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Notes For:

Lucidology 101 Part 4

**5 New Sleep Commands To Trick
Your Body Into Falling Asleep**

See The Video For This Document!

<http://lucidology.com/101>

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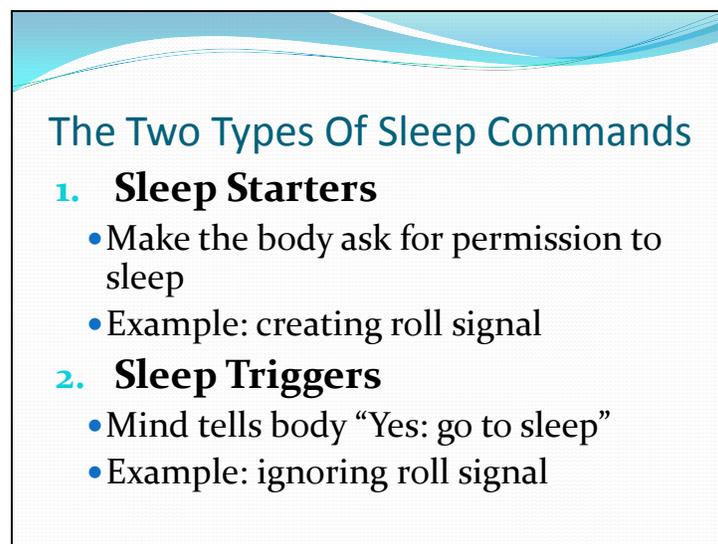
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Here in part 4 we'll cover 5 new sleep commands that you can use to quickly trick the body into falling asleep so you can end insomnia and have frequent lucid dreams and OBEs.

A while back I had been up all night working on something. Around noon I was very tired and decided to lay down for a few moments. As I lay there I began to feel a very uncomfortable urge to roll over. For no real reason I decided to ignore it and just lay there. To my extreme surprise I felt the paralysis wave roll over me and put me in full sleep paralysis.

The paralysis was completely unexpected. I had always thought it was something you had to be very deeply relaxed to achieve. Instead I was actually fairly tense and my mind was not at all in any kind of meditative state.

I'd accidentally found something that I had never seen in any books on lucid dreaming. The roll over signal itself was all you need to enter paralysis. I spent the next several months experimenting with different variations of what I'd done. I began looking for other ways to command the body into sleep and here's what I found.



The Two Types Of Sleep Commands

- 1. Sleep Starters**
 - Make the body ask for permission to sleep
 - Example: creating roll signal
- 2. Sleep Triggers**
 - Mind tells body "Yes: go to sleep"
 - Example: ignoring roll signal

It turns out sleep commands come in two types: sleep starters and sleep triggers.

Sleep starters are what you use to get the body to start thinking that maybe it's time to fall asleep. For instance, using stop drop and roll is a sleep starter because it makes your body ask for permission to fall asleep by artificially creating the roll signal.

Sleep triggers are how you then tell it "Yes: fall asleep right now". SDR has an implicit sleep trigger: when you simply ignore the roll over signal the body interprets it a trigger to enter sleep paralysis.

5 New Sleep Commands

- **2 New Sleep Starters:**
 - Sleep Breathing
 - Stopped Eye Micromovements
- **3 New Sleep Triggers:**
 - Pause Breaths
 - Muscle Twitching
 - Eye Movements

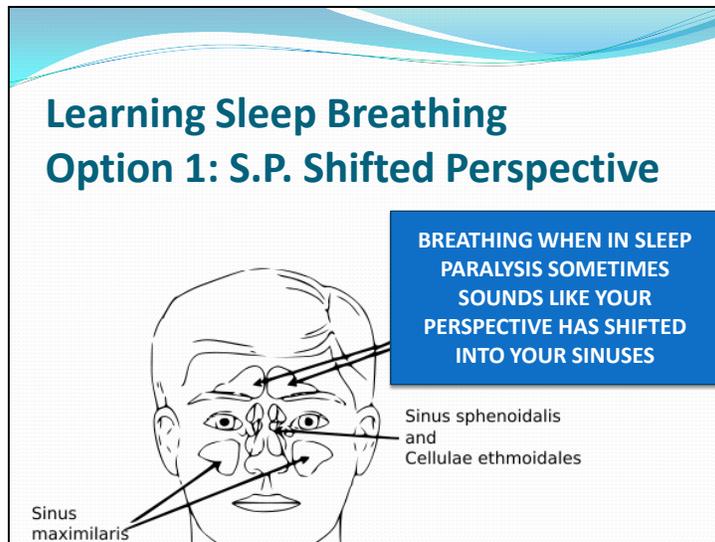
In this section we'll cover sleep breathing and stopped eye micromovements, which are sleep starters. Then we'll cover three sleep triggers. The first is pause breaths, the second is muscle twitching and third is eye movements.

