

# **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 5: “Sneaky Speed Cheats”**

### **Mental Projections, Phasing And Rezooming**

- 1. Faster Than Normal OBEs**
- 2. How To Open Subconscious Memory Impression  
Portals**
- 3. Recycle Trance With Rezooming**

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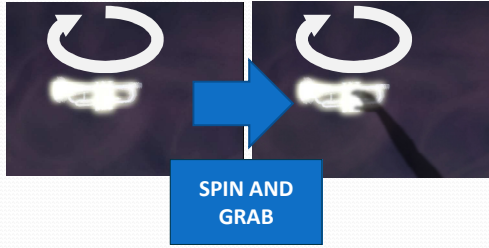
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## New Memory Impression Tricks

- Previously we covered Spin and Grab



SPIN AND GRAB

- Next we'll cover "Zoom And Phase"

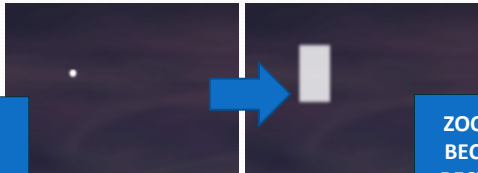
Here in part 5 we'll cover sneaky speed cheats to further accelerate your O.B.E. skill using mental projections & phasing O.B.E.s. These are types of OBEs which you can do at much lighter levels of trance than traditional style OBEs. That means you speeds things up so you to get to 100 OBEs much quicker.

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.

In the O.B.E Blueprint we talked about the "Spin & Grab" Energizer/Separator combo in which you energized a memory impression by spinning it, and then separated into the O.B.E by grabbing the impression. Another way to use memory impressions is to use them as **memory impression portals** to otherworldly nonphysical planes. To do that you use "**Zoom And Phase**" which is both a Selector and a Separator. Here's how to do "Zoom and Phase"...

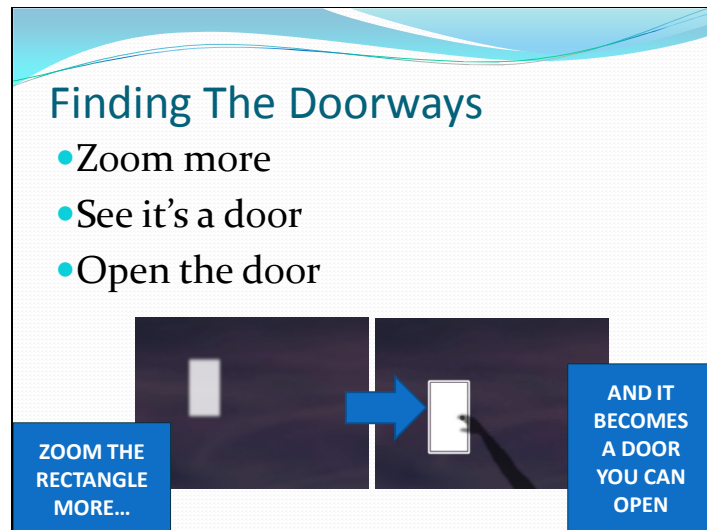
### Using **Zooming** To Energize Portals To Otherworldly Planes

- Glowing white dot far away
- **Zoom** focus in to it
- See it's actually a rectangle
- Zooming = **selector**
- Zooming = **energizer**

