

# **Lucidology 103**

## **Nonphysical Sight To Induce OBEs Made Easy**

**[www.lucidology.com](http://www.lucidology.com)**

**Part 2: “How To Manufacture OBE Exit Points To Easily  
Transition Into A Nonphysical Focus”**

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## How To Manufacture On OBE Exit Point To Easily Transition Into A Nonphysical Focus

### Lucidology 101 Review: Fundamentals Of All Lucidology Inductions

1. **Hypnotic Fractionation:** As with all Lucidology inductions, it's based on hypnotic fractionation which states that if you can enter into a little bit of trance and then come out of trance, then the next time you go into trance you'll go into it more deeply than before. That means that if you can zone out into trance and daydream just a little bit, then you can work yourself into a very deep trance and have OBEs. Refer to Lucidology 101 part 7 on the timer method if you need a review.
2. **Sleep Timing:**
  - a. **Go to bed at 7:30 or 8:00:** I find this to be an incredibly CRITICAL step!!! If I go to bed in the window of 7:30 to 8:00 I wake up spontaneously during the early morning which makes it very easy to do OBEs without being tired the rest of the day. **This is important so I'll repeat it: If you find you're tired the rest of the day when using wake back to bed, make sure you're going to be early enough, in this 7:30 to 8:00 range.**
  - b. **Wake-Back-To-Bed - Works best when done in the early morning.** Wake up between 3 and 5 in the morning, stay up for no longer than 45 minutes, then go back to bed. Please rewatch 101 if you don't know "wake back to bed" and the timer method like the back of your hand.
3. **Works best in sleep paralysis or near sleep paralysis.** Eye-pry can be used to have OBEs when the body is fully awake, but it's much more reliable to be in solid sleep paralysis for it to work. Refer to 101 again if you need a refresher.

## Lucidology 101 Review: Fundamentals Of All Lucidology Inductions

- **Hypnotic Fractionation: Wake up and fall asleep over and over**
  - See Lucidology 101 Part 7 on the **Timer Method**
- **Sleep Timing:**
  - Go to bed at 7:30 or 8:00 PM
- **Early Morning Wake-Back-To-Bed:**
  - Awake at 4:00 to 5:00 (spontaneously if possible)
  - Awake no more than 45 minutes (5 mins works too)
- Enter waking sleep paralysis or near sleep paralysis

## How To Manufacture OBE Exit Points Without Waking Sleep Paralysis – Trick 1: S.P. Residue

- Key Idea: “Sleep Paralysis Residue” is as good as S.P. itself
  - What is “Sleep Paralysis Residue”? It’s the effect of having been in paralysis a few moments before
  - Allows you to get effect of waking sleep paralysis even if you were unconscious when paralyzed
- Why? S.P. residue is easier to shoot for than S.P. itself
- S.P. is good because it’s unmistakable
  - Vibrations, rushing noises, lead blanket, etc...
- However, the real signal you want is the “Quiet Zone”, not vibrations and so forth

### Sleep Paralysis Vs. Quiet Zone

1. **The “Quiet Zone” Is More Important Than Sleep Paralysis:** Recall from Lucidology 101 that after you pass through the vibration state, you enter in a kind of “quiet zone” where the vibrations

