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Notes For:

Lucidology 101 – Part 3: The “Stop, Drop & Roll” Sleep Commands

How To Fall Asleep Quickly By Making Your Body Ask To Fall Asleep & Then Giving It The “Yes” Command To Tell It To Fall Asleep

See The Video For This Document!

<http://lucidology.com/101>

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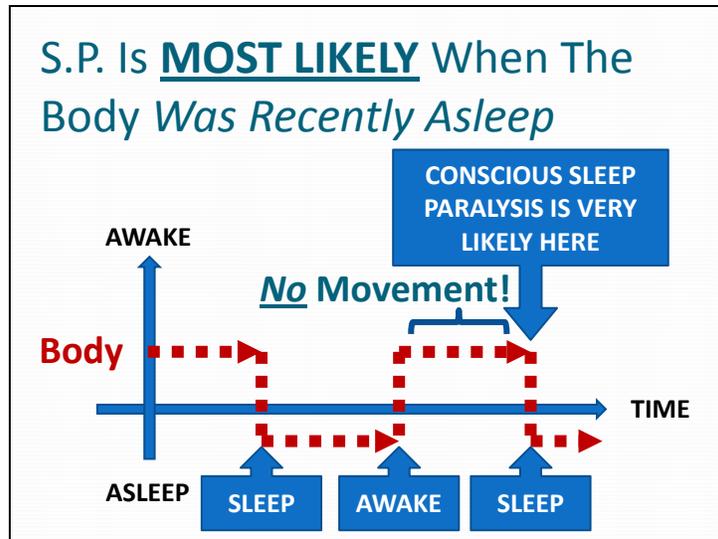
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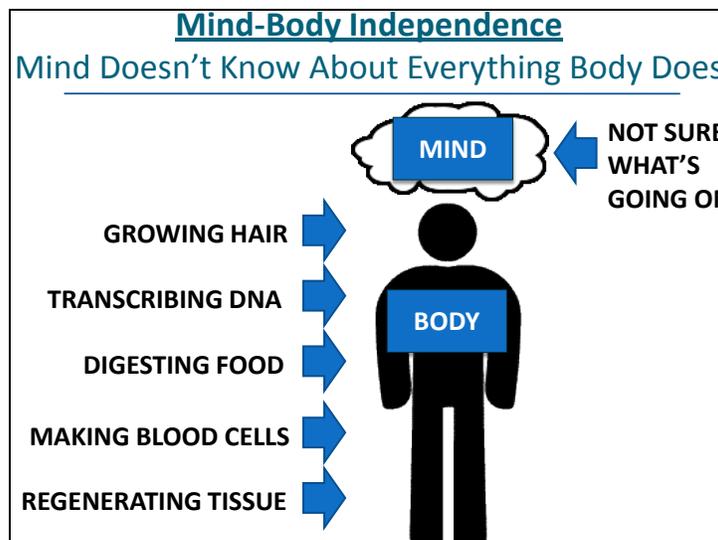
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Here in part 3 you're about to find out use the stop, drop & roll sleep command to fall asleep quickly by making your body ask to fall asleep & then giving it the "yes" command to tell it to fall asleep.



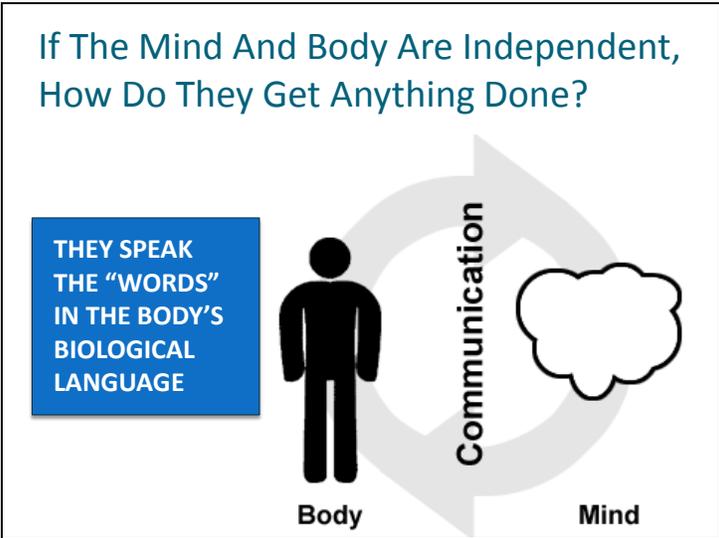
In the last section we found that sleep paralysis is most likely when you wake up and fall asleep again without moving at all. So to do that you need a way to fall asleep quickly and reliably. The question is, how do you do that?



