

# **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 4: “The O.B.E. Blueprint & The Visualization Construction Toolkit”**

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

**By Nicholas Newport**

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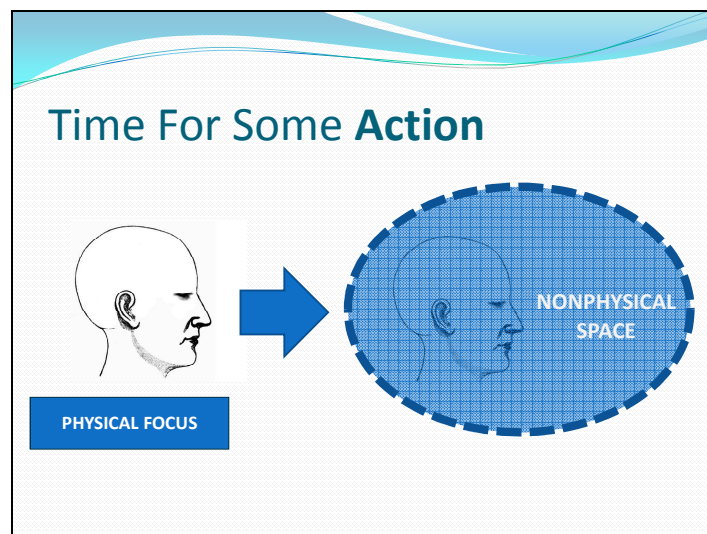
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### Slide 3

Hi, this is Nicholas Newport with Lucidology.com. Welcome to Lucidology 102: How to have your first 100 OBEs in 100 days even if you're a jetlagged insomniac right now.

Here in part 4 we'll cover "The O.B.E. Blueprint & The Visualization Construction Toolkit". This section covers 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 "Visualization Construction Toolkit" which are the 4 critical ingredients every visualization must have to be effective.



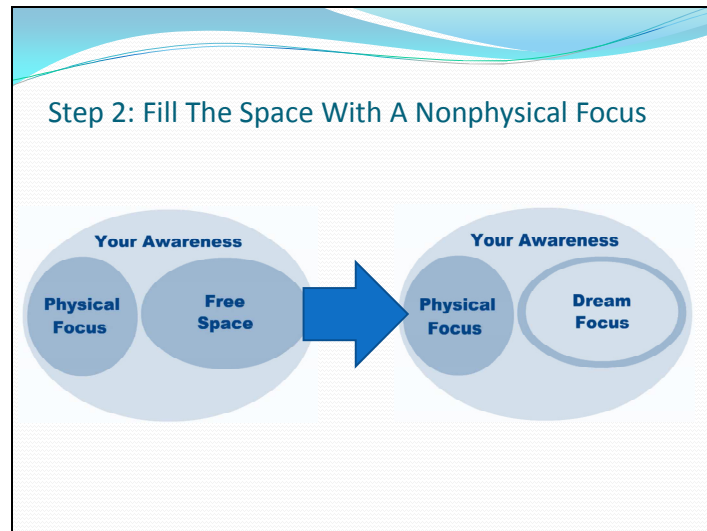
So now we're ready to go from start to finish with an actual induction from physical focus to nonphysical focus using visualizations.

Slide 4



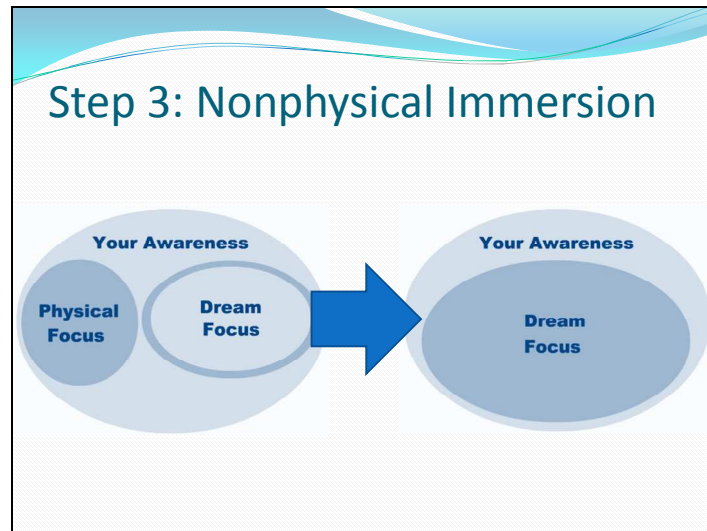
The first step is to create a space in your subconscious.

Slide 5



The second step is to fill that space with a nonphysical dream focus.

