



www.lucidology.com

Notes For:

Lucidology 101 Part 12

5 Fast Exit Methods For Lucid

Dreams & OBEs

See The Video For This Document!

<http://lucidology.com/101>

NOTICE: You Do Have the Right to Reprint this Document!

You Also MAY Give Away and Share the Content Herein

You may share this material with your friends in its unmodified form. You may quote passages from it as long as you credit its source as having come from **www.lucidology.com**

Copyright 2009 Lucidology.com

ALL RIGHTS RESERVED. No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the authors.

DISCLAIMER AND/OR LEGAL NOTICES:

The information presented herein represents the view of the authors as of the date of publication.

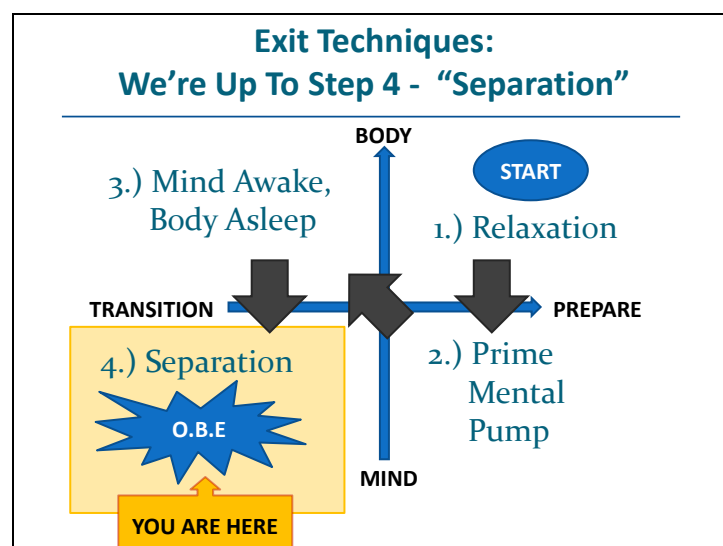
Because of the rate with which conditions change, the authors reserve the right to alter and update their opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the authors nor their affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended as for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state. Any reference to any person or business whether living or dead is purely coincidental.

Here in part 12 you're about to find out The 5 Most Powerful Movement-Free Exit Techniques
These techniques are How you Convert Sleep Paralysis Into An O.B.E. And Separate From Your
Physical Body To Enter Your Nonphysical Environment

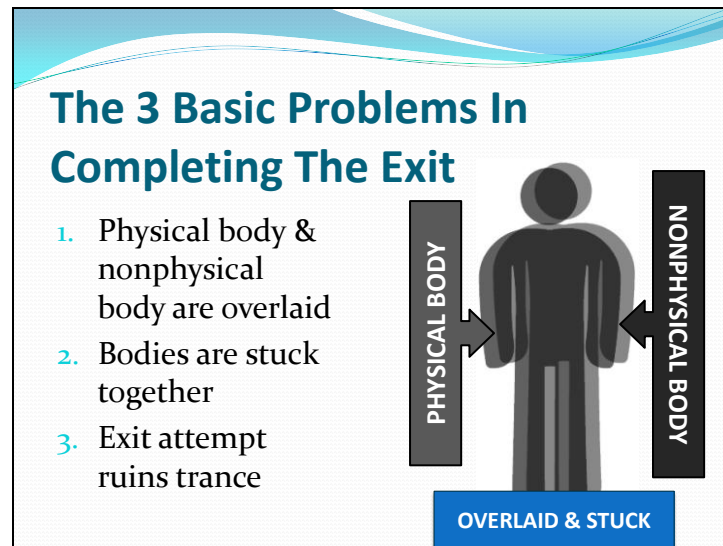


Recall our two-step strategy for visualization-free OBEs. The first step was to use sleep commands to trick your body into falling asleep. That stage put you in waking sleep paralysis so that your brain enters a theta brain wave and automatically sends you into a subconscious focus without you needing to use visualizations.

The second step is to convert sleep paralysis into an OBE using an exit technique.



In this section we'll cover this final stage of an OBE induction which is the exit stage where you separate your nonphysical body from your physical body.



In completing the exit there are 3 basic problems we need to solve:

1. First, that you can't tell physical body from nonphysical body because they're overlaid
2. Second, that you can't separate them because they're stuck together
3. Third, if you move and you're not ready to exit, you'll tense up and ruin your trance

That last problem is a major obstacle. There's nothing worse than getting into a decent trance then ruining it because you moved physically instead of separating from your body.