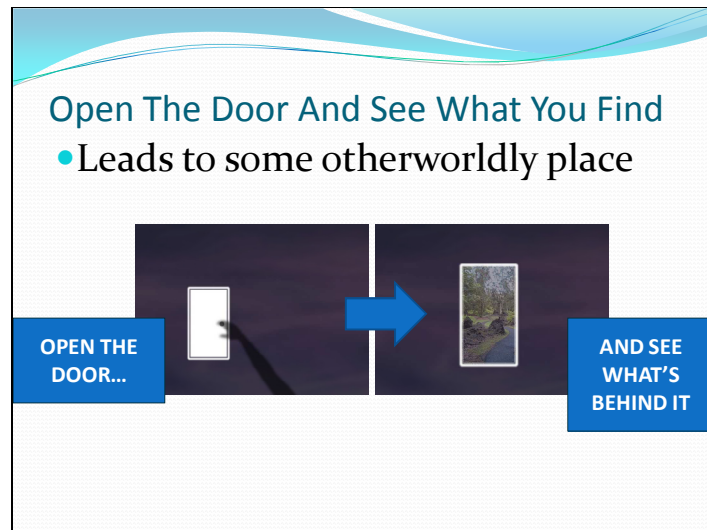


The diagram consists of two side-by-side dark rectangular panels. The left panel shows a small, glowing white dot in the center. Below it is a blue box with the text 'A DOT IN THE DISTANCE'. The right panel shows a larger, glowing white rectangle in the center. Below it is a blue box with the text 'ZOOMS TO BECOME A RECTANGLE'. A large blue arrow points from the left panel to the right panel, indicating the zooming process.

Sometimes in eyelid space you'll see a glowing white dot off in the distance. If you **zoom** your focus in to it you find it's actually a rectangle. Zooming is a **selector** to focus your attention on the impression. It also acts as an **energizer** to make the memory impression more solid and detailed



When you zoom in closer you'll often see that it's actually a door. If you're deep enough in trance you can use a dream hand to open the door.




Once it's opened you'll see where leads. Usually it will be to some otherworldly place.



Use intent to bring it closer still and it will start to fill your vision.

## Entering Through The Portal

- Enter the doorway
- Immersed in nonphysical area
- Becomes like physical awareness



The diagram shows a transition from a physical doorway to a nonphysical area. On the left, a blue box contains the text "ENTER THE DOORWAY COMPLETELY". An arrow points from this box to a central image of a doorway. On the right, another blue box contains the text "AND YOU'VE ENTERED AN O.B.E.". The central image shows a path leading into a lush, green, nonphysical landscape.

ENTER THE DOORWAY COMPLETELY


AND YOU'VE ENTERED AN O.B.E.

Enter the doorway completely and you'll be completely immersed in the nonphysical area you see. You'll be able to walk around in it exactly like you can while physically awake.



## Mental Projections Vs Phasing

- The previous example covered:
  1. **Mental projections**
  2. **Phasing projections**
- Mental projection:
  - Watch the impressions
  - Do not immerse in them
- Phasing projection: immerse in nonphysical space
- “Zoom and phase” vs. “zoom and watch”

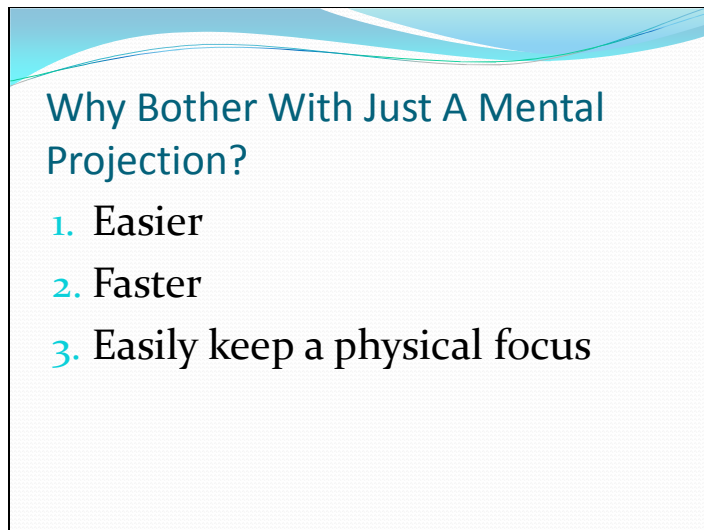


The previous example actually covers two distinct types of O.B.E.s:

• **Mental projections** and

• **Phasing projections**

A mental projection is where you just watch the impressions without fully immersing in them. A phasing projection is where you do immerse in the nonphysical space. So it's the difference between doing “zoom and phase” or just “zoom and watch”



You might wonder why stop at a mental projection if you can just go one more step and get a fully immersive phasing projection?


