

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 3: “Rapid Fire O.B.E. Training”

**How To Have A Dozen Or More O.B.E.s In A Single
Session The Laziest Way Possible**

By Nicholas Newport

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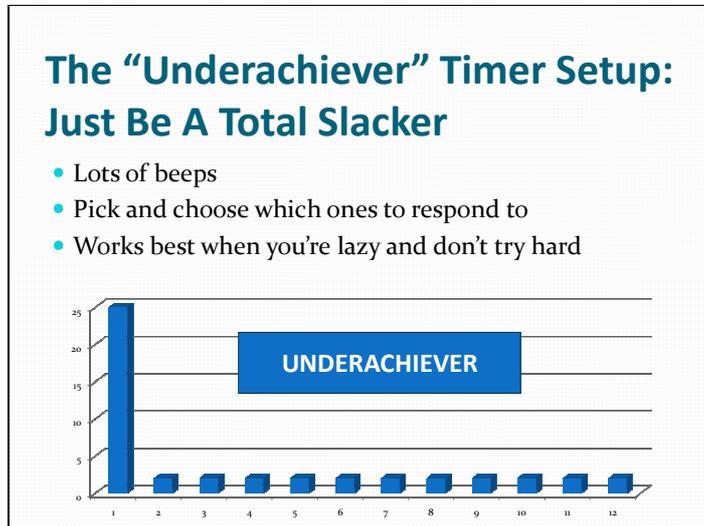
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New Timer Setup: The Most Advanced Powerhouse!

- Have dozens of rapid fire **micro-lucid dreams**
- Ultrafast progress!
- 20, 2, 2, 2... minutes

Interval	Lucidity Level
1	25
2	2
3	2
4	2
5	2
6	2
7	2
8	2
9	2
10	2
11	2
12	2

In order to really kick it up a notch and have a dozen or more micro-OBEs in a single session we need a newer and more powerful timer setup. The setup is to sleep for 20 minutes and then set the timer to repeat in 4, 3, 2, or even 1 minute intervals.

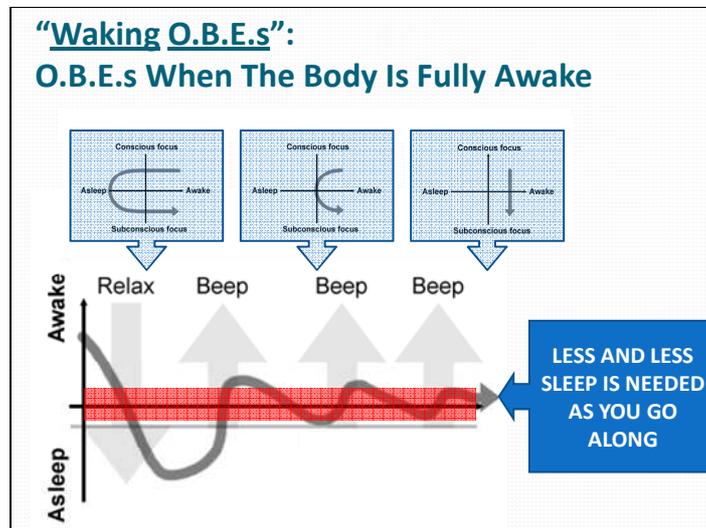


I call this setup the “Underachiever” timer setup. You might wonder why I called it that and not the rapid fire setup or the machinegun setup.

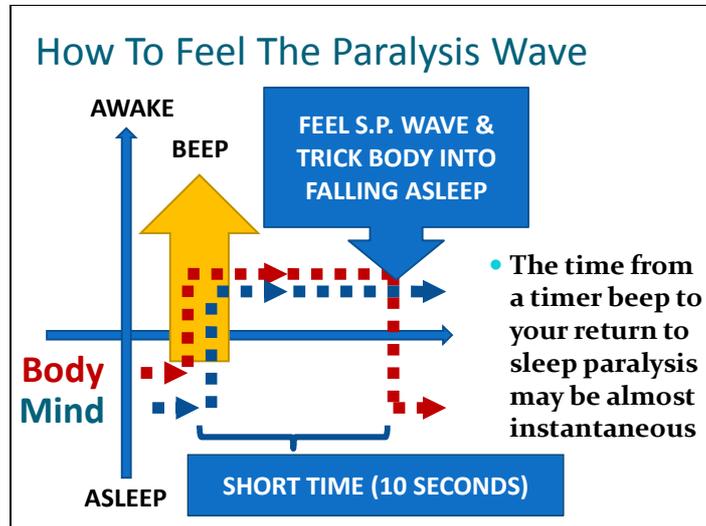
I’m calling it underachiever for a very specific reason. You might look at this and think that it’s going to be a lot of work and all those beeps are going to make it more difficult than ramp or sawtooth.

