

Lucidology 102: The 100 OBE Battleplan

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**“The 100 Day Plan How To Go From Jetlagged Insomnia To
Your 1st 100 OBEs.”**

Part 1: “Sleep Training”

- 1. Night-Time Practice Routines & Early Morning
Practice Sessions You Need To Prepare For The
“O.B.E Workout” Phase**
- 2. And: How To Find Out Your Sleep Type And Adjust
Your O.B.E Routine For Your Specific Needs**
- 3. Plus: 3 Steps To Cure Any Amount Of Jet Lag In A
Single Day**

By Nicholas Newport

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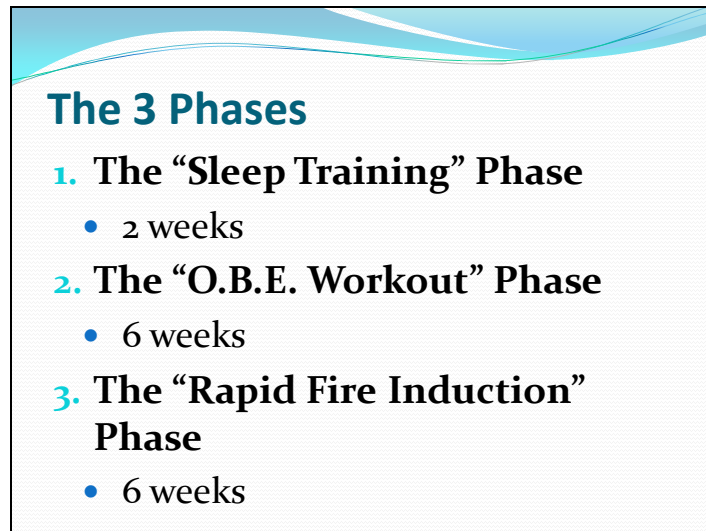
The Two Approaches

1. **“Weekday Drip”**
 - Morning O.B.E every few days
2. **“Weekend Blitz”**
 - Multiple O.B.E.s per morning session

You now have all the theoretical tricks, tips and techniques you need to have lots and lots of O.B.E.s. Now it's time to condense them all into a final training cycle to take you from where ever you are now, to 100 O.B.E.s in 100 days.

This training cycle is the 100 OBE Battleplan. Here in part one we'll cover the two 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 cure any amount of jetlag in a one day to get you back on track. Then you'll do test OBE practice routines to find out your sleep type and adjust your O.B.E style to fit your specific needs.

There are two basic approaches to get to 100 OBEs in 100 days. The first approach is the **“Weekday Drip”**. During the weekdays the goal is to have a morning O.B.E every few days. The second approach is the **“Weekend Blitz”**. On the weekends the goal is to have multiple O.B.E.s per morning session using all the cheating techniques we've covered. To do that? It's 3 steps to get there...



The 3 Phases

1. The “Sleep Training” Phase
 - 2 weeks
2. The “O.B.E. Workout” Phase
 - 6 weeks
3. The “Rapid Fire Induction” Phase
 - 6 weeks

The 100 O.B.E Battleplan is broken into 3 phases:

- **First the 2 week “Sleep Training” Phase** where you calibrate your sleep cycle and practice falling asleep quickly to have O.B.E.s more easily.
- **Secondly the 6 week “O.B.E. Workout” Phase** where you practice doing each major style of O.B.E. and find out what which kind you’re best at.
- **Third the 6 week “Rapid Fire Induction” Phase** where you’ll have multiple O.B.E.s per session and rack up the majority of your O.B.E.s to bring you to a total of 100 O.B.Es in 100 days

The 5 Sleep Training Phase Goals

1. Condition yourself to never move or open your eyes
 - Do movement-free reality check
2. Get up with the sun
3. Asleep by 8 PM or 9 PM at the latest
4. Fall right back to sleep again quickly once you've woken up
5. Experience some new O.B.E related effect

