

# **Lucidology 102: The 100 OBE System**

**[www.lucidology.com](http://www.lucidology.com)**

**“How To Have Your First 100 OBEs In 100 Days Even If You’re  
A Jetlagged Insomniac Right Now”**

## **Part 1: “How 100 OBEs In 100 Days Is Even Possible”**

**By Nicholas Newport**

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**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.Es

**...BUT HOW??**

Hi, this is Nicholas Newport with Lucidology.com. By now you've watched Lucidology 101. The next step is Lucidology 102 which is the 100 OBE System. In it you'll find out how to have your first 100 OBEs in 100 days even if you're a jetlagged insomniac right now.

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.

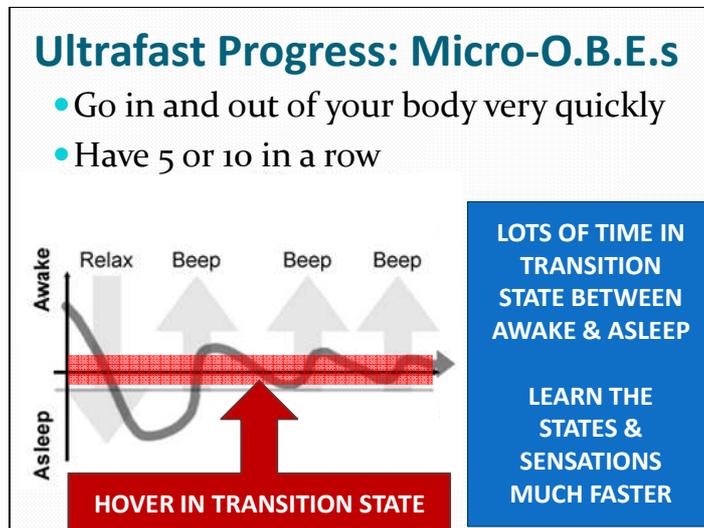
The goal is to average 100 OBEs in 100 days. So to do that have 5, 10 or even 20 OBEs in a single session. The question is, how do you do that?

**YOU  
CHEAT!**

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

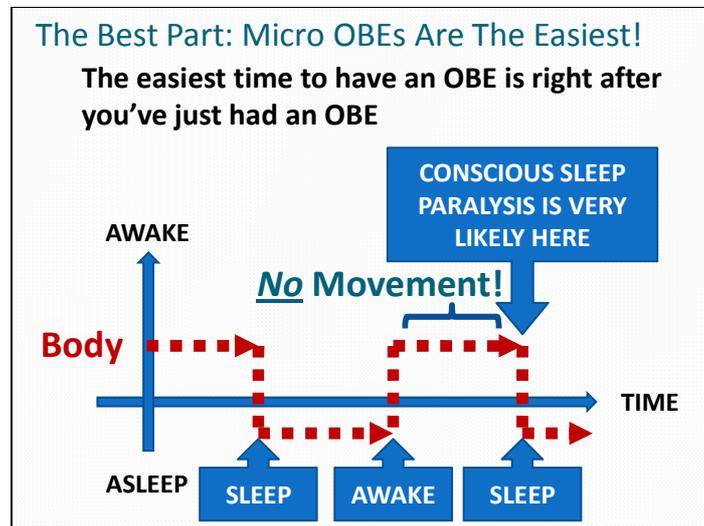
It's really very simple: You cheat. Here are the 4 cheating strategies we'll use in the 100 OBE System.

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



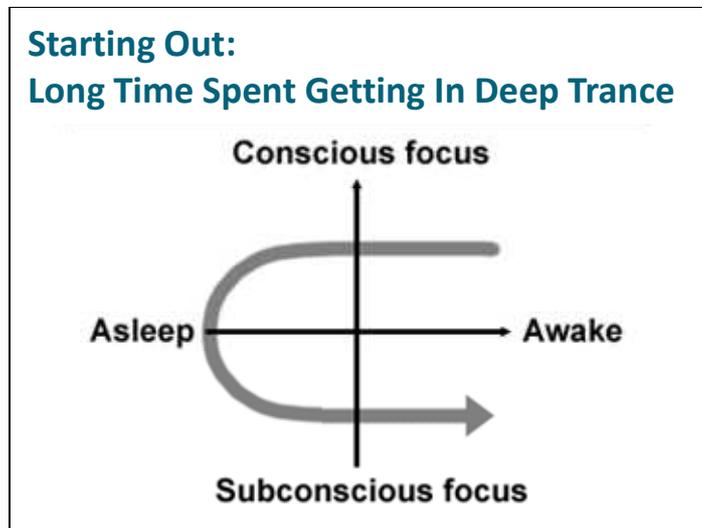
The first cheat we'll use to get 100 O.B.E.s in 100 days is called **"Micro-O.B.E.s"**. Micro O.B.E.s are **very short O.B.E.s** where you go in and out of your body very quickly so you can have 5 or 10 in a row. For instance you set might your O.B.E. timer on 2 minute intervals and only spend a few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



