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The OBE & Lucid Dream

Quickstart

“How To Trick Your Body Into Falling Asleep To Have Your First OBEs And Lucid Dreams In The Minimum Amount Of Time”

- 1. Complete 8 Step Diagram To Trick Your Body Into Falling Asleep To Have Your First OBEs And Lucid Dreams**
2. How To Dramatically Accelerate Your OBE Skill With Lucidology 101 & Lucidology 102
- 3. The 7 Biggest Killer Lucid Dream & OBE Mistakes People Make All The Time - How Many Of These Are You Making?**
4. Charts: How To Tell How Close You Are To A Successful OBE
- 5. The Next Step: How To Have 100 OBEs In 100 Days Even If You're A Jetlagged Insomniac Right Now**

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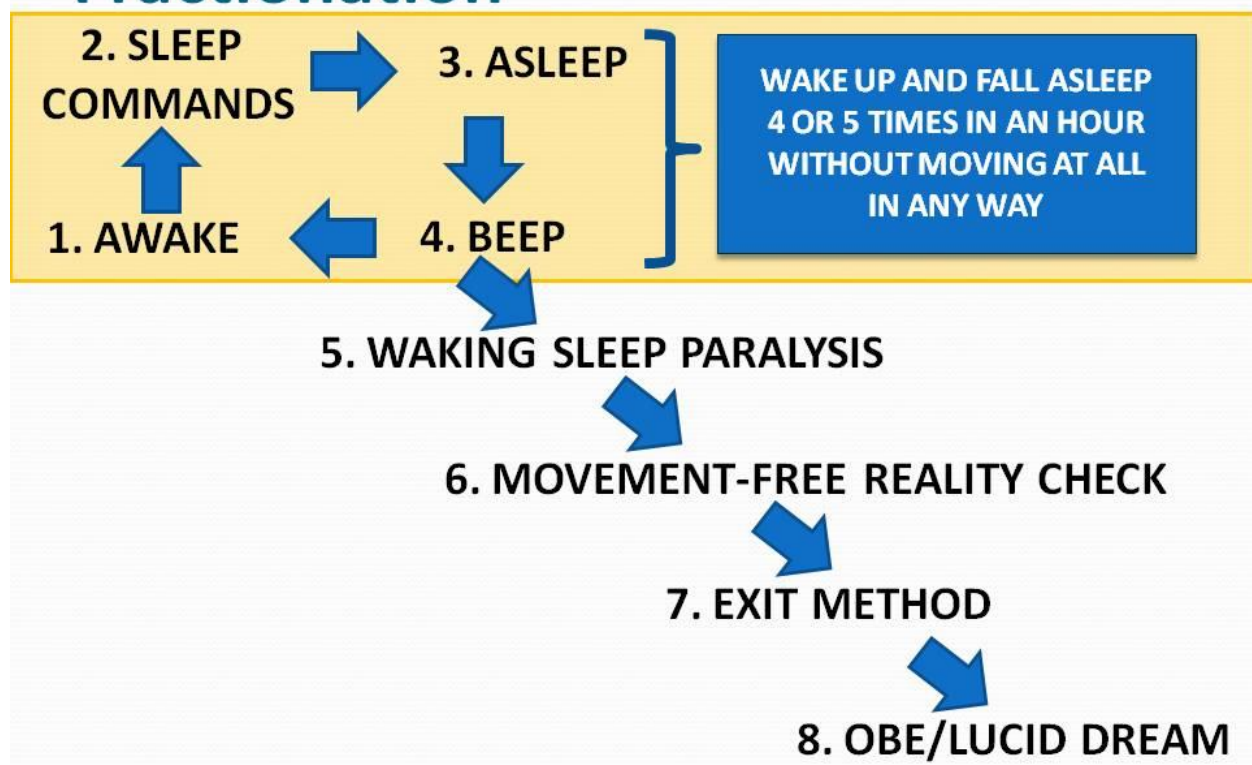
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Complete 8 Step Diagram To Trick Your Body Into Falling Asleep To Have Your First OBEs And Lucid Dreams

This is a very fast and scrunched down version of Lucidology 101. The full course has much more detail but here is the basic technique.

8 Steps To An OBE Using Hypnotic Fractionation



WARNING!

For reasons we'll cover later in Lucidology 101, all of the methods we're about to cover are most effective when you use them in the **early morning**. Late at night is the absolute worst time of all to have OBEs and this is the main reason why most people have trouble doing OBEs.

They are following bad advice in books and doing OBE attempts late at night when the brain's chemistry is geared toward falling asleep rather than becoming alert. Without going into the details, just keep in mind that if you get up around 4:30, stay up for 45 minutes and then go back to sleep you'll have MUCH better results than if you do them at night.

I've only had may a dozen night time OBEs but I've have many hundreds of OBEs in the early morning.

So now on to the tricks:

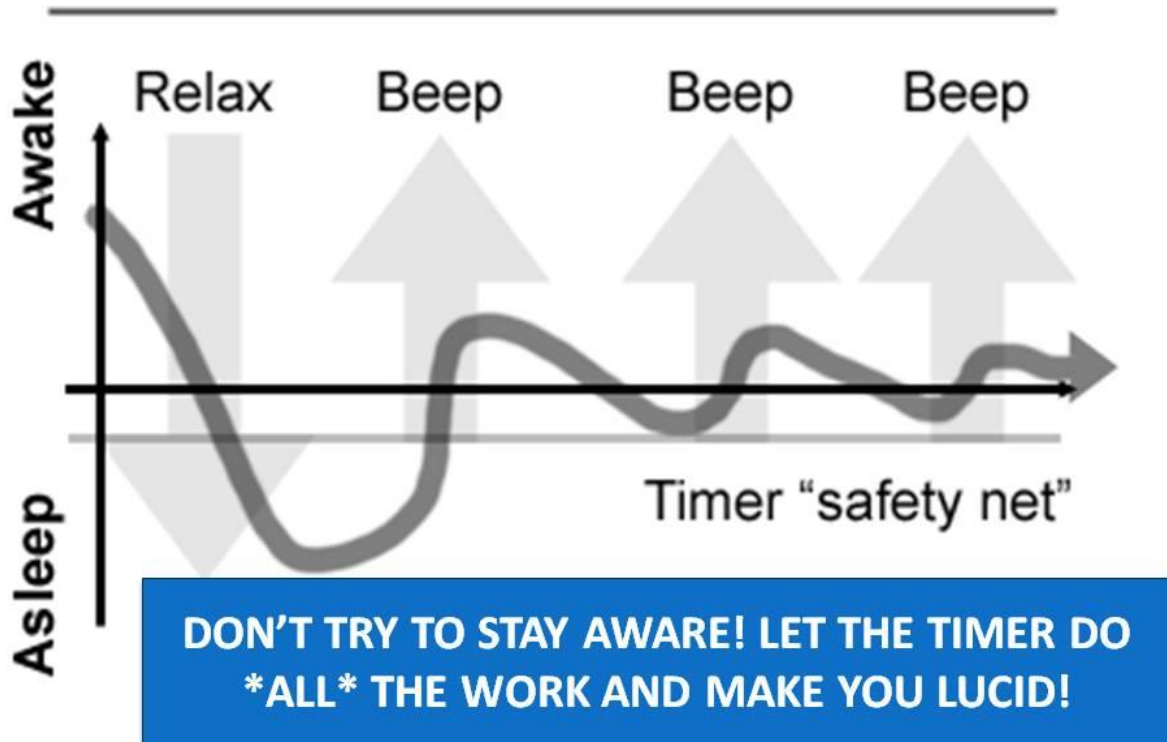
The simplest and most reliable way to have lucid dreams and OBEs is to use something called 'hypnotic fractionation' to put your body to sleep while keeping your mind awake.

Hypnotic fractionation means that when you enter trance, leave trance and the enter into it again, then the second time you enter trance you enter it more deeply than before.

That means that if you can enter even the slightest trance then you can enter a very deep trance just by going in and out of that trance over and over.

To do this, use a timer that beeps every few minutes. You simply fall asleep for a few minutes, let the timer beep to wake you up and then you fall asleep again. This works best when you don't try to stay aware for the OBE. Just fall asleep and let the timer do all the work to make you become aware.

Using a timer as a safety net to hover on the awake/asleep threshold

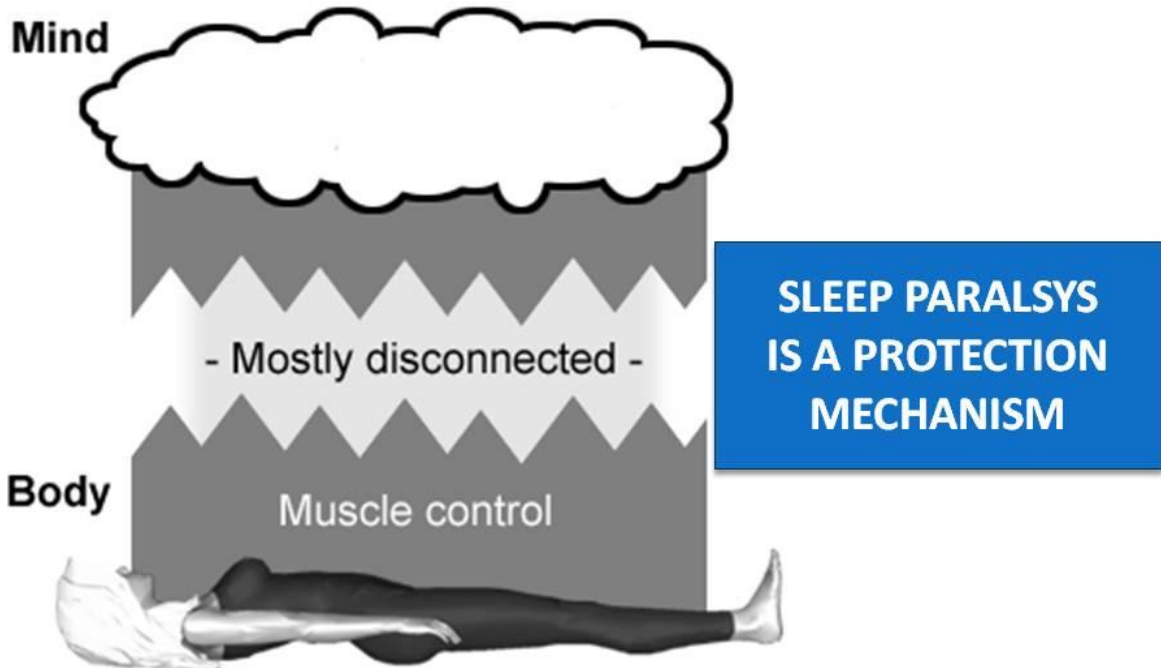


When you do that 4 or 5 times in an hour **without moving your body in any way** or opening your eyes or even moving your eyes, two things happen:

- 1.) Your body becomes confused about what's going on and decides to put itself to sleep even though your mind is still awake
- 2.) Your mind enters a theta brain wave which puts you in a subconscious focus. A theta brain wave is just a slower version around 3-7 hz of your usual waking brain wave which is around 10-14 hz.

