

Lucidology 102: The 100 OBE System

www.lucidology.com

**“How To Have Your First 100 OBEs In 100 Days Even If You’re
A Jetlagged Insomniac Right Now”**

“Questions And Answers”

By Nicholas Newport

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Before The OBE

What State Of Mind Should You Be In To Have OBEs?

If you could shed any light of more personal information on the mind state one should be in prior to attempting an OBE

Lucidology 102 Questions And Answers

There are basically two routes:

- 1.) The 101 approach: If you get good at mimicking sleep then it doesn't matter how active your mind is. You can fool your body into falling asleep using physiological signals like sleep breathing and other sleep commands and triggers from 101. If you go this route it doesn't matter what your state of mind is.
- 2.) The 102 approach: If you get good at visualizations and collecting memory impressions then you don't need to be in sleep paralysis to have OBEs. In this style you do need to be good at stopping yourself from automatically looking at memory impressions and you need to have a clear feeling about what each stage of trance is like, especially the level where impressions start to become sticky.

If I had to describe the state of mind for 102 style inductions it would be “non-reactionary”. You don't react to things. That's why progress can be slow for this style of OBE because each time you discover something new you'll react to it and wreck the trance. You just have to relax back to that same point and then not react to the stimulus. For instance, the first time you get vibrations you may stop and put your focus on them which causes you to lose awareness of the stream of memory impressions you had. Or you might have a problem with reacting to new impressions by looking directly at them. You have to train yourself to be totally passive and never react in awe, surprise or curiosity to anything until after you've landed in a good solid trance. Once you're in the OBE and things are solid as waking life you can go ahead and react like normal.

You'll have the greatest success using both styles together. Go through the OBE training steps in 102 parts 7, 8 and 9 to give yourself a well rounded set of experience to draw on so that you know how to respond depending on how each OBE unfolds.

Are Psychedelics Like Magic Mushrooms A Shortcut?

What do you think about magic mushrooms? Is this a shortcut or what?

I've never taken psychedelics but I think some of them could be a shortcut if used correctly. I've read a great deal of people's experiences on various drugs and by comparing them with my own OBEs I think certain drugs such as ayahuasca, mushrooms and peyote could be very useful ways to explore nonphysical awareness.

I'm not so sure about manmade drugs like LSD and ketamine. I think that drugs are basically like radio presets and send you to a specific nonphysical locale. The natural drugs were probably designed by spirits and so the locale they send you to has a specific purpose.

The locale manmade drugs send you to may not have anything in it other than the subconscious residue that other people who have tripped on the drug have left there. In other words it could be pretty much anything and not necessarily have any a specific purpose.

For now I'm content with OBEs alone but if I were to experiment with a psychedelic I would go on one of Stuart Wilde's ayahuasca retreats at <http://www.heartoftheinitiate.com/> because they would have someone to help guide you through the trip. Also, it's in Brazil where ayahuasca is legal.

I also suggest reading "The Spirit Molecule" by Dr. Rick Strassman at <http://www.rickstrassman.com/>

What About Supplements?

So how can your methods be best combined with supplements such as B5, B6, Cholinebitartrate, lecithine, l-theanine, EGCG?

I've experimented a little bit with supplements but so far I haven't found anything that I really found made a huge difference. If that changes I'll create a report on it.

101 Style OBEs

How To Keep The Timer From Making You Tired During The Day

I did have 4 sets of micro OBE (each lasted for about 40 - 50 sec) I am very sure of that... I tried in the mornings however that is all... and till now (over a month) I have none. I don't have fear in me or at least I feel I don't. I feel myself too confident, overly excited to entering the non physical... however this excitement remains with me during my inductions. When I am trying to experience OOB now I can feel the energy body within couple of minutes that's not a problem to reach this state. I am not too comfortable with setting the timer. sorry, I feel tired during the day if I do that, however I prefer your inductionless techniques (without the timer)

Focus on the basics of just falling asleep without using any visualizations or trying to become aware of your energy body or anything else. Just fall asleep like normal with the timer and wake up and fall asleep over and over without moving until you have spontaneous OBEs. Because you've had some success you are now subconsciously trying to stay aware during your induction. That will hold you back. Just fall asleep and don't try to stay aware. Let the timer do all the work.

If using the timer makes you tired during the day then it means you're not falling back to sleep fast enough. Use the 2 week sleep training routines in Lucidology 102 part 7 to fall asleep quickly each morning. Once you do that you'll be able to use the timer on the weekend without making you tired during the day.

What To Do If You Can't Get Stop Drop And Roll To Work

I've tried the stop drop & roll method many times but never succeeded to enter sleep paralysis with it. How long is it supposed to take?

Stop drop and roll is for falling asleep. In order to enter sleep paralysis you need to wake up and fall asleep several times without moving. The easiest way to do that is with the timer as in Lucidology 101 part 7. If you find that using stop drop and roll actually makes it take longer for you to fall asleep then don't use it, just do whatever you normally do to fall asleep.