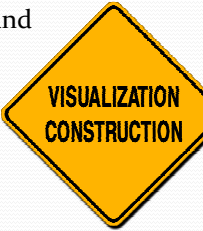
Slide 6



The final step is to immerse your focus completely in the nonphysical space and have no physical focus left

**The Visualization Construction Toolkit:**  
**The 4 Critical O.B.E. Induction Questions**

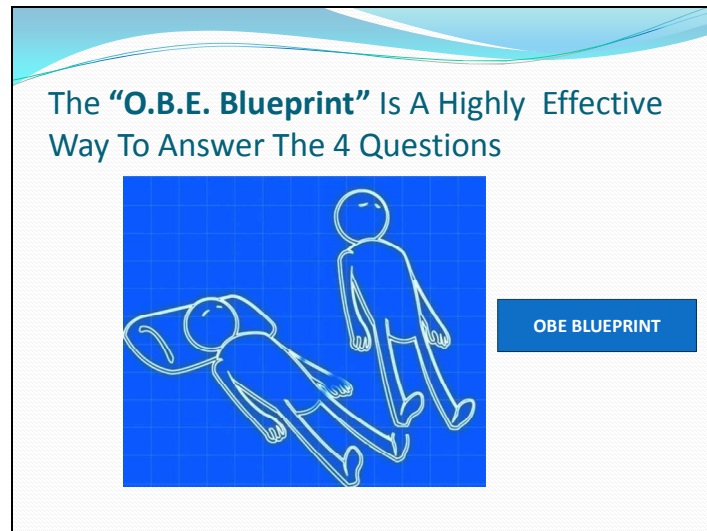
1. **The “Pump Primer”**
  - Get the visualization started
2. **The “Energizer”**
  - Make the visualization more solid and real
3. **The “Selector”**
  - Distinction between physical and nonphysical awareness
4. **The “Separator”**
  - Free yourself from physical focus
  - Enter a nonphysical focus



To do this using visualizations, there are 4 critical questions you need to be able to answer. These questions are:

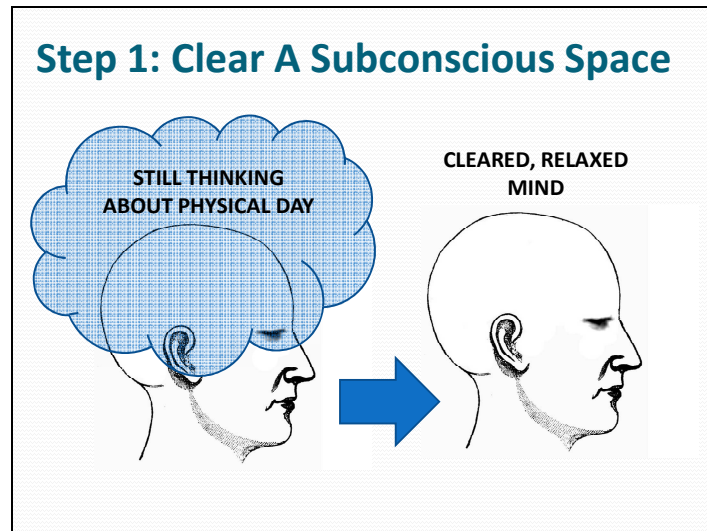
- **The “Pump Primer”**  
What are you going to use to get the visualization started?
- **The “Energizer”**  
What are you going to use to get make the visualization more solid and real once you get a connection going?
- **The “Selector”**  
How are you going to make a distinction between physical awareness and nonphysical awareness?
- **The “Separator”**  
How are you going to free yourself from physical focus and enter a nonphysical focus?

Slide 8



To answer these 4 questions we have the 6-step "O.B.E. Blueprint" to take you from waking awareness to O.B.E. Once you've done a couple O.B.E.s using the Blueprint you'll be able to use the Visualization Construction Toolkit to make your own customized inductions based on what works best for you





The first thing is to clear a subconscious space. When you start the induction you may be distracted by thoughts about your physical day and those need be cleared out.

### Just A Lazy Random Daydream

1. Daydream randomly for 5 minutes or so
2. Be lazy! Don't start visualizing too early
3. Use Lucidology 1010 relaxation methods
  1. Stop Drop & Roll
  2. Sleep breathing
  3. Still eyeballs etc...

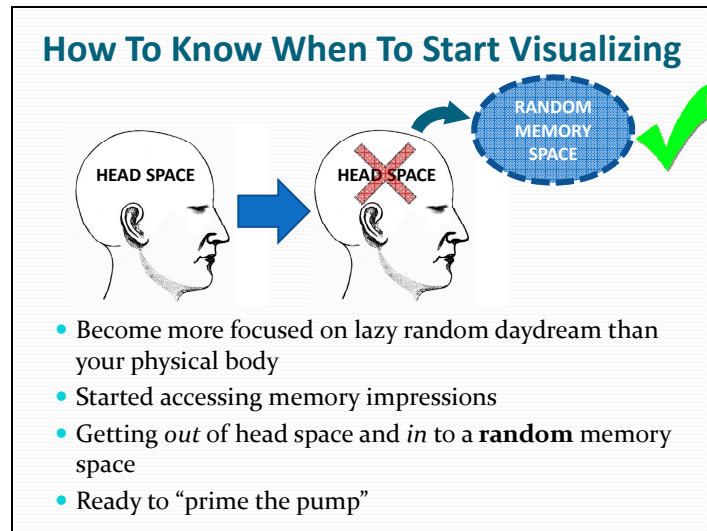
To do that, just use a lazy random daydream

It's tempting to make this stage harder than it needs to be, but all you really need to do is:

