in a chair, lying down or in a traditional meditation position. Mahat Meditation is suited to any lifestyle, and is suitable for experienced meditators and beginners alike.

Testimonial from course participant

Melaney is a shining example of pure energy, and her solid, traditional teachings on Mahat Meditation are a fundamental foundation for this generation to use. The generosity of Melaney's teachings reflects her high aim, which is to improve the lives and self-awareness of each individual and create a powerful collective. I am inspired to be a part of that and I have experienced incredibly deep insights while meditating in the presence of Melaney's energy. Thank you.

Mahat Meditation Levels

Currently there are four levels of Mahat Meditation. Each level includes an active meditation sequence with related self-awareness and self-development practices to support individuals in integrating the Mahatma energy into their daily lives. Each sequence and the related set of self-development tools targets a different layer of the energy systems.

Level One

This sequence increases the central force and awakens the supportive framework for the energy systems and nervous system to carry the increased force. Level One Mahat Meditation can be likened to strength training in a gym for the energy systems.

Practice of Level One Mahat Meditation brings:

- Increased inner strength and conscious awareness of the energetic channels and structures
- Amplification of the magnetic force within the central core
- Activation of the zero point
- Activation of the four evolved chakras and an increased awareness to our grounding and anchoring points
- An understanding of how to coordinate the movement of energy between the energy systems, the physical body and the mind

Level Two

This sequence deepens our Earth connection, activates the heart brain and stabilises the relevant energy points to awaken the higher intelligence.

Practice of Level Two Mahat Meditation brings:

- Enhanced intuitive ability
- Increased inner vision, awareness and clarity
- Amplified higher awareness and wisdom
- Present moment awareness
- Stability on all levels in our day to day lives as we are no longer pulled to extremes of positive and negative
- An understanding of the building blocks to manifestation
- An amplified light presence

Level Three

This sequence builds the connections between the Earth Star, the four evolved chakras, the eight energy vortices and the Soul Star. A deep inner joy is awakened through this sequence.

Practice of Level Three Mahat Meditation brings:

- Understanding on how to access the universal matrix (higher intelligence)
- Activation of the divine energy channels
- Freedom to move within the void utilising conscious intent to unify with the divine spark
- Mahat Meditation perspective on the diamond body

- An understanding of the role of the pineal and pituitary functions at an energetic and physical level
- Mahat Meditation perspective on kundalini and the merkaba light vehicle
- The ability to consciously co-create our reality through the wisdom of the soul

Level Four

This sequence increases the level of co-ordination between the eight energy vortices and the eight extraordinary vessels. A deeper realisation of our connection with the Earth, our place within consciousness

and our union with light is experienced through this meditation.

Practice of Level Four Mahat Meditation brings:

- The potential to access the soul memory with conscious awareness
- The ability to consciously review and release existing karmic ties
- The potential to awaken from the illusion that death is the end of life
- Mahat Meditation perspective on the divine energy channels
- Applied understanding on frequency (colour) and tone (sound)

Mahat Meditation Course Details

	Prerequisite	Duration	Facilitator	Mode of delivery	Locations
Level One	Age 14 or over	2 days	Melaney Ryan	In-person and online	Australia, USA, Europe. Other locations on demand
Level Two	Completion of Level One	2 days	Melaney Ryan	In-person and online	Australia, USA, Europe. Other locations on demand
Level Three	Completion of Level Two	2 days	Melaney Ryan	In-person and online	Australia, USA, Europe. Other locations on demand
Level Four	Completion of Level Three	2 days	Melaney Ryan	In-person and online	Australia, USA, Europe. Other locations on demand

Mahat Meditation for Children

Our children shape the future of our world and the direction that humanity will take. Mahat Meditation for Children was developed to teach our younger generations about their energy bodies and provide the space for them to come together and support one another in achieving great things.

‘As a mother to a son and a daughter who are now conscious, compassionate and self-aware adults, I believe it is vital to nurture the openness and interest that many children show towards energy and consciousness. Our aim is for all children to know wholeheartedly that they are the future, and their voices are indeed well heard, respected and valued.’ ~ Melaney Ryan.

