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Notes For:

Lucidology 101 Part 10

OBE Vibrations & 3 Ways To Tell

How Close You Are To An OBE

See The Video For This Document!

<http://lucidology.com/101>

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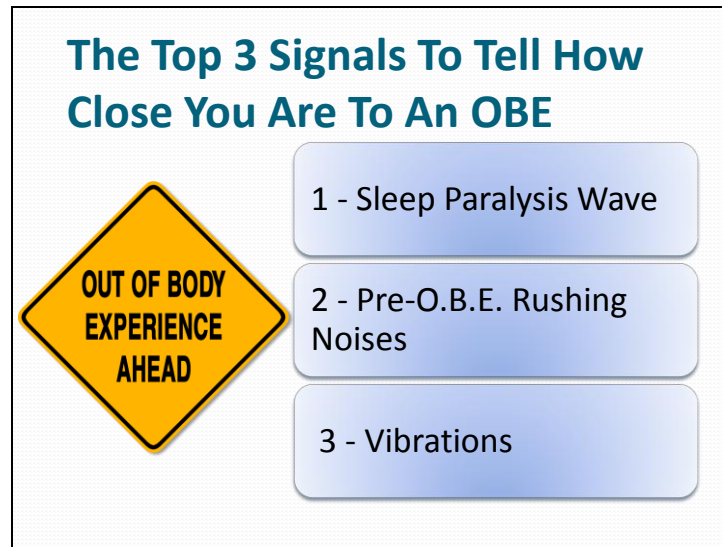
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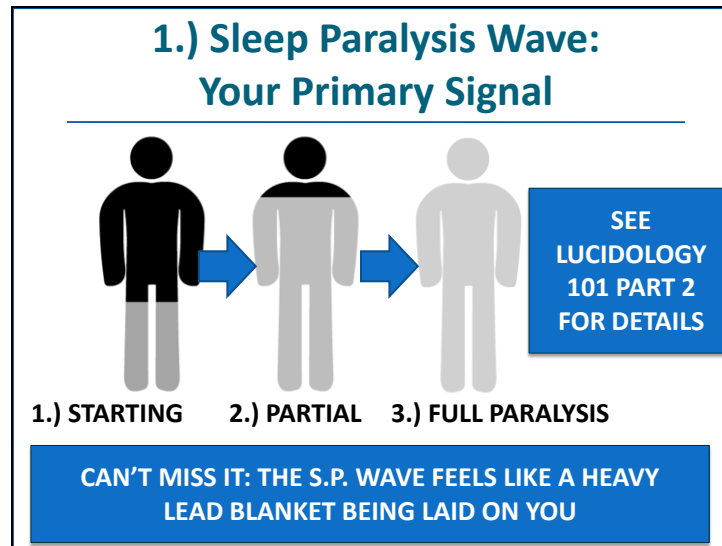
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Here in part 10 you'll find out why everything you've read about OBE vibrations in books is wrong and you'll find out the 3 easiest ways to tell how close you are to an OBE.

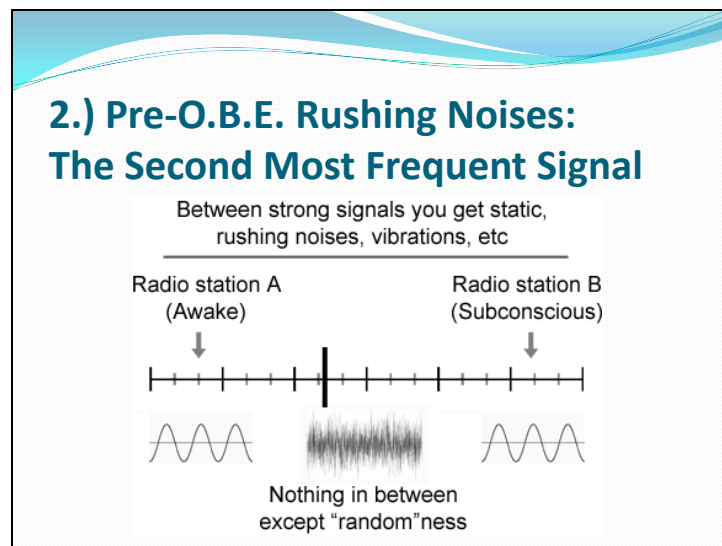


If you've never done an OBE before, it's extremely difficult to know if you're making any progress until you're actually already out of your body or in a lucid dream. What you need are easy to detect signals that you can use like road signs to tell you how close you are to succeeding. In this section we'll cover the top 3 most common road signs. These are:

- 1 – The sleep paralysis wave
- 2 – Pre OBE rushing noises
- 3 - Vibrations

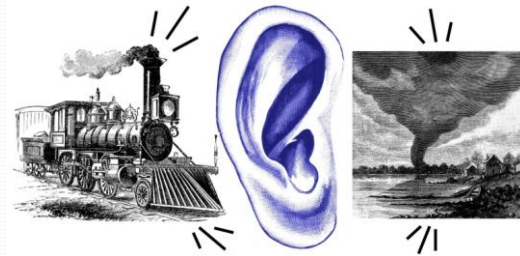


We already covered the sleep paralysis wave in Lucidology 101 part 2. Essentially when your body shuts itself down in sleep paralysis you'll feel something like a heavy lead blanket feeling being laid on your body. This feeling is unmistakable and a sign that you're very close to success and you can use the exit techniques we'll cover in part 12 to turn the paralysis into an OBE.



The second road sign to watch for are pre-OBE rushing noises. When you tune in between stations on a radio you get the sound of random static and white noise. Once you're back on a station again things come in clearly. It's the same thing with OBEs. You start out completely focused in your normal waking environment and as you drop into a subconscious focus you pass through a kind of no man's land where you're not really conscious and you're not really subconscious.

Rushing Noises Can Sound Like A Tornado Or Freight Train



When you're tuned to that no-man's land frequency you hear rushing noises that sound like random static or a train rushing by.