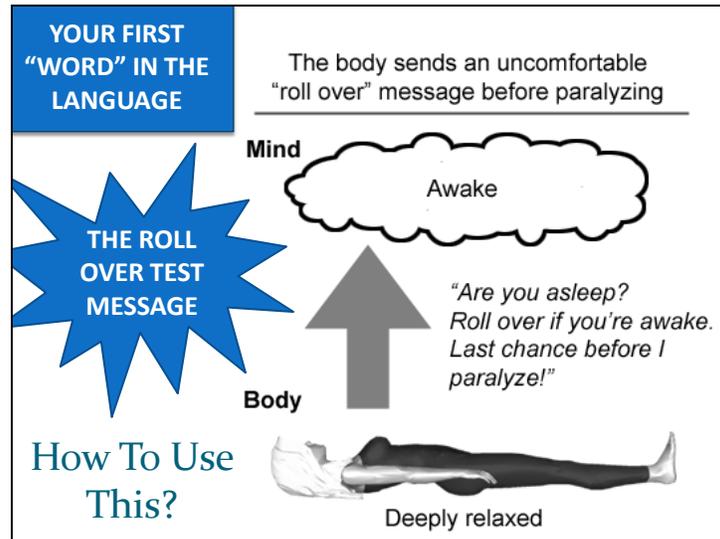
The key is in the principle of "mind-body independence". Mind-body independence means that your mind and body never know precisely what the other is doing. For instance, your body is growing hair, transcribing DNA, digesting food, making blood cells and regenerating tissue. Your mind is mostly unaware of all these. If you had to think about each one you'd never get anything else done. This is mind-body independence.



Mind-body independence also works the other way. When you mind falls asleep your body never really knows completely for sure what happened and if your mind is really asleep or not. So how does your body know when to enter sleep paralysis?



The key is that even though the mind and body act independently, they still communicate using a language. By learning the words in this language you can talk to your body biologically and make it fall asleep when you want it to.



Your first word in this language is called the "roll over signal". When your body has been very still and relaxed for a long period, your body starts to wonder if maybe your mind has fallen asleep. It would be a very serious mistake if the body went to sleep too early, so the body sends a test signal to the mind. This test signal feels like a strong urge to roll over.

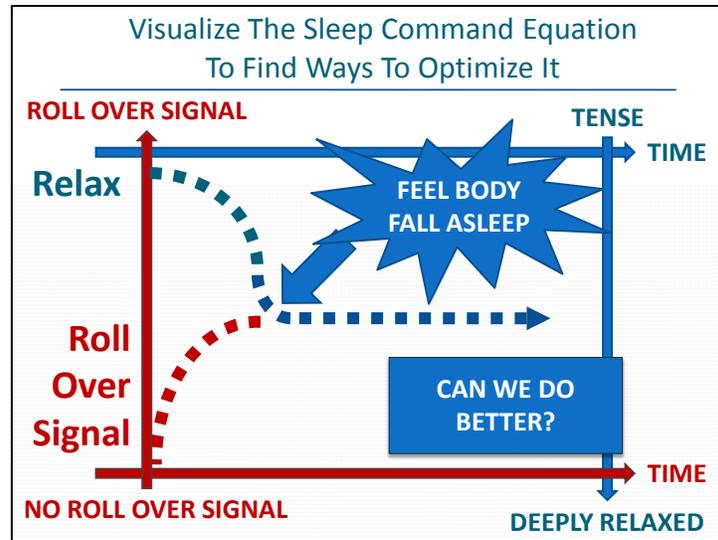
Major Insomnia Mistake!
Do Not Respond To The Roll Signal!

ROLL OVER SIGNAL + RELAX = SLEEP ✓

ROLL OVER SIGNAL + MOVE = STAY AWAKE, INSOMNIA ✗

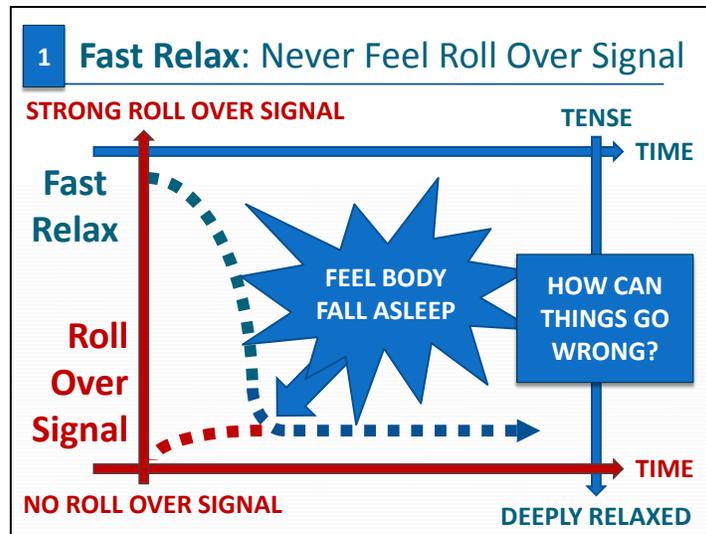
- Do not respond to the roll signal because that tells your body to stay awake
- **CAN BE EXCRUCIATINGLY PAINFUL!**

If the mind is asleep, then mind does not respond and the body decides that the mind really is asleep and shuts down. If the mind does respond to the roll over signal and you move, then the body knows the mind is still awake and does not fall asleep. So this a major mistake that you need to avoid: Never respond to the body's roll over signal because it sends a message to stay awake rather than fall asleep. This can be difficult because the signal can become so strong that it's excruciatingly painful.

