

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 3: “How To Achieve A State Of Photographic Trance”

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

By Nicholas Newport

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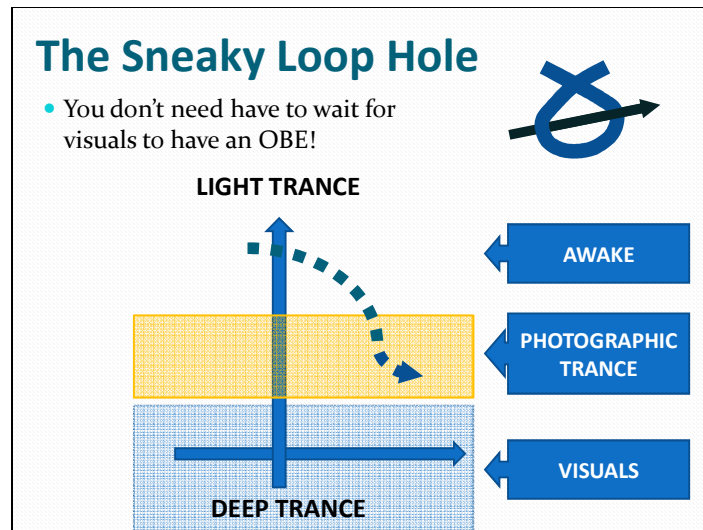
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Here in part 3 we'll cover how to achieve a photographic trance. This is the gateway loophole to "rapid-fire" O.B.E.s with the minimum amount of effort possible. This will keep you from making the main big time wasting mistake almost everyone makes 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.

In order to speed up your OBEs we need to find the absolute laziest possible route with the least amount of effort to have an O.B.E. What we need is a **sneaky loophole to exploit**. The loophole is that you **don't need to wait for actual visuals** to have a photographic trance. You actually achieve photographic trance way before the visuals come. How is that possible? How can you have a 'photographic' trance if you aren't seeing anything?

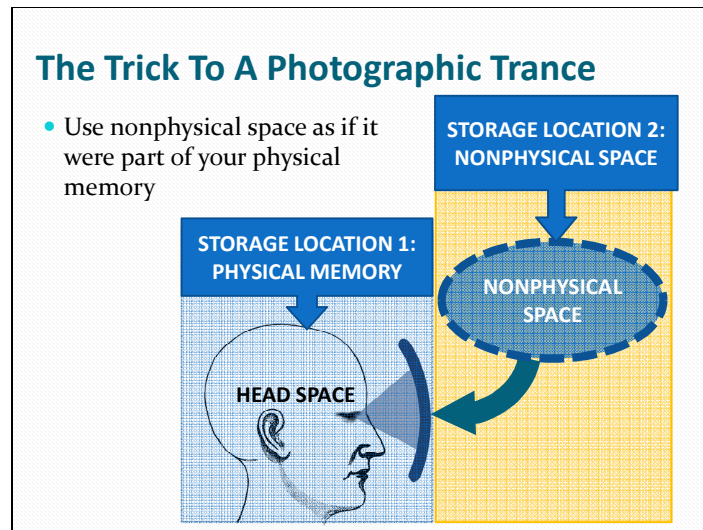
How Can It Be “Photographic” If You Can’t See it?

- In an OBE objects remember their place
- ‘Photographic’ means memory impressions are fixed in place
- **It does not mean you see photographic images**

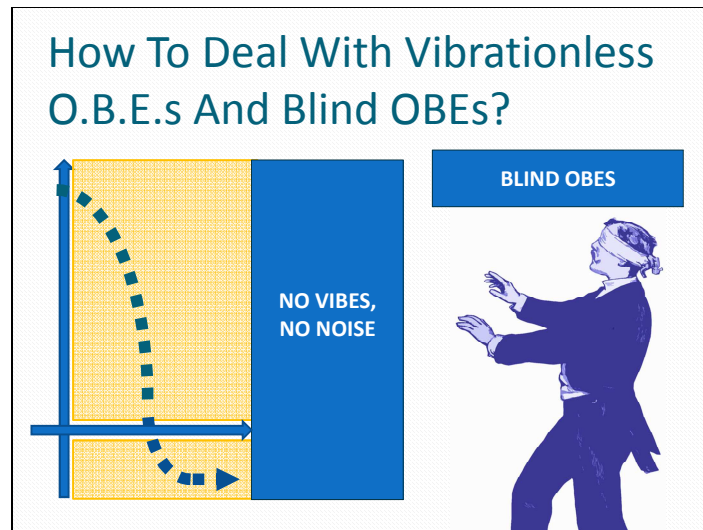


PHOTOGRAPHIC
TRANCE

This is because the word photographic refers to the fact that the memory impressions are **fixed in place** just like images are fixed in place on a photograph. Once you enter an O.B.E. that's stable, you can pick things up and move them around just like you can while awake. The objects *remember* their placement. ***This is the critical attribute***, and once you have reached this photographic level you're virtually in an O.B.E.



