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Notes For:

Lucidology 101 Part 5

Fast Relaxation For Lucid Dreams

And OBEs

See The Video For This Document!

<http://lucidology.com/101>

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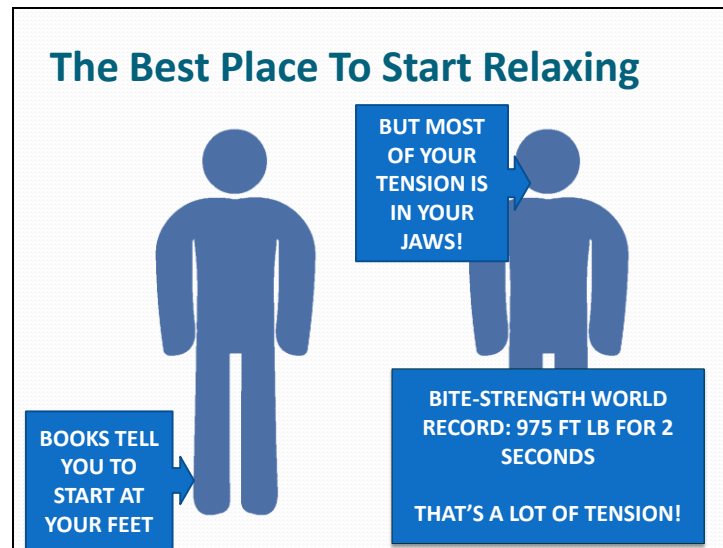
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Here in part 5 we'll cover the exact relaxation routine you can use to fall asleep quickly to cure insomnia and enter waking sleep paralysis for frequent lucid dreams and OBEs.

You don't have to spend hours relaxing every part of your body to have OBEs. About 90% of your body's tension is in about 10% of your muscles. If you target just those **key areas** you can quickly relax enough that your body will interpret it as a signal to sleep.



Most books on relaxation say to lay down and start relaxing at your feet and work your way up to your head. That's not the most effective way to do it because the vast majority of your body's tension is in your **jaws**, not your feet.

The jaw is the strongest muscle area in terms of exerted force. The world record for bite strength is 975 foot-pounds for 2 seconds. No other muscle in your body can exert more total force than your jaw muscles and no other muscle holds more tension.

Many people go their whole lives and never consciously think to relax their jaws. This causes bruxism, or "teeth grinding" which wears down your teeth and cause other problems such as:

- Tooth aches
- Headaches
- Ear aches
- Tinnitus (which is ringing in the ears)
- Even dizziness

So the very first thing I do before an OBE induction or falling asleep is to relax my jaws. This step is absolutely required. It only takes a few seconds so it gives you the most bang for your buck of all the relaxations you can do.

Step 1: Jaw Relaxation

- Start with a **very firm** massage of your masseter muscle
- Free up **muscle knots**
- Get a “good hurt” feeling



Start with a **very firm** massage of the meaty part of your upper jaws in front of and below your ears. This is called your “masseter muscle” and is the single biggest culprit for locked up **muscle knots** in the entire body. Press strongly with your fingers on both sides of your head and get a ‘good hurt’ feeling.

Step 2: Palm Squeeze



The second step is to squeeze on both sides of your jaws with your palms instead of just your fingers. You can use quite a bit of force when you do this because your jaws are quite strong. Let your jaw go as slack as you can while pressing.

Step 3: The Jaw Stretch

Absolutely Critical To Fast Relaxation



STRETCH YOUR JAWS
WITH YOUR HANDS

- Have you ever thought about jaw flexibility?
- It actually is possible to relax your jaws to have **NO** tension

It's common to stretch before and after exercise such as stretching your legs by touching your toes. But have you ever stretched your jaws muscles? You may look silly doing this, but it really goes a long way to relaxing your jaws. So the third step is to relax your jaws as much as you can then use your fingers to pull your jaws open. You may be surprised how much your jaws resist your fingers but by stretching them you can get the tension out.

My grandfather was a professor of a science called relaxology. One of his colleagues could relax his jaws so much that you could wiggle it with your hands and it felt like there was almost nothing holding his jaws on his head. You don't have to relax your jaws that much but I mention it to give you an idea just how much tension is in your jaws even if you think they're relaxed.