In this course, children will learn to:

- Bring stillness, balance and harmony to their bodies and minds
- Apply tools and techniques to help manage stress, fear and anxiety
- Deal with conflict in an empowered way
- Ground themselves by connecting with the Earth
- Practice mindfulness to improve clarity and focus
- Monitor thoughts and feelings and learn to respond rather than react
- Develop and trust their intuition
- Understand manifestation and know that whatever they are seeking begins within themselves
- Honour their greatness with humility and gratitude



- Be empowered to occupy their place in life and carry a magnetic presence.
- Incorporate meditation tools such as crystals, visual yantras and chakra cards into their meditation practice

Mahat Meditation for Children Course Details

	Prerequisite	Duration	Facilitator	Mode of Delivery	Locations
Mahat Meditation for Children	Age 7-13	4x 1 hour sessions	Melaney Ryan and licensed facilitators	In-person	Australia, USA, Europe. Other locations on demand

Mahat Meditation Retreats

Mahat Meditation retreats are a sacred gathering of individuals with the collective aim of deepening their Mahat Meditation practice. Such gatherings include an annual ten day retreat in the mountains of Chiang Mai, Northern Thailand.

Participants describe these retreats as life-changing. Meditators receive support and guidance as they experience both profound and radical transformations through the Mahat Meditation understanding of the make-up of consciousness.

To find out more about our upcoming retreats please refer to the retreat page at mriac.com.au



Testimonial from course participant

The Mahat Meditation retreat was a completely transformative experience. We were brought into an incredible space of inclusiveness and unconditional love, and given profound insight into the mechanics of the evolution of consciousness. This brought me to the experiential knowing that we can exist in a constant state of gratitude, awareness and respect for one another without any loss of the self. I know now that I will accept nothing less than this from myself and others and I hope to share the energy of my experience in each moment. With love, humility and gratitude.

Testimonials from Mahat Meditation Retreat Participants

My hope for what I would experience and learn has been exceeded. I am now in a place where I know at my core: I Am that I Am. My heart has finally been able to open to a place of love which has evaded me until now.

Since beginning the Mahat Meditation practice, my clarity in business has increased. It is like I am looking through renewed eyes! I am able to make business decisions with ease and have found that I am not emotionally pulled anymore. Melaney's message on awakening humanity is a vital message for all of us.

The Mahat experience catapulted me into a place I had not been able to arrive at thus far. I am so grateful to Melaney for her love, compassion, wisdom, truth, integrity, humility and humour. She is someone who walks her talk. She is dedicated to helping humanity and the Earth, and the value of her teachings cannot be overemphasised. Truly, life is changing for me. I recommend the Mahat teachings to all!

Melaney constantly shares her profound wisdom and knowledge, and her skill level is simply exemplary, as is her professional manner. Her understanding about energy and the consciousness of life is rare in this world as is her humility. I have never met anyone in my life who has so much dedication to assist others in awakening the world. I have had the joy of travelling with her and the Mahat Meditation group to Thailand for three consecutive years, where I was able to see firsthand how she is deeply loving and caring to everyone she meets as she shares her passion for energy and consciousness.

Integrated Therapeutic Alignment (ITA) Energy Medicine

ITA is a system of energy medicine based on the understanding that our energy systems are interconnected with our physical systems, and the mind interplays with both the energetic and physical systems.

Integrated Therapeutic Alignment (ITA) is a three tiered comprehensive system of energy medicine, developed by Melaney Ryan.

ITA is designed to bring the energetic, physical, psychological and emotional aspects of an individual into balance and harmony. It maintains that the body suffers when we hold onto destructive thoughts, emotions and beliefs. This way of being contributes to cellular breakdown and affects the neural pathways.

For this reason, we do not just address physical symptoms; we also look at stored emotions, belief systems and conditioning patterns as aspects contributing to the root cause of imbalances. Through ITA, we are able to activate and balance key connection points between the energetic and physical bodies. This restores a balanced flow of energy throughout the multi-layered human system and activates our innate self-healing functions.