In reality it’s the opposite. The underachiever setup works best when you’re really lazy about it. With ramp and sawtooth, the timer doesn’t been very often so each beep is pretty important. With underachiever the timer beeps all the time so you can ignore some beeps and respond to others depending on what you feel like doing. In other words you’ll have the best results when you’re just a total slacker about it and have a string of really short, really low quality OBEs. These OBEs don’t last long enough for you to really do anything important in them, the whole idea is to just veg out and lounge around in the awake/asleep threshold.

Therefore, it’s call the underachiever setup. Just chill out and let the timer do all the work and you’ll have the best results.



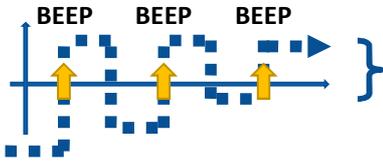
This rapid fire approach will jumpstart your OBE skill like nothing else because you'll be spending almost 100% of your time on the awake/asleep threshold. Once you've done a few sessions like it will be a snap to have an OBE once you use a more conservative setup like ramp or sawtooth.



Recall also that short timer intervals are the simplest way to feel the paralysis wave which is useful for having traditional OBE exits where you peel away from your physical body. When the timer beeps, your body may wake up for a moment but as long as you stay perfectly still your body will create the paralysis wave and put itself to sleep. This is an excellent time to practice using the sleep triggers such as pause breaths and muscle twitching to coax the body into paralysis.

Short Intervals Cause O.B.E.s Due To Hypnotic Fractionation

SHORT INTERVALS: SHALLOWER AND SHALLOWER



- Each interval causes even shallower sleep
- Retain focus on body
- Causes O.B.E.s

Having said that, there are a few things you need to know. Recall that the ramp method works because it uses hypnotic fractionation. Hypnotic fraction means that when you are put into trance and then are taken from that trance, the next time you enter trance you'll enter it more deeply than before.

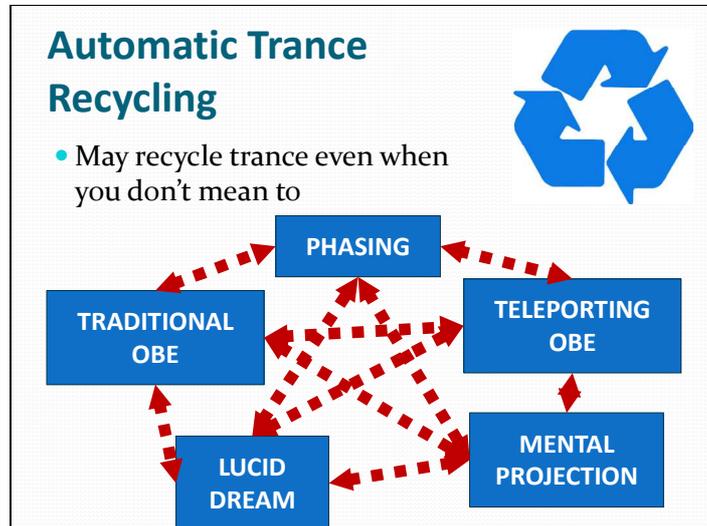
3 Consequences Of Compounding Hypnotic Fractionation