3.) Vibrations:

The Most Famous Progress Signal

- Occur with rushing noises
- Probably the most famous O.B.E phenomenon
- Also the phenomenon with the most misconceptions
- **Common place to get stuck**
- Lots of bad advice in books

About the same time you hear rushing noises you may feel what are called OBE vibrations. Vibrations are probably the most famous phenomenon associated with OBEs and they're also the effect that has the most misconceptions. Almost everything to be found in books on OBEs about vibrations is simply wrong and so this is a place where a lot of people get stuck. They reach the vibration stage and then get hung up because they use an ineffective method from bad advice they read in a book.

The 3 Critical Vibrations Misconceptions

- What they are
- What they mean
- How to use them

The 3 misconceptions about vibrations are: what they are, what they mean, and how to use them.

What Vibrations Are Not

- Not a subjective “feeling the FAR OUT vibes, man” kind of thing

What Are Vibrations Like?

- Sensation you get in lips from ‘Vvvvv’ sound

Types Of OBE Vibrations

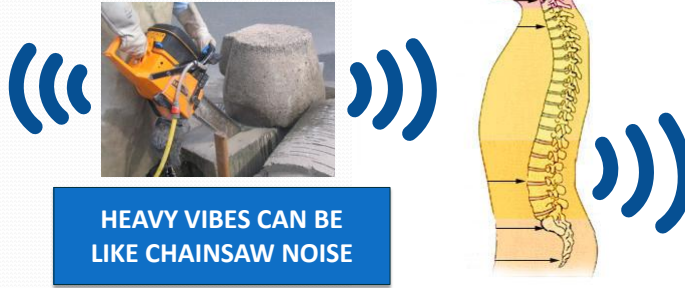
- Partial vibrations, like head or chest buzzing
- Light full body vibrations
- Heavy vibrations like a chain saw

Here’s what vibrations are not. Vibrations are not a subjective kind of thing where you it’s like you’re “feeling the vibes, man, far out!”. Vibrations are much more mundane than that.

If you make a VVVVV sound, the feeling of vibrations in your lips is very similar to the feeling of vibrations that often appear along with medium stages of paralysis. Sometimes the vibrations can be extremely strong and feel like electricity, other times they are entirely absent. It’s very rare for vibrations to be strong enough to be painful, usually they just feel like a harmless buzzing in your head and chest area.

Heavy Vibes

- Sometimes vibes can be overwhelming
- Often in the spine
- Use deep breathing to break paralysis



However sometimes they can go throughout your entire body. These can be incredibly loud and feel like you're holding on to a chain saw. A lot of people report feeling them in the spine. In one case I woke up into an OBE in my bed and it sounded exactly like there was someone with a hedge trimmer outside my window. I realized it was because I had off the chart vibrations that were coming from what I later found to be the L1 lumbar vertebrae in my lower back. I used deep breathing to return myself from the OBE because I was running more energy than what seemed safe.

Most Vibes Are Harmless

- Usually vibrations are weak or nonexistent
- Vibrating cell phones are stronger than most OBE vibes
- Vibrations are non-subjective



That was a very unusual experience and most of the time you actually won't have any vibrations at all and if you do it's no more powerful than the feeling of a vibrating cell phone.

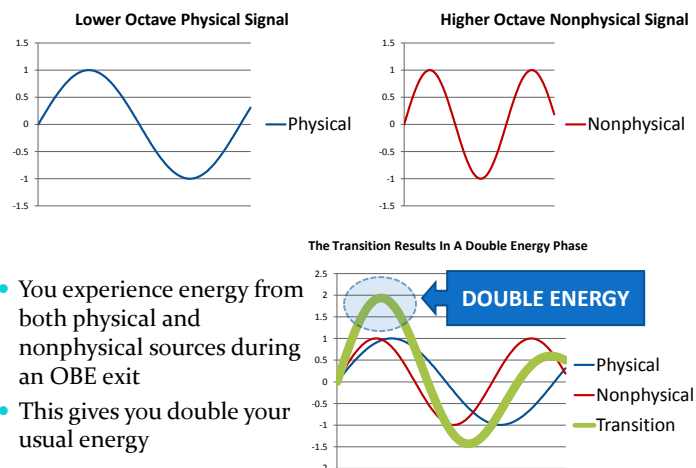
The basic thing to know is that once you've had vibrations, you will know it. There won't be any question in your mind about it because it's just a buzzing feeling and noise.

Misconception #2: What Vibrations Mean

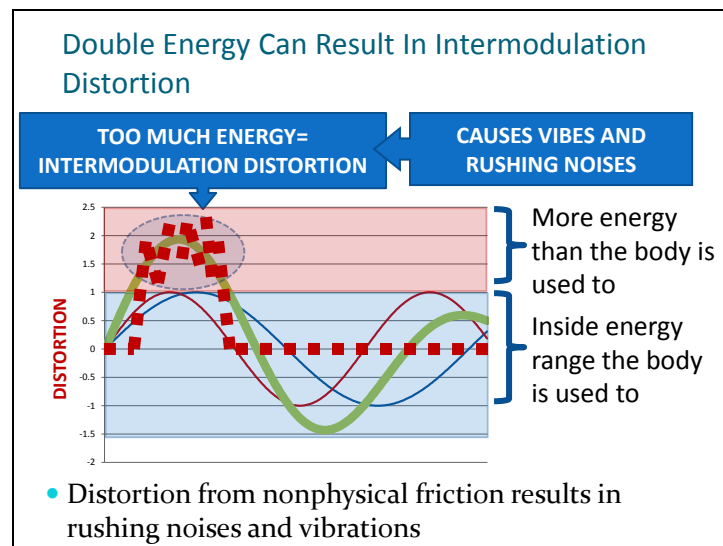
- They don't mean you're ready to exit
- They mean you're NOT ready to exit
- Here's why...

The second misconception is that most books will tell you that when you have vibrations you're ready to exit into the OBE. This is completely the polar opposite of reality. Vibrations mean that you are NOT ready to exit and here's why.

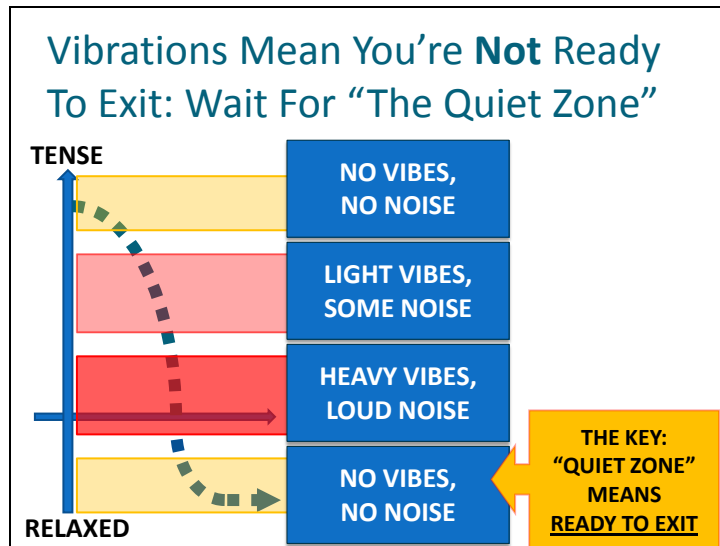
Double Energy From Two Signals



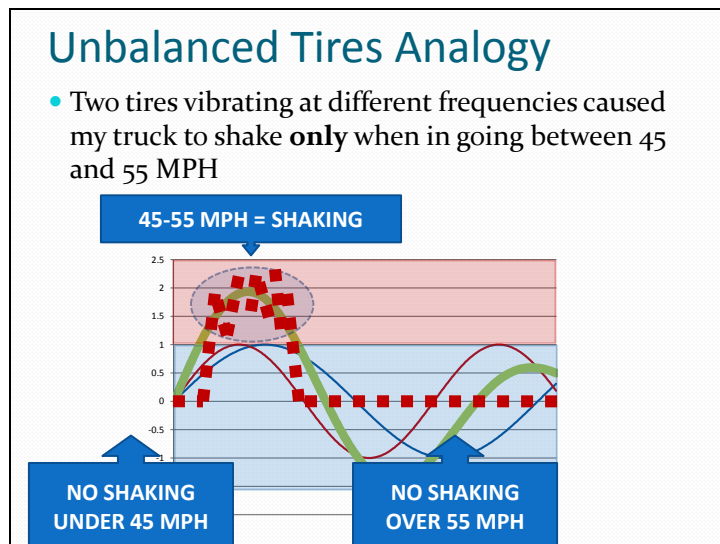
Physical and nonphysical awarenesses are both types of signals that you focus on. During the middle stage of an OBE exit you're making the transition from one to the other and you experience **both** physical and nonphysical signals. These signals have energy. When you sum both of these signals together you pass through a phase where you're running double the amount of energy you normally would.



If this energy is more than your system can comfortably handle, you get distortion. The big fancy signal processing name for this is intermodulation distortion. The name is not so important as the fact that this energy hump does not go on forever, it comes and then goes and this is critical to understanding how to deal with vibrations.

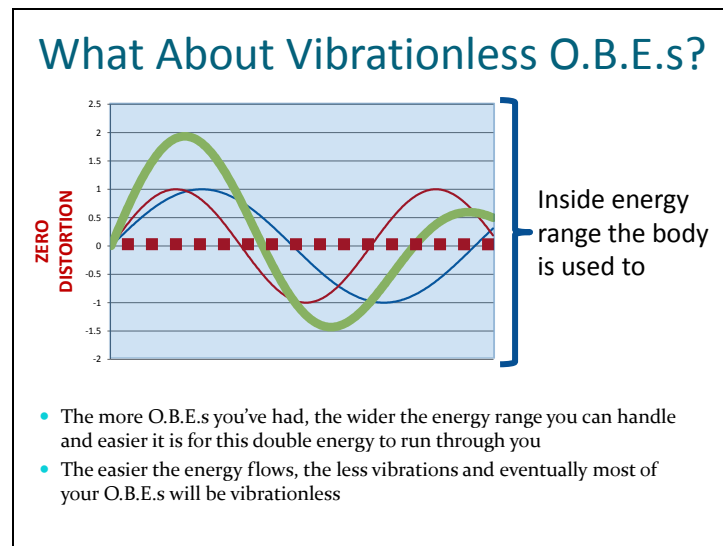


Because the excess energy hump comes and goes, you get a 'quiet zone' once you've focused completely out of physical focus and in to nonphysical focus. So it looks like this: you start out in physical focus with no vibes. You relax into a near OBE and get light vibes. You relax almost to the point of separation and get majorly heavy vibes. This is where most people screw it up because of the bad advice in books. The trick is to simply continue to relax deeper and deeper past the vibrations until the vibes have smoothed out completely. Once you're in the quiet zone after the vibes, that's how you know you've completely shifted into the OBE.

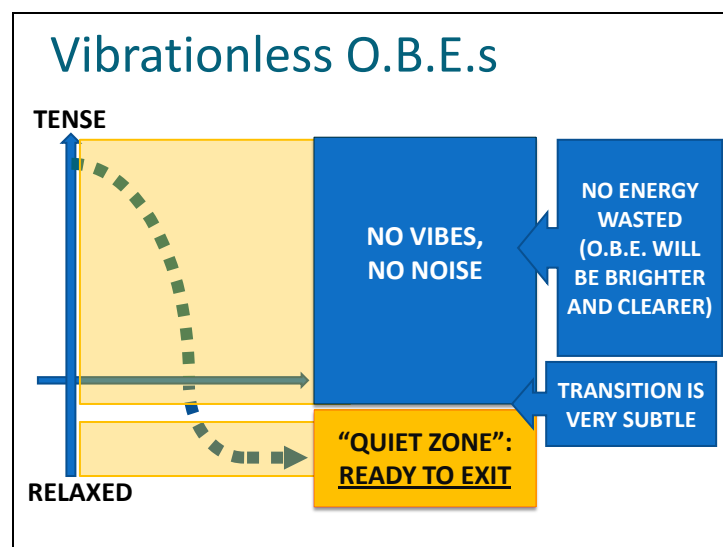


The energy hump is like a truck I used to have with unbalanced tires. When it got up to 45 MPH it would start vibrating the entire truck. At 55 MPH it would smooth out again. The range of 45 to 55 MPH was a transition range that caused the tires to vibrate with each other. Pre O.B.E.

rushing noises and vibrations are the same thing: you're coming in and out of phase with two different physical and nonphysical signals.



Keep in mind that the vibrations only happen when the total energy goes beyond what your nonphysical body is capable of conducting. The more OBEs you do, the more energy you can run without problems and the less vibrations you'll have. Eventually almost all your OBEs will be vibration-free.




You'll go from waking awareness, with no vibes, all the way to the OBE with no vibes which means you'll have to rely on other signals that we'll cover later to tell if you're in the OBE. The

up side to this is that vibrationless OBEs are much brighter and clearer than OBEs where you have to punch through massive vibrations.

Why Vibrationless OBEs Are Brighter And Clearer

- Chainsaw noise is friction
- Vibrations are noise
- Vibrations are friction
- Friction is a waste of energy
- Vibrations are a waste of energy
- Vibrations simply mean you're wasting energy



NOISE IS FRICTION

Why would that be? In a chainsaw, the noise is caused by friction. Vibrations are a form of noise, so vibrations are a form of friction. Friction is waste of energy. Chainsaw noise is a waste of physical energy and so vibrations are a waste of nonphysical energy.

When you're in vibrations you're wasting energy so it's a state you want to relax through as quickly as possible.

Misconception #3: What To Do With Vibrations

- How to respond to vibrations?
- Robert Monroe says to 'sweep' them up and down your body
- Is this right?

The next misconception is what to do once you're in vibrations. For instance, Robert Monroe wrote that you should try to 'sweep' the vibrations up and down your body before separating. Is this good advice or not?

Relaxation Is The Only Solution

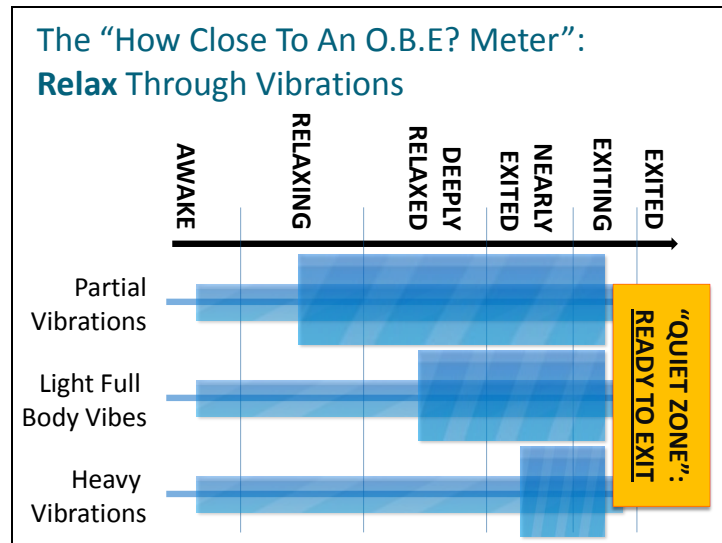
- Must reduce the friction
- Reduce pressure
- **Must relax**
- Doing anything else won't work because **"doing" means you're not relaxing**
- You'll usually get pulled back in to your body if you try to force through vibrations

The only way to reduce vibrations is to reduce the pressure that causes friction and that means relaxing.

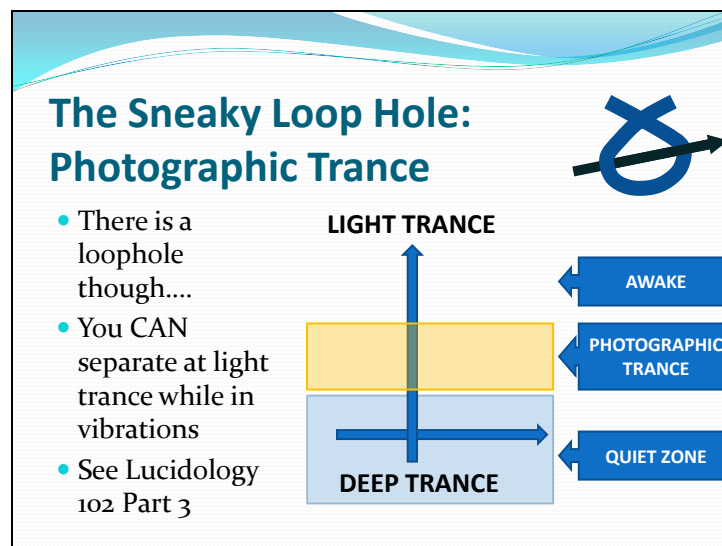
If you reach vibrations and then *try* to do something, whether it's running the vibrations up and down your body or anything else, then the one thing you're NOT doing is relaxing. And relaxing is exactly the one thing that you need to do when you have vibrations because only way to release the friction is to relax. No other solution will work.

This is why vibrations are a major obstacle for more OBEers, because when they try to do something, anything, they are unable to simply relax into the quiet zone.

Definitely do NOT try to force your way out when you're in the middle of vibrations. You'll almost certainly just get pulled right back into your body since you haven't yet matched up with a nonphysical focus.



Even if you do manage to muscle your way out, you'll have spent so much energy on the exit that the resulting OBE will probably be so dark and low energy that you'll just stagger around and not be able to do anything fun anyway. It's far better to relax through vibrations into the quiet zone and then slip out of body effortlessly.



By the way, there is a sneaky loop hole that allows you to cheat so you can do OBEs even when you're in the middle of vibrations. We'll cover this sneaky cheat in Lucidology 102 part 3. The trick is to enter something called a photographic trance which allow you to have OBEs at much lighter levels of trance so you don't have to be in full sleep paralysis to separate.



Exiting Even In The Middle Of Vibrations

- Opens the door to trance recycling
- You can quickly have several OBEs in a single session using trance recycling

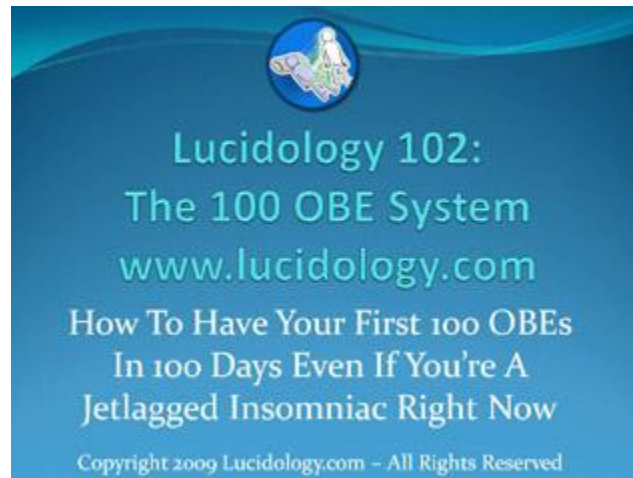
TRANCE RECYCLING

Find Out About Lucidology 102 At:
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This loophole also opens the door to a technique called 'trance recycling'. Trance recycling allows you to have a dozen or more OBEs in a row and quickly rack up a massive number of OBEs in a single session. To find out more about Lucidology 102, visit www.lucidology.com

Because many OBEs are completely vibrationless, you need several other road signs to tell how close you are to success. In the next section we'll cover the 5 crucial progress signals to tell how close you are to an O.B.E.

Lucidology 102: How To Have Your First 100 OBEs In 100 Days Even If You're A Jetlagged Insomniac Right Now



Hi, this is Nicholas Newport. I used have terrible insomnia and dreaded going to bed at night and having to lay there for hours... unable to sleep.

Nothing I read in books worked so I began creating my own set of tricks. Over the years I've developed a system not only for falling asleep quickly but also having extraordinary out of body experiences and lucid dreams.

Today I'd like to let you in on all my OBE induction secrets in the 100 OBE System.

In short, in the 100 OBE System you'll find out how to have your first 100 OBEs in 100 days even if you're a jetlagged insomniac right now.

The Path To 100 O.B.E.s In 100 Days

WE WANT: 100 Days = 100 O.B.E.s

SO WE DO: 1 Day = 5, 10, or even 20 O.B.E.s

...BUT HOW??

Now that's a pretty big goal and you may not even think that it's possible. So here's a video to show you how 100 O.B.E.s in 100 days really is actually something you specifically can do once you have the right system.

The goal is to average 100 OBEs in 100 days. So to do that have 5, 10 or even 20 OBEs in a single session. The question is, how do you do that?

YOU CHEAT!

- 4 Cheating Strategies:
 1. Micro OBEs
 2. Waking OBEs (not WILDS)
 3. Trance Recycling
 4. Inductionless O.B.E.s

It's really very simple: You cheat. Here are the 4 cheating strategies we'll use in the 100 OBE System.

- Micro OBEs
- Waking OBEs - (which are very different from wake-induced lucid dreams)
- Trance Recycling
- Inductionless O.B.E.s



The first cheat we'll use to get 100 O.B.E.s in 100 days is called "Micro-O.B.E.s". Micro O.B.E.s are very short O.B.E.s where you go in and out of your body very quickly so you can have 5 or 10 in a row. For instance you set might your O.B.E. timer on 2 minute intervals and only spend a few seconds in the O.B.E. then return to your body, then do another one.

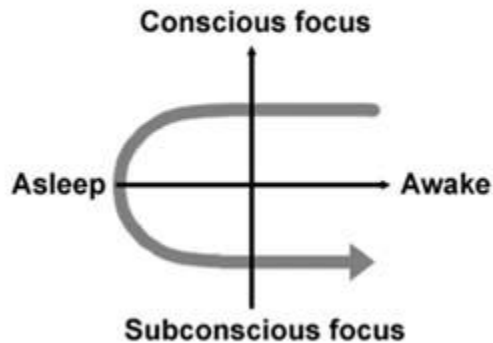
So you might wonder if you've gone through all the trouble of doing an O.B.E, why return right back to your body? It's because the whole trick to getting good at O.B.E.s is knowing the states and sensations and what the exit feels like.

The more time you spend on the awake asleep threshold the faster you progress. If you only have one O.B.E in a day then you do make some progress but really not a lot. If you have two in a day you've just doubled your progress rate.



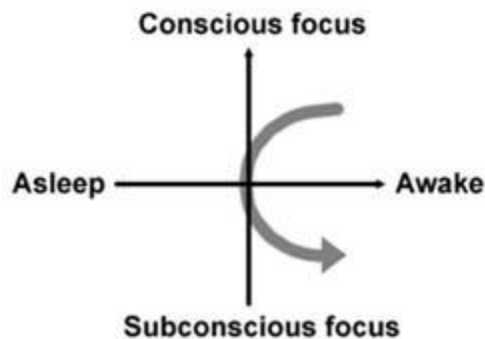
Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do this?

Starting Out:
Long Time Spent Getting In Deep Trance



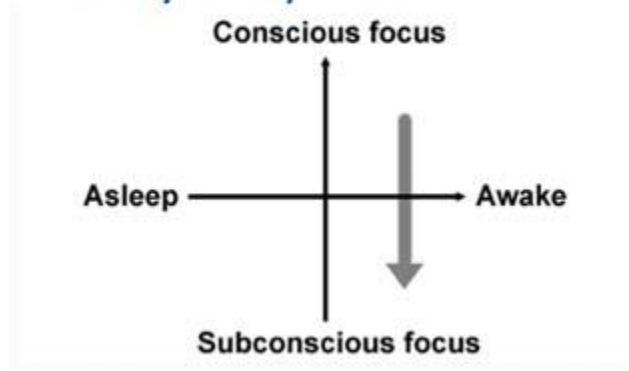
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing



The more skilled you get the less you need to relax to access the subconscious.

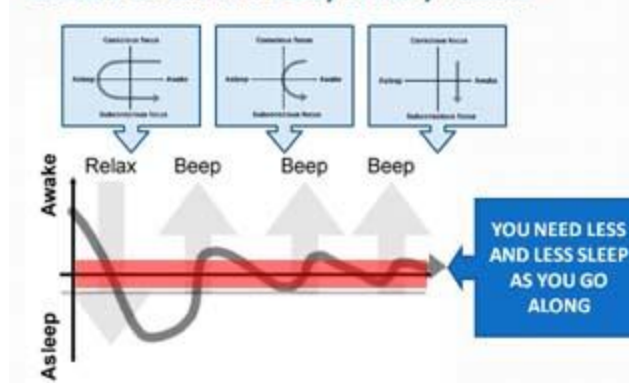
Soon You Can Have An O.B.E. While The Body Is Fully Awake!



Pretty soon you can have an OBE while the body is fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.

"Waking O.B.E.s":

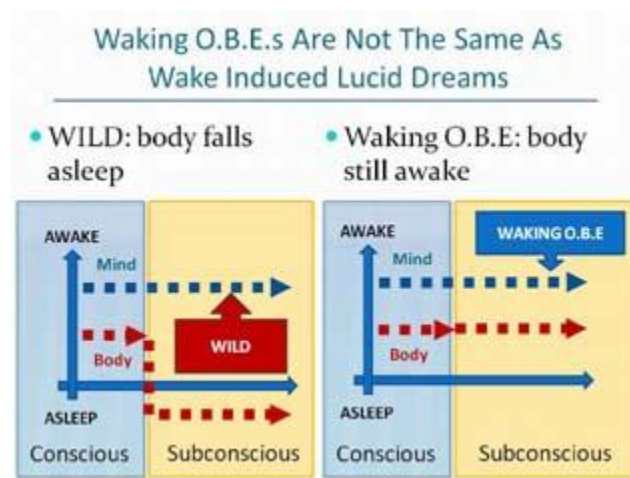
O.B.E.s When The Body Is Fully Awake



In the 100 OBE System you'll use a special type of timer setup to do the second type of cheat called "Waking OBEs". You'll start out doing your OBEs just

like you did in Lucidology 101. You'll fall asleep and have an OBE on the timer beep.

However by the end of the session you'll be able to lay on your bed and complete the separation even though your body is still wide awake. That means you can have a lot more OBEs faster and spend very little time in the boring relaxation stages.



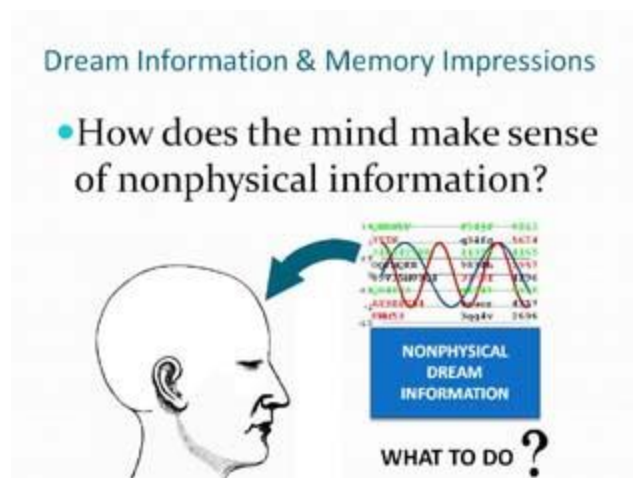
Keep in mind that a waking OBE is not the same thing as a wake induced lucid dream. In WILDs your body falls asleep and you enter your subconscious. In waking O.B.E.s you enter your subconscious but your body is still fully awake.

In order to do this you'll need to develop a solid stream of 'memory impressions'. Memory impressions are the how you access information in O.B.E.s without

actually having any visuals, tactile sensations, sounds or any other sensory information at all.

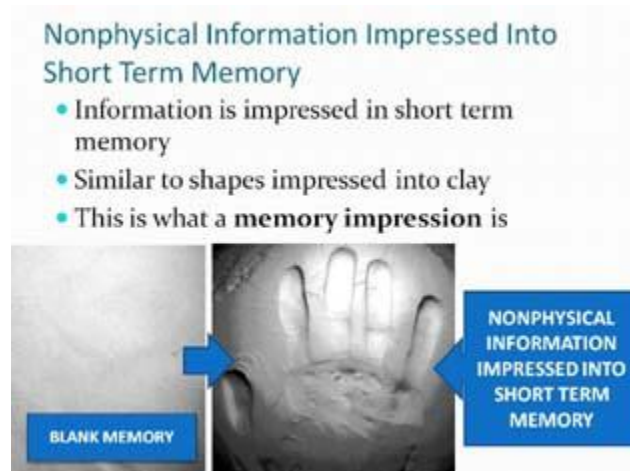


So what exactly are memory impressions? First, imagine your memory as like a dry beach of powdery sand.