Melaney Ryan has translated years of investigation and experience with energy medicine into a systematic, safe, effective and grounded program that delivers outstanding results.



Learning Pathways within ITA

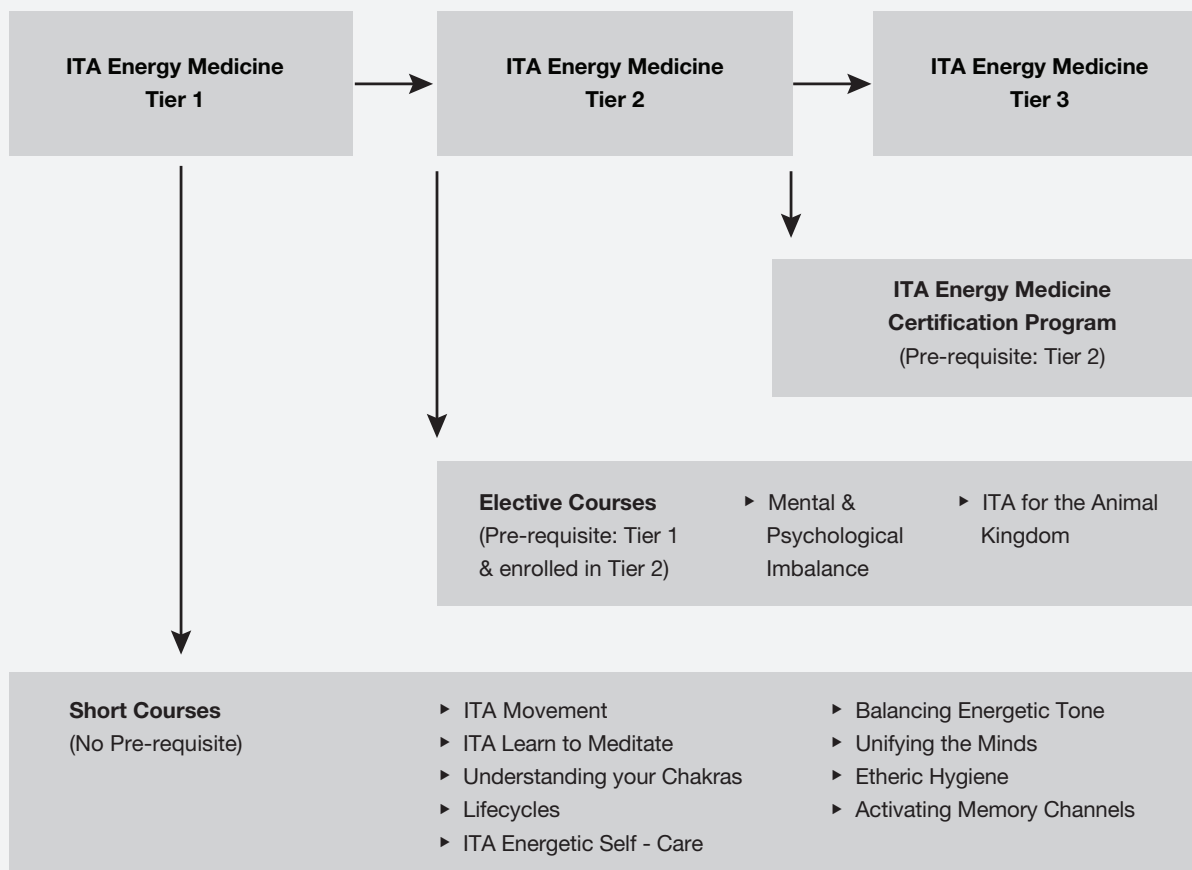
The ITA program is delivered in three tiers of learning that are carefully designed to build on each other in a clear and systematic progression.

Electives are available for those who wish to deepen their knowledge in a particular area or are seeking to specialise in their clinical practice.

The short courses are provided for those who wish to increase their understanding of the interplay between the energy systems, physical body and the mind.

Our courses can also complement other methods of health care that students may be working in or studying.

