

Lucidology 102: The 100 OBE System

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

Part 2: “The Mental Geography Map”

- 1. The Biggest Critical Mistake To Avoid When Using
Memory Impressions**
- 2. Your 6 Memory Impression Spaces: How To Be Use
Sure You’re Visualizing In The Most Effective Spot
In Your Mind**
- 3. 4 Step System: How To Tell Where The *Real*
Imagery Comes From**

By Nicholas Newport

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Here in part 2 we'll cover "The Mental Geography Map". In this section you'll find out how to avoid the biggest critical mistake people make when using memory impressions to induce O.B.E.s. To do that you'll find out how to be sure you're visualizing in the most effective spot in your mind by using your 6 memory impression spaces. And we'll cover the 4 step system how to tell where the real imagery comes from when you use visualizations.

Slide 3

The 6 Types Of Visualization Spaces

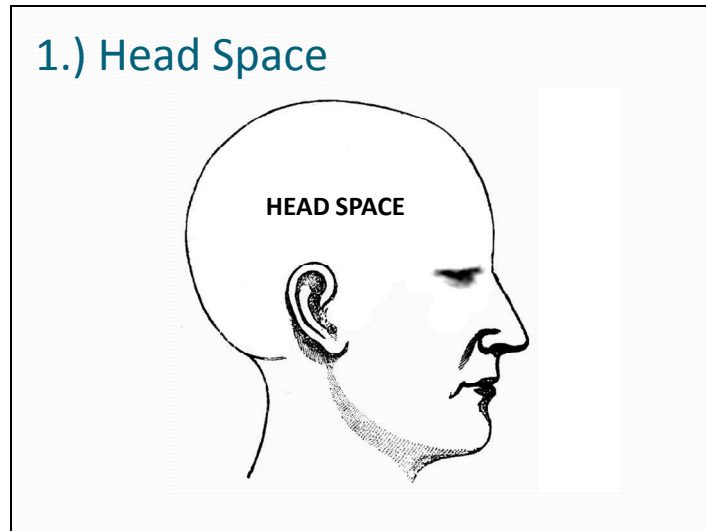
- Where are you visualizing things?
- The books won't tell you
- The 6 spaces are:
 1. Head space
 2. Physical space
 3. Eyelid space
 4. Nonphysical dream space
 5. Memory space
 6. Mind space

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 this section we're going to precisely define each of the 6 types of spaces to choose from and cover how to use each one for maximum effect.

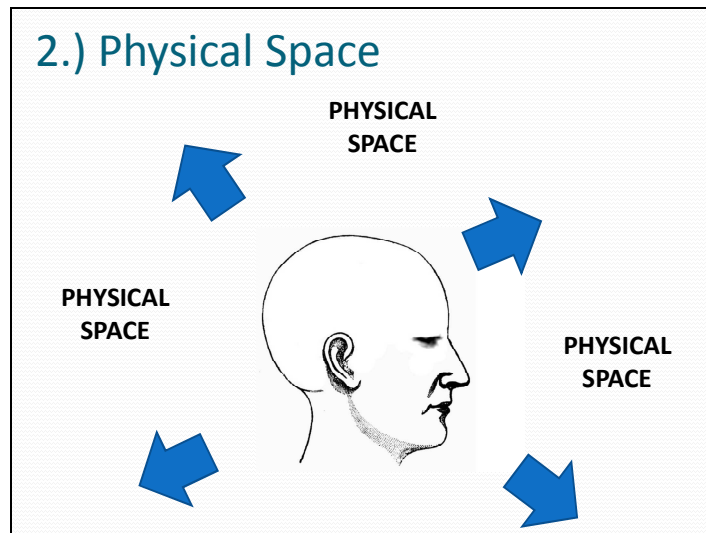
The 6 spaces are:

- Head space
- Physical space
- Eyelid space
- Nonphysical dream space
- Memory space
- Mind space

First we'll define what each space is, then we'll cover how to use them...

