



www.lucidology.com

Notes For:

Lucidology 101 Part 2

**Waking Sleep Paralysis: The “Holy Grail” For New OBEers Because It Puts You In A Subconscious Focus
*Without Using Visualizations”***

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.

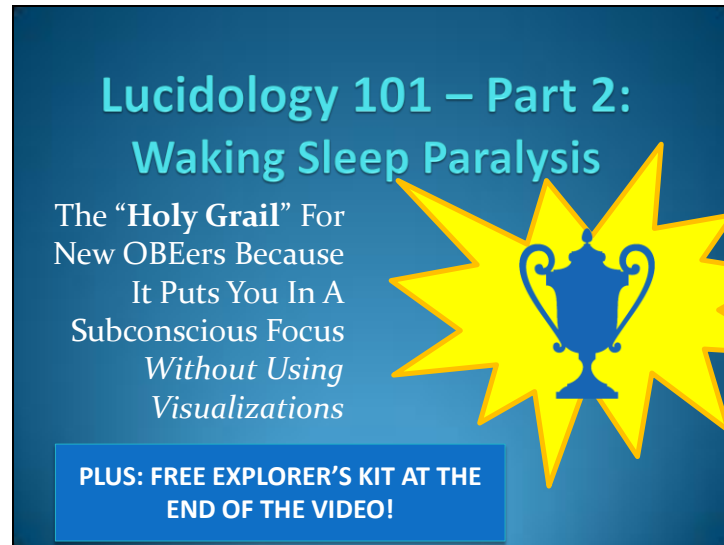
DISCLAIMER AND/OR LEGAL NOTICES:

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.



Hi, this is Nicholas Newport and welcome to Lucidology 101:
How To **Trick Your Body Into Falling Asleep** To Quickly Start Having Lots Of O.B.E.s And Lucid Dreams – Without Using Any Visualizations!"

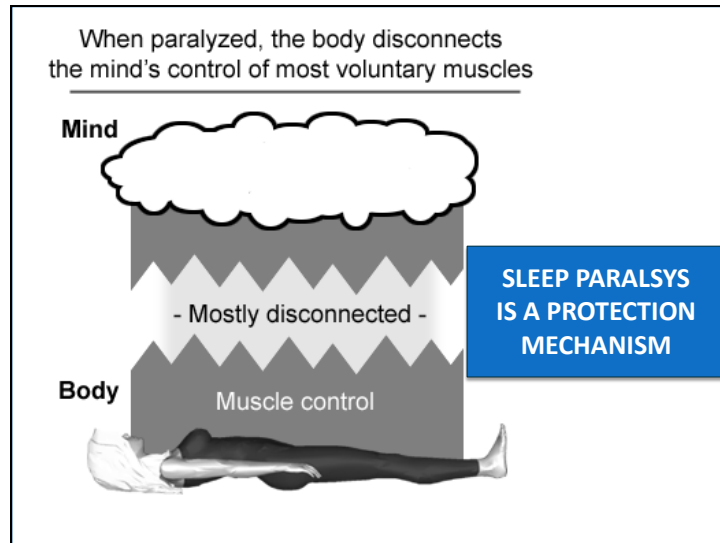


If you're new to OBEs and lucid dreams and you're wondering where to get started, here it is. Here in part 2 you're about to find out why sleep paralysis is the holy grail for new OBEers because it's how you can access your subconscious without having to practice using any visualizations at all.

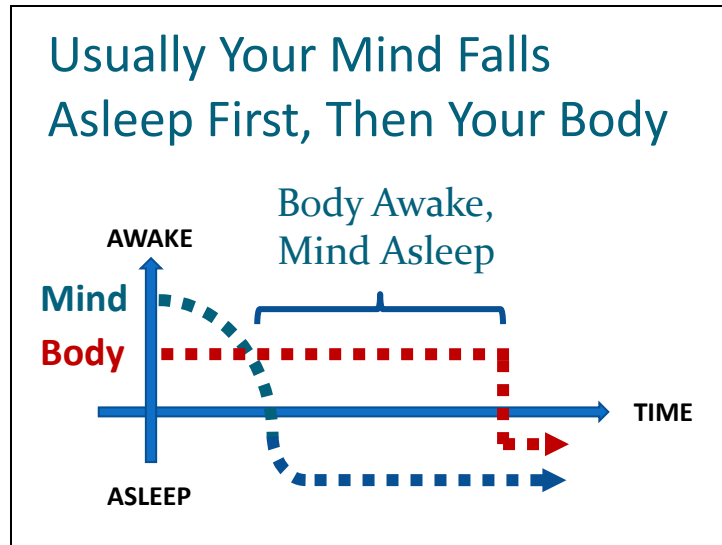
At the end of this video I'll show you how you can get a free copy of the Lucidology 101 OBE Explorer's kit so be sure to watch to the end for the URL.

