



Lucidology 103:

How To Easily Activate Your

Nonphysical Sight To Induce Your Very

1st OBEs

www.lucidology.com

“Cheat Sheet”

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How To Do Lucidology 103 Eye Pry OBEs - Cheat Sheet

1. Basic idea: Use nonphysical fingers to pry open nonphysical eyelids & get sliver of nonphysical sight
2. Use exit methods such as pivot and 'just get up' to turn nonphysical sight into OBE
3. Also use sleep paralysis (S.P.) residue (the effect of having been in S.P. recently) as if it were actually full blown S.P. to speed things up and get to the "Quiet Zone" much faster
 - a. Quiet zone means things sound eerily quiet, no sounds in room at all
4. The Quiet Zone means you have a nonphysical focus, **even though it feels like you're still physical**
5. Full Technique:
 - a. Go to bed at 8 PM
 - b. Get up at 4 or 5 AM, stay up for 45 minutes (Lucidology 101 style wake-back-to-bed)
 - c. Use repeated "trance lightening" to enter Quiet Zone using sleep paralysis residue
 - i. Trance lightening means: Fall asleep, then zone out, fall asleep, zone out, repeatedly
 1. Different from 101 where you fall asleep repeatedly
 2. Goal is to use S.P. residue during zone out phases to have OBE
 - ii. Use Lucidology 101 timer if needed
 - iii. Use new sleep breathing tweaks (variable pause breaths and relaxed exhales) to sleep faster
 - iv. When zoning out, when you come from sleep or are coming from zoning out, check to see if you've entered the quiet zone. Also see if eye pry works
 - d. Eye pry: Imagine nonphysical copy of fingers opening your nonphysical eyelids. When it works, you will literally feel your fingers on your eyelids and it will feel extremely realistic
 - i. Use tape on physical finger so you can tell it from nonphysical finger
 - e. Open nonphysical eyelids, get sliver of nonphysical sight
 - f. Repeat eye pry several times to clear up sight
 - g. At this point, you're ready to use an exit method to convert nonphysical sight into an OBE
6. Exit Methods to turn nonphysical sight into an OBE:
 - a. Pivot Point Exit Method
 - i. Pick pivot point in nonphysical awareness
 - ii. Hold focus on pivot point, rotate body to cause small area of nonphysical awareness to envelop all of physical awareness to enter OBE. When rotating, don't go side to side at first, either go front/back or up out your head or down out your feet
 - iii. Get up as normal
 - b. Reality Replacement Exit Method
 - i. Surrounding environment changes rather than you moving (like Star Trek Holodeck)
 - ii. Imagine feeling of bed on back changing to feeling of bedroom wall, imagine gravity changes so your upside down, imagine the covers vanish
 - iii. Causes you to force your perspective to shift so that rather than in bed you're upside down with your head on the ground and your back against the wall
 - c. Eye Pry Phasing Exit Method
 - i. Get nonphysical eyelids open enough that you can see at least a few globs of light
 - ii. Use phasing pressure to feel yourself being pushed into the globs of light

- iii. When you enter a glob, you'll get transported to some otherworldly OBE locale
- d. "Just Get Up" Exit Method
 - i. Best method of all
 - ii. Strong sleep paralysis residue makes transition to nonphysicality hard to detect
 - iii. Quiet zone may actually be more like "normal zone" and it's hard to tell if you're in an OBE or not
 - iv. Get in habit of doing eye pry a lot when zoning out
 - v. Doing eye pry often makes Just Get Up OBEs much more likely because it clears your nonphysical body out
 - vi. Literally just get up from bed into the OBE without having to do anything else, you'll feel totally physical. Do reality checks to make sure where you are.