The mindset when you use SDR is to just forget about what you're doing and what's going on. You start with your arms up above your head and let yourself space out. Don't even think about anything and you may even fall asleep right there. Only move on to step two and drop your arms down when you start to get a feeling that you should move which brings you out of your daydream.

Then space out again with your arms at your side and don't think about trying to do anything or even remember that you're doing SDR. Just daydream and fall asleep like normal. Only move on to step 3 and roll over if you start to feel like you really need to move and the feeling is preventing you from daydreaming.

Then to enter sleep paralysis, just fall totally asleep and do not try in any way to remain aware of your body falling asleep. Do not visualize or do anything special the first time you fall asleep. Just sleep and the timer will wake you up.

Then when the timer beeps, do not move in any way. Fall right back to sleep without trying to do anything. The timer will beep again and you fall right back to sleep again. Don't try doing anything. After a couple times of doing this you'll start to get pre OBE sensations such as rushing noises, vibrations, paralysis or you may get sent right into a lucid dream or OBE.

Once you've had a couple OBEs that way, **then** you can start using visualizations from 102 to speed things up. However, if you use the visualizations too soon before you are good at falling right back to sleep then it will backfire and the visualizations will slow you down rather than speed things up.

Even when you're good at doing visualizations it never pays to use them before you've daydreamed for a while. You always need to get into a nice solid trance first. I always wait for the sensation that the memory impressions have become 'sticky' before doing any visualizations. See the section in 102 on the OBE Blueprint for details on sticky memory impressions.

It will take you several OBEs using no visualizations before you have a really solid feel for what sticky impressions are like. Once you have that sense for stickiness you can shortcut the process and jump into OBEs at much lighter levels of trance than before. However, if you use the visualizations too soon it will slow you down so you really need to get good at just relaxing with the timer before using any visualizations at all.

What To Do If You Can't Get Back To Sleep When Using Wake Back To Bed

The other problem is with sleep. If I sleep from 9PM until 4:30AM I am fully awake and find it impossible to even feel sleepy until approximately 2 hrs have passed.

Use the sleep training routines from 102 part 7 to fall asleep quickly in the morning without affecting your alertness during the day. Also, when you use wake-back-to-bed to have an OBE, don't get up for 45 minutes before going back to bed. Just set the timer to beep at 4:30 and then fall directly back to sleep without moving. Have it beep again at 12 minutes later and again 8 minutes later, or whatever depending on what timer setup you want to use when using rhythm napping.

What To Do If The Roll Signal Is Too Strong

I have such strong roll over signals that it become physically painful and uncomfortable that after several minutes of discomfort that I finally give up and turn over. Are there any clever maneuvers I can use to help reduce the turnover signal?

The roll signal is a sign the body is uncertain about whether the mind is awake. If you eliminate the uncertainty then the body will either not send the roll signal in the first place, or it will go right into paralysis.

For instance if you're walking around then the body is certain that the mind is awake and doesn't give you the roll signal.

If you're deeply relaxed and still for a long period, you're breathing as if you're asleep and your eyes are closed and still then the body probably won't bother with the roll signal either and just fall asleep.

However if you're been still for a while but there's tension in your muscle and your breathing isn't quite deep and long as it normally is when you're asleep then the body will probably use the roll signal to check to see what's up.

In order to get past that you need to focus on very deep relaxation and practice using sleep breathing. The key to getting past the roll signal is to mimic sleep as exactly as you can. Make a recording of your breathing at night and be sure to do the complete relaxation routine from Lucidology 101 part 5 before you get into bed.

What To Do If Sleep Breathing Makes You Lose Your Breath

When I try sleep breathing I lose my breath after a few seconds, can you succeed without it?

True sleep breathing means you're breathing exactly like you do when you're asleep. When you sleep you don't run out of breath so if you're running out of breath with sleep breathing then you're probably trying to force yourself on to a breathing rhythm that's unnatural. The mp3 I posted is my personal sleep breathing rhythm and may not work for you.

Your best bet is to make a recording of your personal breathing pattern and use that. Sleep breathing should feel 100% natural and relaxing and should never make you run out of breath. It should be so natural feeling that just your breathing alone puts you to sleep. When you get the rhythm right you really will fall asleep without having to do anything else.

Lucidology 102 Questions And Answers

What To Do In Partial Paralysis?

When in sleep paralysis I manage to free my arms and I can wave them around in front of my face and all while my physical arms are tucked and paralyzed, but I can't separate anything else, how come? Any tips? I've never been able to even change the perspective of sight in the room.

When you get partially out use the limb creation technique from Lucidology 101 part 12. For instance if your legs are stuck then just imagine creating a new set of legs underneath you and totally forget about the legs stuck in your physical body. You can also simply teleport complete copy of yourself into the next room using the teleporting exit from Lucidology 102 part 6.

How Important Is Sleep Paralysis?

Lucidology 102 is announced as specially good for not needing to get into sleep paralysis. But (from the initial lessons) it seems the student have to get into sleep paralysis for, then, work to make it progressively not needed. Is that correct?

