

## Inner Peace and Peace of the World.

### Retreat at Lake Baikal / Siberia

Holotropic Breathwork, Shamanic Rituals, Systemic Constellations, Meditation in the Zen Buddhist Tradition, Presentations and Sharings

with

Ingo Benjamin Jahrsetz, Magda Solé, Jaume Mestres

Guest Teachers: Claude AnShin Thomas and Shamans

August 8 –18, 2022

Buryatia Ethno-Therapeutic Journey

with Jaume Mestres and Magda Solé

August 18 – 24, 2022

Peace, in these times, appears as something which is not possible – wars dominate the history of humankind since its onset. Violence has many forms, individual as well as collective ones; it seems to belong to the basic nature of humankind. In the 1980s, weapons of mass-destruction were able to annihilate 100 billions of people. Usually, this is known as the over-kill: With all weapons available all people living on earth can be killed more than ten times (7,8 billions / 2020).

The value of life – from a perspective of greed, hatred and delusion, it can be ignored. The value of life – from a perspective of love it transcends everything that can be measured. It is sacred and the mystery of the divine itself.

Maybe it is the evolutionary task of the human race to bring together both sides – to reconcile the anguish of the human body and its fight for survival with what is beyond birth and death, the divine source of life.

Many psychological and social patterns are based on the fight for survival – and yet, everyone longs for love without conditions.

Since the beginning of history, there is a war inside of the human being - splitting head, belly and heart. It is a split between sensing, understanding and loving. Separating this trinity is the motor which nourishes and maintains violence in the world.

It is the war within us which creates terrorism and the many and different wars in the world. Some say that will never cease; maybe they are right.

Others put all their intention on gaining peace as an evolutionary leap. I think both are belonging together.

Peace does not mean that there is no suffering. Peace does not mean that there is no distress. Peace does not mean that there are no individual and cultural differences of how it is understood what peace means. Peace does not mean that human love is never corrupt. Sometimes it is pure, love without conditions; this is divine grace.

Peace means that we all are one human being who is able to connect in humanness.

Some religious traditions describe the divine as something which is above. God is up in heaven, humans are down on earth, the animals and plants below, all nature lower. I don't think that the main problem is the hierarchical order of an organic system. The central problem is that we put the Divine, God, the Higher Self at the top and suggest it an ideal which can be reached by hard work.

Humanness is not an ideal. Humanness is everybody's true nature with all its imperfectness.

### **The sacred Lake Baikal.**

This retreat will take place in Buryatia/Siberia at the mystical Lake Baikal with its pristine nature. Baikal is a sacred lake, a place of spiritual powers. The place itself will support the intention to awake humanness which is the power to transform fear into compassion and kindness.

Buryatia is one of the regions from where shamanism originated. At the Lake Baikal shamans and Tibetan Buddhists reconciled a historical fight for the better truth, Siberian shamans had been an essential force to defeat the Nazis during WWII.

These memories are still very present as collective energies. Individual attention and self-exploration may create connectedness without conditions and peace.

### **What to expect from that seminar?**

The retreat will be moderated by a team of internationally known psychotherapists and spiritual teachers.

They will facilitate an open space for deep psycho-spiritual self-exploration, Holotropic Breathwork, for shaman's rituals, for meditation and cross-cultural sharings.

Welcoming whatever may come up with as much kindness as you can, you will find yourself. It will be a process of individual and collective healing.

### **The Shamanic field.**

During the ten days of the seminar, three Baikal shamans will join us: Svetlana, Valentin, Dorzhi.

With drums and dances, singing and in silence taking off and creating the best dialogue of the soul.

Everything will take place on the shore of the lake, in the forest or in meeting rooms.

Ending war.

For the first time, Claude AnShin Thomas will join our retreat. He is a Vietnam veteran and a Soto Zen Master. He knows the war first-hand; he was fighting as a soldier in the Vietnam war; deep psychological and spiritual processes led him to become a strong advocate of active non-violence.

We are grateful and happy at the same time that Claude AnShin will join this retreat as a spiritual teacher.

We will initiate a common ritual igniting the intention to realize peace – with whomever we live, whatever we do, wherever we are.

**After the retreat** it is possible to participate in a 7-days tour through Buryatia to explore deeper the country and the work of other shamans.

Shamanism is the most ancient healing tradition and moreover a way of living. It is, now more than ever, the way to connect with nature through ancient spiritual practices. We will feel and go through the steppes of Siberia that are considered to be the historical heartland of the world's oldest belief system.

