

In gratitude to Anne, I publish the following interview with:

Anne Rönqvist

Free new consciousness coach

Free writer

Finland

www.newenergynest.com

I am happy to be able to publish the first interview of a beautiful new consciousness teacher. She is an exciting acquaintance for all of us to meet; Constance Eykman, a world traveller, now living in the Netherlands. You can read more extensively about her at her website:

www.paradiseaheartbeataway.com

The first impression I got from being in contact with Constance about the interview was a feeling of taking a journey to a space of fearless traveller, with expressions of joyful and accepting love, with a sound of most beautiful music floating along the waves that brought us together.

Constance lives in the Netherlands, after spending an eventful and joyful adulthood in Africa. She has gathered much wisdom from the cradle of humankind, as well as from her own source. The most precious gift she has given herself, is the choice of entering the new.

By spending time with the native people, their love, openness, acceptance and joy will follow her path always. Her love of Africa is tangible. Nevertheless, she has returned to her country of birth to stay and to enjoy the new life of experience and support that comes on it's own whenever it is needed – and that surely is the sign of a true human angel living in new energy.

Constance's life today is filled with abundance of all kinds. Her singing is the most important expression of her being, and it has expanded to healing singing.

She told me about how she has reached a level where she can sing for people wherever they are, with the effect of making them stronger. She can in fact use ANY type of singing to go where it is needed as healing love. Her voice can go wherever it is needed, to anyone wanting the help it can bring, and it seems to be always with those who want it as sounds of healing energy bypassing time and space.

She finds her voice being around those asking for it, in advance, as soft, golden glow of love...

Constance has written a book called "Paradise, A Heartbeat Away – a spiritual safari in Africa" which is presented as follows at her website:

"Paradise, A Heartbeat Away" is a collection of stories of Constance's colourful life in Africa.

Her basic theme is how, at times irrational, listening to the heart led to the unfolding of the creative power of love that always resulted in great healing for all involved. There is a story of the disastrous consequences of not listening, too...

There is a sample chapter of the book at the end of this interview, and her website offers more. Also the poems in the "The Gypsy Song" e-book will be published as songs very soon, the whole e-book can be downloaded at her website, and the link is provided

at the end of the interview.

She also belongs to a group of "The 11 New Spiritual Masters", a group brought together by John Harricharan. John is a close friend of Constance's and the one who inspired her to write her book. This group creates great ongoing internet programs for those who are awakening to consciousness expansion. Most have also written and published books with the support of John, himself an author and an enlightened person, filled with loving wisdom.

You can find links to each information source, web pages of programs and the person named here at the end of this interview.

With a loving thank you to Constance and all readers,

Anne Rönngqvist

The interview of Constance Eykman

Q: *Dear Constance, how would you like to present yourself in short to the ones that will be reading this interview?*

A: I am one of "[The lost Children of Christ](#)" Tobias gave a very revealing [channelling](#) about – but no longer lost! This Holy Child, Gypsy of the planet, is coming out in the maturity of a 68 years old woman who has lived life to her full and has gathered wisdom through it. Wisdom I am here to share, and that has its foundation in the love and compassion that brought me to this earth in this lifetime.

Q: *You have had an exciting life until now, and it will be getting even more exciting as I have noticed from reading about your passions and what has come true for you already. What are the most important things that had an effect on your development at the spiritual level?*

A: In the very first place the protestant Church I grew up in and was born into - from both sides, I come from a lineage of church ministers. And, to a certain extent, I am active again in the church that I experience as my ancient home.

Then my spirituality opened up with a giant step when, through a medical doctor in that specialization, I got to know [Anthroposophy](#) and the works of [Rudolph Steiner](#).

Moving to Kenya was of course a profound uprooting and letting go, which was hard for me, but also an opportunity to open up to completely new experiences.

Imagine, there I was living on the equator, in Africa, and in 1987 we, a small group of spiritual seekers, were blessed with the visit of a young man who came from Israel to inform us of the [Harmonic Convergence](#)– the most important Measurement of Human Consciousness! My husband, son, and I celebrated the event with Orion crystal clear in the night sky above us...