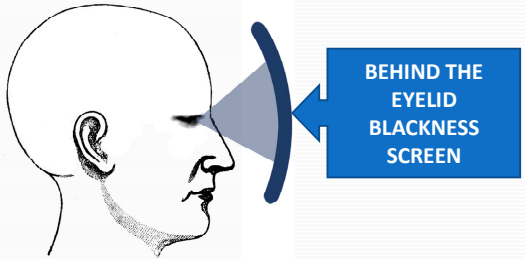


Head space is simply imagining the visualization is taking place in the center of your head



Next is physical space which is just is the space around you while you're awake. For instance, physical space may be your bedroom... or the next room over.... or the other side of the world

3.) Behind-The-Eyelid-Blackness Space



The Eyelid Blackness Screen Is One Form Of Robert Monroe's "3D Blackness"

1. Nonphysical Screen
2. Phasing O.B.E.s

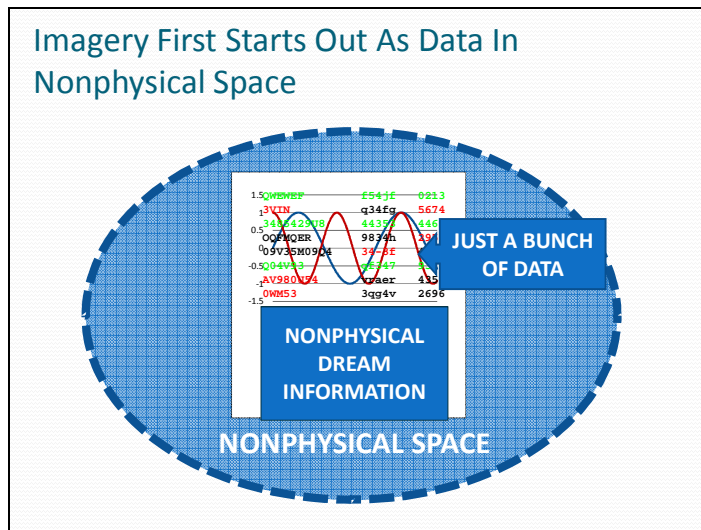
When you close your eyes you see the blackness behind your eyelids. This space is very fertile ground for collecting memory impressions. When you get deeper into trance, there is an actual screen you can see on which imagery is projected. So how does that work?

Robert Monroe wrote about observing "3D Blackness" in your closed eyelids when you reach a decent trance. There are two cases that give eyelid blackness a 3D quality:

- **Nonphysical Screen:** This case is because you're seeing the eyelid blackness screen that sometimes has a texture like burlap. You literally see a canvas-like screen hanging in front of your eyes
- **Phasing O.B.E.s:** In other cases you're starting to do a "phasing" O.B.E" and you're peering into an open 3D nonphysical space which you can eventually enter as an immersive O.B.E. We'll talk about phasing later on.

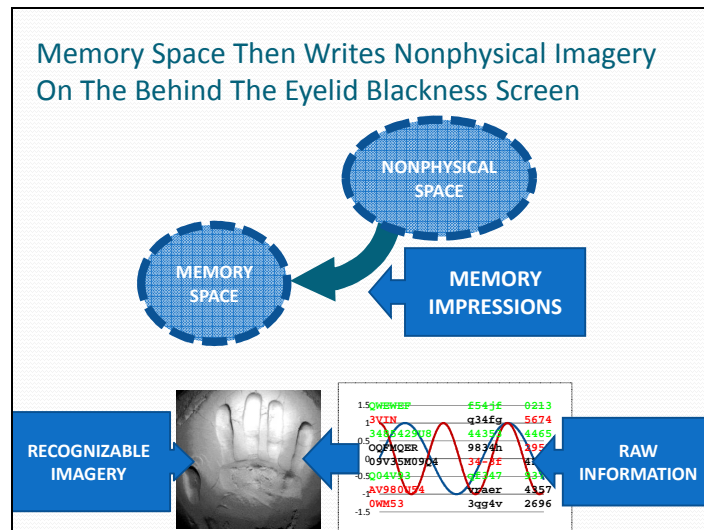
Right now we're concerned with the 1st case of the burlap canvas screen. How is it that imagery makes its way on to the screen?

