

Lucidology 103

Nonphysical Sight To Induce OBEs Made Easy

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Part 3: “Exit Techniques Using Eye Pry”

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Nonphysical Tactile Feedback: How To Feel Your Nonphysical Fingers On Your Nonphysical Eyelids

- Crucial turning point from physical to nonphysical focus
- Happens at lighter levels of trance than you may expect

Basic Eye Pry Technique

- Just imagine nonphysical fingers opening your nonphysical eyelids
- Waking exercise: Physically open your closed eyelids with your physical fingers so you know exactly what it feels like
- In an OBE, often feels SO realistic you think you're still physical



EYE PRY TO OBE

Taped Finger Reality Check Trick

- Wrap tape on your physical index finger
- When you do eye pry nonphysically the tape will not be on your finger
- This allows you to tell for sure if you're using physical or nonphysical fingers to open your eyes

Lucidology 102 Vs. 103 OBEs

- 102: Don't visualize too early unless you have "sticky memory impressions"
- 103: If using eye pry, train yourself to expect to have a usable nonphysical focus at very light levels of trance

Nonphysical Tactile Feedback: How To Feel Your Nonphysical Fingers On Your Eyelids

1. **Imagine a nonphysical copy of your hand in front of your face that's opening your eyelids:**
Don't imagine your nonphysical hand separating from your physical hands and coming up to

your face. Instead imagine that you have a brand new hand already “teleported” out of your body. Imagine prying open one of your eyelids with its fingers.

- a. **When it works, you *literally* feel your nonphysical fingers on your eyelid skin.** Your nonphysical eyelids have very sensitive skin. It’s easier to feel things nonphysically on them than other areas of your body.
 - b. **You may think you’re using physical hands by accident.** The sensation is so vivid that you may think you made a mistake and are opening your eyes with your physical fingers.
 - c. **“Taped Fingers” Reality Check Trick (IMPORTANT!):** To fix this, **w**rap tape around one of your physical fingers so you can easily feel it on your skin. If you do eye-pry and there’s no tape that you can feel on your fingers, then you know for sure you’re using your nonphysical fingers.
 - d. **If you don’t feel anything on your eyelids, just default back to hypnotic fractionation.** If you aren’t able to feel anything then you’re not deep enough. That’s OK, it usually doesn’t work the first time for me although sometimes it does. Just use the old stand-by: hypnotic fractionation and zone out again for a while. Go back and forth between zoning out and using eye-pry until you start to get tactile feedback and can feel your nonphysical fingers on your skin.
 - e. **Use The Timer:** This method works exceptionally well with the timer method from Lucidology 101. When the timer beeps, use eye-pry and open your nonphysical eyelids.
- 2. Separation/OBE Exit**
- a. Once you get tactile feedback on your nonphysical eyelids and feel like you’re opening your nonphysical eyes, there are several ways to convert this state to a full blown OBE.
 - b. Next we’ll cover the “pivot point” style of exit. Later we’ll cover more eye-pry exit methods such as “reality replacement” and “eye pry phasing”.

Traditional Eye-Pry OBE: The Simplest Eye-Pry OBE Induction

1. It’s possible to do OBEs using nothing but a bit of relaxation and eye-pry. In actual practice I almost never do eye-pry just by itself because it’s faster and less monotonous to use eye-pry in conjunction with other tricks. However it’s useful to see how to do eye-pry only inductions as a reference point so you can understand the technique.
2. In this technique we’ll do an OBE in which you get up out of your physical body and transition into the nonphysical version of your bedroom. This is the traditional style of OBE described in most books.



End Game Goals

- Eventually you'll be able to open your nonphysical eyes without using your fingers
- Key: Getting good at sleep paralysis residue from previous section