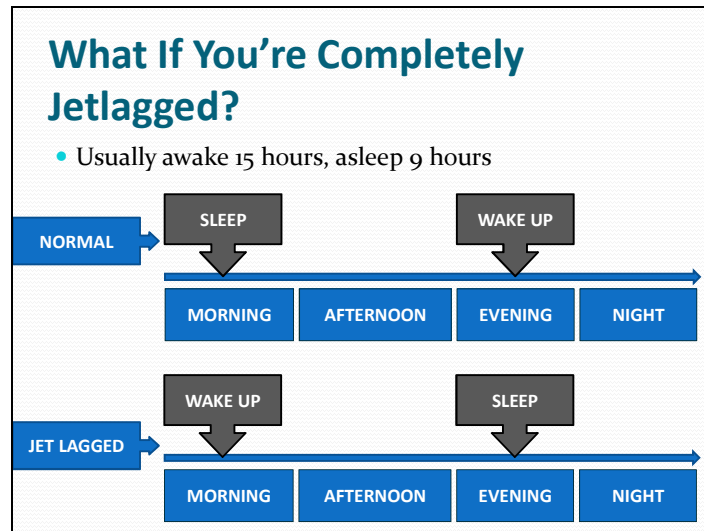
In this section we'll cover the Sleep Training Phase which has 5 goals:

- To condition yourself to never move or open your eyes when you wake up, but to always do a movement-free reality check to what is happening
- To be able to get up with the sun and not feel tired
- To always fall asleep by 8 PM or 9 PM at the latest. The earlier you can fall asleep the easier it is to get up early in the morning which makes lucidity much easier
- To use **Sleep Training** to be able to fall right back to sleep again quickly once you've woken up and to do this without needing to roll over or move in any way
- To experience some new O.B.E related effect you haven't had before, such as vibrations, rushing noises or sleep paralysis

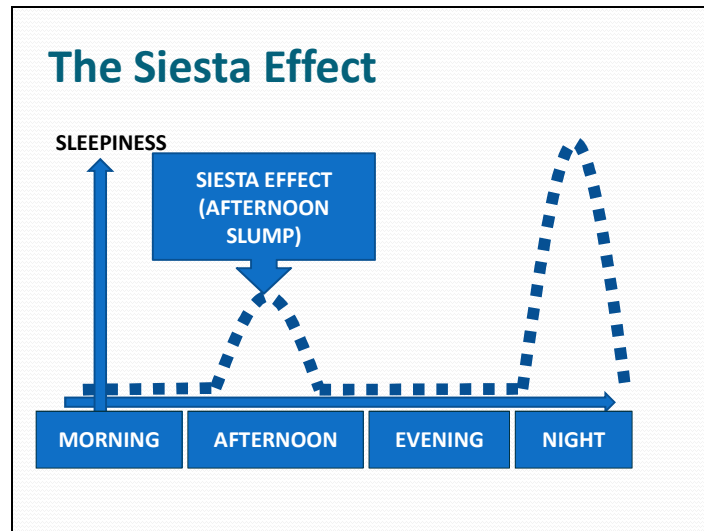
Get To Bed By 9 P.M

- **Giant** impact on O.B.E.s success
- **CONSISTENTLY** go to sleep 15 minutes earlier each night until you reach 9 P.M.
- Always go to bed the **instant** you start to feel tired
- **Otherwise you program your body for insomnia!**

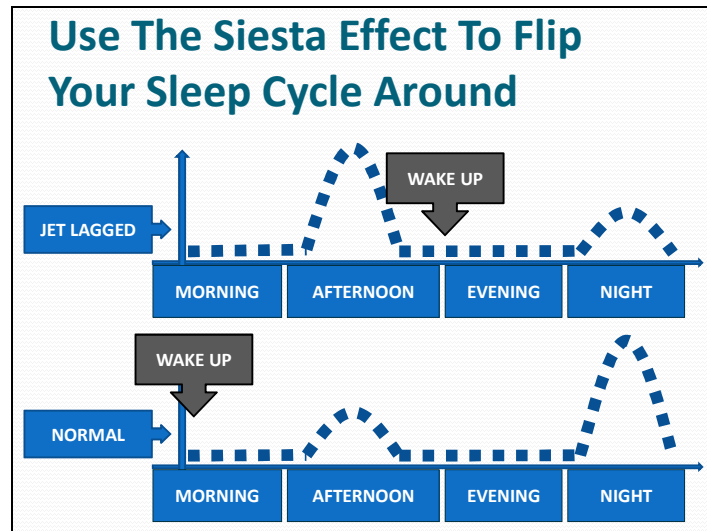
The first goal is to be asleep by 8 or 9 which has a **giant** impact on your ability to do early morning O.B.E.s without feeling tired the rest of the day. The Sleep Training phase gives you 2 weeks to sync up your sleep schedule and be asleep by 9 PM at the latest. The simplest way to do that is to **CONSISTENTLY** go to sleep 15 minutes earlier each night until you reach 9 P.M. Always go to bed the **instant** you start to feel tired, and never resist sleepiness because that quickly leads to insomnia. Any time you start to feel tired and you say, "I'll just stay up another 5 minutes" you're training your body for insomnia and sabotaging your morning OBEs before you even start.