Slide 7

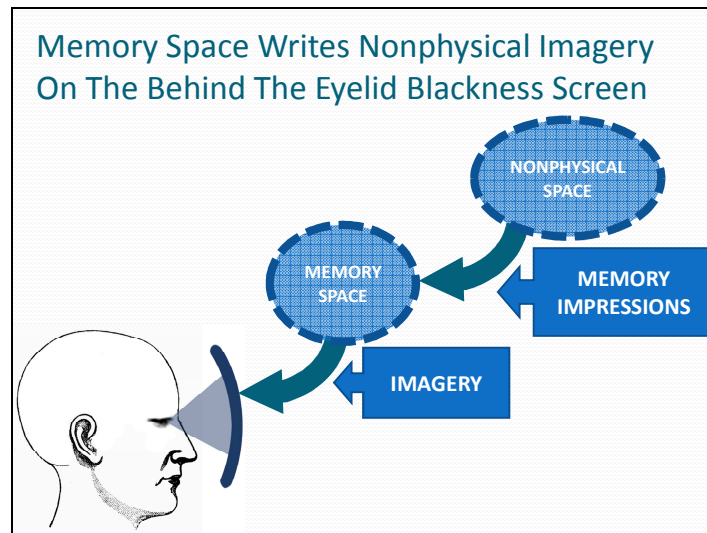


First the information starts out in nonphysical space as just a bunch of data.

Slide 8




Second, when you reach a good trance your memory space starts to collect impressions of the data. This is the start of memory impressions. At this point you'll start to interpret the raw nonphysical information as actual recognizable imagery.



Your memory space translates the impressions into imagery. It then projects the imagery on your eyelid screen. The eyelid blackness screen allows your memory space to project dream imagery you can see.

Well So What?
(The Main Big CRITICAL Mistake!)

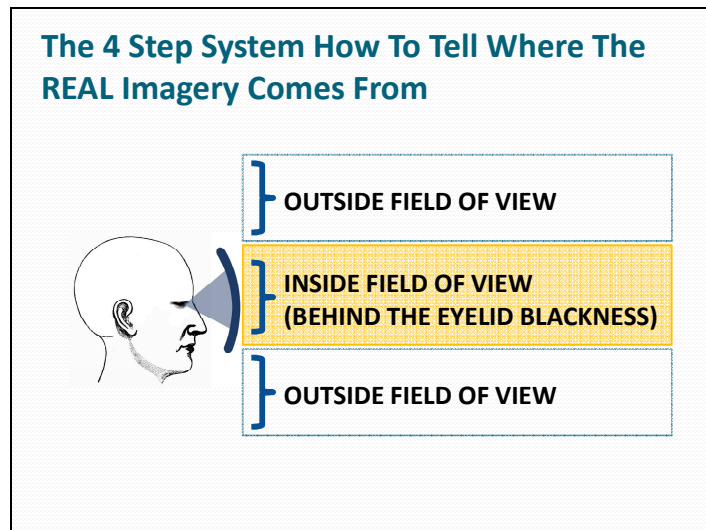
- Avoid the big mistake!
- Don't mistake swirling hypnagogics for memory impressions!
- Hypnagogic swirling is **biological**, not **nonphysical**



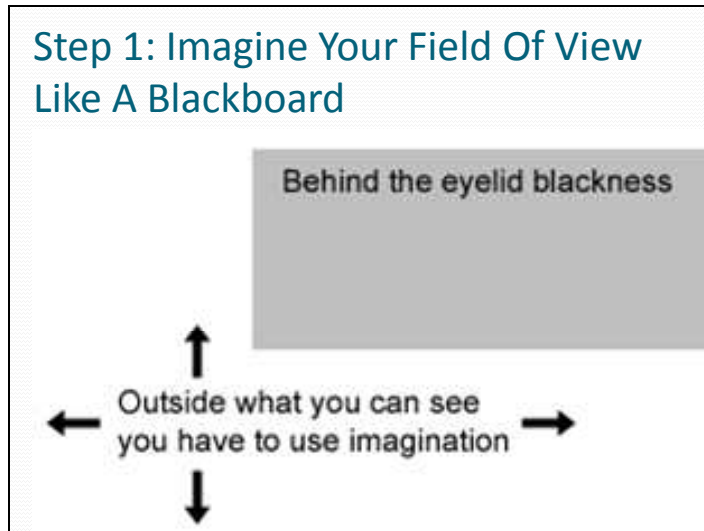
THE SWIRLING COLORS BEHIND YOUR EYELIDS ARE HYPNAGOGIC IMAGERY, NOT MEMORY IMPRESSIONS

You may be thinking that's all fine and well but who cares? The reason this process is important is it shows you the **main big mistake** not to make when using memory impressions. The main mistake is watching the swirling colors in the blackness and thinking that those will lead to memory impressions.