These two effects together give you 'waking sleep paralysis'. Sleep paralysis is a protection mechanism your body uses when you fall asleep. If you were to dream you were doing something very active such as running and you weren't in sleep paralysis you would make the motion of running and wake yourself up.

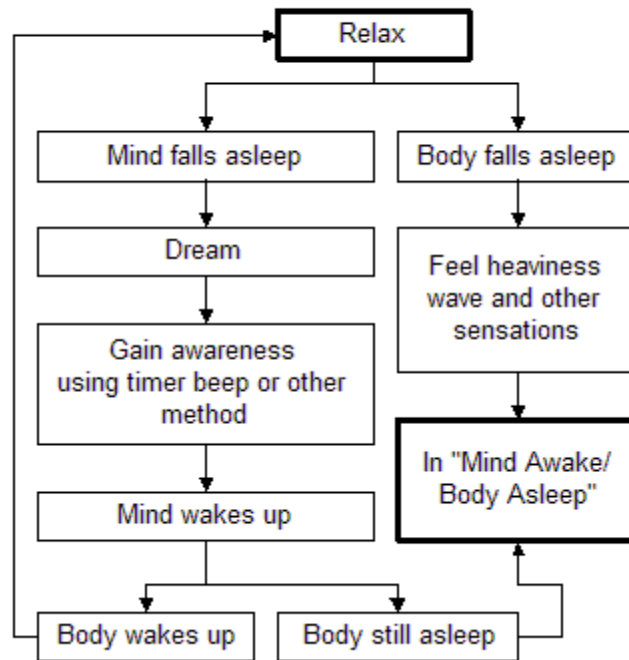
When paralyzed, the body disconnects
the mind's control of most voluntary muscles



To avoid that your body disconnects your voluntary muscle system from your mind and this creates sleep paralysis. Usually you're not aware of that because your mind is asleep. But when you keep your mind awake during this process you get "waking sleep paralysis."

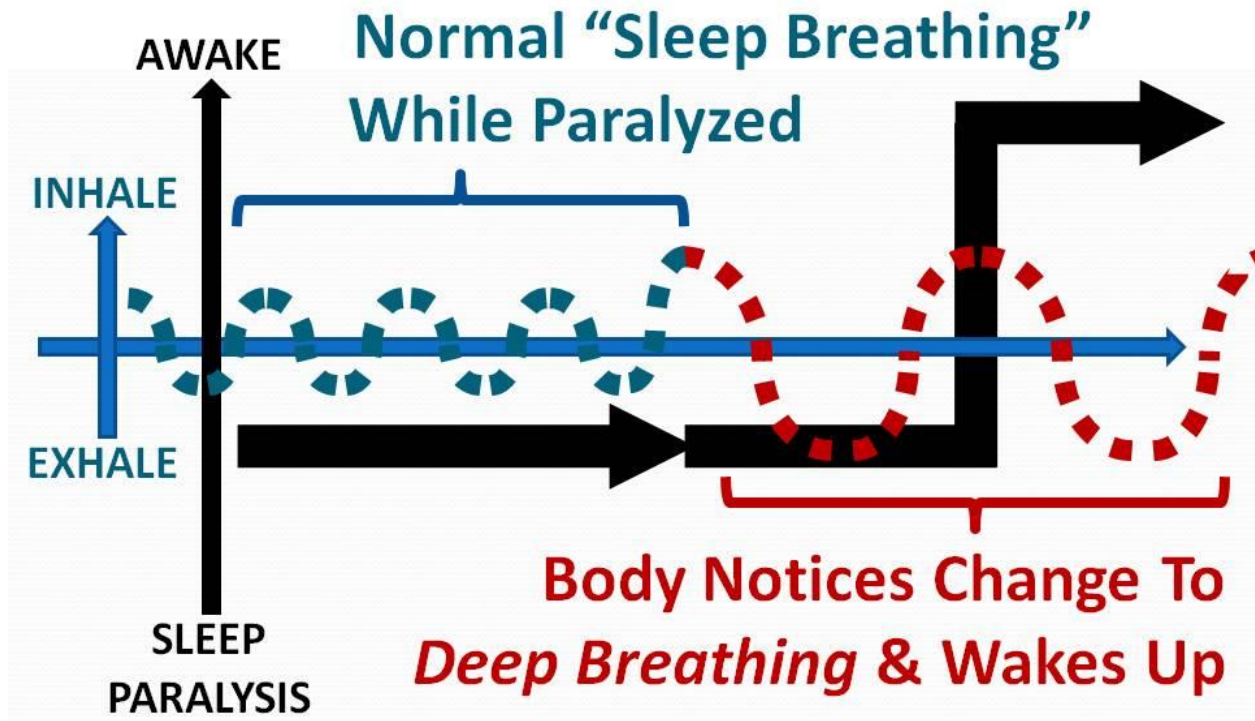
In light paralysis it feels like you have a heavy lead blanket laid on you. In full paralysis you simply can't move at all. It feels like it's harder to breathe in sleep paralysis because you have to send a stronger nerve signal to your muscles to get the same movement. However it's very safe since it's something the body does every night.

Going From Relaxed To Mind Awake Body Asleep



You can easily break sleep paralysis using deep breathing. When you deep breathe for about 10 or 15 seconds your body notices the change from your usual sleep breathing and brings you out of sleep paralysis. This is a much more reliable method of breaking paralysis than trying to move your arms because your breathing is only semi-involuntary so it isn't fully paralyzed.

How To Break Sleep Paralysis 100% Of The Time: Use **Deep Breathing** To Contrast *Sleep Breathing*



Waking sleep paralysis is a fantastic jumping point to have OBEs and lucid dreams because it's so stable. OBEs can be hard because everything is so subtle and fleeting. However once you're in sleep paralysis you can just hang out there and feel what it's like. In almost all of my OBEs I enter waking sleep paralysis. (Although it's also possible to do OBEs when the body is fully awake which is something we cover in [Lucidology 102](#))

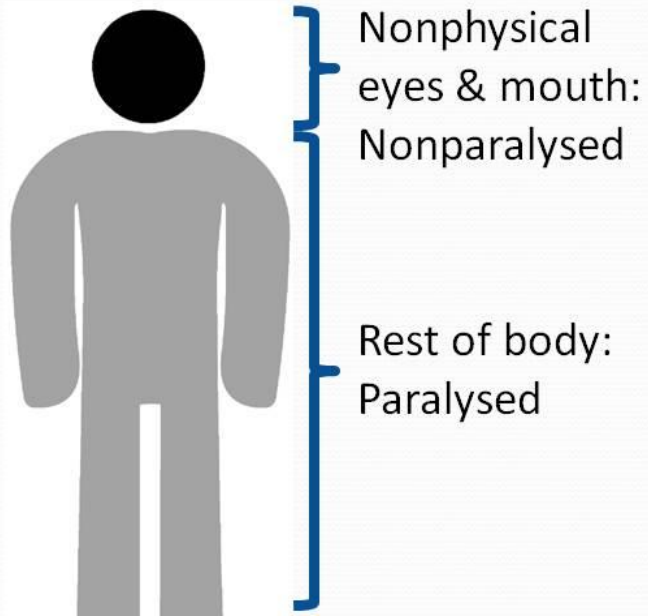
Exit Methods

There are many ways to convert sleep paralysis into an OBE. These are called 'exit methods'. In [Lucidology 101](#) we'll cover visualization-free exit techniques which are simple to learn but require very deep sleep paralysis to work.

In [Lucidology 102](#) we'll cover visualization-powered exit techniques which require little to no sleep paralysis and really shave off a lot of time from your inductions. If you're serious about OBEs, check out [Lucidology 102](#) at www.lucidology.com/102

Cracking The Safe: The “Open Mouth” Exit Initiator

- Discovered by a forum poster named tsunaH
- 99% of the time, in sleep paralysis you can still move your eyes and mouth
- Open your mouth, take a few slow deep breaths
- Separation starts at your head



Here is very simple exit method by a forum poster named tsunaH which works surprisingly well. Once you're in 100% stone cold sleep paralysis you'll find that you can control:

- 1.) Your breathing
- 2.) Your eyes
- 3.) Your face

When you reach 100% sleep paralysis your breathing is physical but your eyes and face have shifted into nonphysical focus.

What you do is shift your focus in to your face which draws you in to nonphysical focus completely. To do that, simply open your mouth and continue breathing in the slow sleep-breathing rhythm your body will already be in.

This will initiate the separation process and you'll probably begin to hear rushing noises and vibrations which are both effects we'll talk about more in Lucidology 101. Once things have quieted down again you'll be in an OBE and can just get up out of your body in the nonphysical version of your bedroom.

