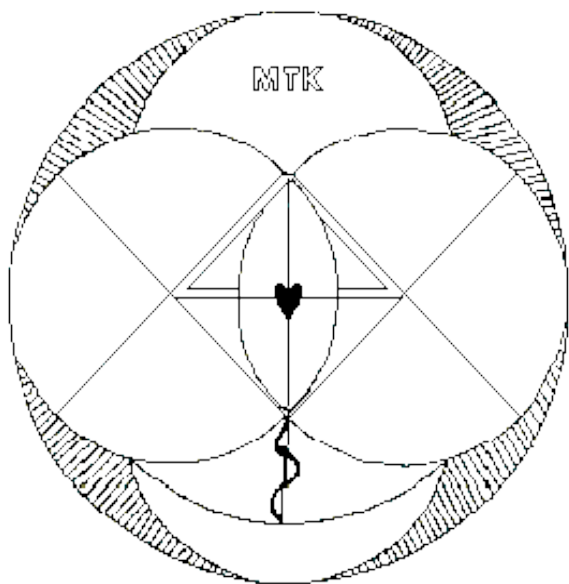


Main Transpersonale Käer a.s.b.l.

Lëtzebuenger Gesellschaft
fir Transpersonal Psychologie
MTK - SEN / MTK - LTG / MTK - IBG



MTK-Info 109

10-12/2025

MTK-Telefon:
691-456 789

email : mtk@mtk.lu
web: www.mtk.lu

BIC: CCPLLULL IBAN:
LU29 1111 1315 0671
0000

KARTEN, KAFFI,
KOMMUNIKATIOUN-
TREFFS an der Staat

an WORKSHOP den
23.11.2025 um
Helperknapp (Bill):
MANDALA-KARTEN an
DANZ mam Caroline an
dem Alfred



