

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 6: “How To Use “Sense Splitting” To Teleport Where You Want To Go”

- 1. How To Rapidly Accelerate Your O.B.E. Skill With
Almost No Extra Work Using “Focus Straddling” &
The Sense-Splitting Poltergeist Effect**
- 2. And: How To Use Active Visualizations Like
“Teleporting” O.B.E.s To Target Specific Locations
You Want To Explore**

By Nicholas Newport

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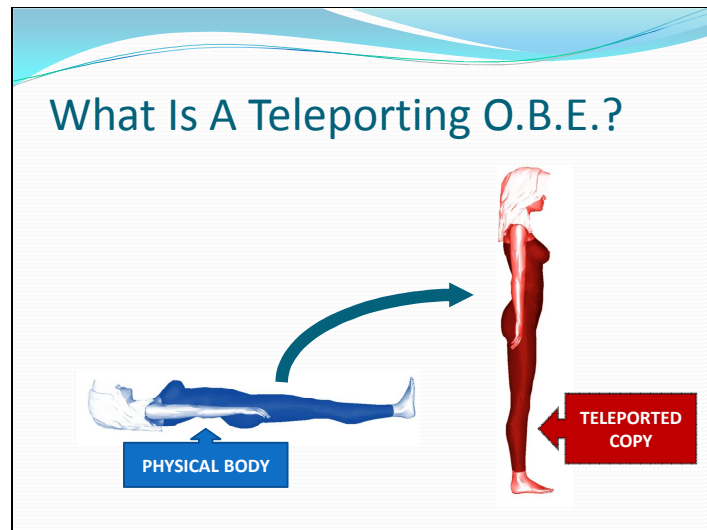
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Here in part 6 we'll cover even more sneaky speed cheats. You'll find out how to use "sense splitting" to teleport where you want to go. By using "teleporting" O.B.E.s you'll be able to specifically target locations you want to explore.

So what is a teleporting O.B.E? In a teleporting O.B.E you teleport directly out of your body without having to pass through any of the points in between.

The 3 Main Reasons Why You Should Bother With Teleporting O.B.E.s

1. To target a specific location
2. Speed up phasing O.B.E.s
3. Speed up traditional O.B.E.s

You may wonder why should anyone bother with teleporting? After all, don't the other inductions work well enough?

Here are the 3 main advantages teleporting O.B.E.s have:

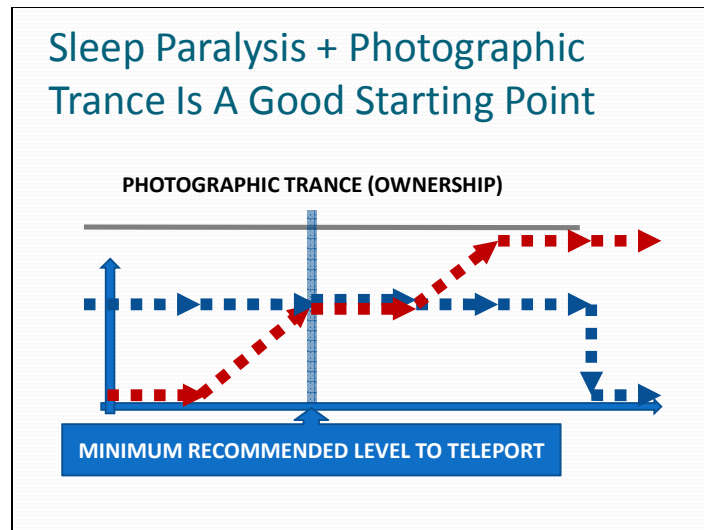
- You can target a specific location you want to visit nonphysically by teleporting to it
- You can use teleporting to speed up phasing O.B.E.s by teleporting into your imagery rather than phasing into it
- You can speed up your O.B.E.s into the nonphysical version of your bedroom by teleporting out instead of having to relax past the vibration stage

So here's when and how to do teleporting O.B.E.s...

When To Do Teleporting O.B.E.s	
What's Happening	Stage
Thinking about physical day	Start
Relaxed mind	Cleared
Barely perceptible	Fleeting
In and out, momentary	Frameable
Longer lasting but dim	Spinnable
Solid but you're not in it	Grabbable
Connected but not immersed	Immersible

BEST LEVELS FOR TELEPORTATION →

You generally can do teleporting O.B.E.s when you have **spinnable memory impressions**. Sometimes you can do them when they're merely frameable. It helps a lot to be in sleep paralysis, but it's not completely required



If you don't have visuals, you can also start at the point where you have a photographic trance. Photographic trance combined with sleep paralysis is an especially effective point to start a teleporting visualization.