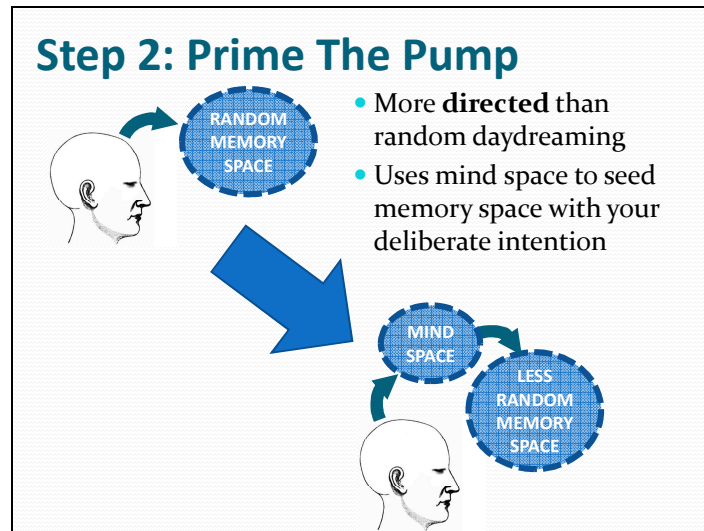
- Daydream randomly for 5 minutes or so
- Be as lazy as you possibly can be. Don't start visualizing too early
- Use physical relaxation methods such as Stop Drop & Roll, sleep breathing and the "still eyeballs" relaxation from Lucidology 101

Definitely do not start right into a visualization without daydreaming first

**Let the mind relax for at least 5 minutes before trying to visualize anything**



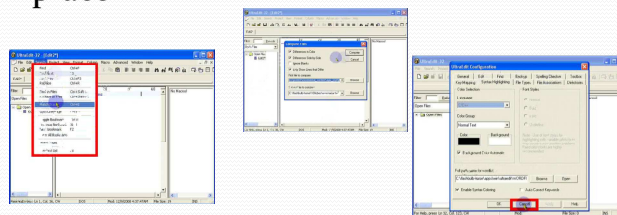
Once you get to a point where you're more focused on your lazy random daydream than your physical body and physical memories it means you've started accessing memory impressions. In particular, what you're doing is getting *out* of head space and *in* to a **random** memory space. At this point you're ready to move to step 2 which is to “prime the pump”.



The pump priming visualization will be more **directed** than random daydreaming and will use mind space to seed memory space with your deliberate intention. A highly effective way to do this is with something called the 'computer menu' visualization

## The Computer Menu Visualization

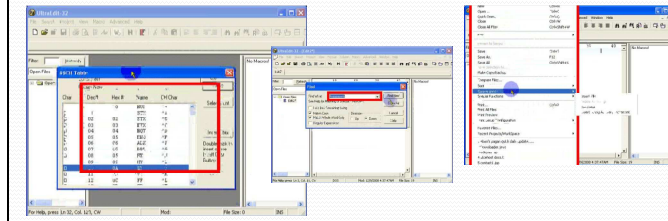
- Imagine clicking randomly on computer screen
- The screen responds back all over the place



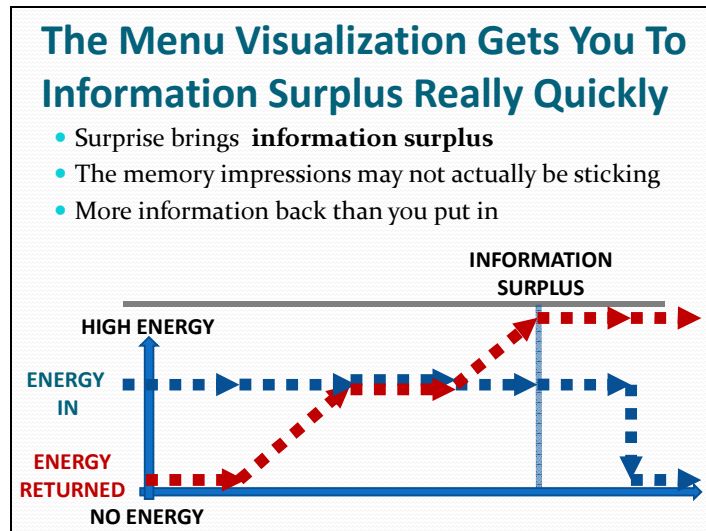
Imagine clicking randomly around on a computer screen on the menus and windows that pop up. Drag them around and click the buttons randomly. The screen will respond back to you with the various widgets and fields all over the place.

### The Menu Visualization Gets Results **Very Fast**

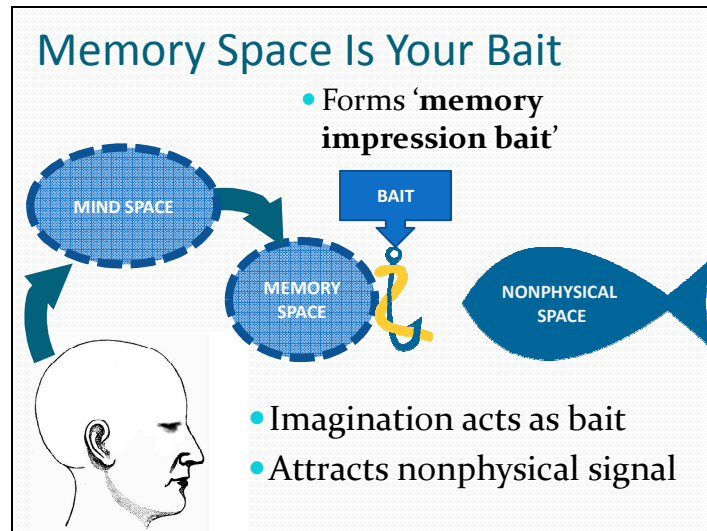
- You'll quickly get to a point where you're not consciously thinking about what the computer screen shows you
- You just get a sense that you click and something is there already, and THEN you consciously observe what you're being shown.
- **This is my favorite pump primer** because it works so fast and starts getting you the element of SURPRISE almost immediately