In this Measurement, we as a collective consciousness, together with the Invisible Helpers, decided that there was sufficient yearning for change and healing of our human consciousness and the planet to carry on with "Project Earth". Right now, in our present time, we can see the immense increase in awareness of our Oneness as human family since then!

It initiated for instance the work of the [Kryon](#) who, with his group, worked the magnetic changes to accommodate our opening up of more DNA etc.

In Nairobi too, I got to know [Sathya Sai Baba](#), the great spiritual leader of mankind in South India.

A most formative element has been [A Course in Miracles](#) (ACIM). This holy Book, given to us by Jesus and channelled by Helen Schucman, has formed my religious-spiritual understanding, feeling, and believing - in fact my whole experiencing of life on earth.

Then in Botswana, in Southern Africa, I found the [Kryon](#). The first book was given to me by a dear spiritual friend, healer and artist, who lived on a chicken farm outside of Gaborone, in the savannah. In this beautiful, far-out corner of the world, to my amazement, I found myself teaching A Course in Miracles, too. How Spirit blows where It wants to go!

And finally then, in the year 2000, in Ghana, the Crimson Circle was passed on to me by email from a Kenyan friend. My life since then has been enriched with the Love and Compassion of the Crimson Council, who through Tobias, Saint Germain, and at times, dear Kuthumi, from 'the other side of the veil' mirror back to us the expansion of our consciousness. This enables us to understand what we are going through at the moment, where we are, and where we are heading.

Q: *Any people you like to give a special thank you for their participation on your path?*

A: In the first place **Jesus**, although it may seem odd to range Him among 'people'. Still, apart from in my own inner heart, I met Him in so many people...

And then **Sai Baba**, who lives on earth like Jesus did, a pure manifestation of Divine Love and Compassion, who is on earth to remind us that this is the Truth that we all are -and to love us back into that Truth.

There are **my parents** who, in their own profound confusion, still gave me much of what still is of the greatest value in my life, and **Han**, my Down's syndrome **brother**.

However painful his life was at times, he never ceased to be unconditional love, compassion, and faith. Being his 'little sister' (the Dutch endearing word is: 'Zusje' - that sounds so sweet), during my difficult youth has helped me to keep my faith in love alive. They all have passed away,

My dear friend Prof. Emeritus Dr. **Joseph Donders**, priest, charismatic preacher and famous author, Soul mate in Jesus, lovingly followed my mystical unfolding. For most of the twenty five years we have been friends, physically we lived far from each other - I in Africa, where I got to know him and he in the US. He has always been a power of Christ-strength for me.

Janet Allen, a seer on many levels, has been my best friend for over twenty years. She supplemented for me, for us both, the higher knowledge that I could use to further my helping of people in healing.

Her seeing, hearing, and 'knowing', developed and expanded my consciousness, as well as her own by the explanations we frequently got from the Higher Helpers.

She is the one who gave me a copy of A Course In Miracles!

She, too, introduced me to **Sathya Sai Baba**, without whose Presence of continuous love, comfort, and support I would not have made it up till here and now.

Dr. Zulfiquar Jaffery my Muslim doctor in Nairobi, during my long years of back pain, saved me from a wheelchair and probably saved my life several times over.

And most importantly: my ex-husband **Pieter van Dongen** who, for decades, supported me in all my processes. And our son **Costyn**. At birth already, he was higher developed in consciousness than I was. I am pleased to say that I caught up with him!

Right now he is important in new way: he brings me a wonderful daughter whom he will marry in October!

Q: *You were very interested and liberal about the religions of the world, and you were spiritual all your life. There are a lot of people with different vibrations; different views spreading their wisdom all around the world, with different kinds of ways to do it. What is - in your own feel of it - your sovereignty about? What the individual touch you have to offer?*

A: My two shining Lights are Jesus: "I (The Christ of our Being as human) have come for the **whole** world," and Sri Sathya Sai Baba: "There is but **One Religion**: the Religion of Love; there is but **One Language**: the Language of the heart."

In Africa, in Kenya, where my healing power manifested itself, soon all religions came to me for help. This brought home to me that there truly is but One God, and that all religions are a Path back to that God, our Essence.