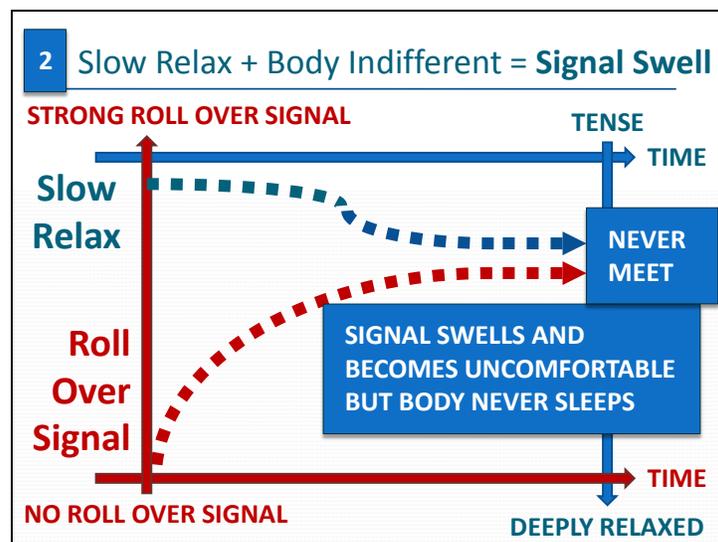


You can visualize the way this works with the two dotted arrows on this chart:
As you become more relaxed, the blue dotted line gets lower and lower. At the same time, the red dotted line represents the strength of the roll over signal that the body sends out which grows and grows. When these two lines meet the body decides to enter sleep paralysis and shuts down.

So the question is: what can you do improve this?

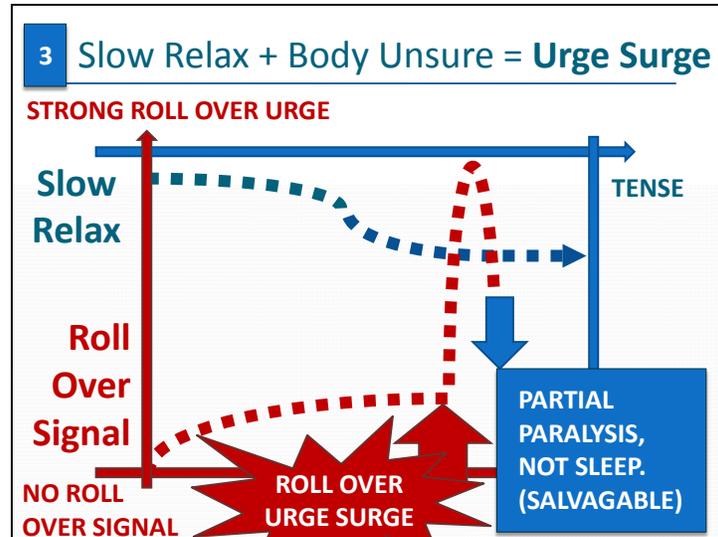


There are four types of roll over signals you'll encounter. The first type is the 'fast relax' case. This happens when you relax quickly and deeply and the body decides to just go ahead and paralyze without sending much of a roll over signal, if any. This is a good case to have because it happens quickly.

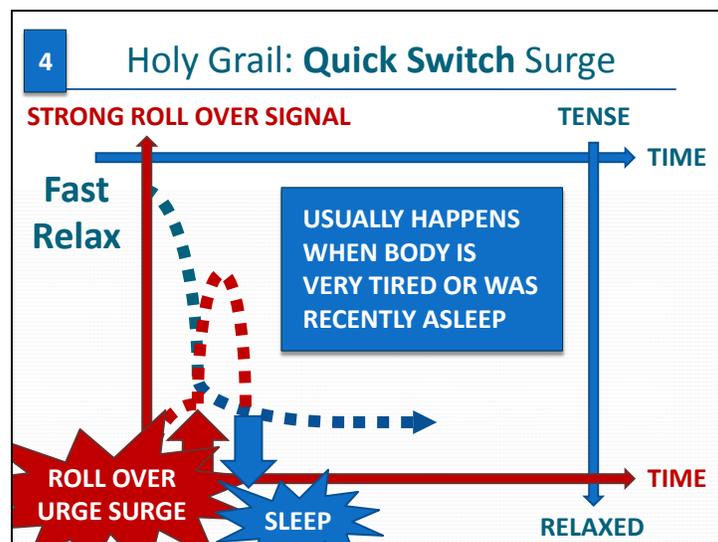


The second type is the opposite case. If you're tense but stay still long enough and if the body is tired enough, the roll over signal builds and builds until it becomes very painful and extremely

hard to ignore. However, if you're too tense the body won't paralyze no matter how long you've been still. This is called a "signal swell".



The third type is called an "urge surge" which is a very useful case. In an urge surge, the body sends out a strong signal out of nowhere. If you're able to resist the signal for three or four seconds the body ends the surge and paralyzes all at once. If you're not relaxed enough, this will probably result in only partial sleep paralysis which is not ideal. We'll cover ways to transform partial sleep paralysis into a successful exit in Lucidology 102.



Finally forth type of roll signal is called a “Quick Switch”.

If sleep paralysis is the holy grail for new OBEers, the quick switch signal is the holy grail of urge surges. It happens quickly and rewards you with nice and deep sleep paralysis almost instantly. It’s also a very unmistakable feeling which is extremely useful because it lets you know what’s going on.