Sleep Starter #1: Sleep Breathing

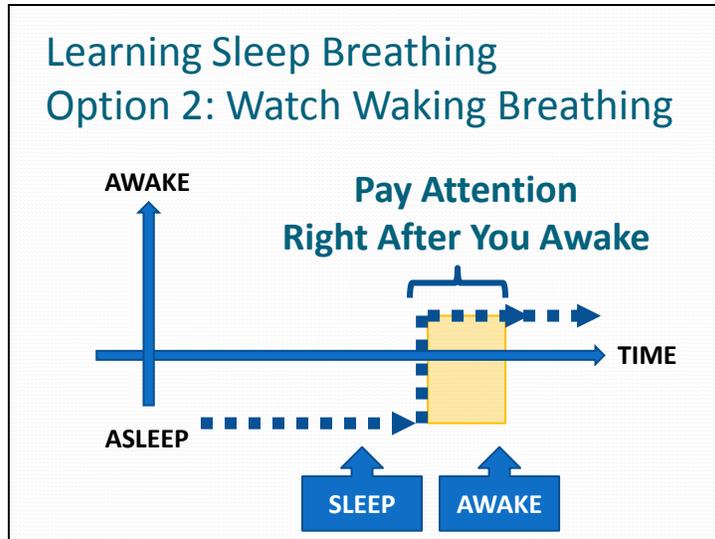
- Breathe exactly like you do when asleep
- The body takes this as a signal that you must be asleep
- There are 3 ways to learn this...

Sleep breathing is simply mimicking your body's breathing pattern when it's asleep. If you act closely enough like you're already asleep then your body thinks that it really is asleep, even if your mind is completely awake and not even slightly relaxed.

There are 3 basic ways to find out what your personal sleep breathing is like.



First, when you enter waking sleep paralysis a lot of times your perspective shifts slightly away from the center of your head and in to your sinuses. It sounds like you're breathing in a cavern and you'll find your body automatically breathes with quite a lot more force than you do when you're awake. The breathing is much deeper and longer. Pay attention to how this sounds in order to learn your sleep breathing pattern.



The second way to learn your sleep breathing pattern is to practice staying perfectly still when you wake up in the morning. You can continue to breathe the same way you did when asleep if you wake up gradually.

Learning Sleep Breathing Option 3: Record Sleep Breathing

RECORD YOUR BREATHING
AT NIGHT WITH A \$30 VOICE
RECORDER

EDIT THE AUDIO WITH FREE
SOFTWARE LIKE AUDACITY



The third way, which is the best, is to record yourself sleeping. For \$30 you can get a digital voice recorder that can record the entire night. You can then use free software like Audacity to find the parts of the recording that have your sleep breathing.

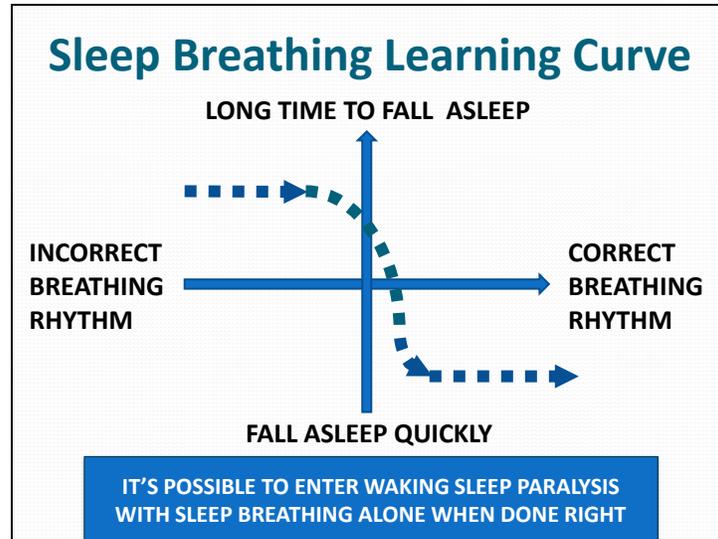
Here is a recording I made of myself. It sounds a little creepy, but that's just how it sounds in a cheap recorder.

