

# **Lucidology 102: The 100 OBE Battleplan**

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

## **Part 2: “O.B.E. Workout Phase”**

**1. 11 Complete O.B.E. Induction Workouts That Span**

**Each Of The 6 Major Styles Of O.B.E.s Including:**

**2. Traditional O.B.E.s**

**3. Mental Projections**

**4. Phasing**

**5. Teleportation**

**6. Trance Recycling**

**7. Inductionless OBEs**

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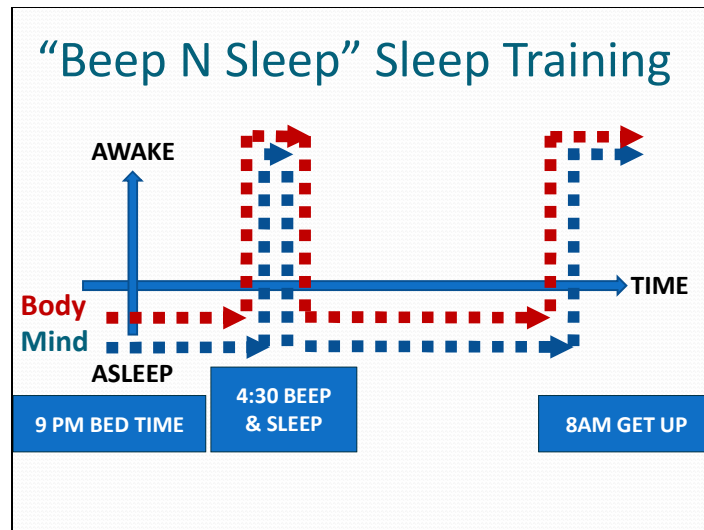
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This is part 2 of the 100 OBE Battleplan. This is the 6 week “O.B.E. Workout phase” where you’ll complete 11 O.B.E. induction workouts for each of the 6 styles of O.B.E.s. These OBE workouts will strengthen your skills and you’ll discover exactly which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

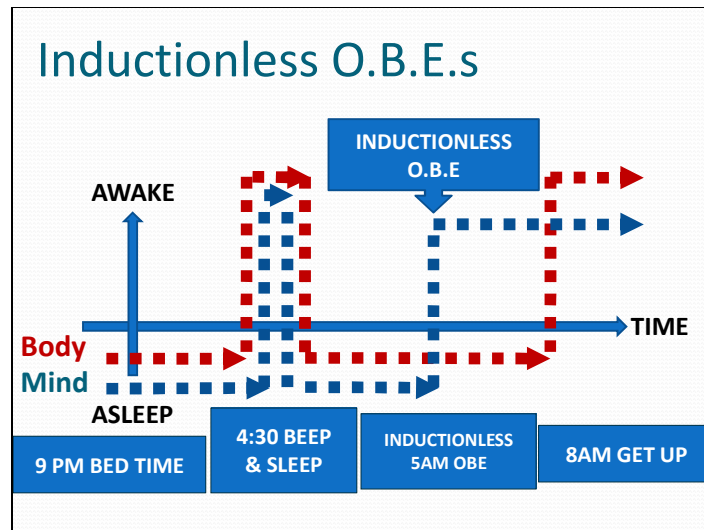
### Week 3: Start Of The O.B.E Workout Phase

- Find your best timer setup, exit technique
- Prep for Rapid Fire Induction phase
- Start **inductionless O.B.E.s** using “Beep & Sleep”

In this section you'll find out what is your best timer setup and exit technique to use. That way when you get to the Rapid Fire Induction phase and are shooting for dozens of micro-O.B.E.s per session you won't need to do any more experimentation and can just do what you know you're best at. You'll also start doing **inductionless O.B.E.s** by building on the “Beep & Sleep” method you began practicing during the Sleep Training phase



Recall that Beep & Sleep was simply setting the timer to beep early in the morning so that you'd be able to practice waking up and falling right back to sleep



Inductionless O.B.E.s are the same thing except your conditioning will make you start to have spontaneous O.B.E.s soon after you fall asleep.

All you do is set the timer to beep at 4:30 AM, go to sleep at 9PM, wake up when the timer beeps, then go directly to sleep again without moving. The earliest beep in your sleep training sleep and beep was for 6:30 which was early enough to practice relaxation but not really early enough to be optimal for O.B.E.s. On the other hand, by setting the beep for 4:30 you're priming yourself for the optimal time to have a WILDs for free.

### Why Inductionless O.B.E.s Are Cool

- Short burst of wakefulness triggers:
  - Waking sleep paralysis
  - Spontaneous lucidity
  - OBEs
- Full timer session not needed
- Zero impact on sleep cycle

All it will take is short burst of morning wakefulness and you'll find yourself waking up in sleep paralysis and having spontaneous lucidity triggers in your dreams all the time. You won't have to do a full timer session to get this effect. And this will have zero impact on your overall sleep cycle because you're only awake for a very short period of time, maybe only a few seconds or minutes.