If your sleep schedule is completely turned around and you have jet lag here's a trick you can use to flip your sleep cycle back around in a single day... Let's say in a typical day you're awake for 15 hours and asleep for the other 9 hours. Suppose you're waking up at night and going to sleep in the morning. If you want to flip this around so you're going to sleep at night and getting up in the morning you can use something called the 'siesta effect'.



The siesta effect is an “afternoon slump” everyone has in the afternoon. You get tired for an hour or so and then return to normal.



All you have to do is treat the afternoon slump like it's bed time, and bed time like it's the afternoon slump. Your afternoon slump is about 9 hours after you get up. So normally if you wake up at 6 AM your afternoon slump is at 3 PM. If you're jet lagged all the way around the world, and you're getting up at 9 PM and going to sleep at 6 AM, then your afternoon slump is around 3 AM.

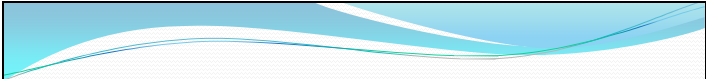
3 Steps To Cure Any Amount Of Jet Lag In A Single Day

1. Sleep at 3 AM for 3 hours, get up at 6 AM
2. Stay up until 9 PM
3. Sleep until 6 AM

| | Get Up | Siesta | Bed |
|------------|--------|--------|------|
| Normal | 6 AM | 3 PM | 9 PM |
| Jet Lagged | 6 PM | 3 AM | 9 AM |

- Go to sleep at 3 AM for 3 hours and get up at 6 AM
- Stay up for 15 hours until 9 PM and skip the 3 PM siesta
- You'll be plenty tired at 9 PM and will have no problem going to sleep and waking up at 6 AM again after 9 hours of sleep

Remember: After doing this be sure to stick rigidly to your new 6 AM to 9 PM sleep cycle because your body will try to revert to your old cycle



Adjusting Your Sleep Cycle Less Than 180 Degrees

- Go to sleep 9 hours after you wake up
- Sleep for 3 hours
- Stay up until 9 PM

If you're jetlagged something less than 12 hours, all you need to do is go to sleep 9 hours after you wake up. Sleep for 3 hours. Then stay up until 9 PM.

Now, assuming your sleep cycle is synced up right, the next step is night time sleep training.

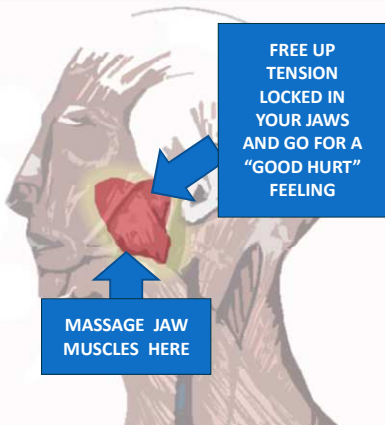


Night time is great for practicing new things because you don't have to worry about trying to be asleep before the next timer beep like you do in the morning routines. So here are the top 5 things to practice each night so that you'll be well prepared for the weekend blitz.

These are Jaw Relaxation, Inducing the Roll Signal, Stopping Eye Micromovements, Sleep Breathing and Photographic Ownership.

1.) Jaw Relaxation

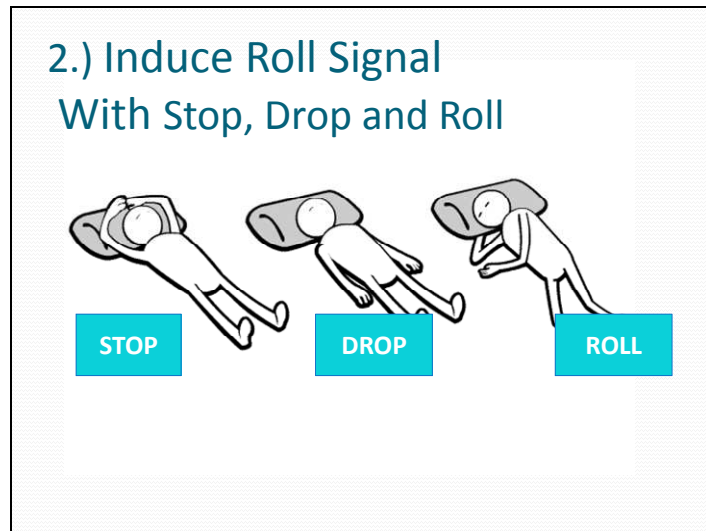
- Get in the habit of monitoring jaw tension
- Make sure teeth never touch