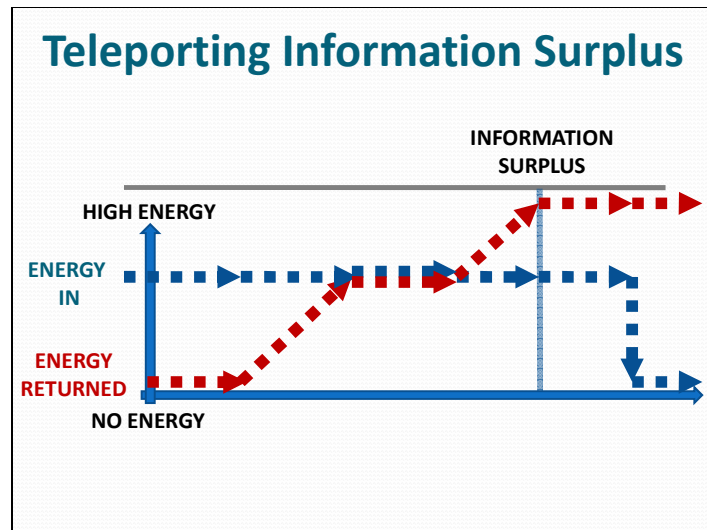
Slide 7



To do a teleporting O.B.E. imagine you're outside looking at the wall of your house. Look its texture and use your hands to feel the tiny grains and bumps on it. Run your fingers through the grooves and note how different parts of the wall are smoother than others. Imagine running your fingers down to the ground and feel the texture of the grass. Imagine running your fingers through the grass and see if you can feel where some parts are more supple than others. Find a patch where there is no grass and you can see the bare dirt. Dig out some of the dirt and find a rock and roll it around in your fingers

Next crouch down and smell how the air is more damp toward the ground than it is above. Listen for the air blowing through the blades of grass and think about how things sound differently when your head is low to the ground because it reflect noises away. Then look up at the sky and see if you can see any shapes in the clouds. Next walk to a door and look at the pattern on it.

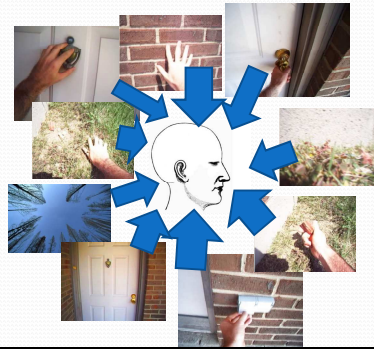
Use your hand to wiggle the knob and see if you can feel the mechanism working inside. Look around to see what else you can interact with. Feel their textures and see if any of the objects make any noises. Next, speed up your exploration to achieve an information surplus...



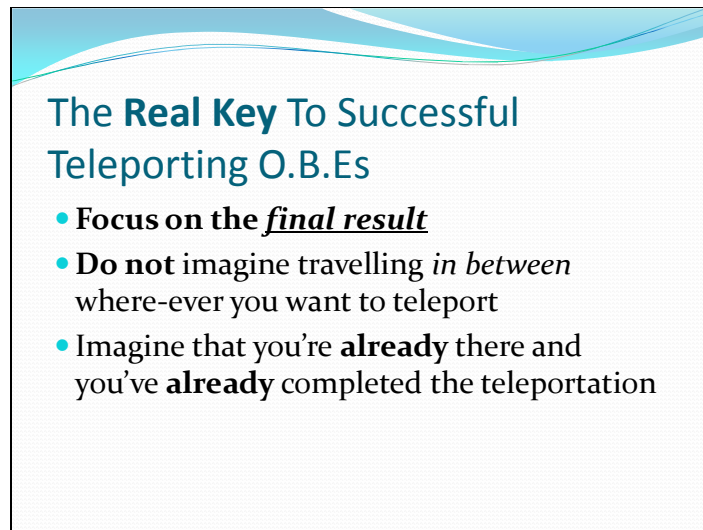
Remember with the computer menu visualization you imagined clicking the screen really fast to get more and more feedback from the visualization. This was how you got an **information surplus** when you **primed the pump**