There are three main reasons:

- It's easier
- It's faster
- You can more easily keep a physical focus with mental projections

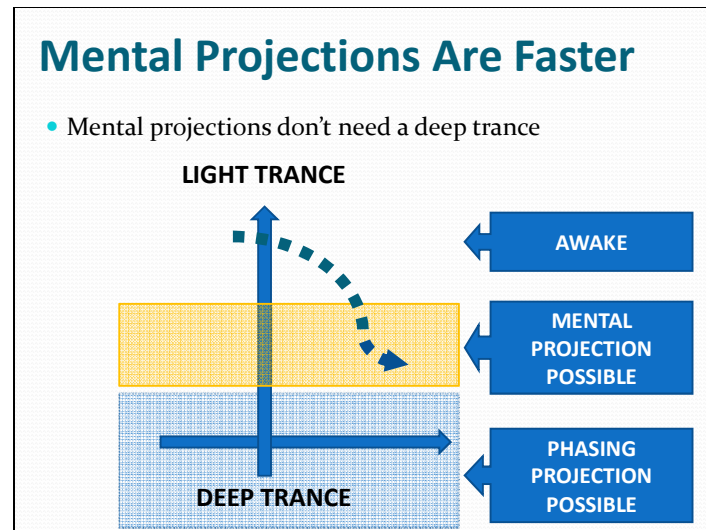
## Mental Projections Are Easier

- Phasing requires **'phasing pressure'**
- Phasing pressure is a **separator**
- Similar to creating a feeling of a force for safety cap exit

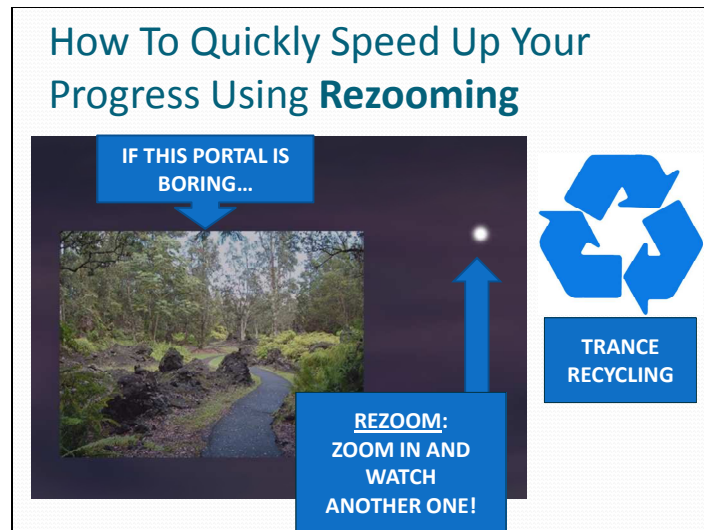
CREATING PHASING PRESSURE TO PRESS INTO THE MEMORY IMPRESSION SPACE



Phasing requires that you actually separate from your body using **'phasing pressure'** to push yourself into the memory impressions. Phasing pressure is a **separator** that's almost the same thing as creating a feeling of a force in order to do the safety cap exit when you do a traditional O.B.E and separate into the nonphysical version of your bedroom.



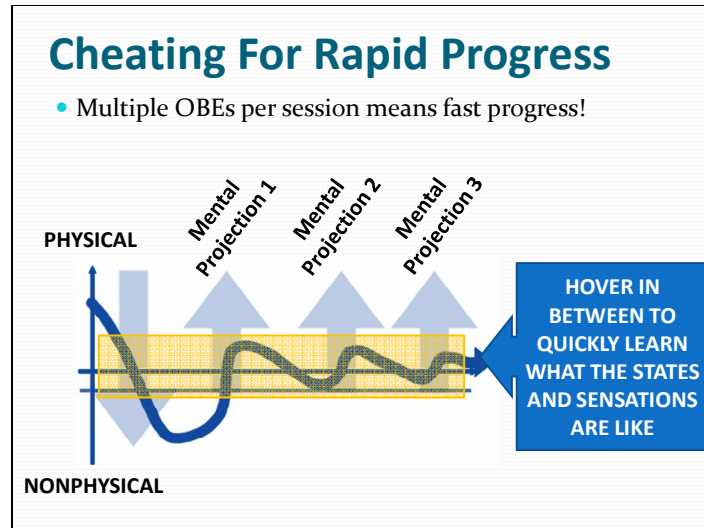
Because of this, you need to be deeper in trance to fully pull off a phasing projection. If you're not deep enough you'll run into vibrations and rushing noises, just like you would with safety cap. With a mental projection you can just sit there and watch the impressions. This makes mental projections quite a bit faster.



