



Melaney Ryan Institute of
Applied Consciousness (MRIAC)

Referencing Guidelines

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MRIAC Referencing Guidelines

The ITA system of Energy Medicine and Mahat Meditation have been developed by Melaney Ryan. In order to retain the purity of the teachings it is important that the content is referenced accurately when information is being circulated to the public.

Different contexts require different forms of referencing. Please see below for explanations and referencing examples.

General Acknowledgement and Reference

This form of referencing is to be used when the concepts of ITA and Mahat Meditation are delivered in a less formal format - in emails to clients, on social media/websites.

For example:

When using information learnt at Melaney Ryan Institute of Applied Consciousness (MRIAC), reference at the end of the paragraph/page with the following reference.

This application of energy understanding is taken from the Integrated Therapeutic Alignment (ITA) System of Energy Medicine developed by Melaney Ryan, of the Melaney Ryan Institute of Applied Consciousness. All rights reserved.

And

This application of energy understanding is taken from the Mahat Meditation System developed by Melaney Ryan, of the Melaney Ryan Institute of Applied Consciousness. All rights reserved.

Homecare Reference

Reference all ITA home care circulated to clients with the following reference in the footer of any digital or printed correspondence.

For example:

All attached exercises are extracted from the Integrated Therapeutic Alignment (ITA) System of Energy Medicine developed by Melaney Ryan of the Melaney Ryan Institute of Applied Consciousness. All rights reserved.

Formal Reference

If concepts from the ITA System of Energy Medicine or Mahat Meditation System are cited in formal publications, then a different form of referencing needs to be followed.

Each sentence that cites a concept taken from an ITA or Mahat Meditation manual must be accurately acknowledged and referenced from its source as in any academic referencing style. This would be used in reports, articles and formal presentations. Below is a reference list of the ITA and Mahat Meditation training manuals produced by MRIAC following the APA style of referencing.

Ryan, M. (2007) Integrated Therapeutic Alignment, ITA Tier One Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2008). Integrated Therapeutic Alignment, ITA Tier Two Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2012) Integrated Therapeutic Alignment, ITA Tier Three Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2014) Mahat Meditation, Level One Training Manual Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2015) Mahat Meditation, Level Two Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2017) Mahat Meditation, Level Three Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2019) Mahat Meditation, Level Four Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2016) Mahat Meditation Review and Reflection Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2010) Universal Matrix Framework Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2010) Integrated Therapeutic Alignment, ITA Movement Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Ryan, M. (2008) Learn to Meditate Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia

Examples for your Reference

ITA Description with General Reference

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.

This is a systematic, safe, effective and grounded program that delivers outstanding results.

Example of an article written about ITA with Formal Reference

One area of study offered by ASI focuses on the chakral system. There are seven main chakras fuelling the physical body, each with a front and back. There are also 3 additional chakras described in the ITA system located just off the physical body. These chakras are referred to as the 8th, 9th and 10th chakras. In Mahat Meditation, specific energetic movement sequences are utilised to unify the function of the main seven chakras into four unified points of light. (Ryan 2019)

References

Ryan, M. (2019) Integrated Therapeutic Alignment, ITA Tier One Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia.

Ryan, M. (2019) Integrated Therapeutic Alignment, ITA Tier Two Training Manual. Melaney Ryan Institute of Applied Consciousness (MRIAC). Perth, Australia.

Promotional Material

Developing Promotional Material for Short Courses for ITA Facilitators

Only the individuals licensed to teach the ITA Short Courses are permitted to do so.

Please do not refer to the course as your course but rather refer to yourself as an ITA facilitator offering the MRIAC developed course. For appropriate language and terminology refer to the MRIAC Short Course A5 flyers. Use where applicable the terminology and information as per the flyers in all written material. Any adjustment to the standard text in the flyers needs to be approved by MRIAC administration before circulation.

It is required in the promotion of any ITA content, that the acronym, ITA, is specified. An example of course promotion is - ITA Learn to Meditate, not Learn to Meditate.

N.B. If you are unsure of the appropriateness of the content you want to circulate, please send a copy of the planned promotional flyer/pamphlet/notice/social media post to MRIAC administration for checking and clarification.

Developing Promotional Material for ITA Practitioners

Only individuals licensed to teach the ITA Short Courses are permitted to do so. ITA practitioners wishing to offer the Short Course content in a group setting for their clients need to contact MRIAC administration to be connected with a licensed ITA facilitator who will deliver the course.

It is required in the promotion of any ITA content or service that the acronym, ITA, is specified in the title or name of the technique/service. An example of a promotion of an ITA practitioner service – ITA Root Cause Chart, not Root Cause Chart, ITA Five Element Understanding, not Five Element Understanding, ITA Lifecycles Mentoring, not Lifecycles Mentoring.

Presentations

It is essential that any other courses you are offering are clearly delineated and remain separate; to ensure that there be no crossover of ITA material, ITA teachings, ITA methods, ITA images in the other courses you deliver.

When presenting or delivering the MRIAC course material, please follow the course outline as per the manuals.

Materials/concepts/sections from the MRIAC Short Courses and the Integrated Therapeutic Alignment (ITA) System of Energy Medicine, cannot be:

- Taught as part of other courses or workshops
- Blended with other courses or workshops
- Adapted into other existing courses or workshops
- Incorporated into alternative courses being delivered by the practitioner.

For your guidance, this sample list below provides a snapshot of what is not permitted in course presentations and promotions.

- *Mindfulness Training courses incorporating sections from ITA strategies and techniques.*
- *Stress Reduction courses including ITA strategies and techniques.*
- *Relaxation, Meditation, Yoga sessions that combine other techniques with ITA strategies and techniques.*
- *“A Newly Developed Program” building on aspects of ITA teachings, strategies and techniques.*

If you are uncertain of your course planning and promotion, please don't hesitate to contact MRIAC administration for guidance.