Mehr Demokratie & Bedingungsloses Grundeinkommen

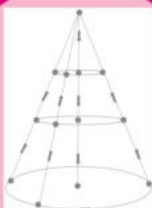


CIRCLES of LIFE CARD MEETINGS - Psy of Love

Alfred Groff

Circles of life cards

Orientation on the five-way path



Cartes des cercles de vie

Orientation sur le sentier à cinq voies



Den MTK rem um
Podium beim
Pétanque-Tournois
vun de Bartrenger
Vereiner 2025



MTK-LEBENSKREISE-KARTEN

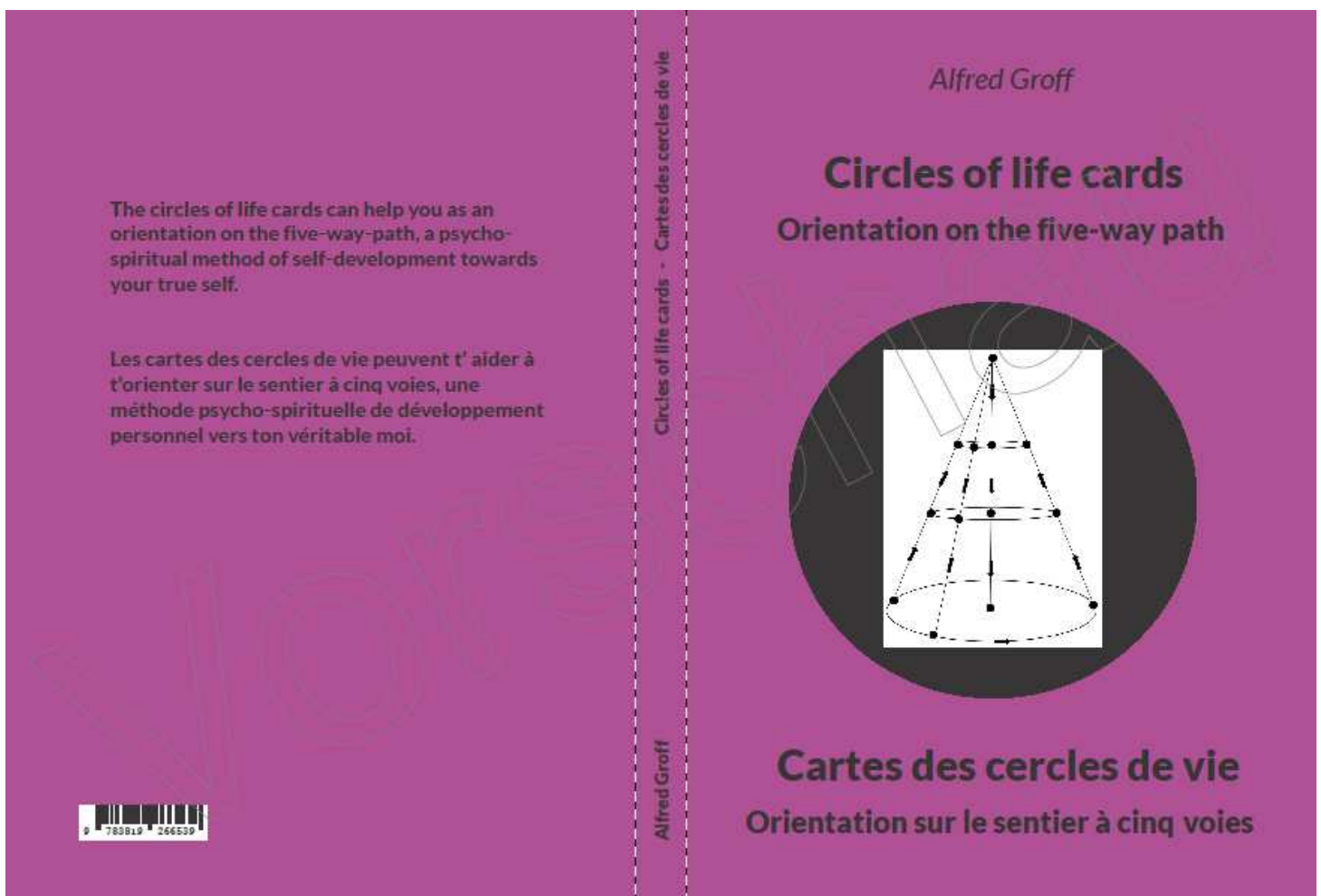
MTK-CIRCLES OF LIFE CARDS

CARTES DES CERCLES DE VIE

<https://tarot-editor.mantike.pro/>

In ENGLISH: available in OCTOBER 2025

En Français : paraîtra en octobre 2025



CIRCLE OF LIFE CARDS MTK-MEETINGS in the Luxembourg Region

1. CARDS - COFFEE- COMMUNICATION: regular meetings in a Coffee House in town



2. PSYCHOLOGY OF LOVE: HEAD - HEART - HARA and HANDS

workshops with creative thinking, empathetic feeling, meaningful will & loving actions

QUESTIONS & PICTURES (Mandala-Cards, Initiatic Drawing, Inner-Guided Drawing ...)

SOUNDS & MEDITATIONS (Sound-Journey, Initiatic Breathing, Meditative Jamming, Chanting ...)

MOVEMENTS & DANCES (Expressive Movements, Authentic Sensitive Dance, Ecstatic Dance ...)

3. LIVE or ONLINE CARD MEETINGS

(different languages / dates: mail to mtk@mtk.lu)

<https://tarot-editor.mantike.pro/> (replace “Rider Waite” by “Leb”)

[illegible]

with Alfred Groff and friends



Christian Sarti

Circle of Life Cards and Inner Voices

Caroline Dekeyser

Authentic Sensitive Dance

Marie-Paule Ketter

Sound-Journey

www.mtk.lu

www.alfredgroff.com

KAARTEN – KAFFI – KOMMUNIKATIOUN beim Rousegärtchen

Karten – Kaffee – Kommunikation

cartes- café – communication

cards – coffee- communication



Winni? / quand? / when? : 1.10.2025 (Mettwoch, mercredi, wednesday 15:00-16:30)

Wou ? / où / where ? : Boulangerie Chambelland 2, rue de la Grève L- 1643 Luxembg.

Moderation: Alfred Groff (alfredgroff.com) & Christian Sarti (christiansarti.com)

Waat ass är Liewens- oder Sënnfro vun der Woch?

Quelle est votre question concrète ou philosophique de la semaine?

What is your question of the week concerning life or its meaning?

Op eng spilleresch Art a Weis ënnerstëtzen eis d' "Mandala - Liewenskrees-Karten" bei der Sich no Entwerten. An dest bei engem gudde Kaffi/Téi an engem flotten Austausch.

Les cartes "Mandala - Cercles de Vie" nous accompagnent dans la quête de réponses de manière ludique. Et ceci avec une bonne boisson et un agréable échange.

The "Mandala - Circles of life cards" support us in in our search for answers in a playful way. And this with a nice drink an a good exchange.

Käschtefrei, jidder Erwuessenen ass wëllkomm. Giddferen bezillt just seng Konsomatioun.

Gratuit, chaque adulte est le/la bienvenu(e). Chacun ne paye que sa boisson.

Free of charge, every adult is welcome. You only pay your drink.

Video (lëtzebuergesch): <https://www.youtube.com/watch?v=4ce2F1XXKak>

All 2. Woch ab 1.10.25 / every second week after october 25 /
jede 2. Woche ab 1.10.25 / chaque 2e semaine à partir du 1.10.25

From QUESTION to FLOW: A JOURNEY through DANCE and MANDALAS

*Discover the answers already living within you
through movement, imagery, and inner listening*

Do you have a question or a theme that concerns you?