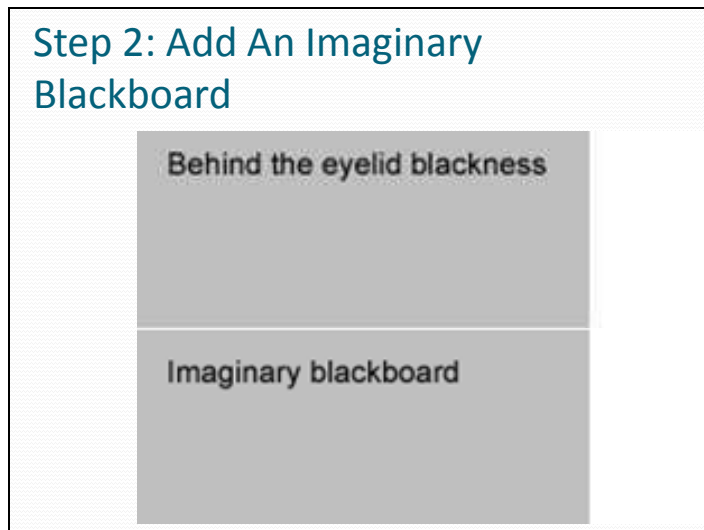
The swirling hypnagogic imagery is just a **biological process** your eyes go through, they have nothing to do with collecting **nonphysical information**. If you try to watch them you'll be distracted from the real impressions when they finally come.



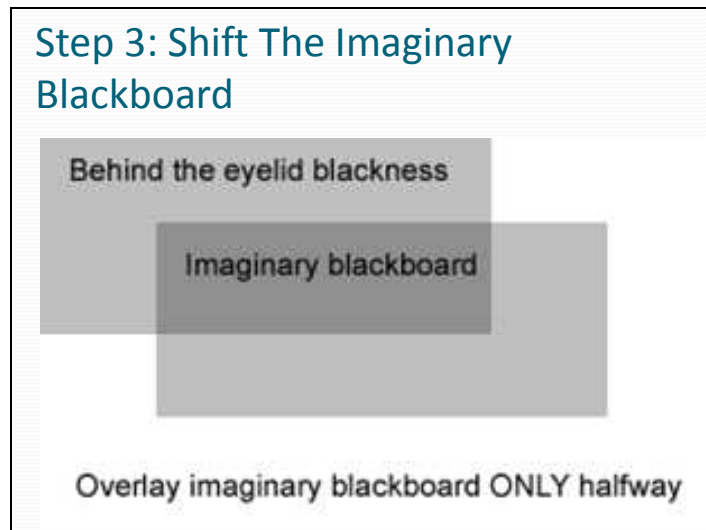
This brings us to the 4 step system to tell where the real imagery comes from in visualizations. To do this, divide your awareness between what's inside your field of view and everything outside your field of view.



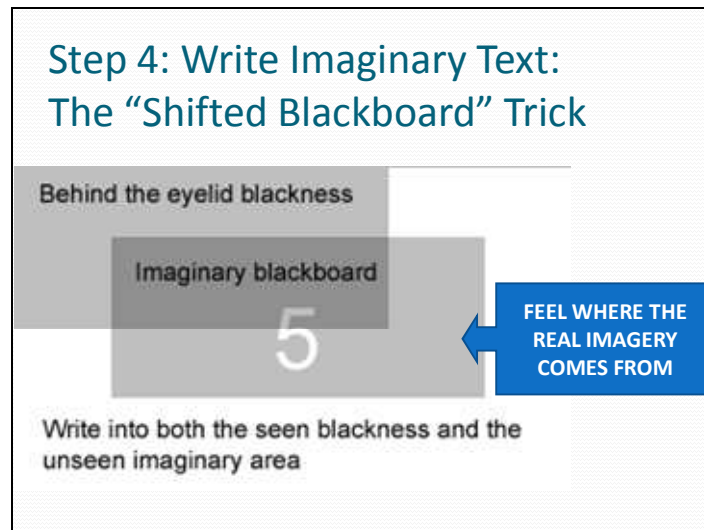
Imagine your field of view as like a blackboard. In order to see anything not on the blackboard you have to use your imagination.