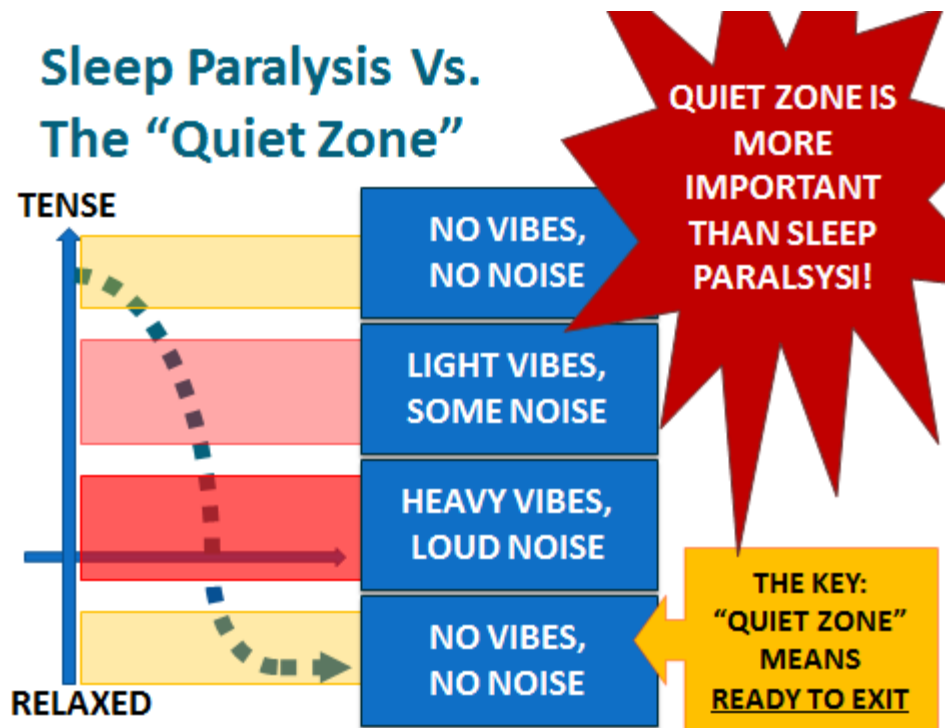
have gone away and all physical sounds are gone as well. This was the signal you used to know that you were ready to exit, because exiting during vibrations wastes energy.

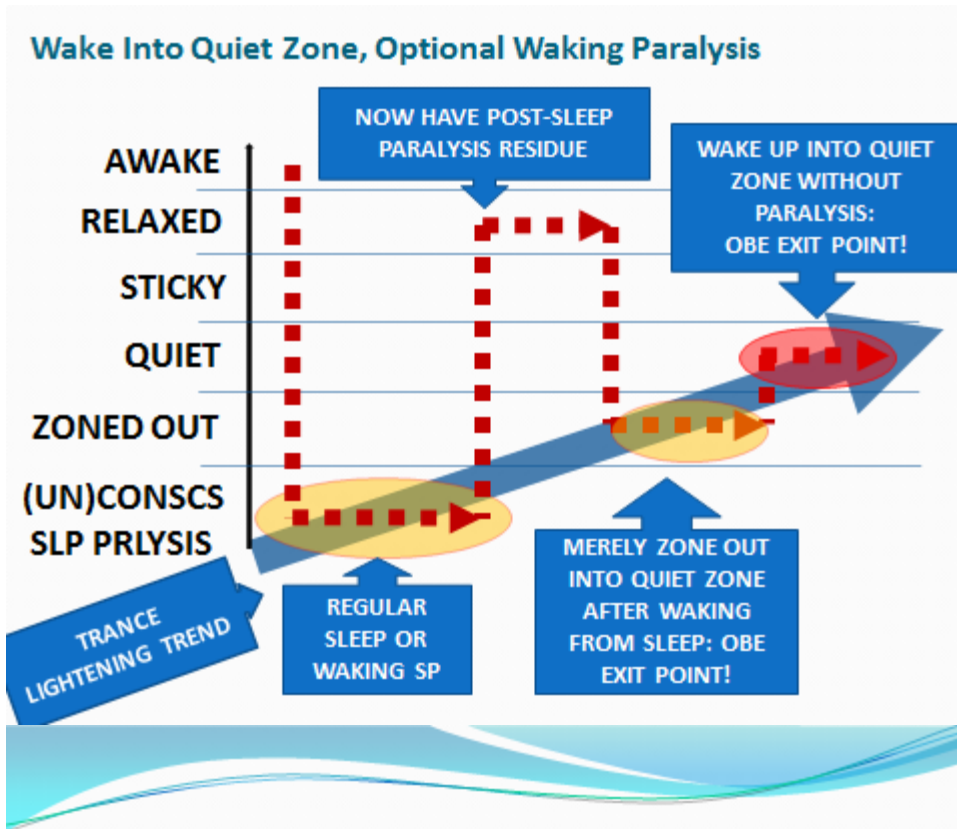
### Conscious Sleep Paralysis Vs. Post Sleep Paralysis Residue