1. Automatic trance recycling
2. Waking OBEs
3. Deep false awakening loops



**ENTER AND EXIT TRANCE
OVER AND OVER**

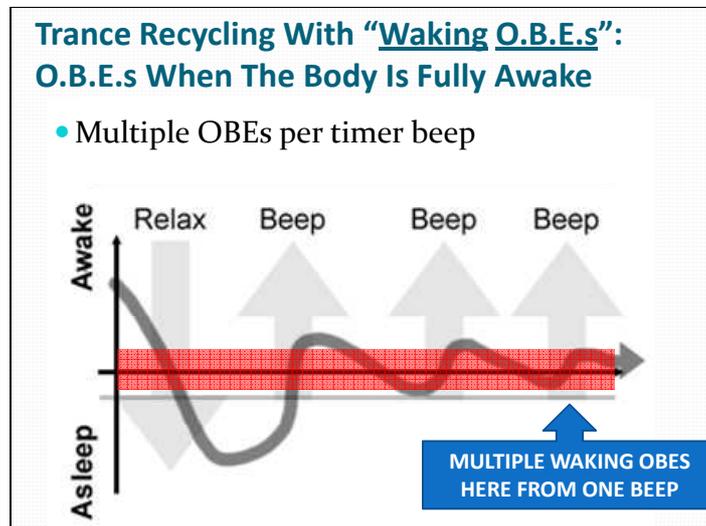
Because the timer beeps come so fast, the underachiever setup magnifies and compounds hypnotic fractionation. This has three main effects: the first is automatic trance recycling, the second is waking OBEs and the third is deep false awakening loops.



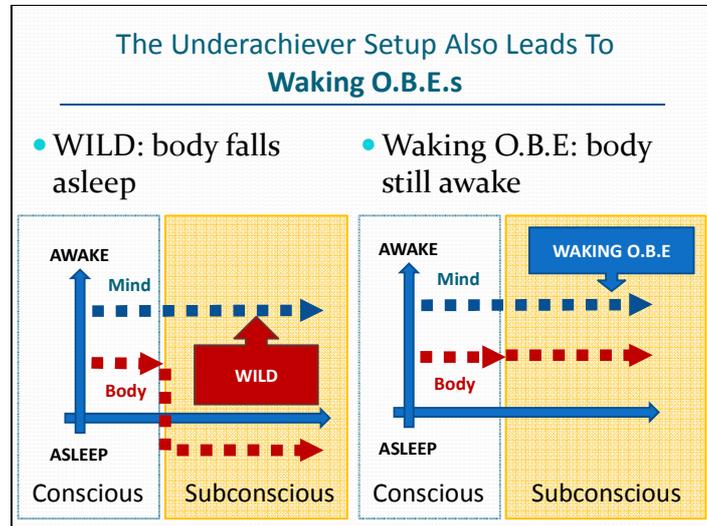
Recall that trance recycling is where you flip one type of nonphysical focus into another. For instance, you go from an OBE to a lucid dream or a mental projection to an OBE or whatever.

Because you'll be spending so much time on the awake asleep/threshold you may end up recycling your trance into another kind of OBE even when you don't mean to. For instance you may be in the middle of a mental projection but the timer beeps and you end up phasing into the imagery. Or you may have phased into the imagery and the timer beep gives you a head space focus which becomes a traditional OBE exit without you intending on it.

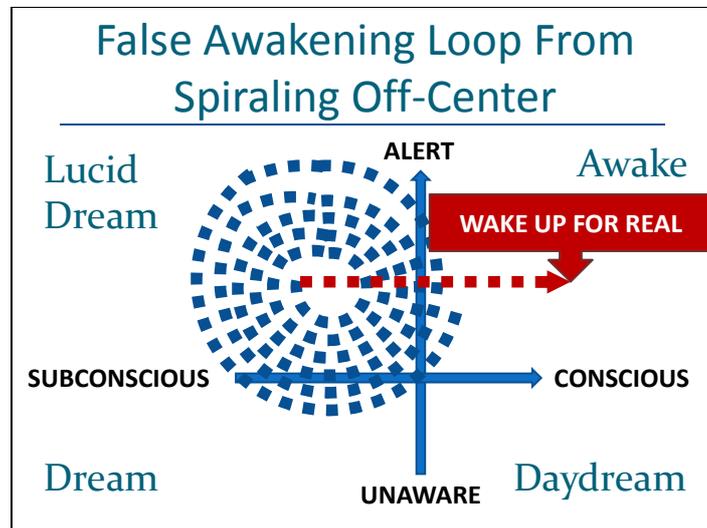
For better or for worse, each time you switch your focus to a new type of O.B.E it counts as a new O.B.E. so this is a good way to rack up a high OBE count quickly.