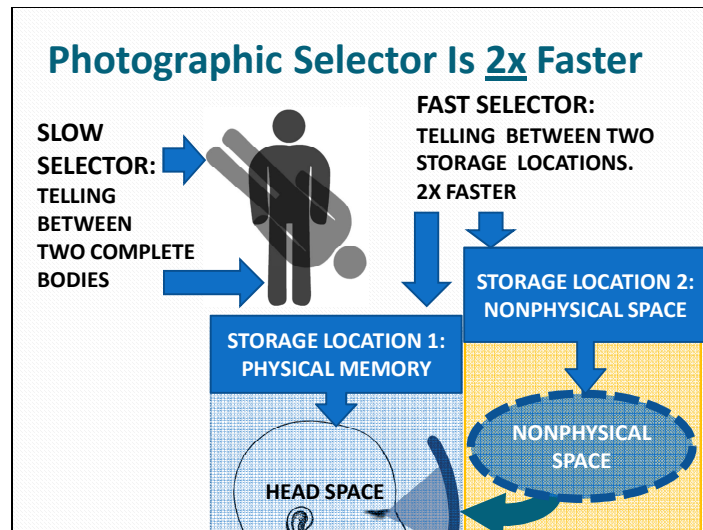
So here's the trick to a photographic trance. Normally when you're awake the only place you have to store mental information is your physical memory. However when you focus into an OBE or dream you also have access to nonphysical space to store information. The trick to using a photographic trance is to not rely on you own memory at all. Instead put things in the nonphysical space you're focused on. When they stick in your awareness you have a photographic trance even if you can't see any of the objects. So in effect you're using the nonphysical environment as if it was part of your memory.



Now here's the really sneaky part that will speed up your OBEs by a factor of two or more. Remember that in a lot of OBEs you don't have any signals to tell you what's going on. For instance, a lot of OBEs are vibrationless and sometimes you also have no sight at any point. So usually you have to wait until you're really deep in trance to tell if you're ready to separate.



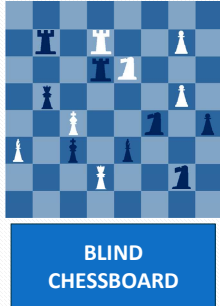
For example, in Lucidology 101 you used the safety cap exit as a selector to tell between your physical and nonphysical bodies. When you could rotate your body all the way around 180 degrees you knew for certain that you were nonphysically focused. That works well but you can improve it by finding a selector that works at much lighter levels of trance and that's where photographic trance comes in.



Once you find that the impressions are sticking you've selected the difference between physical and nonphysical awareness. You don't have to wait until you have awareness of a complete nonphysical body like you did with safety cap. You only wait until have you awareness of two storage locations. This is about twice as fast as using the biology-only methods from Lucidology 101.

How To Use “Blind Chessboard” To Tell Between The Physical And Nonphysical

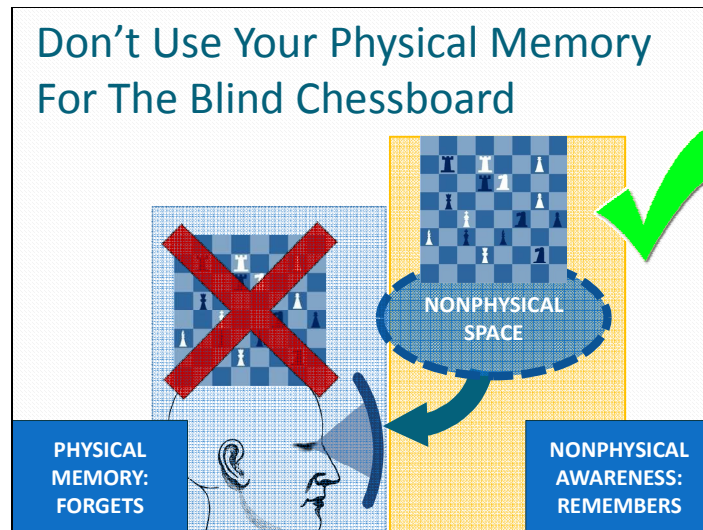
1. Imagine nonphysical chessboard, place pieces
2. Forget about pieces
3. Check if you still have awareness of the pieces a few minutes later



BLIND CHESSBOARD

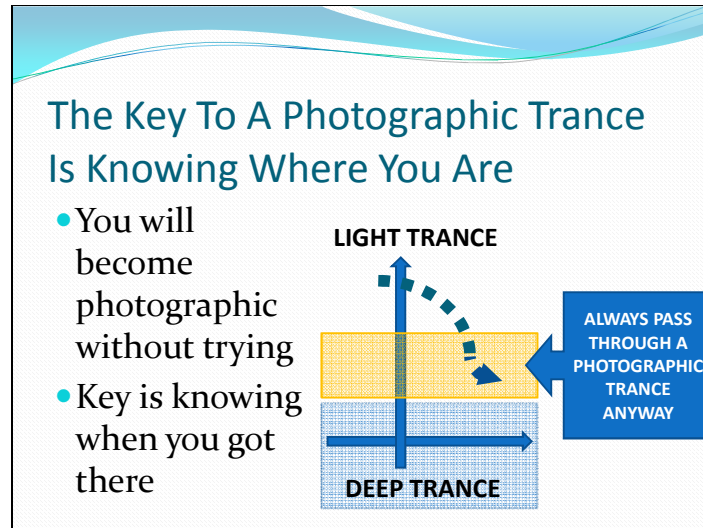
Here's a 3-step **Test Visualization** to tell between these two storage locations. It's called the “Blind Chessboard” and is very similar to the Shifted Blackboard trick.

- **First** imagine a chessboard into nonphysical awareness. Put a dozen or so random chess pieces at random places around the chessboard
- **Second** zone out for a bit and forget all about where you placed the chess pieces
- **Third**, look back in nonphysical space after a couple minutes. If you still have awareness of what's there then you have a photographic trance