1. **Sleep Paralysis Is Not Required - Getting The Quiet Zone But Without Sleep Paralysis:** Because of this sleep paralysis is not totally required if you can just skip into the quiet zone. This is especially true when using the eye pry methods will be covering. Fairly often you'll be able to open your nonphysical eyelids without even being in light sleep paralysis, let alone full paralysis. Full sleep paralysis does help, but you don't need to even be in the vibration state for eye-pry to work.
2. **Quiet Zone When Leaving Paralysis:** About 90% of the time I pass through sleep paralysis at some point in the induction when using eye pry to have an OBE. However a lot of the time the OBE comes after I've come completely out of sleep paralysis. In other words, I dip into SP, come out, zone out for a bit and then find I have enough nonphysical focus to use eye pry even though I'm not in SP any longer. Your subconscious still has a nonphysical residue from having been in SP for several minutes, so just keep with it and don't give up if you aren't able to induce the OBE when in SP itself.

### Pre Sleep Paralysis Vs. Sleep Paralysis Vs. Post Sleep Paralysis Vs. Quiet Zone

1. **Nonphysical Residue And Post Sleep Paralysis:** This brings up the idea of Pre Sleep Paralysis Vs. Sleep Paralysis Vs. Post Sleep Paralysis.
  - a. **Pre SP:** More often than not it's more difficult to have
  - b. **Post SP Quiet Zone:** This is actually where it seems to be easiest to have eye pry OBEs, so lately what I've been doing has been to induce SP, have an OBE if possible, and if not just fall asleep and then wake up in the
2. **The "Eerie Quiet" as a signal to do replacement OBEs:** One of the signals you can watch for is that when you get close to a nonphysical focus, things become VERY quiet. Remember from Lucidology 101 that after you pass through the vibration state, you're watching for the "quiet zone" as a signal that you're ready to exit. With replacement OBEs it's similar except you probably won't have any vibrations. You only the quiet zone where things both sound very quiet (such as no air conditioner noise) and also FEEL very quiet.
3. **Exercise: Learn Quiet FEELING in OBEs.** In order to practice for replacement OBEs, do some OBEs in whatever other method you like and then just sit and listen and feel how things have a more silent quality to them. Become familiar with that sensation so you can leverage it and know when you've reached a level of trance that you can use it to do replacement OBEs.





## What Exactly Is The Quiet Zone?

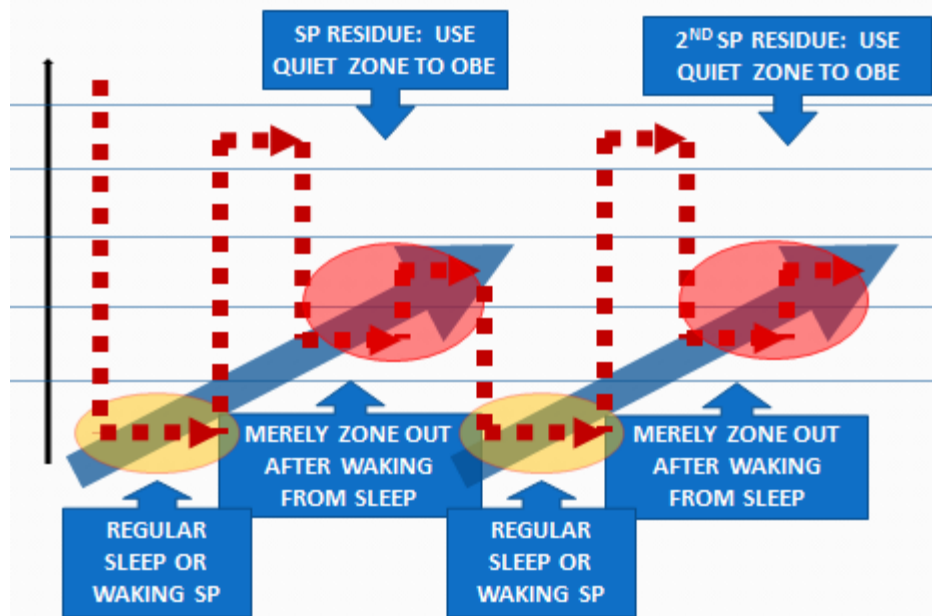
- Normally there is a tiny background noise in the room you're in
- The Quiet Zone is **TOTALLY SILENT**
- Looking for “nothing” rather than “something”
- Extremely useful to look for: If you think you are even close to the Quiet Zone, do an exit method and it may work!
- Great time to imagine a nonphysical copy of your fingers opening your nonphysical eyelids