You may very well start having an O.B.E. or two every day using just inductionless O.B.E.s. So the next step is to develop a wide range of O.B.E abilities with the 11 different OBE workouts.

### Week 3 Saturday: Traditional O.B.E Using “Safety Cap”

- Ramp timer or sawtooth
- Use **no visualizations**
- Traditional O.B.E. exit with safety cap exit



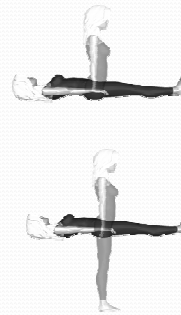
The diagram illustrates the 'Safety Cap' exit technique. It consists of three parts: a person lying down, a person standing with a shadow, and a yellow cylinder labeled 'SAFETY CAP' with a white cap.

On Saturday of week 3 use the ramp timer setup or the sawtooth setup and fall asleep **without using any visualizations**. Do a traditional O.B.E. exit using the safety cap exit. If you're using ramp, expect the O.B.E. during 1<sup>st</sup> or 2<sup>nd</sup> 20 minute interval. If you're using sawtooth, expect the O.B.E. during 1<sup>st</sup> or 2<sup>nd</sup> long interval



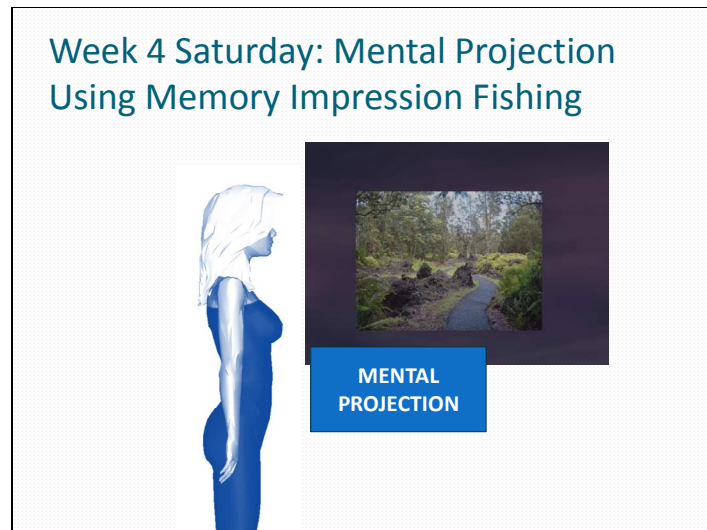
### Week 3 Sunday: Traditional O.B.E Using Limb Creation

- Start separation with safety cap
- Stop halfway then create limbs
- Complete separation



LIMB CREATION


On Sunday do the same thing but separate using **limb creation**. To do this, start the separation with safety cap. When you get halfway out, stop and create limbs. Complete the separation by focusing into your created limbs and use them for the rest of the O.B.E.



For week 4 it's time to start using the visualization techniques. During 1<sup>st</sup> 20 minute interval use Memory Impression Fishing to do a mental projection.

Week 4 Sunday: Phasing Using Phasing Pressure

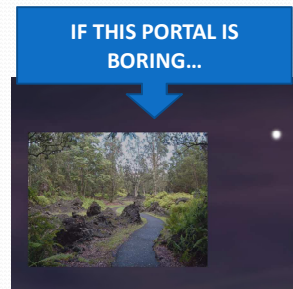
- Start with mental projection
- Then use **phasing pressure** to press yourself into the imagery



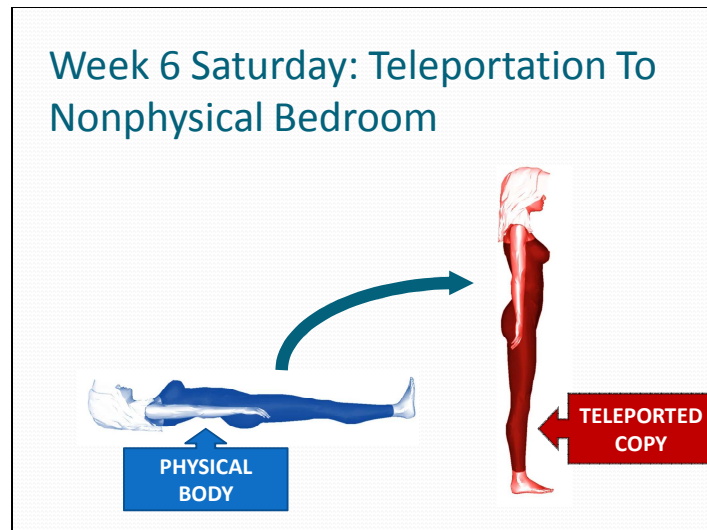
On Sunday do a phasing projection. To do that do a mental projection but go a step further and use **phasing pressure** to press yourself into the imagery.