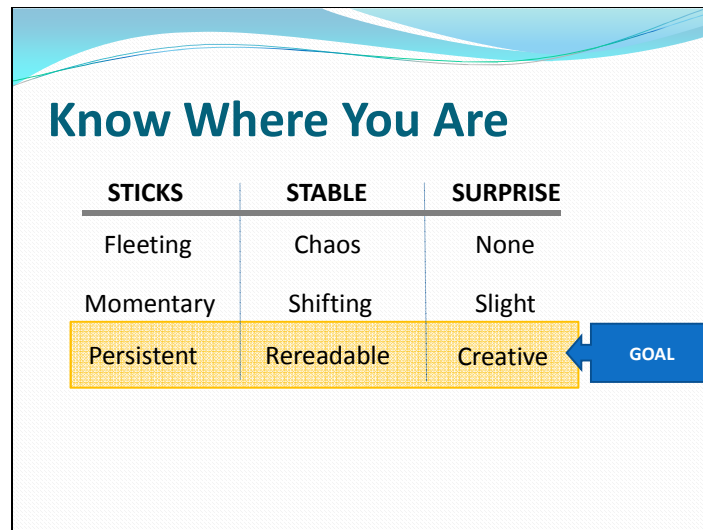


If this sounds like it's going to be hard, remember that **this is NOT a memory exercise!** You are *not* trying to remember where you put the pieces. In fact if you do physically remember where you put them then you aren't using the Blind Chessboard correctly and probably don't have a photographic trance.

When it's working, it's exactly like if you were to set up a physical chessboard with random pieces and come back to it an hour later. You can simply see where you put the pieces, you don't have to try to remember anything at all. With the Blind Chessboard, you may not be able to see the pieces, but you have **awareness** of where they are without using memory in any way. That way you can easily tell what is nonphysical and what is physical memory because the nonphysical part stays but your physical memory forgets.



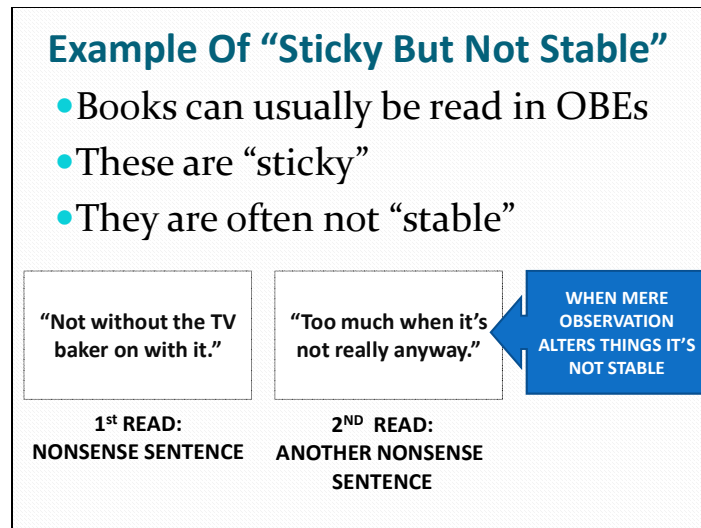
Now the big secret to getting it to work is knowing that you're going to pass through a photographic state on the way into sleep whether you try for it or not. That means that it's more about knowing when you've reached that state than it is in doing things to make the state happen. It works best when you just relax and watch for the following 3 attributes in your trance...



STICKS	STABLE	SURPRISE
Fleeting	Chaos	None
Momentary	Shifting	Slight
Persistent	Rereadable	Creative

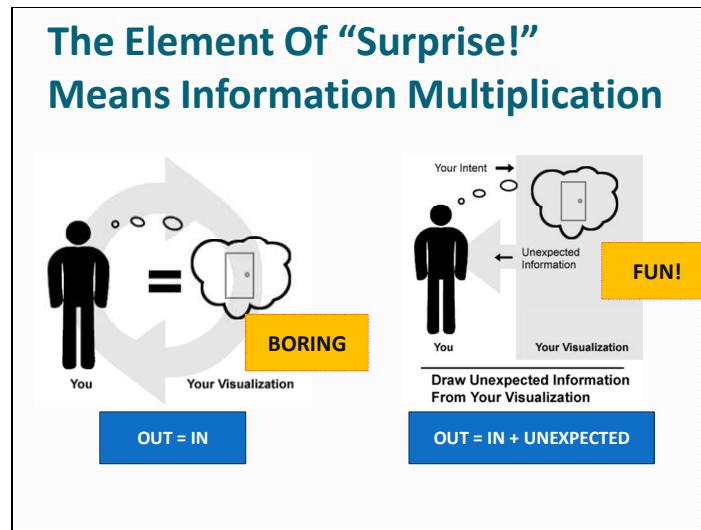
GOAL

When the memory impressions become **sticky**, **stable** and **surprising** then you've got it made. For example, stickiness means that the impressions don't vanish as soon as you stop thinking about them. On the other hand, stability is very different especially with things like nonphysical text. Stability means "Can you observe your visualization without changing it?"

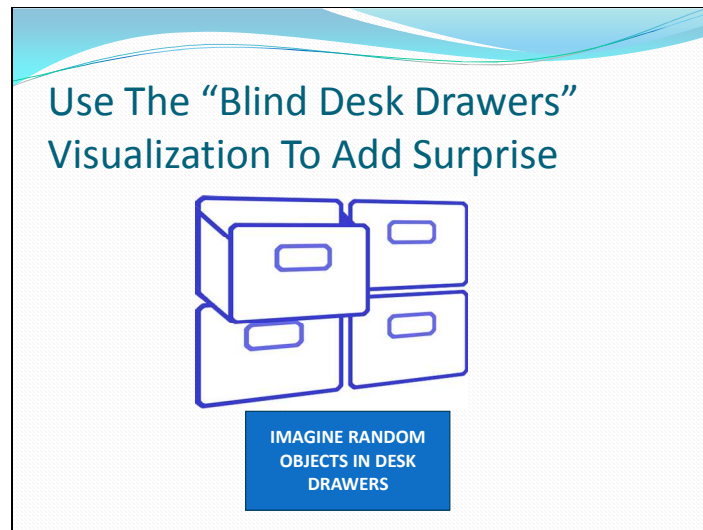


For instance, here’s an example of impressions that are sticky but not stable. You may have found books in your dreams that you could read but each time you read a sentence and then read it again the words changed. The books were sticky because they didn’t flit in and out of existence. However, they were not stable because they changed as soon as you observed them.

