

Thank you for listening to the "Balance and Transformation" podcast. Please follow/subscribe because more stimulating content is on the way. Share with those who you feel will benefit. Some tools and resources are below that pertain to the episode.

Human Body - https://en.wikipedia.org/wiki/Human_body?wprov=sfla1

"Human Body: An Illustrated Guide to Every Part of the Human Body and How It Works" by Martyn Page - <https://amzn.to/2WzWtKz>

"The Human Body Book (2nd Edition): An Illustrated Guide to Its Structure, Function, and Disorders" by Steve Parker - <https://amzn.to/2UnCKjK>

"The Complete Human Body, 2nd Edition: The Definitive Visual Guide" by Dr. Alice Roberts - <https://amzn.to/2OGobck>

"The Human Body Coloring Book: The Ultimate Anatomy Study Guide" by DK - <https://amzn.to/2WCWKMU>

"Gray's Anatomy: Classic Illustrated Edition" by Henry Gray - <https://amzn.to/2JTBTmJ>

"Gray's Anatomy: The Anatomical Basis of Clinical Practice" by Susan Standring - <https://amzn.to/2OAex4v>

"African Holistic Health" by Llaila Afrika - <https://amzn.to/2Wz3PxL>

Names of the days of the week - https://en.wikipedia.org/wiki/Names_of_the_days_of_the_week?wprov=sfla1

Classical planet - https://en.m.wikipedia.org/wiki/Classical_planet?wprov=sfla1

Quantum biology - https://en.wikipedia.org/wiki/Quantum_biology?wprov=sfla1

Theory of everything - https://en.wikipedia.org/wiki/Theory_of_everything?wprov=sfla1

Mysticism - <https://en.wikipedia.org/wiki/Mysticism?wprov=sfla1>

Neidan (Chinese for Inner Alchemy) - <https://en.wikipedia.org/wiki/Neidan?wprov=sfla1>

"The Tao of Health, Sex, and Longevity: A Modern Practical Guide to the Ancient Way" by Daniel Reid - <https://amzn.to/2YHpwNW>

The Five Koshas - <https://en.wikipedia.org/wiki/Kosha?wprov=sfla1>

Atman - https://en.wikipedia.org/wiki/%C4%80tman_%28Hinduism%29?wprov=sfla1

Doctrine of the Three bodies - https://en.wikipedia.org/wiki/Three_Bodies_Doctrine?wprov=sfla1

Dissociation (psychology) -

https://en.wikipedia.org/wiki/Dissociation_%28psychology%29?wprov=sfla1

John Baines books - <https://amzn.to/2WBHXSv>

A depiction and example of the charioteer, horses and chariot shown through the story of the Bhagavad-Gita with Krishna and Arjuna. Here Krishna represent Divine consciousness/higher mind driving the chariot and commanding the horses. Arjuna in this depiction represent the soul and human consciousness -

<https://www.awesomestories.com/images/user/e190f2abb89609b41f75fb8157d25df1.jpg>

Neurolinguistic - <https://en.wikipedia.org/wiki/Neurolinguistics?wprov=sfla1>

Sarira (Buddhist term and science dealing with a particular crystal/stone/pearl like objects sometimes left behind by highly advanced spiritual masters of they are cremated) -

<https://en.m.wikipedia.org/wiki/%C5%9Aar%C4%ABra?wprov=sfla1>

Krishna in his cosmic form known as Vishvarupa (Universal or Omni) which is symbolic of the hidden secrets of our body -

https://upload.wikimedia.org/wikipedia/commons/0/05/Vishnu_Vishvarupa.jpg

Tips on fasting - <https://www.allaboutfasting.com/benefits-of-fasting.html>

Merit or good karma from a Buddhist perspective -

https://en.wikipedia.org/wiki/Merit_%28Buddhism%29?wprov=sfla1

One of my favorite brands I use that have a variety of health products that have vegetarian and vegan options; non artificial coloring, preservatives, flavoring; non GMO, gluten and soy free products for men, women, children is Naturelo: <https://amzn.to/2Y547xU>

Audible Books will let your ears take you on an adventure during the week or over the weekend: Romance, Fiction, Fantasy, Mystery, Thriller, Sci-fi, Business, Money, Children Books & more:

<https://amzn.to/2CcCt9v>

When I want food delivery at home I use Grubhub. I like that they accept major credit cards, PayPal, Apple & Android pay. Get \$12 off your FIRST Grubhub app order of \$15+. Thank me later: <http://fbuy.me/mhSal>

Get \$3 Off Your First Order At Sweetgreen. A Health Based Restaurant With A Variety Of Food Bowls And Drink Options: <https://www.thelevelup.com/c/EM-5OQKTXMJRF>

An easy way to wisely INVE\$T in oil, gas, commodities, marijuana, hemp, cannabis, CBD, agriculture, entertainment & tech stocks; cryptocurrency & get a checking/saving investment account is by getting the Robinhood app. Get a FREE stock when you join: <https://bit.ly/MultiplyMyMoney>

If you are a college student that use Amazon Prime DON'T pay the full price for it. Get the exclusive Amazon Prime option for college students, unlimited free two day shipping with no minimum orders, borrow free Kindle books, get unlimited streaming of movies/TV shows and exclusive deals ONLY for college students: <https://amzn.to/2FAU4de>

Are you currently having a baby or plan on having one soon? If yes then get the Amazon Baby Registry. Amazon mom members get exclusive deals, free 90 day returns on Baby Store purchases and the ability to add items to your Amazon Baby Registry from any site: <https://amzn.to/2FwfitF>

T-Shirts, Hoodies, Sweatshirts, Long Sleeves With Themes Pertaining To The Episode:

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

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

Follow Divine And Cosmic Law - <https://www.cafepress.com/stfdacI>

Fruits And Veggies Give Me Super Powers - <https://www.cafepress.com/stfruitsveggies>

I Love Organic Natural Non-GMO Farmers - <https://www.cafepress.com/stfarmers>

I Only Date Book Readers - <https://www.cafepress.com/stiodbr>

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

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

Mastery Of Self Takes Daily Work - <https://www.cafepress.com/stmostdw>

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

Plant Based Diet Works For Me - <https://www.cafepress.com/stplantbased>

Purify Your Karma Daily - <https://www.cafepress.com/stpykd>

Save And Invest Your Money - <https://www.cafepress.com/stsaiym>

Stay Focus On Your Path - <https://www.cafepress.com/stsfoyp>

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

Your Past Lives Matter - <https://www.cafepress.com/stpastlives>

For more themes go to: <http://cafepress.com/sovereigntee>

Show Support/Love/Tip:

PayPal - <https://paypal.me/MoorishBrooklyn/10>

Cash App - [https://cash.me/\\$MoorishBrooklyn/10](https://cash.me/$MoorishBrooklyn/10)

Amazon Wish List (Send A Gift) - www.amazon.com/gp/registry/wishlist/3LJ5CKSO0KDV3

Web Pages:

Twitter - <https://twitter.com/moorishbrooklyn>

Instagram - www.instagram.com/moorishbrooklyn

YouTube - <https://www.youtube.com/channel/UCqNZIKNhx1kF0fq4sG8ZWIQ>

Website - <https://moorishbrooklyn.com>