ITA Energy Medicine Learning Pathways



Career Destinations

ITA Tier 1 is open to anyone wishing to study the theory of ITA for their own personal interest. This allows participants to develop an understanding of energy and energetic anatomy through the ITA system. Students can elect to complete the practicum and examination for ITA Tier 1 if they wish to pursue a career as an ITA practitioner. The practical skills and knowledge learned can also be used in conjunction with other healthcare methods.

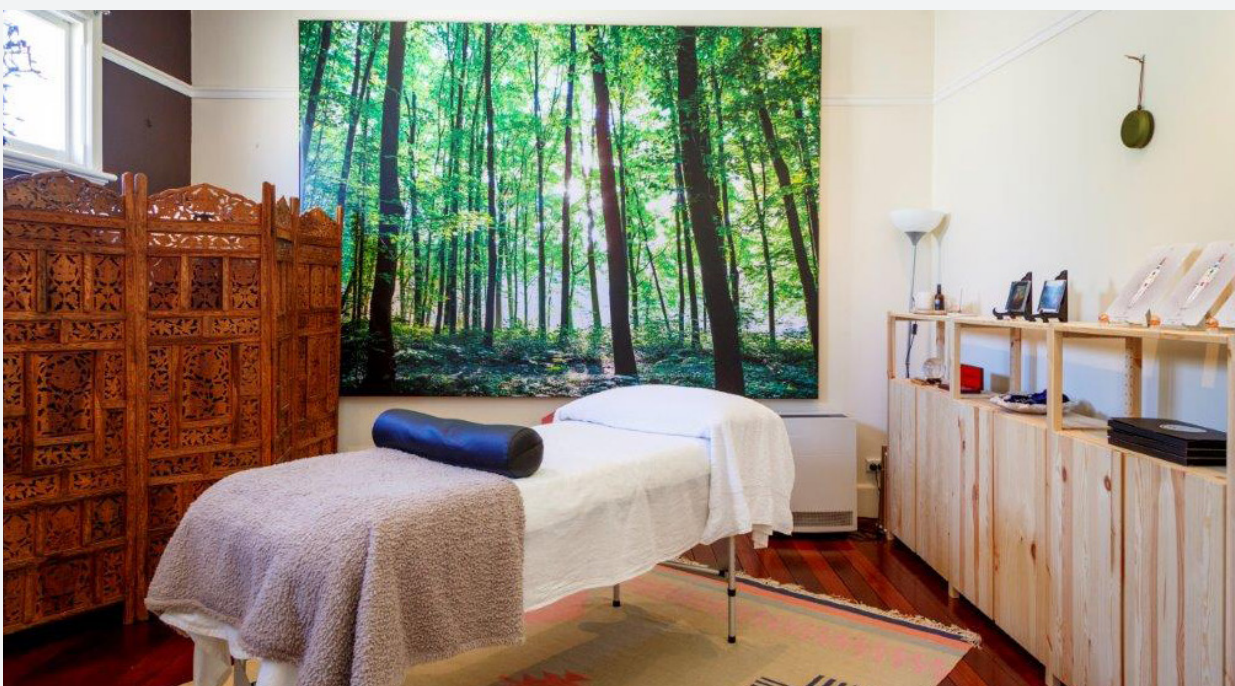
With each course studied after Tier 1, ITA practitioners will gain a wider breadth of treatments and supportive techniques. Electives are also offered, allowing practitioners to specialise in areas of practical application such as Mental Health and Psychological Imbalance from an ITA Perspective and ITA for the Animal Kingdom.

ITA Tier 2 graduates can provide additional specialised treatments to clients and are also qualified in ITA Lifecycles mentoring.

ITA Tier 3 has the capacity for transformation. It is designed for practitioners interested in assisting individuals toward a deeper understanding of universal consciousness.

The ITA Certification Program offers specialised training for ITA practitioners and is an ideal choice for those who wish to deepen their knowledge and skills with a specific focus on clinical practice.

In addition, a qualified practitioner can apply to be a facilitator of ITA Tier 1 or a facilitator of a range of ITA short courses. Practitioners can apply to be part of the facilitator training program at any time. Trainee facilitators are accepted into this program at the discretion of the Director. All course facilitators are expected to lead by example and fully embody the values and culture of MRIAC.