## Core Difference Between 101 And 103 OBEs:

- 101: Fall totally asleep each time, let timer wake you up to gain lucidity
- 103: Fall asleep, but on second go around, ZONE OUT into quiet zone

### Repeat Trance Lightning Cycles If 1<sup>st</sup> Attempt Fails



## Using Trance Lightening

- Repeat cycle if it doesn't work
- If you can't complete an OBE from paralysis, rely on sleep paralysis residue instead
- Connection to Lucidology 102: Quiet zone from sleep paralysis residue is a good place to do mental projections, phasing OBEs and the other 102 style exits.

### Technique 2 - New Sleep Paralysis Trick: Roll Signal Incubation

1. **What Is:** Recall from Lucidology 101 that before the body goes into sleep paralysis, if the body is unsure if the mind is awake or asleep then it sends an uncomfortable roll over signal. If the mind responds and moves the body then the body knows not to go into sleep paralysis. Since then, I've found that it turns out that in order to get to sleep paralysis more quickly, you can use a powerful new trick to incubate the roll signal. A while back I decided to see what would happen if I stayed in bed all day long without moving. What I found was that after several hours you get into a kind of roll signal overload where even if you move your legs to dissipate the signal, you still get the roll urge coming right back again.
2. **Roll Signal More Effective At Bringing Visuals Than Relaxation:** More importantly, I found that behind the eyelid visuals came on much more easily when the roll signal was strong. In fact, the roll signal urge itself is more effective at bringing on visuals than relaxation itself. Your body can be tense, but if you have a strong roll signal you'll get behind the eyelid visuals. This means you should spend at least as much effort on cultivating the roll signal as you do relaxing.
3. **How To Incubate The Roll Signal:** The basic idea behind roll signal incubation is that when your body sends the test signal, it's only expecting one of two responses:
  - a. Nothing at all: In this case the body goes to sleep
  - b. Body rolls over: In this case the body does not go to sleep
4. **Cheating The System:** Roll signal incubation cheats the system by introducing a third ambiguous response that the body doesn't really know what to do with. For instance, when you feel the roll signal in your lower legs instead of rolling over, just move one of your lower legs at the knee an inch or so.

5. The body doesn't really know how to interpret that, when you just move a tiny bit it without rolling over it gets confused so it sends out another stronger signal in a bid to get a more decisive reply from the mind. Therefore you can build up the roll signal stronger and stronger by relaxing until the signal is fairly strong but has stopped getting any stronger, and then bending leg at the knee a tiny amount. You'll feel the roll signal dissipate for a moment, but when you don't continue moving the roll signal will come back a bit stronger than before. After a while of further relaxing, move a leg at the knee once again.
6. When you repeat this enough the roll signal becomes strong and the behind the eyelid visuals will become much easier to acquire when you relax. You'll be able to easily get to the "sticky" memory impression state where you feel like the memory impressions are becoming persistent and have a sense of solidity. From that point, you have a number of options:
  - a. **Fall asleep, preferably with the timer:** When you fall asleep in this state, it's very likely you'll have a long series of spontaneous lucid dreams. This is especially true if you use the timer from Lucidology 101.
  - b. **Use the visualization techniques from Lucidology 102.** The sticky memory impression state is a great launching point for 102 style OBEs.
  - c. **Begin using the eye-pry methods.** You may or may not be able go directly into having an OBE with eye pry at this level of trance. However incubating the roll signal will make eye pry easier. To do this, use eye pry, then relax into sleep a bit, then use eye pry again, then relax and get into an OBE. Incubating the roll signal first will mean that you need to do fewer eye-pry/relax cycles before it takes root and you can feel your fingers on your eyelids.
7. **Body position:** Alternate between drop and roll stages to relax deeper and deeper and increase roll signal each iteration.
8. All eye pry/roll signal OBEs lately have been during the 'roll' stage of alternating between drop and roll.
9. It's much easier to get the roll signal when you get up from sleep then go back and relax. Getting roll signal at night in evening is much harder but possible