Yes, Lucidology 101 is all about going from not being able to have OBEs or enter paralysis to being able to do OBEs using paralysis. 102 is about gradually removing the requirement for paralysis.

You can still use paralysis if you want, and in fact a lot of times when I feel that I'm about to project I'll go ahead and use pause breaths to complete paralysis in order to make the OBE more solid. However you definitely don't need paralysis when you have a good feel for memory impressions.

What Is Full Sleep Paralysis Really Like?

If you're in full sleep paralysis, can you move ANY part of your body? Because there are times where I think I am in sleep paralysis, but with a bit of effort I can move any part of my body that I like - it's just more difficult.

In full sleep paralysis you really and truly cannot move, except for your breathing and maybe your eyes and face. If you're in partial paralysis then it's more like having a heavy lead blanket or being in molasses. However as soon as you move even a little bit you'll probably break the paralysis.

Near Sleep Paralysis?

I have been getting what I think is sleep paralysis lately. My body goes numb, but it comes in waves, and it's a very tingly kind of 'white noise' wave... I get the feeling that I am going to die, especially a really tight feeling in my chest. However, I ignore it and wait a while until it doesn't intensify anymore. Then I attempt to just sit up, but I really sit up... Very disappointing.

It sounds like you're relaxed enough to get light paralysis and rushing noises but not quite relaxed enough for complete paralysis. Practice sleep breathing and relaxation in order to get deeper.

What To Do When You Get Vibrations And Rushing Noises But Can't Complete The Separation

When I am lucid I try to lay down and visualize that my psychic body is separating from the physical body. I have enormous vibrations and sometimes a very loud noise in my ears but I can't get into an out of body state.

Instead of doing a traditional style OBE where you peel away from your physical body, do a teleporting OBE, a mental projection or a phasing OBE as described in 102.

The teleporting OBE will probably be your best bet. By doing a teleporting OBE you can project out of your body without having to do the separation process which is fairly difficult. By simply teleporting directly to your target location you don't have to go through the unlocking phase where you unlink your nonphysical body from your physical body.

The unlocking phase often causes the vibrations you mention to become much louder which means you're wasting a lot of nonphysical energy. Practice visualizing yourself teleporting directly out and you can do the OBE more easily.

What To Do If You Can't Separate When In Sleep Paralysis

My problem is that I most often (at least in the past) lie in bed 100% paralyzed (in the morning or nighttime), up to a level when my body feels as it has been sedated with drugs and I sense it only as a distant "thing". Getting out of my body at that point has always been impossible with all the methods I tried, Rope-Method, Monroe's-Vibration-Induction-Method etc. Going deeper is just not possible – since I already do not really feel my body at that moment anymore. And visualizations do not come at that level either (they seem to be present only in a deeper or more shallow trance).

It sounds like you're entering sleep paralysis without entering a subconscious focus. The simplest way to deepen trance is to use hypnotic fractionation. So I would use the timer and fall asleep and wake up over and over. Eventually you'll go deeper and deeper until you're in sleep paralysis and also in a subconscious focus, then you can use the exit techniques. I would use teleportation because that's the most effective way to get out of a paralyzed body without having to go through the unlocking step.

How To Deal With Itching

I would like to hear about how to deal with 'the itches'. Those annoying, incessant little itches that pop up everywhere constantly when trying to get into a relaxed state.

Itching is generally from dryness. Drink water, use lotion and a humidifier to remove the dryness. Also vacuum the room to remove dust in the air.

What Timer To Use?

What do most people use as a 'timer'... their laptop computer?

I don't know what most people use but you should use whatever works best for you personally. The simplest would probably be to load one of the predefined timer MP3s on to an mp3 player and use an ear bud headphone to listen. You can get all the timer options at www.lucidology.com/timer

Can You Do Lucidology 102 Without Lucidology 101?

Can you do L102 without having mastered L101? What are the prerequisites for L102?

You don't need to be able to enter sleep paralysis to have OBEs, even though it helps a lot. So you can do 102 without 101. To do that you need to master developing memory impressions into sticky memory impressions. Those sticky memory impressions act as bait for stronger memory impressions that you can use to have the OBE. One great way to do that is to use the impressions you have when you first wake up to have a mental projection which you can use to do a phasing OBE.

102 Style OBEs – Visualization

6 Step Solution Of What To Do If You Can't Get Visuals When Visualizing In To An OBE

I started by imaging numbers onto non-physical space overlapping physical image. I could never 'see' any image. Nothing in the front screen, nothing in the side screen. What am I doing wrong? Am I going the wrong path?

- 1.) The first step is to make sure you really are deep enough in trance that you're getting nonphysical memory impressions. If you're not getting impressions of things other than the number you're imagining, then you're not deep enough in trance to start the visualization.