Getting Awareness Of Your Target Location Without Thinking About It

- Once the information flows in parallel you're very close



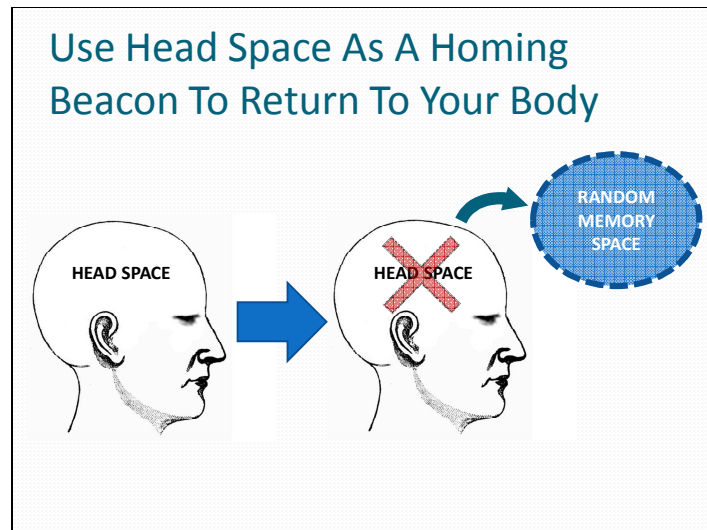
Do the same with the teleporting visualization, speed things up and run around so that you're getting feedback faster than you can think about it. This forces you to start absorbing the information **automatically**. Once the information just flows to you you'll get a sense that you already know what is in the environment. You'll be aware that it's right there in front of you without consciously thinking about any of it. Develop the visualization so that the sensory information starts coming in all **in parallel** rather than memory impressions one at a time. When you're no longer thinking about each thing you see or touch one at a time, you'll be very close to **literally** being able to feel and see everything in the visualization **just like it's physical awareness**.



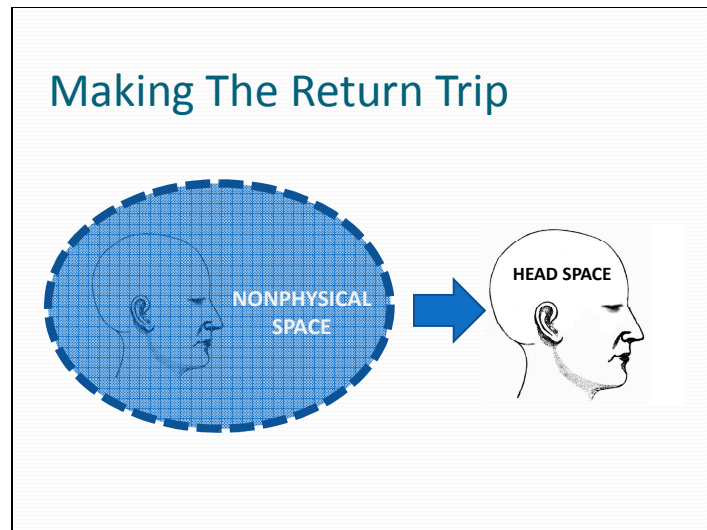
The **Real Key** To Successful Teleporting O.B.Es

- Focus on the ***final result***
- **Do not** imagine travelling *in between* where-ever you want to teleport
- Imagine that you're **already** there and you've **already** completed the teleportation

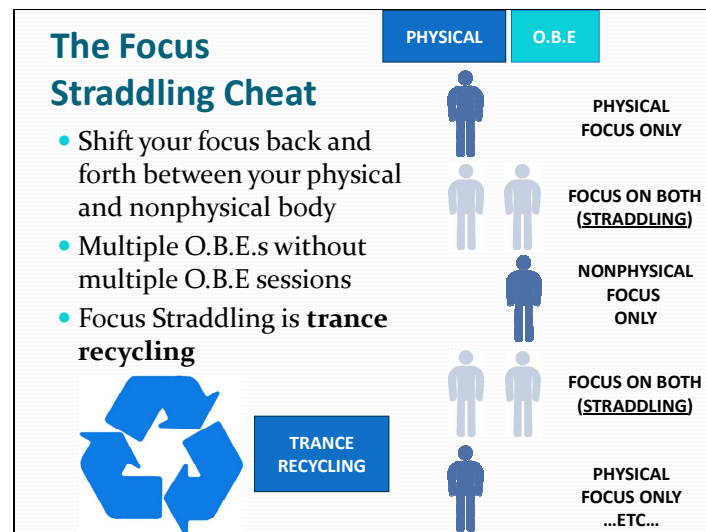
The key to successfully teleporting anywhere is to put your complete focus on the **final result**. Focus on anything else will slow things down. Definitely do not imagine travelling *in between* where-ever you want to teleport. The key to getting it to work is to imagine that you're **already** there and you've **already** completed the teleportation.



