

**Ann:** I often feel joyful in nature and daily life. Yet I don't often feel a sense of accomplishment with projects. I ask myself why and I hear "perfectionism". I get critical of my writing, art, etc. How to overcome perfectionism and have the joy of accomplishment?

**Nancy F:** How do you heartstream with someone who is not in their heart and appear heartless. Is it possible at all?

**Autumn B:** I Love the Sun and it's Rays

**Nancy F:** Release, Relax and then Relate

**Mario:** From an Elohimic perspective, what is the highest form of heartstreaming?

**Robert:** What is the significance of the research and discover of the "Higgs Boson" subatomic particle, so called "God Particle"? As I understand it, this explains how other particles stick together.

**Rita:** Could you please repeat the name of the teachings you just talked about?

**Claire B:** Advanced Studies of the Human Aura

**Rita:**thanks!

**MakedaEL:** Thank you, David. We appreciate you and all that you do!  
Namaste!

**Rita:** Namaste

**Cathleen and Robert:** Thank you!!

**David Lewis:** Thank you everyone! Bless you!

**Autumn B:** Thankyou

**Ann:** Love to you!

**Beulah:** Thank you

**Ron & Dwinn:** thank you

**Mario:** Thank you Good Night!

**Nancy F:** Thank you. MakedaEl. What does your name mean? I know El is God.

**John M.:** Thank you

**MakedaEL:** Makeda=The beautiful one has come + EL- from God

**Nancy F:** I love it. Thank you for joining us tonight and communing with us.

**Rita:** MakedaEL, Can I ask how did you come up with such a beautiful name?

**MakedaEL:** The pleasure and privilege is mine, Nancy. Thank you for having me and allowing to add my light to your light.

**MakedaEL:** Rita, it was given

**Rita: ahh, it is very spiritual .I actually feel it in me. Hard to explain...**

**MakedaEL: Oh, my beloved Sister, Namaste!**

**Rita: I'm very intuitive, but this is the all of the all. Very magnificent.**