## Week 5: Cheating O.B.E.s Using Rezooming

- Start with mental projection
- Use **rezooming**
- Tune to a second memory impression portal
- Gives your first “**cheated**” O.B.E
- Repeat on Sunday



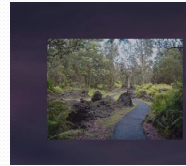
On Saturday of week 5 do a mental projection then use **rezooming** to tune to a second memory impression portal. This will give you your first “**cheated**” O.B.E. Do the same O.B.E. workout on Sunday because this is a valuable skill that may take some practice to get right.



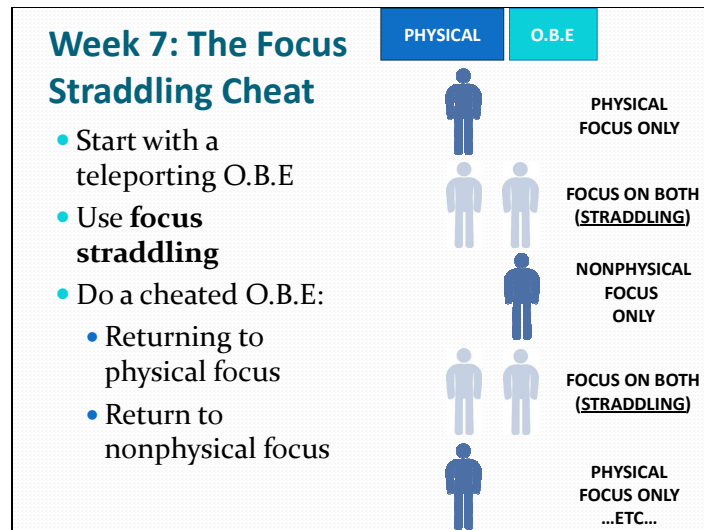
On Saturday of week 6 do a **teleportation** O.B.E to the nonphysical version of your bedroom.

## Week 6 Sunday: Imagery Immersion Using Imagery Teleportation

- Start with mental projection
- Then teleport into the portal (not phasing)
- Can teleport at lighter trance



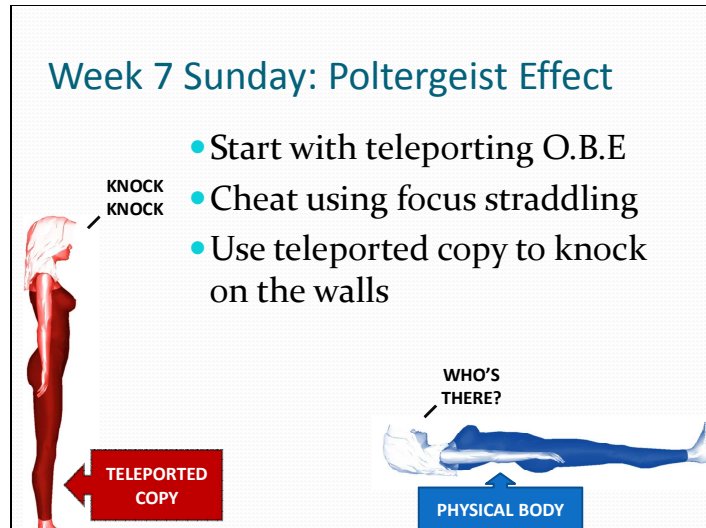
On Sunday, do a mental projection and then teleport into the portal rather than phasing into it. The end effect is the same as a phasing projection but you don't have to be quite as deep in trance because to teleport you don't have to relax past vibrations.



On Saturday of week 7 do a teleporting O.B.E and use **focus straddling** to spread your awareness to both your physical body and your nonphysical copy. Have at least one cheated O.B.E by returning to physical focus then going back to nonphysical focus.

### Week 7 Sunday: Poltergeist Effect

- Start with teleporting O.B.E
- Cheat using focus straddling
- Use teleported copy to knock on the walls



The diagram illustrates the 'Poltergeist Effect' technique. It shows two figures: a red silhouette on the left labeled 'TELEPORTED COPY' and a blue silhouette on the right labeled 'PHYSICAL BODY'. The red figure is positioned near a wall, with the text 'KNOCK KNOCK' above it. The blue figure is lying down, with the text 'WHO'S THERE?' above it. Arrows point from the labels to their respective figures.

On Sunday, experiment with the **poltergeist effect**. Do another teleporting O.B.E and cheat using focus straddling again. This time use your copy to knock on the walls so your physical body can hear it.