Movement-Free Reality Checks

How will you know you're nonphysical rather than physical? You'll use "reality checks" to tell what's going on. In particular we'll cover *movement-free* reality checks so that you can tell if you're nonphysical without having to move and wreck your trance.

Most reality checks you find in books require you to get up and move around. If you're just laying there and you're not sure what's going on and you move to do your check and it fails... then you just ruined your trance and have to start all over. So in Lucidology 101 I'll show you how to do reality checks without that risk.

Timers

For timers to use, check out www.lucidology.com/timer where you can get:

1. The free customizable Lucidology Flash Timer
2. Links to digital cooking timers
3. Free MP3 downloads of timer setups you can use in an iPod or CD player

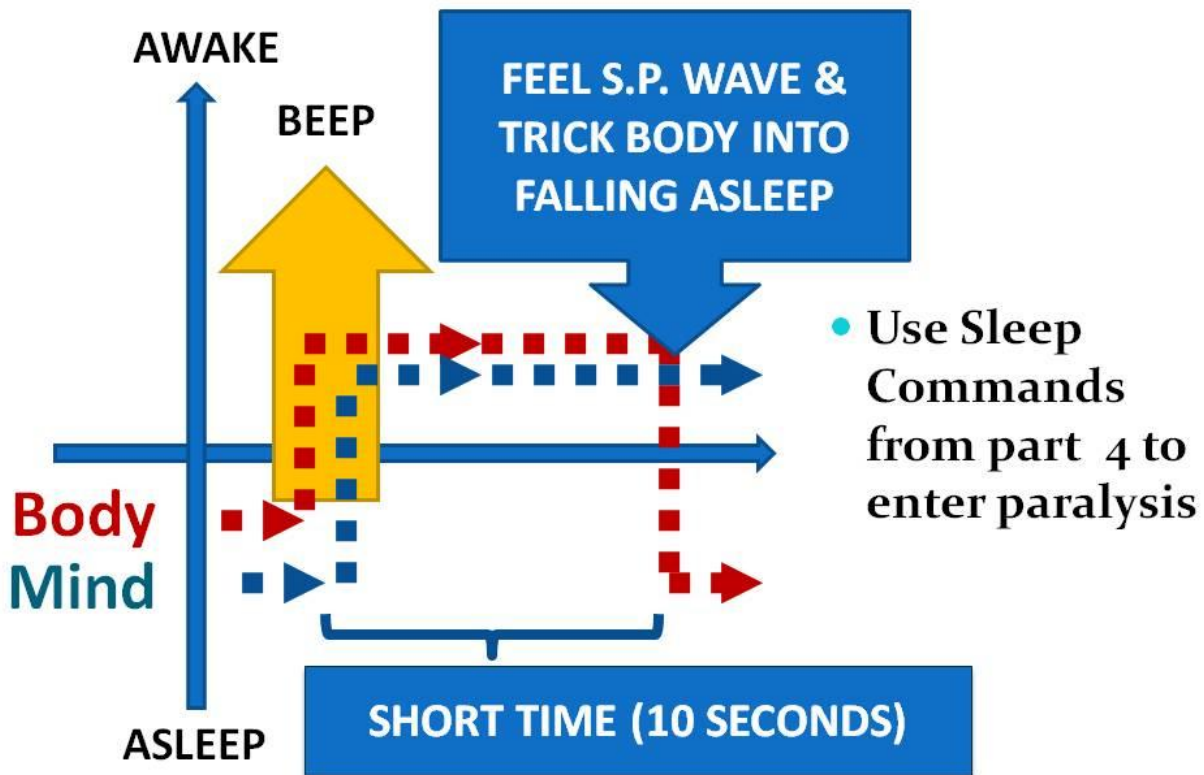
Tricking Your Body Into Falling Asleep Using Sleep Commands

To do this method you need to be able to fall asleep quickly. In Lucidology 101 we'll cover sleep commands that you can use to make your body ask for permission to fall asleep. You then use a sleep trigger to tell it "yes" it's time to fall asleep. This is how you trick your body into falling asleep while keeping your mind awake

When you combine the timer method with sleep commands you'll be able to trick your body into falling asleep while you keep your mind awake. The way it works is you wake up and fall asleep a couple times. Then on one of the beeps your mind and body wake up. Your body waits to see if your mind tells it to move.

If you don't tell your body to move then after about 10 seconds the body assumes the mind really is asleep and shuts itself down. You feel a wave of sleep paralysis come over you that feels like a heavy lead blanket. You've just tricked your body into falling asleep while keeping your mind awake.

How To Trick Your Body Into Falling Asleep



Now You're Dangerous

With the information we've covered so far, you know more about OBE induction than 99% of the rest of the planet. However doing a complete OBE separation does come down to getting the details right. We'll cover the precise step-by-step details on how to have your first visualization-free OBE tonight in [Lucidology 101](#).

Then in [Lucidology 102](#) we'll cover supercharged visualization techniques to really amp up your progress so you can have an OBE a day and have 100 OBEs in 100 days.

In the next section I'll save you a lot of effort by showing you...

How To Accelerate Your OBE Skill With Lucidology 101 & Lucidology 102

I mentioned Lucidology 101 and Lucidology 102 so I better clue you in to what they are.

Lucidology 101 is free, you can watch it right now at www.lucidology.com/101

In it you'll find out:

- 1.) **Waking Sleep Paralysis: The Holy Grail For New Lucid Dreamers & OBEers**
- 2.) **The Stop Drop & Roll Sleep Command To Fall Asleep Fast**
- 3.) **5 New Sleep Commands To Trick Your Body Into Falling Asleep**
- 4.) **Fast Relaxation For Lucid Dreams And OBEs**
- 5.) **How To Optimize Brain Chemistry For Lucid Dreams & OBEs**
- 6.) **The Fastest Way To Have Lucid Dreams & OBEs Tonight - Timer Method**
- 7.) **The 4 Easiest Movement-Free Reality Checks For Lucid Dreams And OBEs**
- 8.) **Exit Blindness - 3 Fast Solutions**
- 9.) **OBE Vibrations & 3 Ways To Tell How Close You Are To An OBE**
- 10.) **Fast Exit Methods For Lucid Dreams & OBEs**

See Lucidology 101 For FREE Now!

**[Click here to watch Lucidology 101:](http://www.lucidology.com/101)
[“How To Trick Your Body Into Falling Asleep To Have Your First Lucid Dreams & OBEs Tonight”](http://www.lucidology.com/101)**

<http://www.lucidology.com/101>

(Now, what's Lucidology 102?) Lucidology 102 is for people who want access to the fastest and best OBE methods available and are not satisfied with “good enough”. Lucidology 101 is

extremely powerful but there are a lot of optimizations you can make by priming your subconscious for fast lucidity and quick OBE exits.

Lucidology 101 is restricted to visualization-free techniques. That makes them easy to learn but also slower than they need to be.

In Lucidology 102 there are no restrictions and I give you every single one of my best tricks, each of which I spent endless hours and months and years testing to find the absolute best route to a solid nonphysical focus.



BOOKS I READ BUT DIDN'T FIND THE OBE SECRETS YOU NEED

These methods are not in books. I wish they were! That would have saved me a ton of time. Here are some of the actual books I read in the search for fast OBEs.

I didn't find the answer there so I had to come up with my own system in Lucidology 102. In my search I also found out which techniques sound like they should work but do not. So here is what Lucidology 102 is NOT.

Lucidology 102 is not a thousand and one ways to induce OBEs.

I've filtered out all the junk so you don't have to waste time "experimenting". **I've spent the last four years experimenting and now it's time for RESULTS!**

So in Lucidology 102 I give you *only* the best tricks which I've tested and which I've shown other people, who then gave me feedback, which I then used to refine the methods... over and over and over again.

These tricks are "new" in the sense that you can't get them anywhere else. However **they are also "tried and true"** in the sense that they've been tested repeatedly to ensure maximum effectiveness.

If you're a busy person and don't like laying there on and on waiting for something to happen, then Lucidology 102... might be for you. To be honest not everyone is really serious about OBEs.

Frankly most people will never know what they are and if they do very few of them will take it seriously enough to actually do even a single induction.

You CAN use OBEs for spiritual exploration... but most people are mainly content with letting other people tell them what spirituality is. They're happy with hearing about spirit from someone else, kind of like watching it on the news or overhearing a stranger's conversation about a newspaper columnist's story of someone who heard about it from a friend of a friend who thought they might have read something about spirit at one time or another.

However if you're the kind of person who really has a burning desire to see and feel and KNOW *first hand* what nonphysical awareness is like...

And you think it's mind blowingly fun to fly and walk through walls with the power of your own thoughts...

And you don't like having to rely on "spiritual gurus" to tell you what it's all about...

And you'd just as soon have mystical experiences for yourself and not ask anyone's permission to go exploring...

And you want it all **right now**... then Lucidology 102 may be the right next step for you to take.

But I have a lot more secrets to tell you in this OBE quickstart, so I'm not going to go on and on about 102. Here's the link if you want to know more: www.lucidology.com/102, but in the mean time I want to share with you:

The 7 Biggest Killer Lucid Dream & OBE Mistakes People Make All The Time – How Many Of These Are You Making?

Let me save you a lot of time and agony.

I've helped a great number of people have their very first OBEs and lucid dreams. Almost invariably the problem they had was they got stuck at a certain spot because they were repeatedly screwing up one step or another. Once I showed them how to unstick themselves they suddenly experienced major breakthroughs almost immediately.

Here are the 7 most common sticking points people run into over and over which you can easily avoid once you know what to look for:

1.) Big giant Glaring Mistake number one: Do your OBEs in the morning, *not* at night!

This is something 99% of the people do wrong and which is also 99% of their problems. Over and over people will start out a question about how to induce OBEs and start with the phrase, "Last night I was trying to do an OBE and..."

Even though most of the books on lucid dreaming and OBEs tell you to do your OBE attempts as you're falling asleep at night, they are all wrong.