Start by just zoning out and daydreaming for a while until you start getting dream impressions spontaneously. It's OK if the impressions are fleeting and nothing that you can really pin down. You just need a sign that part of your awareness has already dipped into your subconscious.
- 2.) Once you're getting impressions and you start imagining the 5 in the shifted blackboard trick, it's still OK if you never get anything you can't see. I like using the computer menu visualization and actually do that a lot more than the shifted blackboard.
- 3.) However, in either case most of the time I never use the blackboard or the computer menus to actually complete the OBE. What happens is I start getting spontaneous impressions, I then use the computer menu visualization, I then start to get other impressions that feel more solid and I use those impressions to connect to the OBE.
- 4.) However, I may never actually see any of those impressions. I am only getting a more and more solid sense of where they are. For instance I may start to feel like I could teleport into the next

room so I start imagining a copy of myself over there running my hands on the walls. I start to literally feel the walls and then shift 100% of my awareness into the projected copy.

- 5.) I may still be blind but it doesn't matter a whole lot because my sense of feel extends past just my hands. You can feel your surroundings exactly and know where things are down to the smallest grain of sand even though you can't see any of it.
- 6.) At that point if you want sight you can use sight recovery tricks from 101 such as eye pry.

How Do You Know Which Visualizations To Use At What Time?

I'm unclear the order of the visualization. By this I mean the computer menu visualization and chessboard seem from the material to be what you refer to primer visualizations. Others like the doors and presents are a separate step?

The computer menu, chessboard visualizations, hallway of doors and present visualizations are used in the middle stage of the induction. They're used to get stronger memory impressions flowing to you and make them sticky. However they're not used in the final stages to actually complete the separation.

In the final stages of the induction you'll switch to other visualizations where you actually connect to the OBE. This may be where you were confused. Sometimes you'll see dots in the distance in the behind the eyelid blackness and when you zoom into them they appear to be doors. These are different from the doors you visualized in the hallway of doors visualization. The dots to doors are gateways into complete nonphysical worlds.

However the hallway of doors was just a way to get impressions more sticky. Having said that, sometimes your pump priming visualization will be so effective that you're able to use it all the way to the end. For instance you may actually be doing the hallway of doors visualization and find that you can walk right into one and it's a complete nonphysical world.

Normally that won't happen and instead you'll doing pump priming for a while and then start to get a second stream of impressions from somewhere else in your awareness. That second stream may come from anywhere which is why there are different types of OBE inductions.

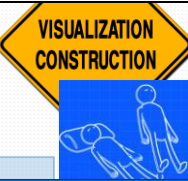
The stream of impressions may make it feel like it's easier for you to teleport into the next room over. You also may start to get transparent eyelids which would mean it would be easier to do a traditional style OBE exit.

How you complete an OBE and how you get it started are often totally different and a little unpredictable.

The doors and presents visualizations is that also a separate step from the spin and grab visualizations?

They are separate steps. The doors and presents are both pump priming. "Spin" is an energizing step and "grab" is the separator.

The “What To Do & When” Chart			
What's Happening	Stage	What To Do	Example
Thinking about physical day	Start	Clear space	Lazy random daydream
Relaxed mind	Cleared	Prime pump	Computer menus
Barely perceptible	Fleeting	Stimulus spikes, pause	Shine light in eyes, click, pause
In and out, momentary	Frameable	Stabilize	Frame without looking at it
Longer lasting but dim	Spinnable	Solidify, energize	Inject energy by spinning to solidify
Solid but you're not in it	Grabable	Connect	Grab
Connected but not immersed	Immersible	Immerse	Exit technique

How The O.B.E. Blueprint Fits In The Visualization Construction Toolkit	
Here's how the O.B.E. Blueprint answered those 4 questions:	
<ol style="list-style-type: none"> Clear subconscious space <ul style="list-style-type: none"> Lazy random daydream Prime the pump <ul style="list-style-type: none"> Menu visualization Strengthen memory impressions <ul style="list-style-type: none"> Stimulus spikes, pause Photographic ownership Stabilize memory impressions <ul style="list-style-type: none"> Frame Energize memory impressions <ul style="list-style-type: none"> Spin Immersion & exit <ul style="list-style-type: none"> Grab memory impression 	 <ol style="list-style-type: none"> 1.) PRIME PUMP 2.) ENERGIZE 3.) SELECTOR 2.) ENERGIZE MORE 4.) SEPARATOR

Are we to spin and grab one of the items seen in say behind one of the doors or are we waiting for something to appear after?

Normally the thing you're visualizing in the pump priming step will not become solid enough for you to grab it. It will become sticky, but not so solid that you can really use it to have an OBE. If you're using the hallway of doors you'll get to where you sense what is behind each door but you can't get any tactile feedback from them and you can't see anything.

However, once you get the hallways to become sticky you'll start to get the second stream of impressions I mentioned. You may start to see glowing dots in the distance which you can then zoom into, see that those are doors you can open and find complete worlds behind them.

So you need to be flexible with what happens in the OBE and be ready for impressions to come from anywhere. The point of doing the pump priming is to kind of act like a beacon. You're sending out a signal that you want to collect memory impressions from nonphysical space.