ITA Energy Medicine Tier 1 Course

ITA Tier 1 provides students with an integrated understanding of the human energy systems and a working knowledge of how these systems connect to and interact with the physical body and the mind. It is the foundation course in ITA and covers powerful techniques for balancing and aligning the energy systems, the subconscious mind and the physical body

Theoretical underpinnings

- Basic energetic structures and energetic anatomy
- Principles of ITA including yin and yang; polarity; duality and non-duality; the 'I Am' and the 'I Am Not'; the three minds; the void; archetypes
- ITA Tier 1 alignment techniques and tools
- ITA in clinical practice
- ITA key energy points and body reading
- ITA understanding of emotions and organ relationships
- ITA understanding of tan tiens
- ITA perspective on working with auric layers

- ITA five element and Shen theory
- ITA understanding of the chakras
- Yearly and seven yearly chakra cycles
- Meridian work in ITA
- Essence work in ITA

Practical alignment sequences

- Stage 1 alignment
- Yin/yang 1 technique
- Yin/yang 2 technique
- Building the tan tiens technique
- Balancing auric layers
- Building the essence technique

ITA Energy Medicine Tier 1 Course

Pre-requisites	There is no prerequisite. This course is for anyone seeking an understanding of energy medicine
Facilitators	Melaney Ryan and MRIAC licensed facilitators
Mode of delivery	<i>Theory:</i> Interactive online classes - recordings available for student review <i>Practicum:</i> In-person (practitioner students only)
Duration	4 x practicum days (practitioner students only) 13 x online classes (practitioner & personal interest students) 2 x online follow-up and Q&A sessions (practitioner & personal interest students)
Assessment	1 x written assessment (practitioner students only) 1 x practical assessment (practitioner students only)
Location	<i>Online classes:</i> Worldwide <i>Practicums:</i> Australia, USA, Europe. Other locations according to demand
Timetable	See website for latest scheduling: www.mriac.com.au

ITA Energy Medicine Tier 2 Course

ITA Tier 2 builds on the concepts, knowledge and skills acquired in ITA Tier 1. It provides an in-depth understanding of the higher energy systems and teaches energetic sequences to work with these systems and structures. ITA Tier 2 also qualifies students to become an ITA Lifecycles mentor. ITA Tier 2 deepens students' understanding of our true capacity for active self-realisation. The Tier 2 course is extensive and conducted in two stages to allow for ease of integration of the content.

Theoretical underpinnings

- Core beliefs and conditioning patterns
- Higher energetic anatomy
- Working with systems charts for physical symptoms
- Charting root cause and genetic links
- Accessing the higher intelligence
- Understanding heart channels and the sacred heart
- ITA understanding of the spinal column and spinal reflex points
- Lifting light frequency and aligning energetic tone
- Balancing cellular memory
- Deepening the understanding of the make-up of consciousness
- I Am That I Am

- ITA Lifecycles mentoring
- ITA perspective on manifestation
- Vortices and divine energy
- The difference between divine energy and chi

Practical alignment sequences

- Spinal reflex alignment
- Blood purification technique
- Eight energy vortices
- Balancing cellular memory
- Opening of the heart channels technique
- Grid alignment - lifting light frequency
- Grid placement technique
- Manifestation technique

ITA Energy Medicine Tier 2 Course

Pre-requisites	Successful completion of ITA Tier 1	
Facilitators	Melaney Ryan and MRIAC licensed facilitators	
Mode of delivery	<i>Theory:</i> Interactive online classes - recordings available for student review <i>Practicum:</i> In-person	
Duration	Stage 1 4 x practicum days 6 x online classes	Stage 2 4 x practicum days 6 x online classes
Assessment	1 x written assessment 1 x practical assessment	
Location	<i>Online classes:</i> Worldwide <i>Practicums:</i> Australia, USA, Europe. Other locations according to demand.	
Timetable	See website for latest scheduling: www.mriac.com.au	

ITA Energy Medicine Tier 3 Course

ITA Tier 3 provides a deeper understanding of how to integrate the teachings of Tier 1 and Tier 2 and brings you to an understanding of the true capacity we all carry for transformation.