In my Course in Miracles groups and meditation groups in Nairobi where I lived for 20 years, I have received them all: Christians of many denominations, Jews, Muslims, Hindus, Sikhs, Baha'i, even Zoroastrians from Iran – and non-believers!

There is but one language: that of the Heart where lies all wisdom of heaven and of earth.

My life is about bringing others - as I have been - to the purity and power of their own heart, to the inner Child of Innocence, the Gypsy on this planet Who, ultimately, finds Home within Itself, in the Christ of Its Being - in God, by whatever Name the Creator is near and dear to us.

Q: *It is not always easy to follow the path of a human angel - you did choose it before you came here - what were the most difficult things for you on your path? Not forgetting about that those were also the most beneficial experiences for you and chosen with wisdom.*

A: Well... since you ask, here is the list

My traumatic youth, starting just before the Second World War broke out, that had to be taken care of by years of psychotherapy; my father leaving us when I was 8 years old; moving to Africa because of the work of my ex-husband and leaving family and all that was familiar; my back operation that went wrong and caused me ten years of pain and isolation; my husband leaving me after 40 years of marriage in which I followed him not only in his demanding and rewarding work, but also from one country to the next – on a strange continent, among an alien race.

My choice to stay on earth, in this life, when I was ready to move on, in itself was not difficult - the story is in my book. But afterwards the knowledge that from then on, it would be my own choice to stay or to go. It often was so hard to be faithful to my promise to stay and help which, at the moment of choice, I had made to Jesus Himself.

Up till recently, whenever life went way beyond my strength, at times out of sheer exhaustion I chose to go. But always the invisible world then sent me gentle signs, made things happen, and sent me loving people to make me change my mind, find some life energy, and stay.

Beneficial experiences? Yes, I guess so. After all, I am still here to do what I came to do!

Looking back, it was all about letting go of the identity I had 'made' in order to find the Identity God gave me (Jesus in ACIM).

I am here with deep understanding and compassion, ready to be a teacher and comforter to those who are now in this difficult and often painful process.

Q: *I find your touch to be very accepting of all people from all over the world - what is the "secret" behind that?*

A: The secret is the knowing that God lives in everyone: God is the Christ of our being, as we express it in Christianity, God-in-Form. My life in Africa has been a safari of discovery and experience of the revelation of God in other people in other religions – in all humans.

My Indian friends in Kenya and my travels in India brought me a philosophy of the indwelling God, as does A Course In Miracles.

All in all, with my travels and my direct exposure, also on the inner levels, to the great Religions of the world my life has become a

worldwide Christ experience of love and the revelation of the One Creator God.

Q: *You have written a poetry cycle called "Gypsy Song", that will be in time be written to music... what does this book mean to you? Tell us about that in your own words.*

A: 'Gypsy Song' is the story of my life – and that of all of us, I think. It sings our return to Innocence while we roam the planet and life itself in all its expressions; where we always have to leave behind who we think we are in order to shape a new identity - until we find our original Identity with which we are created: God our Home - enriched by all we have experienced along the way!

The Eternal Innocence

In my gypsy wagon

Alone

I dream of people

To fill my space

And make me shine

In the brilliance

Of their eyes

Roll then, wagon, roll

They are not far!

Find them in their search

And come Home

In the brilliance

Of their eyes

In eternal Innocence

Q: *You have lived and travelled in 26 countries and now you live in the Netherlands. Will Netherlands be a base for you to work from? And will you be working in other countries too?*

A: The Netherlands will certainly stay my base. I will never, ever totally give up my country again, or my own little apartment, my 'shoebox' as I call it endearingly. We bought it for our son when he began his university studies.

During my latest crisis, this base has proven to be essential to what I experienced as my safety. Here I could rely on my rights according to the Dutch laws: divorce and a basic financial security to live on.

And by the way... the time of life as 'work' is over! It is a flow now, a free flow of LIFE!

Q: *Africa has a special place in your heart. Which place is the most special for you in*

this moment? A place that has stuck in your soul, so that you can see it vividly with your inner eyes?

A: As a physical place, the house on the hilltop in Nairobi, where we lived for ten years, is a most special place in my heart. I describe it extensively in my book: 'Paradise a Heartbeat Away.'