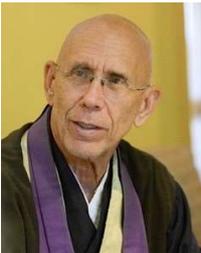
Siberia's resurgent shamanism is one of the practices that experienced a revival after the collapse of the Soviet Union.

Facilitators:



Ingo Benjamin Jahrsetz (Freiburg/Germany)  
 Trainings Transpersonal Psychotherapy and Transpersonal  
 Breathwork in Germany, Europe, the United States, China,  
 and South Korea  
 Seminars and workshops; lectures and scientific work.  
 Supervision Transpersonal Psychotherapy.  
 Initiator and honorary chairman of the Spiritual Emergence  
 Network (SEN) in Germany.  
 Co-Founder and director of the International Institute for  
 Consciousness Exploration and Psychotherapy, Freiburg.  
 Former President of EUROTAS.  
 Psychoanalytic Oriented Psychotherapy; Systemic Family  
 Therapy; Psychodrama; Systemic Constellations. Holotropic  
 Breathwork® (Stanislav Grof).

	<p>Publications: -(book) Holotropes Atmen – Psychotherapie und Spiritualität, Verlag Klett-Cotta. Various articles published in different journals.</p>
	<p>Magda Solé (Barcelona/Spain) Director of the IPTB (Barcelona Institute of Transpersonal Psychology) and director of the Training Area. Psychologist and Psychotherapist, professor at the UB (Barcelona University) (for 20 years) and the UOC (Universitat Oberta de Catalunya). Trained in Mexico and the USA. Research and living with Mazatec shamans in Mexico, and Siberian shamans in Buryatia (Russia) as well as in Central Asia (Karakalpakstan). She cooperates with CesHum in Paris, France (trainings in Holotropic Breathwork) as well as with the International Institute for Consciousness Exploration and Psychotherapy, Freiburg, Germany. She is working in China, Russia and Mexico. Pioneer of Transpersonal Psychology since the 1990s Founder of the IPTB - Barcelona Institute of Transpersonal Psychology and Veracruz, Mexico. Member of the Governing Council of EUROTAS (European Transpersonal Association)</p>
	<p>Jaume Mestres (Barcelona, Spain) Deputy Director of the IPTB (Barcelona Institute of Transpersonal Psychology) and Co-Director of the Coaching Area. Therapist and Transpersonal Coach and trainer. He is a member of the EUROTAS Governing Board. Professor at UAB (Barcelona Autonomous University), Communication Area. Founder of Holos Ethnotherapeutic Journeys and Retreats specialized in shamanic journeys in Mexico, Uzbekistan, Siberia and other countries. He worked in EU exchange programs with Russia and various ex-Soviet Republics of Central Asia for more than 15 years. He is co-author of the travel book Travel, Feel and Think (Ed. UOC) and Transpersonal: Planet, Culture and Consciousness (Mandala Editions). He cooperates with CesHum in Paris, France and with the International Institute for Consciousness Exploration and Psychotherapy, Freiburg, Germany.</p>

	<p>Claude AnShin Thomas (USA)</p> <p>Vietnam combat veteran who turned Zen monk, author and speaker communicating Zen Buddhist Teachings in an unreligious manner. Direct and drawn from life, with a deep rooted sense of compassion and humor, he embodies his passion for Zen Buddhism, inspires interest and provokes curiosity.</p> <p>For more information about Claude AnShin and the work that he does you can visit <a href="http://www.zaltho.org">www.zaltho.org</a>. He also is the author of "At Hell's Gate, A Soldiers Journey From War To Peace" published by Shambhala Publications.</p>
	<p>Sandra Mahr (Zurich, Switzerland)</p> <p>Assistant</p> <p>Qualified social science teacher, Yoga teacher, postgraduate student in systemic counselling (masters course)</p> <p>6 years training in Transpersonal Psychotherapy, Transpersonal Breathwork and Spiritual Guidance</p> <p>Seminars in Transpersonal Breathwork in Switzerland</p> <p>I am a qualified social science teacher and work with children and adolescents. Currently, I am studying the postgraduate course „MAS Systemic Counselling“.</p> <p>More than 10 years ago, Yoga brought me to Holotropic Breathwork. I completed a training in Holotropic Breathwork with Dr Ingo Jahrsetz and Judith Miller, PhD. and worked as an assistant in their breathwork seminars. I now offer my own seminars in Transpersonal Breathwork in Switzerland.</p>

Shamans: Svetlana, Valentin, Dorzhi