Have you already thought a lot about your question, without reaching a satisfying conclusion?

If the answer is yes, we offer you other possibilities to move out of impasse, stagnation, or procrastination. Namely, an approach that combines the felt experience of “*Authentic Sensitive Dance*” and of messages from the mandala-images of the “*Circles of Life Cards Thematic Constellations*”.



Facilitators:

- ° Caroline Dekeyser (biodanza-tantra.com)
- ° Alfred Groff (alfredgroff.com)

Date: November 23, 2025 (10:00-18:00)

Location: Near Mersch (Luxembourg)

– the exact address will be provided upon registration

Fees:

- ° **EXTRA EARLY BIRD** (until October 31, 2025): €95
- ° **Reduced rate** (low income): €75
- ° **Regular price** (from November 1, 2025): €150

Registration & Information: mtk@mtk.lu / caroline@biodanza-tantra.com

De la QUESTION au FLUX : Un VOYAGE à travers la DANSE et les MANDALAS

*Découvrez les réponses qui vivent déjà en vous
par le mouvement, l'imagerie et l'écoute intérieure*

Avez-vous une question ou un thème qui vous préoccupe ?

Avez-vous déjà beaucoup réfléchi à cette question, sans parvenir à une conclusion satisfaisante ?

Si la réponse est oui, nous te proposons d'autres possibilités pour sortir de l'impasse, de la stagnation ou de la procrastination. À savoir, une démarche qui combine l'expérience ressentie de la « *Danse Authentique Sensitive* » et des messages des images-mandala des « *Constellations Thématiques des Cartes des Cercles de Vie* ».



Facilitateurs :

- ° Caroline Dekeyser (biodanza-tantra.com)
- ° Alfred Groff (alfredgroff.com)

Date : Le 23 novembre 2025 (10 am -6pm)

Lieu : Près de Mersch (Luxembourg)

– l'adresse exacte sera communiquée après l'inscription

Tarifs :

- ° **EXTRA EARLY BIRD** (jusqu'au 31 octobre 2025) : 95 €
- ° **Tarif réduit** (revenus modestes) : 75 €
- ° **Prix normal** (à partir du 1er novembre 2025) : 150 €

Inscription et informations : mtk@mtk.lu / caroline@biodanza-tantra.com

DRAWING the CARDS: DECISIVE QUESTIONS

Asking a yes or no question and drawing a card doesn't make much sense. Should a card give you an answer that you would be better off finding yourself so that you don't completely abandon your responsibility? For a decisive question in the form of a yes or no question or a choice between several alternatives, you can proceed as follows. Draw two cards for each option: a secondary card for the 'energies' you will encounter and a main card for the theme that will be present. What does this trigger in you? Does it help you make a decision?