Step 4: Horizontal Wall Chest Stretch




STRETCH FROM YOUR
FINGER TIPS ALL THE
WAY TO YOUR CHEST

EXHALE THE TENSION

Step 4 is to stretch your arms and chest against the wall. Place a palm flat on the wall and turn the trunk of your body so that you get a good stretch from the very tips of your fingers, down your forearm, your bicep, shoulder and all across your chest. Exhale all the tension out. Repeat this twice with both arms.

Step 5: Vertical Chest Stretch



- TARGET SHOULDER & CHEST TENSION
- SLOWLY EXHALE 3 TIMES TO RELEASE ALL TENSION
- STAND NORMAL THEN REPEAT 2 MORE TIMES

Step 5 is to stretch against the wall by placing both palms above your head against the wall and then bending forward. This really targets your shoulder and chest tension. Inhale and exhale fully and slowly 3 times to work all the tension out. Stand up normally, then repeat the vertical chest stretch.

Step 6: Stretch Your Feet

- Prop foot against the wall
- Leaning forward
- Stretch calf
- Massage individual muscles in the soles of feet



STRETCH YOUR FEET AND CALVES AGAINST THE WALL

Step 6 is to stretch the bottom of your feet by propping your foot against the wall and leaning forward. This will also give you a good calf stretch. Repeat this on each foot two more times then sit down and massage the individual muscles in the soles of your feet with your hands.

Step 7: Stretch Your Hands

- Push your fingers back
- Stretch forearms



STRETCH YOUR HANDS AND FOREARMS

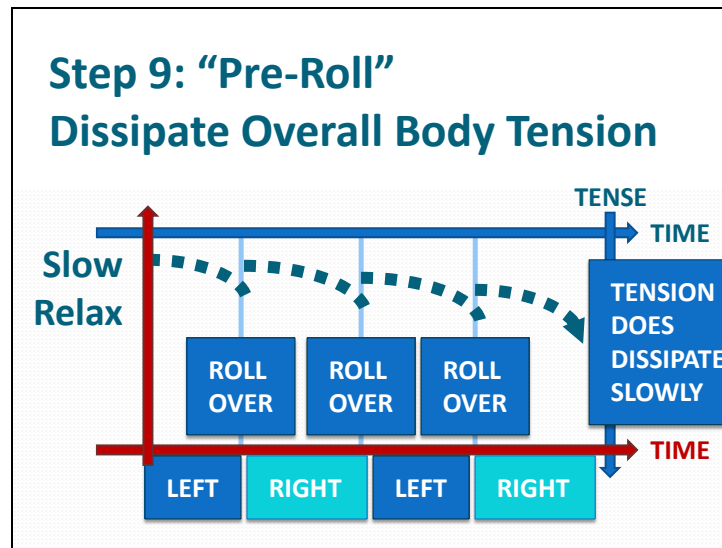
Step 7 is to stretch the palm of each hand by pushing your fingers back with the other hand. This also gives your forearms a nice stretch.

Step 8: Relax Your Shoulders

DO SLOW WINDMILLS TO RELAX YOUR SHOULDERS



Step 8 is the last stretching step. Do some slow windmills to relax your shoulders. It's tempting to skip this step but your shoulders carry almost as much tension as your jaw so it's important to stretch and relax your shoulder as much as possible.



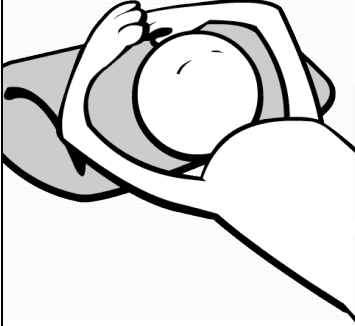
For step 9, remember that one purpose of the roll over signal is to get you to roll over which causes you to gradually gather and release tension. Here's a trick to speed that up or even skip over it.

Lay down in bed and relax as much as you can for 15 seconds or so. Then roll over and relax for a couple more seconds. Roll again and relax... Repeat this several times and you'll relax the rest of your muscles quite quickly.

This works because normally when you stretch one body part to relax it, you have to tense up another part.

For instance, to stretch one hand you had to tense up your other hand. By laying down and rolling around for a minute you stretch and relax everything a little bit at a time and get your "roll over" phase done all at once.