Once you're out and have teleported, if you want to return the easiest way is to focus on head space. We haven't mentioned head space much so here's a refresher. Remember when you first start a visualization the first step is to get **out** of head space using lazy random daydreaming.

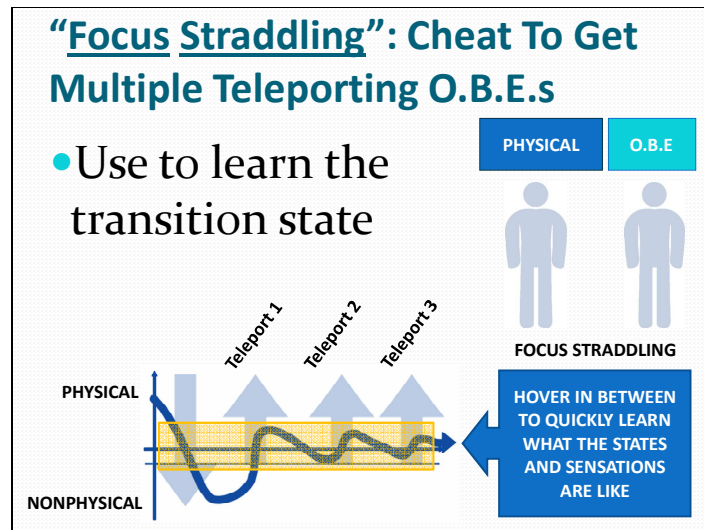


Then when it's time to return, just do the reverse and focus on physical head space.

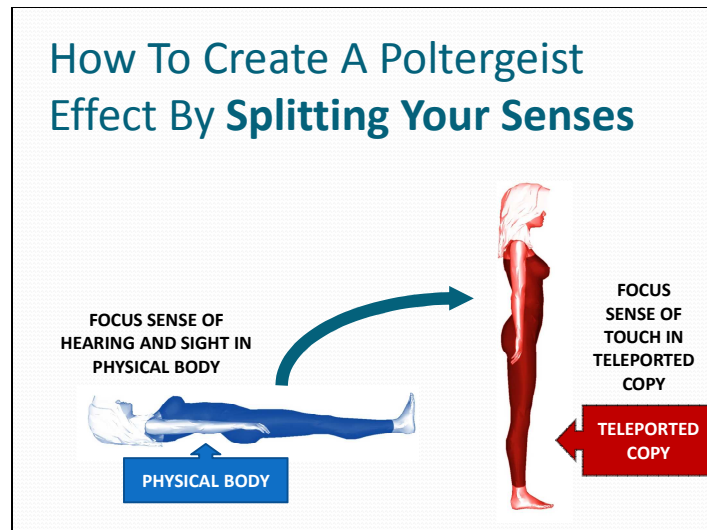


With mental projections, you could cheat and get multiple O.B.E.s using **Rezooming** by tuning in to different memory impression portals without ever exiting trance. With the teleporting exit, you can use **Focus Straddling** to shift your focus back and forth between your physical and nonphysical body and effectively have multiple O.B.E.s without having to do multiple O.B.E sessions. Focus Straddling is another type of **trance recycling** that allows you to speed up your progress