The reason is that at night your brain chemistry is not at all geared toward alertness and lucidity. It's geared toward falling asleep and becoming UNconscious. Specifically, you're low on serotonin at night. In the morning, however, you're high on serotonin and this **CRITICAL factor** makes lucid dreaming **exactly one bazillion times easier**.

I've had fewer than 10 OBEs when falling asleep at night. I've had hundreds, approaching thousands, of OBEs in the early morning. In *Lucidology 101*, we'll go into the exact step-by-step details on how you can **optimize your brain chemistry** to have lots and lots of clear, vivid dreams and make OBE induction much easier. But for right now here's the simplified skinny on what you need to know to do it right.

The trick is to use the 'wake back to bed' method which was discovered by **NASA engineer Dr. Albert Taylor**. This simple trick is to get up early in the morning, around 5 AM or so, stay up for a bit (I recommend 45 minutes) and then go back to sleep.

In *Lucidology 101* we'll cover the exact methods how to combine a timer with wake-back-to-bed to create an incredibly powerful induction which needs to practice at all. In fact you may have your very first OBE the very first time you use it, like many people have reported.

2.) Relying on the 'accidental' OBE induction

It seems the most popular induction people use is the one most mentioned in books. This induction is to ask yourself over and over while you're awake if you're dreaming. The theory is that eventually, over the course of several months, you'll get into that habit and ask yourself if you're dreaming when you really are in a dream. You'll realize that you really are dreaming and therefore become lucid.

This method is the most popular but **it's also the least effective**. I don't know how many months I wasted trying to get it to work and I've talked with tons of people who had been trying it for a long time, sometimes years, and hadn't gotten anywhere. Basically it was just an exercise in futility and turned a lot of them off to lucid dreaming in general.

I call this the 'accidental' induction because it's so sloppy. You never really know when it's going to work, if at all. A far better approach is to use a method which deliberately induces the state of 'mind awake/body asleep' within a limited time frame, usually within an hour or less. Wake back to bed and the timer are both great choices for deliberately inducing OBEs and giving you the control you need to have them when you want. Plus they don't take months to kick in, some people had their very first OBE the very first time they use it!

By the way, if you actually are able to get the accidental OBE induction working for you, so much the better. But imagine how much more power you would have over your OBEs if you didn't have to rely on it happening on accident and instead could **induce them on purpose!**

3.) Thinking you have to lay on your back to do an OBE

A lot of times people complain they can't fall asleep when trying to do an OBE. Upon a little questioning it comes out that they were laying on their back to do it which is not the position they normally lay in to fall asleep.

I very rarely have OBEs when on my back, over 90% of mine have been when laying on my stomach or side. If you normally fall asleep when laying on your back, then do inductions when on your back. However if you find that unnatural, then lay in whatever position you find to be the most comfortable to fall asleep quickly.

The common image people have for OBEs is the image of the nonphysical body separating from the physical body which is laying on its back. In fact, that's the very image I've used for the Lucidology logo. However, you don't have to lay that way if it doesn't work for you.



In Lucidology 101, I'll actually do show you "sleep commands" you can use to trick the body into falling asleep. One of these sleep commands is a three step series of body positions that I lay in which causes the body to ask for permission to asleep and then you give it permission to sleep.

So specific body positions do have a very powerful use when you want to trick the body into falling asleep. However, for right now the important thing to know is to do your inductions in the position that your normally fall asleep in.

The Lucidology Logo Illustrates An OBE On Your Back But You Can Have An OBE In Any

Position

4.) Getting discouraged because you "only" had a lucid dream rather than an OBE

I define a successful OBE attempt as any attempt which results in me experiencing something I never had experienced before. I have to, because almost every time I experience something new I screw it up and botch the induction. Then I have to figure out how to replicate it in order to get back to that same state I was and go on.

Luckily for you, **I've taken very detailed notes on how to replicate these various states so you can do a LOT less screwing up than I did.** However lots of times people will try to induce an OBE and end up in a lucid dream instead. That is actually great because I'll show you a simple way to convert a lucid dream into an OBE and an OBE into a lucid dream.

Plus lucid dreams are very often much more interesting than OBEs. In an OBE you generally end up in the nonphysical version of your bedroom. That's OK if your bedroom is an amazing place in and of itself. But more than likely, if you become lucid in a dream you'll find yourself somewhere more interesting than anywhere on earth.

You might find yourself in a library which you sense has a very strong spiritual connection your life plan in general. Or you might find yourself flying above a city which you know does not exist on earth but has a deep meaning to you that you had entirely forgotten about up until that point. If you only have OBEs you'll be filtering out those kind of experiences. Lucid dreams are often more useful for spiritual exploration than OBEs because they show you things you would never have consciously thought to explore.

So don't discount your lucid dreams, it may be that you're having lucid dreams rather than OBEs because those are what you need the most at this time.

5.) Doing visualizations too early

When I was first learning to do OBEs and lucid dreams I would pester whoever I could find on the internet who claimed to be able to do them. When I asked them what I was doing wrong I got this reply a lot, "You're trying too hard."

That advice was advice that I couldn't argue against, but it also didn't help me very much. What EXACTLY does it mean to "try too hard" and what *precisely* should you do differently?

Now I can look back on that and tell you what it means. It means that you're trying to do some sort of mental visualization or some mental skill to induce the OBE but you're doing it too early. **There are two basic types of visualizations: active and passive.** Passive visualizations are

where you just lay there and wait for spontaneous "memory impressions" to appear in your mind.

These might actually be visual, but they might be sounds or other sensations. But right on the edge when you start to get a fleeting memory impressions, you get a sense that information has just entered your mind and left almost immediately, and it left a bit of an impression in your short term memory. So **you will start to "see" things without actually seeing anything.**

What does that have to do with trying too hard? Well, active visualization is where you actively seed your mind with an idea of what you want to see or feel or hear or whatever. "Trying too hard" could be more precisely defined as using active visualizations before you have a solid stream of passive memory impressions.

Some people can lay down, close their eyes, and instantly have a stream of vivid memory impressions at their disposal. Those lucky few can start using active visualizations right away without any ill effects. However, for most of us (myself included), it's much better to chill out and relax the mind first and wait for the impressions to start wafting in on their own. Try as we may, no amount of mental gymnastics seems to make them waft any faster than just playing it cool for a few minutes.

In [Lucidology 102: The 100 OBE System](#), I'll show you the "O.B.E. Blueprint & The Visualization Construction Toolkit" where we'll cover the 6 stages from waking awareness to OBE & the exact visualizations how to move through each stage of trance. We'll also cover the 4 critical ingredients every visualization must have to be effective.

Most of the visualizations you find in books only work for certain parts of an OBE induction so by answering these 4 key questions you'll be sure you have a complete system and you're not wasting your time. That way you can have OBEs much faster than ever before.

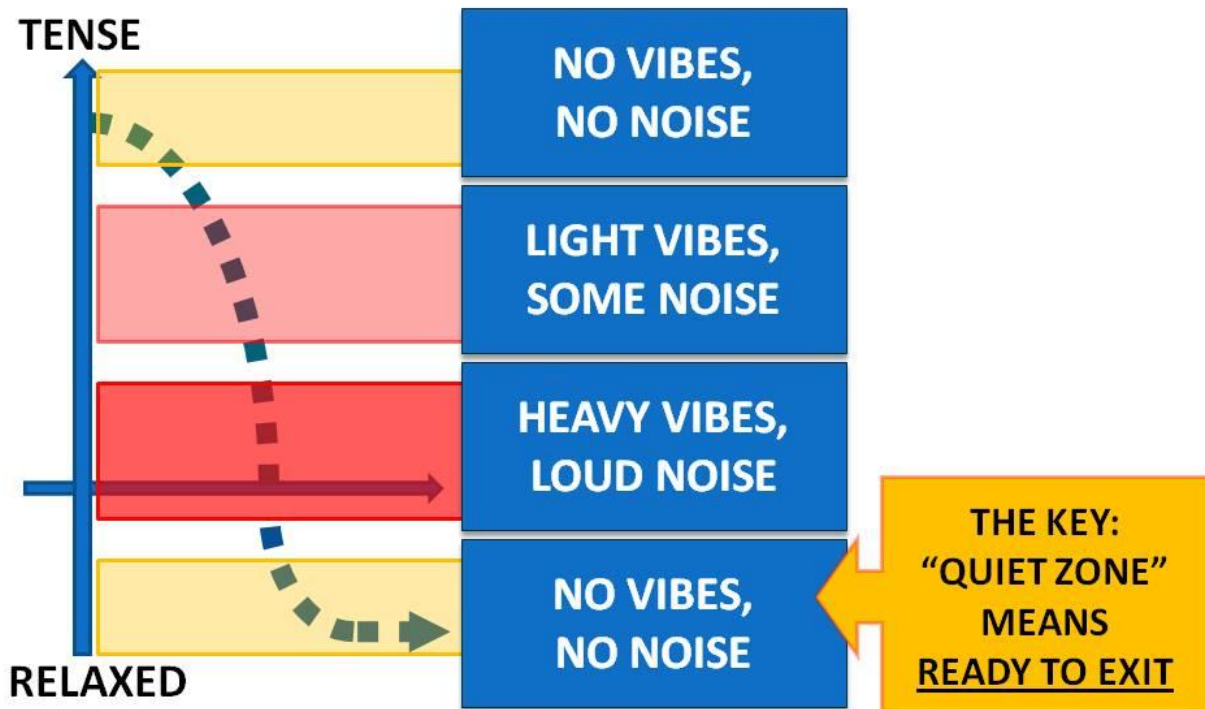
6.) Thinking that vibrations mean you're ready to separate into an OBE

Vibrations mean you're NOT ready to separate. Vibrations happen when your physical and nonphysical bodies are starting to get out of sync. Vibrations happen right *before* you're ready to separate not right *when* you're ready.

