

Lucidology 103

Nonphysical Sight To Induce OBEs Made Easy

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Part 5: "Exercises"

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Print out this document and use it to record your progress. For each exercise, record the date and write in a description of what you did to complete it and what it was like. This will help you to get a clear idea of what specifically works for you the best.



Exercise 1 – Record Sleep Breathing

- Make a recording of your sleep breathing using a voice recorder
- Knowing your sleep breathing is very important!!!
- Note how your sleep breathing sounds
- Also note anything about it that sounds different from what you expected

Date:

Description:



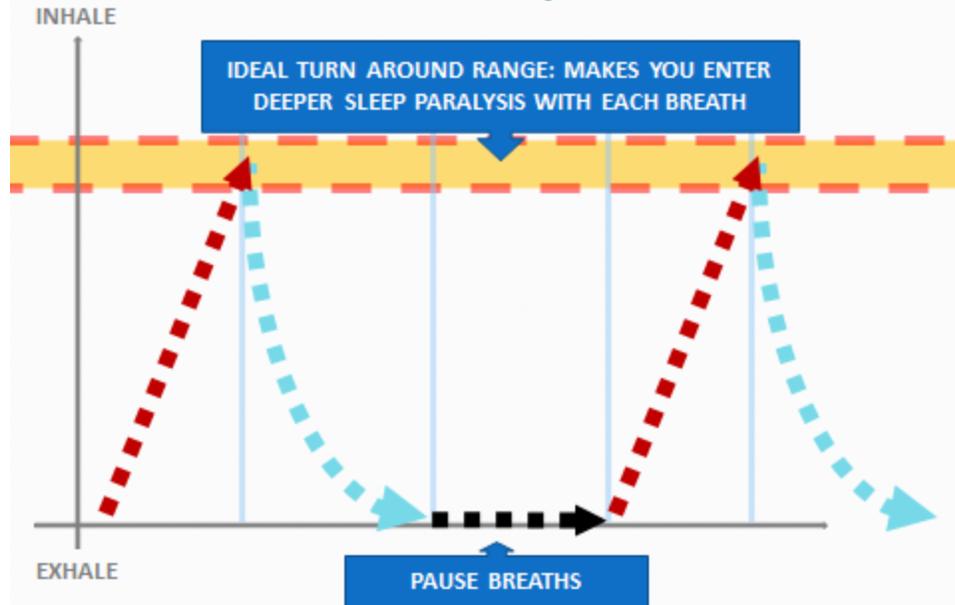
Exercise 2 – Blackout Breathing

- Use sleep breathing as “blackout breathing” to fall asleep quickly
- Do Lucidology 101-style wake back to bed to get up early in the morning, stay up 45 minutes, then go back to bed to induce OBEs

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Exercise 3: Experiment With Variable Pause Breaths & Find Ideal Inhale/Exhale Release Point



Exercise 3: 3 Stages Of Variable Pause Breaths

- **Initial Long Pause Breaths:** When you first relax the pause breaths might be 3 or 4 seconds long.
- **Middle Medium Pause Breaths:** Once you get relaxed, shorten them to about 2 seconds or so.
- **Finishing Long Pause Breaths:** Once you get into partial paralysis, use long 4 second or so pause breaths to enter full paralysis.

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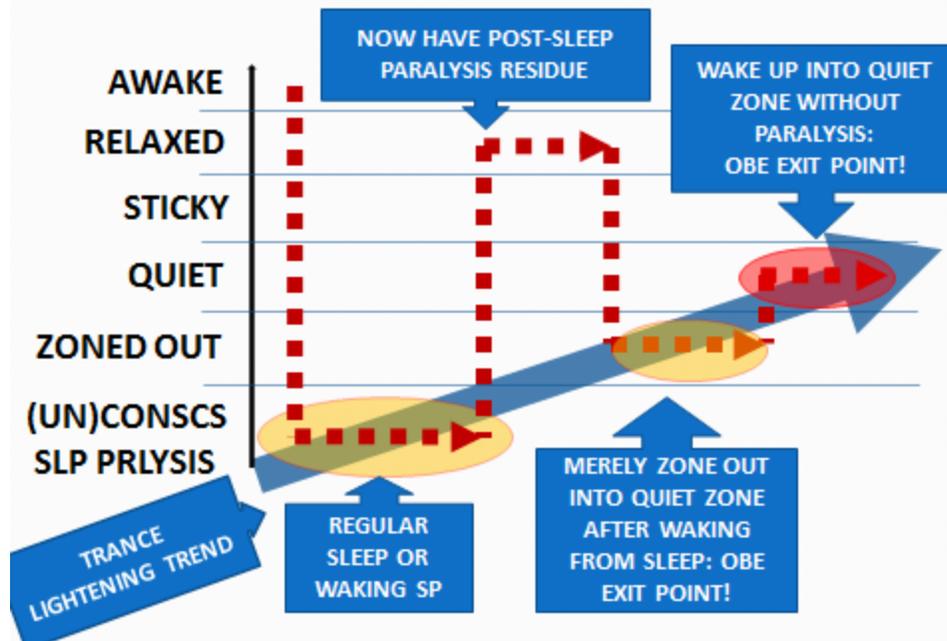
Exercise 4 : Spine Twitch To Convert Partial Paralysis To Full Paralysis Instantly