If you choose not to fully phase into the portal you're watching then you can back out of it quite easily. This means if you get bored of the space you've tuned to it's a lot easier to just **"rezoom" into another memory impression 'channel' to watch.**

Just stop focusing on the memory impression portal you've found, find another dot in the blackness and zoom into it.

You can quickly have several mental projections in a single session using rezooming. Rezooming is one type of **"trance recycling"**. We'll cover other ways to recycle trance when we get to teleportation. This is an important way you can 'cheat' and very quickly get to 100 O.B.E.s.



This also means you don't have to go through the entire process of waking up and falling asleep to have another O.B.E. Just tune to another portal and enjoy a completely different mental projection. The more time you spend in the 'in between' states the faster you learn those states and the easier it is for you to return to them on your next session.

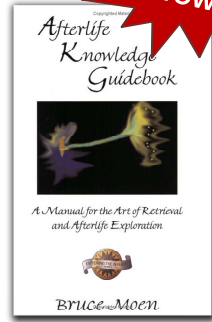
### Recording What You See In Mental Projections

- Keep complete awareness your physical body
- Possible to speak into microphone to record mental projections

The third advantage mental projections have is you can do them even while you have complete awareness of your physical body. Some people, like Bruce Moen, are able to enter mental projections and make physical tape recordings by narrating what happens in the projection

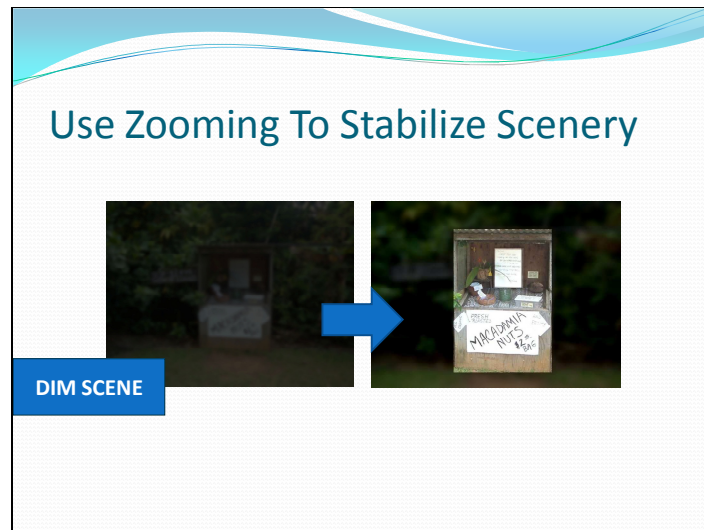
## Check Out Bruce Moen's Books!

- Books 1-4 on his nonphysical explorations
- 5<sup>th</sup> book: 'The Afterlife Knowledge Guidebook'
  - More 'how to' oriented
- I recommend them all!



Bruce Moen has written several excellent books using this method, all of which I recommend. His first four books are accounts of his nonphysical explorations. His 5<sup>th</sup> book called 'The Afterlife Knowledge Guidebook' is more 'how to' oriented. I've read them all and recommend them to anyone else who's seriously interested in nonphysical exploration.