If you try to pull away from your body while in heavy vibrations probably you'll be met by even heavier vibrations and get pulled back in. That wastes energy and you'll find your next separation attempt more difficult. If you actually are able to force your way out you'll probably end up much weaker in the OBE than you ought to normally be.

Instead **what works much better** is to relax **THROUGH** the vibration stage, past them and into the **quiet zone** after they're gone. Once you're in that quiet zone after vibrations, *that's* when you can separate easily and without a lot of energy-wasting buffeting.

Vibrations Mean You're **Not** Ready To Exit: Wait For "The Quiet Zone"



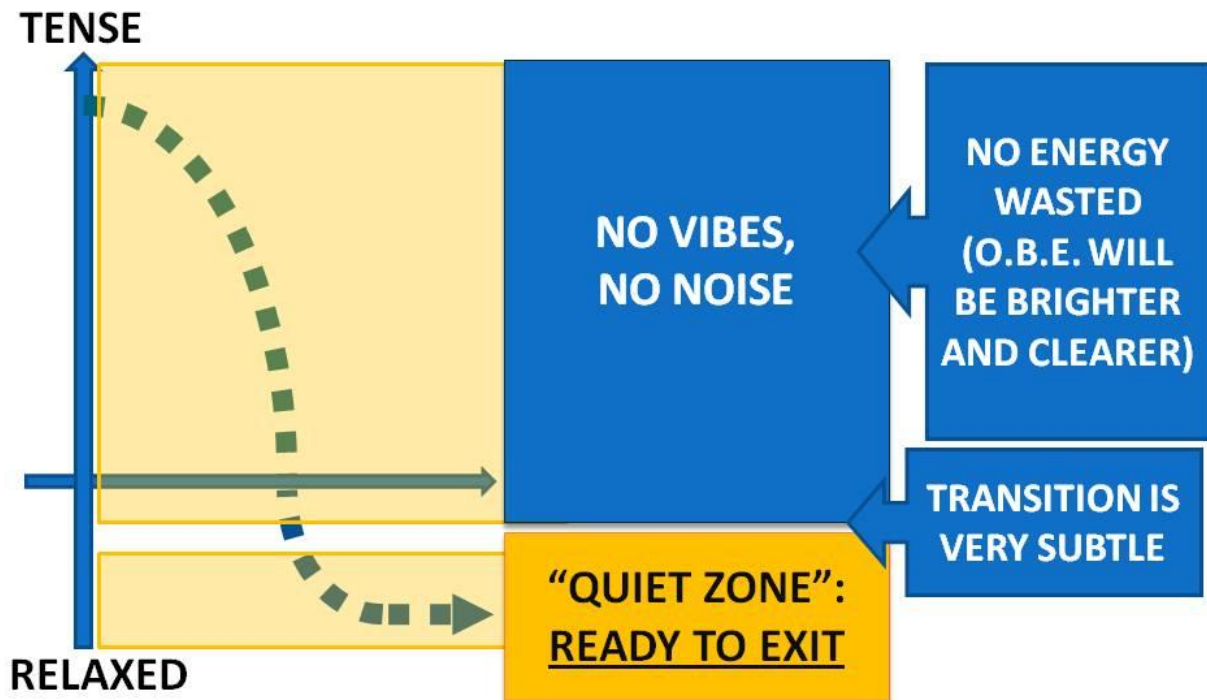
It's kind of like inserting a key into a lock. When you insert a key that fits the lock, you can start to turn the key and feel that it's working and that you are unlocking the door. That would be the vibration stage.

However, if you try to yank open the door before you've fully turned the key you'll end up fighting against yourself. You need to turn the key *all the way* in before pulling the door. With OBEs, it's much better to relax *all the way* through the vibration state before pulling away. Otherwise the exit process is much more difficult.

Also, I really don't recommend trying to push the vibrations around inside you like Robert Monroe recommended in his books. I'm not saying it's impossible to get that to work, but it's never ever worked for me and only made me wake up. Just relaxing past them is what has worked best for me and the people I've shown how to have their 1st OBE.

Another very common myth is thinking that you need to induce vibrations to have an OBE. That myth has gotten a lot of people hung up because in actual fact, **the best and easiest OBE separations happen without ever having any vibrations whatsoever**. You simply pass from waking physical awareness and into the OBE without a lot of hoopla and fireworks.

Vibrationless O.B.E.s



So if you're relying on vibrations to tell you it's time to separate and they never come, you may actually enter into an OBE without knowing it and then waste it because you were waiting for the wrong signal. In the Lucidology 101 we'll cover a set of reliable reality checks you can use to tell how close you are to an OBE *without even moving*.

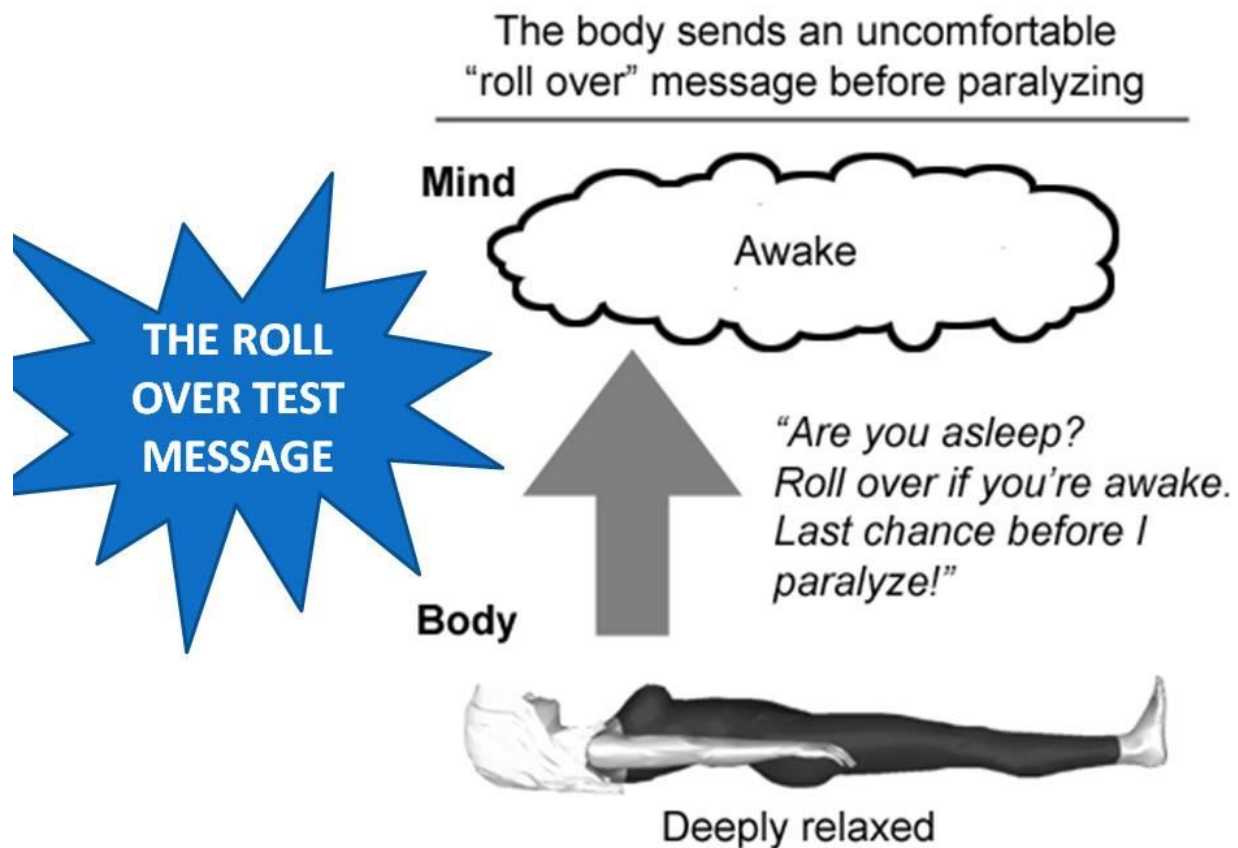
In fact you've probably already had a lot of OBEs while laying in bed and you didn't even know it! You can use these checks as a system to catch the free OBEs you're getting now but aren't using. Simply knowing what's REALLY going on and knowing when you've succeeded is really the **easiest way of all** to start having **lots and lots of OBEs without doing any more work at all**.

7.) Moving your body

This is one of the foundation secrets that make the "sleep commands" in Lucidology 101 work. These sleep commands are what you use to trick your body into falling asleep. When your mind

starts to fall asleep, your body actually doesn't know what the mind is doing. (Just like your mind doesn't really know what your body is doing when it digests food.)

So when the body thinks the mind might have fallen asleep, it sends a **"test signal"** to the mind, asking if it's fallen asleep. This test signal feels like an **urge to roll over**.



If the mind responds to the signal and rolls over, then the body knows that the mind hasn't really fallen asleep and so it doesn't fall asleep either. If the mind doesn't respond to the test signal and just lays still, then the body figures the mind really has fallen asleep and decides to fall asleep as well.

So you can short circuit this process simply by ignoring the urge to roll over. The body will sometimes do everything in its power to try to get you to roll over, or give impulses to go eat a sandwich, or restlessness to get up and mess around on the computer. Whatever you do, just relax and let it go through its gyrations. Relax and eventually the body will indeed fall asleep.

There is a lot more that can be done to speed that process, for instance you can get the body to beg and plead to fall asleep and then you give it the command, "Yes, it's time to sleep".

I'll give you all the details on how to do that in Lucidology 101, but the main thing to know is that when you feel like you want to roll over, **that actually means that it's working and your body is in fact about to fall asleep**. So the last thing you want to do is give in to the signal, just *stay still* and let nature take its course.

The Discovery That The Roll Over Signal Is Linked To Sleep Paralysis

Here's the secret connection between the roll over signal and sleep paralysis which **you won't find anywhere else**.