The Two Cases That Cause A Quick Switch Signal

- The body is really tired
- The body was recently asleep and is still relaxed

This usually happens in one of two cases:

First: when the body is really tired and wants to go to sleep right now

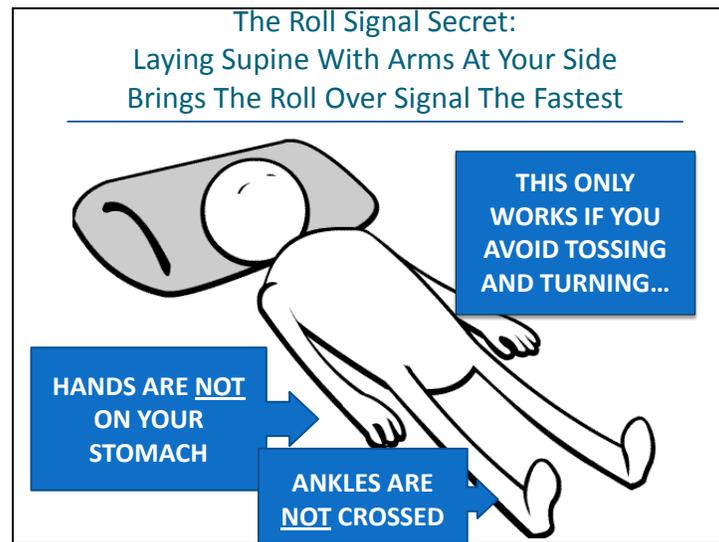
Second: when the body was very recently asleep and is deeply relaxed.

So How Do You Get The Holy Grail Quick Switch Surge?

- You need to bring on the roll signal as fast as possible.
- How? By using the right body position...

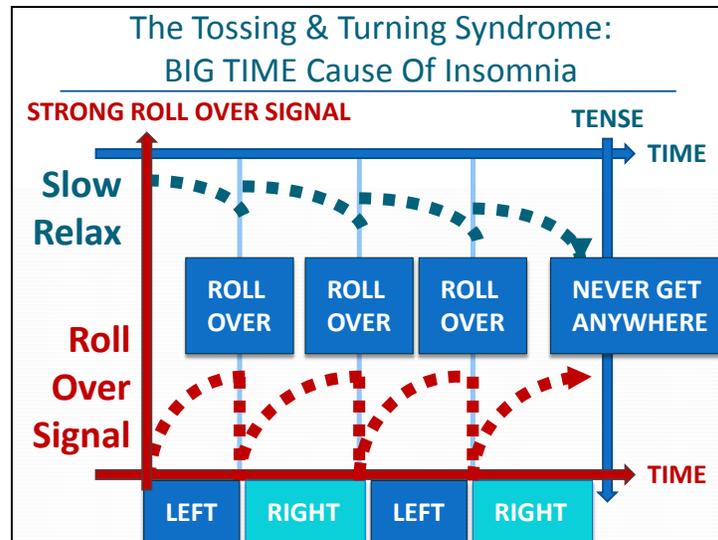
In order to make those cases more likely you need a way to bring on the roll signal as fast as possible.

So how do you do that? The trick is to use the right body position.



The body position that brings it on the roll signal faster than any other position is to simply lay flat on your back with your arms at your side. When you lay with your arms at your side you will probably be tempted to place your hands on your stomach or cross your ankles. This is a veiled form of the roll over signal. If you get that sensation it means you're on the right track, just make sure not to give in. Keep your arms at your side and your ankles slightly separated.

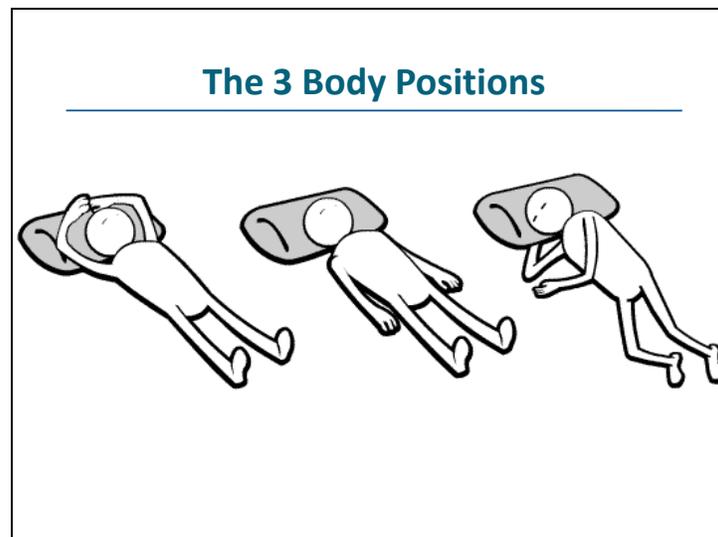
Using this simple bit of information we can eradicate the single biggest cause of insomnia: the toss and turn syndrome.



When you toss and turn in bed, what you're doing is resetting your body's internal sleep timer each time you roll over. The body is trying to go to sleep by sending you a roll-over test signal but you keep telling it not to sleep when you move. So you end up stuck in a toss and turn loop and never get to sleep. This results in insomnia.

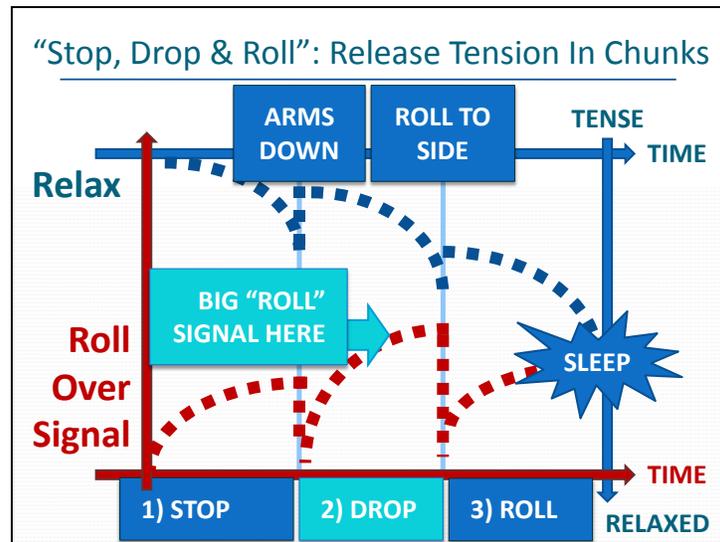
So you may be thinking is that it?? You just lay there?