This was a very ancient sacred place, positioned on a large cluster of huge earth crystals!

There was rock crystal, amethyst, ruby, emerald, lapis lazuli, a yellow stone that is not on the planet any longer, a diamond under my child's round room. My clairvoyant friends could see them; I could sense them, their apexes very clear. The energy of the earth crystals has had an influence on my life that I cannot grasp but that must have been important.

Here, I spent the ten years of back problem and pain that at the same time, heralded my mystical unfolding, my healing power, and my painting! You see, painting gradually took the place of (classical) singing, which had been my passion up till that time. After my back operation, I could no longer sing, as I could not stand because of the pain.

At the same time, in that place, supported by my ex who was a ground water expert, our little son and his Light, and the deep and very alive faith of the Africans who worked for us, it was my holy task to elevate this crystal centre to the Christ Consciousness. And from all over the world people were drawn to

us, to work, or come to visit to contribute!

This, by the way, I only understood much later, of course - actually, while I was writing my book.

Here I learned, taught and lived A Course In Miracles, even with a group of teenagers of the International School of Kenya!

This was an awesome experience. When one of them asked me to teach her and her friends - as their mothers were in my group - I refused. I did not see how I could teach the Book in the way I was used to. However, when she kept insisting, I sensed that I had to give in, but I said to Jesus: "All right, I will do it, but I have no idea how. YOU will have to do it!"

And he did! I always began by taking the children into meditation and, as I had already learned to be a channel to a group consciousness, to higher consciousness and, at times, to beings, Jesus always gave me the words they needed to hear and the lesson HE designed for them for the coming week. It was transformative for all of us! It still gives me tremendous joy to remember it.

But the most special place for me is and was the HEART of the Africans I lived with: their living faith with, for the Christians, Jesus as Brother and Teacher who inspires them to transform their lives on a daily basis; their warmth, their spontaneity, their laughter, their sharing - I describe many of them in my stories in 'Paradise a Heartbeat Away.'

One of the goals of my book has been to bring out to the world the real African, whom so few people know.

The following is what I write in the Introduction of my book:

"My Africa, my other Africa, so filled with love and laughter! I want to honor you and tell your story to the world. I want to paint your smile and sing for all your gentle eyes that stir my heart. I witnessed your devotion, and your defenselessness has taught me mine. Your living in the moment, the most precious time we have, showed me the courage to endure. You taught me lessons on the wealth we think we need—and how tough a teacher you could be! You, who wear your heart so close at hand, you brought me peace."

Yes, the image of violence and corruption is there, but I would like to remind you

how Tobias explains that this continent has taken upon itself a large slice of the darkness of the rest of the world so that we all can travel faster and lighter!

And the time is here now for us to bring them to release that role, as it is so very painful for them. This is one of the reasons why so many of us go there as aid workers.

The other reason, slightly more hidden to the outer world, is that we go there to learn and receive for ourselves. In the immediate, often horrendous needs we are confronted with – people ill or starving even on our own compound or around the shops where we have to go for our daily needs – wells of compassion and of creativity to help them solve their needs, may open up in us that we had no idea we had in us.

The Kryon has announced that Lee Carroll, his channeler, will incarnate in Africa as a great spiritual Leader! Well, I will be at his side as a spiritual Healer- albeit from the 'other side' as I am not reincarnating again. I, a healer with my profound love for and deep actual inner knowledge of the Africans, and the ensuing insight in the destiny of the continent, feel I can be of support to Lee, who does not have those - yet.

Q: *You have an academic past, but I would like to talk about your spiritual studies... you mentioned "a course in miracles" and "the ascension school" what do these studies mean to you? How did they make your view of life expand? Has the message changed since the studies... meaning that people usually are not stopping with the insights they get, but instead continue to expand and learn more by themselves, how does this happen with you?*

A: I have mentioned the books of Rudolph Steiner, especially the series of lectures on the Gospels that revealed to me a Cosmic Christ of whom I had no idea. This opened me up to a larger part of my Self.

I actively studied, lived, and taught A Course In Miracles for 12 years. After that, the Book has stayed my guide in times of great confusion as, in the text and lessons, Jesus talks to us directly. It has also been the Source of Inspiration for the Gypsy Song.