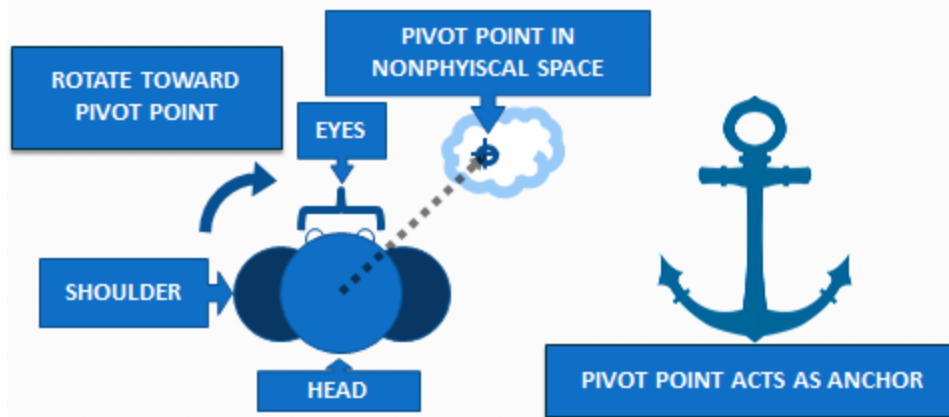
Specific Exit Techniques Using Your Newly Acquired Nonphysical Sight

Eye Pry OBEs – Separation Using A Nonphysical Pivot Point

1. History and background behind this type of separation: In a few of this books, Stuart Wilde talks about transitioning into what he calls "The Morph" which to me sounds like a type of nonphysical focus. He describes the Morph as being "90 degrees" away from physicality and that you can turn toward it to enter a Morph focus.
2. I didn't really know how to make use of this information for a long time. However once I did have an OBE that seemed to be related to this idea of a 90 degree twist.
3. While lying in bed I reached a relatively deep trance and had the sense of a night-time scene somewhat behind me and to my right. I placed my focus carefully in a spot that felt like it was inside this area, then slowly turned my nonphysical body toward that pivot point.
4. I ended up completely immersed in the nonphysical area and was now standing up in it looking at the moon. It was extremely vivid and I could feel the moisture in the night time air. I was surprised by how quickly and simple the separation had been and probably due to my surprise I wasn't able to stay focused in it very long.
5. I tried recreating that OBE for a long time and never had any results until I started using eye pry **as a separation technique rather than just a fix for exit blindness**. Once I made that change I began to come across OBEs similar to the night time area OBE more or less by accident.

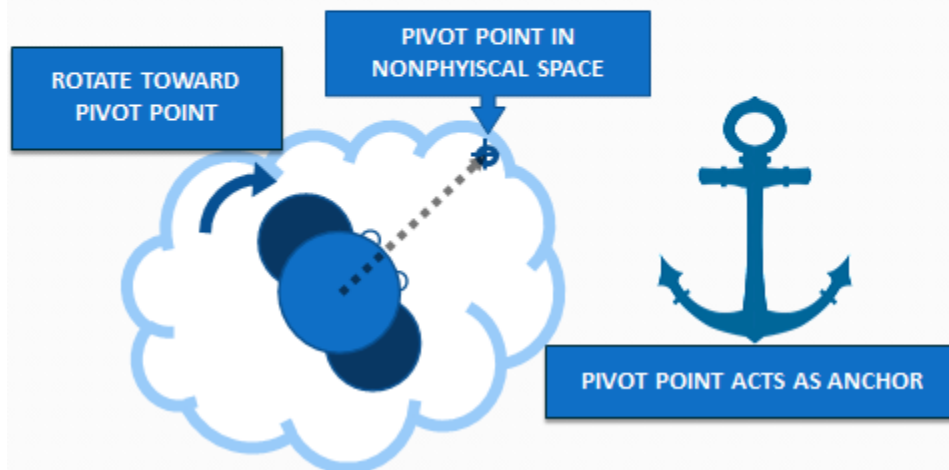
Exit Technique 1: Pivot Point OBEs

- Diagram is viewing you from above your head



Exit Technique 1: Pivot Point OBEs

- As you rotate toward pivot point, the nonphysical space you're focusing on envelopes you





Pivot Point OBEs

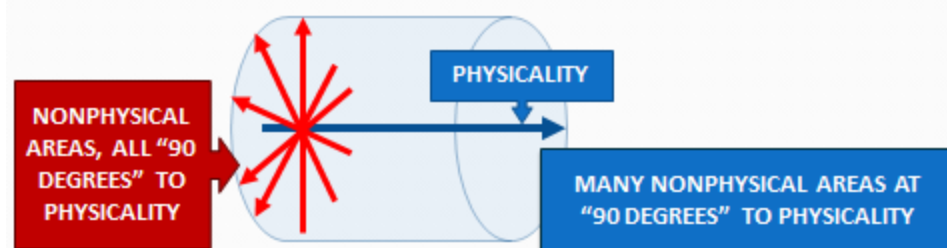
- Where you go in OBE depends initial pivot point
 - Focus in nonphysical bedroom => end up in nonphysical bedroom
 - Focus in otherworldly place => end up in nonphysical place
- Eye pry allows you to create initial nonphysical focus point to pivot on