Not quite... There are a few things you can do *actively* to speed things up and tell your body to fall asleep.



What we do is add body positions before and after the hands-at-your-side position. The first position is to lay with your hands above your head. The final position is where you roll over and then fall asleep in that position.

We choose these positions very carefully so that when you move from one step to the next you release the maximum amount of tension possible.



This way instead of haphazardly releasing small amounts of tension by tossing and turning over and over, you release it in a exactly two calculated big chunks and get it over with all at once:

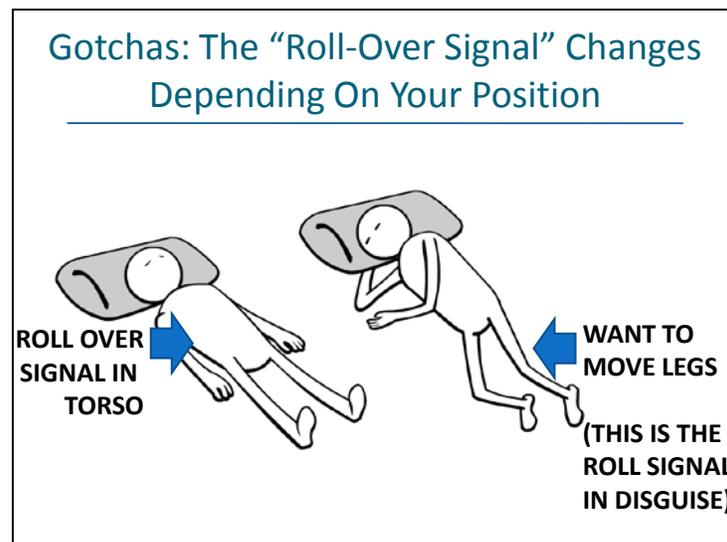


Here's what is happening at each step.

“Stop” - The Relax Step: In this step you have your arms above your head and relax as deeply as you can. Once you feel you've relaxed as far as you can, “drop” your arms down to your side which releases all the shoulder tension that you couldn't get rid of from just laying there. This is the purpose of the first body position – to get rid of shoulder tension all at once.

“Drop” - The Ask Step: When you drop your arms down to your side and relax the body will seriously start to consider that maybe the mind is asking it to go to sleep. This position will make you want to roll over which is what you want. The stronger the roll over signal, the more the body is asking for permission to sleep. If you get to a point where it feels like it's plateaued, slowly roll over which puts you in step 3.

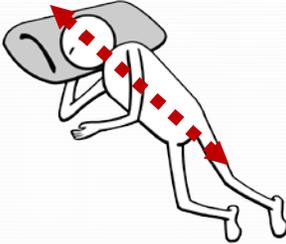
“Roll” - The Yes Step: In this step you tell the body, “yes it's time to sleep.” Simply roll over and then don't move until you're asleep. Your goal is to not move again the rest of the night.



The sneaky thing is that the roll over signal changes based on how you're laying and that may trick you into moving. The roll over signal when you're on your back tends to center in your chest. However the roll over signal when you're on your side tends to make you want to move your legs. Don't fall for that! Don't bend them or straighten them or anything. Keep your legs perfectly still. The urge to move your legs is actually a disguised form of the roll over signal and you must resist it at all costs!

Best Body Position For Healthy Sleep

- University of Cleveland research: sleep on your side
- Neck, spine neutral and relaxed
- Bend hips, knees
- Pillow between your knees to reduce sciatic nerve strain
- Sleeping on stomach not recommended because on back strain



KEEP YOUR SPINE NEUTRAL TO SLEEP BETTER

Here's the best final body position that's the healthiest for your back according to researchers at the University of Cleveland. You want to lay on your side so your neck and spine are neutral and relaxed

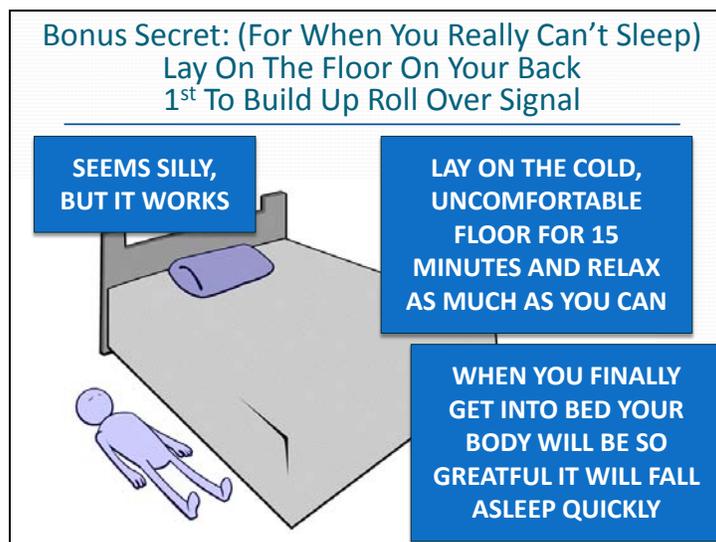
Bend your hips and knees a bit to lower pressure on your spine