If you've ever woken up in the morning and found that you couldn't move or make a sound for a few minutes, you've had sleep paralysis. This used to happen to me and I had no idea why or what it was. But as it turns out, this was the trick that opened the door to frequent OBEs for me after having insomnia for years.

Slide 4

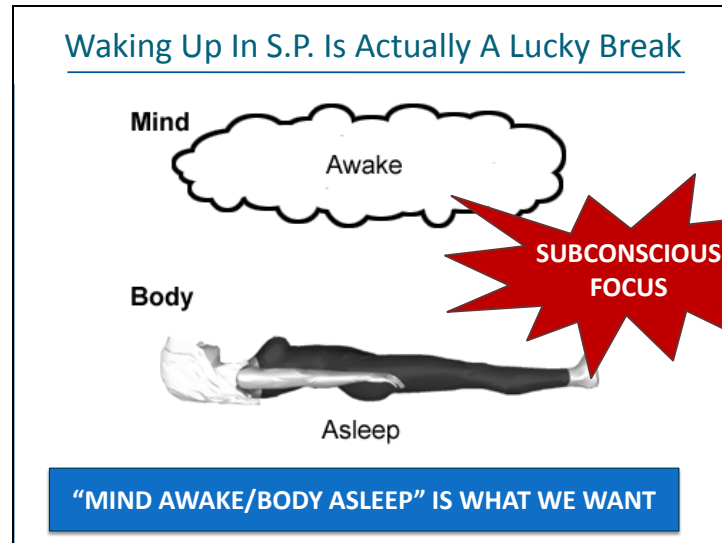


The question is “what is sleep paralysis and how can you use it?” Sleep paralysis is a protection mechanism your body uses when you fall asleep. If you were to dream you’re doing something very active, such as running, and you weren’t in sleep paralysis then you would move your limbs when you’re asleep and you’d wake yourself up. To prevent that from happening, your body disconnects your voluntary muscle system from your mind so that you can dream all you like without waking yourself up.



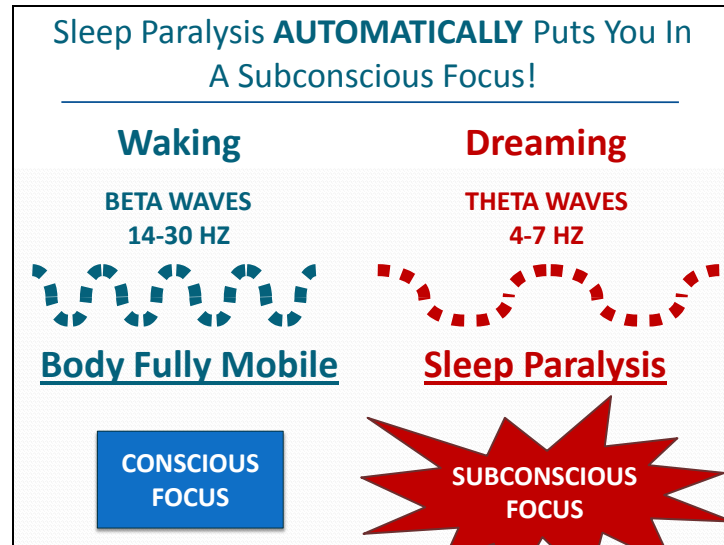
Normally you're not aware of this happening because by the time your body shuts itself down in sleep paralysis, your mind is already asleep and unaware of what's happening. In other words you enter a state of 'body awake/mind asleep' before entering 'body asleep, mind asleep'.

Slide 6



The whole trick to lucid dreaming is to enter a subconscious focus without losing awareness. Here's how sleep paralysis does this for you.

Slide 7



When you're awake your brain is in what's called a 'beta' state. Beta means your dominant electrical brain waves are oscillating at around 14 to 30 cycles per second.

When you enter sleep paralysis, your brain automatically puts itself in "dream mode" which is called a 'theta' state. Theta is slower than beta and is around 4 to 7 cycles per second.

Knowing this secret allows you to avoid one of the major mistakes most people make when first starting out in OBEs.

