



Ethnotherapy

AND THE SWAN'S JOURNEY®



 I.P.T.B

INSTITUT de PSICOLOGIA TRANSPERSONAL de BARCELONA



What is Ethnotherapy?

ANCIENT HEALING IN THE MODERN WORLD

In a corner of the human soul, the seeker from all over the world will find an ancestral path that dances between the whispers of shamanism and the depth of modern therapy.

Our Ethnotherapy is woven with the golden threads of acquired knowledge, where the wisdom of the ancestors merges with the art of healing.

Here, shamanic planes meet therapeutic ones, creating a luminous bridge that unites the tangible and the ethereal.

This proposal is the mature fruit of a life dedicated to work, research, and devotion to healing and expanded states of consciousness.





Our Mission

ACCOMPANYING THE HEALING JOURNEY

We are driven by a deep motivation: to alleviate the suffering of those trapped in the webs of post-traumatic stress, depression, and unhappiness.

Our mission is to guide each soul toward the light of happiness, heal personal and transpersonal wounds, and plant the seeds of a world we wish to live in.

With open hearts and spirits in communion, we invite all seekers to join this transformative journey, where Ethnotherapy becomes a beacon of hope and renewal.





Who is it for?

A CALL TO RESTLESS SOULS

This journey is designed for:

- Psychiatrists, psychologists, doctors, psychotherapists, coaches, facilitators, and professionals in the field of health who are committed to their own development and that of others.
- Restless souls seeking to complete their life journey, integrating the elements that spiritual life places at their disposal.



PILLARS

- Sacred Plants
- Rituals and Ceremonies
- Breathing Techniques
- Music and Dance



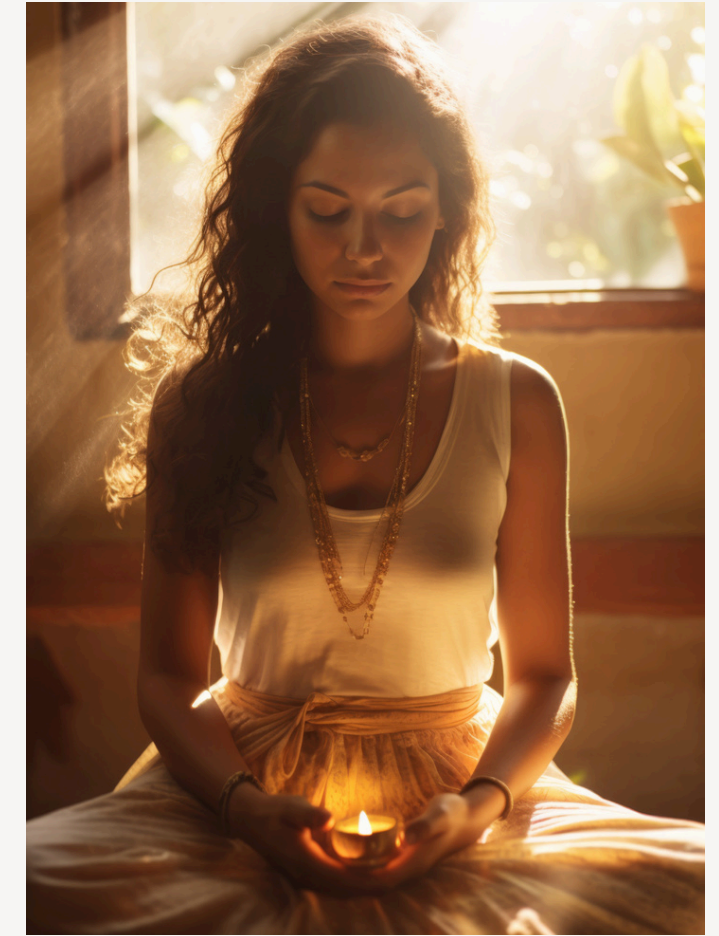
OBJECTIVES AND BENEFITS

- Healing emotional wounds
- Exploring and integrating the spiritual dimension of the person
- Finding meaning and purpose in life
- Deep personal transformation



GLOBAL TRAINING PROGRAMS

- Theoretical courses
- Practical workshops
- Clinical supervision
- Field experiences
- Presence in Europe, Asia, and America.



BASIC ELEMENTS

- ARMM (Altar, Rituals, Meditations, and Mantras)
- TeAC (Techniques for Expanding Consciousness)
- TeBody (Bodywork Techniques)



The Swan's Journey[®]



OUR METHOD

The Swan's Journey is a powerful metaphor representing the inner journey that each person can experience throughout their life.

A transformative journey, full of challenges, learning, and stages that drive personal growth and connection with the deepest essence of being.

We'll explore the eight stages of The Swan's Journey below:

1. The Bridge
2. The Sanctuary
3. The Well
4. The Labyrinth
5. The Prison
6. Death
7. Rebirth
8. Integration

The Bridge

INITIAL PORTAL OF THE JOURNEY

The Threshold of the Journey

- The initial meditation centers the mind and opens the heart.
- It is the call to begin the transformation journey.

Awakening of Consciousness

- Crossing the Bridge implies a profound and irreversible change.
- It is the moment to recognize and welcome change in our lives.