Theoretical underpinnings

- Higher intelligence in non-duality
- Remoulding of the unconscious mind
- Our bodies as the microcosm within the macrocosm of the universe
- ITA perspective on divine union
- Unifying the chakras
- Activation of dormant layers of the higher energy systems
- Moulding of the three heart intelligences

- Activation of the Earth Star and the Soul Star
- Frequency (colour) and tone (sound) as aspects of light
- The blue/magnetic (-) ray and red/electric (+) ray within the energy systems

Practical alignment sequences

- Stage 1 central core alignment
- Stage 2 central core alignment
- Unifying the chakras technique

ITA Energy Medicine Tier 3 Course

Pre-requisites	Successful completion of ITA Tiers 1 and 2
Facilitators	Melaney Ryan and MRIAC licensed facilitators
Mode of delivery	<i>Theory:</i> Interactive online classes - recordings available for student review <i>Practicum:</i> In-person
Duration	2 x practicum days 12 x online classes
Assessment	1 x written assessment 1 x practical assessment
Location	<i>Online classes:</i> Worldwide <i>Practicums:</i> Australia, USA, Europe. Other locations according to demand.
Timetable	See website for latest scheduling: www.mriac.com.au

The ITA Energy Medicine Certification Program

The ITA Energy Medicine Certification Program is for practitioners seeking to deepen their clinical knowledge and practical experience in ITA. Upon completion of the program, successful students will attain the level of certified ITA Energy Medicine practitioner.

The program covers in-depth theoretical discussions and case studies with the founder of ITA, Melaney Ryan.

ITA Energy Medicine Certification Program

Pre-requisites	Successful completion of ITA Tiers 1 and 2
Facilitators	Melaney Ryan
Mode of delivery	<i>Theory:</i> Interactive online classes - recordings available for student review <i>Practicum:</i> In-person
Duration	1 x practicum day 8 x online classes 8 x online case study discussions
Assessment	25 individual ITA case studies need to be submitted within a year of course commencement 1 x written assessment 1 x practical assessment
Location	<i>Online classes:</i> Worldwide <i>Practicums:</i> Australia, USA, Europe. Other locations according to demand
Timetable	See website for latest scheduling: www.mriac.com.au

ITA Electives

ITA electives are units of study that offer specialisation in an area of practical application of ITA. They are available to students who have completed ITA Tier 1 and are already enrolled in ITA Tier 2. Electives include Mental Health and Psychological Imbalance from an ITA Perspective and ITA for the Animal Kingdom.

Mental Health and Psychological Imbalance from an ITA Perspective

This course offers a unique perspective on mental health and psychological imbalance and delivers reliable techniques for aligning and addressing a broad spectrum of diagnostic labels from the mental health category.

Testimonials from ITA clients

ITA has given me a lifeline at a time when modern psychiatric care had failed me terribly. Melaney's reassurance and guidance on the nature of the world we live in has allowed me to understand some things that I could never have otherwise come to understand on my own. ITA has opened a doorway for me to share with like-minded people some knowledge and wisdom from my own personal discoveries. Thank you MRIAC.

ITA has assisted me in overcoming depression. Its treatments and tools have taught me how to use the intuitive aspects of the self to locate the answers required to solve my own mental health issues. The additional support provided by ITA practitioners is truly amazing. I have been symptom free for many years and am empowered to make the most out of all experiences within life.

ITA for the Animal Kingdom

ITA upholds the view that our physical form is a reflection of our energetic form. The energetic form influences our physical form and has subtle variations, depending on our species. For existing ITA practitioners and

students who are interested in giving back to the animal kingdom, this elective includes comprehensive energetic anatomy charts, techniques and tools that can be applied when working with our non-human friends. These profound and practical insights are unique to the ITA understanding of energy.

