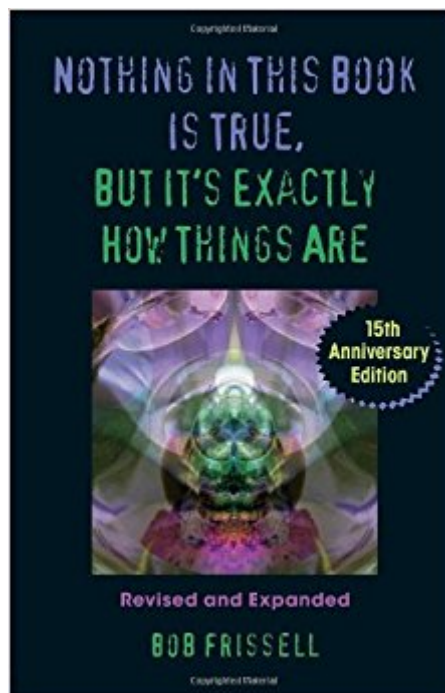




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# Nothing In This Book Is True, But It's Exactly How Things Are, 15th Anniversary Edition



## Synopsis

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.

## Book Information

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## Customer Reviews

"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 well-known 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 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

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.

With such a bizarre title, *Nothing In This Book is True* had to be at least interesting. I found it more than interesting, but then I've spent 30+ years studying the subjects that Bob Frissell lays out in his book, so I started reading as a believer. Frissell goes into the work of Zacharia Stutchin, whose *Earth Chronicle* books are a very heavy read, and sums them up for the reader. I found the main thrust of Frissell's work as a Re-birther, to be less than interesting, and his work with Drunvalo strains his credibility, but--the other parts of this book are well worth reading, especially at the price of less than \$8 I paid. It's like Cliff Notes for those studying a whole lot of the areas of life we were never taught in school. Here's a sample: Some of the answers you'll find in this book pertain to 'What's really going on', 'The true history of our planet', right down to who our creators were, what Atlantis and Lumeria were all about, and the famous 'Lucifer Rebellion' talked about in the Bible. I found these chapters to be fascinating and right on track with what I'd read by Edgar Cayce, Zacharia Stutchin, Michael Tsarion, and numerous other authors. Beings from Mars, who decided to put themselves above God (using technology to evolve, until they lost sight of what was right and what was wrong. Sound familiar?), which came down to us in the Bible as an angel who fell because he thought he was as good as God. When this angel fell, he started something called the Lucifer Rebellion, the idea that we can create using only our intellect, instead of using our emotions which would make our world balanced. Frissell tells out the Martians destroyed their world through their use of technology, ignoring the needs of the planet, and leaving love out of what they created. They became the Greys, a doomed people because they have no emotion, and therefore, no connection to God, the Source, and our Creator. Frissell tells the story of how beings of light went to one of the Atlantean Islands called Undal. They divided the island between intuitive thinkers and logical thinkers. The 1000 masters projected the 10 vortexes of the tree of life onto the island and summoned the Lumerians to Atlantis. Unfortunately, the Lumerians had only developed 8 of the 10 vortexes so 2 remained open. Two extraterrestrials filled the void. One was the Hebrews, whose origins unknown who were like a child who'd failed the grade and had to take the class over. They brought advanced information. The second extraterrestrial group were those from Mars, of the Lucifer Rebellion, whose planet was destroyed. Lucifer was the grandest angel ever made but he thought he was as good as good. He developed without his emotional body, which cut him off from God. Frissell sums it all up nicely in his last chapter which is that 'love is the answer' to all the questions. This is quite a book, one I've read 3 times now, though I have yet to find an interest in Re-birthing.

starts off very interesting and relevant. Then the rambling begins, and enough content contradicts modern science (to an absurd point), that sources to the author are questionable, even while

keeping an open mind. Still that are some important topics brought up (and reiterated) that coincide with a bunch of other weirdness I have experienced, so def worth a quick read.

Frissell's work is easier for me to interpret the Drunvelo's. I appreciate the work that went into writing it.

Awesome read! Would recommend to anyone that wants to read something that is different. I love this book!

If you are a `Coast to Coast listener or just interested in the UFO's you will defiantly enjoy this book. The author takes an entertaining romp through XFile type stories with an attitude that makes you question if this guy really has some inside information that the secret government doesn't want you to know. The title is perfect for this book. I really enjoyed it until the last two chapters which are less insightful and sort of boring. Getting through the explanation of the "Secret Geometry" can make your eyes glaze over as well.

I told myself before I read the book to trust my intuition, and it said YES! This helped me bridge so many gaps in the timeline of our history. It was so easy to read and it was very easy to stay interested and follow him. He provided exceptional evidence to support his story. It was all around a fantastic book and I would highly advise it to anyone who is looking for deeper meaning in their lives. We are one! Namaste.

The ultimate guide to step into realms of our true self. It all finally made sense! I deeply thank the author for taking great pains to help us understand the true nature of ourselves. We are the masters in human form. Brilliant!

Great read....definitely not for everyone. If you have a good sense of humor and an open mind you will at best enjoy the irony of the story being told...don't take it too seriously is the best advice I can give....it has some great information though if you are into yoga breathing and meditation

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