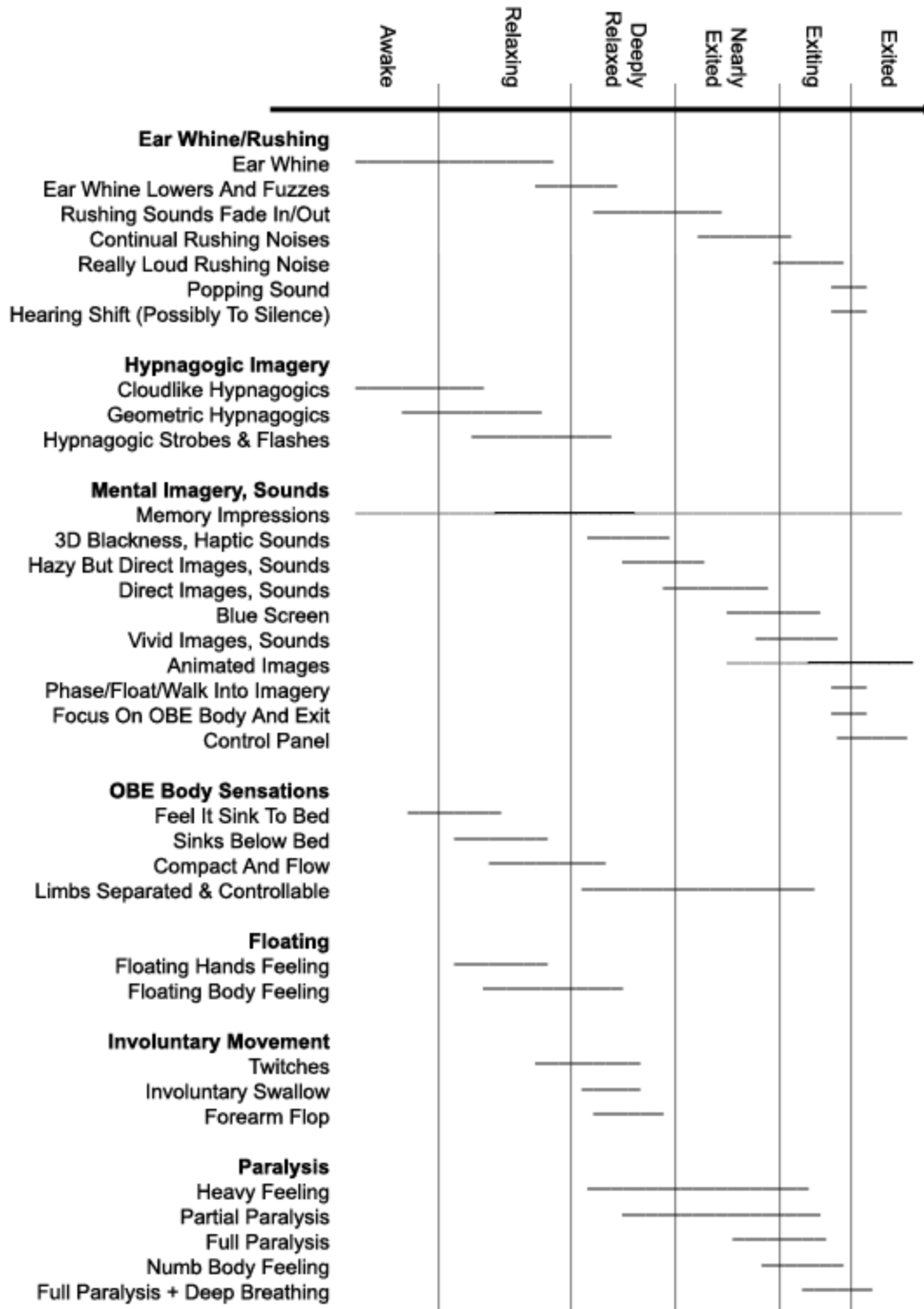
A while back I had been up all night before working on something, I laid down around noon to take a nap. Almost immediately I felt an urge to roll over. I didn't know what it was but was in a cantankerous mood and decided to ignore it. To my great surprise I felt a "wave" of heaviness come over my body as it entered sleep paralysis and shut itself down.

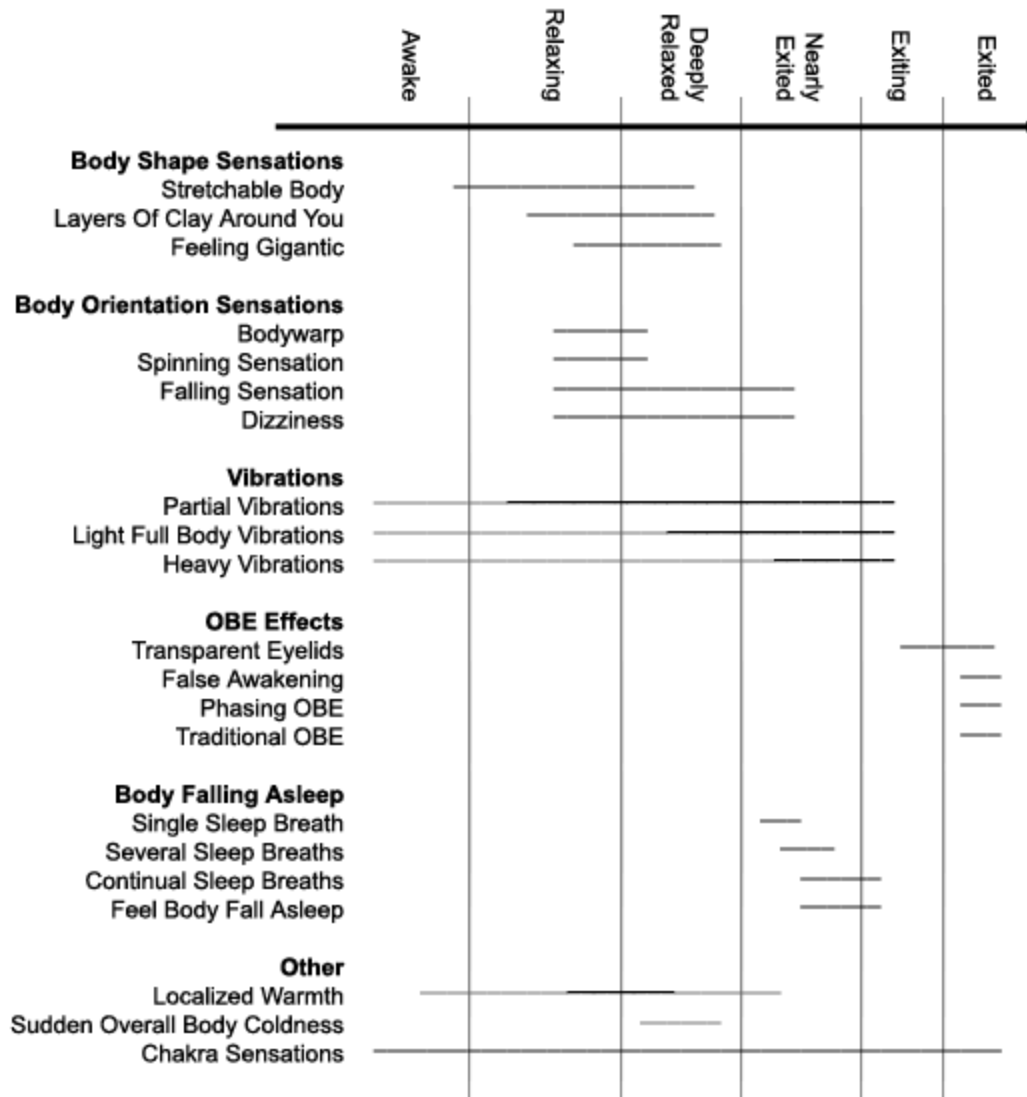


I spent the next few months and years experimenting with various ways to induce the roll over signal and sleep paralysis to enter an OBE. This system now forms the sleep commands which I am happy to present to you in Lucidology 101.

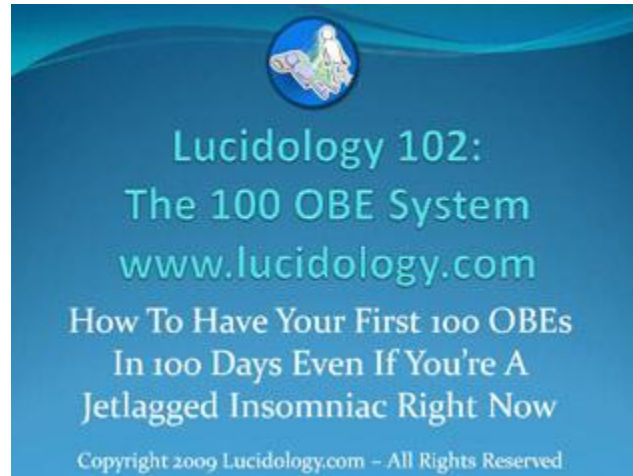
Charts To Tell How To Know How Close You Are To An OBE

One of the hardest things about having your first OBE is that you really have no idea how close you are to success or if you're close at all. Here are two handy reference charts to give you and idea of what's going on based on what phenomena you're experiencing. We'll cover these in more detail in Lucidology 101 and [Lucidology 102](#).





Lucidology 102: How To Have Your First 100 OBEs In 100 Days Even If You're A Jetlagged Insomniac Right Now



Hi, this is Nicholas Newport. I used have terrible insomnia and dreaded going to bed at night and having to lay there for hours... unable to sleep.

Nothing I read in books worked so I began creating my own set of tricks. Over the years I've developed a system not only for falling asleep quickly but also having extraordinary out of body experiences and lucid dreams.

Today I'd like to let you in on all my OBE induction secrets in the 100 OBE System.

In short, in the 100 OBE System you'll find out how to have your first 100 OBEs in 100 days even if you're a jetlagged insomniac right now.

The Path To 100 O.B.E.s In 100 Days

WE WANT: 100 Days = 100 O.B.E.s

SO WE DO: 1 Day = 5, 10, or even 20 O.B.E.s

...BUT HOW??