Major Mistake! Most Books Say To Do OBEs In One Step



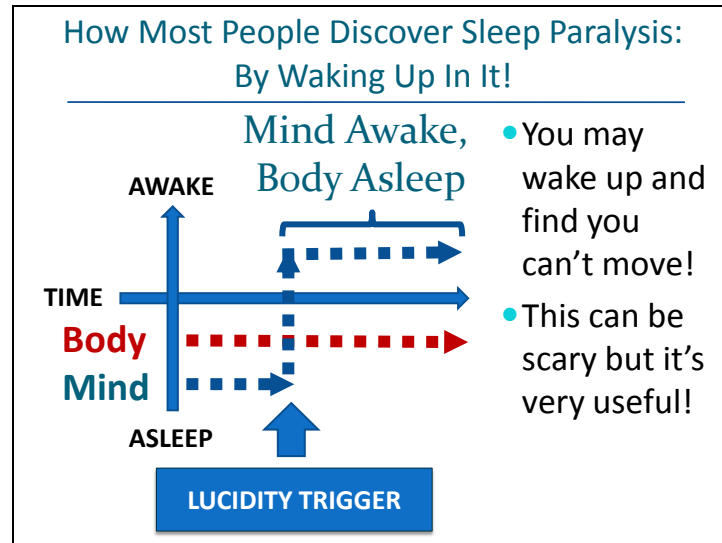
- This is possible but not very easy for beginners

Most books on OBEs say to simply induce an OBE in what is basically a one step process. Going directly from a waking state to an OBE is possible but it's difficult so this is not what I recommend you start out with.



Instead, you'll progress much faster by making it a two step process. You first use the sleep commands we'll cover later to trick your body into falling asleep and enter sleep paralysis.

You then use exit techniques we'll cover later to convert sleep paralysis into an OBE and separate from your physical body.



Now, how do you do that? The way you'll usually become aware of sleep paralysis is that you wake up in it and find you can't move or make a sound.

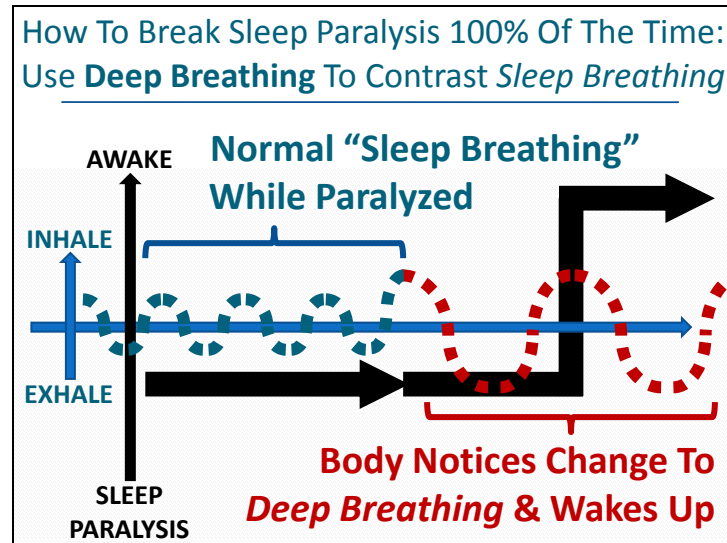
Sleep paralysis often feels like there's a heavy lead blanket on you. It's not that there is really anything on you or that your muscles have become weaker. The feeling is because your brain has to send a stronger nerve signal than normal to get the same muscle movement. That makes it feel like you're having to overcome some kind of resistance when you try to move.

This feeling also usually makes it feel like it's harder to breathe but it's actually a natural sleep process. Sleep paralysis happens every single time you fall asleep.

But... Isn't That Dangerous?

- How can I get out of sleep paralysis?
- Thankfully there's a simple "safety release" trick...

You may be wondering if sleep paralysis is dangerous and if there's a way to break free. Sleep paralysis is not dangerous because it's something your body does every night. Plus, here is a secret "safety release" trick you can use to free yourself from paralysis so you always have a backup plan.



The only way your body knows for sure if your mind is awake is if you move. This is a problem when you're in 100% sleep paralysis which is preventing you from moving. Luckily paralysis is limited to your voluntary muscle system like your arms and legs. Your breathing is semi-involuntary so you still have control over it even in deep paralysis.