Opening The Small Nonphysical Window Of Sight In Your Peripheral Vision Or Outside Of Visual Area

1. We've already talked about the first three steps. The interesting part is on step four when you begin to open an eye with your fingers and get a glimpse of some nonphysical area. There are a couple ways this can appear to you. The simplest is that you
 - a. **Blackness->eyelids waver open->see nonphysical room -> enters nonphysical bedroom**
 - b. **Blackness->nonphysical window appears in peripheral vision – enters nonphysical bedroom, possibly teleport**
 - c. **Blackness->aware of nonphysical locale behind you or off at an angle out of sight -> results in teleporting like in nighttime scene**
2. **Pick Nonphysical Focus Point In Window.** Whatever you see when you pry open a nonphysical eye, the next step is the same. Just pick something in the window and hold your focus on it. This becomes your "pivot point" for the next step.
3. **Turn/Move Nonphysical Body Toward Focus Point While Keeping Your Eyes Still:** While you hold your attention on that point, imagine slowly moving your nonphysical body out of your physical body while keeping your eyes relaxed and looking straight ahead. The point you hold focus on acts as an anchor so that when you feel your body separating, you match to the same area that you're observing. The act of motion in your nonphysical body plus the focus point draws you completely into the OBE.

Nonphysicality Being “90 Degrees” To Physicality

- Related to Stuart Wilde’s idea of “The Morph”
- Idea is there is nonphysicality at “90 degrees” to physicality
- Also related to Robert Bruce’s “Real Time Zone” (RTZ)
 - Probably there are many RTZs
 - RTZs may have info from both past and future

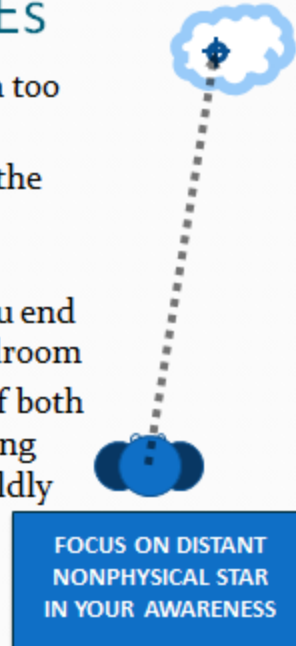


Pivot Point OBEs

- Works no matter how you get initial nonphysical focus
 - Could be using Lucidology 102 methods for inducing behind the eyelid imagery
 - Could be using eye pry
- Different from Lucidology 102 phasing OBEs in that rather than you pressing into imagery, you're turning toward it and it comes to you

Hybrid Pivot Point OBEs

- Initial pivot point in nonphysical area too “far away” to envelop you
- Nonphysical point might be a star in the sky
- Pivoting toward it doesn't give you an otherworldly OBE at the start, but you end up in nonphysical version of your bedroom
- Final OBE will have dual awareness of both bedroom and otherworldly area (ceiling and walls may open up into otherworldly area)