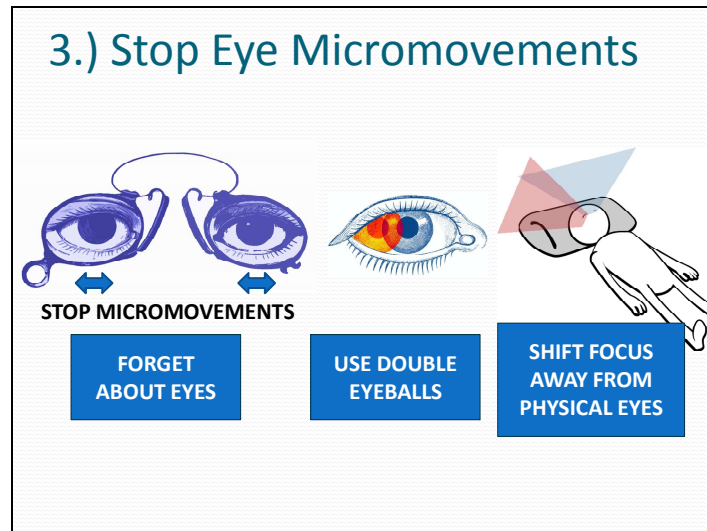
MASSAGE JAW MUSCLES HERE

FREE UP TENSION LOCKED IN YOUR JAWS AND GO FOR A "GOOD HURT" FEELING

Each night use all of the relaxation method from Lucidology 101 part 5. However pay especially close attention to your jaws. Practice getting in the habit of checking your jaw every few minutes as you fall asleep to make sure it's still relaxed and your teeth are not touching.



After you've used the relaxation method practice using "Stop, Drop and Roll" to induce the roll over signal. Be sure to watch for the roll over signal in your legs and resist moving them until you absolutely can't stand it.

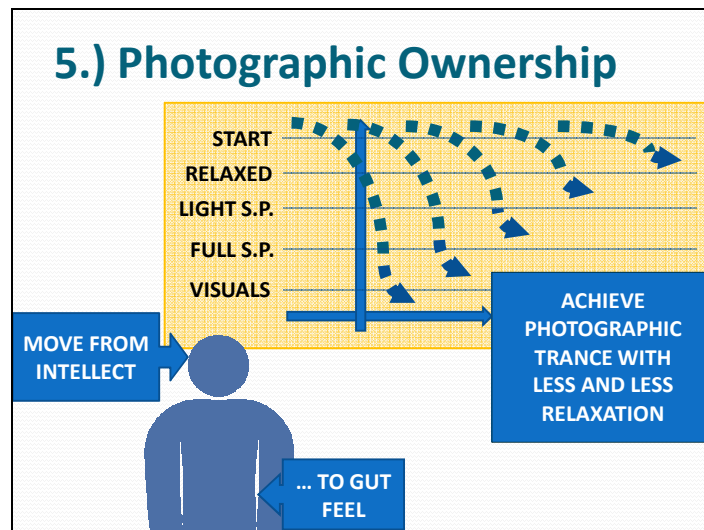


Third, each night pay particularly close attention to relaxing your eyeballs to the point where they have no more micromovements. The shifted eyeballs trick is a good way to forget about your physical eyes so they relax faster.

4.) Sleep Breathing

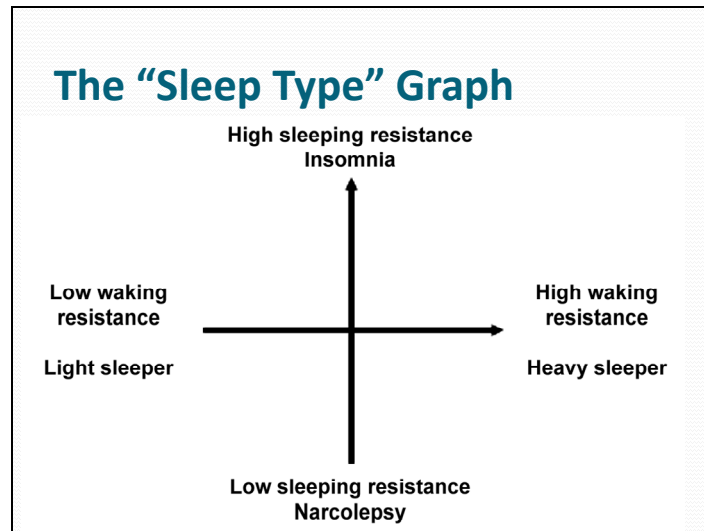
- Become familiar with “good exhale” feeling
- Make recording of your breathing when asleep
- Sleep breathing can lengthen time to sleep when done wrong
- Don’t use sleep breathing in morning until after you’ve practiced at night

Fourth, practice sleep breathing each night until you are very familiar with the “good exhale” feeling. Make sure to make a recording of yourself breathing when you’re asleep so you know exactly how to mimic your breathing. Sleep breathing is something that can cause you to take longer to fall asleep if you don’t have the exhale and inhale timing right. Therefore it’s best not to use sleep breathing during your morning routines until after you’ve had success using it at night to fall asleep quickly.



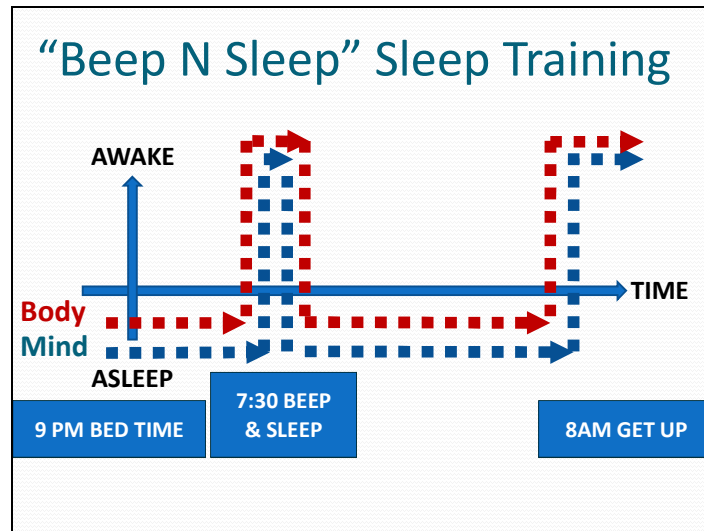
The 5th nightly goal is to practice getting to photographic ownership at progressively lighter and lighter levels of trance. Keep a log and track how long it took for you to reach a photographic trance each night. You may want to see part 3 again for a review on photographic trance.

The next goal is to find out what **sleeping type** you have so that when you go to do the timer method you can have a routine tailored for your specific physiology.



Your sleep type is defined by where you fit on this graph, it's a recording of your waking resistance which is how hard it is to go from asleep to awake. It's also a recording of your sleep resistance which is how hard it is to go from awake to asleep.

During the 1st 4 days of the 1st week you'll find out where you fit on the graph by waking up earlier than usual and practice falling right back to sleep without moving. The easiest way to do this with **"Beep And Sleep"**.



Set the Flash timer to beep at 7:30 AM, go to sleep at 9PM, wake up when the timer beeps, then go directly to sleep again without moving. The goal here is **not to have an O.B.E** but simply wake up and fall asleep without moving. If you try to have an O.B.E when you first start practicing beep and sleep, it will probably cause you to stay awake. After you fall asleep you may experience sleep paralysis and vibrations, but that's more of a bonus than a goal. Each day gradually add earlier beeps until you're able to respond to the beep and fall asleep again without any trouble.

Your Weekday Routine

- Go to sleep at 9 PM
- **Monday:** 7:30, up at 8:00
- **Tuesday:** 7:15, up at 8:00
- **Wednesday:** 7:00, 7:30, up at 8:00
- **Thursday:** 6:30, 7:00, 7:30, up at 8:00
- **Friday:** Day off, up at 8:00 like normal

Here's the exact routine to use. Each day go to sleep at 9 PM:

Monday: Wake up at 7:30, then use a relaxation routine and fall asleep again. Get up at 8:00

Tuesday: Same as Monday but have it beep at 7:15

Wednesday: Set the timer for 7:00 and then 7:30. See if the timer wakes you up or if you're not able to fall asleep again before the timer beeps. Don't move when you start your second 30 minute nap.

Thursday: Set the timer for 6:30, 7:00 then 7:30 so you have three 30 minute naps. Don't move between naps then get up at 8

Friday: Your day off, wake up at 8:00 like normal

Once you get good at waking up and going right back to sleep, the weekday morning routine will have zero impact on your sleep cycle because you'll only be awake for a few moments. This is how you can start having frequent morning O.B.E.s for virtually no extra effort. Each time you do this there are 4 main things to practice...



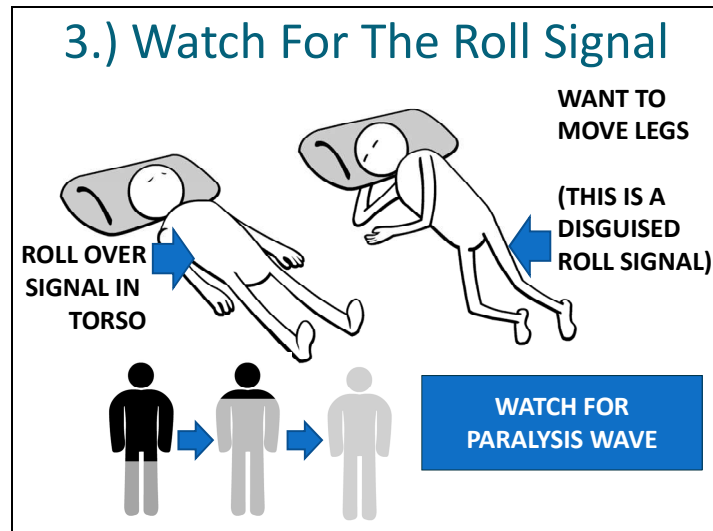
The first thing to practice is the instant you wake up, train yourself to automatically do a movement-free reality check as soon as you realize what's happening. Do this **reflexively** without thinking every time you awake. A great check to use is the blindfold check. Refer back to Lucidology 101 for other excellent checks to use.

2.) Learn “Sleeping Relaxation”

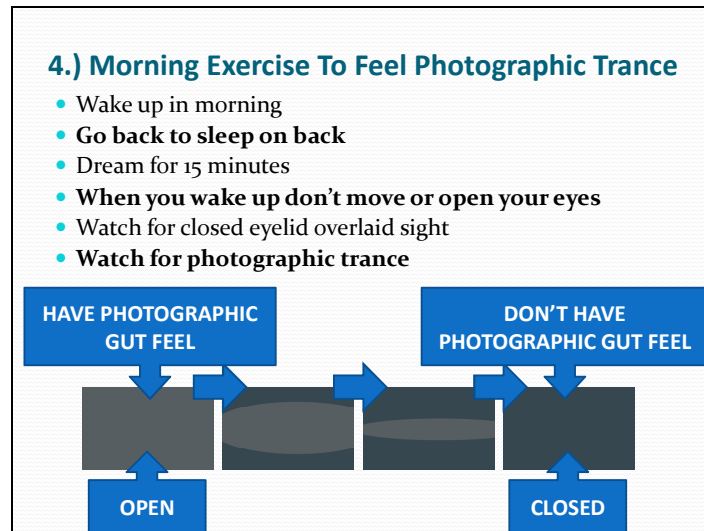
- Observe how relaxed each muscle is
- Start at feet
- Move up to neck and head.
- Program yourself to be able to quickly re-enter relaxation
- Recall that feeling of relaxation later: “I’m now in sleeping relaxation”

The second thing to practice is to observe the level of relaxation you have when you wake up.

As soon as you wake up, stop for a moment before you move and carefully observe how relaxed each muscle group in your body is. Start by observing the feeling of relaxation in your feet. Then shift your awareness up the rest of your body to your neck and head. Program yourself to be able to quickly re-enter this level of deep relaxation by telling yourself “This feeling of **sleeping relaxation.**” Recall that feeling of relaxation later by telling yourself “I’m now in sleeping relaxation” and then bring back that same feeling of relaxation very quickly.