A Path Emerging from Crisis

- Often, the Bridge appears in times of vital or psycho-spiritual crisis.
- It invites us to question and redefine the meaning of life.

Shamanism as a Guide

- It guides and illuminates our first steps on the inner journey.
- It is a quantum portal that opens in consciousness through dreams, fairy tale archetypes, or oracles that break the neurotic monologue to transcend the ego.





The Sanctuary

CONNECTION WITH THE SACRED SPACE

- Creating the altar and searching for guides and allies.
- Invocation of ancestors, power animals, and benevolent deities who will accompany us on life's journey.
- A psycho-activating technique for introspection, self-knowledge, and spirituality, connecting with the sacred inner space to send and receive messages.

The Well



THE SECRETS WHISPER IN THE SHADOWS

"In the depths of the shadow, there is not only darkness but also a hidden light that only the brave dare to embrace."

Exploring the Shadow Archetype

- Practices to unearth and recognize the shadow archetype.
- In the twilight, we find the light and the integration of the whole and its parts.

Acceptance and Transformation

- The shadow is no longer feared or rejected but embraced as a work of art.
- By integrating it, we unleash our repressed creative and emotional potential.



A DIFFERENT REALITY

The Apotheosis

The climax in *The Labyrinth* is the moment when we reach a greater understanding of ourselves and our purpose.

A state of revelation and clarity, where the pieces of our life puzzle begin to fit together.

This moment of illumination allows us to see beyond illusions and distractions, connecting us with our deepest essence.



The Labyrinth



The Prison

SLAVES OF THE BIOGRAPHICAL MYTH

The first step to freeing ourselves from The Prison is recognizing that we are trapped in a myth, in the story we tell ourselves to remain unhappy.

By questioning our restrictive beliefs and challenging negative narratives, we begin to dismantle the walls of our mental prison. This liberation process allows us to transform.

Death

REBORN FROM THE ASHES

The Liberation of the Soul

The death of the ego is a concept that refers to the dissolution or transcendence of the individual 'I', allowing for a deeper connection with the essence of the self and the universe. It allows us to let go of the bonds that keep us anchored in the past and prevent us from moving forward.

A journey into the unknown, a step beyond time, where the soul finds its destiny, and the self rises, shedding weight.

In the goodbye, we find freedom, we let go of what holds us back, we move towards a new awakening, where only the essential sustains us.

In letting go of these chains, we free ourselves to live more authentically and in alignment with our true selves.



The Rebirth

CREATING THE WORLD WE WANT TO LIVE IN

By living with purpose, we find deeper meaning in our actions and feel more fulfilled and satisfied. This approach guides us towards a fuller and more meaningful life.

By integrating the shadow, we experience a rebirth, a renewal of our identity and purpose. This process allows us to emerge with a greater understanding of ourselves and a deeper connection to our authenticity, healing our bonds with ourselves, with others and with the planet as the living being that it is.

We carry with us the treasure of this journey, the elixir that transforms our daily lives. With each conscious step, we create the world we want to live in.

CLOSING OF THE JOURNEY

The Integration represents the phase in which the learnings and experiences gained during the inner journey are put into practice or implemented in everyday life.

This process involves revealing the symbolism of the lived experiences and applying them in the tangible world, in the 'land of consensual living'.

It is an act of offering and honouring these learnings in order to bring them to fruition.

The Integration





Magda Solé & Jaume Mestres

MEET THE TEACHERS

Magda Solé is Founder of the Institute of Transpersonal Psychology in Barcelona and Mexico, pioneer of Transpersonal Psychology in Spain since 1990. She is a clinical psychologist and philosopher, specialising in Psychosomatics, Transpersonal Psychotherapy and Holotropic Breathwork. She has worked with indigenous communities in Mexico, Uzbekistan and Siberia, integrating ancestral knowledge in transformation processes. Professor at the University of Barcelona and the UOC, she has taken her knowledge to more than 25 countries through conferences, workshops and publications on consciousness, shamanism and neuroscience.

Jaume Mestres, Vice-Director of IPTB, is a psychotherapist, coach and trainer in Transpersonal, with an extensive experience facilitating workshops in Europe, Asia and America since 2000. An active member of EUROTAS and ACT, he has trained professionals in business management within European Union programmes. As founder of Holos Shamanic Expeditions, he has designed personal and spiritual growth experiences inspired by the ancestral traditions of various cultures. He is co-author of *Travel, Feeling and Thinking* and *Transpersonal: Planet, Culture, and Consciousness*, exploring the intersection of travel, consciousness and transformation.

Throughout their career, Magda and Jaume have collaborated with prestigious institutions worldwide, including the International Institute for Consciousness Exploration in Germany, the Hezong Shibo Institute in Beijing, the Humanistic Institute in Wuhan, the Fullxpression in Boulder, and the Macuil Institute in Mexico, among others. Their work extends to Brazil, Peru, Estonia, Russia and Romania, consolidating a global network dedicated to the exploration of consciousness and personal transformation.

Together, they guide this journey of self-knowledge and integration, combining ancient wisdom with transpersonal approaches to facilitate the expansion of consciousness and deep healing.





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