Two Techniques To Get Your Eyes To Stay Still

Are there other tips to getting the eyes to stay still? Seems no matter how hard I try, the second I get memory impressions, I automatically look at them.

1.) Ignore all visual cues, even if you automatically look at them and destroy them. Do the induction using other sensations such as sound and touch. Most of my OBEs are totally blind at the start so you need to get good at collecting memory impressions for other senses. It's exactly the same process as you do with visuals, you just use a different sense.

For instance, imagine you're petting a nonphysical dog with a nonphysical arm that's already teleported out of your body. Only start that visualization once you already have a stream of memory impressions. For instance, wait until you see an impression and then destroy it by accidentally looking at it, then switch to the tactile dog visualization.

The dog visualization may only take you so far into trance and then you'll find you'll be getting other queues. For instance you may get the vibrations and then quiet zone and then be able to teleport to the next room. A lot of times it comes down to being aware of the different types of OBEs you can do and then matching up what you happen to be feeling at that moment with the style of OBE that feels the closest way out.

2.) Plan to follow visual cues, but forget about your eyes first. If you close your eyes and place your mental awareness on the back of your brain you'll find that it takes your awareness off your eyes. It also creates a bit of a dizzy sensation because you're focusing on your parietal lobes. When you trance out with your focus on your parietal lobes after a while you'll find that you actually have forgotten temporarily about sight.

This is the time to create double eyeballs as described in 102 so you can start collecting only nonphysical visual impressions. If you're looking at them with your nonphysical eyes only and not your physical eyes they won't be destroyed when you look (99% of the time).

How To Keep From Looking At The Visuals Too Soon And Wrecking Them

I'm having trouble imagining (visualizing) something outside of my eyelids area, as you suggest. I wonder whether I should imagine something on my left or my right side or behind me? For me, the area I see (or can visualize on) with my eyes closed is pretty much the same angle I see with my eyes open. So if I imagine something in my "blind spot" I do it by "turning" to it and trying to see it there, which makes me "look" at it directly. If I imagine something outside my field of vision, then I can just come up with a feeling of knowing it's there.

The feeling of knowing it's there is what you want. The deeper you dip into conscious trance the more real that feeling of knowing will become. You'll reach a threshold where the knowing feeling takes on the 'sticky' quality which means your impression of what's there is sticking in your awareness without you needing to think about it. You can forget all about it for a while and then put your awareness on it again and you find that it's still right there. This is what the chessboard visualization was about. If you find you have awareness of a chessboard in your blind spot then you can move the pieces all around and then forget about it for a while. After a few minutes when you check back you'll find that the chess pieces are still where you left them.

This happens before you have any visuals. The sticky memory impressions appear long before you achieve sight. **However if you find that when you start to get visuals and you can't keep from looking at them then put your awareness where it's simply impossible for you to move your eyes.** For instance, I like to imagine there's a sheet of paper in the center of my head on which the imagery is projected. You can also put your awareness directly behind you or in the next room or on the moon.

The strange thing is that even if you put your awareness where you have no possible way of seeing it, you will still be able to obtain visuals of them. Just use hypnotic fractionation to deepen your trance further and further and the impressions will become more and more real. When they're solid enough you can use an exit technique to turn them into an OBE. For instance you can simply grabbing an impression and it will suck you in to the OBE environment.

Where To You Look When Using Shifted Eyeballs?

In regard to the alternate eyeball trick where you look off at a 60 degree angle. Do you just imagine you are looking off or do while your physical eyes are remaining looking straight ahead?

Your physical eyes stay totally relaxed and totally still looking straight ahead. The goal is to forget they're even there and create a new copy of nonphysical eyes looking off to the side. Even if you don't get nonphysical sight, creating these nonphysical eyes will help you start picking up tactical memory impressions.

What To Do When You See Your Nonphysical Eyes Close

VERY thankfully, you cleared for me that what I thought was some nasty dwellers intervention to block me out from projecting is just my nonphysical eyes closing. Why they end closing if they where nicely open, and/or how to open them back?

If (as in fact) I only had for sure the experience of having my nonphysical eyes open/shut, could that be turned into some advantage or skill to ease getting out of my body?

I think you mean that you've watched your nonphysical eye close? I'm guessing that it's kind of a way to save on nonphysical energy. When you switch back to physical focus your nonphysical copy goes to sleep and its eyes close.

As far as what to do about it, it's not very easy to open your nonphysical eyes once you've seen them close. This is why most of the methods in 102 are geared toward developing nonphysical memory impressions that you can't see so that you can still project even if you're nonphysical blind. Nonphysical sight is much easier to obtain once you're already basically in the OBE.

So if you see your nonphysical eyes shut, just relax again and project using invisible memory impressions and then recover your sight when you're in the OBE.

Should You Focus On Your Third Eye To Get Visuals?

I consider myself a creative and visual person, I draw and design things from imagination professionally. But I was never able to imagine any image in trance state. The only time I seem to see images is when I focus onto the 'third eye' area, the screen seems to appear right in front often with recognizable yet meaningless objects (a printer, a tree, a cloud etc.). It never lasts long. On that note, trying to visualize walking the house does not quite work either. Any suggestion?

