

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.

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

Spiritual - <https://en.m.wiktionary.org/wiki/spiritual>

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

The Oxford Dictionary of English Etymology - <https://amzn.to/2XFBZnK>

Oxford Dictionary of English - <https://amzn.to/2JfOPQe>

Webster's Third New International Dictionary of the English Language - <https://amzn.to/2RP0EkA>

Black's Law Dictionary: Definitions of the terms and phrases of American and English Jurisprudence, Ancient and Modern, 4th Edition - <https://amzn.to/2XFBf26>

Magnum Opus (The Great Work) in alchemy - https://en.wikipedia.org/wiki/Magnum_opus_%28alchemy%29?wprov=sfla1

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

Light Therapy - https://en.wikipedia.org/wiki/Light_therapy?wprov=sfla1

Light effects on circadian rhythm - https://en.wikipedia.org/wiki/Light_effects_on_circadian_rhythm?wprov=sfla1

Full Spectrum Lamps And Bulbs:

Verilux HappyLight Compact Personal, Portable Light Therapy Energy Lamp - <https://amzn.to/2EnQVxA>

Verilux HappyLight Full-Size 10,000 lux Light Therapy Energy Lamp - <https://amzn.to/2Uy5Cmt>

Fluorescent Tubes, LED Tubes, LED Bulbs and Compact Fluorescents from Full Spectrum Solutions (Blue Max Lighting) - <https://www.fullspectrumsolutions.com>

Sungazing Science - Hira Ratan Manek (HRM): <http://solarhealing.com>

Transpersonal Psychology - https://en.wikipedia.org/wiki/Transpersonal_psychology?wprov=sfla1

The World's Religions by Huston Smith - <https://amzn.to/2Xe3HZr>

Mother Earth Spirituality: Native American Paths to Healing Ourselves and Our World by Ed McGaa - <https://amzn.to/2XdYAby>

Afro-Caribbean Religions: An Introduction to Their Historical, Cultural, and Sacred Traditions - <https://amzn.to/2XeC96k>

White Sage - <https://amzn.to/2XGeg6X>

Frankincense and Myrrh Incense Sticks - <https://amzn.to/2XDxREF>

Clear Quartz - <https://amzn.to/2xlyxjs>

T-Shirts, Sweatshirts, Long Sleeves and Hoodies based on episode theme:

Mental, Physical, Spiritual, Financial Balance - <https://www.cafepress.com/mbs>

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

OM/AUM - <https://www.cafepress.com/stomaum>

An easy way to wisely INVEST 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>

Audible Books will let your ears take you on an adventure over the weekend: Romance, Fiction, Fantasy, Mystery, Thriller, Sci-fi, Business, Money, Children Books & more: <https://amzn.to/2CcCt9v>

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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-50QKTXMJRE>

Do you want to learn how to be a creative? Do you want to learn how to monetize your lifestyle and natural gift? Do you want to learn technological skills to give you an edge in your career, field and prepare for the upcoming future? Do you want to learn how to turn your dreams and what you want to do in life into a business? Learn through video classes right from your phone, laptop, desktop and tablet through Skillshare. Join now and get free classes - <https://skillshare.eqcm.net/ej0YO>

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>

Cash App is a mobile payment service created by Square, Inc allowing users to transfer money to one another using their mobile phone app or email. Bitcoin can also be bought and traded using the app. Cash App can be used for personal or business uses. Users can choose to withdraw money with a Cash App debit Visa card (Cash Card) in ATMs or transfer money to any local bank account. What is unique with Cash App is the custom username feature known as a \$cashtag; it allows users to transfer and request money from each other easily by entering their username. - <http://cash.me/app/WTQBXRS>

Get \$30 off your Wolf & Shepherd men's lace-ups or slip-on shoe purchase: cap toes, bannisters, loafers, sneakers, drivers, double monks, chukkas, wingtips, boots and more. What sets Wolf & Shepherd apart is their mission to blend comfort, performance, style, quality, modern technology and craftsmanship. Wolf & Shepherd has a great selection of casual/street and business shoe options. \$30 will be taken off at checkout when you use this link - http://i.refs.cc/6rAzgPqJ?smile_ref=eyJzbWlsZV9zb3VyY2UiOiJzbWlsZV91aSlslNtaWxlX21lZGl1bSI6IiIsInNtaWxlX2NhbXBhaWduljoicmVmZXJyYWxfcHJvZ3JhbSlslNtaWxlX2N1c3RvbWVyX2lkljozMDg3MjYwNzJ9

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

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