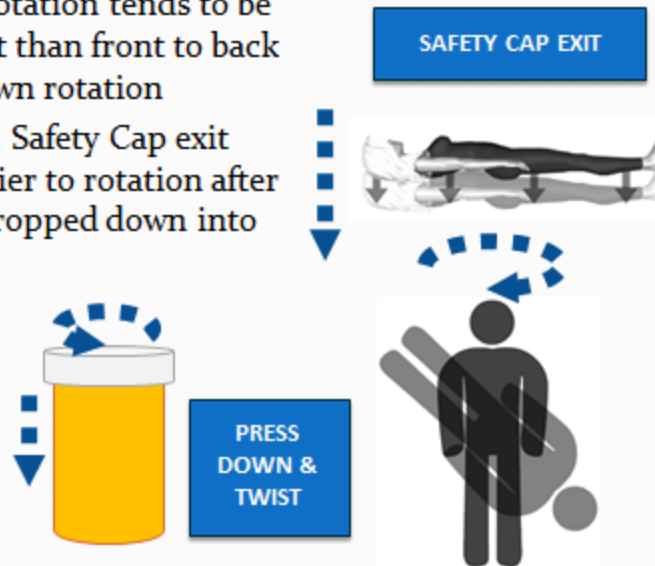


Hybrid

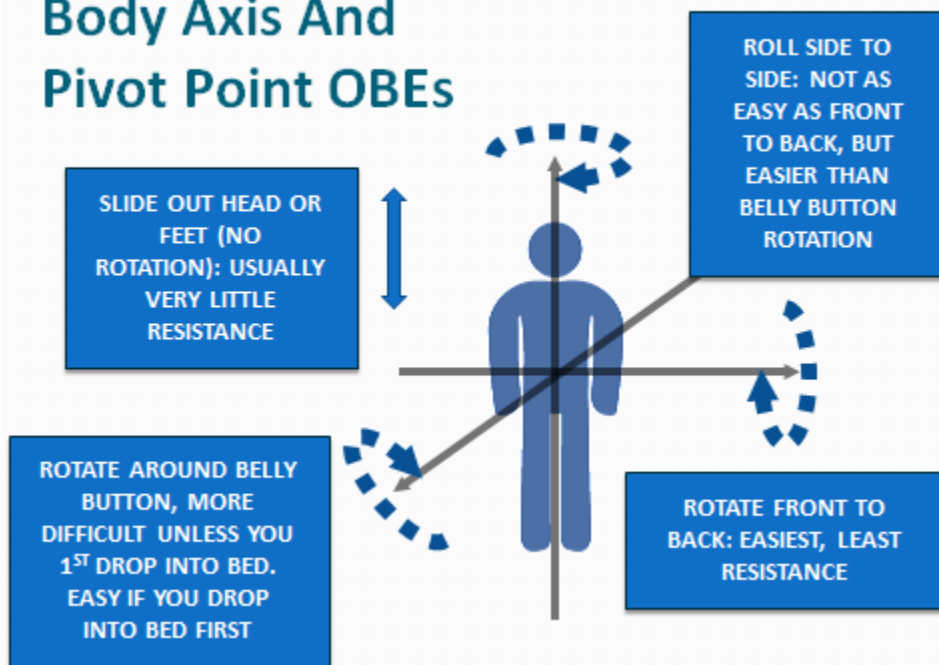
1. Hybrid: While relaxing in the quiet zone, you may get the impression of a star field with one bright star when you have transparent eyelids. Open and eye using eye pry and look into the into starry blackness. Your sight may become a vision of a vivid star field but physically you'll feel still in bed. Continue to sleep breathe, get up out of bed while focusing on bright star. The star may be almost too bright to look at, it acts as anchor pivot point. Once out of bed your sight will shift to the nonphysical version of bedroom where the rest of your body is focused.
2. Glowing object in sky could also be something like a moon or sun. Focus on it to make it sharper. Rotate body out with it as pivot

Body Axis And Pivot Point OBEs

- Side to side rotation tends to be more difficult than front to back or up and down rotation
- Related to 101 Safety Cap exit where it's easier to rotation after you've first dropped down into bed a bit



Body Axis And Pivot Point OBEs



Body Axis And Limbs

- It's easiest to separate a new hand going out the top of your hand rather than to the side
- Alternatively, just imagine a new hand already created that's at your eyelids

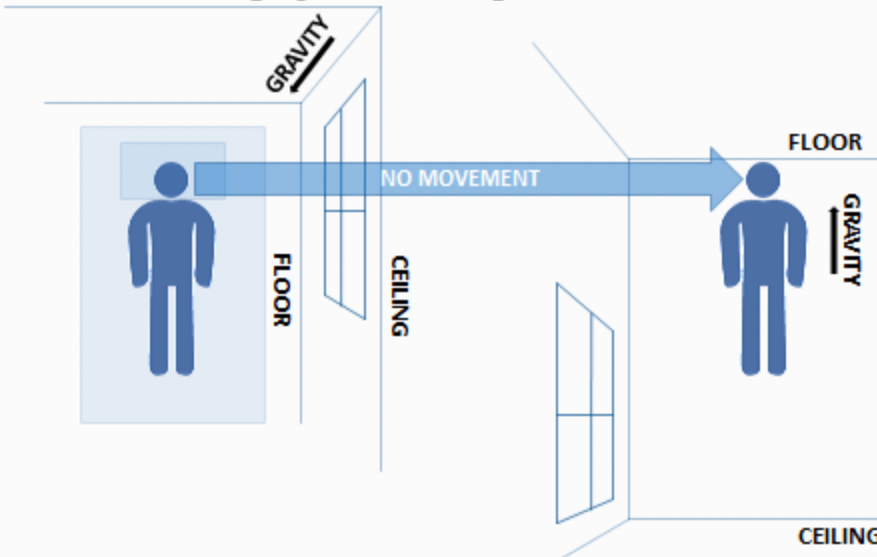


Exit Technique 2: Reality Replacement OBEs

- Main difference: in other exit techniques, you move to the OBE in some way
- In Reality Replacement OBEs, you stay in same place but your environment changes