Testimonial from ITA practitioner

My Sphynx cat developed lumps along both sides of her mammary chain. Due to her hairlessness we were able to see them clearly and took her to the vet. She had a visual examination and blood tests and in response to the blood test results (potential cancer markers) the vet scheduled her for an exploratory lumpectomy. The surgery was scheduled one week from the day of her first appointment with the vet and she was prescribed no medication. In that week I referred to the ITA Tier 1 Manual for the ITA understanding on her symptoms. Based on this understanding, in the week before her surgery we significantly adjusted her lifestyle and I treated her using ITA techniques with Melaney's guidance. On the day she was scheduled for surgery the lumps were no longer visible through her skin and the vet openly stated that she had never seen such a spontaneous recession of symptoms of this kind. She is still symptom free thanks to ITA accurately telling us what she couldn't.

MRIAC Short Courses

MRIAC offers a range of short courses for both personal and career development. These courses are a powerful catalyst for accelerated understanding and mastery of self-care, self-development and self-healing. They are designed for individuals who would like to deepen their understanding and experience of the energy systems and the physical body, and the interplay of the mind between these two.

There are no prerequisites for these courses and they can be attended by new as well as experienced students of ITA and Mahat Meditation.

Balancing Energetic Tone

Energetic tone is the resonance (sound) aspect of our light frequency. Symptoms associated with low energetic tone include: low energy/constant underlying tiredness, fogginess in the head and lack of clarity in the mind, thyroid imbalances and gut sensitivity.

In this course we will be looking at how to identify and address low energetic tone within the systems through ITA, either for your own self-development or to use with your clients.
Duration: 1 x 3 hour online/in-person class.

ITA Movement

ITA Movement instructs students in a self-healing technique adapted from clinical ITA techniques. It utilises breathing and gentle movements to bring alignment and balance to the energetic systems, physical body and the mind. ITA Movement is a form of moving meditation performed in a standing or a sitting position.

The benefits include increased energy, improved sleep, stronger immunity, improved response to stress and greater clarity of mind.
Duration: 3 x 2 hour in-person classes.

Activating Memory Channels

Today our cognitive brain is processing more sensory information than ever before. When our senses are overwhelmed, it can seem as

though there is no time or space for us to go inward and connect with ourselves at a deeper level. This perceived lack of time and space compromises both our physical and spiritual health.

This course includes key acupuncture points for activating areas within the brain and peripheral nervous system to strengthen and support the neural pathways and related energy channels.

Simple techniques that will help you create space for the self will be covered. You will learn how to incorporate mindfulness and presence into each moment of life.
Duration: 1 x 1.5 hour online/in-person class.

Etheric Hygiene

Looking back through history, it can be noted that as our basic hygienic awareness and practices improved, so did our quality of life and life expectancy. As our energy body nurtures and fuels our physical body, looking after it has a beneficial impact on our overall health.

This course covers a thorough understanding of what etheric hygiene is and why it is important for your overall health and well-being. It gives you practical tools and techniques to keep yourself, your home and work environments aligned, harmonious and energised.
Duration: 1 x 1.5 hour online/in-person class.



Unifying the Minds

People are rapidly awakening to the reality that we are only accessing a very limited range of our potential intelligence. The mainstream belief is that our physical brain coordinates all of our mental, emotional and physical functions, and stores memory, beliefs and conditioning patterns.

This course shares insight on the heart brain, which carries another intelligence system that holds our potential for accurate perception, infinite love and higher wisdom.

Aligning and integrating the physical brain and the heart brain gives us renewed access to our higher intelligence.

Duration: 4 x 1 hour online/in-person classes.

Understanding your Chakras

This comprehensive course guides participants toward a deep understanding of the importance of chakra balance and alignment.

You will learn about the energetic structure and function of the main seven chakras. You will discover the difference between the function of the front and back chakras - the back chakras carry our beliefs and conditioning and the front chakras are the projectors of our reality.

This course also explores the role of the yearly and seven yearly chakra cycles and provides instruction on how to align to these cycles in your daily life.

Duration: 1 x 2 hour online/in-person class.

Lifecycles

Packed with valuable information, this short course assists participants in working with their life's tests and challenges. Understanding why our challenges are here helps us realise that life is a series of cycles. By working consciously with these cycles, we can make our life experience more harmonious.

