



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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Nothing in This Book Is True, But It's Exactly How Things Are By Bob Frissell Bibliography

- Sales Rank: #747136 in Books
- Brand: Brand: Frog Books
- Published on: 2002-11-18
- Released on: 2002-11-18
- Original language: English
- Number of items: 1
- Dimensions: 8.45" h x .78" w x 5.49" l, .0 pounds
- Binding: Paperback
- 272 pages



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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

From reader reviews:

Barbara Hall:

The book Nothing in This Book Is True, But It's Exactly How Things Are will bring one to the new experience of reading some sort of book. The author style to spell out the idea is very unique. In case you try to find new book to study, this book very suitable to you. The book Nothing in This Book Is True, But It's Exactly How Things Are is much recommended to you to study. You can also get the e-book from your official web site, so you can easier to read the book.

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Blair Chappell:

In this period globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. Often the book that recommended for your requirements is Nothing in This Book Is True, But It's Exactly How Things Are this reserve consist a lot of the information with the condition of this world now. This book was represented so why is the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The particular writer made some study when he makes this book. That's why this book suited all of you.

David Scott:

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