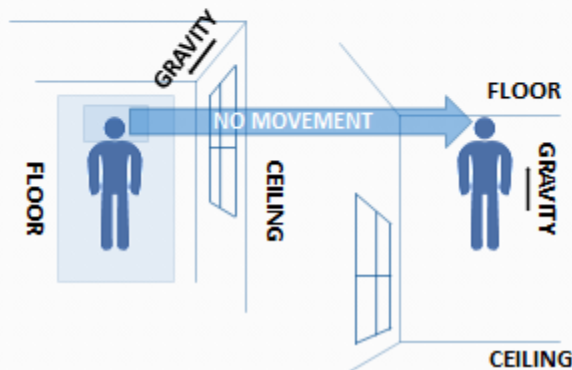
Reality Replacement OBEs

- Replacing your environment so you go from laying in bed, to being upside down against the wall



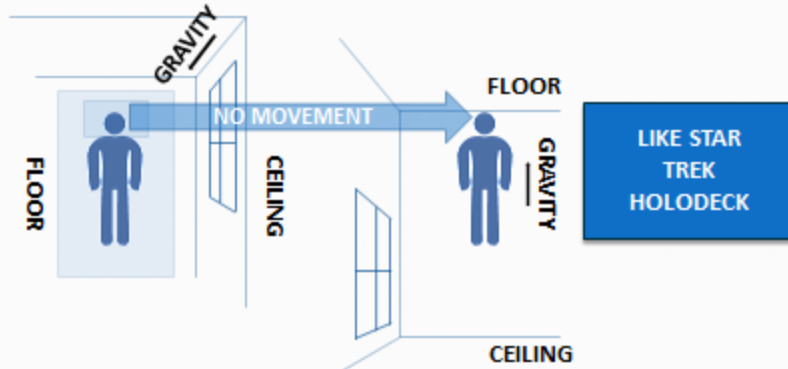
Reality Replacement OBEs

- Nice because you don't have to fight through resistance to separate
- **Very** realistic OBEs
- Easy to tell you've done it since changing your surroundings is an obvious reality check
- Being in quiet zone is usually all you need



Reality Replacement OBEs

- Like a “Forced Perspective” OBE
- Usually no vibrations or rushing noises
- Difference between teleporting OBE in 102 vs. 103 reality replacement:
 - Teleporting: have awareness of two bodies, like Star Trek teleporter
 - Reality replacement: Only one body entire time, like Star Trek Holodeck



Reality Replacement OBEs

1. Remember that once you get to the point where you have a nonphysical window to work with, you can use that state as a launching point for many types of separation methods to complete the OBE. The Pivot Point exit is one useful technique. Another technique that is rather surreal to experience is a “Reality Replacement” OBE.
2. **The Difference Between Reality Replacement OBEs And Other Types:** In nearly all other types of OBEs, in order to do the exit you end up moving yourself toward the physical locale. (The exception would be mental projections in which you watch the nonphysical imagery in the behind the eyelid blackness.) **In a Reality Replacement OBE, it’s not you who goes to the nonphysical locale, but that you replace your surroundings with a completely new environment while you stay in the same spot.**
3. **Reality Replacement OBEs Are Like Turning On A Star Trek Holodeck.** In the Star Trek TV series they have a room they can go to where they can make the interior of the room look like anything they want. When they turn the holodeck on it replaces the original reality with a brand new one.
4. **What A Reality Replacement OBE Is Like:** In the OBE I talked about before where I used the pivot point exit to enter into a nighttime OBE scene, it was actually a hybrid of a pivot point exit and a reality replacement OBE because when I pivoted toward the scene the reality replaced with a completely new area that had nothing to do with my bedroom. In a pure reality replacement OBE, you don’t move at all, you don’t even pivot. The only thing that happens is your surroundings change while you stay in the same spot.
5. **Why Reality Replacement OBEs Are Weird To Experience:** This makes it a strange thing to experience when it actually happens because a lot of times you can do reality replacement OBEs