Now that's a pretty big goal and you may not even think that it's possible. So here's a video to show you how 100 O.B.E.s in 100 days really is actually something you specifically can do once you have the right system.

The goal is to average 100 OBEs in 100 days. So to do that have 5, 10 or even 20 OBEs in a single session. The question is, how do you do that?

YOU CHEAT!

- 4 Cheating Strategies:
 1. Micro OBEs
 2. Waking OBEs (not WILDS)
 3. Trance Recycling
 4. Inductionless O.B.E.s

It's really very simple: You cheat. Here are the 4 cheating strategies we'll use in the 100 OBE System.

- Micro OBEs
- Waking OBEs - (which are very different from wake-induced lucid dreams)
- Trance Recycling
- Inductionless O.B.E.s



The first cheat we'll use to get 100 O.B.E.s in 100 days is called "Micro-O.B.E.s". Micro O.B.E.s are very short O.B.E.s where you go in and out of your body very quickly so you can have 5 or 10 in a row. For instance you set might your O.B.E. timer on 2 minute intervals and only spend a few seconds in the O.B.E. then return to your body, then do another one.

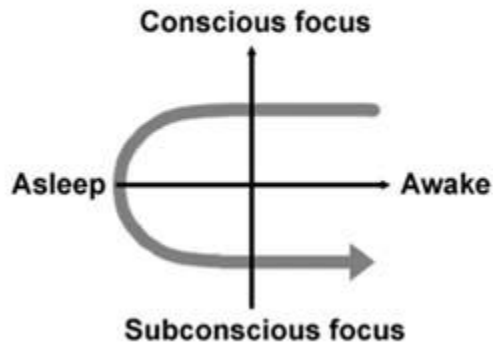
So you might wonder if you've gone through all the trouble of doing an O.B.E, why return right back to your body? It's because the whole trick to getting good at O.B.E.s is knowing the states and sensations and what the exit feels like.

The more time you spend on the awake asleep threshold the faster you progress. If you only have one O.B.E in a day then you do make some progress but really not a lot. If you have two in a day you've just doubled your progress rate.



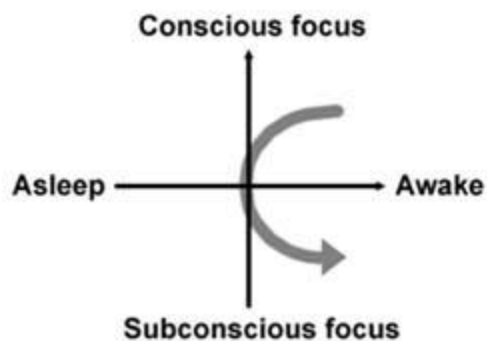
Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do this?

Starting Out:
Long Time Spent Getting In Deep Trance



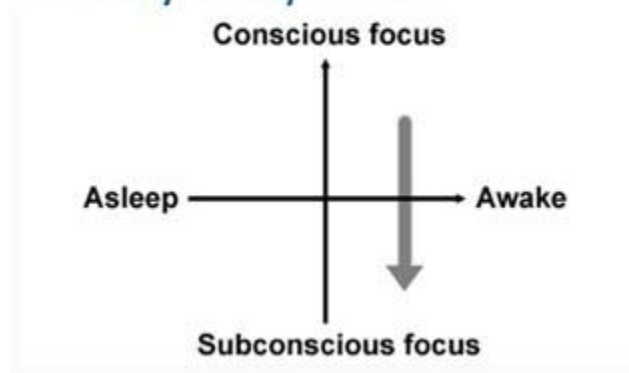
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing



The more skilled you get the less you need to relax to access the subconscious.

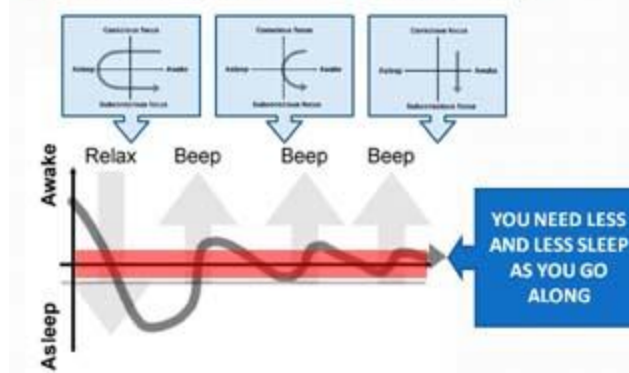
Soon You Can Have An O.B.E. While The Body Is Fully Awake!



Pretty soon you can have an OBE while the body is fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.

"Waking O.B.E.s":

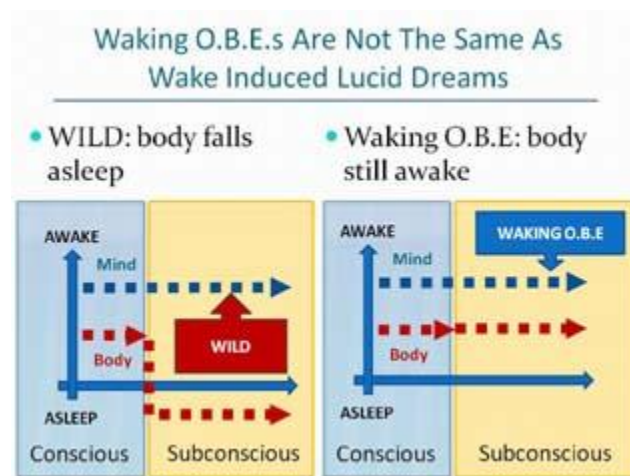
O.B.E.s When The Body Is Fully Awake



In the 100 OBE System you'll use a special type of timer setup to do the second type of cheat called "Waking OBEs". You'll start out doing your OBEs just

like you did in Lucidology 101. You'll fall asleep and have an OBE on the timer beep.

However by the end of the session you'll be able to lay on your bed and complete the separation even though your body is still wide awake. That means you can have a lot more OBEs faster and spend very little time in the boring relaxation stages.



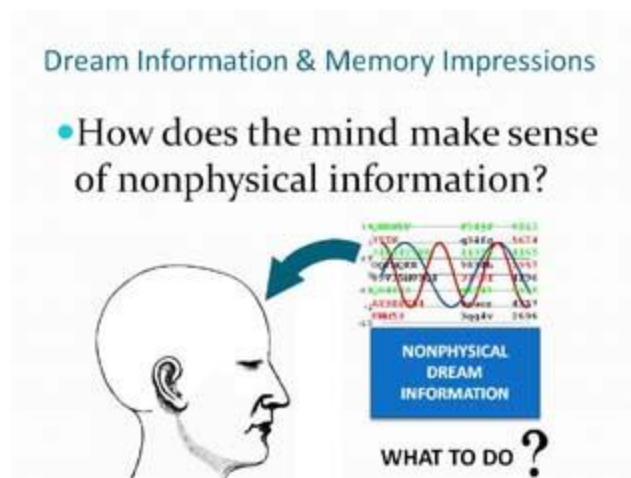
Keep in mind that a waking OBE is not the same thing as a wake induced lucid dream. In WILDs your body falls asleep and you enter your subconscious. In waking O.B.E.s you enter your subconscious but your body is still fully awake.

In order to do this you'll need to develop a solid stream of 'memory impressions'. Memory impressions are the how you access information in O.B.E.s without

actually having any visuals, tactile sensations, sounds or any other sensory information at all.

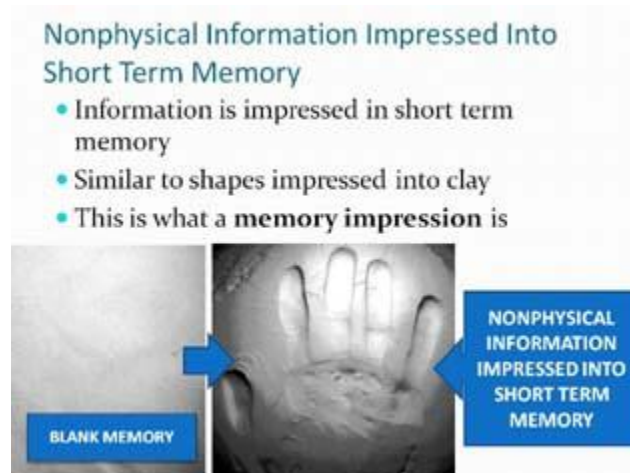


So what exactly are memory impressions? First, imagine your memory as like a dry beach of powdery sand.



Second, imagine your mind comes in contact with a

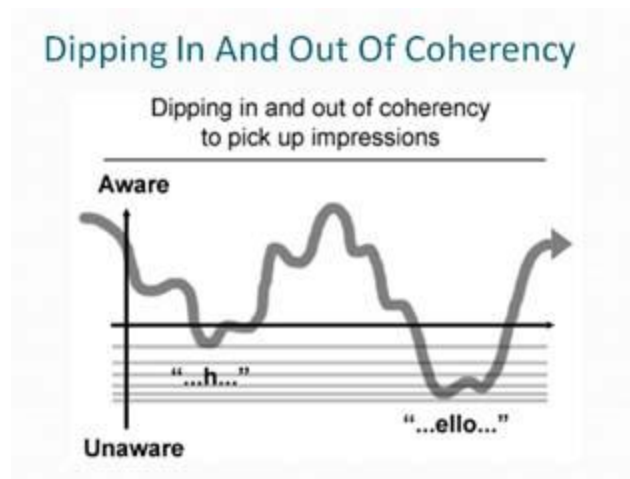
bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?