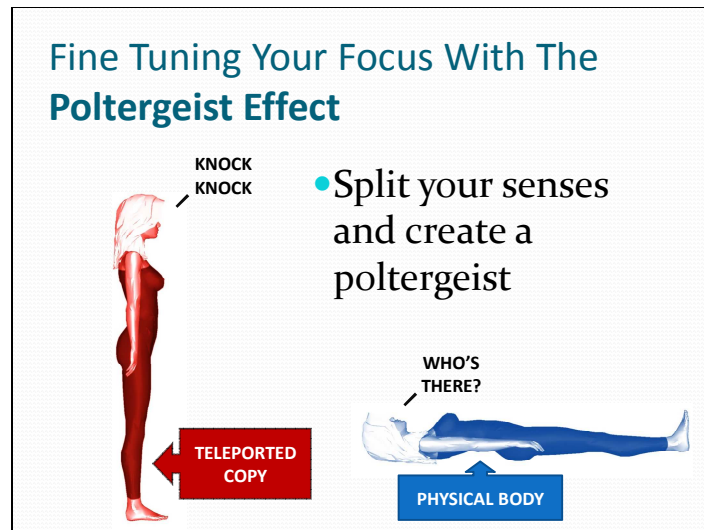
To do this, waver back and forth between your two bodies in order to gain confidence in your abilities. Compare the differences in how each feels and note if your nonphysical copy is missing sensory details that your physical self takes for granted.



Just like with mental projections, hovering between physical focus and teleported focus is a great way to learn the transition state.
Each in/out cycle counts as a new O.B.E.



Something that's fun to do is to focus your sense of feel in your projected copy but keep your sense of sight and hearing in your physical body.



Use your projected copy to knock on the walls loud enough that your physical body can hear it. Since your physical body has nonphysical hearing at this point, you'll be able to hear the knocking off in the next room, or where ever your copy is. You've effectively created a poltergeist of yourself. This is a great way to quickly become adept at developing fine tune control of where your focus is.

Experiment With Different Combinations Of **Sense Splitting**

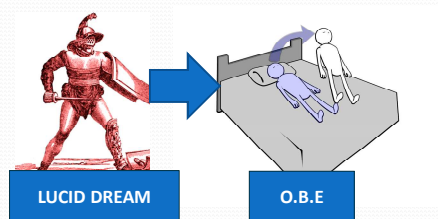
- Experiment with different sense split combos

PHYSICAL	NONPHYSICAL	PHYSICAL	NONPHYSICAL
Sight			Sight
	Hearing		Hearing
Touch		Touch	
	Smell	Smell	
	Taste		Taste

You have 5 physical senses, see how many ways you can focus certain parts nonphysically and the others physically. This exercise will make you especially skilled at the **selector** stage of O.B.E. inductions. For instance, you can leave your sense of sight and touch physical but focus your hearing, smell and taste in your projected nonphysical copy. Or you can leave your sense of touch and smell physical and project your sight, hearing and taste.

Advanced Trance Recycling: Lucid Dream Conversion

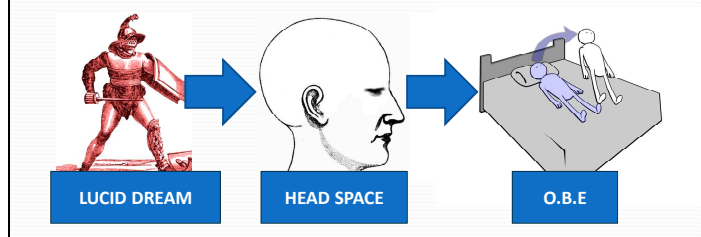
- Recycle trance to convert lucid dreams into O.B.E.s and O.B.E.s into lucid dreams.



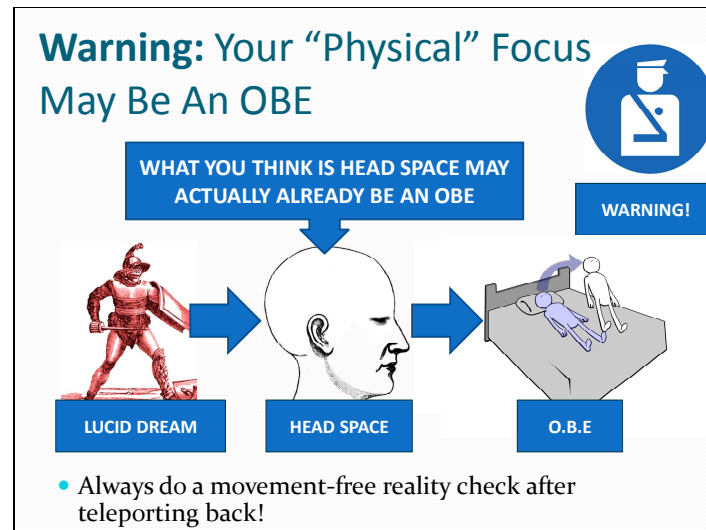
Using teleporting you can also convert lucid dreams into O.B.E.s and O.B.E.s into lucid dreams. This allows you to recycle your trance and have more O.B.E.s even faster. Let's say you're in a lucid dream where you're a Roman gladiator and you want to convert it into an O.B.E.