If focusing on your 3rd eye area works for you then go for it. However I personally find that when I do that I end up with a head ache. Robert Bruce says focusing on the 3rd eye can lead to problems if the lower energy areas aren't developed first. You may want to check out his book Astral Dynamics for the details on his system.

Where Do You Visualize?

When doing a visualization method such as photographic trance, mental projection, etc., all of them should be imagined using shifted blackboard or double eye trick in order to avoid directly drawing into eyelid space?

Yes, you want to avoid putting your focus directly in front of you where your normal eyelid space. This is because focusing there tends to center you even more into physical awareness which is not what you want.

Do You Visualize When Using The Timer?

Are you supposed to be using the timer when you are visualizing?

Only use visualizations when you're very solidly in trance. The safest bet is to not use them until you've already had a couple OBEs that session using just the timer and no visualizations. Once you are familiar with what trance feels like you can do visualizations when the timer beeps and your body is falling back to sleep.

What Do You Do With Your Mind?

Do you have any other tips for keeping your mind awake, while you allow your body to fall asleep? What do you focus your mind on at this time?

Usually I have no focus so that I relax the fastest. However sometimes I'll place my awareness on my chest and feel the feeling of gravity which tends to speed up sleep paralysis a little bit.

What Do You Do When The Timer Beeps?

When using the timer trick, when you hear the ring from the timer, do you try to keep your mind awake or do you just let yourself fall right back to sleep?

The first couple times you hear the timer just fall right back to sleep. Usually on the third or 4th beep you'll get to where it's very obvious that you're in sleep paralysis or have rushing noises or vibrations without having to do anything else. At that point, use one of the sleep triggers in 101 to convert your partial paralysis into full paralysis. Once you're in deep paralysis use any of the exit methods we've covered. Generally if you're using the ramp setup you'll get into deep paralysis in the 1st or 2nd 20 minute long interval.

How To Create A Bridge From Physical Awareness To Nonphysical Visuals Using The Mental Geography Map

I was just wondering whether you could make the geography mind map any clearer for me. When I first watched it, I had to watch it many times over to grab the concept of it all, especially the space where you picture the 5 in the blackboard trick. I understood how and where to put the 5, but I did not understand what the areas were called, as after the spaces were explained at the beginning, names for those spaces changed throughout the video. It is just the memory impressions and the spaces which I wanted clearing up.

When you use the shifted blackboard trick, what you're doing is creating a bridge between eyelid space and nonphysical dream space. The part of the 5 in your physical vision is in eyelid space. The part outside your vision is in nonphysical dream space.

The way it works is you use your mind (mind space) to create the memory (memory space) of the number 5 in your awareness. You imagine the memory of the number 5 is partially in the eyelid space you can see and partially in the nonphysical dream space you can't see.

The more you focus on that memory the more you attract a nonphysical dream version of the number 5. That nonphysical number 5 will become more and more clear. You'll be able to see it both in your physical eyelid space but you'll also have nonphysical awareness of the part of the 5 that's outside your field of view.

You are really only interested in the part you can't see. You can then use the shifted eyeballs trick to shift your visual awareness to include the entire number 5 but without moving your physical eyeballs at all.

This is how you create a bridge from physical visual awareness to nonphysical visuals. Once you can do OBEs that way, then you can do the same trick but with memory impressions that you can't see. This

allows you to do OBEs at much lighter levels of trance because then you don't have to wait for complete visuals.

You can just wait for the impressions to become "sticky" and then use them to connect to the OBE using the exit techniques in 101 and 102.

The point where they become sticky is also the point where you don't need to use your intent to write into memory space any more. Instead of the number 5 being energized by your memory, it's energized by nonphysical dream space. That's why you can use the 5 to do an OBE. When you grab the nonphysical 5 to enter the OBE, you're following the energy back in to the nonphysical space that you attracted.

Mental Projections: How To Get Them Without Full Sleep Paralysis

If you get the chance could you speak more about mental projections and how deep in trance you have to be to get them. I normally get the paralysis wave a minute or so after watching a solid projection but I was hoping I could get these projections at a lighter level of trance.

The easiest way to get them without going in to full paralysis is to watch for them right when you wake up and before you move. They'll probably be right there without you needing to do any extra visualizations. This works especially well if you wake up coming right out of a dream. You'll still have impressions of the dream you can use for a mental projection. That's how I get most of my OBEs, by waking up and not moving, then using the impressions that are already there to project.

What To Do If The Imagery Doesn't Respond To Your Intentions

Before listening to Lucidology 102, I've actually experienced the "dots in the distance" and willed it toward me only once. Other times, it seems they are there, but I just can't plain will them towards me. Am I just not deep enough in trance?