As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

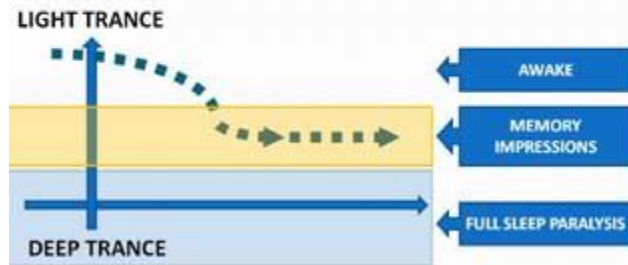
You will start to pick up memory impressions of these clues. For instance, you may find you have the memory that someone had just said something even though at the time you didn't consciously hear anything. You might also recall that a moment ago you were looking at a landscape and that you remember what the landscape looked like but you can't remember exact moment when the landscape came into view.

The landscape is a concept that you find has been impressed into your short term memory much as if you were to impress the shape of a word into clay. You might not know how the impression got there but you do have the information that the impression represents



In the course of your lucid dream induction you may find a lot of times memory impressions seem to be the result of dipping in and out of coherency. You dip down, pick something up, waver up again and find that you have an impression. Once you're back in conscious coherency you are operating with your perceptual filters again so you can't remember how you got the impression.

Deeper Trance Without Wavering Means You're Close To An OBE



However at deeper levels of trance there is no dipping in and out of coherency and you find that you're getting a steady stream of impressions. At that point you'll can tap into your subconscious and gather sensory information from memory impressions without going into full sleep paralysis.



The third way you'll cheat to get is to use "trance

recycling". Trance recycling is where you enter into an O.B.E and then immediately flip it into another type of O.B.E. For instance, you'll learn how to turn lucid dreams into O.B.Es and O.B.E.s into lucid dreams.



You'll also learn how to do mental projections, phasing and teleporting O.B.E.s. By learning to flip in between these states you'll be able to multiply your progress and quickly rack up your first 100 OBEs.

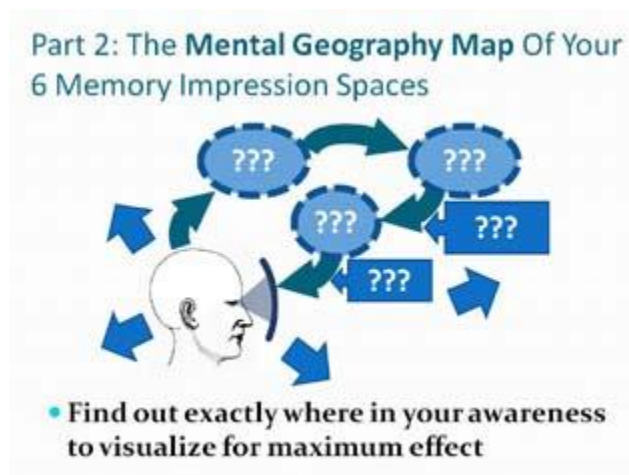
Inductionless O.B.E.s

- Early morning OBEs without feeling tired when you get up!
- **My favorite style**
- Requires virtually no effort once you set the system up
- **Combine with trance recycling to accelerate your progress**

The fourth way you'll cheat to get to 100 OBEs in 100 days is called "Inductionless O.B.E.s". Inductionless OBEs are my favorite style of accessing the subconscious because they allow you to have OBEs without messing up your sleep cycle.

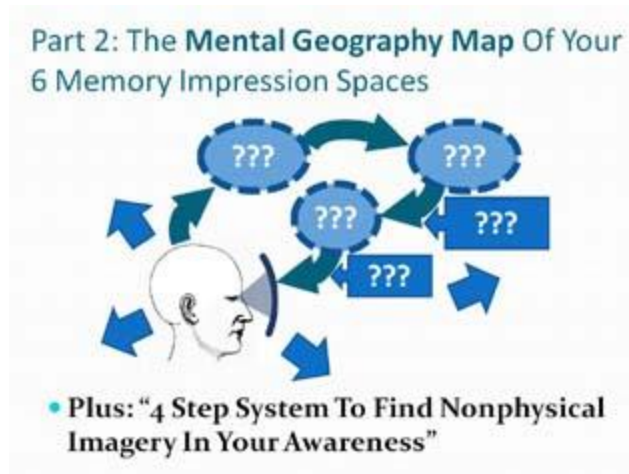
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

Inductionless O.B.E.s combined with trance recycling will accelerate your O.B.E. progress faster than you may even think possible.



So how do you do that? Well the location where you visualize something has a big impact on the results you get from the visualization. Most books tell you to visualize one thing or another without really telling you how or where to imagine it.

So in Lucidology 102 part 2 we'll cover the mental geography map and precisely define each of the 6 types of mental spaces to choose from. You'll find out how you can use each one for maximum effect to be sure you're visualizing in the most effective spot in your mind each time you do an OBE.



We'll also cover the 4 step system you can use to tell where the real imagery comes from. It doesn't come where most people look and by using the 4 step system you'll avoid biggest critical mistake that holds people back when they do visualization powered OBEs.

Part 3: How To Achieve A State Of Photographic Trance

- Gateway Loophole "Rapid-Fire" O.B.E.s
- Avoid The Main Big Time Wasting Mistake
- How To Recognize The 5 Types Of Trances
- Sense Nonphysical Information
- 3-S's Of "Automatic Memory Impressions"



Then in part 3 you'll find out how to achieve a photographic trance. This is the gateway loophole to "rapid-fire" O.B.E.s with the minimum amount of effort possible. Knowing this keeps you from making the main big time wasting mistake almost everyone makes when using visualizations to induce O.B.E.s. And we'll cover how to quickly sense when you have a stream of nonphysical information flowing to you by recognizing the 5 types of trances you pass through on the way to an O.B.E.

Part 4: The O.B.E. Blueprint & The Visualization Construction Toolkit

- The 6 Stages From Waking Awareness To O.B.E
- "What To Do And When" Chart
- "Visualization Construction Toolkit"
- **The 4 Critical Ingredients** That Every Visualization Must Have To Be Effective



In part 4 we'll cover "The O.B.E. Blueprint & The Visualization Construction Toolkit" where we'll cover the 6 stages from waking awareness to OBE & the exact visualizations how to move through each stage of trance. Then we'll cover the 4 critical ingredients every visualization must have to be effective.

Most of the visualizations you find in books only work for certain parts of an OBE induction so by answering these 4 key questions you'll be sure you have a complete system and you're not wasting your time.

Part 5: "Sneaky Speed Cheats" Mental Projections, Phasing And Rezooming

- Faster than normal OBEs
- How to open subconscious memory impression portals
- Recycle with rezooming



In part 5 we'll cover sneaky speed cheats using mental projections & phasing O.B.E.s. These are types of OBEs which you can do at much lighter levels of trance so you to get to 100 OBEs much quicker. I'll also show you a unique way to recycle trance in mental projections using a special type of memory impression that acts as a portal into your subconscious using a technique I called rezooming.

Part 6: How To Visit Places You Want To Go Using Teleporting



In part 6 you'll find out how to use "sense splitting" to teleport where you want to go. By using "teleporting" O.B.E.s you'll be able to specifically target locations you want to explore.

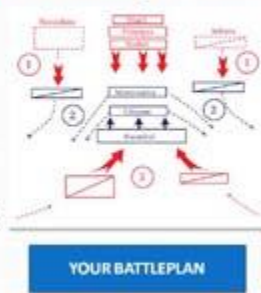


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

The first part is the two week sleep training phase. You'll sync up your sleep cycle with the sun and I'll show you how to cure any amount of jetlag in a single day.

Battleplan Part 1: Two Week Sleep Training Phase

- OBE practice routines
- Find out your sleep type
- Fit induction to your style



You'll also do test OBE practice routines to find out your personal sleep type and adjust your O.B.E inductions to fit your specific style.

Battleplan Part 2: 6 Week "OBE Workout" Phase

- 11 O.B.E. induction workouts
- Each of the 6 major styles of O.B.E.s
- Strengthen your skills
- Discover your talents



Part 2 of the Battleplan is the 6 week "O.B.E. Workout phase" where you'll complete 11 O.B.E. induction workouts for each of the 6 styles of O.B.E.s. These OBE workouts will strengthen your skills and you'll

discover exactly which forms of OBE you have a talent for.

**Battleplan Part 3: 6 Week
"Rapid Fire OBE" Phase**



- Have a dozen or more OBEs per session
- Be lazy
- Make fast progress
- Average an OBE or more per day

MAKE RAPID PROGRESS WITH RAPID FIRE OBEs

When you've identified your personal strengths we'll cover the 3rd step of the Battleplan which is the 6 week "Rapid Fire O.B.E. Training" phase. In it you'll find out how to have a dozen or more O.B.E.s in a single session the laziest way possible.

This will give you more than enough practice to start averaging an OBE or more each morning without interrupting your sleep cycle.

Here's What You Get

You can get instant access to the entire system right now. After you purchase it you'll download:

1.) 100 OBE System Videos Download (635MB)

- 9 videos totaling 90 minutes:
 - 1 How 100 OBEs Is Possible
 - 2 The Mental Geography Map
 - 3 Photographic Trance
 - 4 The OBE Blueprint
 - 5 Mental Projections & Phasing
 - 6 How To Do Teleporting OBEs
 - 7 Sleep Training
 - 8 OBE Workouts
 - 9 Rapid Fire OBEs
- These are in MPG format so they're absolutely guaranteed to play on your computer, no questions asked.

2.) Full Color Slides And Notes Download (12MB)

- 239 slides for the entire course.
- You can print out these PDFs to use as an easy reference guide.

3.) System Audios Download (80MB)

- The 90 minute videos converted to mp3 audio files
- You can listen to these on your computer, on your iPod or burn them to a CD.

4.) Private Members' Only Forum (External Link)

- Get help and tricks from other people who have done the 100 OBE System.

You can't get this information anywhere else!

Ready to get started?

Here's How To Take The Next Step

[Click here to get Lucidology 102: "The 100 OBE System" and start having the first of your 100 OBEs!](#)

<http://www.lucidology.com/102>

I'll see you there!

Nick Newport

p.s. The sooner you start the faster you'll have your first OBE!