You'll quickly get to a point where you're not consciously thinking about what the computer screen shows you. You just get a sense that you click and something is there already, and THEN you consciously observe what you're being shown. **This is my favorite pump primer** because it works so fast and starts getting you the element of SURPRISE almost immediately



The element of surprise brings you to the state of **information surplus** very quickly. The memory impressions may not actually be sticking but you WILL start getting back more information than you put in to it right away




Doing this quickly forms '**memory impression bait**' for your O.B.E. When you start visualizing something in this way, your imagination acts as bait that attracts a nonphysical signal. Once you have your bait, the next step is to **cast your line**.



**Memory Impression Fishing:**  
Cast Your Line By Speeding The Visualization Up

- Speed up visualization
- Click and click and click
- Cast your line and **fish for memory impressions**
- Imagine feeling of friction
- Menus pop out automatically

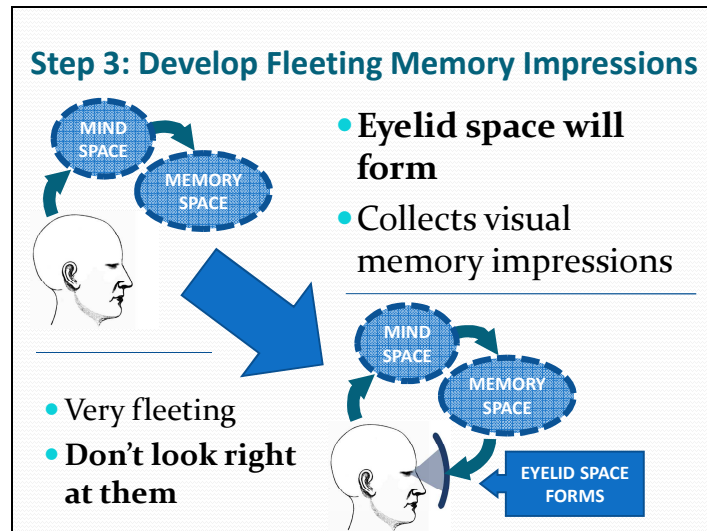


MEMORY IMPRESSION FISHING

WHEN YOU START TO GET FEEDBACK, CAST YOUR LINE BY MAGNIFYING YOUR PUMP PRIMING VISUALIZATION

To cast your line speed up the visualization. Click and click and click all around to cast your line and **fish for memory impressions**

You can also imagine the feeling of friction of your hand on the mouse. Drag your mouse across menu bars so that the menus pop out automatically without you needing to click them individually



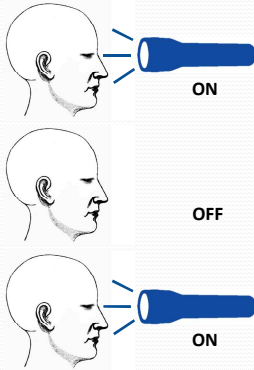
This brings you to step 3. When your pump priming starts to take root your eyelid space will form and start collecting visual memory impressions. These will be very fleeting at first. In fact they'll be so delicate that you don't want to look at them.

Fleeting visuals that appear either in your normal field of vision, or in your imaginary blackboard space are incredibly fragile. All you need to do to destroy a fleeting memory impression is to look directly at it and it will vanish.

To get past this stage you need to train yourself **not to automatically look at them**. This is hard because the human eye is hardwired to reflexively respond to movement. It may take a few nights of relaxing your eyeballs to make it past this part easily but once you get the hang of it you'll be able to move into O.B.E.s much faster than before.

**Use Stimulus Spikes To Strengthen Fleeting Memory Impressions**

- Imagine shining a very bright flashlight directly in your eyes
- **STROBE** the light so it flashes on and off
- Giant contrast between the light flashes and the dark period
- May actually feel pain in your eyes from brightness!

