



# Nothing in This Book Is True, But It's Exactly How Things Are

*By Bob Frissell*

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This ambitious book is a personal psycho-spiritual journey, a theorization on the meaning of the monuments of Mars, a guidebook for transcending present three-dimensional limitations, and an account of our function within the grand celestial battle between internal and external knowledge. The newly revised and expanded edition of this cult classic features photos and illustrations throughout, and adds the Lucifer Rebellion, the solar storm, and the final three breaths of the merkaba meditation. The author emphasizes the importance of meditation for promoting the understanding of and connection to the metaphysical.

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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. *Nothing* has the potential to become the *Cosmic Trigger* (Robert Anton Wilson's 1977 psychedelic mind-bender) of the '90s."

—Jay Kinney, *Wired*

"What is really taking place as we head toward the end of this millennium? 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*

"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 of 26 years, whose books are regarded as underground spiritual classics. In addition to *Nothing in This Book is True, But it's Exactly How Things Are*, he is 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 Mer\*KA\*Ba and Unity Breath meditations.

## Users Review

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#### David Scott:

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