

Thanks for listening to the Balance and Transformation podcast. Some tools and resources are below that pertain to episode 1.

Who Are Moors/Moorish/Moabite People?:

Golden Age Of The Moor by Ivan Van Sertima - [amzn.to/2EE5SMf](https://www.amazon.com/dp/B000000000)

We are the Washitaw: The Washitaw Doctrine by R A Umar Shabazz Bey - [amzn.to/2GsUdle](https://www.amazon.com/dp/B000000000)

Othello's Children in the "New World": Moorish History & Identity In The African American Experience by Jose V. Pimienta-Bey, PhD - [amzn.to/2UQDk6W](https://www.amazon.com/dp/B000000000)

Who Are The Indigenous, Aboriginal, Paleo, Native, Autochthon, First People/Nation?

500 Nations: An Illustrated History of North American Indians 1st Edition by Alvin M. Josephy Jr. - [amzn.to/2R9hBlr](https://www.amazon.com/dp/B000000000)

They Came Before Columbus: The African Presence in Ancient America by Ivan Van Sertima - [amzn.to/2RcGP92](https://www.amazon.com/dp/B000000000)

Africans and Native Americans: The Language of Race and the Evolution of Red-Black Peoples (2nd Edition) by Jack D. Forbes - [amzn.to/2Bw2I9d](https://www.amazon.com/dp/B000000000)

Black Indians: A Hidden Heritage Paperback by William Loren Katz - [amzn.to/2ScrOkv](https://www.amazon.com/dp/B000000000)

When Rocks Cry Out by Horace Butler - [amzn.to/2ScrTEP](https://www.amazon.com/dp/B000000000)

Eastern Sciences On Balance:

Turning Confusion into Clarity: A Guide to the Foundation Practices of Tibetan Buddhism Paperback by Yongey Mingyur Rinpoche - [amzn.to/2BvKhSc](https://www.amazon.com/dp/B000000000)

The World of Tibetan Buddhism: An Overview of Its Philosophy and Practice Paperback by His Holiness the Dalai Lama - [amzn.to/2RbvBRS](https://www.amazon.com/dp/B000000000)

The Spiritual Science of Kriya Yoga Paperback by Goswami Kriyananda - [amzn.to/2BxgYP9](https://www.amazon.com/dp/B000000000)

The Tao of Health, Sex, and Longevity: A Modern Practical Guide to the Ancient Way Paperback by Daniel Reid - [amzn.to/2S917NN](https://www.amazon.com/dp/B000000000)

Ayurveda: The Science of Self Healing: A Practical Guide Paperback by Vasant Lad - [amzn.to/2V01oEr](https://www.amazon.com/dp/B000000000)

Mental Balance Introduction:

The Kybalion Hardcover - [amzn.to/2RiLcvL](https://www.amazon.com/dp/B000APR000)

The Kybalion Audiobook - [amzn.to/2TT1o8Y](https://www.amazon.com/dp/B000APR000)

Physical Balance Introduction:

Superfood Plus powder by the herbalist, iridologist & body therapist Dr. Schulze can benefit you daily: [amzn.to/2QE87Fx](https://www.amazon.com/dp/B000APR000)

His other products: [amzn.to/2R8NyR0](https://www.amazon.com/dp/B000APR000)

Spiritual Balance Introduction:

"Autobiography Of A Yogi" by Kriya Yoga master Paramahansa Yogananda (Hardcover): [amzn.to/2QDetoE](https://www.amazon.com/dp/B000APR000)

Audiobook: [amzn.to/2QHtiqc](https://www.amazon.com/dp/B000APR000)

Financial Balance Introduction:

The Prosperity Bible: The Greatest Writings of All Time on the Secrets to Wealth and Prosperity - [amzn.to/2PAwpuR](https://www.amazon.com/dp/B000APR000)

Alkaline Water:

Direct Tyent USA Portable Ionizer link: bitly.com/TyentPortableIonizer

Direct Tyent USA Machine link: bitly.com/TyentAlkalineMachines

Amazon link option for Portable Ionizer: [amzn.to/2t5bzbA](https://www.amazon.com/dp/B000APR000)

Alkaline Water Filter (3 filters) link on Amazon option: [amzn.to/2sWoWj6](https://www.amazon.com/dp/B000APR000)

Prayer Gesture:

Prayer gesture mentioned on pages 110 and 111 in the book "Love Thyself: The Message from Water III" by Masaru Emoto - [amzn.to/2LpbSsR](https://www.amazon.com/dp/B000APR000)

Namaste - en.wikipedia.org/wiki/Namaste?wprov=sfla1

Anjali Mudra - https://en.wikipedia.org/wiki/Añjali_Mudrā

T-Shirt, Hoodies And Long Sleeve Themes Related To The Episode:

Mental Physical And Spiritual Balance - <https://www.cafepress.com/stmpsb>

Manifest What You Want - <https://www.cafepress.com/stmwyw>

Know Thy Self - <https://www.cafepress.com/stkts>

Trust The Process - <https://www.cafepress.com/sttrust>

Affirm Balance Into Your Life - <https://www.cafepress.com/stabiyl>

Alchemy Is A Good Science - <https://www.cafepress.com/staiags>

Native Ancient Original - <https://www.cafepress.com/stnao>

Virgo Is The Best Sign - <https://www.cafepress.com/stvirgo>

Life Path Number Nine - <https://www.cafepress.com/stnine>

Namaste - <https://www.cafepress.com/stnamaste>

Mudras Are Sacred Seals - <https://www.cafepress.com/stmass>

Wealth And Poverty Is A State Of Mind - <https://www.cafepress.com/stwealth>

God Money Health Family - <https://www.cafepress.com/stgmhf>

To see other themes and the entire store go to SOVEREIGN TEE - <https://www.cafepress.com/sovereigntee>

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Cash App - [cash.me/\\$MoorishBrooklyn](https://cash.me/$MoorishBrooklyn)

Amazon Wish List (Send A Gift) - www.amazon.com/gp/registry/wishlist/3LJ5CKS00KDV3

Web Pages:

Podcast - <https://soundcloud.com/moorishbrooklyn>

Twitter - twitter.com/moorishbrooklyn

Instagram - www.instagram.com/moorishbrooklyn

YouTube - https://www.youtube.com/channel/UCqNZIKNhx1kF0fq4sG8ZWlQ?view_as=public

Website - moorishbrooklyn.com