



Application for Membership

Step 1. Type of application

Application for membership of the Meditation Association of Australia (MA) requires you to attach evidence of education and training in each of the areas of competency shown in the table. Those who have completed a meditation teacher training course that has been registered by MA as meeting the membership criteria do not need to complete the curriculum table in this application (Step 6) and need only attach their course completion certificate.

Please select the level of membership you are applying for:

- Provisional Membership**
- Full Membership**
- Senior Membership**

Please indicate if you are applying for special consideration:

- Special consideration**

Special consideration applies to those who have received informal meditation teacher training, often over many years, and often difficult to quantify. If applying for special consideration you should complete all sections of this application to the best of your ability, attach what evidence you have, and importantly, attach letters from two recognised meditation teachers recommending that you be accepted for membership.

Step 2. Membership Categories

There are three categories of membership: you can apply in one or more that best represents your training and experience.

1. Personal Development

Teachers of meditation for personal development are proficient at fostering a range of skills, qualities and outcomes that may include self-understanding, interpersonal abilities, coping capacities, general life skills, improved performance, a developed sense of self, behavioural change, emotional balance, clear thinking, self-care capacities, awareness of and sensitivity towards others, or general wellbeing. While therapeutic or spiritual outcomes or experiences may be relevant, they are not the primary objective in this form of teaching.

2. Spiritual

Teachers of spiritual meditation are primarily oriented to the development of spiritual and/or religious insights and capacities in those they train. This form of teaching may take place in the context of a religious or spiritual tradition. Although some or all of the practices taught may be the same as or similar to some therapeutic and personal development meditation teaching, the objectives of teaching in this category of membership are primarily spiritual.

3. Therapeutic

Teachers of therapeutic meditation are those who augment a degree level qualification in a health related field with meditation teaching for therapeutic purposes, in which the primary intention is to treat illness, to manage symptoms, or to promote physical, emotional and psychological health and wellbeing. Other outcomes may be spiritual and/or personal development but the primary objective of teaching in this category of membership is therapeutic.

Please select membership category/ies

Personal Development

Spiritual

Therapeutic

NB: Requires evidence of a health-related degree or qualification.

Step 3. Provide your contact details

CONTACT DETAILS (Confidential information for Meditation Australia use only)

Title	Mr / Mrs / Ms / Miss / Dr / Prof / Other		
Name	First Name	Family Name	
Mailing Address	Street & No. / PO Box		
	Suburb/Town	State	Postcode
	Country if other than Australia		
Phone		Mobile	
Email			

Step 4: Your personal meditation experience

Describe your personal experience of learning and practising meditation. Your practice must have been regular and conducted for a period of at least two years. Meditation Australia is interested to know the range of your experience, including the length of your practice, your preferred style or styles, any tradition of meditation that is relevant, how you integrate meditation into your life, and how and why it is important to you. (Attach additional sheets if necessary.)

Step 5. Your training and qualifications as a meditation teacher

Describe the training course(s) you have completed and qualification(s) in meditation teaching that you have received. (Attach additional sheets if necessary.)

Name and contact details of school(s), organisation(s), training institute(s) or recognised person/people issuing your qualification(s).	
Qualification(s) received with certificate(s), graduate number(s) or other formal ratification.	
Date(s) of Graduation	

Step 6. Describe competencies and provide documentation

Those who have completed a meditation teacher training course that has been registered by MA as meeting the membership criteria do not need to complete this table and need only attach their course completion certificate.

Areas of Competency	Description of your education and training in this area	Hours completed	Indicative learning hours
Theory and Guided Practice or Meditation Technique/s			30 hours
Teaching Methodology			30 hours
Integrated Practice and Teaching (Practicum)			30 hours
Student Management			5 hours
Physiology, Psychology and Neuroscience of Meditation			10 hours
Philosophy, History and Complementary forms			5 hours
Overall Contact Hours			Minimum 30% required
Total Hours			110 hours

Attach additional sheets if extra space is needed to provide full information. Please only send copies of course syllabuses, certificates, etc (don't send originals). We also recommend that you keep a copy of this completed application form and all associated documentation for possible future reference.

Step 7. Aims of the Meditation Association of Australia

Meditation Teaching

1. To develop, promote and support the teaching and practice of meditation
2. To define criteria for those wishing to be recognised and registered as meditation teachers or meditation teacher training organisations, including but not limited to, knowledge, skills, competencies, prerequisites, categories and scope of teaching
3. To uphold professionalism and ethical standards, and to foster continuing professional development, networking and community amongst meditation teachers, and
4. To act as the peak body for meditation teachers; to advocate for and represent their interests as a group.

Meditation Practice

5. To encourage uptake of, and foster development in, meditation by members of the general public
6. To encourage organisations, including but not limited to businesses, companies, educational institutions and government, to incorporate meditation into organisational culture and policy, and
7. To act as a public voice for the practice of meditation, including but not limited to the benefits of meditation and advocating for meditation as an integral part of life.

Step 8. Code of ethics and conduct

Members agree to:

1. Act in a way that upholds the good reputation of the association and meditation teaching.
2. Be honest, compassionate, respectful and appropriate in all aspects of their dealings with fellow members, clients and students.
3. Treat fellow members, clients and students with professionalism and dignity, and provide clear and adequate information concerning services offered.
4. Strictly observe professional confidentiality including keeping client and student records in an appropriate, accurate and secure manner.
5. Be clear about the limitations of the services they offer and undertake to refer any clients or students to other professionals as appropriate, including to more experienced specialised meditation teachers if needed.
6. Maintain a high level of knowledge and skill in their work and commit to their continuing professional development.

Step 9. Make your declaration

Please tick only the boxes that are appropriate to your application.

I declare that:

For Provisional Membership:

I intend to complete a further 30 hours of education and training in the first three years of membership and understand that I may enter into a mentoring arrangement to achieve this.

For Full Membership – Therapeutic category:

I hold a health related degree/qualification. Name of qualification:

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For Special consideration:

I have attached letters from two recognised teachers recommending me for membership.

All applicants:

I have read and understood the requirements of the categories of membership for which I am applying.

I have attached copies of my course completion certificates and other relevant supporting documentation.

I have read the Code of ethics and conduct and agree to abide by it.

To the best of my knowledge and belief, the information provided in and attached to this application is true.

I understand that acceptance of my application and renewal of my membership each year is at the sole discretion of the Board of Meditation Australia. I also understand that if any aspect of this application is found to be false, incomplete or otherwise misleading, membership may be refused or any membership already granted may be withdrawn.

I have paid/am paying:

\$90 Joining fee

Plus

Pro rata membership fee of:

\$85 (Joining between 1 July and 31 December)

\$45 (Joining between 1 January and 30 June)

Please select a payment method:

By bank transfer (please put your name in the transaction reference so we can find it on our statement)

Signature.....Date.....

Meditation Australia details

Bank: Account Name: Meditation Association of Australia
BSB: 063-104
Account Number: 10364476

Email: askus@meditationaustralia.org.au

If you have questions relating to your application, please email us on askus@meditationaustralia.org.au or phone 0402 938 401