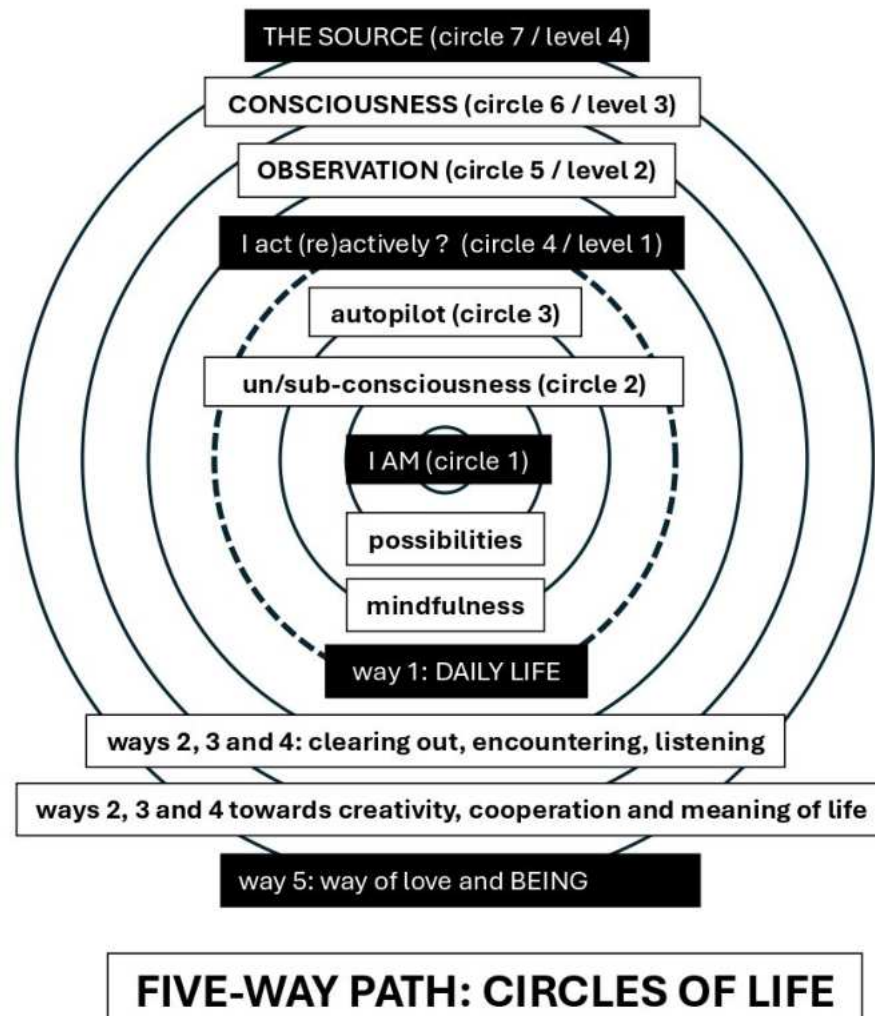


KARTEN ZIEHEN - ENTSCHEIDENDE FRAGEN

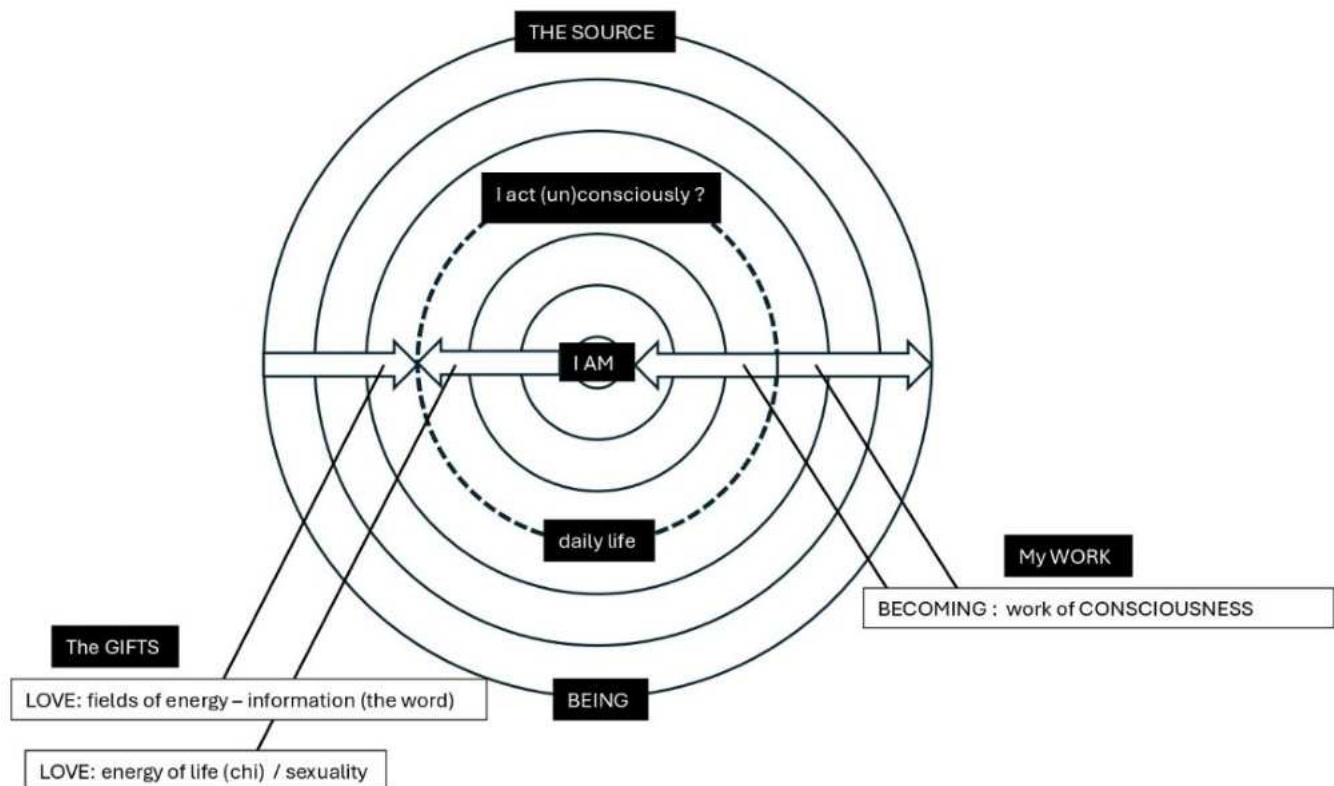
Eine Ja- oder Nein-Frage zu stellen und eine Karte zu ziehen, macht wenig Sinn. Sollte eine Karte Ihnen eine Antwort geben, die Sie besser selbst finden sollten, damit Sie Ihre Verantwortung nicht völlig aufgeben? Bei einer entscheidenden Frage in Form einer Ja- oder Nein-Frage oder einer Wahl zwischen mehreren Alternativen können Sie wie folgt vorgehen. Ziehen Sie für jede Option zwei Karten: eine Nebenkarte für die „Energien“, denen Sie begegnen werden, und eine Hauptkarte für das Thema, das präsent sein wird. Was löst das in Ihnen aus? Hilft es Ihnen, eine Entscheidung zu treffen?