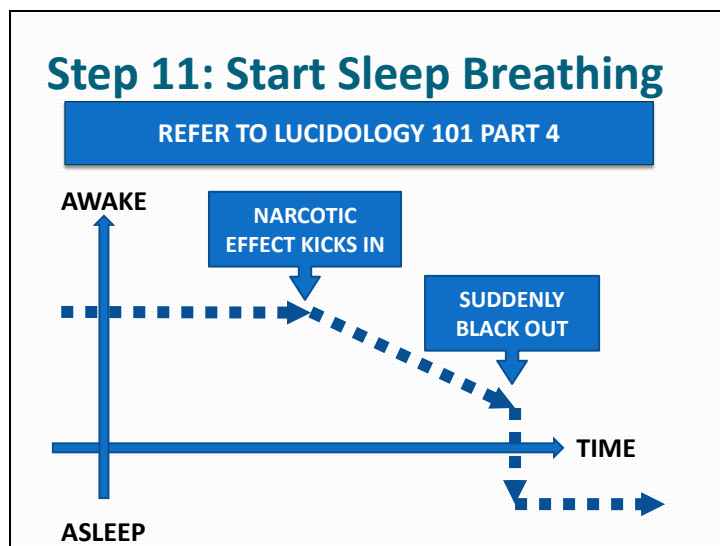
Step 10: Start "Stop, Drop And Roll"



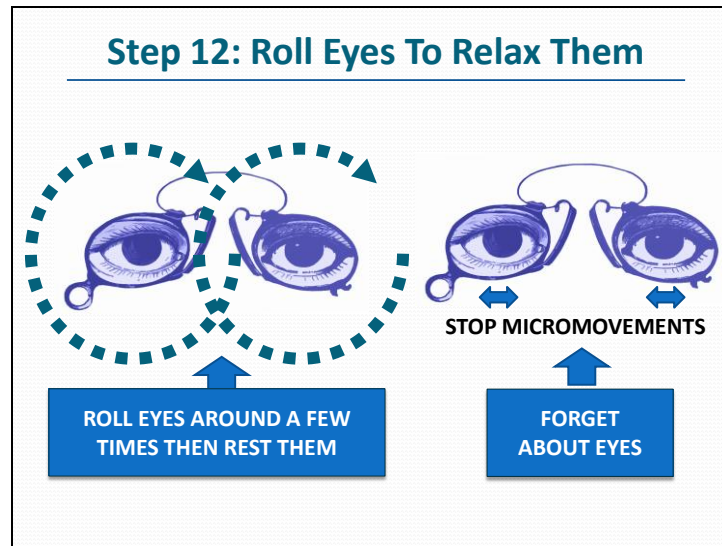
CHILL OUT WITH YOUR HANDS ABOVE YOUR HEAD AND DAYDREAM

REFER TO LUCIDOLOGY 101 PART 3

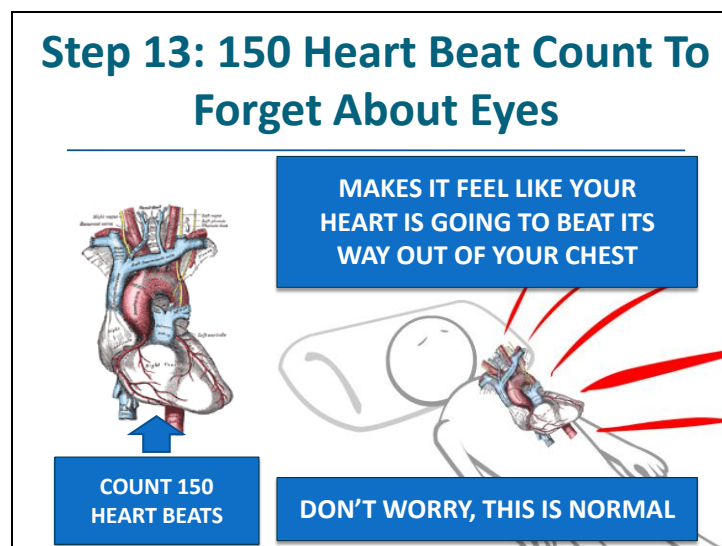
Once you're done rolling around, step 10 is to start Stop Drop And Roll. Lay flat on your back with your arms above your head and start daydreaming. See Lucidology 101 part 3 for how to do Stop Drop & Roll to fall asleep if you haven't yet.