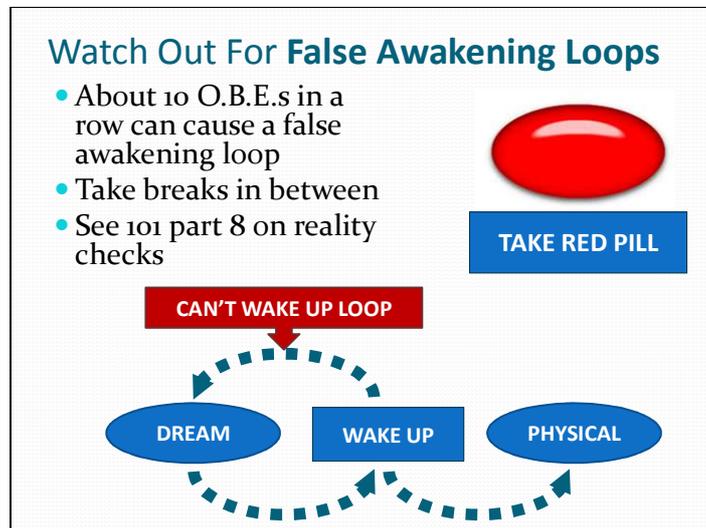
The second effect compounded hypnotic fractionation has is waking OBEs which allows you to have several OBEs in one beep. Once you've done a couple short interval OBEs you'll hover so close to the awake/asleep threshold that you can lay in bed with your body fully awake and still do the separation. You can use that to have a string of multiple OBEs without having to wait on the body's wake/sleep cycle. This is how you can have several OBEs from a single timer beep.



Remember that waking O.B.E.s are similar to wake induced O.B.E.s but not quite the same. In a waking OBE you don't have to wait for your body to be asleep to complete the separation.

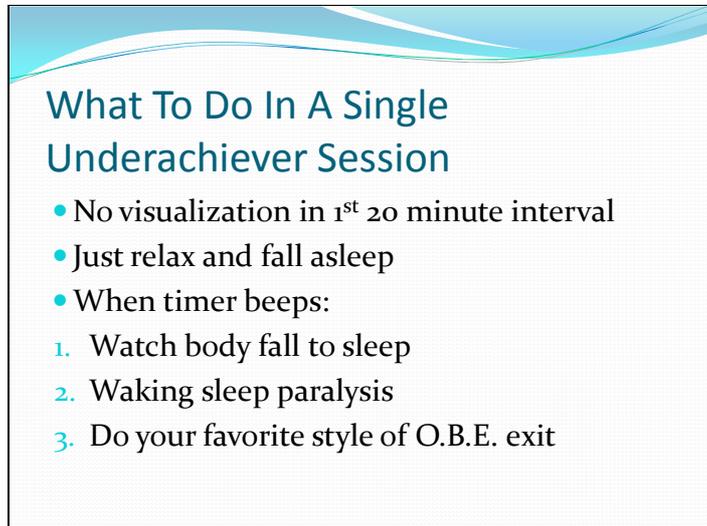


The third main effect you get with the underachiever setup is deep false awakening loops. Hypnotic fractionation makes the OBEs start to become more and more realistic. Eventually it can be difficult to tell if you're waking up into your physical bedroom or if you're in an OBE.



False awakening loops usually start to happen around 10 O.B.E.s or so. It's a good idea to take a break once you start to get up around 10 repeated OBEs so that you don't get too far into the loop.

So before you do an underachiever session make sure you go back and review Lucidology 101 Part 8 on how to take the red pill and use reality checks to tell what's going on.



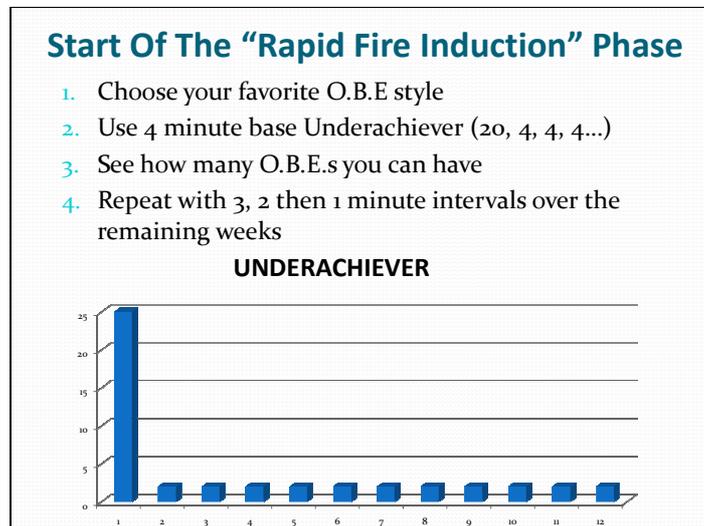
What To Do In A Single Underachiever Session

- No visualization in 1st 20 minute interval
- Just relax and fall asleep
- When timer beeps:
 1. Watch body fall to sleep
 2. Waking sleep paralysis
 3. Do your favorite style of O.B.E. exit

Now that you know what to expect, here's the easiest way to use the Underachiever setup. Relax as normal and don't use visualization during the 1st 20 minute interval. Just relax and fall asleep and let the timer do all the work.