Second, imagine your mind comes in contact with a

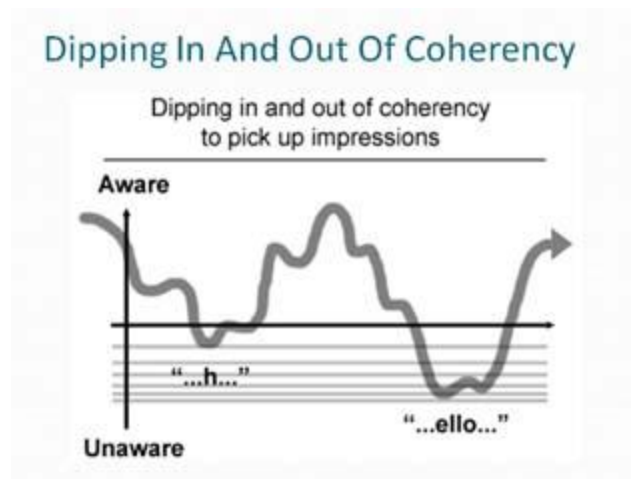
bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?



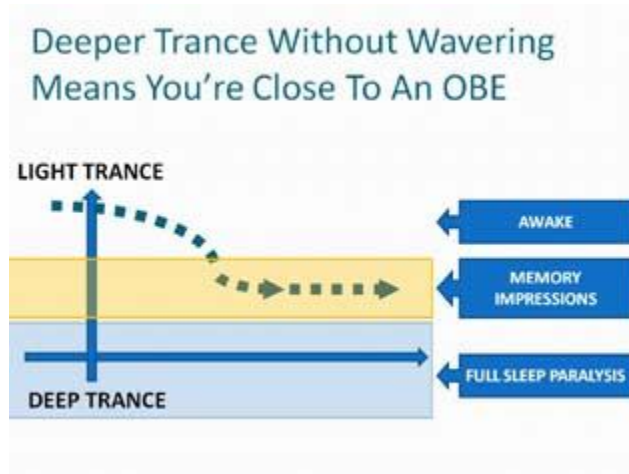
As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

You will start to pick up memory impressions of these clues. For instance, you may find you have the memory that someone had just said something even though at the time you didn't consciously hear anything. You might also recall that a moment ago you were looking at a landscape and that you remember what the landscape looked like but you can't remember exact moment when the landscape came into view.

The landscape is a concept that you find has been impressed into your short term memory much as if you were to impress the shape of a word into clay. You might not know how the impression got there but you do have the information that the impression represents



In the course of your lucid dream induction you may find a lot of times memory impressions seem to be the result of dipping in and out of coherency. You dip down, pick something up, waver up again and find that you have an impression. Once you're back in conscious coherency you are operating with your perceptual filters again so you can't remember how you got the impression.



However at deeper levels of trance there is no dipping in and out of coherency and you find that you're getting a steady stream of impressions. At that point you'll can tap into your subconscious and gather sensory information from memory impressions without going into full sleep paralysis.



The third way you'll cheat to get is to use "trance

recycling". Trance recycling is where you enter into an O.B.E and then immediately flip it into another type of O.B.E. For instance, you'll learn how to turn lucid dreams into O.B.Es and O.B.E.s into lucid dreams.



You'll also learn how to do mental projections, phasing and teleporting O.B.E.s. By learning to flip in between these states you'll be able to multiply your progress and quickly rack up your first 100 OBEs.

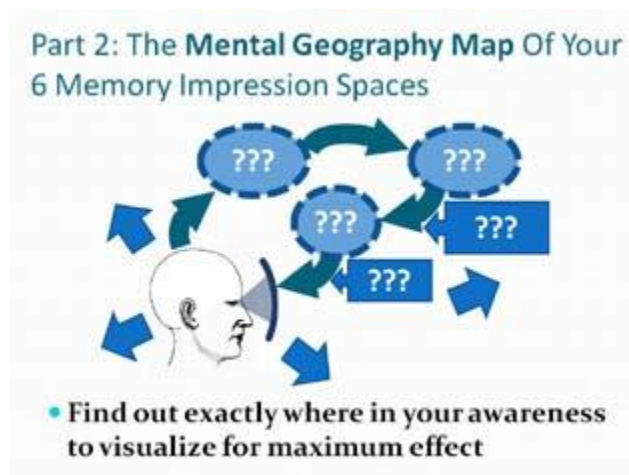
Inductionless O.B.E.s

- Early morning OBEs without feeling tired when you get up!
- **My favorite style**
- Requires virtually no effort once you set the system up
- **Combine with trance recycling to accelerate your progress**

The fourth way you'll cheat to get to 100 OBEs in 100 days is called "Inductionless O.B.E.s". Inductionless OBEs are my favorite style of accessing the subconscious because they allow you to have OBEs without messing up your sleep cycle.

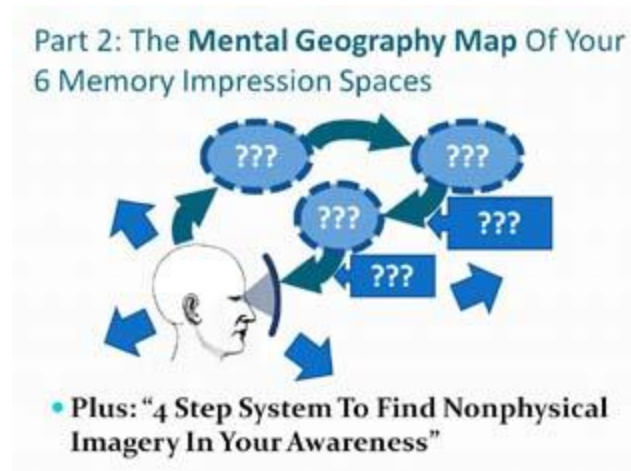
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

Inductionless O.B.E.s combined with trance recycling will accelerate your O.B.E. progress faster than you may even think possible.