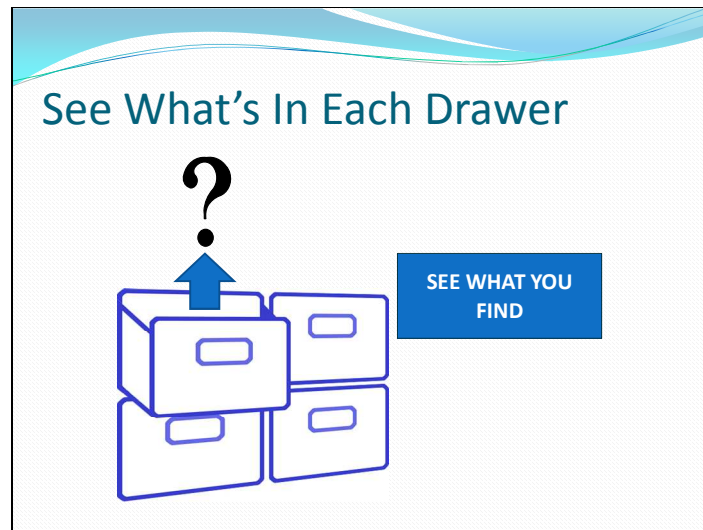
Once you get into an immersive O.B.E where you can see and feel things just like physical awareness, it may not be a problem if things lapse so that they’re not perfectly rereadable any more. You can still fly around and have fun so it’s not a big deal if things shift. However, when you’re first starting a visualization the impressions DO need to be rereadable so you can measure if you’re making progress.



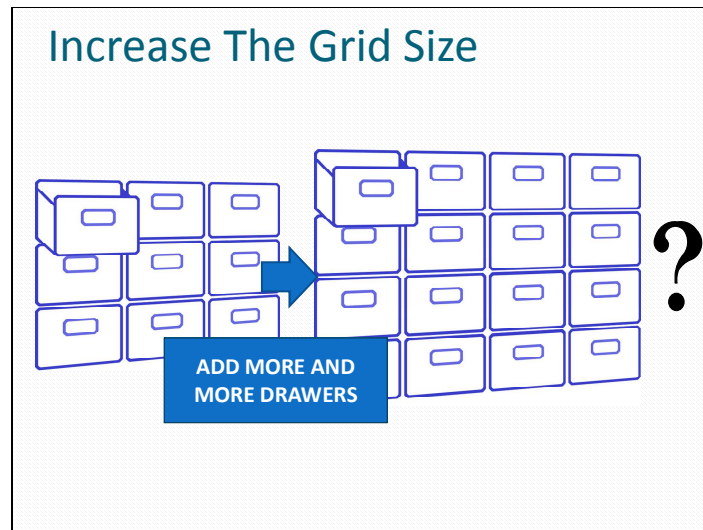
Getting a sticky and stable trance is good - but it's actually not what you really want in the end because if you only were able to see what you put in to the OBE it would become pretty boring. The FUN in O.B.E.s comes when they actually SURPRISE you with information you didn't put into them. When you start to get back more information from your visualization than what you're actively imagining, you've reached the **surprise threshold**. For instance, in O.B.E.s you get to explore strange new worlds you never would have thought of on your own. These worlds are information that you didn't generate, they are actually very surprising to discover! By the way we'll go into these types of worlds in much more detail in Lucidology 103.



So here’s a visualization to jumpstart the surprise factor. Once you have the blind chessboard sticking, imagine a 2 by 2 grid of desk drawers. Open up each drawer and look inside, imagine finding a random surprise object in each one.



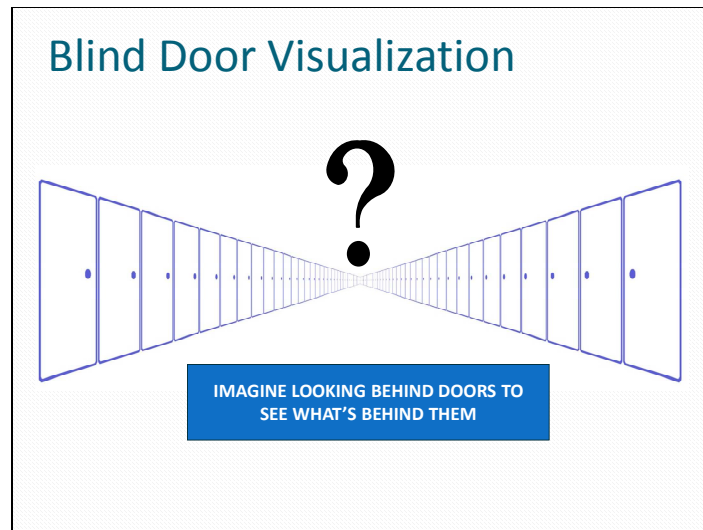
For instance, you may find a calculator in one, a ruler in another and a stack of paper in another. Take out each object you find, turn it around in your imaginary hands to get a good sense of its weight and texture and make it solidify, then put it back in the drawer and close it.