Then when you get to the short timer beeps you have the opportunity to do an O.B.E. Each time the timer beeps:

- Become aware of your body falling back to sleep
- Enter waking sleep paralysis
- Do your favorite style of O.B.E. exit



So the final 6 week training schedule is very simple:

- Use the Underachiever timer setup starting with a 4 minute base (20, 4, 4, 4...) and see how many O.B.E.s you can have
- Decrease the base to 3, 2 then 1 minute intervals over the remaining weeks
- Have a boatload of micro O.B.E. per session and really get a strong feeling for what the exit is like
- Don't expect to have an O.B.E on every single beep. Just do as many as you can.

Weekends 9 Through 14

- Theoretical maximum OBEs per session:

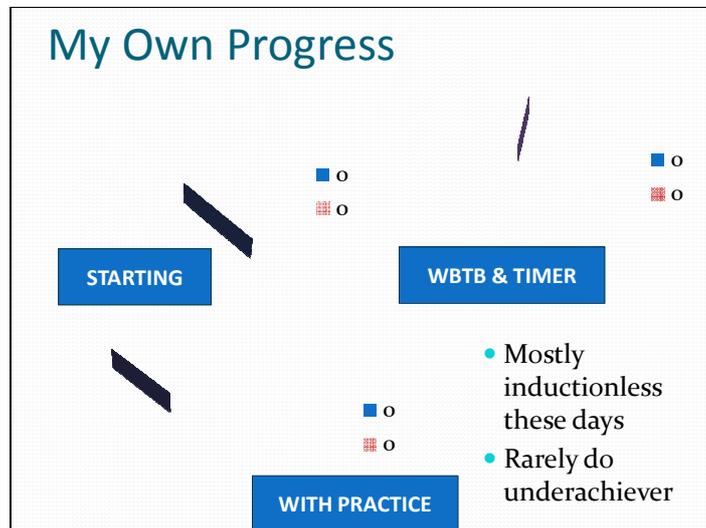
Weekend	Timer	Potential O.B.E.s	Total O.B.E.s
9	20, 4, 4, 4...	13	13
10	20, 4, 4, 4...	13	26
11	20, 3, 3, 3...	18	44
12	20, 3, 3, 3...	18	62
13	20, 2, 2, 2...	27	89
14	20, 1, 1, 1...	54	143

Here's the timer rundown for weekends 9 Through 14. If you use a 74 minute timer CD, then the first 4 minute timer base gives you time for 13 O.B.E.s: $(74-20)/4=13$. Use the chart in your notes to see what timer setup to use each week and how many O.B.E.s to go for.

The Theoretical Maximum

- Phase 1 = 2 weekend
- Phase 2 = 14 weekend + 24 weekday
- Phase 3 = 143 weekend + 24 weekday
- Total: 207 potential O.B.E.s
- 14 weeks or 98 days
- Not counting multiple O.B.E.s per beep

Remember, this is just the theoretical maximum, you certainly don't need to have an O.B.E every beep. If you count it all up we've scheduled room for 207 potential O.B.E.s in 98 days. And that's not counting trance recycling in which you could potentially have two OBEs per beep and double your success rate.