How To Convert A Lucid Dream Into An O.B.E

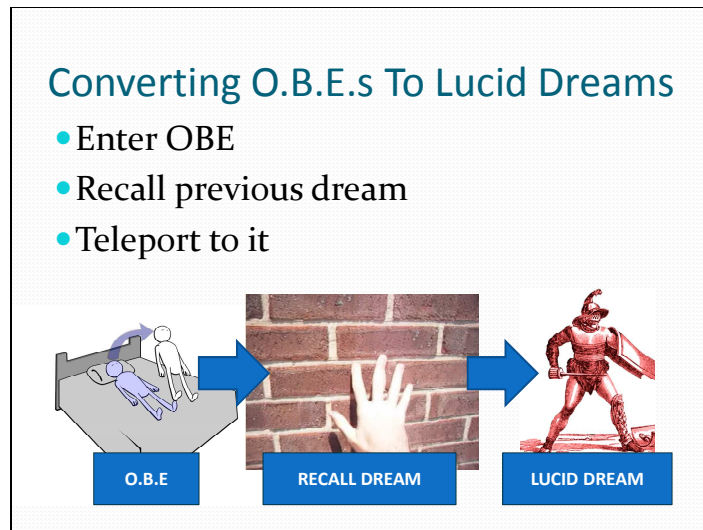
- Enter lucid dream
- Get focus on physical head space
- Convert headspace focus to O.B.E



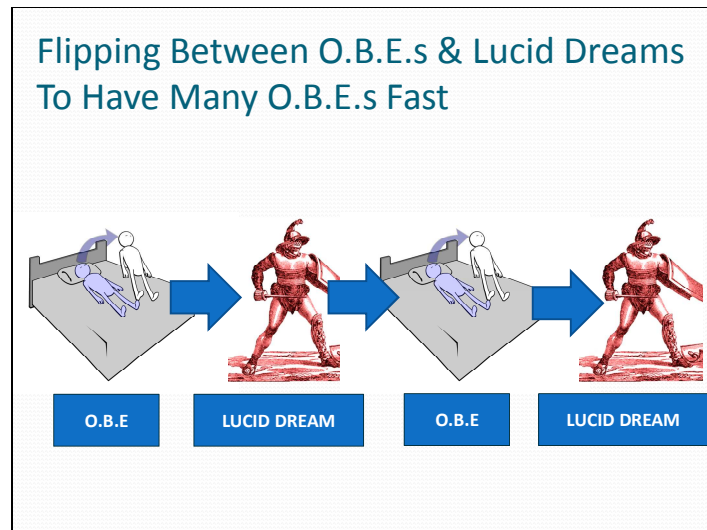
In the lucid dream, get a focus on your physical body. Thinking about your head space is usually the best way to get a physical focus inside a lucid dream. From there you can use any of the O.B.E. inductions to convert headspace focus into an O.B.E.



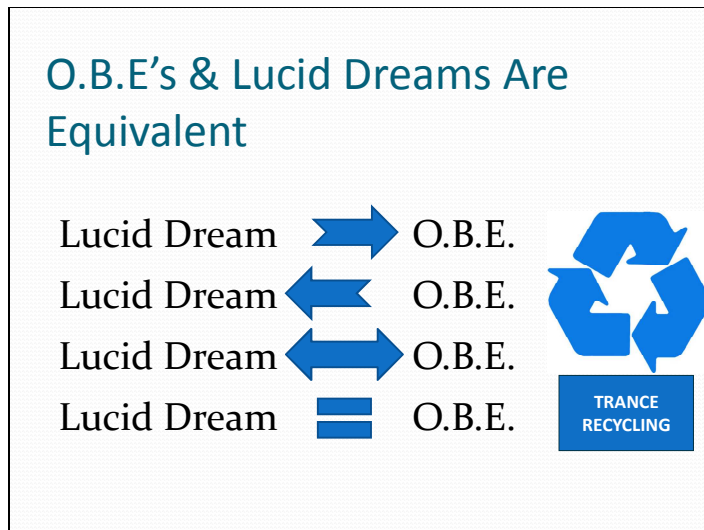
Once you teleport back to your physical body you may actually already be in an O.B.E and what you think is a physical focus may be a nonphysical focus. This is important to know because if you're already in an O.B.E and try to induce paralysis to have another O.B.E it probably won't work. The danger is that you'll lay there trying to do an O.B.E induction and never get anywhere because you already have a nonphysical focus. So the very first thing to do after teleporting back to your body is to **immediately do a movement-free reality check**. If your check works out, then you can just get up out of bed and you'll already be in the O.B.E for free!