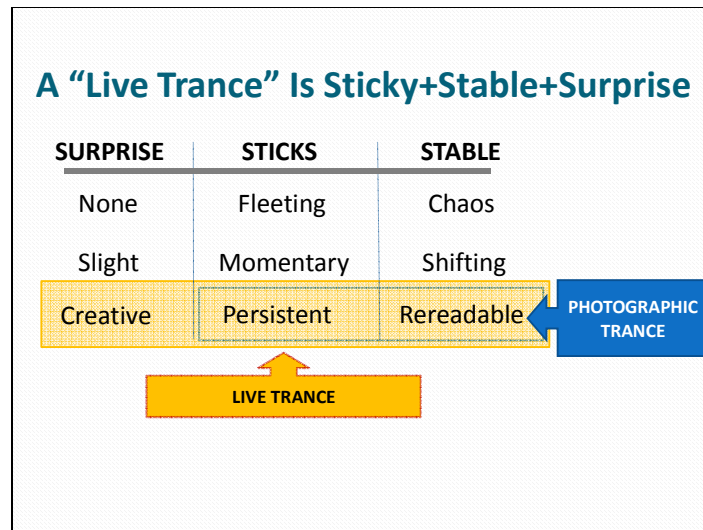
A 2 by 2 grid of drawers may be too easy to remember so increase the grid to 3x3 and then 4x4 and then 5x5 if you want. Zone out for a few moments then go back and look in randomly in the drawers to see if the objects are still there. The more objects you find that look like they're probably in the right drawers the more photographic your trance is.



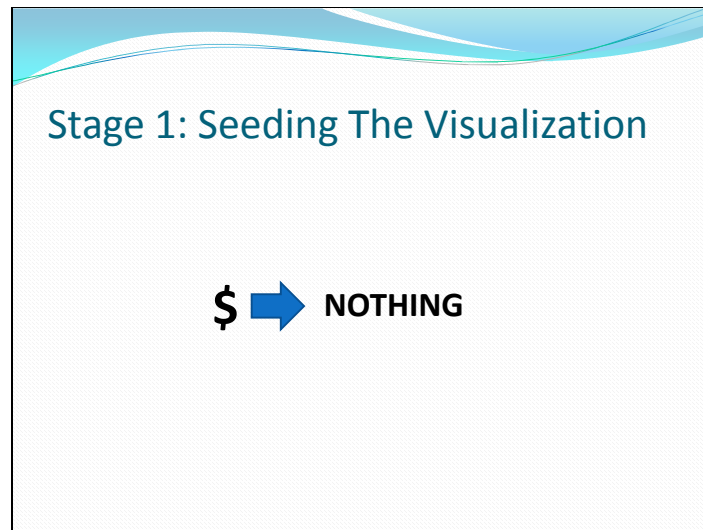
You can also imagine that you open up Christmas presents under a tree. Look at what each present is inside then close the boxes and come back to them after a few minutes to see if they stuck. You can get an extra bit of surprise element by seeing how each present is wrapped and what size and shape it is.



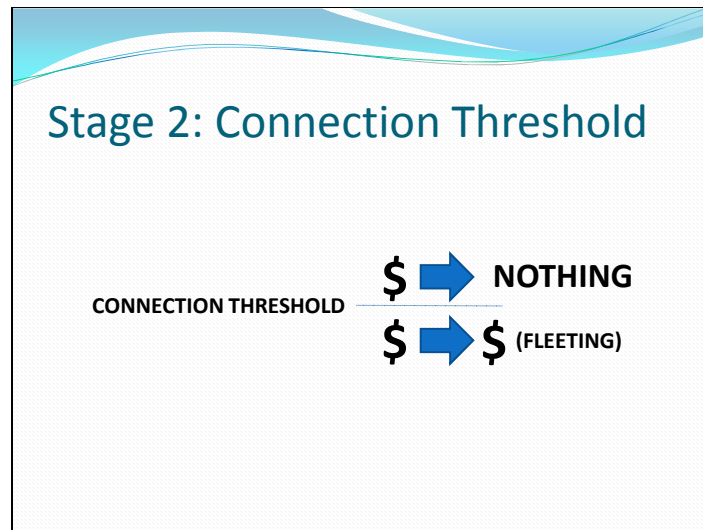
You can also imagine a long hall of doors and see what's behind each door. Come back and open them up again after zoning out and see if they stuck. Whatever visualization you use, once you have a level of **sticky surprise** coming in you've achieved the stage *after* photographic trance which is called a "**live trance**".



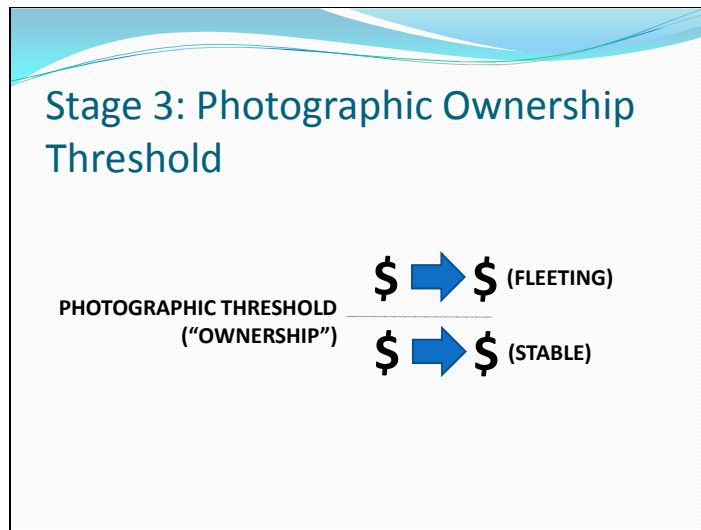
A **live trance** is a photographic trance with the element of “creativity” which comes from it having “surprise”. So when you’ve reached sticky, stable surprise you have a live trance. Here’s what this looks like step by step...