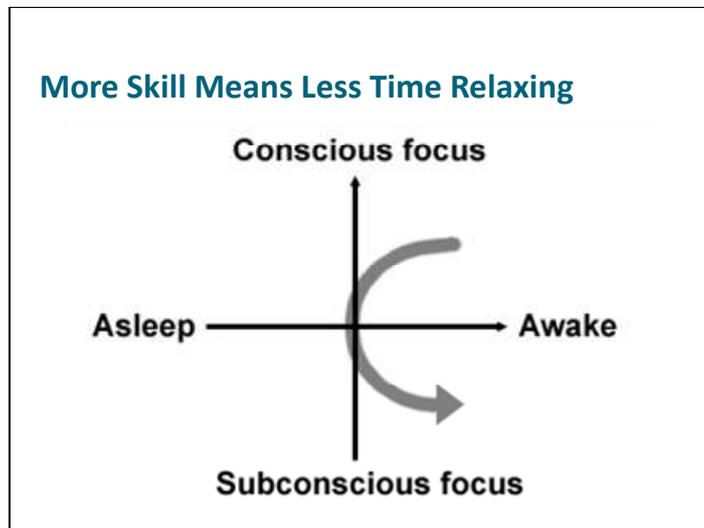
Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So **if you can have one O.B.E, you can have several.** So how do you actually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

Slide 6



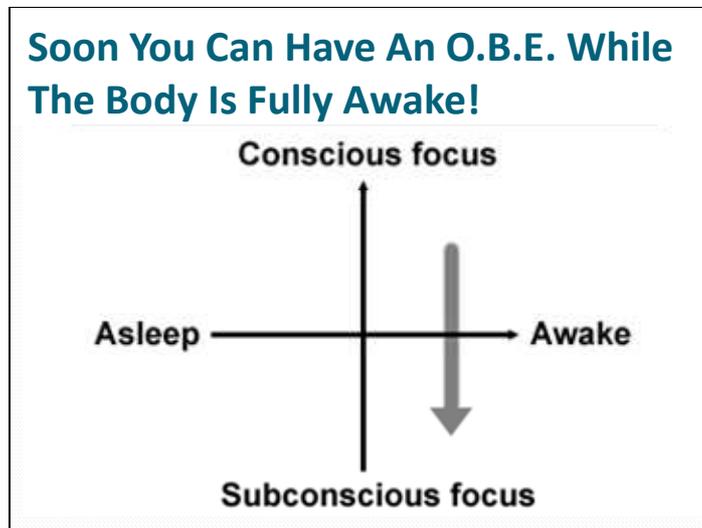
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll **shorten the distance** you travel into trance to have an O.B.E.

Slide 7

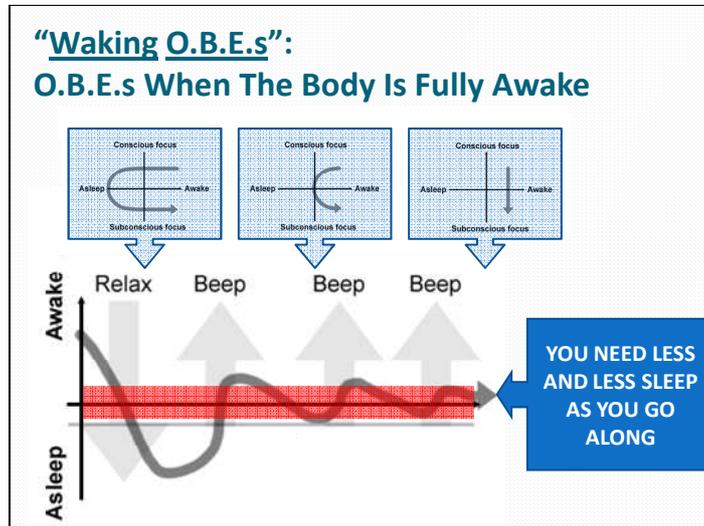


The more skilled you get the less you need to relax to access the subconscious.