Getting deeper in trance would probably solve that but not always. Sometimes even after you're totally in the OBE you still can't make things behave how you want them to. This is a good example why you need to know several ways in to an OBE, whether it's teleporting, a mental projection or any of the other tricks from 102. If the dots don't respond then you're better off not forcing it. Just relax more and shift to one of the other styles of OBE just as teleporting or a traditional style OBE.

Even if you try to connect to the dots and fail and end up waking yourself up, remember that you're still making progress because of hypnotic fractionation. If you just relax right into trance again then you'll go deeper the second time and have an even better chance of success.

How To Kickstart Your Imagination?

Why can't I get my imagination kick started? It remains very unreal and out of reach.

A big secret for increasing creativity is to create a huge separation between the question and answer. Ask yourself very specifically the question you need answered and then go do something that shuts the

Lucidology 102 Questions And Answers

mind off, such as driving or brushing your teeth or doing the dishes. The answer will come when your mind isn't in the way.

Can You Make Your Own Nonphysical World?

Can you phase into an environment composed completely of your own imagining?

Yes, although this take some work and I'm too lazy to do that. I normally just go with whatever comes my way in the OBE.

Other Questions

How To Do Wake-Back-To-Bed OBEs Without Disturbing Anyone Else

Am I supposed to be using these techniques early in the morning? My family won't allow this! :(

Sleep with an mp3 player and put an ear bud in one ear. Set the mp3 to wake you up early in the morning and don't move when it beeps. Have it go directly in to a ramp timer setup. You shouldn't move at any time during the induction so no one else will be disturbed.

The Two Keys How To Enter Waking Sleep Paralysis Without Using The Timer

Please give further explanation on how to keep from falling back asleep without the use of the timers

The trick to falling asleep without using a timer and yet keeping your mind awake is to mimic physical sleep exactly. The best way to learn what waking physical sleep feels like is to use the timer several times to enter waking sleep paralysis so you know what true muscle relaxation is like and you know what your breathing pattern feels like. Once you have that, then you can stop using the timer and enter waking sleep paralysis by mimicking sleep.

So first get good at doing Lucidology 101 methods. When you can do them, in your sleep, so to speak, then you can retire the timer and just relax into waking sleep paralysis. You want to learn two things:

- 1.) Deep relaxation
- 2.) Sleep breathing

When you can do those you can enter waking sleep paralysis and it won't matter if your mind is relaxed or not. You can fall asleep even if you're screaming to yourself in your mind as long as you physically mimic sleep perfectly.

There will also be times when you reach partial paralysis and want to turn it into full paralysis. Use pause breaths, muscle twitching and eye movements from Lucidology 101 part 4 to get past that block.

What Do You Do During The Sleep Training Phase?

During the phase 1 session, there are 4 things to do in weekday morning routine. They are reality check, learning relaxation, watching roll signal, feeling

photographic trance. When I do these on Wednesday morning time, I am supposed to wake up 2 times. Then 4 tasks have to be done all together every time I wake up?

Yes, they are actually very simple and things that you do reflexively without really thinking about it. Every time you wake up, no matter if you're practicing OBEs or not, just get in the habit of doing a reality check before you move. That's very simple and easy. For instance you can practice seeing if you can sink into the bed an inch or two to see if you're nonphysical.

Relaxation is something you have to do anyway in order to fall asleep. Just wake up, to a movement free reality check and relax back into sleep. You don't have to move or do anything for this to happen. In fact you should not be moving anyway.

The roll signal is something that you'll know is there without having to explicitly watch for it, so it doesn't take any effort. The only thing that actually takes some doing is to pay attention for photographic trance. Daydream as you fall back to sleep and check occasionally for a stickiness in your day dream memory impressions. The goal here is to get good at knowing how relaxed and how deep in trance you are when they become sticky.

Should You Do OBEs Every Day?

Is it better to practice this on a daily basis to produce better results for Lucid dreaming?

It's a really good idea to practice watching your memory impressions when you wake up in the morning before you move. You can do that every day and it will build your OBE skill and not affect your tiredness during the day in any way.

How Fast Do You OBE?

I was wondering how long it takes you, after laying down, to enter full sleep paralysis?

Lately I do my OBEs by watching my memory impressions when I first wake up in the morning before moving, so technically it's about 8 hours from the time I lay down. However from the time I wake up in the morning to the time I have an OBE is usually within ten minutes or so. If I use the ramp timer setup I do the OBEs during the 20 minute intervals.

What's Your Favorite OBE Method?

Once in paralysis, what is your favorite OBE exit technique from there?

I'm adding a new section on to 102 for a variation on memory impression fishing which is my current favorite.

What If You Work The Graveyard Shift?

So what about if I'm working on grave shift (from 11:00 pm to 7 am) and I don't get much sun. Is there some other way that I can get serotonin and melatonin?

You can buy a full spectrum light which simulates sunlight if you're asleep during the day.

What If You Can't Sync To The Sun?

What happens if you cannot "sync your sleep cycle with the sun". Baby doesn't allow it. Is there any chance of using these techniques at night? Or must I wait for baby to grow up?