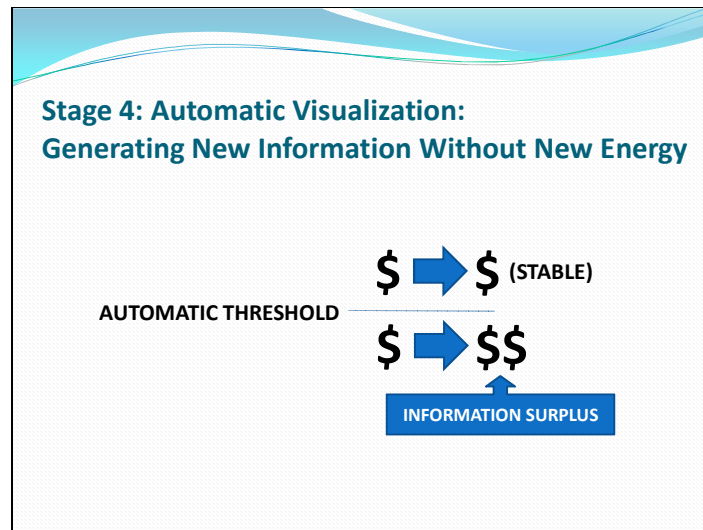
You can imagine the attention you give a visualization to be like money. At first when you visualize you get no feedback:



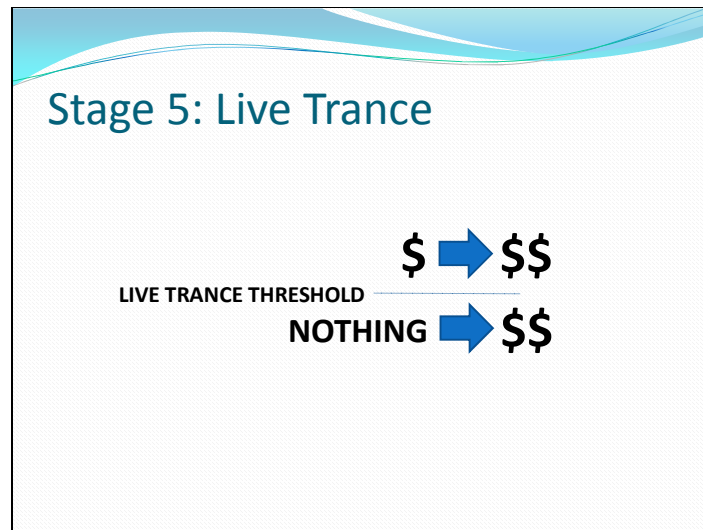
You soon reach a point where you start to get feedback but it vanishes as soon as you stop thinking about it. You've made a **connection** to the visualization:



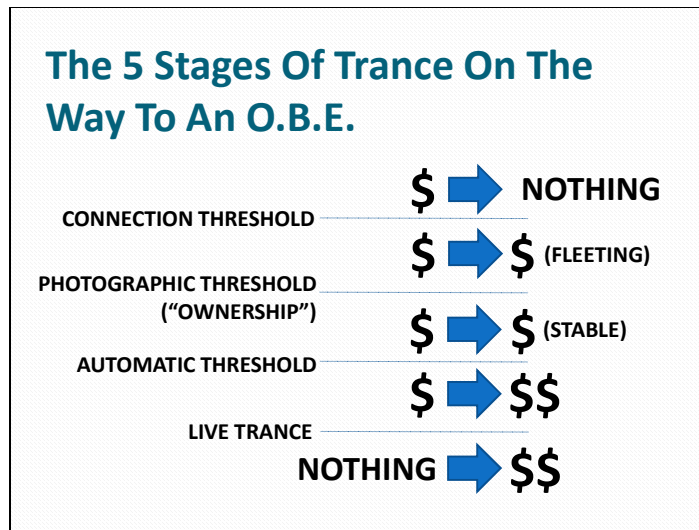
You then get to where it “sticks” and once you visualize something you continue to keep awareness even after you stop thinking about it. You can forget about it for a few moments and come back to it and it’s still there. This is a **photographic trance**.



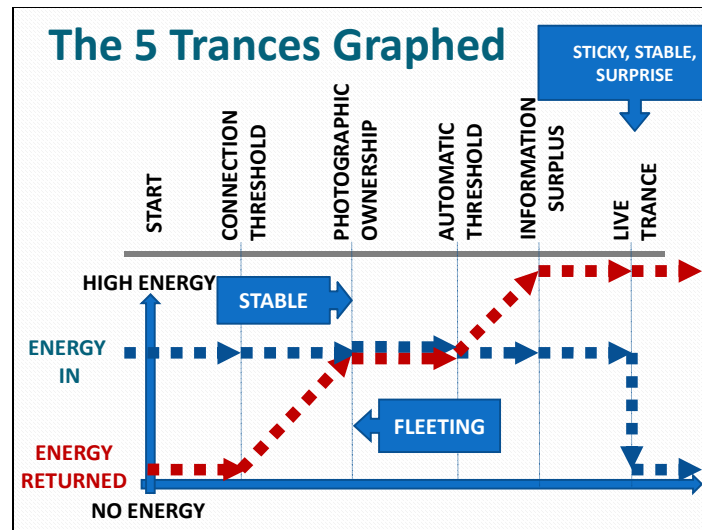
In the next stage not only does it stick but it starts automatically generating information that you didn't give it. This is an "automatic" visualization and once you get to it you have an **information surplus**.