Step 11 is to begin sleep breathing. See Lucidology 101 part 4 for details if you haven't seen it yet.



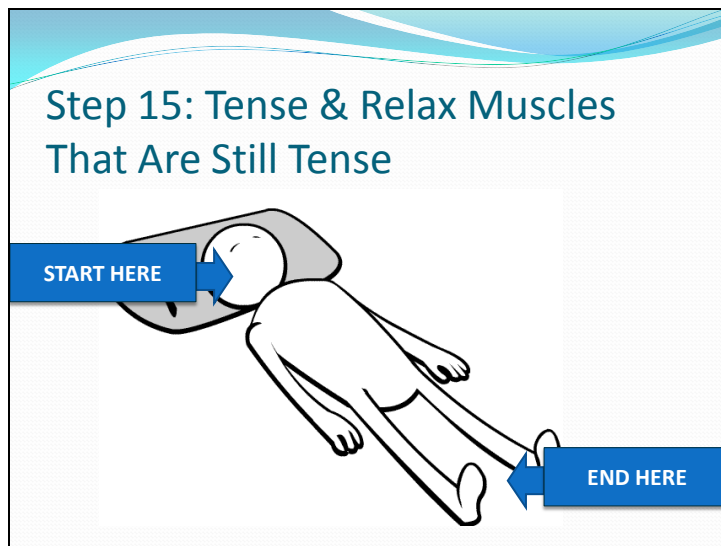
Step 12 is to relax your eyes and the stop micromovements. Roll your eyes around both directions a few times and then let them rest. The idea is to completely forget that your eyes even exist. To do that count 150 heart beats.



Focusing on your heart for a long time will make it feel like it's going to beat its way out of your chest. However if you get up and actually check your pulse you'll find that it's beating like normal. The heart pounding sensation is just a trick of the mind which will help to distract you from your eyes.



After 150 heart beats you've come to step 14 which is to switch on the roll over signal. Drop your arms down to your side and move to step 15 which is to tense and release each muscle group.

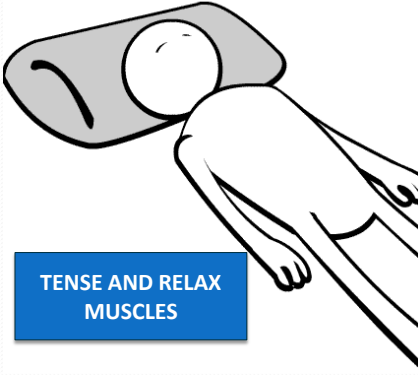


By now you should be pretty deeply relaxed. Continue to sleep breathe and sense where you still have some tension left. Slightly tense that area for a moment then release it. This will cause

you to relax that muscle further than before you tensed it. Start at your jaws and end at your feet.

Step 15: Tense & Relax Muscles That Are Still Tense

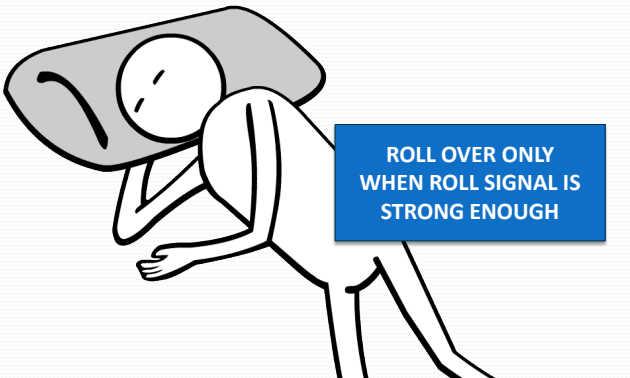
- 160: Jaws
- 170: Face
- 180: Neck
- 190: Shoulders
- 200: Arms
- 210: Chest
- 220: Back Stomach
- 230: Upper Legs
- 240: Lower Legs
- 250: Feet



TENSE AND RELAX MUSCLES

To do this, count 150 heart beats starting at 300 which tires your brain out a little faster. After every 10 heart beats pause the count and tense and release another muscle group. For instance, when you get to 160 tense and relax your jaws. At 170 tense and release your face, at 180 your neck and so forth. If you lose track of where what number you're on that's a good sign that it's working and you're falling asleep.