Once you have your recording you can listen to it right before you go to sleep in order to make sure you're on the right breathing rhythm. If you don't want to record yourself, you can download a free mp3 of my breathing pattern in the OBE Quickstart at www.lucidology.com.

3 Sleep Breathing Gotchas

- Learning curve
- Blackout breathing
- Narcotic breathing

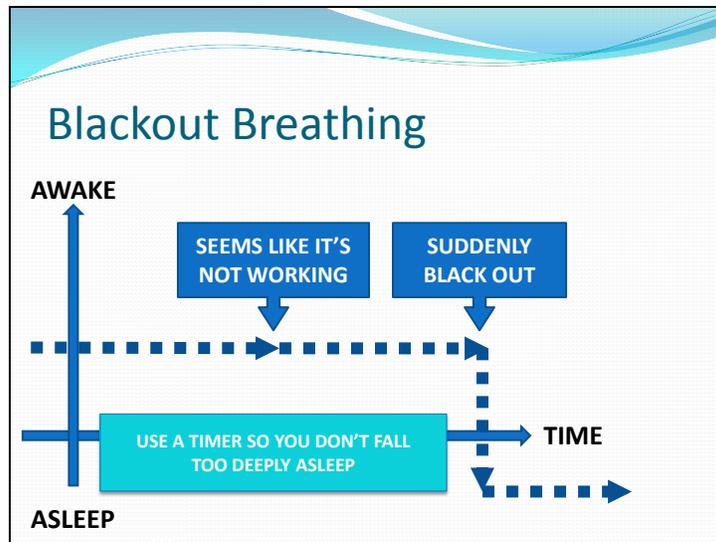
When you use sleep breathing there are a 3 gotchas to be aware of: These are the learning curve, blackout breathing, and the narcotic breathing effect.



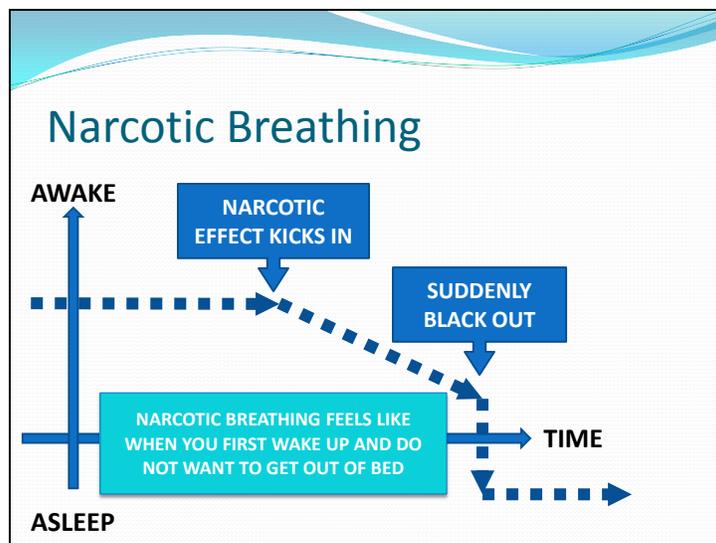
The learning curve means that it takes practice and if you don't have the rhythm right it can prolong the time it takes to fall asleep. It's best to practice using sleep breathing for a couple nights before using it during an early morning OBE induction. However once you have the rhythm right, sleep breathing is probably the single most powerful of all the sleep commands.

A while back I laid down in the afternoon and just starting doing sleep breathing. I didn't use any other methods at all and within 15 minutes I entered waking sleep paralysis. I could roll over and completely wreck the paralysis and then bring it back again with just 3 or 4 sleep breaths.

I usually don't have that amount of control with sleep breathing, however it does show the potential power it has when you get the rhythm right.



The second gotcha is blackout breathing. A lot of times when you use sleep breathing for the first few minutes it seems like it's not working and you feel like you should give up. But then all of a sudden you black out and you're in a dream or you're waking up the next morning. The blackout breathing effect is very real so if you use sleep breathing for WILDs make sure you have a timer because otherwise there's a very good chance you'll send yourself so far into sleep so quickly that you'll never become lucid without a beep.