I have come to know it as a pure Ascension Course, leading us through the process step-by-step, day-by-day, year-by-year.

Unfortunately, the core message of the New Testament, 'I and the Father are one,' and, 'Who has seen Me, has seen the Father,' God-in-Form as we all Are, has been largely snowed under by two thousand years of mind-constructed separation anxiety.

In A Course In Miracles, Jesus explains to our present day analytical mind that wants to understand before it believes, the process of coming back into the One-ness with the Father once more, the Love of All that Is.

The Ascension School Adamus Saint Germain gave for the Crimson Circle, helps those of us who have the inner knowing that we have experienced energy enough, and want to finish the process, to realise that in our time, in our new Consciousness, this is a simple and easy matter of choice.

The New Energy creates from a Consciousness that is no longer linear but vibrational. Thus, with time no longer an issue in creating, we can do it much 'faster' – which of course then is a contradiction in terms J

Both, the Course and the School, however, lead us to the same point as Jesus expresses: *After we left the One-ness of God,* - and Adamus: *After we went through the Wall of Fire'* - when we imagined separating ourselves from God, at that same moment, we Did get back into it. Jesus says that the separation never took place, and Saint Germain and Tobias, too, conclude, that we have ascended long ago.

But in that split second in which we 'thought up' the separation, we designed a million possible experiences in this process of finding our way back.

Those we are now living in slow motion, finding out how it is to chose, to feel, to

experiment with energy, to grow in Love and Compassion. And the wisdom we gather while we exercise our free will in choice, is the New Consciousness we collectively bring back Home on behalf of All That Is.

The Ascension School made me aware that I now have the choice to make this lifetime the last of the million ways of experiencing the way back into the One-ness of the Creator- into our being God-also.

Q: *Many people in the early stages of opening themselves to new realisations are very into the experiences of the other worlds; did you have experiences that you would like to mention?*

A: Yes, I have had those experiences since early 1980, at the beginning of my process of discovering the path inward to the inner God. I describe some of them in my book.

They revealed to me the inner connectedness, the One-ness with the Christ, with God and all living beings.

Q: *Do you have something else to share with the new ones? Would you like to say something to the ones that are struggling with the troubles that come with the opening?*

A: What I would like to say at this point: look carefully if what you see or hear or sense is empowering and guiding you towards freeing *the power of your inner love*.

There is so much misunderstanding of *karma*. Forget the judgmental concept as we have come to understand it. Karma is the law of cause and effect, nothing more and nothing less. And our famous free Will consists of the choice we have in how to handle everything that happens as our lives.

The law of Grace is above the law of karma anyway – the law of Grace is the law of the heart where God is.

Taking out the element of *judgement* in this concept, will help us to correct our understanding that we do not incarnate in a *linear way* either. We do not come back as the same personality that has to correct and expand, or rather 'learn.' We bring in a new Aspect, part of the totality of our Being, which will unfold and manifest itself in new experiences, in different ways.

Along the way, we may decide to pick up things from earlier lives that we want to rebalance. In this light, we may see '*karma*' as energy that is seeking resolution

Another concept we'd better forget: that we are here to 'learn', as if we do not 'know' enough, that we 'are not enough' of what we should be!

Tobias teaches us that there are no lessons, only experiences. We experience with energy!

I feel difficult processes for us are beneficial – as you asked before - in that they make us recognize the strength and the courage we have incarnated with. In our experiences - our own and that of the others we live them with, the 'learning' is about our discovering and realizing the wisdom and compassion that we express as their deepest meaning.

Listen to your heart! At all times, it tells us the way of the highest wisdom, joy, and love.

In the 'Finale' of my book I write:

'The split second in which we surrender to the silent voice of the heart is our path to peace. It asks for courage. Often we have to go against what we think is right, what others expect from us, or what fits into the rules of society. We will be odd, late, impolite and unproductive in the eye of the world, but each time we listen to an impulse from our heart, we get a glimpse of our divine potential.'

When things get difficult, and they will because we have to release what we think we are in order to become who we really Are – always look out for the helping hands God sends you, God, the inner and outer All-encompassing Love and Compassion.