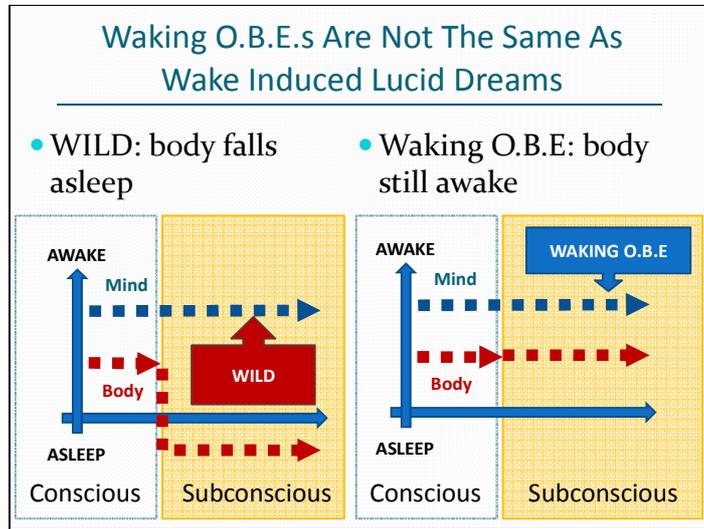
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Pretty soon you can have an OBE while the body is fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.

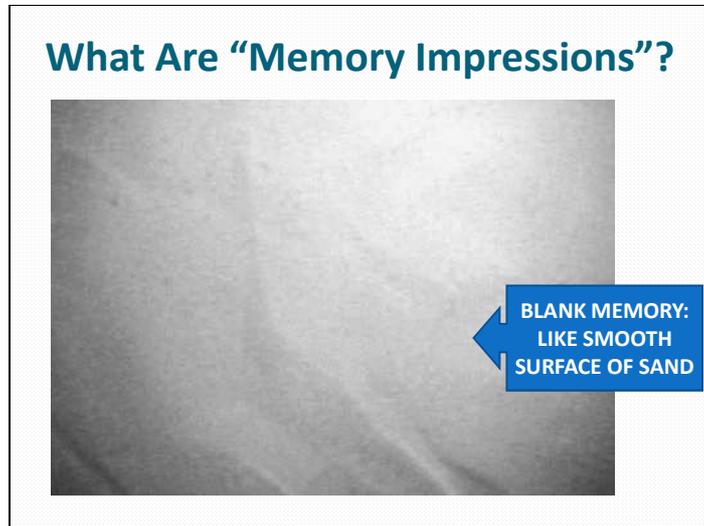


In the 100 OBE System you'll use a special type of timer setup to do the second type of cheat called "Waking OBEs". You'll start out doing your OBEs just like you did in Lucidology 101. You'll fall asleep and have an OBE on the timer beep. However by the end of the session you'll be able to lay on your 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.

Dream Information & Memory Impressions

- How does the mind make sense of nonphysical information?

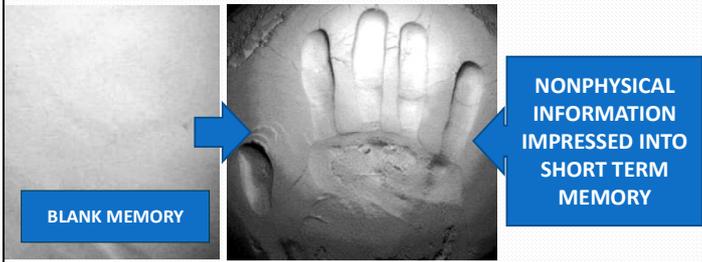
NONPHYSICAL  
DREAM  
INFORMATION

WHAT TO DO ?

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?