## New Sleep Paralysis Trick: Roll Signal Incubation

- Roll over feeling: Signal body sends to the mind to see if it's asleep or not
- Experimentation lead to 'roll signal overload' where roll signal wouldn't go away easily even when I moved
- Roll signal is more effective at bringing visuals than relaxation
  - Can get behind the eyelid imagery even when body is tense if roll signal is strong enough

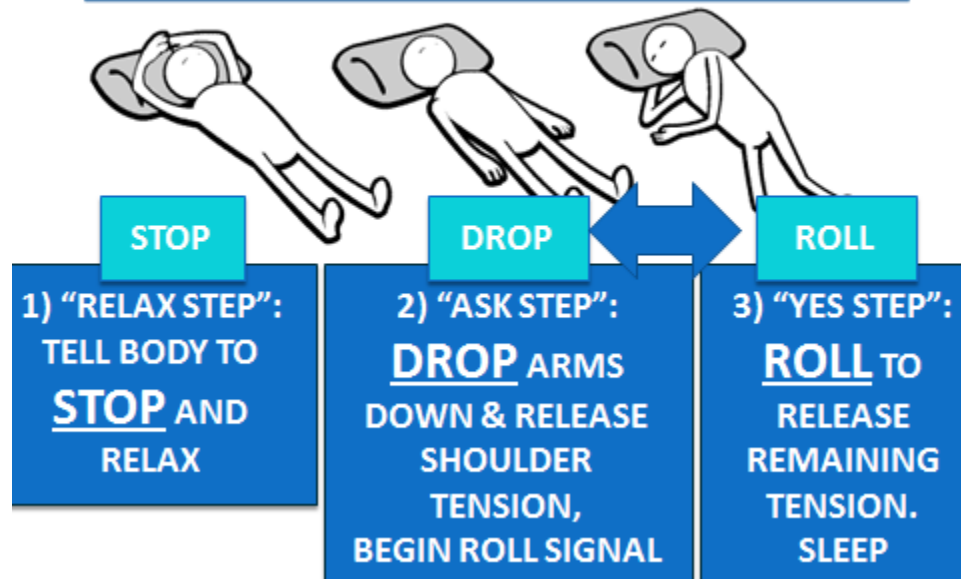
## How To Incubate The Roll Signal

- Body is expecting only one of two replies:
  - Nothing at all: In this case the body goes to sleep
  - Body rolls over: In this case the body does not go to sleep
- **Cheating The System:** Give body a 3<sup>rd</sup>, ambiguous reply by only moving your shin a tiny amount
- Causes body to ask question again more strongly with a stronger roll signal
- Repeat cycle over and over to develop strong roll signal and therefore strong behind the eyelid visuals