Step 16: "Roll" Phase



ROLL OVER ONLY WHEN ROLL SIGNAL IS STRONG ENOUGH

When you get to 450 you'll either be asleep or feeling the roll over signal. If you don't have a very strong roll signal then just daydream and continue sleep breathing for a while until it's strong enough. When you really feel the need to roll over you've reached step 16 which is to simply roll over and release any remaining tension. Continue sleep breathing and you'll black out within a few moments.



**Recommended Equipment:
Warm Socks**

**YOUR FEET COOL
DOWN MORE THAN
YOU THINK!**

WEAR SOCKS!

Two things that really speed things up are socks and earplugs. You may not realize how much your body temperature drops when you fall asleep but when your feet are just a little bit cold it's really hard to relax. So wear socks even if you don't think you need them.



**Silicone Ear Plugs
Make Everything Easier**

MACK'S
Pillow Soft®
Earplugs

6 PAIR VALUE PACK

SNORE PROOF
WATER PROOF

WASH THEM WITH SOAP AND THEY LAST A LONG TIME

Earplugs are also incredibly valuable for falling asleep fast. You can get them on amazon or Target. The silicone putty earplugs work the best and you can make them last several uses by washing them with soap after each use.

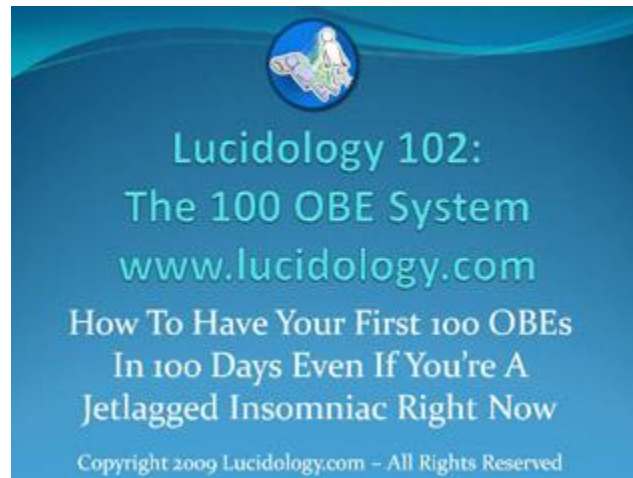
Here's the complete system, step by step.

- Jaw Massage
- Jaw Palm Squeeze
- Jaw Stretch
- Horizontal Wall Chest Stretch
- Vertical Chest Stretch
- Stretch Your Feet
- Stretch Your Hands
- Relax Your Shoulders
- "Pre-Roll" To Dissipate Overall Body Tension
- Start "Stop, Drop & Roll": Hands Above Your Head
- Start Sleep Breathing
- Roll Eyes To Relax Them
- 150 Heart Beat Count To Forget About Eyes
- Bring Arms Down To Enter To "Drop" Mode
- Tense & Relax Muscles That Are Still Tense
- Roll

Coming up in Part 6 you'll find out how to use the sun to avoid the #1 mistake everyone makes in OBEs & how to optimize your brain chemistry for lucidity.

Plus we'll cover the ONE O.B.E. induction I would use if I was not allowed to use any others.

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.

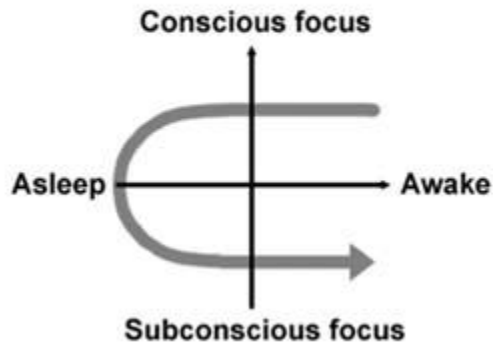
So you might wonder if you've gone through all the trouble of doing an O.B.E, why return right back to your body? It's because the whole trick to getting good at O.B.E.s is knowing the states and sensations and what the exit feels like.

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.