- 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

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Exercise 5: Experiment With Trance Lightening, SP Residue



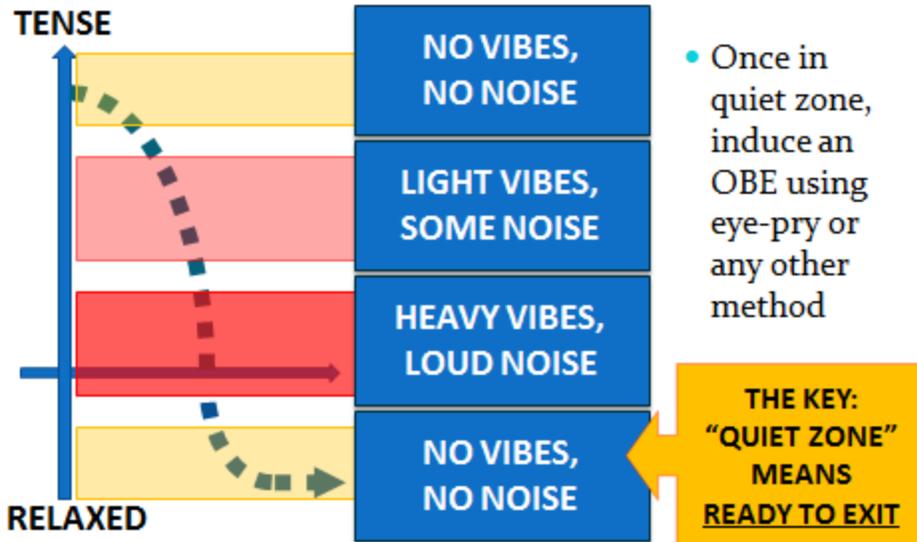
Exercise 5 – Sleep Paralysis Residue

- Use eye pry every so often when zoning out to see if you can feel your nonphysical fingers on your nonphysical eyelids
- On transition phases of starting to zone out, or having finished zoning out you'll find you can get eye pry to work
- Goal of exercise 5 is not a full OBE, but to just see what successful sleep paralysis residue feel like when you feel your nonphysical finger on your nonphysical eyelids
- Use tape physically on your finger, feel that it isn't there nonphysically

Date:

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Exercise 6 – Enter Quiet Zone By Relaxing Through Vibrations & Rushing Noises



Date:

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Exercise 7 – Test Nonphysical Eyelid Strength

- Once in an OBE, see if you how strong your nonphysical eyelids are
- Do they stay open on their own?
- Do you need to keep holding them open with your fingers?
- Is there any magnetic quality to your eyelids that pulls them back together?

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Exercise 8 – Roll Signal Incubation 1

- Roll signal incubation using slight limb shift
- Get to 'drop' state in "stop, drop and roll"
- Relax and allow roll signal to build up
- When it plateaus, slightly bend a leg at the knee
- Idea is to send ambiguous signal to the body that maybe the body is asleep and maybe it's not
- Use this to increase the roll signal as far as you can



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Exercise 9 – Roll Signal Incubation 2

- Roll signal incubation using “drop” and “roll”, back and forth
- Get to ‘drop’ state in “stop, drop and roll”
- Relax and allow roll signal to build up
- When it plateaus, move to “roll” state
- Relax further, when plateaued again, return to “roll” state
- Go back and forth between “drop” and “roll” states



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Exercise 10 – Roll Signal OBE