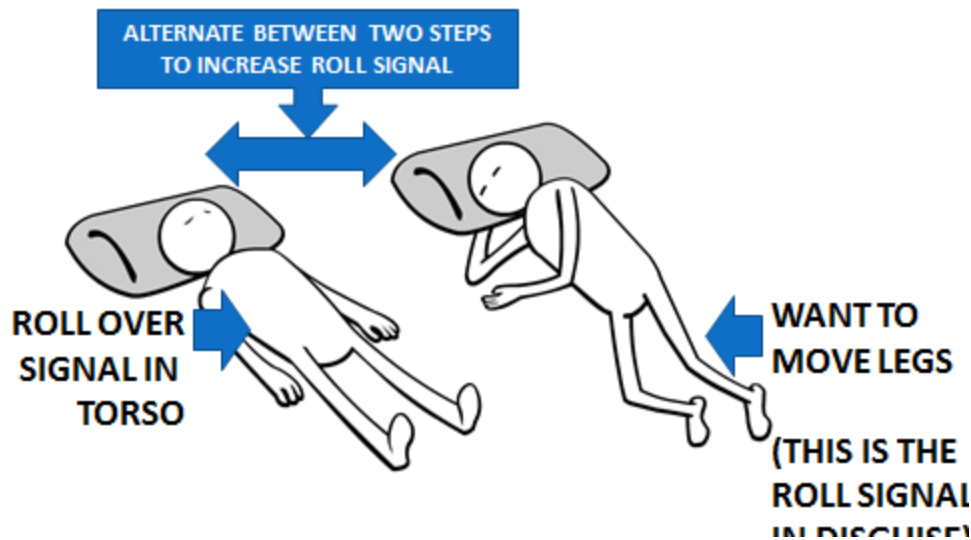
## 3 Options Of What To Do With A Strong Roll Signal

- Fall asleep, preferably with the timer
  - Speeds up 101 style OBEs
- Use the visualization techniques from Lucidology 102
  - Increases sticky memory impressions
- Begin using the eye-pry methods
  - Speed up 103 tricks we'll cover later

### Roll Signal Incubation Variation: Alternate Between Drop And Roll Steps



## Roll Signal Incubation Variation: Alternate Between Drop And Roll Steps



## Relaxation Technique: Sack Of Potatoes Limb Drop

- Simple method for relaxing your shoulders
- Raise your arms up in bed and then just let them fully relax and drop down like a sack of potatoes.
- Good way to get rid of tension there without having to get up and stretch.

### **Relaxation Technique: Sack Of Potatoes Limb Drop**

1. A simple method for relaxing your shoulders is to raise your arms up in bed and then just let them fully relax and drop down like a sack of potatoes.
2. This is a good way to get rid of tension there without having to get up and stretch.

### **Exotic Technique: Roll Signal Based OBEs**

1. In the extreme case, you can build up a very very strong roll signal and use it to have an OBE. I don't usually do this but I include it here to indicate what is possible. Basically the roll signal takes the place of sleep paralysis.
2. In most inductions you reach paralysis and use that as a launching point. In roll signal based OBEs you just build it up and up to the point where you can hardly stand it.
3. When you get nonphysical sight via a very strong roll signal and eye pry, your nonphysical bedroom may appear to have an orange/gold glowing effect or blue and purple.
4. You can always revert into sleep paralysis from a strong roll signal to have an OBE if you want, so you're really not losing ground if you can't complete the OBE using nothing but the roll signal.

### **Trance Lightening Tweak**

1. When zoning out 2<sup>nd</sup> time don't use roll if you have a problem not becoming aware again, just stay in drop stage. The nonphysical body will naturally want to twist out of body into the OBE in order to deal with roll sensation.

### **Technique 3 - Sleep Paralysis Strategy: Spine Twitch To Convert Partial Paralysis To Full Paralysis Instantly**

1. Recall from Lucidology 101 that when you're in about 95% paralysis you can gently twitch muscles such as your arms to convert partial paralysis in that area into full paralysis. Here's a trick you can use to put your entire body into paralysis once you've reached 95% or so paralysis.
2. Lightly jerk your head and spine back quickly but slightly like you're throwing someone off your back, this will paralyze your full body in one go. This does not work when you're in light paralysis, it's only useful once you're really close to full paralysis and need a little bump to get you all the way into full paralysis.

## **Technique 3 - Sleep Paralysis**

### **Strategy: Spine Twitch To Convert Partial Paralysis To Full Paralysis Instantly**

- Based on Lucidology 101 trick: convert 95% paralysis to 100% using muscle twitching
- Lightly twitching spine muscles causes entire body to paralyze when nearly at 100% paralysis