The “Circles of Life” Model on the “Five-Way Path” of Human Development

- PSYCHOLOGY OF LOVE -



The ‘Five-Way Path Model’ can be represented as a cone. If we add three additional levels to the model (autopilot, un/sub-conscious and ‘I am’/my being), we can imagine it as consisting of seven circles (two-dimensional view). If we imagine the model in three dimensions, it consists of seven spheres nested within each other.



Let us take a moment to become aware of how much in life is a gift to us. From the moment of our physical birth, we are given a body - that is, the subjectively experienced, felt, and living “I am” in its embodiment. It is permeated by prana, chi, qi, or whichever term we choose for this life energy. The life we know arises from sexual energy, a form of life energy that is vital not only for sexual activity but also for creativity, passion, and connection in all areas of life. This life force is a fundamental human power expressed through sensuality, physicality, and vitality, manifesting in many ways, such as through dance or movement in nature.

Unfortunately, these energies are quickly disrupted by life experiences and social practices, leading to inner blockages that hinder the healthy flow of life. Meditative, bioenergetic, and tantric practices can be helpful here. But so can our fellow human beings serve as mirrors. When we get upset with someone, it means one of our life issues has been triggered. We now then have the choice of blaming that person or to thank her for the opportunity to develop, integrate, or heal the theme within ourselves and let our life energy vibrate again. All circumstances that affect us emotionally are our own issues, but all too often we project them onto the outside world.

Back to the gifts, let's simply call them love. Love gives us fields of energy of all kinds, reaching far beyond the dimensions of space and time perceived by our brains. It offers us an infinite supply of information to absorb into our consciousness. These potentials and capacities, alongside the treasures of nature, form the entirely gifted foundation of our economy - the exchange of goods and services - everything offered unconditionally to human beings by the universe. Almost all goods have been created, directly or indirectly, by millions of people.

To ensure this exchange flows optimally, the idea of a universal, unconditional basic income seems a logical solution, enabling everyone to participate freely and without fear in this vital process.

Life energy is positively influenced by healthy nutrition, flowing breath, and information that suits our individuality. Information and energies are possibilities we can consciously grasp to create our lived reality. Development is possible and requires individual work - not in the form of suffering but in the form of effort. When we harmonize our inner will, higher will, and absolute will, we give ourselves meaning in life. The healthy human being is a triad in harmony born from unity: first an incarnated person, a worldly-reactive ego, biological will; then a conscious individuality, an actively

deciding self, higher will in action; and finally part of the whole, of BEING, of the Source, of the "Divine," of the Absolute "I am," a perspective of possibility fields. In addition to his body, which he HAS only temporarily borrowed to BECOME in interaction with other people, a human being is simultaneously a conscious being and conscious BEING - absolute consciousness that some also call love, the positive primal source ("drop, ocean and humidity"). Individual work consists primarily of consciousness work, consciousness development. The more we evolve, the more love flows to us. Concretely, this means that as we become more conscious our daily life can mutate from a reactive, unconscious vicious cycle of many superfluous habits into an active, conscious, and joyful everyday existence.

THE CIRCLES

Circle 1 (inner) and Circle 7 (outer)

The small, innermost circle is a point and represents every human being capable of saying "I am," including myself. This is my transpersonal core. Expanding this point to infinity, we arrive at the outermost circle, that of the "Absolute Being," the Source of All, where my "Higher Spiritual Self" resides.

The two ("I am" and the "Higher Self") are almost identical, at least in their spiritual quality, since existence is >99.99% made up of non-material, but energetic information fields (see for example: Trinh Xuan Thuan). The two circles differ in their varied perspectives, whether individual or global (I have consciousness / my consciousness is part of consciousness itself).

Circle 4 (middle)

The fourth circle in the middle (dotted line / way 1 of the "Five-Way Path") is the circle of everyday life, in which I live in a body, perceive, experience, evaluate and act, consciously or unconsciously by reaction. A positive development results in more perceived possibilities, greater freedom of choice and a clearer awareness of my actions.

Circles 5 and 6 (development work)

Circles 5 and 6 (ways 2, 3, and 4 of the “Five-Way Path”) describe the three levels of the soul: thinking, feeling, and willing. Circle 5 is the level of observation, circle 6 the level of consciousness. At the level of observation, there is a goal for each of the three ways. For thinking, it's about getting rid of unused and unnecessary knowledge and creating space; for feeling, it's encounters; and for will, it's listening to the needs of the lower and higher will.