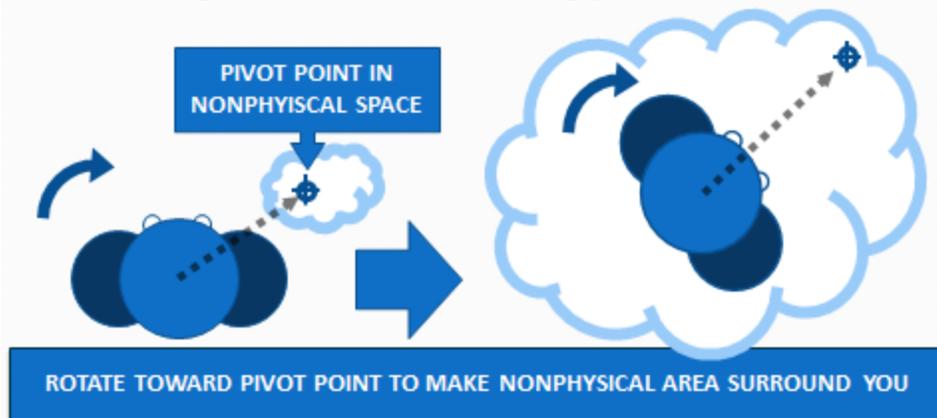
- Induce a roll-signal only OBE without needing to use waking sleep paralysis
- Using eye pry and sleep paralysis residue is ok
- Main idea is to notice changes the body makes when in strong roll signal
- Watch to see how it is easier to switch to a nonphysical focus when the roll signal is strong

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Exercise 11- Pivot Point OBE

- Acquire nonphysical focus using eye pry or any other method
- Place focus on pivot point and nonphysically turn toward point to have area envelop you to create OBE

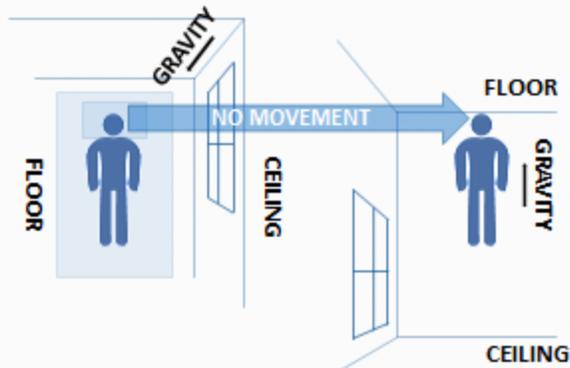


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Exercise 12: Reality Replacement OBE

- Get to quiet zone, imagine your surroundings change to create OBE
- For instance, imagine you end up upside down with your back against your bedroom wall
- Analogy is Star Trek Holodeck



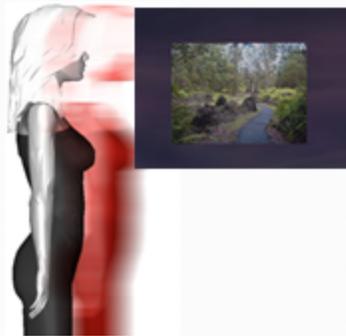
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Exercise 13 – Eye Pry Phasing

- Use eye pry, or any other method to get awareness of some level of nonphysical blobs of light in your vision
- Create the feeling of a force pressing you into the blurry blobs of light
- This will send you into a new otherworldly OBE area

PHASING INTO EYE PRY
INDUCED IMAGERY OR
BLOBS



Date:

Description:



Exercise 14 – “Just Get Up” OBEs

- Idea is the more you do OBEs, the more the transition to a nonphysical focus becomes nearly un-noticeable
- Any time you have sleep paralysis residue, be alert for the strong possibility that you can do a ‘just get up’ OBE
- Imagine doing eye pry frequently, even if you don’t think you’re in the quiet zone
- The quiet zone can sometimes be a nonphysical “normal zone” in which you have no way to knowing you’re nonphysical unless you do a reality check like eye-pry

Date:

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Exercise 15 – Eye Film Clearing

- Induce an OBE
- Locate or create a mirror in the OBE
- Look at your eyes and see if there's anything wrong
- Clean them out
- Do this often in OBEs to make sure your nonphysical eyes are always clean and clear

Date:

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Exercise 16 – Multiple Eyelid Check

- When in an OBE, check to see if you need to open multiple sets of eyelids to get your sight turned on completely
- Make a habit of this as well in OBEs to keep your sight sharp and clear

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