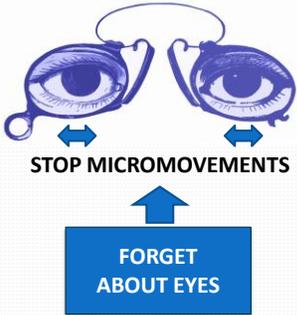


The third gotcha is narcotic breathing. Sometimes instead of blacking out all at once you get a relaxing feeling. It feels like when you first wake up in the morning and the last thing you want to do is get up out of bed. You just want to go back to sleep. This is very useful in destroying insomnia. When you get the narcotic breathing effect it feels really good to lay there and

breathe and you'll have no desire to get up. Narcotic breathing is a signal that it's working and you'll be asleep very soon.

**Second Sleep Starter:
Stop Eye Micromovements**

- Eyes are always in motion when awake
- Relax them to send sleep signal to body
- Body will sleep even if rest of body is tense if eyes are relaxed



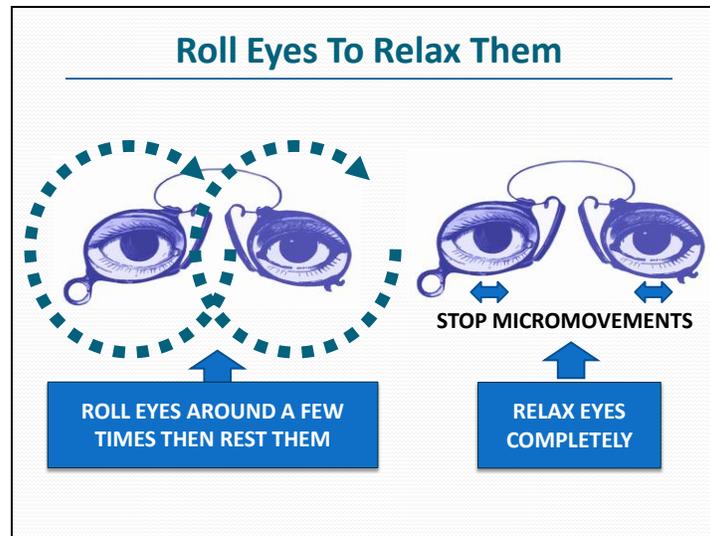
STOP MICROMOVEMENTS

FORGET ABOUT EYES

That wraps it up for sleep breathing. The second sleep starter is to stop eye micromovements.

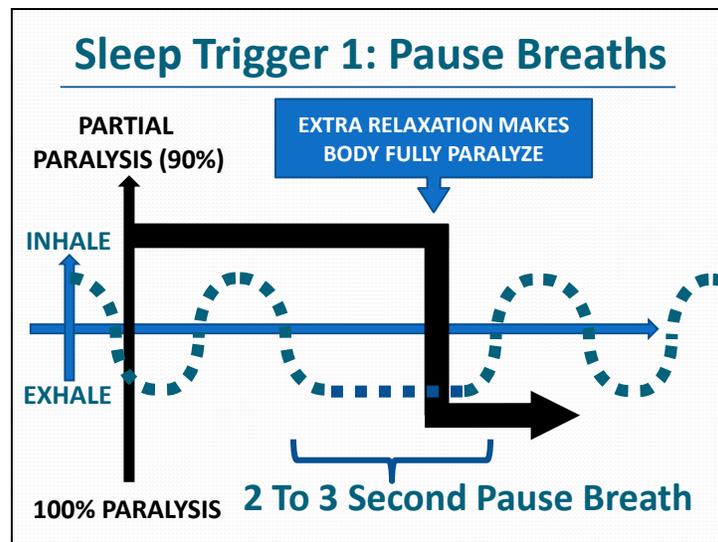
During the day the eyes are searching for changes in motion. Because of this they make tiny micro movements all the time and at the end of the day they are still making these micro movements even though you may want to go to sleep.

If you close your eyes and try to keep them still you'll find that after about 30 seconds they are still twitching very slightly. It's not easy to totally relax the eyes. However if you can keep them at complete ease for several minutes the body will interpret that as a signal that the mind may have fallen asleep. In fact if you keep your eyes still your body will often fall asleep even if the rest of your muscles are fairly tense.



Before sleep, relax your eye muscles by rolling them around in wide circles in both directions several times and then letting them rest. After 3 or 4 nights of practicing this you'll be able to keep your eyes totally still and you'll fall asleep much faster.

This brings us to sleep triggers which are used to convert partial paralysis into full paralysis.



The first trigger is pause breaths. When you reach 90% paralysis, the reason the body doesn't go to full paralysis is it has a bit of doubt about just how asleep the mind really is. This is because of muscle tension. The best solution is to relax more deeply but sometimes that's not possible.

What you can do is exhale and pause for 2 or 3 seconds. Relax as much as you can and then begin breathing again like normal. By relaxing your breathing you reduce your overall tension just barely enough to send a signal to complete the paralysis. During those 2 or 3 seconds you'll feel the paralysis deepening. Sometimes you may have to use 2 or 3 pause breaths about 15 seconds apart. When you do this, you're not trying to alter your blood oxygen levels or anything like that. The purpose is to simply lower your overall muscle tension just long enough to paralyze completely.

Sleep Trigger 2: Muscle Twitching

- Twitching a muscle that's 90% paralyzed causes it to go to 100% paralysis
- You can paralyze certain parts and leave others unparalyzed
- It's possible to paralyze just a finger

The second sleep trigger is muscle twitching which was actually the first sleep trigger I ever found. I reached partial paralysis and on a whim decided to try twitching my right forearm to see what happened. To my surprise my entire arm paralyzed. I then twitched my right calf and my right leg paralyzed. I gradually paralyzed my entire body that way and completed the separation.

In other words muscle twitching only paralyzes the surrounding muscles. I've actually found that I could paralyze just a single finger by twitching it when in partial paralysis.

How To Do Muscle Twitching

- Relax into 95% paralysis
- Use 1 twitch every 1 or 2 seconds
- Twitch lasts only an instant
- Use very gentle twitches
- Works because muscles twitch a little when you dream, body associates twitching with sleep

To do this twitch once every second or two when you're in about 95% paralysis. The twitch is very gentle and only lasts the smallest fraction of a second. If you twitch your forearm the rest of your arm should not move at all. If you twitch too hard you'll wreck the paralysis so keep it very light.

Probably the reason this works is when you dream you try to move your muscles but sleep paralysis prevents you from moving. However you do move your muscles just a bit when dreaming which causes muscle twitching. This means the body associates muscle twitching with deep sleep so one way to mimic deep sleep is to use muscle twitching.

Sleep Trigger 3: Up And Down Eye Movements

- Keep eyes closed
- Flit eyes up & down very fast for 10 seconds
- Related to EMDR if you want more info on this technique



**FAST UP & DOWN EYE MOVEMENT TO
COMPLETE PARTIAL PARALYSIS**

(EYES ARE CLOSED WHEN DOING THIS)

The third sleep trigger is up and down eye movements. With your eyes closed you simply move your eyes up and down as fast as you can for about 10 seconds. I've never been able to get it to

work using left and right movements. However there is actually a type of hypnotic psychotherapy called "eye movement desensitization and reprocessing" or EMDR which uses side to side eye movements. You may try experimenting with side to side movement to complete partial paralysis but I find up and down is a safer bet.

Which Trigger To Use? Use Them In This Order

1. When in 90% paralysis, start with **pause breaths**
2. Use **twitching** if needed
3. Then use **up and down eyes** if still needed
4. If that doesn't work, **relax** a while and try again starting with pause breaths

So which trigger do you use? The most reliable strategy is to start with a few pause breaths which is usually all it takes to get to 100% paralysis. If that doesn't work use arm twitching. If that doesn't work use up and down eye movements. If that doesn't work just relax for a few more minutes before using the triggers again.

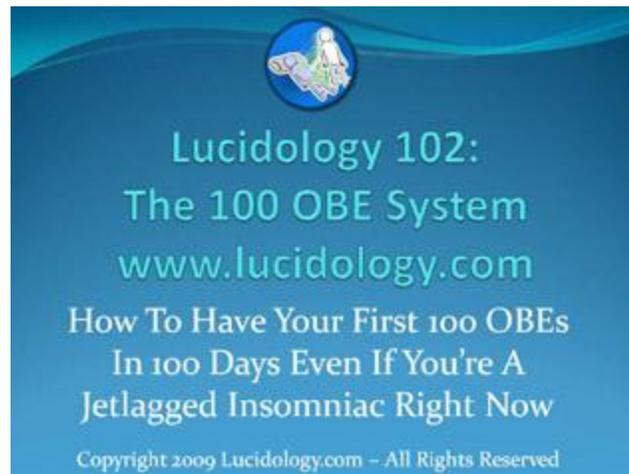
When To Use Sleep Triggers

- Sleep triggers don't work well without sleep starters
- Pause Breaths: work at **90%** paralysis
- Muscle Twitching: works at **95%** paralysis
- Eyes Up & Down: works at **99%** paralysis
- Best strategy: Use sleep starters to get to 90% paralysis then switch to sleep triggers

I've experimented using sleep triggers to go directly from awake to asleep but that doesn't seem to work. I find that for up and down eye movements to work you need to be in about 99% paralysis, muscle twitching works at about 95% paralysis and pause breaths work at about 90% paralysis. So it's best to start out using sleep starters and then switch to triggers for the last step.