If you enter sleep paralysis and decide you want break free and wake up, simply change your breathing pattern to something other than the sleep breathing pattern your body is in. The most effective way I have found to do this is to begin breathing deeply and slowly.

After 10 or 15 seconds your body will notice the change and bring you out of paralysis. Not many things are 100% reliable in lucid dreaming but this has worked for me every single time.

Sleep Apnea

- Sleep apnea is waking up with stopped breathing
- Waking sleep paralysis benefit: you'll find out if you have sleep apnea
- Sleep paralysis does not stop your breathing but it does feel like a lead blanket on your chest

A very few people have reported that they woke up in sleep paralysis and noticed that they weren't breathing at all. The problem is not the paralysis itself, but that they had an existing health condition called 'sleep apnea'.

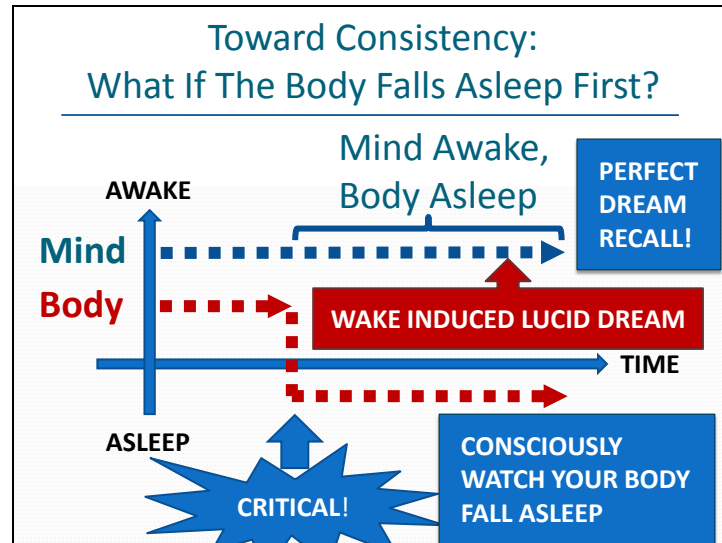
Sleep apnea basically means that you stop breathing when you're asleep. So this is one of the side benefits of using sleep paralysis to have OBEs: you'll find out whether or not you have sleep apnea.

Keep in mind there's a big difference between the normal "heavy lead blanket" feeling that comes with sleep paralysis versus not breathing at all. If you find you stop breathing entirely then you may have sleep apnea and should see a doctor about it. If you only feel the heaviness sensation then everything is normal.

“Accidental” Versus “Deliberate” Sleep Paralysis

- Waking up in sleep paralysis is usually by accident
- How can we make it more consistent?

So far we've talked about the case where you somehow manage to wake up in sleep paralysis. However that's basically an uncontrolled and accidental process. The question is what can you do to make it happen more consistently?



The idea is to flip the sleep order around so that instead of entering “body awake, mind asleep”, you enter of “mind awake, body asleep”.

When this happens you’re actually aware of the process your body goes through when it falls asleep. This is our main secret trick for doing visualization-free lucid dreams and O.B.E.s. This transition is the most important skill to learn in this part of the course.

Why? Because when you can put your body to sleep without losing consciousness at any point, you have 100% perfectly clear dream recall. This is called a “wake induced lucid dream” or WILD. It’s as easy to remember what you did in a WILD as it is to remember the last 15 minutes or so of normal waking awareness. With this method, you don’t have to think back through and hazy dream phase like you normally do with most dreams.



So what does it feel like to actually watch your body falling asleep?

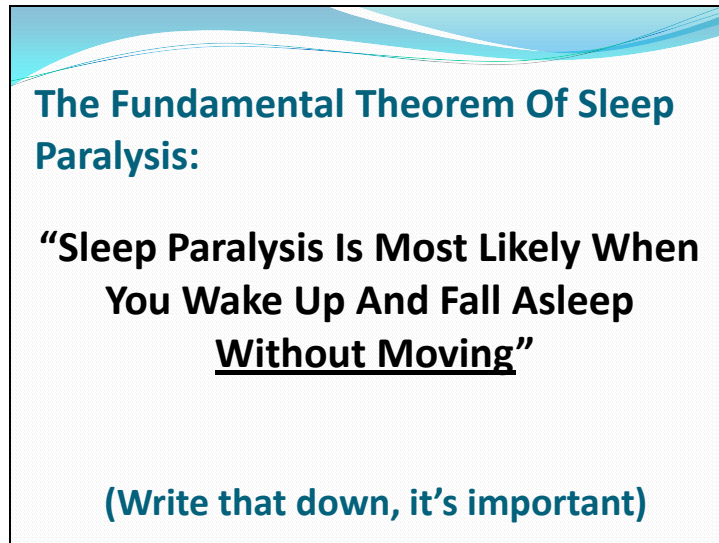
Instead of waking up in sleep paralysis and with the heavy lead blanket feeling, when you induce paralysis consciously you actually have the sensation of the heavy lead blanket being laid on your chest. It often feels like it begins at your feet, comes up over your chest and ends at your head. When that process is complete you're in sleep paralysis.



