

# Oversoul Contact Sect 2



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## Exercise Sheet:

### Density Manipulation, Learning to

### Fly, Entering A Higher Plane

Matching your emotional density with higher energy areas boils down to:

- 1.) Charging yourself up with as much enthusiasm and excitement as you can
- 2.) Dropping as much negativity as you can

It can be hard or easy to do this, depending on how hard or easy you make it. Here are some ways you can manufacture excitement on the fly **as soon as you enter the OBE.** (Just before that, while you're inducing the OBE, it's usually better to be in a more calm and neutral frame of mind so that you can more easily relax into sleep paralysis using the Lucidology 101 or "100 OBE System" methods.)

Fill in these answers so you have a very clear idea what gets you charged up. Keep this to yourself, it's only for your own private use.

- 1.) **"Blue Sky Scenario" - What would you be or do if you didn't have to worry about making money or living up to the expectations your friends and family place on you or being restricted by (what we perceive to be) the "laws" of physics?** This can be ANYTHING and isn't restricted to Earth concepts or even being human. Use the following space to describe your ideal scenario or use another sheet if you need more room:

Date:

Description:

**2.) “Pressure Release Scenario” - Think of a time when you had some kind of emergency and then fixed it.** For instance, maybe your car broke down and left you stranded. Think about how good it felt when you got it all working again and much of a relief it was. Think back about how much you were looking forward to going to sleep that night with the knowledge that it was all taken care of and things were back to normal. Make a list of 3 such emergencies that you fixed in the space below and pick the one that gave the greatest sense of relief. When you get into your OBE, recall that feeling of relief and use it clear your mind of any negativity that you may have be thinking of in the back of your mind in the OBE. (Enter 3 emergencies below:)

**Emergency 1:**

**Emergency 2:**

**Emergency 3:**

**3.) “Negativity Blocker Discipline” - While physically focused, start a timer and see how long you can go without having a negative thought of any kind.** See how many times you can break your record. Use the space below to keep track of your best times:

Date	Longest Negative Thought Free Time

- 4.) **Put it all together and fly without effort** - Finally, enter an OBE or lucid dream and generate as much excitement as you can about whatever it is that excites you from question 1. Clear your mind of negativity by recalling the feeling of relief from question 2. Block all negativity from setting in again using the discipline you gained in question 3. Feel your density regulator energy center fill up like a balloon so you naturally start to pull off the ground without having to “try”.

Date:

Description:

4. Use the ‘palm up’ focus to control your speed – like buck rogers

- 5.) **Enter a higher area** – Repeat the heart charging method in step 4. Set the intent to leave whatever nonphysical spot you happen to be in and go to a more energetic area. Do this by flying as fast as you can upward with the intent of reaching a brighter and more fluid area. Describe your results below and what the new area is like when you’re able to succeed. For instance, does it seem more easy to create from thought there? Is it easier to see there? What’s it all about?

Date:

Description:

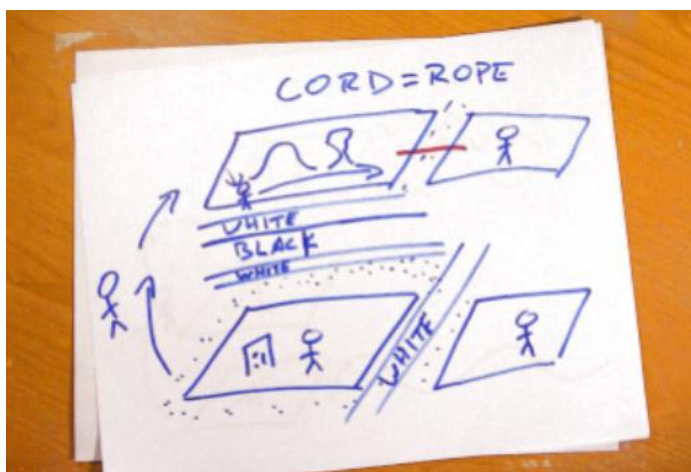
# The Afterlife Explorer's Toolkit – Week 2



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## Buffer Zone Progress Sheet



In these exercises you will investigate the buffer zones that separate nonphysical locales. You may or may not be able to do these exercises in order. Buffer zones are relatively common but you don't always find them because some areas are too populated and too well defined to leave ragged edges where buffer zones appear.

It may take you a couple weeks of OBEs to do all the combinations or you may be able to do them all

in a single OBE session. Use this sheet to keep track of your progress so you know what to work on next and what techniques have worked best for you so far.

If you start out using an OBE to separate into the nonphysical version of your bedroom you'll need to fly upward to the next belief system territory layer up in order to find a buffer zone. This is because the nonphysical versions of physical earth are too intensely focused on by its inhabitants to have space for buffers. You'll need to go at least one layer up to find empty spots.

If you start out in a lucid dream you can usually find buffer zones without having to go vertically up or down.