The third thing to watch for in your morning routines is to watch for the ever-important roll over signal, just like you do at night. Only this time don't use stop drop and roll. Just stay still and wait for it to come as you're falling back to sleep. Eventually you'll be able to stay aware and observe the sleep paralysis wave.



Finally, the 4th thing to practice in your morning routines is to check for your nonphysical eyes closing and learning the photographic trance feeling. Refer back to Lucidology 102 part 3 for the details on that. The basic routine is to fall asleep on your back and dream for a few minutes. As you're waking up watch to see your nonphysical eyelids closing.

A presentation slide titled "Weekend Ramp Timer Session" with a blue and white wavy header. The slide contains a bulleted list of goals and a numbered list of experiences.

Weekend Ramp Timer Session

- Goals:
 1. Test a timer base
 2. Experience something new:
 1. Vibrations
 2. Rushing noises
 3. Sleep paralysis
 4. Possibly OBE of LD
 3. Waking sleep paralysis is the most realistic result

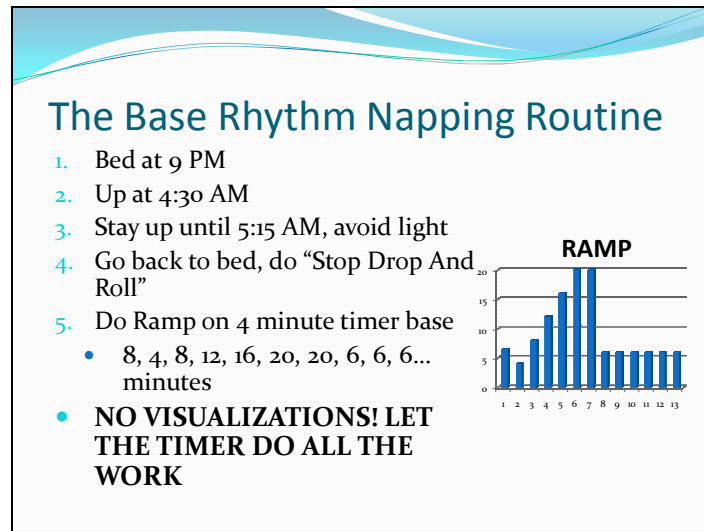
On Saturday you'll be ready to do your first full wake back to bed timer induction.

The goals for this session are:

- Test to see if the timer base is too long or short for you
- Experience something O.B.E. related that you haven't had before, such as vibrations, rushing noises or sleep paralysis. You may not have a full blown O.B.E but **if you experience a phenomenon you've never had your entire life** then it's a successful attempt.

Your goal is to shoot for waking sleep paralysis instead of going for an OBE right off the bat.

Once you can induce sleep paralysis you've made really solid progress and then it's just a matter of using the exit methods to convert it into an OBE.



The base routine looks like this:

- Go to bed at 9 PM
- Get up at 4:30 AM
- Stay up for 45 minutes until 5:15 AM and avoid lights
- Go back to bed and do "Stop Drop And Roll" to start to fall asleep
- At the end of S.D.R set your timer to use a 4 minute timer base and do a ramp session.

A 4 minute base gives you these intervals for the "Ramp" setup: 8, 4, 8, 12, 16, 20, 20, 6, 6, 6... minutes

For your 1st induction, DO NOT use any visualizations, just fall asleep like normal and **let the timer do all the work**. When I started with O.B.E.s the visualizations just tripped me up and they kept me from being able to relax or sleep deep enough to complete the exit. I always had much better results just using the biological-only tricks with wake back to bed and the timer method. Visualizations come later in the battle plan once you've had a couple visualization free O.B.E.s

Tweaks Going Forward

- Sunday: Same as Saturday but with tweaks from Troubleshooting section in Lucidology 101
- Week 2: Same as week 1 but with tweaks

On Sunday do another visualization-free ramp timer session but tweak your routine based on the results you got on Saturday. Refer to the troubleshooting section in Lucidology 101 part 13 for a list of things to tweak.

The second and last week of Sleep Training is to simply repeat the first week but with your tweaks from the troubleshooting section.

The next section is part 2 of the 100 OBE Battleplan. This is the 6 week “O.B.E. Workout phase” where you’ll complete 11 O.B.E. induction workouts for each of the 6 styles of O.B.E.s. These OBE workouts will strengthen your skills and you’ll discover exactly which forms of OBE you have a talent for. And we’ll cover inductionless OBEs to make your daily OBE a snap. So stick around and I’ll see you there.