To relieve sciatic nerve strain, put a pillow between your knees on

Sleeping on your stomach is not recommended because it puts your back in an odd position

Bonus Secret: (For When You Really Can't Sleep)

Lay On The Floor On Your Back 1st To Build Up Roll Over Signal



SEEMS SILLY, BUT IT WORKS

LAY ON THE COLD, UNCOMFORTABLE FLOOR FOR 15 MINUTES AND RELAX AS MUCH AS YOU CAN

WHEN YOU FINALLY GET INTO BED YOUR BODY WILL BE SO GREATFUL IT WILL FALL ASLEEP QUICKLY

We have one last very powerful trick in reserve that you can use when you have a really hard time falling asleep.

The key is to build up a super strong roll over signal before even getting into bed. Rather than trying to fall asleep *in* your bed, lay down on the floor *next* to your bed on your back and relax.

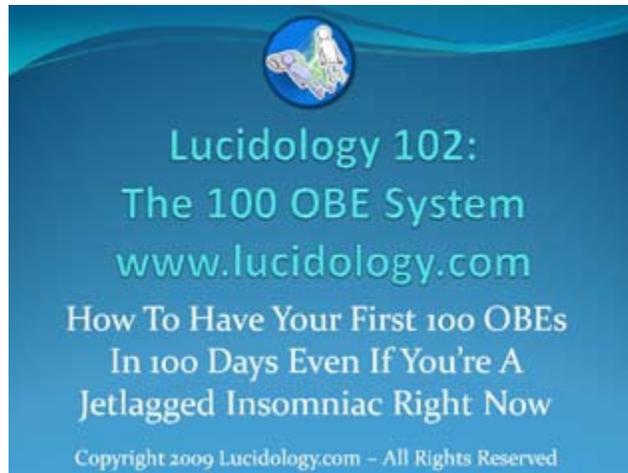
This is unpleasant and after forcing yourself to lay there perfectly still for 10 or 15 minutes, when you finally allow yourself back into bed your body will be so grateful that it will grab the chance to fall asleep as quickly as it can.

In extreme cases you can even lay on an uncarpeted floor such as in your kitchen which will build up the roll signal very quickly.



In the next section we'll cover 5 more powerful sleep commands you can use to trick your body to fall asleep while you keep your mind awake to have OBEs.

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.

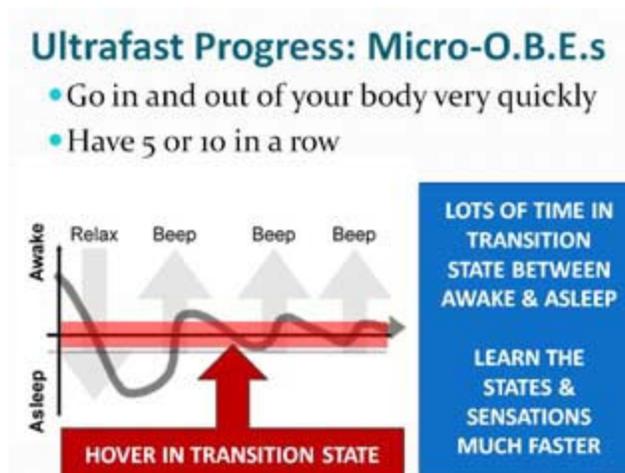
The goal is to average 100 OBEs in 100 days. So to do that have 5, 10 or even 20 OBEs in a single session. The question is, how do you do that?

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.

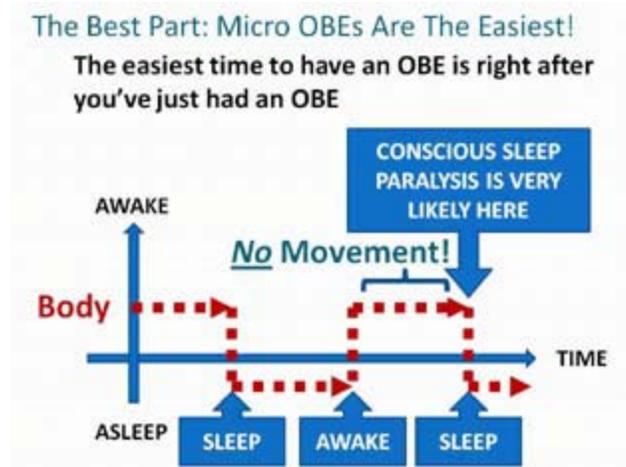
- Micro OBEs
- Waking OBEs - (which are very different from wake-induced lucid dreams)
- Trance Recycling
- Inductionless O.B.E.s



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.

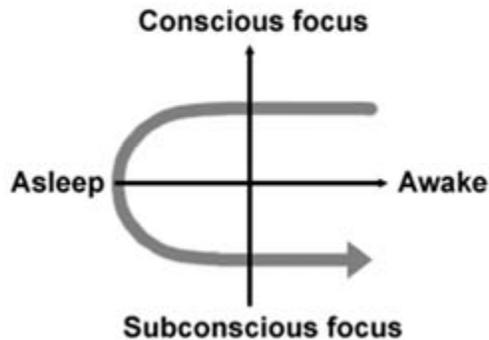
So you might wonder if you've gone through all the trouble of doing an O.B.E, why return right back to your body? It's because the whole trick to getting good at O.B.E.s is knowing the states and sensations and what the exit feels like.