### Nonphysical Information Impressed Into Short Term Memory

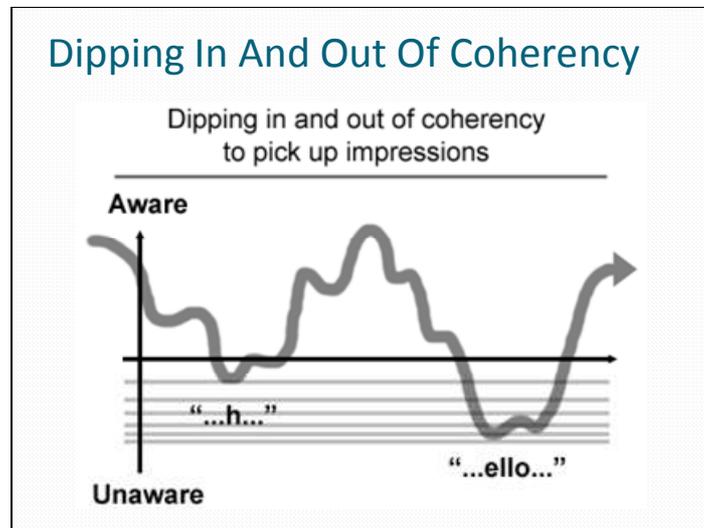
- Information is impressed in short term memory
- Similar to shapes impressed into clay
- This is what a **memory impression** is



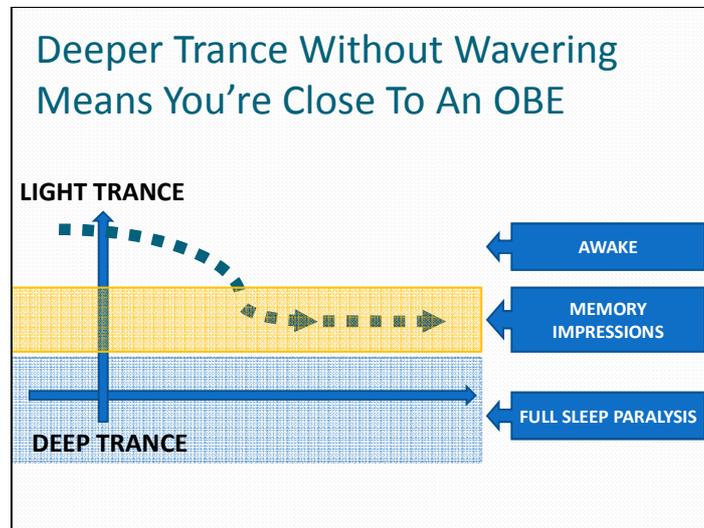
As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

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.



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.

### Your Trance Recycling Multiplier

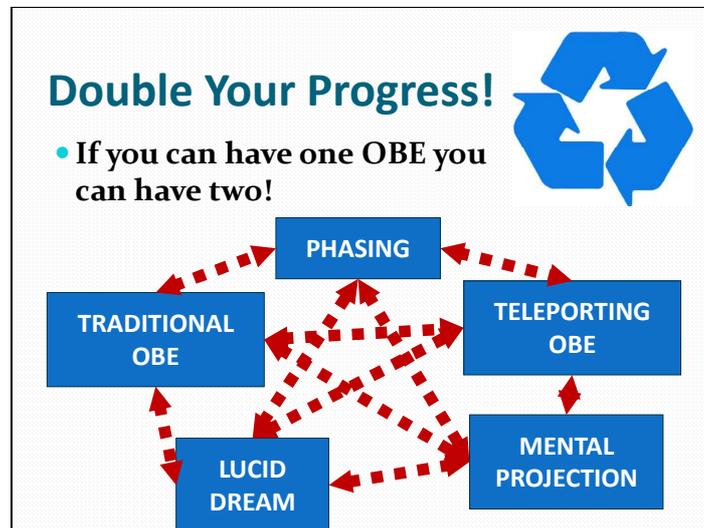
- Enter into an O.B.E
- **Then immediately flip it** into another type of O.B.E



Lucid Dream → O.B.E.

Lucid Dream ← O.B.E.

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.