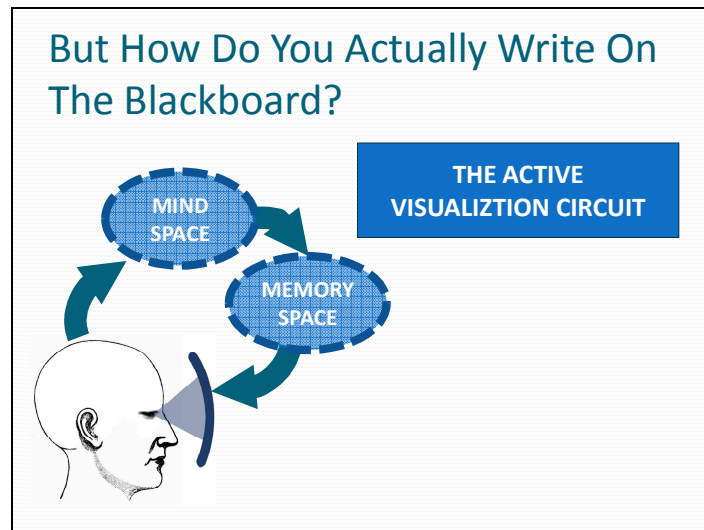
Next imagine a blackboard immediately outside your field of view.



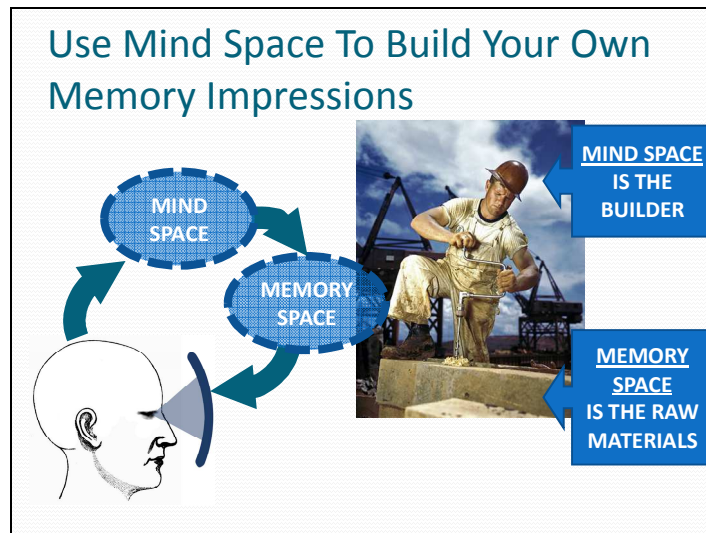
Shift the imaginary blackboard so that it's halfway overlaid in your field of view. Leave the other half still in your imaginary space.



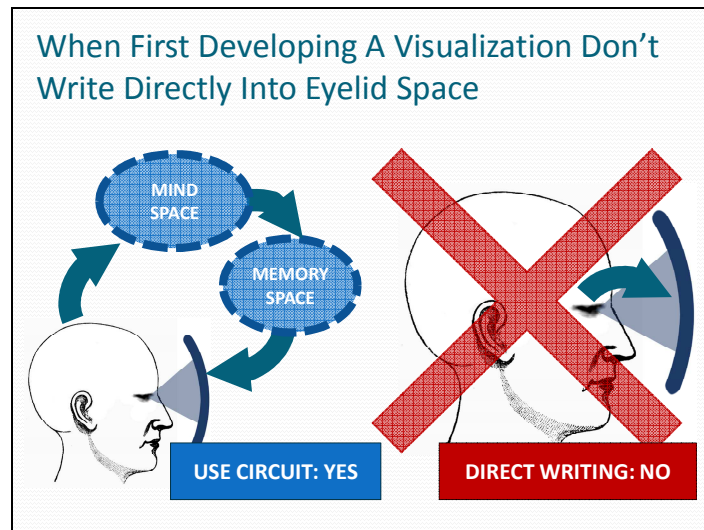
Write imaginary text on the imaginary background so some is in your field of view and some is imaginary. When you have ‘sticky’ awareness of what you wrote you’re accessing the right spot for memory impressions. This is called the shifted blackboard trick and enables you to feel where the real imagery comes from by causing you to forget about your visual awareness.



When you use intent to write on your imaginary blackboard, you're using mind space to write into memory space. The memory impressions you form in memory space fall on to eyelid space. This forms the "active visualization circuit" that leads to memory impressions that you can actually see.