At the level of consciousness, the three ways also have three objectives: for the thoughts it's creativity; for the feelings it's cooperation and for the will it's the meaning of life.

If we consciously evolve along these three ways through inner work, the “Source of All and Everything” brings us the vital energy, strength, information, or whatever we need as support via way 5, the Way of Love.

Circle 3

If I look at the third circle, many people, through their ego, are spinning in a vicious circle consisting largely of unconsciously learned automatisms, habits, compulsions (I must), drives, desires, and lusts, alongside biological instincts, reflexes, and useful bodily functions. This circle is called "autopilot" here. Mindfulness can help me take responsibility here and now, instead of harming myself (e.g., my eating habits) or others (e.g., my outbursts of anger).

Circle 2

The second circle, that of the subconscious and unconscious, is the realm of all possibilities that I can translate into reality through consciousness, will, and the creation of meaning. The brain, the receiver of information, normally protects me from 90-95% of this information (see for example Daniel Kahneman). Various meditations can help me access it and consciously develop these possibilities within my soul (ways 2, 3, and 4).



KANAL MTK YOUTUBE NEW VIDEOS:

*We have more new videos on our **KANAL MTK**
<https://www.youtube.com/>*

Making Room for the New (Christian)
watch?v=aBViZEK99dE

Lebenskreise-Karten (Teil 1) Hintergründe (Paul an Alfred)
watch?v=T46lURL2cas

Lebenskreise-Karten (Teil 2) Anwendungen (Paul an Alfred)
watch?v=GVtQT37emqY

Die Lebenskreise Karten (Paul an Alfred)
watch?v=q1dNO0BMSrw

The Nature of Reality (Christian)
watch?v=rGo3ahOTDH8

Compassion and Uncertainty (Christian)
watch?v=4-gC2p5CPdU

**La Société Luxembourgeoise de Psychologie Transpersonnelle
(MTK Asbl) a fêté le samedi 20 sept. 2025 le début de
l'automne avec un après-midi sur : « l'Éveil de Conscience »
avec Caroline Dekeyser**

Programme :

14h30 à 19h00 (accueil : 14h00) : « l'Éveil de Conscience »

- 1. Quel Tantra ? – Pourquoi l'éveil ?**
- 2. Initiation et Méditation des Chakras : ressentir, harmoniser les Chakras**
- 3. ChakraDanza : des mouvements et danses spécialement conçus avec des musiques spécifiques pour l'activation et déblocage des Chakras**
- 4. Présentation du programme d'éveil**
- 5. Q & A**

19h15 : Dîner convivial à Schoenfels près de Mersch



Organisateur et/ou animateur: MTK asbl / Unité & Transcendance / Caroline Dekeyser

Contact : mtk@mtk.lu

Um Bill Maison 1 Helperknapp, Boevange sur Attert, L-7425 (Lu)





PÉTANQUE—TURNIER der Bartringer Vereine 2025

MTK Platz 3 am Podium



D’Gewenner: Hubertus, Christian an Philip

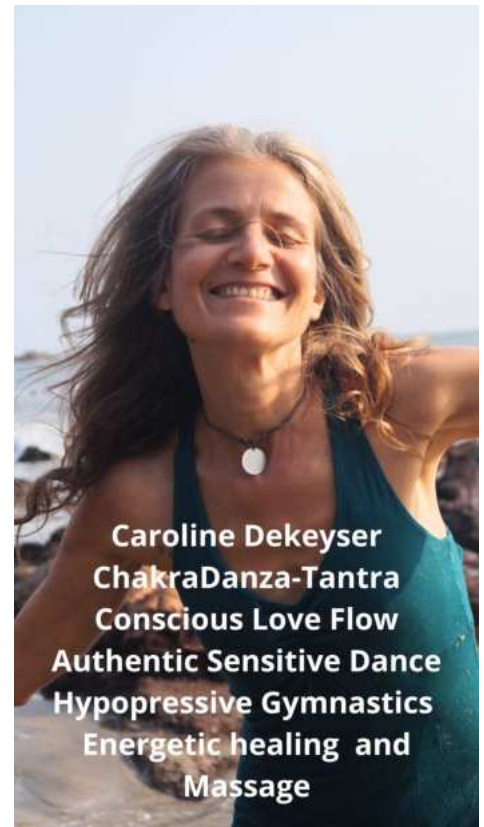




CAROLINEs NEWS:

Gymnastique hypopressive les jeudis soirs à Libramont et en ligne (infos et inscriptions : caroline@biodanza-tantra.com)

Conscious Love Flow (basé sur biodanza, impro, danse contemporain, danse oriental, tantra non dualiste, et advaita vedanta) : 12/10, 9/11, 7/12 (Libramont) et 22/11, 7/12 à Um Bill, Helperknapp, Luxembourg (infos et inscriptions : caroline@biodanza-tantra.com)