before you have sight and when you replace your reality, you may not be shifting to a new spot but just shifting your body's orientation within the same room. For instance, imagine you're lying on your stomach in bed. You do eye pry and get a nonphysical focus but then things don't work out and you end up falling back to sleep to go another round of hypnotic fractionation and do another attempt. On your next attempt you awaken and **feel** that you have a nonphysical focus but don't have your eyes open. To complete the shift you imagine that your body is actually upside down with your back against the wall and your head on the floor. You feel the shift taking place with the wall solidifying against your back and the feeling of your bed on your stomach dissolves. This acts as a reality check that proves you're no longer physically focused so you open your eyes and stand upright in the nonphysical version of your bedroom.

6. **Reality Replacement OBEs Are EXTREMELY REALISTIC!!!** When you do these OBEs the result is an OBE that's at least as vivid and detailed as physical life and often times more realistic than when you're awake. When you get up things may seem dreamlike in comparison. This is one of the things that actually makes Reality Replacement OBEs hard to do because they feel so real that you need to be especially perceptive about what OBEs feel like. Otherwise you can pass in and out of one and not make use of it because you didn't know what was happening. Movement free reality checks are of course especially useful for dealing with this, such as the finger tape check we covered earlier.
7. **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.
8. **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.
9. **Types Of Replacement OBEs**
 - a. Body Lying In Bed ->Body Upside Down Against Wall / Physical Bedroom -> Nonphysical Bedroom
 - b. Body Lying->Body Standing / Physical Bedroom -> Otherworldly Place

Exit Method 3: Eye Pry Phasing

- “Phasing” means getting some kind of imagery in the behind the eyelid blackness, then using “phasing pressure” to enter the imagery as an OBE

CREATING PHASING
PRESSURE TO PRESS
INTO THE BEHIND THE
EYELID IMAGERY

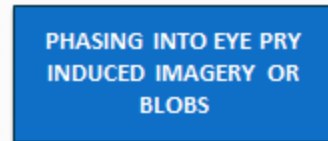


Eye Pry Phasing OBEs

- With eye pry, you don't need to have very clear imagery to use phasing
- Just having blobs of light from having an open nonphysical eye is enough

Creating Feeling Of Force to Press Into Blobs Of Light

- Recall from Lucidology 101, imagining magnetic spheres around your hand to create feeling of pulling motion
- Same with phasing, only you're pressing yourself into eye-pry induced blobs of light



Eye Pry Phasing

1. **Why:** This is an intermediate level type of OBE. It's a little more involved than straight eye pry, but it's a way to have OBEs into otherworldly areas without having to go through your nonphysical bedroom first. It's also a way to have OBEs at slightly lighter levels of trance than the level you need for the usual eye pry method to work.
2. **What Is?** Eye pry phasing is a type of phasing OBE. A phasing OBE is where you create behind the eyelid imagery and then press yourself into it in order to enter the imagery and immerse completely in it. At that point you have transported yourself into the otherworldly imagery you saw behind your eyelids and no longer have a focus on your physical body.
3. **Synergy With Lucidology 102:** In Lucidology 102 we covered a number of methods for developing behind the eyelid imagery, making it brighter and solid and then finally phasing into it. You can use all of those methods with eye pry phasing as well which will increase your success rate. However, it's also possible to complete a phasing OBE without using just the following techniques.
4. **Detailed Imagery Not Needed:** The other main strength of eye pry phasing is you don't need very detailed imagery for it to work. Basically you use eye pry as normal, then when you start to get even a tiny glimmer of visuals which may only be a faint glowing in your vision somewhere, you immediately use phasing pressure to press yourself toward the nonphysical light.
5. **Phasing Pressure Explained:** Phasing pressure is a lot like the feeling of a force you used in Lucidology 101 in the gravity press and safety cap exit technique. The idea in gravity press is you imagine the feeling of gravity getting stronger and stronger until it pulls you nonphysically into the bed an inch or so. You then imagine a rotational force pulling your head down to where your feet are and stand up to complete the exit. With phasing pressure you're creating that same

feeling of a force but you imagine the force pressing your face and chest toward the nonphysical imagery.

