

THE C WAY SMO

Cosmo Setepenra

A W(H)olistic Guide for the Total Transformation
of Melanated People

Volume **2**: The Ascension



Cosmo Way Transformation Melanated Ascension

Jeffrey Sconce



Cosmo Way Transformation Melanated Ascension:

The Technical Delusion Jeffrey Sconce, 2019-01-17 Delusions of electronic persecution have been a preeminent symptom of psychosis for over two hundred years In The Technical Delusion Jeffrey Sconce traces the history and continuing proliferation of this phenomenon from its origins in Enlightenment anatomy to our era of global interconnectivity While psychiatrists have typically dismissed such delusions of electronic control as arbitrary or as mere reflections of modern life Sconce demonstrates a more complex and interdependent history of electronics power and insanity Drawing on a wide array of psychological case studies literature court cases and popular media Sconce analyzes the material and social processes that have shaped historical delusions of electronic contamination implantation telepathy surveillance and immersion From the age of telegraphy to contemporary digitality the media emerged within such delusions to become the privileged site for imagining the merger of electronic and political power serving as a paranoid conduit between the body and the body politic Looking to the future Sconce argues that this symptom will become increasingly difficult to isolate especially as remote and often secretive powers work to further integrate bodies electronics and information *The Cosmo Way Vol. 2 the Ascension* Setepenra, 2015-11-27 Bringing together the untold science of Melanin ancient esoteric secrets of the Pineal Gland and how to develop your higher self The Ascension Volume Two in The Cosmo Way series will help you achieve higher consciousness inner strength as well as your mental and spiritual goals The Cosmo Way is a holistic guide for the skeptic the believer and the inquiring mind While most health programs focus only on physical wellbeing holistic health is an approach to life a philosophy a way of life Instead of focusing on illness or specific parts of the body holistic health heals the whole person body mind spirit and emotions for optimal health and wellness The Cosmo Way Vol 2 will teach you how to fully maximize your Melanin s potential and use it to your advantage You will learn the essential properties of this substance how to properly nourish it and why it is important to your mental spiritual growth and development You will also learn why Melanin causes melanin dominant people to be more susceptible to drugs alcohol and addiction In addition to revealing how to heal your pineal gland and accelerate enlightenment Cosmo discusses how repairing your pineal gland improves intuition intelligence and perception Your pineal gland is the quintessential gland for maintaining holistic health responsible for making the majority of your melatonin a derivative of melanin and the studies cited in this book suggest that melatonin may very well be the most powerful cell protecting immunity enhancing molecule in existence Cosmo studied proven health systems such as Chinese Taoist Tradition Indian Vedic Tradition and traditional Afrikan methods of natural healing and nutrition and has merged these teachings with findings from modern holistic doctors scientist and health experts If you re ready to make a change for the best to live consciously and holistically and to elevate yourself physically mentally emotionally and spiritually The Cosmo Way can show you how The Cosmo Way Vol. 1 the Detox Cosmo Setepenra, 2015-10-14 Focusing on holistic detoxification for health wellbeing and success The Detox Volume One in The Cosmo Way series will help you achieve your

optimal nutritional physical emotional and spiritual goals The Cosmo Way is a holistic guide for the skeptic the believer and the inquiring mind While most health programs focus only on physical wellbeing holistic health is an approach to life a philosophy a way of life Instead of focusing on illness or specific parts of the body holistic health heals the whole person body mind spirit and emotions for optimal health and wellness Cosmo knows what it s like to be overweight out of shape and to want to make a change What Cosmo shares he has learned from first hand experience and not from mere hearsay or preconceived beliefs He lost eighty pounds without dieting or surgery using only the simple holistic principles he shares here The Cosmo Way has a wealth of esoteric health and nutritional practices that can rev up your metabolism help you lose weight maximize your energy and stamina heighten your spiritual and historical awareness detox your body and increase your health and wealth connection Cosmo studied proven health systems such as Chinese Taoist Tradition Indian Vedic Tradition and traditional Afrikan methods of natural healing and nutrition and has merged these teachings with findings from modern holistic doctors scientist and health experts If you re ready to make a change for the best to live consciously and holistically and to elevate yourself physically spiritually emotionally and financially The Cosmo Way can show you how About Cosmo Cosmo has twelve years of health fitness and nutrition experience and extensive sports life coach and spiritual counseling experience with fitness enthusiasts professional athletes and spiritual seekers The Cosmo Way is the first of three volumes Volume One The Detox Volume Two The Ascension and Volume Three The Practice *The Cosmos, Ascension and 'The Golden Keys' from Melchizedek* Sarah Massiah, 2018-06-26 This is a must read for those who question the mystery that is called life A book to ignite a remembrance of your true soul essence and the roles and stories that all have played throughout many incarnational experiences This book is dedicated to you the reader who wishes to understand why certain areas of your life s journey have not played out as you indeed intended A book that offers a differing way to heal to many and gift and insights to those awakening to whom they truly are A way of living without the fears and restrictions of the past This ditty intends to draw you in into a way of living free from the need to reach for the gin This book intends to bring you joy in the knowing that stories that made you cry can be transformed in a blink of an eye So delve into the text within that may resonate with you and make you grin If you read inside we can assure you of an awakening far beyond what you presently feel is real Besides it may make you walk with glee in your stride A book that discusses ascension and The Rise Back to Creator s Love Light which many strive to find An overview of the cosmos A guide and an exploration into the depths of emotions and the responses that hold humankind back This is a journey that will not only touch your heart but your mind and soul

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