They may come from a helpful car mechanic, or a spiritual leader, or a smile from a shop attendant.

Learn to be grateful!

Be compassionate towards others, they are as confused and in pain as you are even though the appearances seem to tell you another story.

This will help you to be compassionate towards yourself too and bring you to:

Love yourself!

Q: *What is new energy or consciousness for you? - It is not meant to be the same for everyone.*

A: New Energy, New Consciousness for me, in the first place, is to finally being able to trust that all is well.

So often I got Jesus' lesson in ACIM: 'I need do nothing' and that is what now happens in such a fast and easy flow.

I have learned to get my mind out of the way, which means letting go of control. Control often is fear – and without it new ideas and opportunities can come in from all corners of the Universe. Very exciting!

This has always been the case, but I feel it has expanded and is accelerating.

Let go of the linear thinking and expecting, expect the impossible, and on a lesser day: the improbable, and it happens!

Q: *How does it manifest in your life?*

A: Let me tell you how it manifests in my life right now.

During the Dreamwalker Ascension School, up to three times Adamus Saint Germain asked us: "What do you want?".

Three times I answered, letting it sink deeper and deeper into me: "I want to express the wisdom and compassion I have for humanity by using all my different expressions of art."

And now 5 months later, a whole new life has opened up!

I received the funds I need for my creative expressions. A good friend, a wonderful professional singer and composer, felt inspired to compose music to my Gypsy Song and is in the process of doing so.

I am a classical singer, in the eyes of the world long after expiry date, but... I am going to sing them myself as Songs.

My friend has the experience, the know-how, and the relations to actually bring about a CD.

She found us famous violinists whom we went to meet in London and Paris. They have agreed to play!

We will go to India by the end of the year to record them. In the meantime she is recording the basics, and has found a guitar, bass guitar, and bass traverse flute to play solo's here.

Also, the incredible PR all this will bring me to get it all out, my words and my voice, in the world is very exciting because it is coming all by itself!

And on the inner levels: This week she made me listen to the recorded songs that she has finished, apart from the solos, and they are so beautiful, so inspired in the New Energy.

It hit me then that my Gypsy Song is beginning a life in yet another dimension, that of pure music. Also, all of a sudden, it moved me to tears that the Song is inspiring many other people to create: her, the other musicians... hopefully many who will hear it, in due time.

My gift to them all is to touch them with my New Consciousness, for them to chose to accept or not...

My Gypsy Song, of which I wrote seventeen poems in one afternoon together with Jesus, is expanding beyond anything I could ever have dreamt. The then 'finished product' seems to continue to create on its own. And in our amazing Internet times, in due time it will go all over the world.

In this process, I daily learn to 'do nothing'; to trust and allow and give in to what I feel I need: taking care of myself, no longer called to save the world and people around me!

That happens anyway! The world can't but be saved – it already is.

The sample of the second chapter of Constance's book "Paradise a Heartbeat away"

We are the toddlers of the universe

"We are big

And God is small,

I love you, Jesus!"

Little Krishna sang in the full force of his three-year-old voice and his age-old heart.

Everything in me began to dance. "Listen to him," I exclaimed. "This is so precious!"

His mother's face lit up with a proud little smile.

"Oh please," I begged her, "don't you ever correct him."

Her eyes became round with surprise.

"He knows. He knows more than his religion teachers. This child knows that in truth God is so small that he can live in his very own heart!"

When we were born, we came straight from God, and we probably knew him in the same way as Krishna, this child of Christian-Hindu parentage who was singing his truth outside in the garden. As a spiritual being, we had entered the body of a baby, innocent, vulnerable, and defenceless, but as our mind woke up to the world, we gradually lost our intuitive contact with our Source: God, Omnipresent Consciousness, all-encompassing Love. We forgot our origin as Spirit.

(....)

List of links:

- Constance Eykman - www.paradiseaheartbeataway.com
- "The Gypsy Song" e-book and audio file - <http://www.paradiseaheartbeataway.com/agypsysong.html>
- The 11 New Spiritual Masters - www.newspiritualmasters.com a new program that has been launched on **Spiritual Arena** - www.spiritualarena.com
- John Harricharan - www.insight2000.com