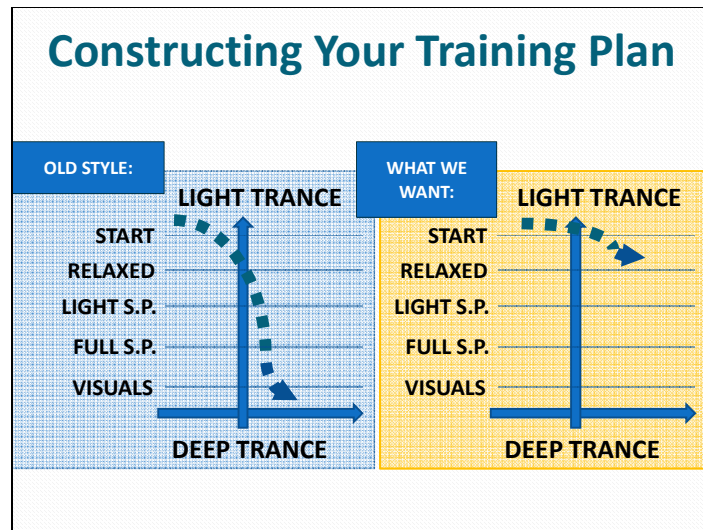
Finally the visualization no longer needs your attention to generate new information. It has taken on a **life of its own** and has become “live trance”. You may find that if you do have visual images at the point that they suddenly go from being still images to self-animating all at once.



Here are the 5 stages of trance in one picture. You go from putting energy in to the visualization and getting nothing back, to eventually putting nothing in and getting a lot back.



When you chart it out the 5 trances look like this. You start putting imagery in and getting nothing back. Eventually you make a connection and start getting imagery back. However it's fleeting and vanishes as soon as you stop concentrating on it. Once it stabilizes and you have photographic ownership it sticks in your awareness but none of it is surprising. When it starts to take on an automatic life of its own it gives you back a tiny bit more information than you put in. Eventually you reach enough of an information surplus that you can stop thinking about the visualization and it's still giving you more and more imagery back. That stage is a live trance which is sticky, stable and surprising. This will come in handy when we cover mental projections later.


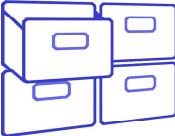
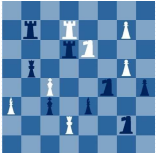
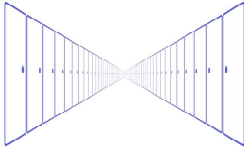


Now for your training plan to actually enter a photographic trance. We're not going to do what we've done in the past and wait for visuals. Instead you'll become photographic with just a little bit of relaxation.

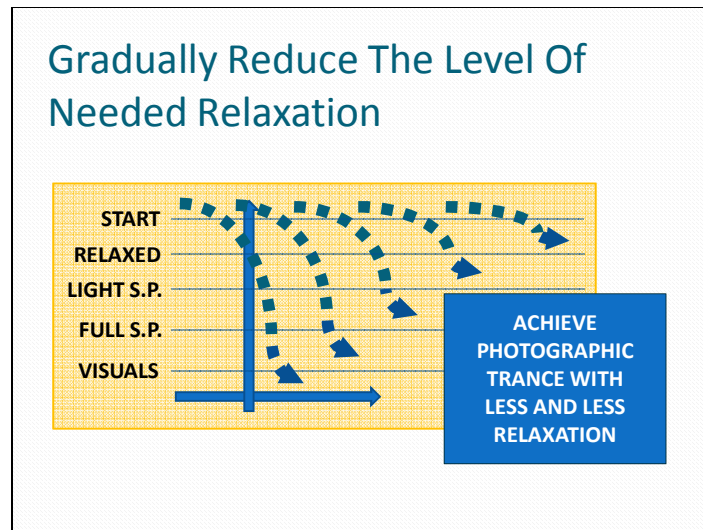
Find Which Test Visualization You're Best At

1. Enter full sleep paralysis
2. Experiment with Blind Chessboard, Drawers, Doors, and Christmas Presents
3. Pick the easiest for you

PICK ONE YOU LIKE



To do that, first enter full sleep paralysis and develop a photographic trance using any of the test visualizations we covered. Experiment with Blind Chessboard, Drawers, Doors, and Christmas Presents and pick the one that works the best for you.

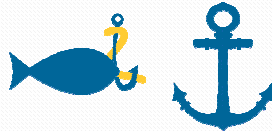


When you've found one that you like, do the visualization but only enter partial paralysis and develop a photographic trance. Then do it in light paralysis. Finally practice entering a photographic trance when you're merely relaxed.



When you're relaxing into trance your intellect may be wavering in and out of consciousness and this makes it hard to keep checking if you have all three S's. However gut feel is always on alert! When you achieve a photographic trance you may not realize it at first. However you'll suddenly get a sense that you **"own"** the memory impressions and *that's* the signal you're looking for.

Using Your Gut Feel Sense Of “Ownership” To Track Progress

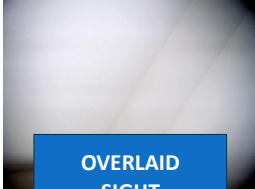


FISH BITES = DROP ANCHOR

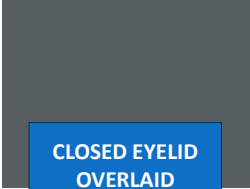
- A photographic trance means you drop anchor on your memory space and claim ownership
- The ownership feeling means:
“Time To Try The Blind Blackboard”

For example, imagine you go fishing in a boat. You sail around dragging a fishing line behind you. Eventually you feel a fish bite your line so you stop the boat and drop anchor. Even though you don't have the fish in your hand yet, you still claim ownership of the space your boat is in. At the stage of photographic trance you drop your anchor and claim “ownership” of the space you've entered.