Up next in part 5 we'll cover the exact relaxation routine you can use to fall asleep quickly to cure insomnia and enter waking sleep paralysis for frequent lucid dreams and OBEs.

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?

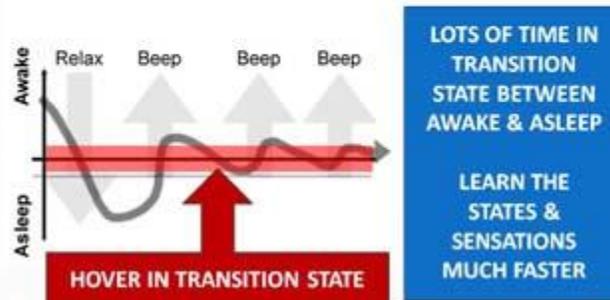


It's really very simple: You cheat. Here are the 4 cheating strategies we'll use in the 100 OBE System.

- 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



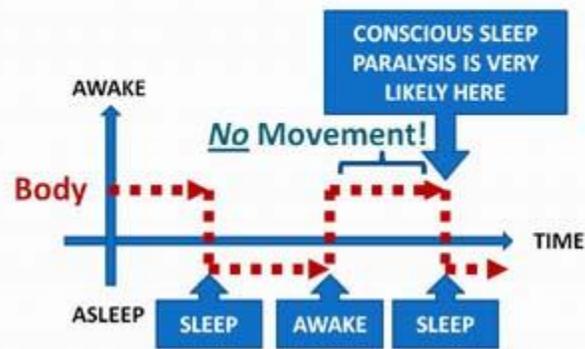
The first cheat we'll use to get 100 O.B.E.s in 100 days is called "Micro-O.B.E.s". Micro O.B.E.s are very short O.B.E.s where you go in and out of your body very quickly so you can have 5 or 10 in a row. For instance you set might your O.B.E. timer on 2 minute intervals and only spend a few seconds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

The Best Part: Micro OBEs Are The Easiest!

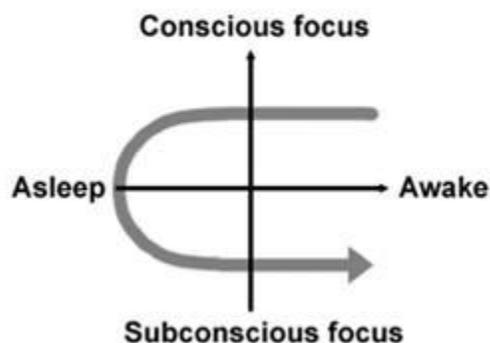
The easiest time to have an OBE is right after you've just had an OBE



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:

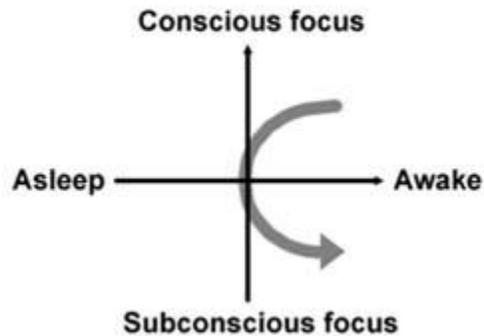
Long Time Spent Getting In Deep Trance



When you start out a lot of relaxation is needed to get

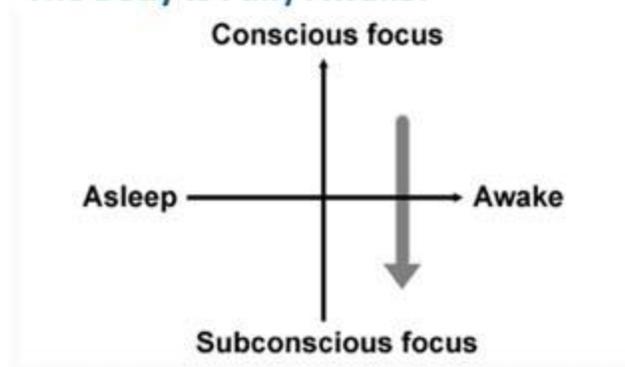
to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing



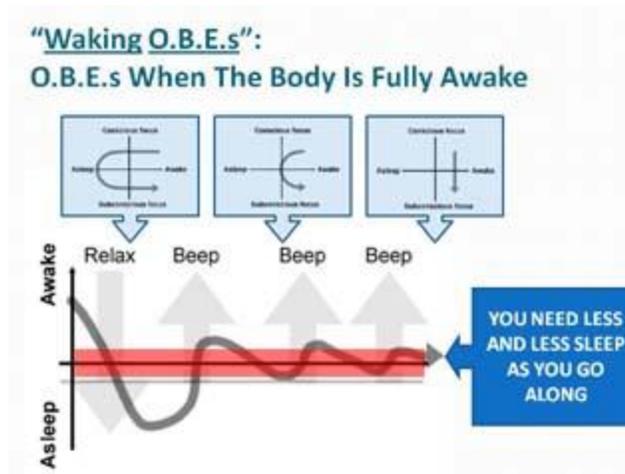
The more skilled you get the less you need to relax to access the subconscious.

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



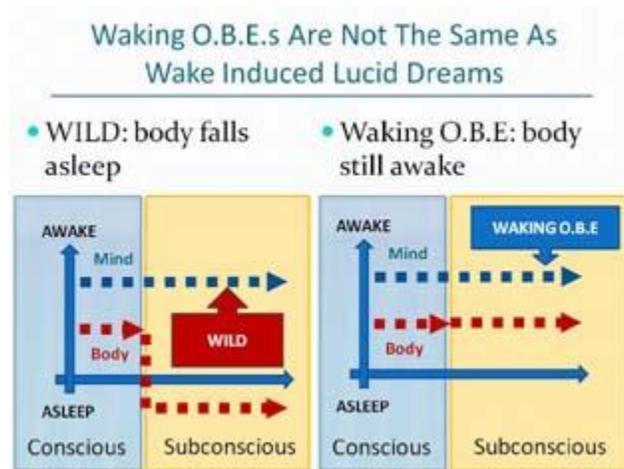
Pretty soon you can have an OBE while the body is

fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.



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.

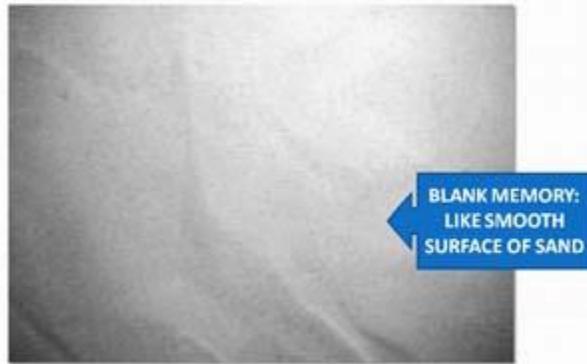
However by the end of the session you'll be able to lay on your bed and complete the separation even though your body is still wide awake. That means you can have a lot more OBEs faster and spend very little time in the boring relaxation stages.



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.

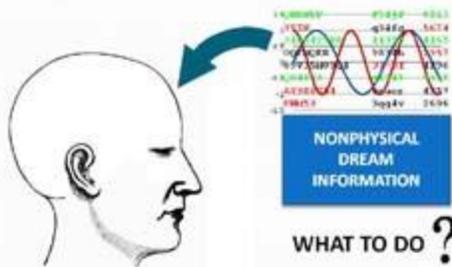
What Are "Memory Impressions"?



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

Dream Information & Memory Impressions

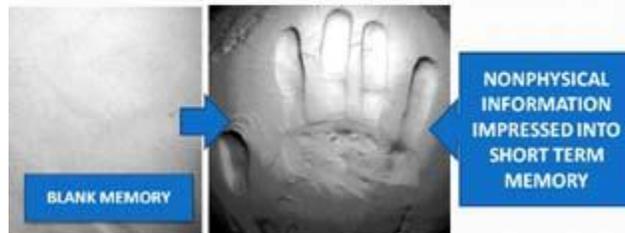
- How does the mind make sense of nonphysical information?