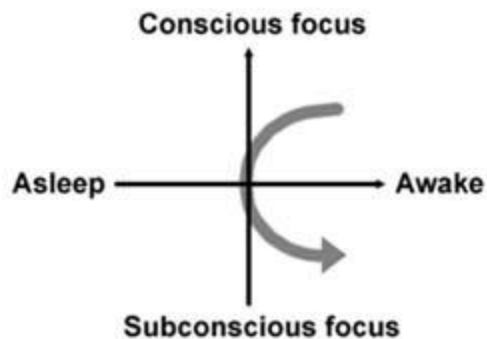
Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do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

Starting Out:
Long Time Spent Getting In Deep Trance



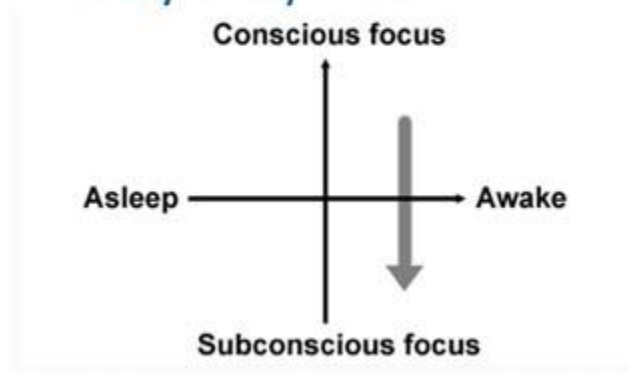
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing



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

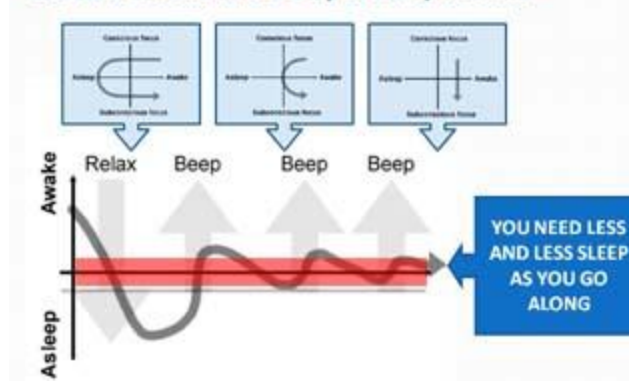
Soon You Can Have An O.B.E. While The Body Is Fully Awake!



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":

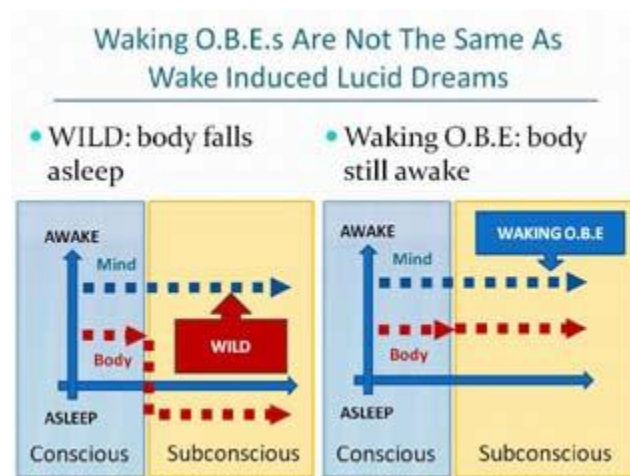
O.B.E.s When The Body Is Fully Awake



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.



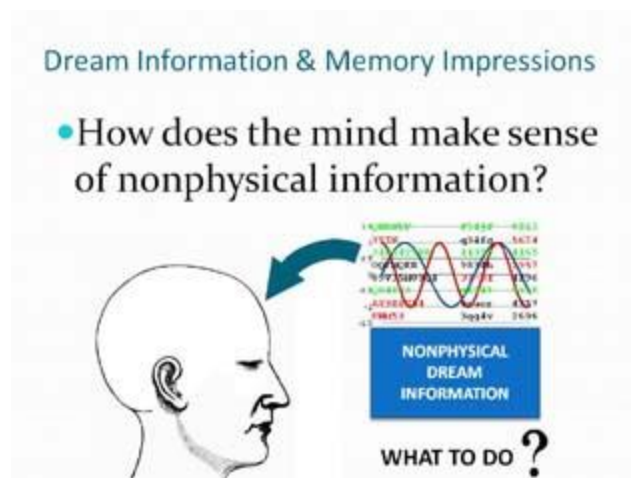
Keep in mind that a waking OBE is not the same thing as a wake induced lucid dream. In WILDs your body falls asleep and you enter your subconscious. In waking O.B.E.s you enter your subconscious but your body is still fully awake.

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.