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.



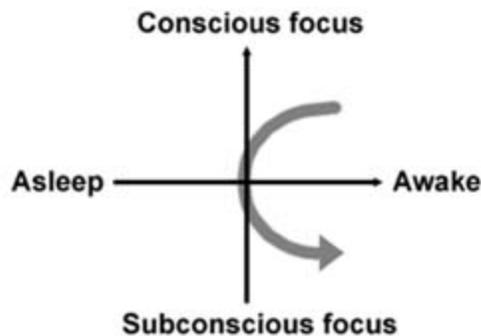
Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do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

**Starting Out:
Long Time Spent Getting In Deep Trance**



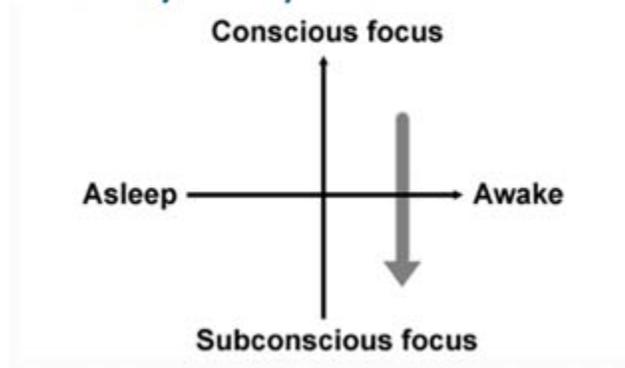
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing

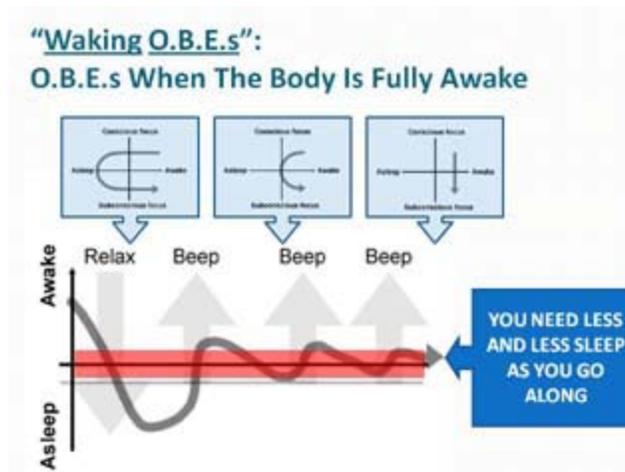


The more skilled you get the less you need to relax to access the subconscious.

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



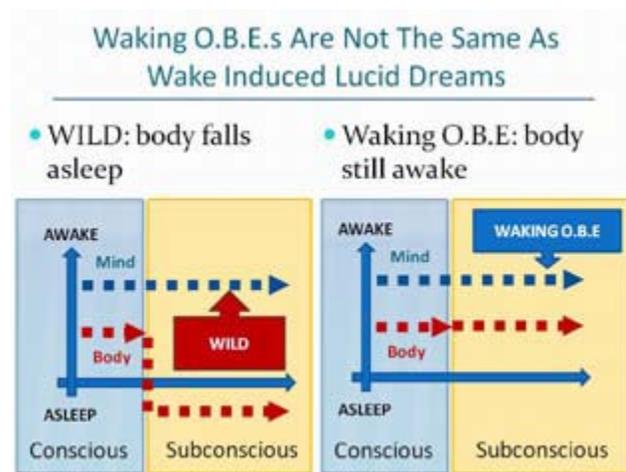
Pretty soon you can have an OBE while the body is fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.



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.



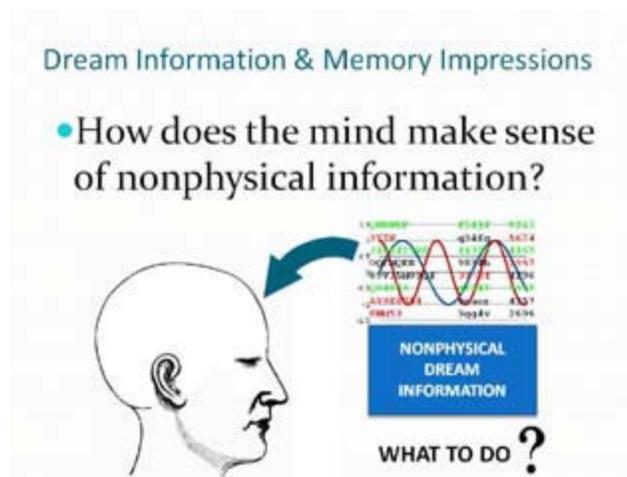
Keep in mind that a waking OBE is not the same thing as a wake induced lucid dream. In WILDs your body falls asleep and you enter your subconscious. In waking O.B.E.s you enter your subconscious but your body is still fully awake.

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.