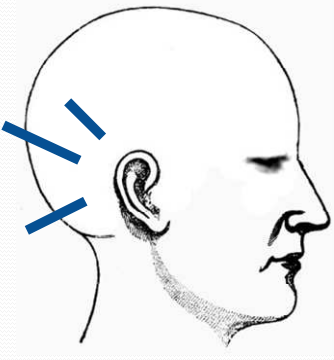


IMAGINE A BRIGHT LIGHT FLASHING ON AND OFF IN YOUR EYES TO STRENGTHEN MEMORY IMPRESSIONS

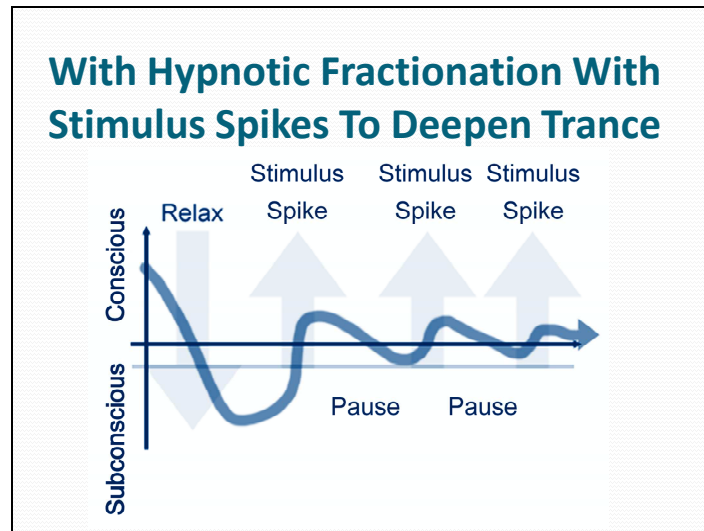
In order to strengthen the impressions you need to use '**stimulus spikes**'. One very good stimulus spike is to imagine shining a very bright flashlight directly in your eyes. It's very important to **STROBE** the light so it flashes on and off. You want to have a giant contrast between the light flashes and the dark period. When it starts to work and you see flashes you may actually feel pain in your eyes from how bright it is!

### Use **Clicking Sounds** To Stimulate Hearing

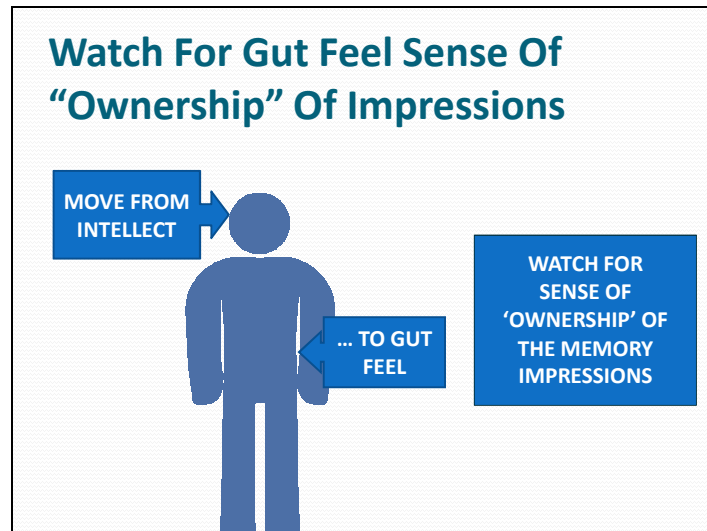
- Imagine loud **clicking sounds**
- Clapping
- Explosions, etc
- Sharp attack strengthens the memory impressions

A line drawing of a human head in profile, facing right. The ear is visible, and several blue diagonal lines represent sound waves entering the ear canal. The head is bald, and the features are simple line art.

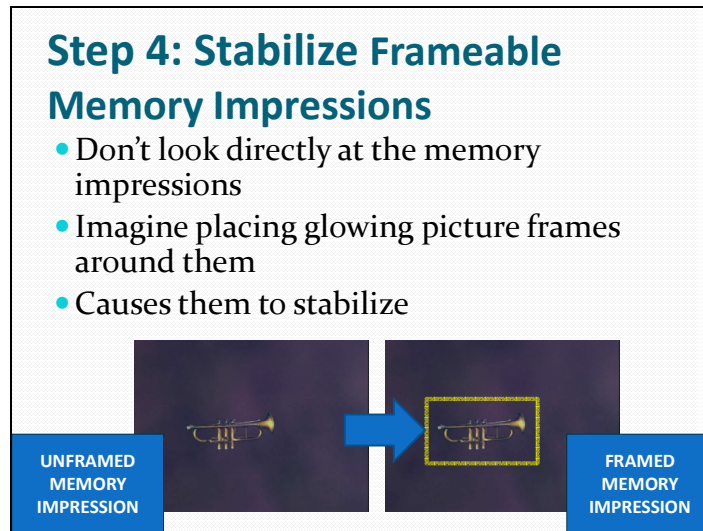
While you're using the flashlight, imagine loud **clicking sounds** which will add extra stimulus spikes. You can imagine clapping, or explosions or anything else that has a sharp attack to strengthen the memory impressions. Eventually the impressions will become stronger and last a bit longer. Once they reach a certain level of persistence they will become "frameable" memory impressions.



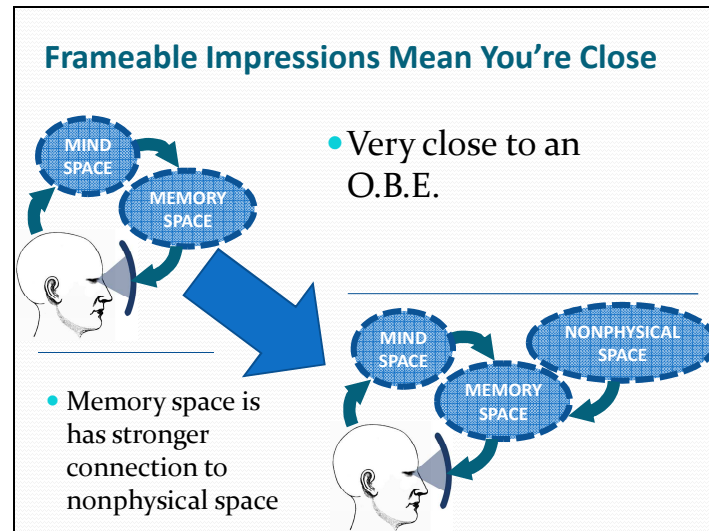
Remember that in the timer method you used hypnotic fractionation to enter and exit trance over and over and each time you completed a cycle you slipped deeper and deeper in trance. Do the same thing here except instead of using beeps, use stimulus spikes. First imagine flashes and clicks, then relax your mind and forget about things for a few seconds. Then use more stimulus spikes for 10 or 15 seconds then relax for another 10 or 15 seconds. Repeat this until you start to get the photographic ownership gut feel.