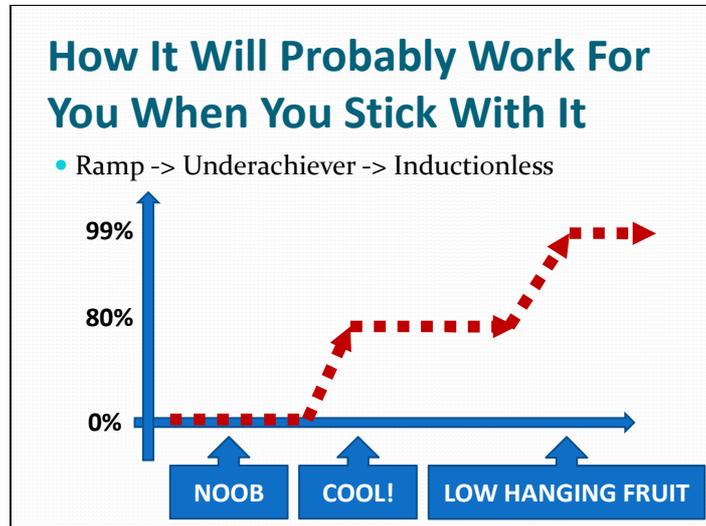


Here's how it will likely play out. When I first started with OBEs I had 0% success. I was completely awful at it. Nothing I did worked. All the advice in books was useless to me. Then I found Dr. Albert Taylor's Wake Back To Bed method. When I combined that with the timer I tracked my progress and found my success rate shot up to 80%. That is, each morning I used the timer I had an 80% chance of having an OBE.

Today after having had practice my hit rate is nearly 100%, that is if I use the timer I'm basically guaranteed at least one OBE and usually more.

However I tend to rely mainly on inductionless O.B.E.s and use trance recycling to have 2 or 3 short adventures in O.B.E.s and lucid dreams each morning. In other words I've gotten to where I wake up spontaneously in the early morning, I fall back to sleep without moving and then have a couple lucid dreams and OBEs.

This is a lot easier than doing hard core underachiever sessions. I have done my share of underachiever sessions and learned a lot from them, but once you've done those a couple times you'll learn the feel for things and you can take a less aggressive approach and still average an OBE or more per day.



So probably you'll start out like everyone else as a newbie. Somewhere within the OBE workout phase you'll find one that works really well for you and have about an 80% success rate with it. You'll say, "Wow this is really cool!" At that point you'll probably skip ahead to the underachiever section and go full bore and get to where you can have a dozen or so low quality OBEs in an hour. This will burn you out. However by then you'll have a very strong feeling for what OBEs are like and you'll retire to a more easy going approach and just put forth barely enough effort to enjoy inductionless OBEs which are the low hanging fruit.

What The 100 OBE System Is All About

- One inductionless OBE per morning



INDUCTIONLESS OBES ARE YOUR
LOW HANGING FRUIT

Having an inductionless OBE once a morning is really what the 100 OBE system is all about. That's because it allows you to have OBEs without much effort and it will become something you take more or less for granted. Having 100 OBEs in 100 days, which once seemed impossible, will seem perfectly normal and almost boring.



So that wraps it up. 100 O.B.E.s in 100 days! Now you have the complete system at your disposal. This is something I wish I'd known when I first came across O.B.E.s and lucid dreams. It would have saved me a LOT of time and effort. All that's left is for you now is to **put the system in action** and experience frequent O.B.E.s which is something most people will never know even exists, let alone experience.

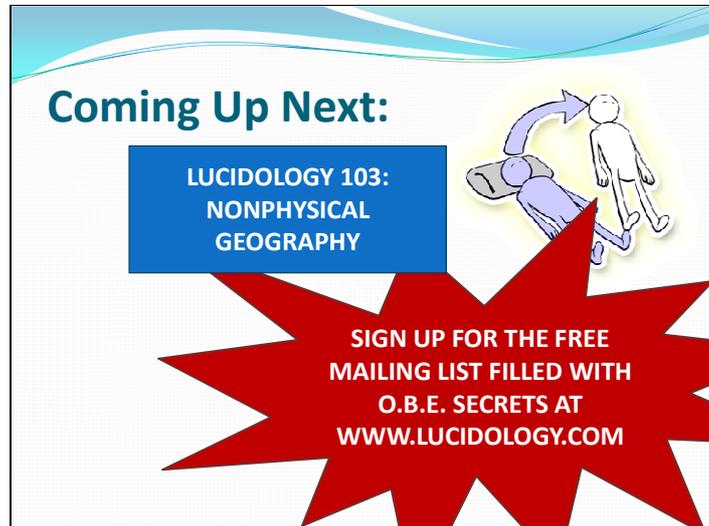
How To Keep Your Momentum

- Visit www.lucidology.com
- Log in and post to the private member forum!
- Get valuable feedback
- Get unstuck!



It's taken me 4 years to put this entire program together so I hope you get a lot of value out of it. Be sure to log in and post to the private member forum using your Lucidology account at www.lucidology.com. You can get valuable feedback there from everyone else who's doing the program and get unstuck if you run into problems. That will help you keep your momentum so you'll make it all the way through to the end.

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