6. **Phasing Pressure Together With Eye Pry:** To use phasing pressure and eye pry together, start out like you did with eye pry pivot. Use hypnotic fractionation in the early morning as usual and create a nonphysical hand that pries open your nonphysical eyelids. The difference with using phasing pressure is that it works even before you get tactile feedback where you can feel your fingers opening your eyes. Just imagining you're opening your nonphysical eyes with your fingers will often be enough to open them slightly and give you nonphysical glimmers that you can latch on to and use to phase.
7. **Phasing Pressure Gotchas:** The key to doing this is timing. If you begin using phasing pressure before you're deep enough in trance, it will wreck your trance. It's a good idea to have done a couple eye-pry pivot OBEs before using phasing so you'll be familiar with what the trance states feel like.
8. **Light Level Trance OBEs - Phasing Pressure Before You Have Visuals:** However, it's also possible to use phasing pressure when you don't have any visual at all but just a sense that you've reached what Robert Monroe called "3D Blackness". This often looks like a black burlap sheet hanging a couple feet in front of your closed eyes. You can use phasing pressure on this 3d blackness and it will jumpstart other visuals. You may start to get flashes of light or white glowing areas. This is a good time to use the Lucidology 102 methods. Alternatively you can use phasing pressure to press yourself toward the globs of light. They don't need to be recognizable for this to work. Doing this repeatedly will often send you directly into an otherworldly OBE within 30 seconds or so of reaching the black burlap bag state. This is a SUPER POWERFUL method that works great. Just pry open your eyes and use phasing pressure toward the globs of light.

Eye Pry Phasing Pressure Exercises

1. **Phasing Pressure Practice:** Practice for this is relatively simple. It's like what you did in Lucidology 101 with gravity press but do it on your face. Imagine a magnetic sphere floating in front of your face pulling you toward it. Next imagine it goes inside your head and instead of pulling on your skin, it's pressing your nonphysical face and chest out of your body toward whatever you're looking at.
2. Next close your eyes and imagine prying open your nonphysical eyelids. Imagine you're seeing globs of light starting to pop up or flashing areas.
3. Direct the magnetic sphere to press yourself out of your body toward the imagery. Imagine this causes a reality shift that sucks you out of your body and you are teleported into an otherworldly area where you can fly around and have fun.

Eye-Pry Phasing Summary

Eye pry with imaginary hands, and then imagine phasing pressure into the blackness toward any light you see, this almost immediately sends you into a phasing OBE without having to build up visualizations. SUPER POWERFUL

Exit Method 4: Eye Pry “Just Get Up” OBEs

- Core Idea: Just because you think you're physical, doesn't mean you're not in an OBE
- A lot of times you can be laying in bed thinking you're nowhere close to an OBE, but if you “just get up” you'll get up out of your body, into an OBE
- In Lucidology 102, trick was to “just get up” without trying anything else, otherwise you risk messing things up
- With Lucidology 103, eye pry and sleep paralysis residue makes spontaneous “just get up” OBEs much more likely!!!

The Fundamental Theorem Of Sleep Paralysis:

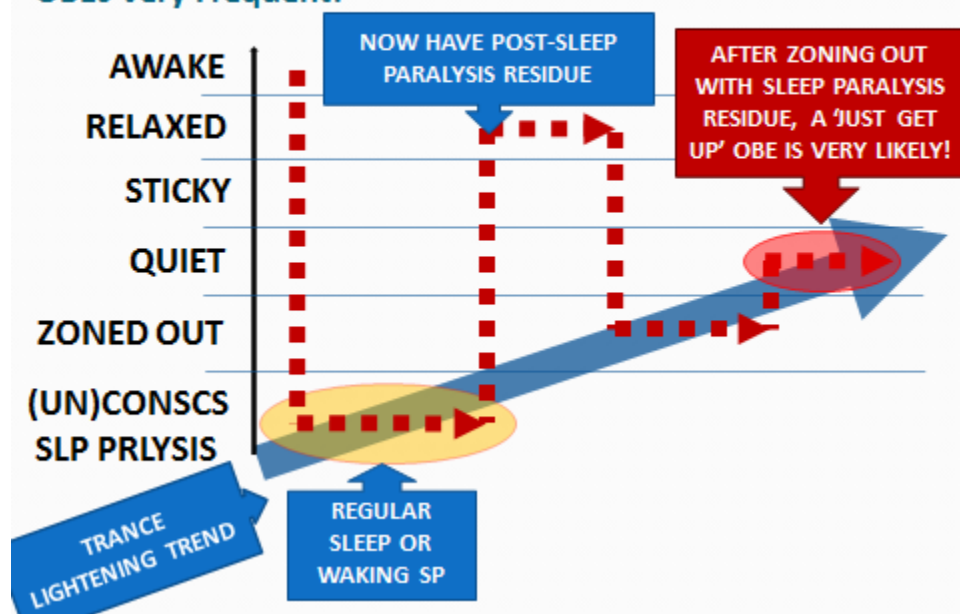
**“Sleep Paralysis Is Most Likely When
You Wake Up And Fall Asleep
Without Moving”**