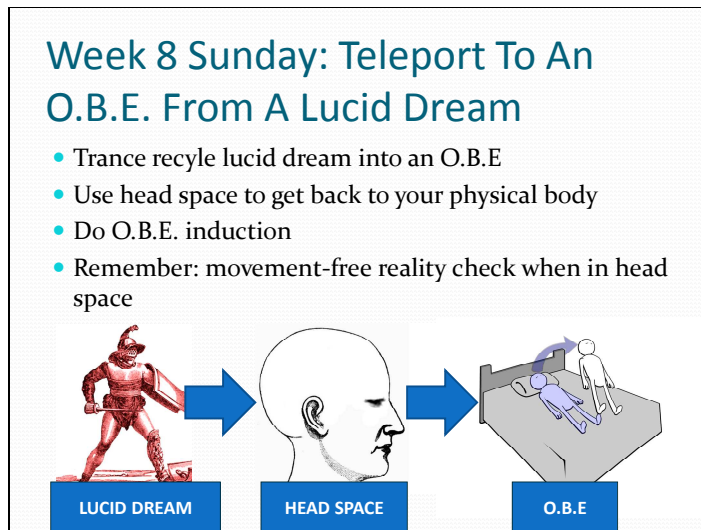
## Week 7: Experiment With Different Combinations Of **Sense Splitting**

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

This is also a good time to experiment with sense splitting. Focus different senses into your nonphysical copy while keeping others in your physical focus. Have at least one cheated focus straddling O.B.E in the process.



On Saturday of week 8 do a traditional O.B.E. and then teleport to a dream you had earlier.



On Sunday use trance recycling to turn a lucid dream into an O.B.E. Use head space as a focus point to get back to your physical body and then do an O.B.E. induction however you like. Remember to do a movement-free reality check once you're back in head space to tell if you're nonphysical or not before doing the O.B.E separation.

## O.B.E. Workout Cheat Sheet

- **Week 3 Goal:** Traditional O.B.E.
  - Saturday: Traditional O.B.E Using "Safety Cap"
  - Sunday: Traditional O.B.E Using "Limb Creation"
- **Week 4 Goal:** Visualization Powered O.B.E
  - Mental Projection Using Memory Impression Fishing
  - Phasing Using Phasing Pressure
- **Week 5 Goal:** Multiple Cheating O.B.E.s In One Session Using Rezooming
  - 2 Cheated Mental Projections Using Rezooming
  - 2 Cheated Mental Projections Using Rezooming
- **Week 6 Goal:** Teleportation
  - Teleportation To Nonphysical Bedroom
  - Imagery Immersion Using Imagery Teleportation
- **Week 7 Goal:** Mind Split
  - Cheated Teleportation Using Focus Straddling & The Poltergeist Effect
  - Cheated Teleportation Using Sense-Splitting
- **Week 8 Goal:** Lucid Dream Conversion
  - Teleport To Recalled Dream
  - Teleport To O.B.E. From Lucid Dream

Here's a cheat sheet of the goals for each Saturday and Sunday workout that you can find in your notes.

These workouts are pretty fast paced so don't worry if you don't have perfect success with them your first time. By now you've potentially done 18 weekend O.B.E.s and 24 weekday O.B.E.s which is a total of 42 possible O.B.E.s. There's a lot of room for error built into the 100 O.B.E system. Don't worry if you don't complete all the inductions. You'll still be making fast progress as long as you stick with it. The real key is to find the style that you're best at. As soon as you find that style that works well for you, you'll be ready to move on to the "Rapid-Fire" phase.

**Week 3 Goal:** Traditional O.B.E.

Saturday: Traditional O.B.E Using "Safety Cap"

Sunday: Traditional O.B.E Using "Limb Creation"

**Week 4 Goal:** Visualization Powered O.B.E

Mental Projection Using Memory Impression Fishing

Phasing Using Phasing Pressure

**Week 5 Goal:** Multiple Cheating O.B.E.s In One Session Using Rezooming

2 Cheated Mental Projections Using Rezooming

2 Cheated Mental Projections Using Rezooming

**Week 6 Goal:** Teleportation

Teleportation To Nonphysical Bedroom

Imagery Immersion Using Imagery Teleportation

**Week 7 Goal:** Mind Split

Cheated Teleportation Using Focus Straddling & The Poltergeist Effect

Cheated Teleportation Using Sense-Splitting

**Week 8 Goal:** Lucid Dream Conversion

Teleport To Recalled Dream

Teleport To O.B.E. From Lucid Dream

So that brings us to the 100 O.B.E Battleplan Part 3: “Rapid Fire O.B.E. Training”. You’ll find out how to have a dozen or more OBES in a single session. So stick around and I’ll see you there.