Use the techniques an hour or so before you usually wake up, whenever that is. Wake up, don't move and then watch for memory impressions.

Do You Do OBEs At Night?

Have you ever managed to have a LD/OBE when you have gone to bed at night? I just feel that I'm getting too tired doing this in the mornings (and I'm on holiday at the moment). Once I get back to work I just can't envisage being able to do this in the mornings without being too tired for the day. Any possible strategies for night time attempts you can think of?

I've only had one or two at night. Basically I don't bother with them. Practice the exercises in the 100 OBE system so you can start having OBEs without needing to use the timer or affect your sleep cycle so that you can do them in the morning as much as you want.

Once You're Out

How Do You Turn A Lucid Dream Into An OBE?

What I didn't understand is the part how to get from a lucid dream into an OBE

To go from a lucid dream to an OBE you need a focus on the nonphysical version of your bedroom. The easiest way to get that is to use your physical body as a reference point. Set the intention to get a focus on your physical body and wait for the lucid dream to be over. You'll become aware in your physical body in a few moments and will probably be in total paralysis. You can then use any of the projection methods to turn paralysis into an OBE.

How Long Are Your OBEs?

How long do your OBEs last on average?

Not long, 15 minutes is a long OBE for me. That's why my methods focus on having lots and lots of them.

Using Mental Projections To Prolong OBEs

Also, I seem to easily move to the mind awake, body asleep state and usually shortly afterwards get roaring sensations and roll and surge out of my body, only to move a short distance and then get pulled back in. Sometimes this is because I often have a thought like "I open my eyes in the astral" and probably associate this with my physical eyes which makes me focus on my body and hence get pulled back. Other times I don't think of my body but still can't get far before returning. Usually it occurs as I roll or surge outwards. I get like a meter out and this strong rubber band like effect pulls me back in. Sometimes I've managed to try this two and rarely three times after which I give up. I've also tried focusing on the next room or distant places but so far no luck. Any suggestions?

As far as prolonging OBEs goes, that's a tough one that I'm still working on. One way around it is to just do a simple mental projection and watch the impressions rather than phasing into them or doing a full separation into your bedroom. It seems to be easier to hold on to a mental projection although it's not as much fun to just watch and it's always very tempting to let yourself get sucked in.

Should You See Your Body In Bed?

After exiting, when you look back in an attempt to see your body, is it common not to see your body in bed? If you don't see your body would this be indicative of a lucid dream versus an OBE?

Yes, a lot of time it won't be there. It's still an OBE if you started out focused in your physical body and then transferred your focus into the nonphysical version of your bedroom.

Does Age Affect Your Ability To Do OBEs?

I am 77 yrs old. Does this matter?

Robert Monroe had OBEs his entire life and lived a very long time so you can do them at any age.

Seeing Auras And Using X-Ray Vision

The night before last I woke up in a dream and went straight back to my body. As I lay there I had what I'd describe as astral vision of landscapes I didn't recognize. As I ran this thought, reasoning that it must be astral sight, I changed phase again and then was looking through closed eyelids at the built in robe and cornice of the ceiling. It had a bluish tinge to it and as I wondered about this, I saw translucent, pale electric blue simple geometric shapes with a fractal sort of appearance in the space between the ceiling and myself. I realized the tinge came from my looking through the shapes at my room. Have you ever come across this before?

I have a hard time seeing energy and auras in OBEs but many other people have reported seeing similar things. Something fun you can do when in that state is to use x-ray vision to look inside things. Normally you're able to control your eyes in two directions: up/down or left/right. With x ray vision you also control near/far so experiment with changing the depth of your sight. Look at the door on a cupboard and then look past the door into the cupboard itself.

Are OBEs A Physical Hallucination?

You described Lucidology as if it is purely physiological effect. Is it? How does your practice relate to other meditation teachings?

Lucidology 101 is about using your physiology to have OBEs. However that's not saying that OBEs are a physiological effect. They are nonphysical in nature. 101 is a way to use your physiology to get a nonphysical focus.

Scientists have shown that simulating certain parts of the brain gives OBEs. That makes sense because the brain is a device for focusing your spirit's attention into the physical world. (The brain is not a computer like some think.) If you alter the brain then you alter how much (or at all) your spirit can focus into the physical Earth locale and so it is possible that changing your physiology can have a nonphysical effect on you.

Should You Use Nonphysical Protection?

Some psychic teachers suggest protection meditation prior to deep trance or astral projection to protect from ill-intended souls or demon to attack our body and soul during trance. Any comment on this?

It wouldn't hurt. There definitely are negative nonphysical beings which do attack people. It would probably be a good idea to use protection whether you're going to do an OBE or not. I don't think that OBEs are any more dangerous than regular sleep or simply being awake. Nonphysical attacks can come at any time.

Imagining white light does seem to help ward off some weaker negs. Some people say that white light actually attracts negs but I haven't found that to be the case. There isn't really a single type of protection you can use any more than wearing a bullet proof vest would protect you from all types of physical attacks. This is a big topic that we'll cover more in Lucidology 103.