(Write that down, it's important)

The Corollary To The Fundamental Theorem Of Sleep Paralysis:

“When You Fall Asleep, Wake Up Again, Then Simply Zone Out Without Moving, The Sleep Paralysis Residue Makes The Quiet Zone Very Likely Which You Can Use For An OBE (Probably A Spontaneous ‘Just Get Up’ OBE)”
 (Write that down, it’s important)

Sleep Paralysis Residue Makes Spontaneous ‘Just Get Up’ OBEs Very Frequent!



Eye Pry Causes “Just Get Up” OBEs

- Eye pry tends to clear out your nonphysical blocks, makes transition to nonphysical very smooth
- This makes ‘Just Get Up’ OBEs more and more likely
- Sleep paralysis residue provides an opportunity for these easy transitions to occur

“Quiet Zone” Becoming “Normal Zone”

- Having lots of OBEs tends to clear out your nonphysical blocks
- This also makes it easier to hear more easily when in OBEs
- The extra hearing makes it even more difficult to tell if you’ve shifted into an OBE
- This makes the Quiet Zone seem like a “Normal Zone” just like physicality

Just Get Up OBEs – Most Used, Most Useful Exit

1. Main idea: Just because you think you’re getting up physically doesn’t mean you’re not in an OBE
 - a. Many times all the other techniques fail, but when you give up and get up you get up nonphysically into an OBE

- b. Key is the quiet zone
 - c. **Alternate key – The “Normal Zone”**
 - i. Acts the same as the Quiet Zone in that you transition into an OBE without really knowing it, but things don’t even sound quiet. Things sound the same.
 - d. The more you do OBEs, the more often you’ll get “Just Get Up” OBEs for free
 - i. Doing OBEs clears out nonphysical blocks and makes things easier and easier
 - ii. Similar to how eye pry clears out your nonphysical sight
2. **Nonphysical eyes stay open longer when you wake up, you still have waking visuals when first waking. The more you strengthen your nonphysical eyes, the more you’ll be able to see nonphysical things on your bed, or the room may start looking different when you get up for a moment. Doors especially look a little odd. Works when opening eyes during sticky memory impressions state**



Nonphysical Eyes Staying Open Longer

- Doing eye pry strengthens your nonphysical eyes
- Eventually you may find it seems like your nonphysical eyes stay open for a few seconds even after you’ve physical woken up
- Doors often appear kind of strange for a few seconds after waking up when it seems your nonphysical eyes are still open

What To Do Once You're Out: Eye-Film Clearing

- Once in an OBE, look in a mirror and examine your eyes
- There may still be glue or other stuff in your eyes that you need to clear out
- Do this often whenever you 1st enter an OBE
- The more you do this, the easier you OBEs will be
- Possible Cause: "Sandman" Type Entities?
- Opening multiple sets of layered eyelids



What To Do Once You're Out: Eye-Film Clearing

1. **Film Clearing With Mirror Technique:** Once you're in an OBE, look at your eyes in a mirror and check for a film over them that is still restricting them. Remove the film with your fingers if it's there
2. **Possible Cause:** One forum poster reporting seeing some kind of 'sandman' type of entity sprinkling what looked like nutmeg into sleeping people's eyes in order to keep the eyes shut. The entity appeared to think this helped the people.
 - a. Sometimes when you're falling asleep you may notice your eye being slightly bothered by something for a moment. This may or may not have anything to do with the "sandman" entity (which may or may not exist)
 - b. Whatever the cause, the "glue" most definitely does exist and is probably **the main reason people have a hard time getting visuals** because their nonphysical eyes are stuck shut
 - c. Multiple eyelids to open