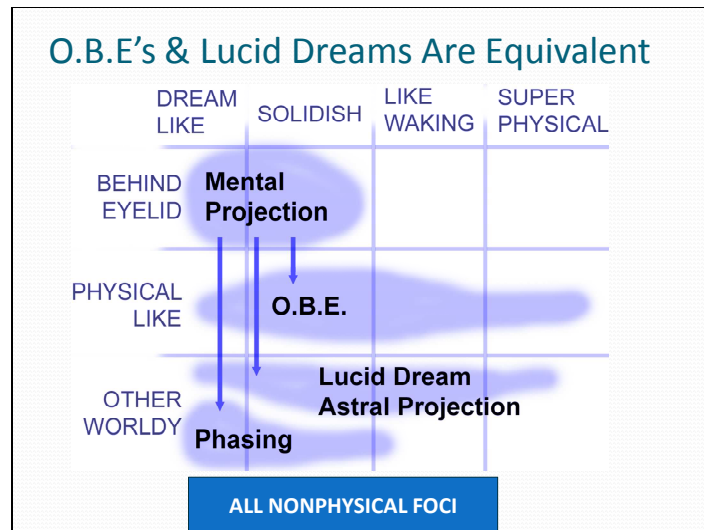
You can also go the other way and convert an O.B.E. into a lucid dream. To do that, instead of imagining you're teleporting into the next room over, recall what a dream you had was like and teleport there.



Using this you can cycle between O.B.E.s and lucid dreams. This is a great trance recycling technique to have a lot of O.B.E.s quickly.




The big take-away here is that lucid dreams and O.B.E.s are interchangeable. That means they are really **equivalent phenomena**.



In fact, all the states we've talked about are really the same thing. The key requirement is that you shift your focus to a nonphysical environment. Lucid dreams, O.B.E.s, mental projections and all the rest are just ways of focusing in to various nonphysical environments so they're really all the same thing: They are all forms of nonphysical focus.

Limitations Of Teleporting OBEs

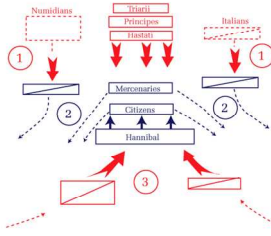
- Teleporting a few feet away is not that hard
- Teleporting to heaven type areas is sometimes very hard
- More on how to access high energy planes in Lucidology 103 which gives you a map of nonphysical geography



ACCESS TO HIGH ENERGY PLANES IS NOT GUARANTEED

One thing you'll find with teleporting is that it's a lot easier to teleport into the next room over than it is to teleport into really high energy heaven type areas. This is because the nonphysical planes have their own rules. You can't always just invite yourself in to anywhere you like. Getting access to high energy nonphysical areas is a very big topic which we'll cover in much more detail in Lucidology 103.

Part 7: 2 Week “Sleep Training” Phase



- First part of the 100 OBE Battleplan
- Optimize your sleep cycle
- How to cure any amount of jet lag in one day
- OBE test runs: Find out your sleep type
- Fit induction to your needs
- Night time practice routines

YOUR BATTLEPLAN

Now you have a highly effective bag of tricks you can use to have many O.B.E.s in a variety of styles. The next step is to tie these all together in the 100 O.B.E Battleplan. This battleplan takes all the secrets you’ve learned and condenses it into a 100 day plan to go from 0 O.B.E.s to 100 O.B.E.s even if you’re a jetlagged insomniac right now.

First we’ll optimize your sleep cycle in the 2 week sleep training phase. You’ll sync up your sleep cycle with the sun and if you have jet lag I’ll show you how to flip your sleep cycle around 180 degree in a one day to get you back on track. Then you’ll do test OBE runs to find out your sleep type and adjust your O.B.E routine to fit your specific needs.