So we need "movement free" exit techniques so you can make a bid for an exit and if you're wrong and you're not quite deep enough, it's no big deal.

5 Solutions To The 3 Problems: Movement-Free Exit Techniques


1. Open Mouth Exit
2. Gravity Press Exit
3. Safety Cap Exit
4. Focused Awareness & Magnetic Spheres
5. Salvaging Partial Exits Using Limb Creation

So here are the 5 most powerful movement-free exit methods that I've tested many times and have found to be highly effective. These are:

1. Open Mouth Exit
2. Gravity Press Exit
3. Safety Cap Exit
4. Focused Awareness With Magnetic Spheres
5. Salvaging Partial Exits Using Limb Creation

1.) Cracking The Safe: The "Open Mouth" Exit Initiator

- Discovered by a forum poster named tsunaH
- 99% of the time, in sleep paralysis you can still move your eyes and mouth
- Open your mouth, take a few slow deep breaths
- Separation starts at your head




Nonphysical eyes & mouth:
Nonparalysed

Rest of body:
Paralysed

The first method is the 'open mouth exit' and it was discovered by a forum poster named tsunaH. In sleep paralysis 99% of the time even if everything below your neck is paralyzed you can still move your eyes and mouth.

To do this method simply open your mouth and take a few slow deep breaths. Be sure not to breathe **too** hard or you'll break the paralysis. By doing this you'll feel yourself start to separate starting at your head.

The “Open Mouth” Exit Initiator



- This is more of an “initiator” than a full exit technique
- May be all you need
- Works because movement completes the shift into nonphysical awareness

This method is a very reliable way to get the exit process kick started. It's actually more of an 'exit initiator' than a full exit method because a lot of times it will get you half way out and then you need to switch to another exit method to complete the separation. However a lot of times once you start the separation using open mouth breathing, you'll be able to separate completely and get up into your nonphysical bedroom without using any other tricks!

The reason this method works is you've split your focus between physical awareness and nonphysical awareness. In sleep paralysis your body below the neck is still physically focused but your eyes and face have entered nonphysical focus. By creating movement in your eyes and face you draw the rest of your focus in to nonphysical awareness.

2.) The “Gravity Press” Exit

Feel gravity pull you down a bit



If you sink into the bed a few inches
you know you're ready to separate

The second movement free exit method is the “gravity press” exit. To do this, focus on the feeling of gravity pulling on your body.

In an O.B.E. this will actually cause you to sink through solid objects and you can use this fact to test if you’re nonphysical without moving.

Gravity Press Tips

- Going too far down makes OBE dark
- Feel gravity pulling you up
- Transparent bed reality check:
 - Gravity press yourself to the floor.
 - Use x-ray vision to see **through** your bed

Make sure not to pull yourself down too far because creating too much of a feeling of heaviness can make the resulting O.B.E more dark and lower energy.

If you lay on your back while looking at the ceiling, you can do a ‘transparent bed’ reality check:

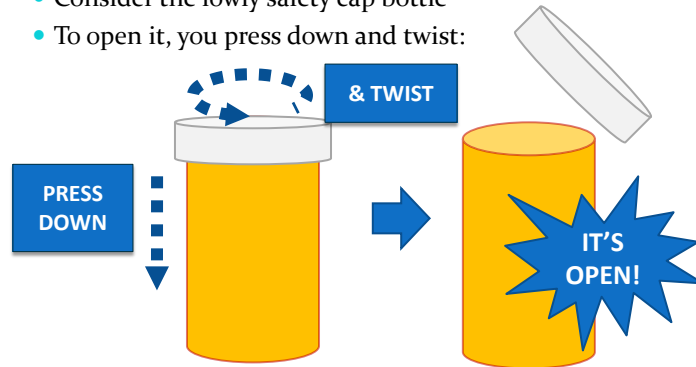
To do that look at the ceiling and gravity press yourself to the floor.

As long as you keep your sight focused on the ceiling you’ll see through your bed

This can help you be more sure that you really did a gravity press and you really are nonphysical

3.) The “Safety Cap” Exit: Gravity-Press With A Twist

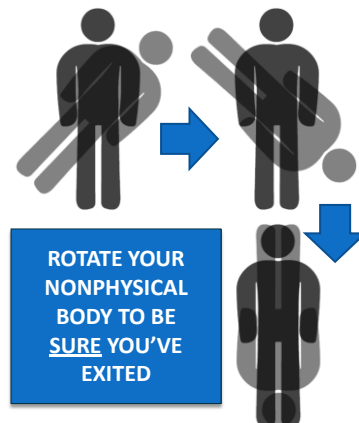
- Consider the lowly safety cap bottle
- To open it, you press down and twist:



You can build on the gravity press exit to make it more powerful. This brings us to the third movement-free exit method called ‘safety-cap’. With a safety cap bottle, to open the lid you have to press down and then twist.

What Does That Have To Do With O.B.E. Exits?

- Not 100% sure if you’re really nonphysical
- Need better **selector**
- Improve by creating the feeling of a rotating force
- **No doubt** you’ve exited and you can move without fear of waking up



The problem with the gravity press method is even if you sink into the bed a few inches you may not be completely sure that you’ve really separated. What you need is a better “selector” to be sure there’s absolutely no question in your mind that you’re nonphysical. To fix this, create the feeling of a force that rotates you around on your belly button so that your head swings around 180 degrees and ends up where your feet are.



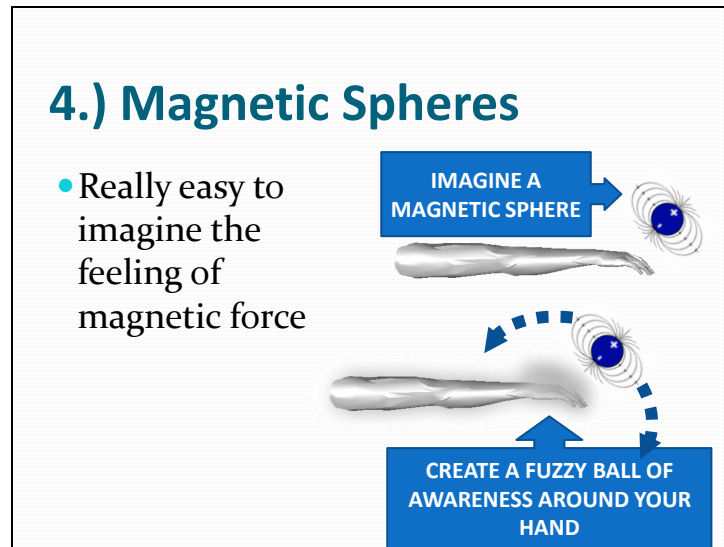
At that point there is no doubt you're in an OBE and you can get up without fear of accidentally moving your physical muscles and botching the trance. In other words, you just press down and twist and you have an OBE.



Most books on OBEs tell you to roll over on your side to complete the exit. This is a really bad idea because it's an all or nothing gamble. Either you succeed and you roll over in to an OBE or you move physically and have to start all over again.

On the other hand, because the safety cap exit is also a type of reality check you can first test to see if you're actually nonphysical. If either the press or the twist stages don't work, then you know to relax a little deeper and your trance is still in tact.

Your success rate will be many times higher when you use safety cap than if you simply try rolling over.



Our forth movement free exit method is called “Magnetic Spheres”

I know this is supposed to be ‘visualization-free’ O.B.E. methods... but this one is **really easy** and it will really help with your exits. So I’m going to sneak it in.

By practicing to focus your awareness while awake, you can better direct your nonphysical body when in an O.B.E.


Imagine a magnetic sphere hovering above your hands. Move the sphere around and feel it pull on your nonphysical body in different directions

You’ll start to get a feeling of a fuzzy ball of awareness around your hands


Magnetic Spheres Multiplication

- Double the strength of the sphere to get a stronger feeling
- After a few moments double it again
- Then double it once more after a bit

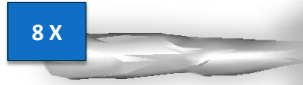
2 X

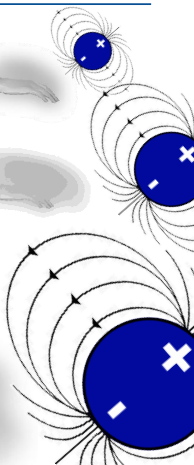


4 X



8 X





Double the strength of the sphere to get a stronger feeling. After a few moments double it again. Then double it once more after a bit. Keep doubling it every minute or so until you have a **very strong** feeling of attraction around your hands.

Remember this is the feeling for when you use gravity press and safety cap. When you want to press out or rotate around, create the feeling of the force you want and complete the exit.

Using Focused Awareness To Pull Yourself Up

- Gravity press can make the OBE darker
- Fix this by inverting gravity
- Put awareness on gravity, then rotate upward

INVERT GRAVITY

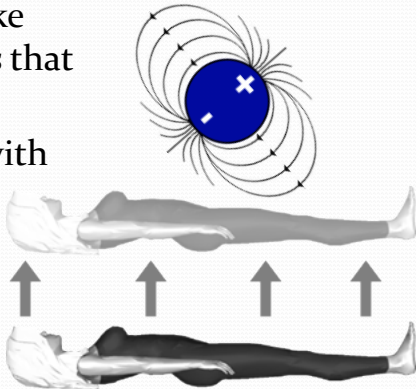


Remember with gravity press, one of the disadvantages was that if you press down too far it can make the resulting OBE darker and lower energy. One way around that is to use focused awareness to imagine gravity is pulling you up. This is slightly more difficult to do but it actually helps make the OBE brighter.

To do this, first put your awareness on the feeling of gravity like normal. Then rotate that feeling around so it's pulling you up and you've created inverse gravity.

Magnetic Sphere Pulls You Up

- Use a magnetic sphere to make strange forces that pull you out
- Experiment with odd angles

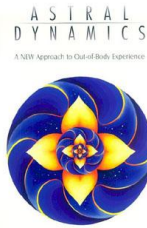


USE MAGNETIC SPHERE TO EXIT

Another variation is to simply use an imaginary magnetic sphere to overpower gravity and pull you up. Both of these methods work well. I actually am lazy and usually just do gravity press and twist, but you should definitely experiment with creating strange forces and odd angles because they're very useful for manipulating the world once you've transitioned to an OBE.

Focused Awareness Resources

- Focused awareness is used in many disciplines including qi-gong, tai chi, reiki, and others
- Basis for Robert Bruce's system called New Energy Ways which is used in O.B.E.s.
- See "Astral Dynamics" for more on NEW.



ASTRAL DYNAMICS
A NEW Approach to Out-of-Body Experience

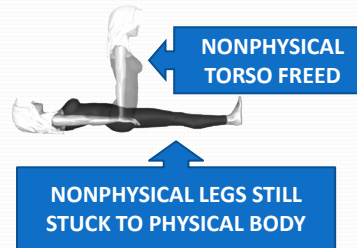
ROBERT BRUCE

Visit www.astraldynamics.com

Focused awareness is used in many disciplines including qi-gong, tai chi, reiki, and others. It's also the basis for Robert Bruce's system called N.E.W. (or New Energy Ways) which is used in O.B.E.s. Check out his book "Astral Dynamics" for more on NEW.

5.) How To Salvage Partial Exits: Limb Creation

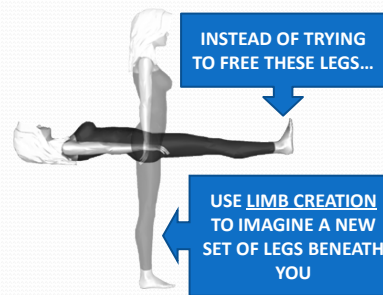
- A lot of times you'll make it half-way out of your body but parts will still be stuck
- You may try pulling as hard as you can but they're solidly bound in place



A lot of times you'll make it half-way out of your body but parts will still be stuck. For instance, you might find that you can free your arms but your legs are still glued in place and that even if you use your nonphysical hands to pull your legs out they just won't budge. This brings us to the fifth movement-free exit technique called "Limb Creation".

Solution: Imagine New Body Parts Using **Limb Creation**

- The easiest solution is to just make new legs using "limb creation"
- Create the feeling of new legs beneath you and focus into them
- You'll be free in seconds!

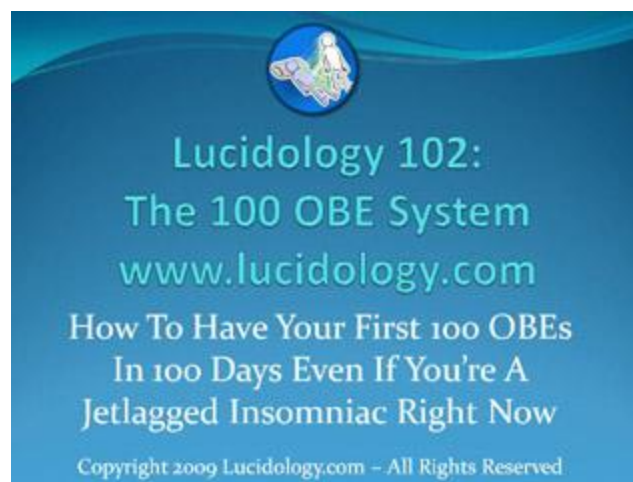


Once you have about half of your body out, instead of trying to get the rest of your limbs out, just imagine a completely new set of legs or arms or whatever is stuck. This is actually much easier than it sounds. You just imagine what it would feel like if your legs were already beneath you and you were already standing on them. Imagine the feeling of pressure on your feet, how your socks feel, and what your toes feel like when you wiggle them against each other. You'll quickly lose awareness of the limbs in your physical body and refocus into the copies of your

legs that you've created. This process actually only takes a couple seconds and is a billion times easier than trying to yank your limbs out of your physical body.

The exit is the last stage of an OBE induction, but you probably still have some questions. In the next section we'll go over the troubleshooting guide. This is the 3 Step System How To You Can Quickly Blow Up Your OBE Roadblocks.

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.



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

Ultrafast Progress: Micro-O.B.E.s

- Go in and out of your body very quickly
- Have 5 or 10 in a row



**LOTS OF TIME IN
TRANSITION
STATE BETWEEN
AWAKE & ASLEEP**

**LEARN THE
STATES &
SENSATIONS
MUCH FASTER**

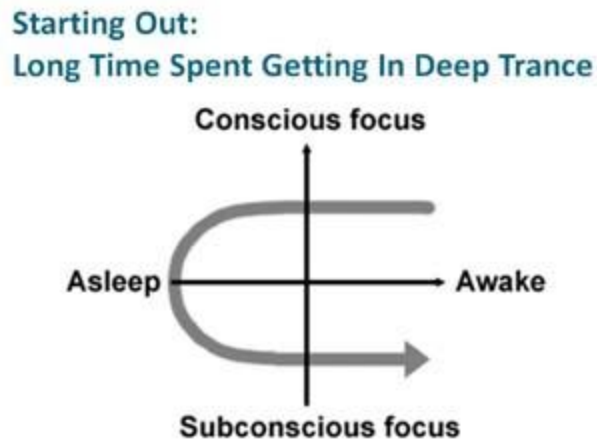
The first cheat we'll use to get 100 O.B.E.s in 100 days is called "Micro-O.B.E.s". Micro O.B.E.s are very short O.B.E.s where you go in and out of your body very quickly so you can have 5 or 10 in a row. For instance you set might your O.B.E. timer on 2 minute intervals and only spend a few seconds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

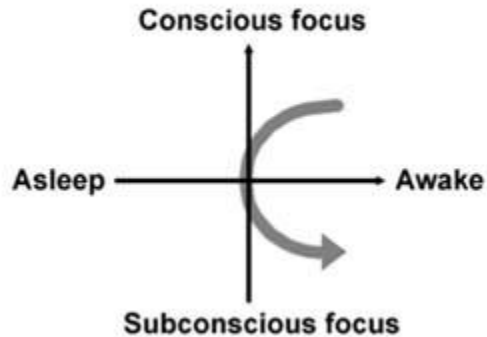


Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do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



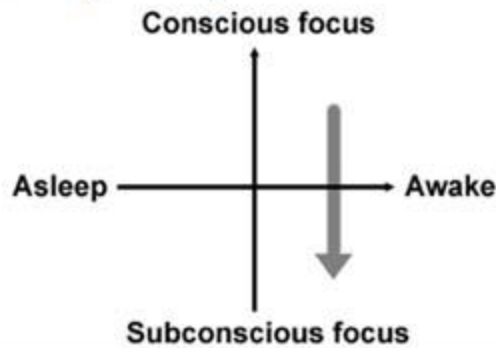
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing

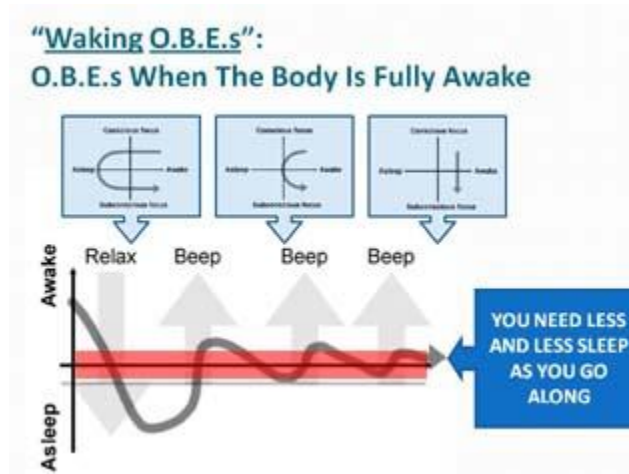


The more skilled you get the less you need to relax to access the subconscious.

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

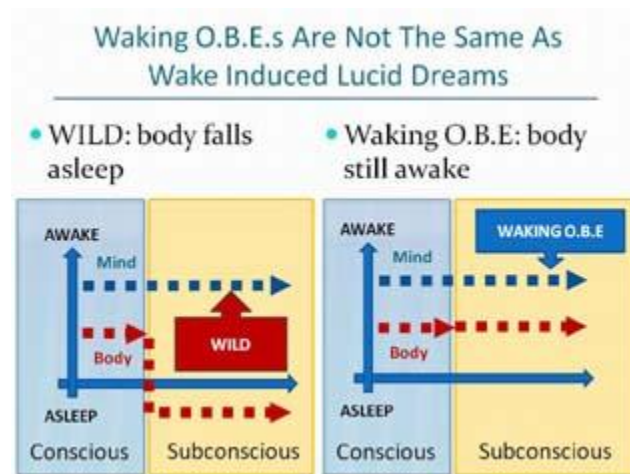


Pretty soon you can have an OBE while the body is fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.



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.

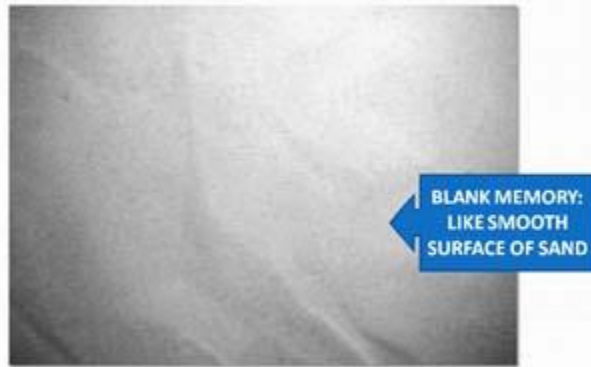
However by the end of the session you'll be able to lay on your bed and complete the separation even though your body is still wide awake. That means you can have a lot more OBEs faster and spend very little time in the boring relaxation stages.



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.

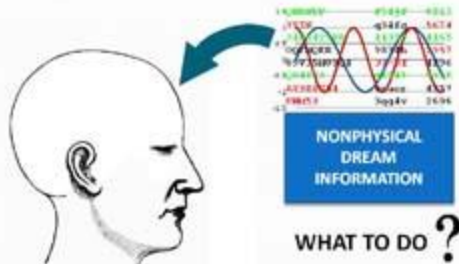
What Are "Memory Impressions"?



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

Dream Information & Memory Impressions

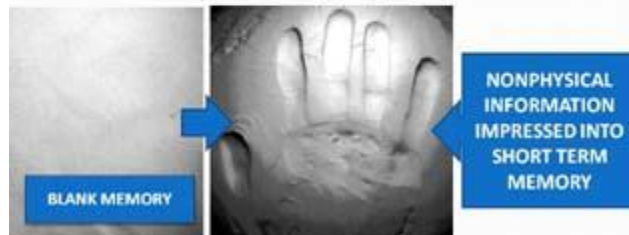
- How does the mind make sense of nonphysical information?



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?

Nonphysical Information Impressed Into Short Term Memory

- Information is impressed in short term memory
- Similar to shapes impressed into clay
- This is what a **memory impression** is

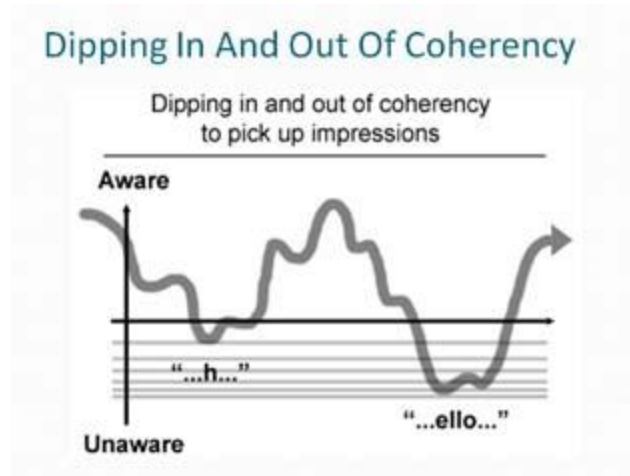


As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

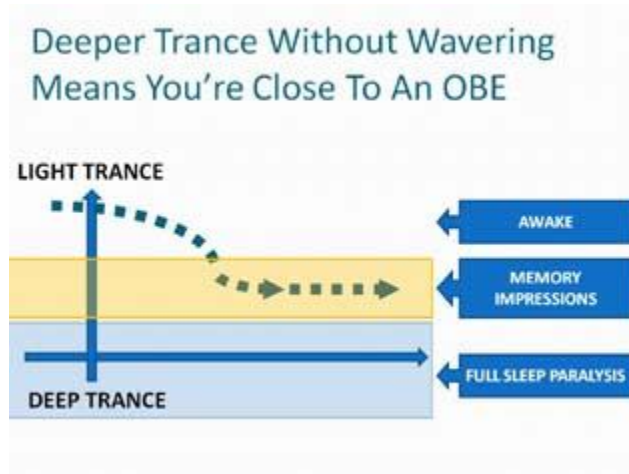
You will start to pick up memory impressions of these clues. For instance, you may find you have the memory that someone had just said something even though at the time you didn't consciously hear anything. You might also recall that a moment ago you were looking at a landscape and that you remember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

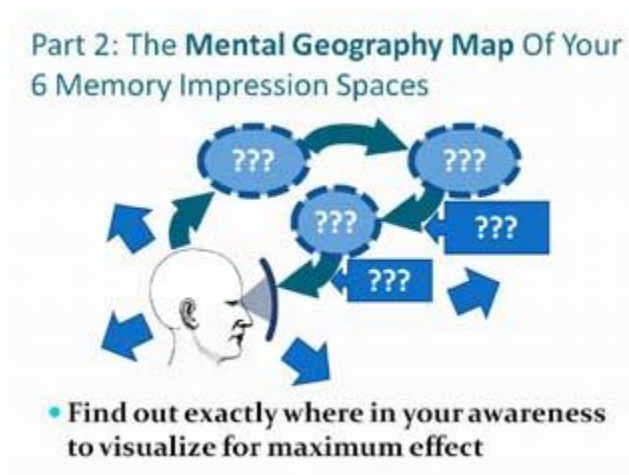
Inductionless O.B.E.s

- 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.

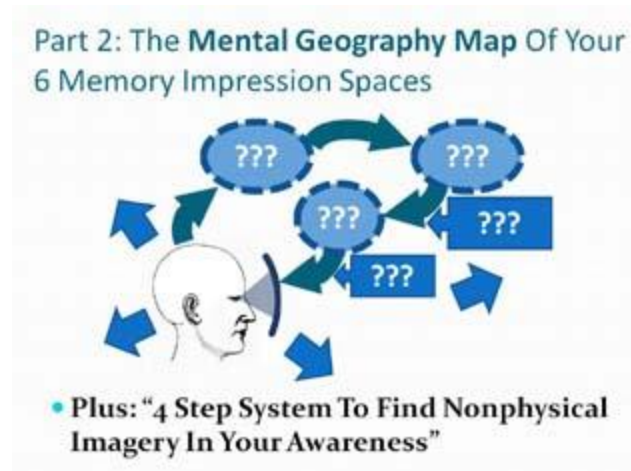
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

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.

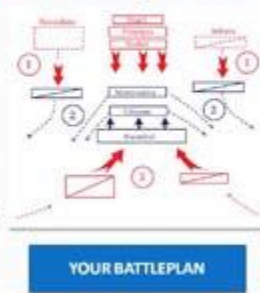


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

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!