ॐ **STAGE TANTRIQUE**
LE TEMPLE SACRÉ DU COUPLE

Explorez l'intimité sensitive, sensuelle, amoureuse, spirituelle, vibratoire avec mon aimé-e

31.10.2025 (17:00) AU 02.11.2025 (18:00)

Dans ce stage, vous bénéficierez des meilleures conditions pour:

- créer un espace-temps sacré entre vous et votre partenaire;
- cultiver l'intimité sensitive, sensuelle, affective, spirituelle, vibratoire, pour pouvoir vivre une relation épanouissante, authentique;
- favoriser la liberté, le soutien, le plaisir, la communication et le respect;
- faire de votre acte sexuel une méditation;
- libérer les conditionnements, et de prendre conscience des projections;
- oeuvrer vers la guérison des parts immatures et encore obscurcis en chacun, à fin que chaque partenaire puisse évoluer vers plus d'harmonie entre ses pôles féminins et masculins, et découvrir ce qu'il ou elle Est véritablement.

Ce stage vous donnera des pistes pour amener votre relation à un niveau plus en cohérence avec vos aspirations profondes.

ॐ **STAGE TANTRIQUE**
LE TEMPLE SACRÉ DU COUPLE
à la Maison d'Aimé
30700 Saint-Quentin-la Poterie,
près d'Uzès, France

31.10.2025 AU 02.11.2025

- Exercices de respiration et méditation (statique et dynamique)
- ChakraDanza,
- Massage des Chakras
- Techniques d'éveil et de communication

Ouvert aux couples uniquement

avec Caroline Dekeyser, 20 ans d'expérience

Infos et Inscription :
giffon.melissa@gmail.com,
caroline@biodanza-tantra.com
www.biodanza-tantra.com

Stage: 177€ / personne, si paiement d'acompte non remboursable de 50€ avant 30.09.2025, et le solde par virement 10 jours avant l'arrivée ou à l'arrivée en liquide; après 30.07.2025: 227€

Hébergement : par nuit: 80€ / chambre de couple avec lit double et sdb privée, pdj salé et sucré copieux inclus, et cuisine partagée

Éveil à la Conscience et à l'Amour avec les Chakras près de Mersch Lu

MEDITATION

YOGA

CHAKRADANZA

MASSAGE

4ème cycle

2025	2026
25 - 26/10	31/1 - 1/2
15 - 16/11	7 - 8/3
13 - 14/12	25 - 26/4
	27 - 28/6

Découvre qui tu Es - www.biodanza-tantra.com

Samedi 11 octobre 2025 (14h30 à 19h00, accueil à 14h00) :
2^{ème} possibilité de découvrir le programme
Lieu : Um Bill, 1b Maison, 7425 Bill Helperknapp, Luxembourg.

Infos et inscription sur <https://www.biodanza-tantra.com/>

Sam. 25 et dim. 26 octobre 2025 : 1^{er} stage d'éveil à la conscience et à l'amour : avec Shaktipat Intensif et activation Kundalini par swami Brahmananda le 26 octobre.

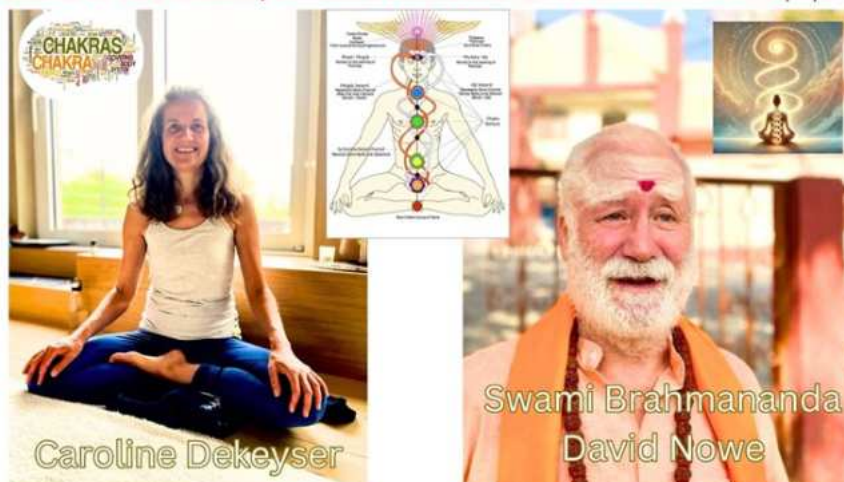
Possible de participer uniquement au dim. 26 octobre avec swami Brahmananda. Infos sur le blog : <https://www.biodanza-tantra.com/blog/swami-brahmananda>