This will bring you to a state of photographic ownership where you get a gut sense that the impressions are starting to stick and you are taking control of them. This point where you reach photographic ownership is the biggest landmark on the way to an OBE because once you really have a feeling that you've locked on to the impressions you've got it in the bag. At this point they've become "frameable" memory impressions.



Step 4 is to stabilize the memory impressions. At this point you **STILL** don't want to look directly at them because you'll destroy them. Instead imagine placing glowing picture frames around them which causes them to stabilize. Be sure to do this **without looking directly at them**. Remember that even at this point you may not be seeing anything, and everything may still be invisible because it's possible to go all the way and separate into an O.B.E. but still be nonphysically blind. What matters is that awareness of the memory impressions is lasting long enough that you can start to frame them. Remember to use the shifted blackboard trick to feel what memory impression space is like so you're not relying on sight.




Once they're lasting long enough that you can frame them you'll be very close to an O.B.E. This stage means your memory space is getting a much stronger connection to nonphysical space.



## Watching The Fishing Bob

- Fish nibbling hook when fishing bob moves
- Tell how much nonphysical signal you have by **amount of surprise**
- Surprise not from own intentions
- Vibrations, rushing noises likely here



SURPRISE TELLS  
YOU HOW MUCH  
NONPHYSICAL  
SIGNAL YOU'RE  
GETTING

Using the fishing analogy, you can tell when fish are starting to nibble your hook when your fishing bob starts to move. With O.B.E.s you can tell how much of your impressions are coming from nonphysical space based on **how much they are surprising you**. This is because surprise comes from some source other than your own intentions. At this point you may also be getting other phenomena such as vibrations and rushing noises.

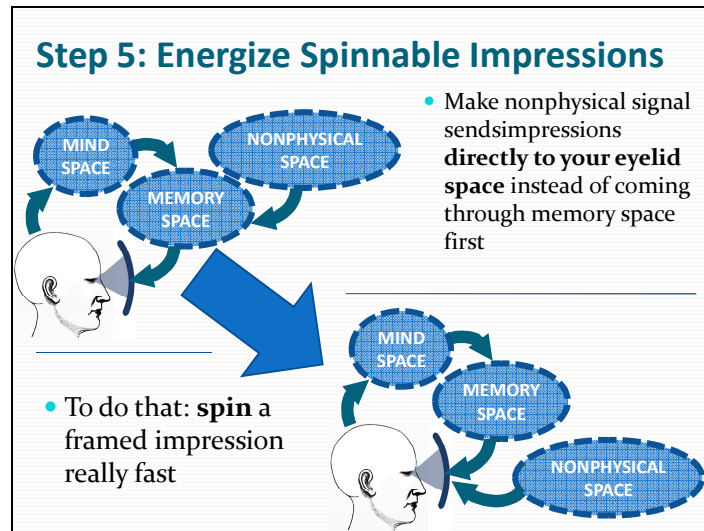
### The Fish Are Biting If You Can Look At The Impressions Without Killing Them

- Fish are biting
- You're getting a steady stream of memory impressions
- Try looking directly at a memory impression
- See if it vanishes



THE FISH ARE  
BITING, TIME TO  
REEL THEM IN

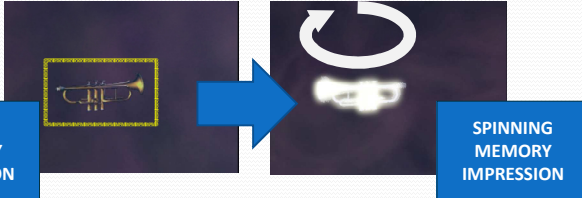
If you're getting good signals that the fish are starting to bite and you're collecting a steady stream of nonphysical memory impressions, try looking directly at a memory impression. If it doesn't vanish then things are stable enough for you to **energize** the memory impressions and then reel them in



Step 5 is to energize the impressions. This will cause the nonphysical signal to send impressions directly to your eyelid space instead of coming through memory space first. To do that, take an impression you've framed and make it spin really fast.