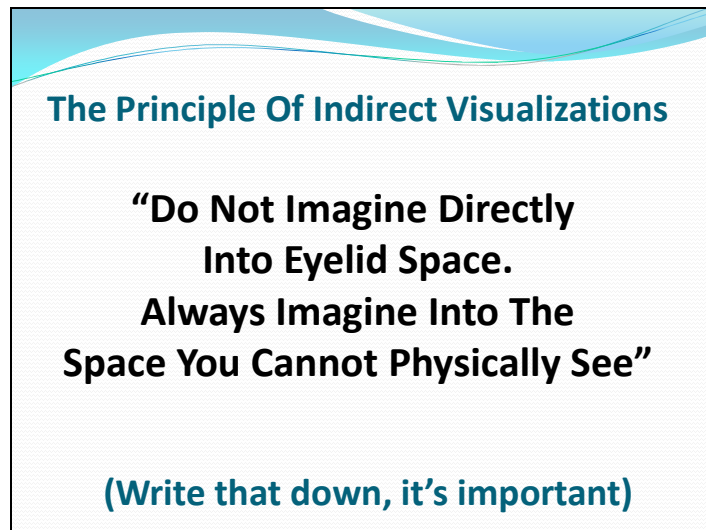


In this circuit, mind space is the builder. Memory space is the raw materials used to build thoughts. When you form an intent to do something, it's mind space that creates the intent. Mind space then builds within memory space to come up with a solution to the desired intent.

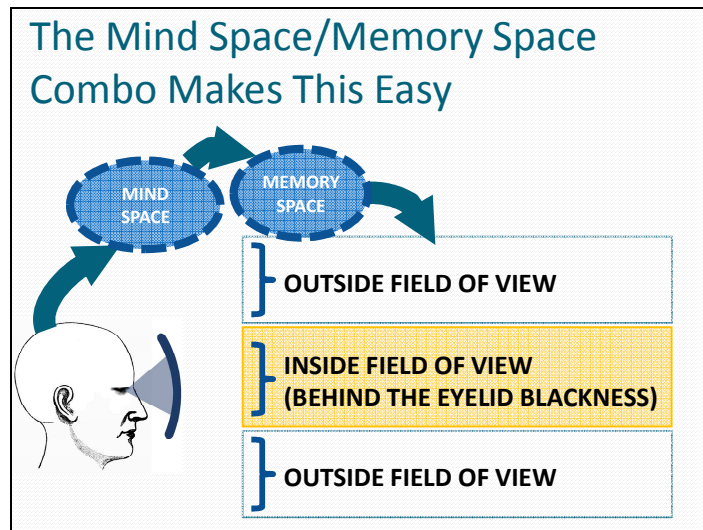


So why not just imagine what you want directly and forget about all this mind space and memory space business?

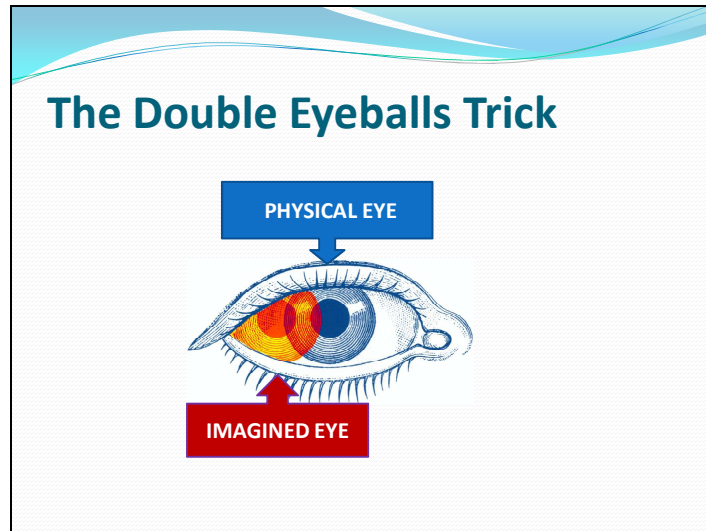
The reason is without it you'd be tempted to write directly into eyelid space when visualizing rather than developing your memory impression space. In other words: always use the mind space circuit. Do not write directly on to eye space.