Concepts shared within the Lifecycles course include:

- Uncovering the building blocks for creating your personal blueprint for a fulfilled life
- A comprehensive understanding of the interplay between the 'I Am' and the 'I Am Not' within duality
- Facing your tests and challenges as they present
- The role of thought and emotion in our life experience
- Gaining tools for directorship of our lives.

Duration: 4 x 1 hour online/in-person classes.

ITA Learn to Meditate

ITA Learn to Meditate is suitable for anyone who is interested in improving their overall sense of well-being.

This is a practical course that provides instruction on different aspects of meditation and allows participants to practice a range of meditation techniques. It can also assist experienced meditators seeking to expand upon their existing foundation tools in their practice. Previous meditation experience is not required.

Duration: 4 x 2 hour in-person classes.

ITA Energetic Self-Care

This program was created as a way of giving back to those who give of themselves at a high level through the caring and nurturing of others. It will equip you with simple exercises that build and regenerate energy.

Each exercise can be practiced on its own or combined into a fluid 10-15 minute sequence. The sequence includes breath work, simple movements and methods for monitoring negative thoughts and emotions. Through the utilisation of these powerful techniques, the effects will be felt at a deep level by everyone with whom you are connected.

Duration: 3 x 1.5 hour in-person classes.

Testimonials from ITA Course Participants

I have studied all three levels of Melaney's ITA modality and received regular ITA treatments for a number of years. To say that this has improved my life greatly is a complete understatement. Since using the tools provided in Melaney's 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 praise, for she truly is one of a kind.

I have known Melaney Ryan for 18 years. During this time, I have personally experienced her impact on my life and witnessed the impact she has had on others around me. As a lecturer, Melaney's insight into the subject matter she shares is incredibly thorough, well-researched, and I believe quite ahead of its time. Sitting in a class with her is compelling and thought provoking as she challenges us to reach our greatest potential. Along with the theory learnt, there are highly effective techniques to work with the self and with others (if you choose).

I was introduced to Melaney Ryan through a close friend, and I found myself at MRIAC, medically described as mentally unstable following the breakdown of my 11 year relationship. I was lost, tired, stressed, quite depressed and it culminated in a psychotic episode. 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. Thank you Melaney.

How to Apply

All enrolments for courses are completed through www.mriac.com.au. If there are no dates listed for a specific course, we encourage you to register your interest. Your name will be put on a waiting list for the next intake. For all additional questions please email admin@mriac.com.au. All enrolments for courses are completed through www.mriac.com.au. If there are no dates listed for a course we encourage you to 'register your interest' and your name will be put on a waiting list for the next intake. For any further questions please email admin@mriac.com.au.

ITA Energy Medicine Association Inc.

The ITA Energy Medicine Association (ITAEMA) serves as the official voice and representative of ITA energy medicine. The ITAEMA is a unified forum for our international community of ITA practitioners, dedicated to advancing the profession of ITA energy medicine throughout the world.

The objectives of ITAEMA are to:

- Serve as a representative membership organisation of the ITA energy medicine profession
- Recommend and support standards of education and professional competency for practitioners of ITA energy medicine
- Promote ITA energy medicine as a form of treatment for well-being, self-healing and self-development
- Promote international acceptance and awareness of ITA energy medicine
- Effect public policy and legislation in all matters pertaining to ITA energy medicine practice
- Develop, participate in, conduct and support ITA energy medicine research programs
- Encourage and facilitate continuing education opportunities in ITA energy medicine related fields
- Encourage and coordinate voluntary ITA energy medicine programs and services in the community
- Preserve the modality of ITA energy medicine in its pure form

To become a member of the ITAEMA or to gain a better understanding of member benefits, governance and professional opportunities, explore energymedicine.asn.au or email membership@energymedicine.asn.au



This prospectus is proudly sponsored by the
ITA Energy Medicine Association Inc.

*To learn more about the Association or locate your nearest
ITA practitioner and licensed facilitator for ITA Movement,
ITA Energetic Self Care and ITA Learn to Meditate please visit
energymedicine.asn.au*

www.mriac.com.au