Toward Consistency:

- How do you make your body fall asleep first?
- The key is...

So how to get this process to happen consistently? Here is the key. And this one fact is so important and so critical that I'm giving it a big fancy name. It's called the "Fundamental Theorem of Sleep Paralysis".

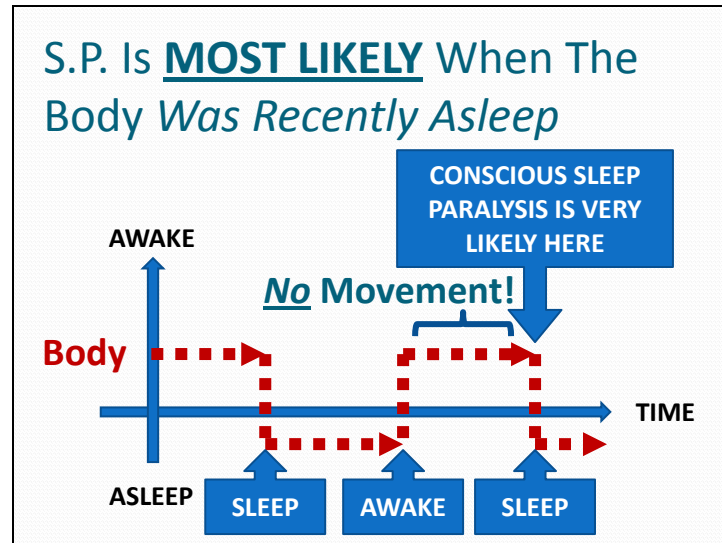


The Fundamental Theorem Of Sleep Paralysis:

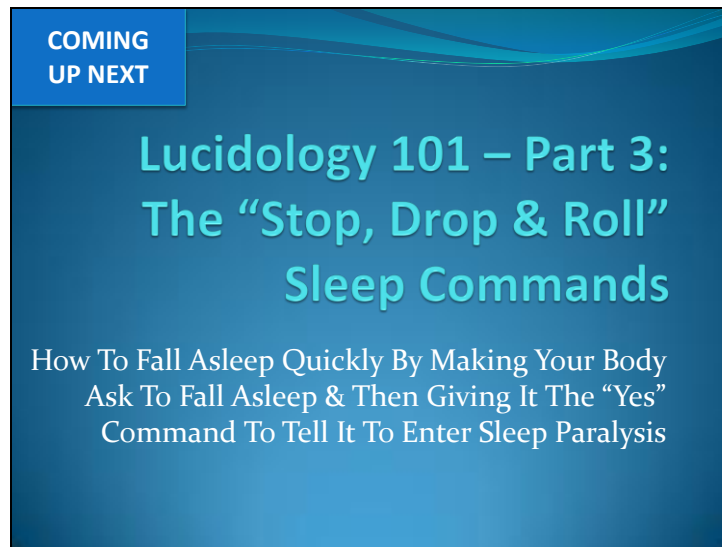
**“Sleep Paralysis Is Most Likely When
You Wake Up And Fall Asleep
Without Moving”**

(Write that down, it’s important)

The Fundamental Theorem of Sleep Paralysis is that if you wake up and fall asleep without moving at all, sleep paralysis becomes extremely likely.