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

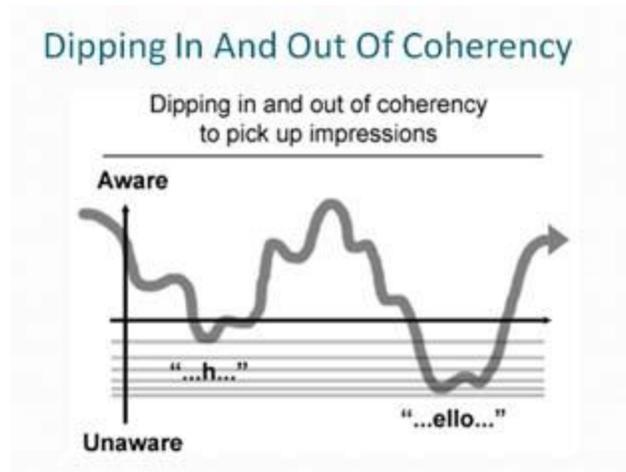


As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

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.

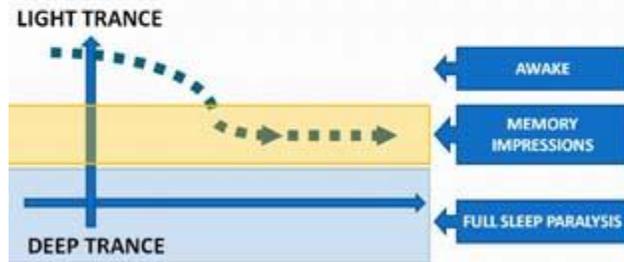
The landscape is a concept that you find has been impressed into your short term memory much as if you were to impress the shape of a word into clay. You might not know how the impression got there but you

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.

Deeper Trance Without Wavering Means You're Close To An OBE



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.

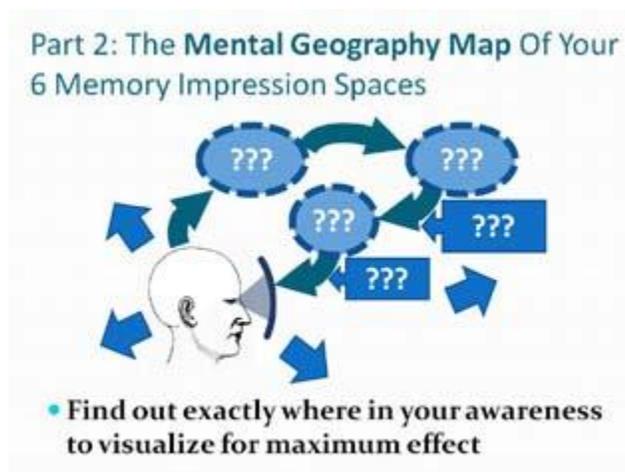
Inductionless O.B.E.s

- 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.

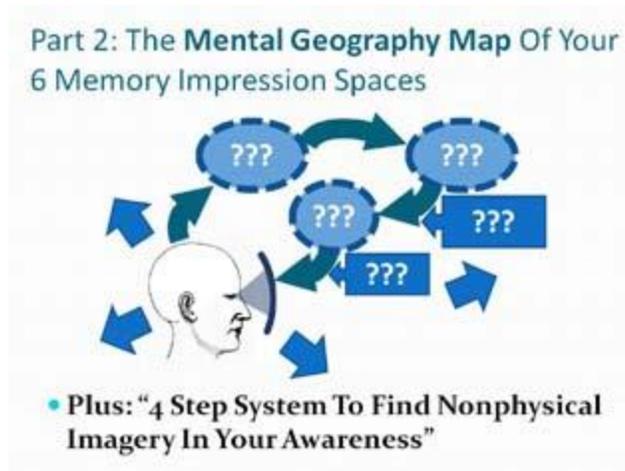
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

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.

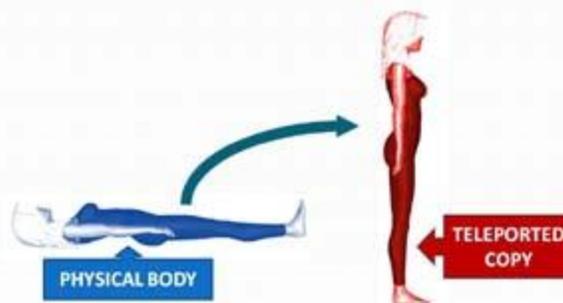
Part 5: "Sneaky Speed Cheats" Mental Projections, Phasing And Rezooming

- 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.

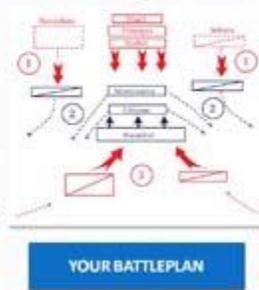


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

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” 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!