Overlaid Sight Vs. Closed Eyelid Overlaid Sight



OVERLAID SIGHT

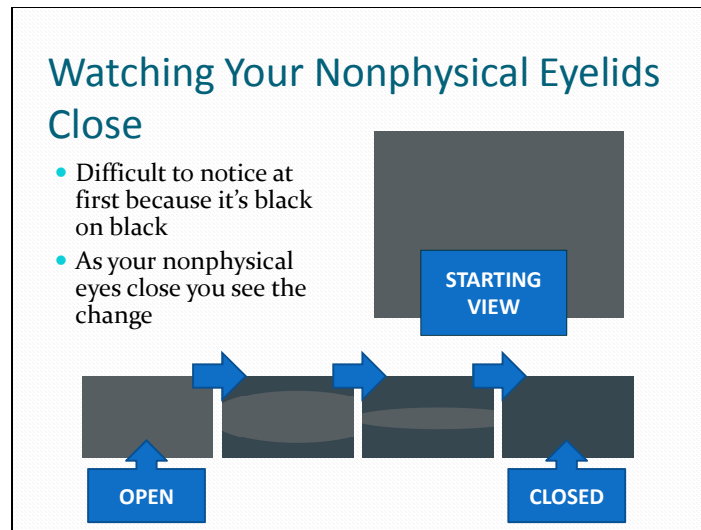


CLOSED EYELID OVERLAID SIGHT

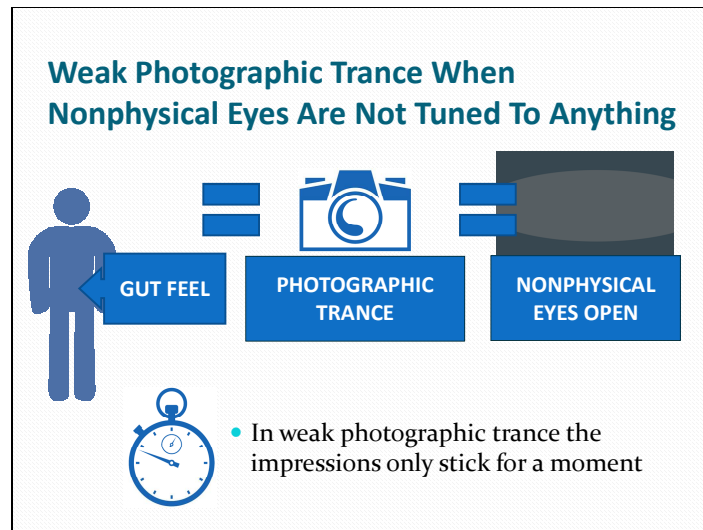
Effect	Physical Eyes	Nonphysical Eyes
Overlaid sight	Open	Open
Closed Eye Overlaid Sight	Closed	Open

Here's one of the easiest ways to get a feel for the photographic ownership feeling.

Recall the overlaid sight effect from Lucidology 101 where you wake up in the morning and see both your physical and nonphysical versions of your bedroom from slightly different perspectives. A variation on this that's closely related to photographic trance is closed-eye overlaid sight. When you have closed-eye overlaid sight your physical eyes are closed and your nonphysical eyes are open. However your nonphysical eyes aren't tuned to anything so all you see is black.

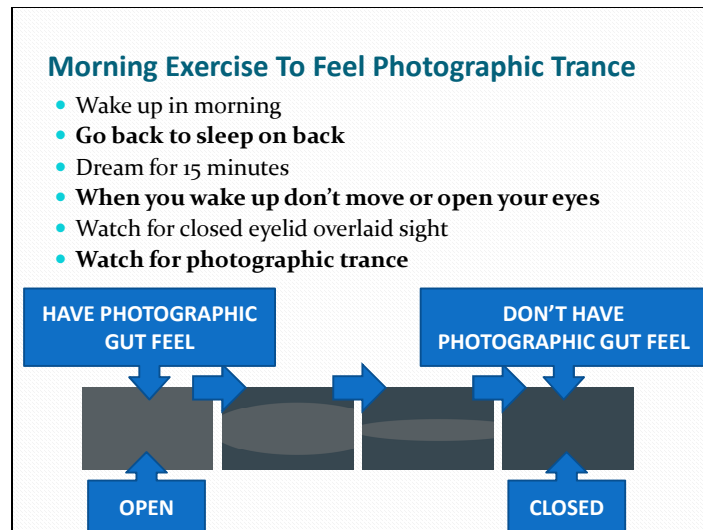


The way you'll know this has happened is when you start to move physically you'll bring yourself out of any trance you were in. This causes your nonphysical eyes to close. In your behind the eyelid blackness space you'll see black eyelids close within your already mostly black vision. When your nonphysical eyes shut, the behind the eyelid space will look slightly darker than it did a few seconds earlier when your nonphysical eyes were open.



Here's what this has to do with photographic trance. When your nonphysical eyes are open but not really seeing anything you get a weak form of photographic trance. You will get a slight sense that things stick but instead of them sticking and hanging around indefinitely they only last maybe a second.

This is exactly the same kind of weak stickiness you get right before you're ready for an OBE. Watch for the feel of this stickiness as you're going to sleep and waking up. When you're familiar with it you'll have a much easier time recognizing it in your OBE inductions.



As soon as your nonphysical eyes close your gut feeling photographic trance will probably also vanish. This is also very valuable because it's a way to feel the contrast between when you have a photographic feel and when you don't.

Closed eye overlaid sight tends to happen the most when you're laying flat on your back, or at least it's easiest to tell you have it when you're laying on your back. If you can't sleep the entire night on your back, an easy alternative is to wake up in the morning and slowly roll on to your back and then fall asleep again for about 15 minutes. When you wake up, if you dreamed during that time, your nonphysical eyes will probably still be open when you wake up with your physical eyes closed. You can then watch for closed eyelid overlaid sight and the photographic gut feel.

This brings us to the next step which is "The O.B.E. Blueprint & The Visualization Construction Toolkit". We'll cover the 6 stages from waking awareness to OBE & the exact visualizations how to move through each one. Plus we'll cover the "What To Do And When" chart that shows you exactly what action to take at each stage of trance. And we'll cover the 4 critical ingredients every visualization must have to be effective. So stick around and I'll see you there.