AWAKENING TO CONSCIOUSNESS AND LOVE WITH THE CHAKRAS

NON DUAL KASHMIR SHAIVISM TANTRA

MEDITATION, CHAKRADANCE, YOGA, MASSAGE : CAROLINE DEKEYSER

SHAKTIPAT TRANSMISSION, KUNDALINI ACTIVATION : SWAMI BRAHMANANDA : 26/10/25



PAVLINAs NEWS:

Hello MTK Legends

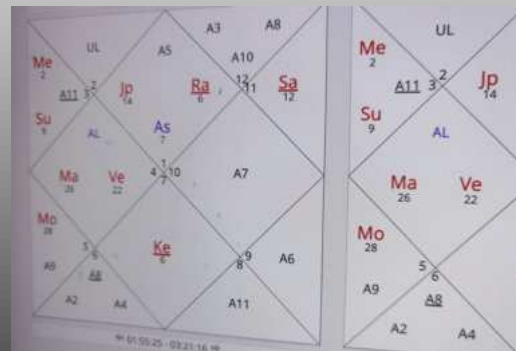
I'm excited to invite you to a 2-day online event (18–19 October) where masters of Tarot, Astrology, Magick, and Spiritual Insight will share their wisdom

<https://mysticasummit.com/programme-2025/>

TAROT, ASTROLOGY, MAGIC & SPIRITUAL INSIGHT

Special MTK Legends discount available! 50% off: MTKLEGENDS50 at <https://mysticasummit.com/>

For bookings and course inquiries, contact:
pavlina@jovianmoonlight.com



CLAUDIAS NEWS

More of my paintings



Dear Friends,

As some of you might know, I'm painting and I love love this process

But never showed my art peaces .

A couple of days ago I thought: why not exhibit and show this art peaces publicly.

And the idea changed to a collective art project.

And if you are interested, it would be great if we can create collectively an event / exhibition, in 2026, called Metamorphosis .

And if that is your call also please let us do it.

For me earliest time could be October, November or December 2026.

Let's talk about. Greetings , Verena

MTK - Gruppen am Hierscht 2025

« Meditation, Austausch, Karten »
(live in Bertrange)

Lebenskreise -Karten meetings
(live in Luxemburg-Stadt und online)

Encounter — « Nussecken Gruppe » (live)

& Meditative Events, Wanderungen, Fasten

Alle Gruppen finden regelmäßig statt.

Eine Anmeldung beim Koordinator ist erforderlich.

(Infos unter 691 456 789 bzw. mtk@mtk.lu).

Die Gruppen können abgesagt werden, wenn nicht eine Mindestzahl an Teilnehmern angemeldet ist

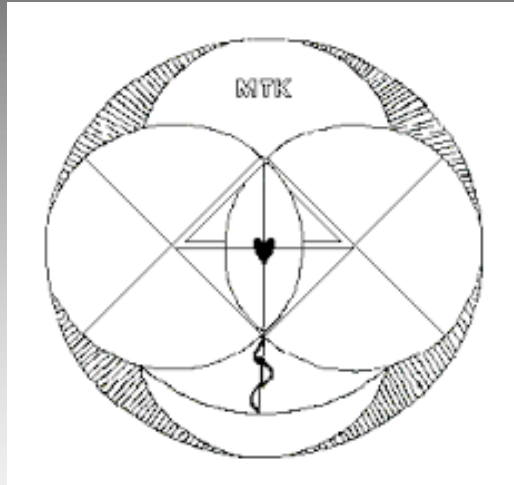
(Angemeldete werden in diesem Fall benachrichtigt).

Jede(r) TeilnehmerIn trägt durch seine/ ihre freiwillige Teilnahme die volle Verantwortung für sich selbst.

mtk@mtk.lu

T: 691-456789

www.mtk.lu
www.demokratie.lu



MTK- FACEBOOKS-LINKS:

MTK asbl

<https://www.facebook.com/groups/107989429232618/>

MTK-Treffen an Interna

MTK-IDOB (Initiativ fir Demokratie, Oekologie an Bewusstsein)

<https://www.facebook.com/idobletzebuerg/>

Interessante Texte und Links

Integral Consciousness

<https://www.facebook.com/groups/integralconsciousness/>

Interessante Texte und Links (english)

Mehr Demokratie & bedingungsloses Grundeinkommen

[https://www.facebook.com/Direkt-Demokratie-a-](https://www.facebook.com/Direkt-Demokratie-a-Biirgergesetzgebung-Initiativ-fir-DemokratieErweiterung-666426926739478/)

[Biirgergesetzgebung-Initiativ-fir-DemokratieErweiterung-666426926739478/](https://www.facebook.com/Direkt-Demokratie-a-Biirgergesetzgebung-Initiativ-fir-DemokratieErweiterung-666426926739478/)