

Nothing in This Book Is True, But It's Exactly How Things Are, 15th Anniversary Edition

By Bob Frissell

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Nothing in This Book Is True, But It's Exactly How Things Are is an account of humankind's function within the grand celestial battle between internal and external knowledge. Author Bob Frissell gives a compelling account of our planetary ascent into higher consciousness, presenting a big-screen view of the Earth through the experience of the Ascended Masters, Thoth, Babaji, and Drunvalo Melchizedek.

Pulling in all manner of conspiracy theories from the Secret Government to the Philadelphia Experiment, Frissell proposes both a core transdimensional shift based on the Mayan calendar and a personal Rapture mediated through the connected, affirmed breaths of rebirthing that his teacher Melchizedek used to travel from the other side of the universe to here—breathing your own spacecraft *(merkaba)* out of and around your aura in order to travel through the astral realms.

The 15th anniversary edition of this cult classic is revised and expanded with new illustrations and 50 pages of important new information on the Lucifer Rebellion, the solar storm, and the final three breaths of the *merkaba* meditation.

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Editorial Review

Review

"If ever there was an aptly named book, this is it. In a highly readable and sincere manner, *Nothing in This Book is True, But It's Exactly How Things Are* proceeds to thread together every New Age belief and conspiracy theory into a grand unified field theory of kookiness. They're all here: gray aliens, ascended masters, free energy cattle mutilations crop circles, rebirthing, earth changes, the Great Pyramid, and secret colonies on Mars. And yet, despite the sheer unbelievability of half the book, the author's goodwill and spiritual intentions are so infectious that the book ends up being a heartwarming experience."
—Jay Kinney, *Wired*

"If conventional explanations don't make sense to you anymore and you want to explore other options, read this book. An insightful, radical view of our planet's history and its future."
—*Perceptions*

"This is an accessible guidebook to consciousness expansion and evolutionary progress which, in effect, restates age-old knowledge, and in so doing reminds us of our heritage as spiritual beings.… Frissell tells his account primarily through the experience of one Drunvalo Melchizedek, a 'walk-in' being who claims to be from the thirteenth dimension by way of several vibration-stepping-down incarnations along the way—on this occasion, via a mutual spiritual pact with a male human in 1972…. Part of Drunvalo's mission is to remind us that we can … assemble within ourselves the universal pattern of creation—our own merkabah vehicles—which will facilitate the evolution of our consciousness as well as that of planet Earth."
—*Nexus*

"As lifelong seekers of 'truth' this book came to us in the late nineties. The information was 'soul food' as our hearts acknowledged the profound truths therein. We loved the way Bob took an enormous amount of information and condensed it into one 'user-friendly' format. Our dreams confirmed how life-transforming the twenty connected breaths exercises are. This revision is a very timely and significant contribution to help all of us understand and deal with the personal and global challenges being faced today."
—Linda and Brenda McCoy, co-authors of *The Living Code: Deciphering Life's Spiritual Messages by Learning to Live from the Heart*

"As you can see in this book, Bob loves to tell the truth. As a result, he has become an internationally famous teacher—and he deserves it."
—Leonard Orr, founder of rebirthing and author of *Breaking the Death Habit: The Science of Everlasting Life*

"I appreciated reading [*Nothing in This Book Is True, But It's Exactly How Things Are*] and having the opportunity to adventure outside of my usual range of thinking and envisioning of the human story."
—*New Consciousness Review*

About the Author

Bob Frissell is a master rebirther and teacher and the author of *Something in This Book Is True* and *You Are a Spiritual Being Having a Human Experience.* Frissell was trained by Leonard Orr, the rebirthing pioneer, and by Drunvalo Melchizedek, the originator of the merkaba and Unity Breath meditations. He lives in Sonoma, CA.

Users Review

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Toni Williams:

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Graciela Johnson:

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Wm Schroeder:

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