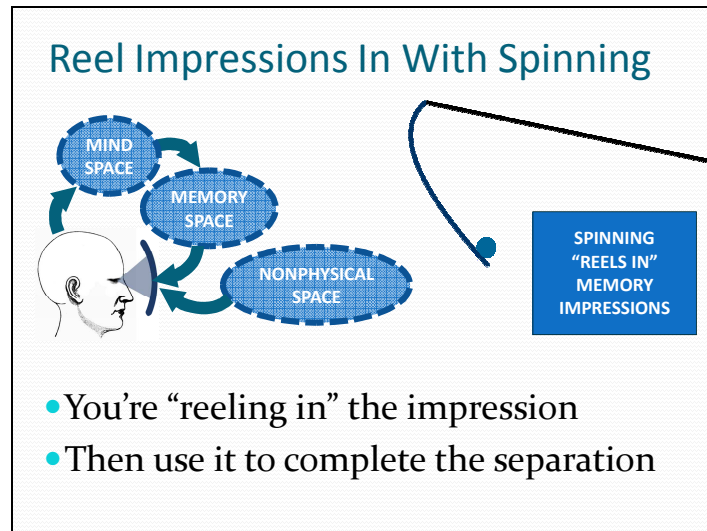
### Spinning Makes Impressions Solidify And Glow

- Make it spin as fast as you can imagine
- Then twice as fast as that
- Then twice as fast again
- Impression glows and becomes permanent

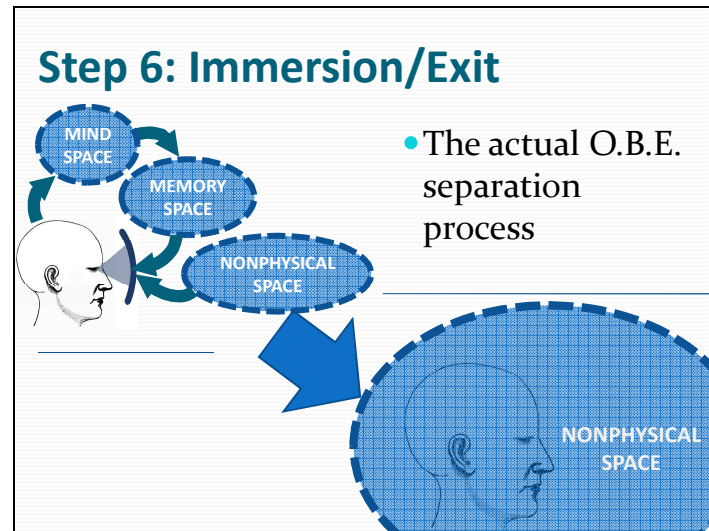


The diagram illustrates the process of solidifying a memory impression through spinning. It consists of two main visual components connected by a blue arrow. On the left, labeled 'FRAMED MEMORY IMPRESSION', is a dark rectangular area containing a yellow dashed square frame. Inside this frame is a faint, golden trumpet. On the right, labeled 'SPINNING MEMORY IMPRESSION', is a similar dark area, but the trumpet is now bright and glowing. Above the glowing trumpet is a white circular arrow indicating a clockwise spin. The labels 'FRAMED MEMORY IMPRESSION' and 'SPINNING MEMORY IMPRESSION' are written in white capital letters on blue rectangular backgrounds at the bottom of each respective image.

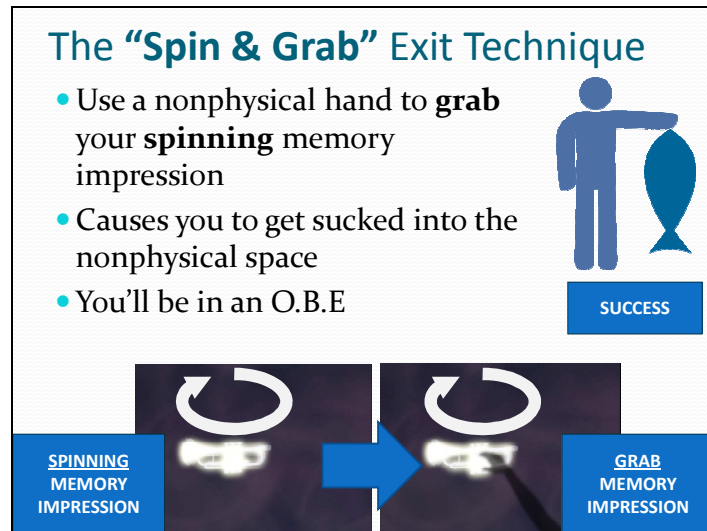
Spinning the impression will cause it to solidify. Make it spin as fast as you can imagine, then imagine spinning it twice as fast as that, and then twice as fast again. This will make the impression will start to glow and become permanent.



You should only need to use the spinning trick on one memory impression. This is as if you're 'reeling it in' so you can use it to complete your separation and enter the O.B.E.



Step 6 is the last step! This is the actual O.B.E. separation process. By this time you'll be deep enough in your subconscious that you can probably use just about any exit method.