So how do you do that? Well the location where you visualize something has a big impact on the results you get from the visualization. Most books tell you to visualize one thing or another without really telling you how or where to imagine it.

So in Lucidology 102 part 2 we'll cover the mental geography map and precisely define each of the 6 types of mental spaces to choose from. You'll find out how you can use each one for maximum effect to be sure you're visualizing in the most effective spot in your mind each time you do an OBE.



We'll also cover the 4 step system you can use to tell where the real imagery comes from. It doesn't come where most people look and by using the 4 step system you'll avoid biggest critical mistake that holds people back when they do visualization powered OBEs.

Part 3: How To Achieve A State Of Photographic Trance

- Gateway Loophole "Rapid-Fire" O.B.E.s
- Avoid The Main Big Time Wasting Mistake
- How To Recognize The 5 Types Of Trances
- Sense Nonphysical Information
- 3-S's Of "Automatic Memory Impressions"



Then in part 3 you'll find out how to achieve a photographic trance. This is the gateway loophole to "rapid-fire" O.B.E.s with the minimum amount of effort possible. Knowing this keeps you from making the main big time wasting mistake almost everyone makes when using visualizations to induce O.B.E.s. And we'll cover how to quickly sense when you have a stream of nonphysical information flowing to you by recognizing the 5 types of trances you pass through on the way to an O.B.E.

Part 4: The O.B.E. Blueprint & The Visualization Construction Toolkit

- The 6 Stages From Waking Awareness To O.B.E
- "What To Do And When" Chart
- "Visualization Construction Toolkit"
- The 4 Critical Ingredients That Every Visualization Must Have To Be Effective



In part 4 we'll cover "The O.B.E. Blueprint & The Visualization Construction Toolkit" where we'll cover the 6 stages from waking awareness to OBE & the exact visualizations how to move through each stage of trance. Then we'll cover the 4 critical ingredients every visualization must have to be effective.

Most of the visualizations you find in books only work for certain parts of an OBE induction so by answering these 4 key questions you'll be sure you have a complete system and you're not wasting your time.

Part 5: "Sneaky Speed Cheats" Mental Projections, Phasing And Rezooming

- Faster than normal OBEs
- How to open subconscious memory impression portals
- Recycle with rezooming



In part 5 we'll cover sneaky speed cheats using mental projections & phasing O.B.E.s. These are types of OBEs which you can do at much lighter levels of trance so you to get to 100 OBEs much quicker. I'll also show you a unique way to recycle trance in mental projections using a special type of memory impression that acts as a portal into your subconscious using a technique I called rezooming.

Part 6: How To Visit Places You Want To Go Using Teleporting



In part 6 you'll find out how to use "sense splitting" to teleport where you want to go. By using "teleporting" O.B.E.s you'll be able to specifically target locations you want to explore.

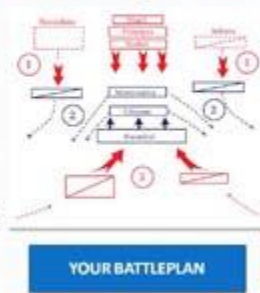


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

The first part is the two week sleep training phase. You'll sync up your sleep cycle with the sun and I'll show you how to cure any amount of jetlag in a single day.

Battleplan Part 1: Two Week Sleep Training Phase

- OBE practice routines
- Find out your sleep type
- Fit induction to your style



You'll also do test OBE practice routines to find out your personal sleep type and adjust your O.B.E inductions to fit your specific style.

Battleplan Part 2: 6 Week "OBE Workout" Phase

- 11 O.B.E. induction workouts
- Each of the 6 major styles of O.B.E.s
- Strengthen your skills
- Discover your talents



Part 2 of the Battleplan is the 6 week "O.B.E. Workout phase" where you'll complete 11 O.B.E. induction workouts for each of the 6 styles of O.B.E.s. These OBE workouts will strengthen your skills and you'll

discover exactly which forms of OBE you have a talent for.

**Battleplan Part 3: 6 Week
"Rapid Fire OBE" Phase**



- Have a dozen or more OBEs per session
- Be lazy
- Make fast progress
- Average an OBE or more per day

**MAKE RAPID PROGRESS
WITH RAPID FIRE OBEs**

When you've identified your personal strengths we'll cover the 3rd step of the Battleplan which is the 6 week "Rapid Fire O.B.E. Training" phase. In it you'll find out how to have a dozen or more O.B.E.s in a single session the laziest way possible.

This will give you more than enough practice to start averaging an OBE or more each morning without interrupting your sleep cycle.

Here's What You Get

You can get instant access to the entire system right now. After you purchase it you'll download:

1.) 100 OBE System Videos Download (635MB)

- 9 videos totaling 90 minutes:
 - 1 How 100 OBEs Is Possible
 - 2 The Mental Geography Map
 - 3 Photographic Trance
 - 4 The OBE Blueprint
 - 5 Mental Projections & Phasing
 - 6 How To Do Teleporting OBEs
 - 7 Sleep Training
 - 8 OBE Workouts
 - 9 Rapid Fire OBEs
- These are in MPG format so they're absolutely guaranteed to play on your computer, no questions asked.

2.) Full Color Slides And Notes Download (12MB)

- 239 slides for the entire course.
- You can print out these PDFs to use as an easy reference guide.

3.) System Audios Download (80MB)

- The 90 minute videos converted to mp3 audio files
- You can listen to these on your computer, on your iPod or burn them to a CD.

4.) Private Members' Only Forum (External Link)

- Get help and tricks from other people who have done the 100 OBE System.

You can't get this information anywhere else!

Ready to get started?

Here's How To Take The Next Step

[Click here to get Lucidology 102: "The 100 OBE System"](http://www.lucidology.com/102) and start having the first of your 100 OBEs!

<http://www.lucidology.com/102>

I'll see you there!

Nick Newport

p.s. The sooner you start the faster you'll have your first OBE!