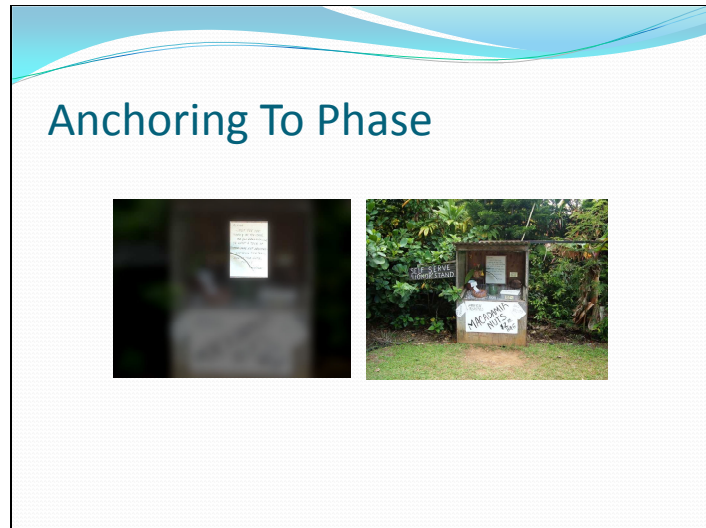




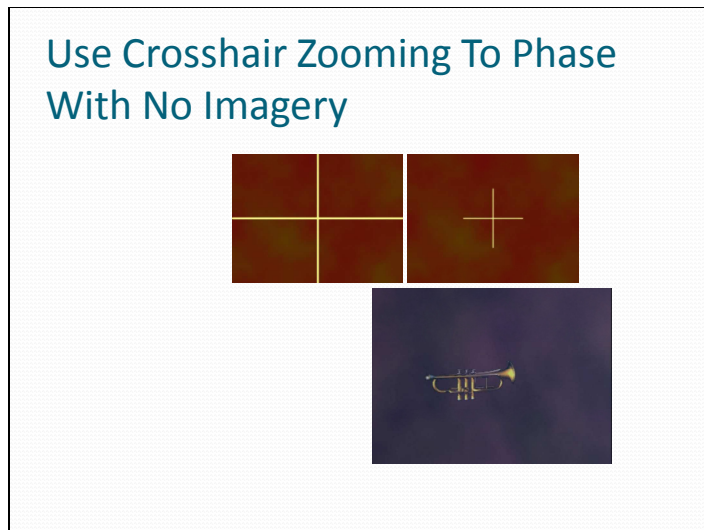
Sometimes instead of focusing into a black void with glowing doors you'll find yourself looking into a scene of some kind. It can be hard to lock on to the scene. This is a good time to use stimulus spikes we covered earlier such as bright flashing lights, clicking noises and spinning the objects. To stabilize it further, pick a small part of the scene and frame it. Then zoom your focus in to which will make it brighter and sharper. This will also make the rest surroundings become more blurry and dark. This is what you want. Looking at the entire scene when you first start the mental projection leaves you unfocused which is why it's hard to enter.



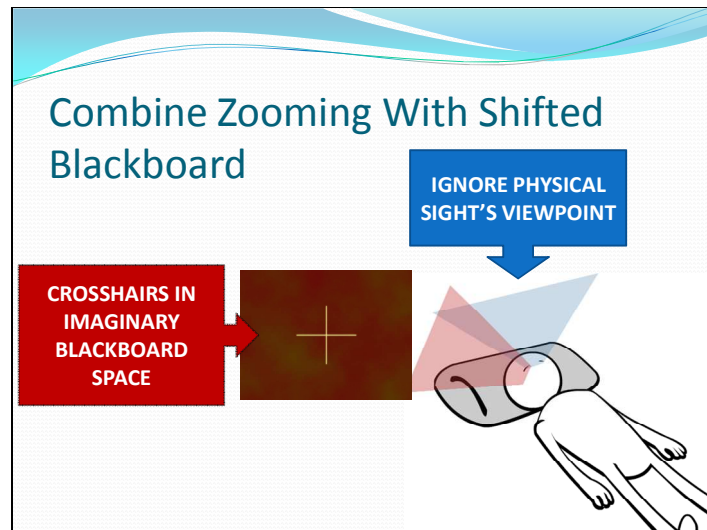
If there's a lot going on in the scene just frame and zoom smaller and smaller parts. For instance, in this scene after you've zoomed into the macadamia nut stand, you can then zoom into the sign on the stand to sharpen your focus even more. Sometimes you may not actually be able to zoom in, but the act of focusing on one small part will cause it to sharpen and brighten up which is all you need to start phasing.