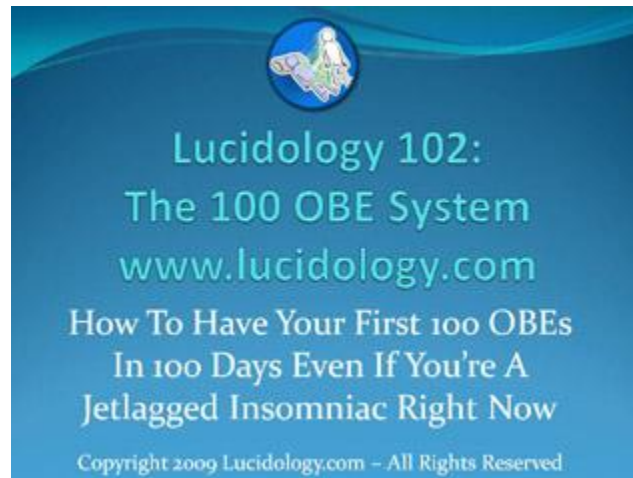


And when I say, without moving I mean you wake up and don't move your eyes, don't open your eyes, don't scratch any itches, you don't move at all in any way. The idea is that your body doesn't really know for sure if your mind is actually awake or not. If you don't give it any signals otherwise, it will assume that the mind really is still asleep and re-paralyze itself.



The foundation skill you need to develop this knowledge into a full-blown induction is to fall asleep quickly. So in the next section I'll show you how you can make your body first ask for permission to asleep and then I'll show you how you can tell it "yes it's time to fall asleep". This trick is called the "stop drop and roll" sleep command and once you have it you'll never have a problem with insomnia again and you'll dramatically accelerate your OBE progress.

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.

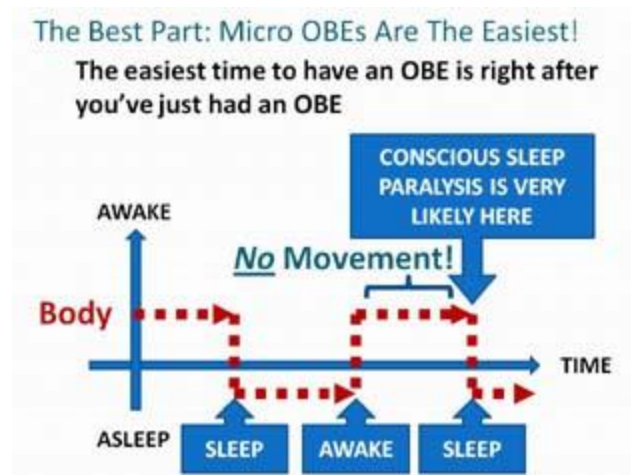
- Micro OBEs
- Waking OBEs - (which are very different from wake-induced lucid dreams)
- Trance Recycling
- Inductionless O.B.E.s



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.

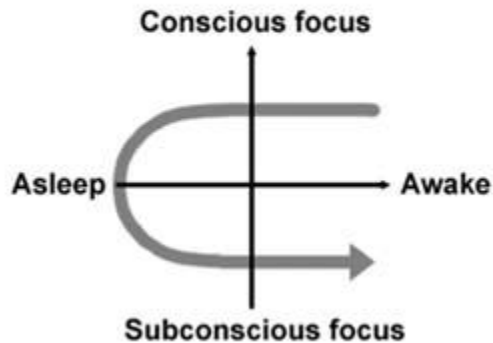
So you might wonder if you've gone through all the trouble of doing an O.B.E, why return right back to your body? It's because the whole trick to getting good at O.B.E.s is knowing the states and sensations and what the exit feels like.

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.



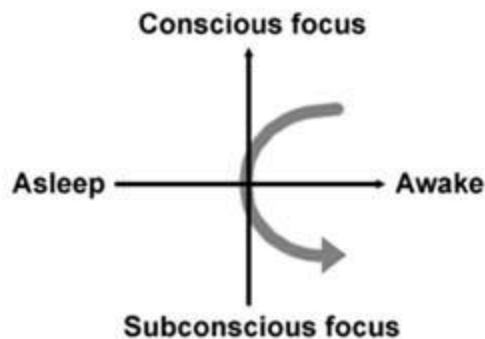
Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do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

Starting Out:
Long Time Spent Getting In Deep Trance



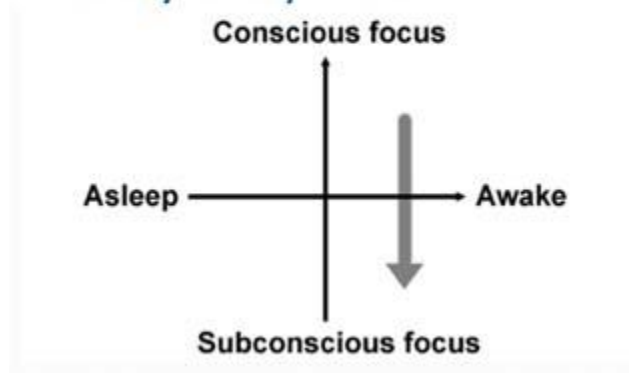
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing



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

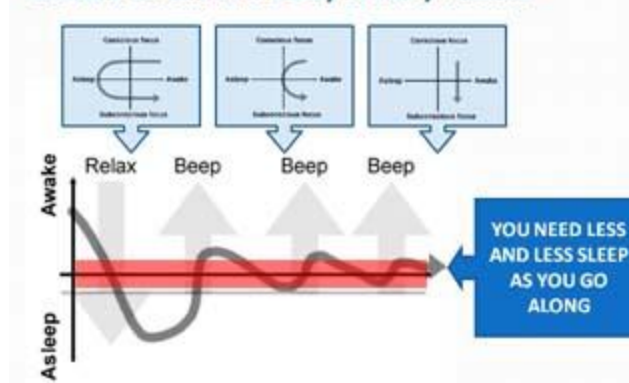
Soon You Can Have An O.B.E. While The Body Is Fully Awake!



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":

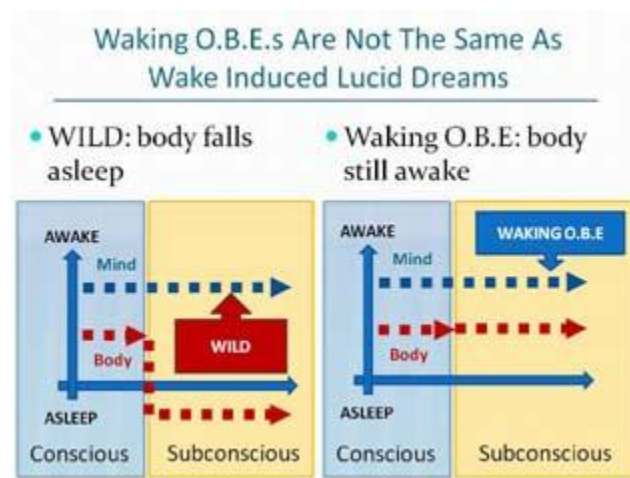
O.B.E.s When The Body Is Fully Awake



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.



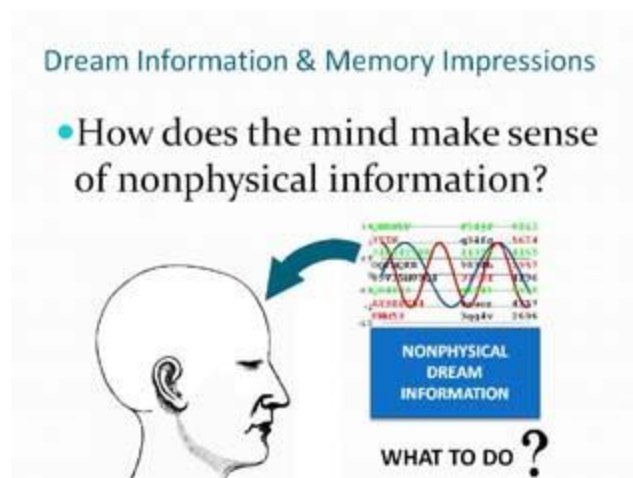
Keep in mind that a waking OBE is not the same thing as a wake induced lucid dream. In WILDs your body falls asleep and you enter your subconscious. In waking O.B.E.s you enter your subconscious but your body is still fully awake.

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.

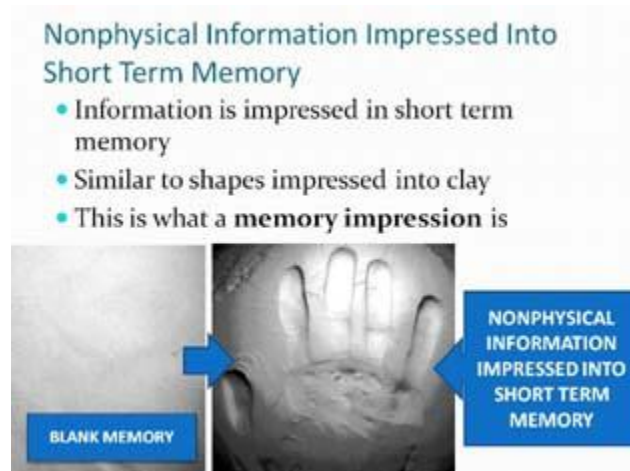


So what exactly are memory impressions? First, imagine your memory as like a dry beach of powdery sand.



Second, imagine your mind comes in contact with a

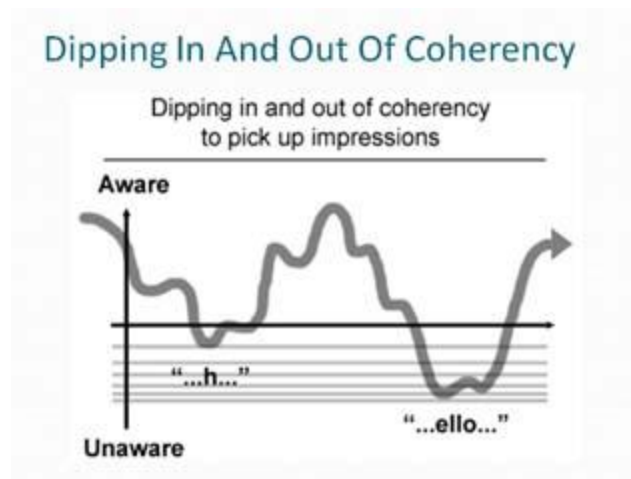
bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?



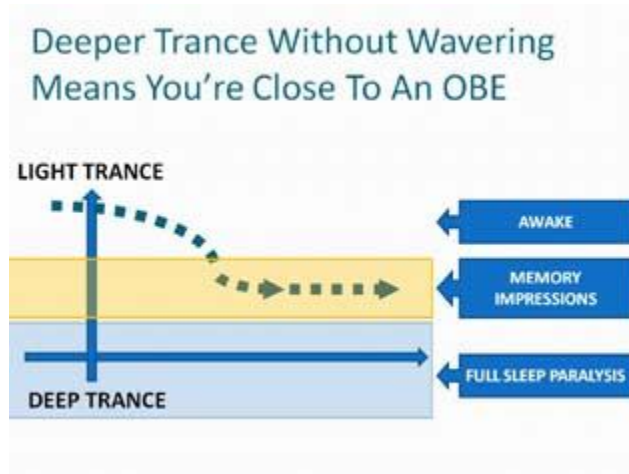
As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

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.

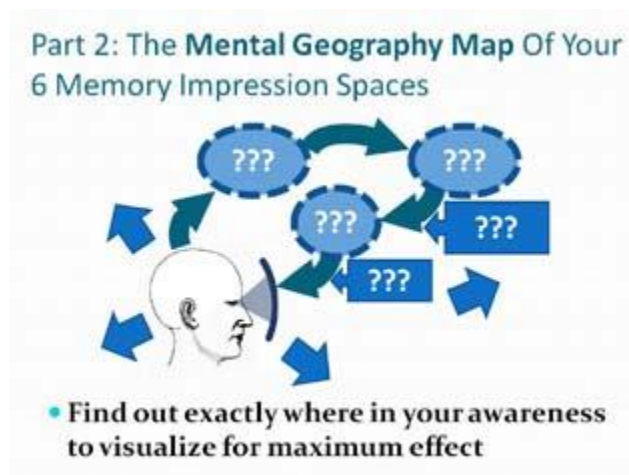
Inductionless O.B.E.s

- 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.

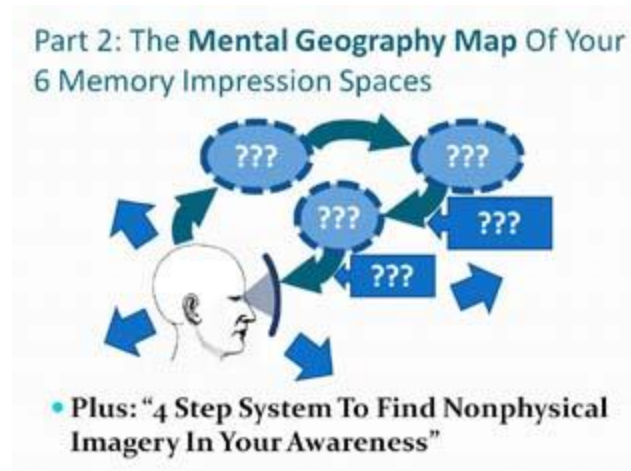
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

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.

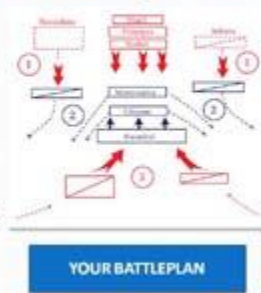


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

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!