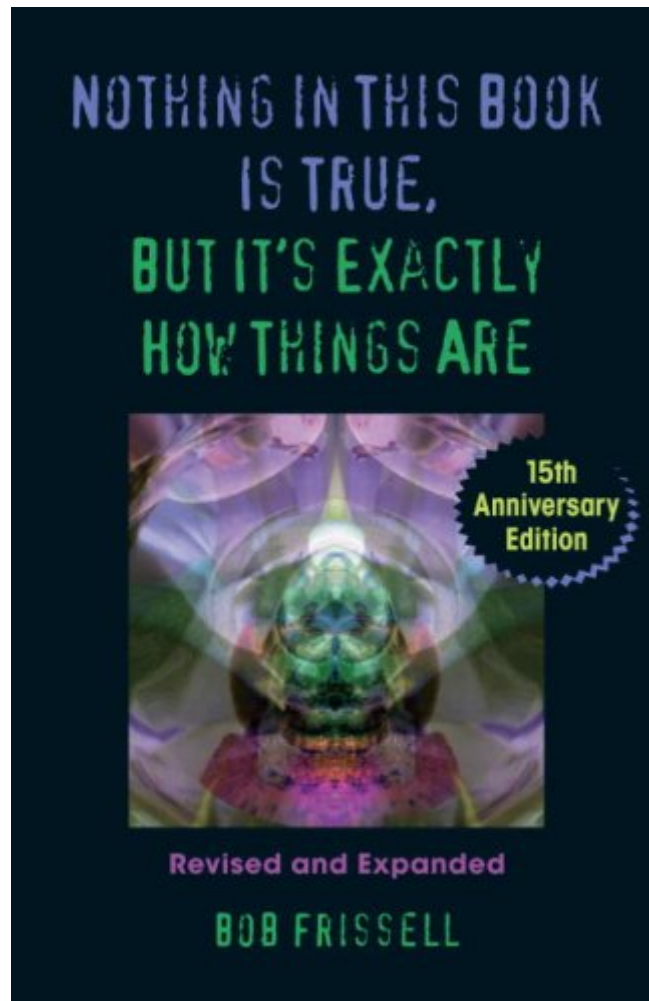


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# Nothing In This Book Is True, But It's Exactly How Things Are, 15th Anniversary Edition



## 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. From the Trade Paperback edition.

## Book Information

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## Customer Reviews

I originally read this book in college at the recommendation of some friends. I enjoyed it, but didn't

make much of it or think about it for a few years thereafter. However, with the recent rise of shows like Ancient Aliens, and the continually developing evidence for civilizations that existed centuries prior to timeframes currently "accepted," I have been reading many more texts within this field of "pseudoscience" or "New Age" ideas. What stands out to me about Frissell's book is how many ideas are tied together in one coherent whole. Focusing upon UFO's, multi-dimensional existence, chakra, re-birthing, martians, Atlantis and much more, this text weaves a huge mix of unaccepted/controversial/pseudoscience/conspiracy notions into a single unified theory. My biggest complaint of the text is simply the lack of evidence Frissell uses to defend his ideas, relying upon the idea that we, as readers, simply know what he is saying to be true. This is not to say there isn't some scientific evidence scattered about, but for the most part, it is as if Frissell isn't trying to prove to non-believers that he's correct. It's more that he knows what he says is true, and it might be, so he just says it matter of fact without need to say more. Here's the one really interesting part of the text to me: While Frissell doesn't take significant time to defend his ideas, it seems to me that the more work done by scientists, pseudo-scientists, Egyptologists, geologists, etc., the more evidence seems to unveil that what Frissell says MIGHT be 100% correct. For example, more and more evidence abounds about the actual history of our human society being much older than ever imagined, and Frissell claims has been around for hundreds of thousands of years.

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