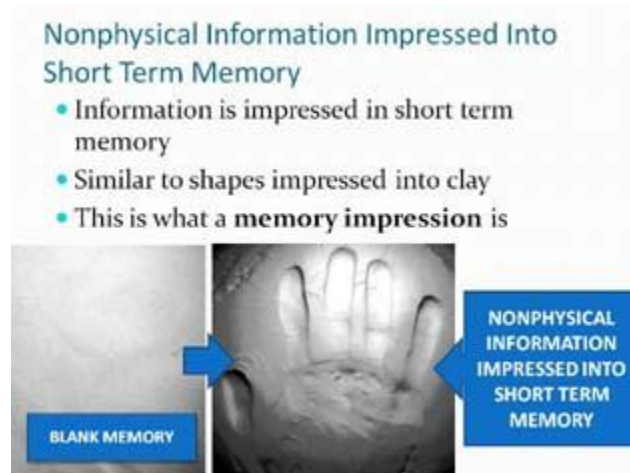


So what exactly are memory impressions? First, imagine your memory as like a dry beach of powdery sand.



Second, imagine your mind comes in contact with a

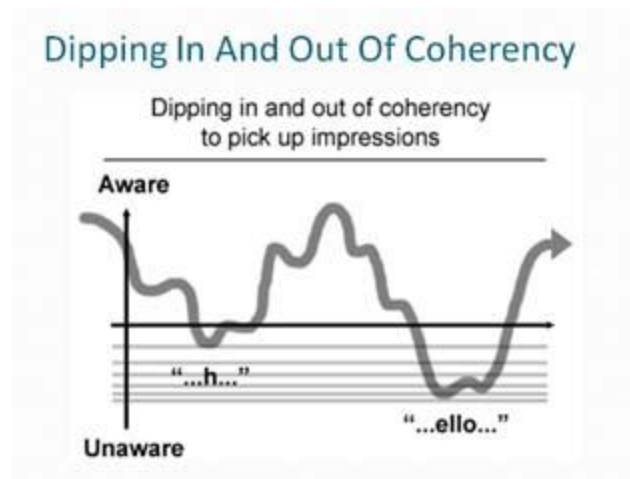
bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?



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.

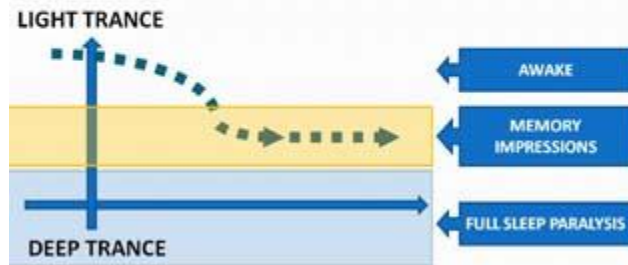
You will start to pick up memory impressions of these clues. For instance, you may find you have the memory that someone had just said something even though at the time you didn't consciously hear anything. You might also recall that a moment ago you were looking at a landscape and that you remember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

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.

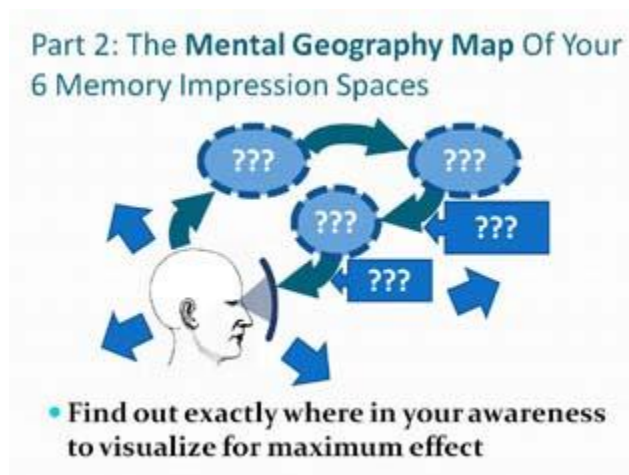
Inductionless O.B.E.s

- 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.

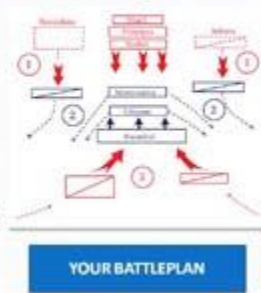


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

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!