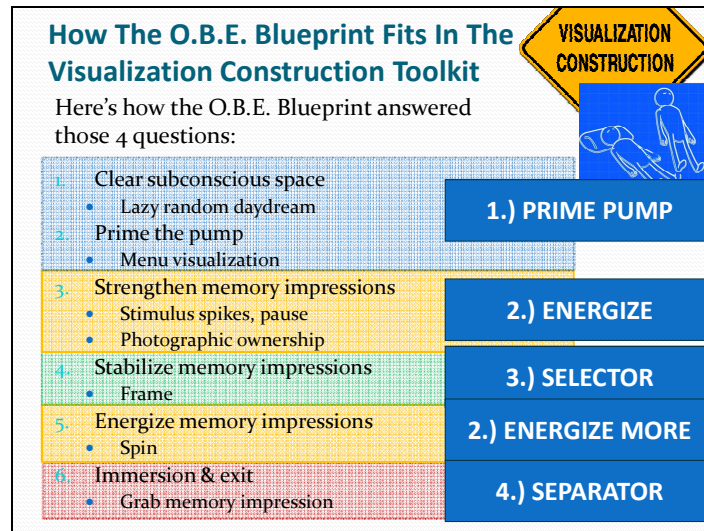


The one we’re going to use is called “spin & grab” This is a new exit method which works very well with the induction we’ve done so far. By now you should have a sense of where you nonphysical body is so you can use a nonphysical hand to grab your spinning memory impression. When you grab the memory impression it will cause you to get sucked into the nonphysical space and you’ll be in an O.B.E.

The “What To Do & When” Chart			
What's Happening	Stage	What To Do	Example
Thinking about physical day	Start	Clear space	Lazy random daydream
Relaxed mind	Cleared	Prime pump	Computer menus
Barely perceptible	Fleeting	Stimulus spikes, pause	Shine light in eyes, click, pause
In and out, momentary	Frameable	Stabilize	Frame without looking at it
Longer lasting but dim	Spinnable	Solidify, energize	Inject energy by spinning to solidify
Solid but you're not in it	Grabable	Connect	Grab
Connected but not immersed	Immersible	Immerse	Exit technique

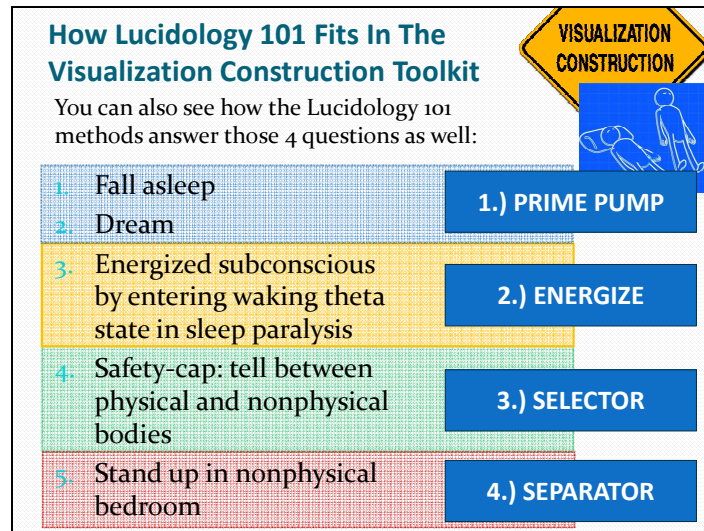
Here’s the “what to do and when” reference chart which is in your notes. It summarizes how to tell what stage you’re in and what to do once you’re there.





Now that you have an idea of what a complete visualization-powered O.B.E. induction looks like, you can use it as a template to construct brand new inductions which are just as powerful. Here's how the O.B.E. Blueprint answers the 4 critical questions in the visualization construction toolkit.

- First you cleared a subconscious space with a lazy random daydream.
- You then prime the pumped with the menu visualization. Those steps form the pump priming step.
- Next you strengthened your memory impressions by alternately using stimulus spikes then pausing. This brought you to the important a state of photographic ownership. That was an energizer phase.
- After that you stabilized memory impressions by framing them. That's a selector step.
- You then energized memory impressions by spinning them. That was another energizer step.
- Finally was the immersion & exit where you grabbed the impression. That was the separator step.



You can also see how the Lucidology 101 methods answer those 4 questions as well.

- You first fell asleep and dreamed. Those were pump priming steps
- You then entered waking sleep paralysis using the timer. Waking sleep paralysis energized your subconscious by putting you in a waking theta state.
- Next you used safety-cap to tell between your physical and nonphysical bodies. That was the selector step.
- Finally you stood up in the nonphysical version of your bedroom. That was the separator step.

Now that you have the toolkit, you can check visualizations you've seen in other books and see if they're missing any parts

Then you can add what's missing and make them much more effective. For instance, a classic induction is to let yourself become very thirsty and place a glass of water on the other side of the room.

## Fixing The “Thirst” Induction

- Induction: become very thirsty and focus on glass of water
- Creates sense of separation
- Has “Selector” and “Separator”
- Missing “Pump Primer” and “Energizer”
- To fix: Use paralysis to energize your subconscious
- Then switch to the “thirst” method

The idea is that by strongly willing yourself to pick up the glass of water you can end up projecting your consciousness to the glass of water and have a conscious O.B.E...

This induction creates a strong sense of separation between your physical location and your target projection location. In other words, it has a “Selector” and “Separator” stage but it’s missing the “Pump Primer” and “Energizer” steps. You can fix it with the Lucidology 101 methods to get to the point where you’ve energized your subconscious and then switch to the “thirst” method once you’ve reached waking sleep paralysis.

In the next section we’ll cover sneaky speed cheats to further accelerate your O.B.E. skill using mental projections & phasing O.B.E.s. These are types of OBEs which you can do at much lighter levels of trance than traditional style OBEs. That means you speeds things up 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 call rezooming. So stick around and I’ll see you there.