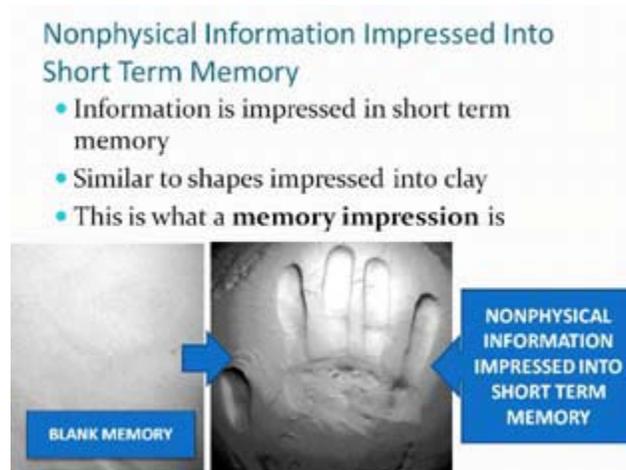


So what exactly are memory impressions? First, imagine your memory as like a dry beach of powdery sand.



Second, imagine your mind comes in contact with a

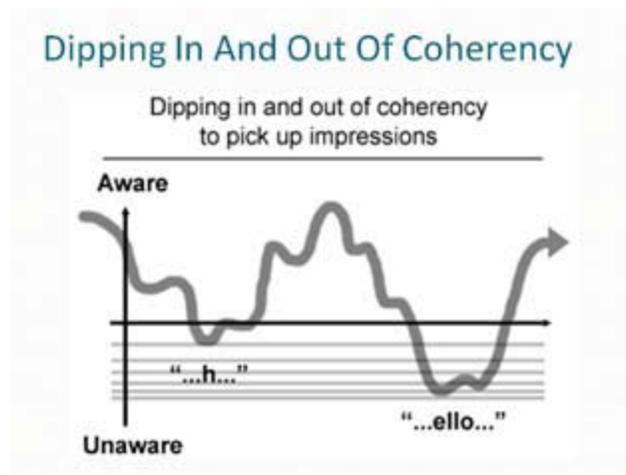
bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?



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.

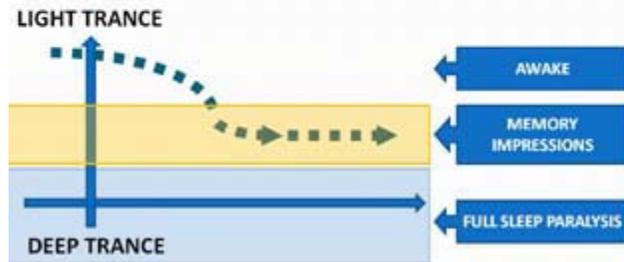
You will start to pick up memory impressions of these clues. For instance, you may find you have the memory that someone had just said something even though at the time you didn't consciously hear anything. You might also recall that a moment ago you were looking at a landscape and that you remember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

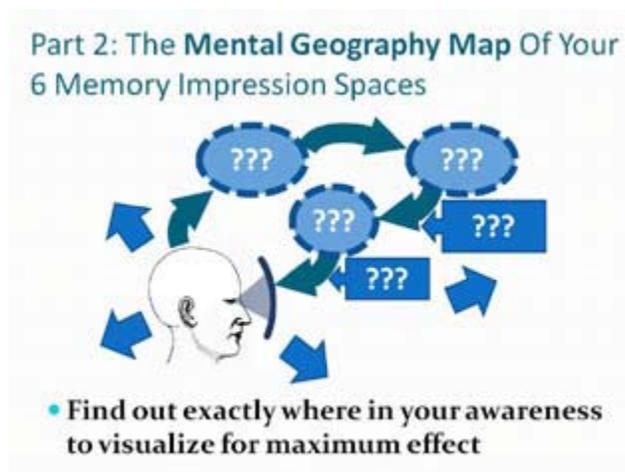
Inductionless O.B.E.s

- 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.

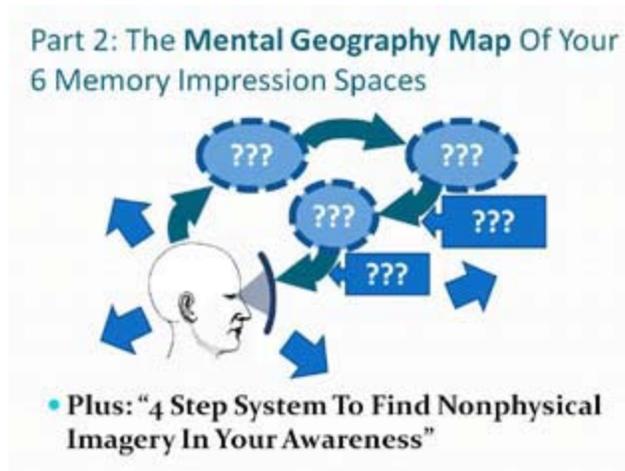
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

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.

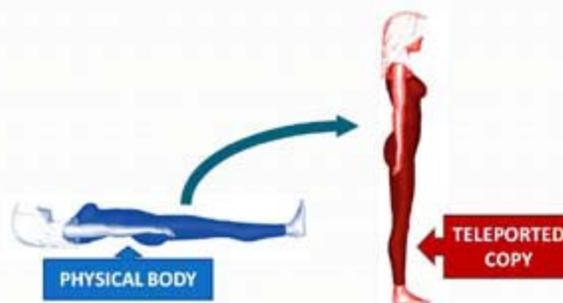
Part 5: "Sneaky Speed Cheats" Mental Projections, Phasing And Rezooming

- 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.

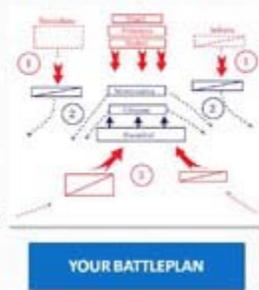


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

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!