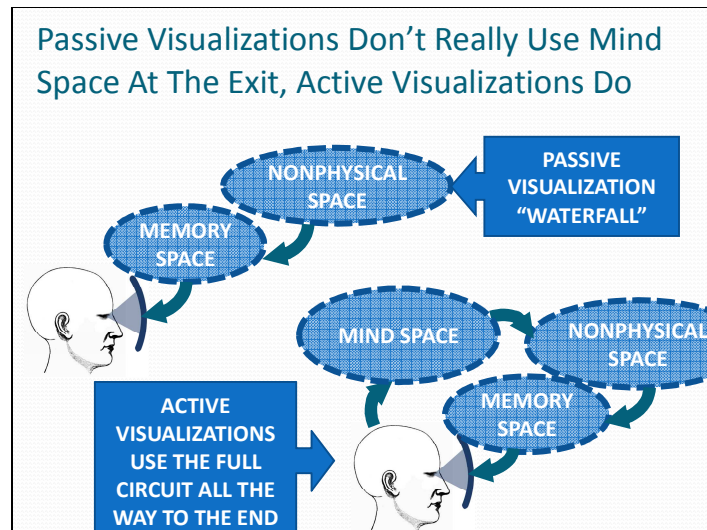
Once you've stabilized your focus on one part of the image enough you'll become anchored to it and get drawn into the scene. You'll be able to phase into the imagery and enter it like a giant portal. The imagery will be just as solid and detailed as waking physical awareness.



This trick also works when you have absolutely no portals or scenery to zoom in to at all. Once you've done a couple phasing OBEs you'll get a sense for how deep you need to be in order for it to work. If you get to that point and still have no imagery then instead of waiting for it you can use the crosshairs trick. Imagine crosshairs in the center of your vision and repeatedly zoom in it over and over. This will put you in a deeper and deeper trance and you'll start to attract memory impressions that you can use to phase. You probably won't actually see the crosshairs you're imagining. Just pretend that they're there as a reference point to feel yourself zooming further and further in.



You can also combine crosshair zooming with the shifted blackboard trick to make sure you're zooming in to your nonphysical awareness and are not distracted by physical hypnagogic swirling.




With the exit methods we've talked about so far we used 'passive visualization'. They were passive because you mainly just used your intent to prime the pump with memory impressions, then you used those impressions to attract the actual nonphysical environment. In active visualizations you don't just use intent to prime the pump, you visualize the whole way through all the way up to the exit itself...

Here's how this affects the OBE. The environment you wind up in when using passive visualizations can be pretty much anything. This is because there was nothing in the visualization to tell it otherwise. This is good and bad...

### The Pros Of Passive Visualization

- Roll of the dice
- Creates interesting O.B.E.s
- Visit amazingly fantastic areas beyond anything on Earth
- Relatively easy
  - Works even if you lose focus here and there



LIKE A BOX OF CHOCOLATES

Passive visualization usually creates much more interesting O.B.E.s than you could ever think of on your own. Using passive visualization where you just roll the dice you can very easily end up in amazingly fantastic areas that are way beyond anything Earth has to offer. Forrest Gump would say “passive visualizations are like a box of chocolates”. You never know what you’re going to get and you can end up almost anywhere. Passive visualization is also relatively easy because you can lose focus here and there and you’ll still end up somewhere that’s probably interesting.

### The Cons Of Passive Visualization

- Very “mood dependent”
  - Crummy mood = OBE in dark locale
- May find negative nonphysical beings
- Can't target a specific place to visit

On the down side, what you get with passive visualization depends a lot on your mood. If you're feeling crummy you may end up in a dark locale that's no fun. You might even get attacked by negative nonphysical beings. These **do** exist and I don't recommend seeking them out because they are not always harmless. We'll go into that in more detail in Lucidology 103. You may also want to target a specific place to visit in your O.B.E. and that's not likely unless you make it happen somehow.

So to round out your O.B.E. bag of tricks we'll cover techniques for active visualizations next. Active visualizations are also an effective way to have multiple O.B.E.s in one session and rapidly accelerate your progress.

In part 6 we'll cover even more sneaky speed cheats. 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. So stick around and I'll see you there.