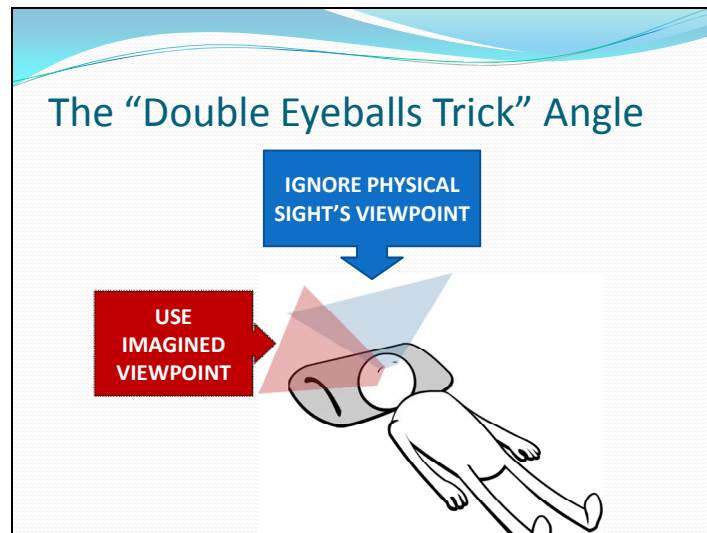
This is really important so I'm giving it a big fancy name like the fundamental theorem of sleep paralysis. This is the "Principle Of Indirect Visualizations" which states: Do not imagine directly into eyelid space. Always imagine into the space you cannot physically see in order to develop memory impressions.



Once you start doing this it causes your mind space to open up memory space.

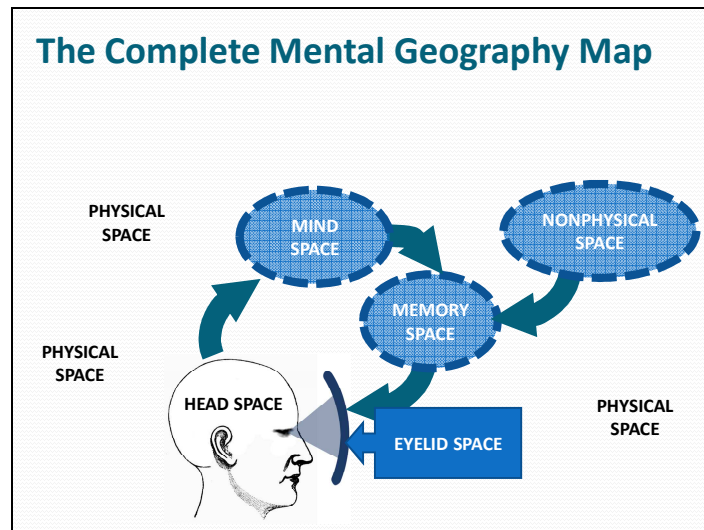


Here's an alternate way of thinking about this. An extremely simple and effective trick is to close your eyes and imagine you have two sets of eyeballs. Relax and **forget about** your physical eyes. Imagine you're looking through a second set of eyes that are looking off to the side. Rotate your imaginary eyes about 60 degrees off to the side and you've created a good viewpoint for imagining into memory space.



It's OK to have a little bit of overlap between your imagined and physical sight, but most of your attention should be in imagined space.

Here's how you can tell when you're making progress with the double eyeballs trick. You'll get to a point where it really does feel like you're looking off into the blackness with your imaginary eyeballs. It will actually start to become hard to tell exactly where your physical eyes are actually looking. If you open your eyes it will be disorienting for a moment because all of your focus has been shifted away from your physical eyes. This makes the double eyeballs trick a little easier to achieve than the shifted blackboard trick.



To see how this all fits together, here's the complete mental geography map for building visualizations. We'll cover in detail exactly how these spaces are used later, but here's an overview of what each space is best for:

1. Head space – Use to return to your body
2. Physical space – Use to do teleporting OBEs
3. Eyelid space – Use for mental projections and phasing
4. Mind space – Use to build new nonphysical locales
5. Memory space – Use in active visualization to define where you want to go
6. Nonphysical dream space – The target space to focus on to have OBEs

Now, how do you actually do all this? The first step is to achieve something called a **photographic trance**.

This is the gateway loophole to "rapid-fire" O.B.E.s with the minimum amount of effort possible. This will keep 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. So stick around and I'll see you there