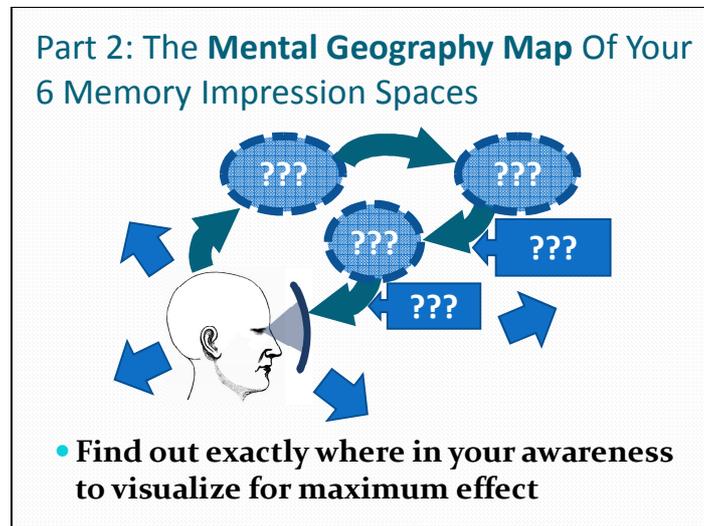


You'll also learn how to do mental projections, phasing and teleporting O.B.E.s. By learning to flip in between these states you'll be able to multiply your progress and quickly rack up your first 100 OBEs.

### **Inductionless O.B.E.s**

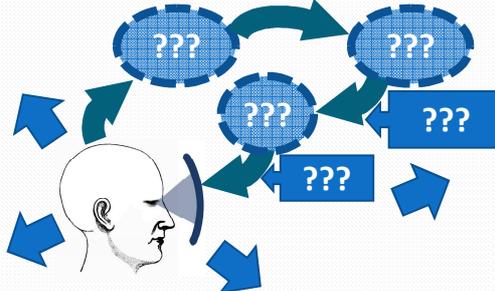
- Early morning OBEs without feeling tired when you get up!
- **My favorite style**
- Requires virtually no effort once you set the system up
- **Combine with trance recycling to accelerate your progress**

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.

Part 2: The **Mental Geography Map** Of Your  
6 Memory Impression Spaces



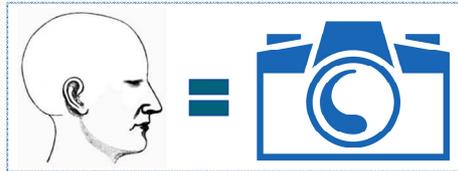
• **Plus: “4 Step System To Find Nonphysical Imagery In Your Awareness”**

The diagram illustrates a 'Mental Geography Map' centered on a profile of a human head. Six arrows radiate from the head to six distinct shapes, each containing three question marks '???'. Three of these shapes are circles, and three are rectangles. The shapes are interconnected by a network of curved arrows, suggesting a complex, interconnected system of memory impressions.

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

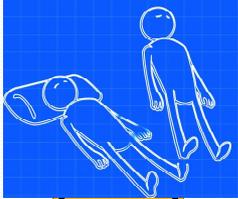
- **Gateway Loophole** “Rapid-Fire” O.B.E.s
- Avoid The Main Big Time Wasting Mistake
- **How To Recognize The 5 Types Of Trances**
- Sense Nonphysical Information
- **3-S’s Of “Automatic Memory Impressions”**



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**

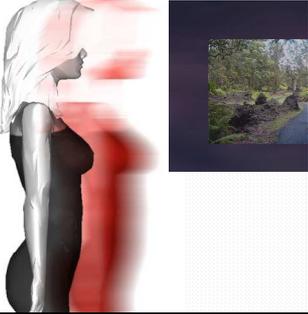
- The 6 Stages From Waking Awareness To O.B.E
- “What To Do And When” Chart
- “Visualization Construction Toolkit”
  - **The 4 Critical Ingredients** That Every Visualization Must Have To Be Effective



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.



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.

### The 100 OBE Battleplan

- Sleep training
- Optimize your sleep cycle
- How to cure any amount of jet lag in one day

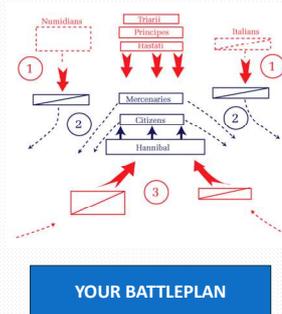
YOUR BATTLEPLAN

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 1<sup>st</sup> 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

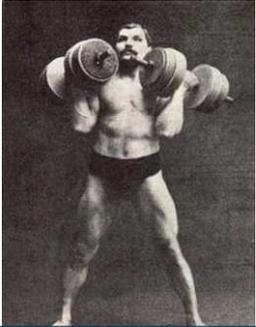
- OBE practice routines
- Find out your sleep type
- Fit induction to your style



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



DEVELOP OBE STRENGTH

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 3<sup>rd</sup> 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.

So coming up next is “The Mental Geography Map of the 6 types of mental spaces to choose from and how to use them for maximum effect. So stick around and I’ll see you there.