- 1.) Buffer zones separating nonphysical locales that are on the same vertical layer and horizontally adjacent to each other are a bit rarer than the zones between vertically stacked layers. To find a horizontally oriented buffer you may need to first fly up a couple layers where things have more space between them. Do that and then find the edge of the locale you've found by flying in a straight horizontal line until you find the white mist. See if you can see another locale across the other side of the mist. Either fly over to the other locale or use a cord to pull yourself across. Describe what you did and saw below:

Date:

Description:

- 2.) Find a vertical white buffer zone that separates layers stacked on top of each other. In an OBE or lucid dream, charge your density regulator and fly upward but don't go super fast like you would to reach the next layer up. Just go up until things start to get hazy and the ground below you is fading from view. Not long after that you'll be in a solid white mist buffer zone. Use the space to describe the exact steps you took to succeed with this and what you saw:

Date:

Description:

- 3.) Use the white buffer magnetic effects to let the buffer zone carry you somewhere new. This works best when your mind is completely free of any heavy thoughts weighing you down so use the 4 steps from the Density Manipulation exercises to clear out negativity and recharge yourself with energy. When you're in the white buffer zone you're able to float without needing to think about holding yourself up. Just relax every bit of yourself so that magnetics can send you off somewhere else. You may find they carry you a couple miles and then you find yourself being pulled back down. Go ahead and land then explore this new area. Use the space to describe the exact steps you took to succeed with this and what you saw:

Date:

Description:

- 4.) Find a black buffer zone. You can do this consistently by flying up through as many levels as you can. You may have to go up through three or four reality layers before the layers start to become spaced out enough that the white buffer zones don't overlap and there are black buffer zones.

Date:

Description:

- 5.) Punch through the black buffer zone using all the upward momentum you can gather then explore the new layer you find on top. Is this new area considerably brighter than the lower ones? Describe what you did and saw below:

Date:

Description:

**6.) Bonus Exercise If You Have The 100 OBE System: “Black Buffer Zone Hang Out”**

I’ve found that if you fly up into a black buffer zone and get stuck, it’s actually VERY useful for practicing visualization because it’s easier to create from thought in a black buffer zone than anywhere else. This is because there are no existing rules governing the black buffer zone that conflict with the intentions you program into the buffer zone.

So, in this exercise fly into a buffer zone then instead of going all the way up to the next layer, just hang out and create objects. Make a few simple nonmoving objects like cubes and spheres. Then make some more complex objects like an atom with electrons orbiting around it and a nucleus with wriggling protons and neutrons.

BONUS if you have the 100 OBE System: This is a great exercise to use in conjunction with the visualization techniques from the 100 OBE system if you have that course. Practice using the shifted blackboard trick, the drawers visualization, the chessboard visualization, Christmass present visualization and doors visualization.

Successfully using these techniques once you're already in an OBE will make it much easier to have success with these visualizations next time you use them to induce and OBE.

Date:

Description:



# The Afterlife Explorer's Toolkit – Week 2

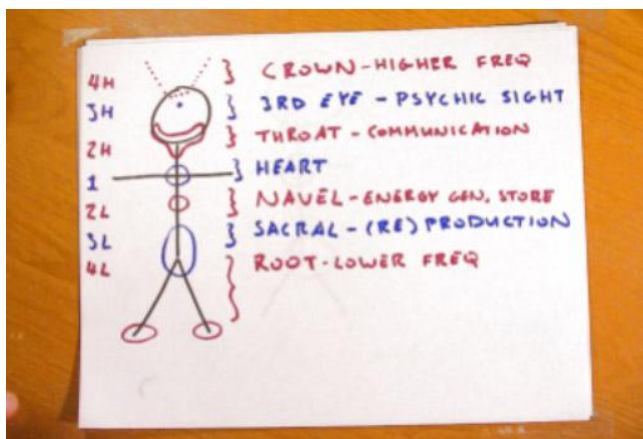


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## Detecting Your Energy Centers

### Progress Sheet



In this exercise you'll be running energy through your energy centers to see where they are and what they feel like.

To do this, use the methods from Lucidology 101 or the "100 OBE System" to repeatedly enter waking sleep paralysis and relax into the vibration state.

Each time you enter the vibration state, record where you felt vibrations and if you were able to detect

"clumping" of vibrations that suggest you've found an energy center.

For instance, the navel center may feel about like a fuzzy vibrating grapefruit where your physical stomach is. Your crown center may feel like a ring of vibration around the top of your head. You may feel energy in different spots and ways than I've described so make a note below of whatever you discover.

It's not important to feel energy in these areas in any particular order, just enter the vibration state several times and see which areas happen to light up. The easiest way to do this might be to just note what the vibrations feel like whenever you happen to get them (without specifically trying to induce them), so it might take a couple months or weeks to complete the whole worksheet. Keep track of your progress using the spaces below.

1.) Heart center: Expandable balloon in the center of the chest (Not really off to the side where the physical heart is)

Date:

Description:

2a.) Throat center: (Encompasses area from adam's apple to lower lip)

Date:

Description:

2b.) Navel: (Fuzzy vibrating grapefruit where your physical stomach is)

Date:

Description:

3a.) 3<sup>rd</sup> Eye: (Eyeball sized sphere about ½" above your eyebrows, just beneath the skin. Be careful with this one, don't make any attempt to run energy into it or you'll burn it out temporarily. Just make a note whenever you are in the vibration state and happen to feel activity in this area. If you want to quickly activate this area without damaging it, use the visualization techniques in the 100 OBE System)

Date:

Description:

3b.) Sacral: (Region below the belt and above the legs, probably gender-specific)

Date:

Description:

4a.) Crown: (Ring of vibration around the top of your head)

Date:

Description:

4b.) Root: (For me this is the soles of the feet)

Date:

Description: