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Notes For:

Lucidology 101 Part 6

**How To Avoid The #1 Mistake In
Lucid Dreams & OBEs Using The Sun**

See The Video For This Document!

<http://lucidology.com/101>

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Here in Part 6 you'll find out How To Use The Sun To Avoid The #1 Mistake In OBEs & How To Optimize Your Brain Chemistry.

Plus – The ONE O.B.E. Induction I Would Use If I Was Not Allowed To Use Any Others.

The #1 Biggest Mistake Almost EVERYONE MAKES!!

- Forum questions starting with: “Last night I went to bed to do an OBE...”
- This person has **already** doomed their OBE attempt

OBES AT
BEDTIME:
NO!



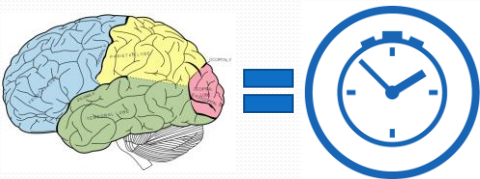
OBES IN
THE EARLY
MORNING:
YES!!



Here's a mistake I see almost EVERYBODY make. This is not their fault since most of the books on OBEs are actually telling them to make this mistake. People often ask for advice on forums about how to induce OBEs. The posts often start out saying: “Last night I went to bed to do an OBE.”

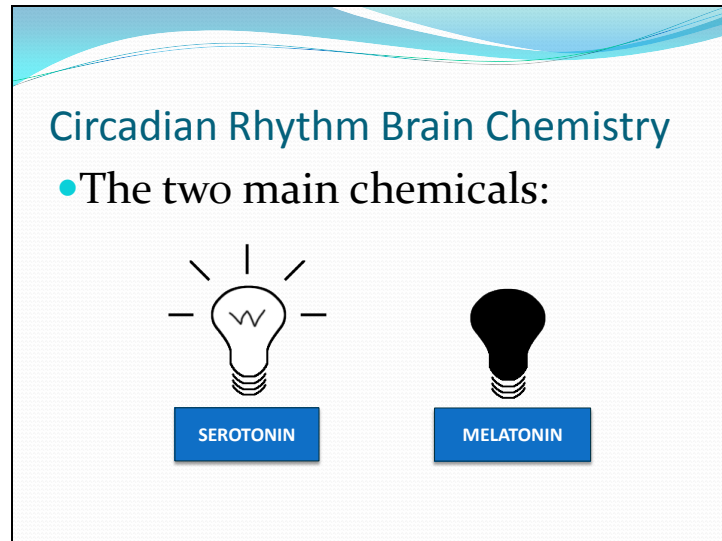
Here they've actually already made the cardinal OBE mistake. The mistake is: Don't do your O.B.E. attempts at night (like most books say). Instead do them in the **early morning!!!**

Optimal Brain Chemistry Is All About Timing

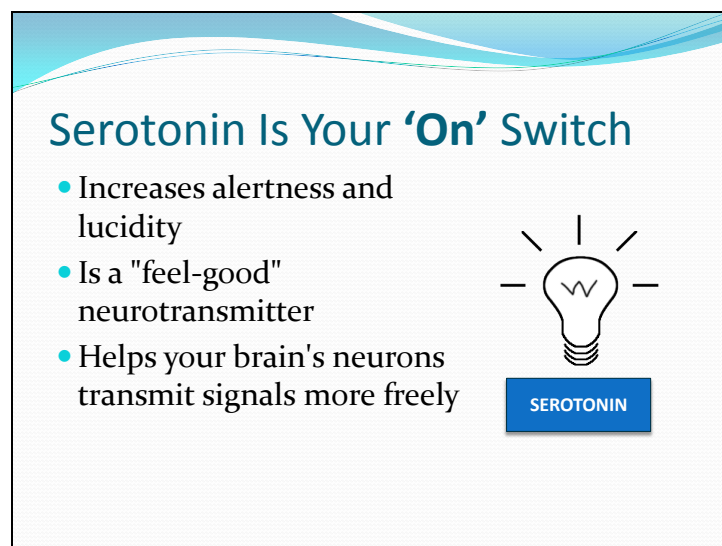


- **Circadian rhythm is the key**
- My early morning OBEs: 1000's
- My bedtime OBEs: Less than 10

Optimal O.B.E. brain chemistry is all about timing and your body's **circadian rhythm**. I've had literally thousands of O.B.E.s in the early morning. I've had fewer than ten at night.



The two main chemicals involved are called **serotonin** and **melatonin**



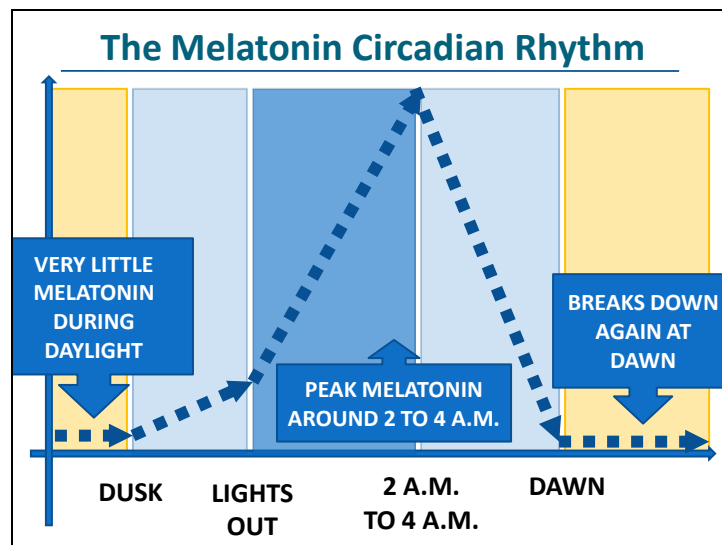
Serotonin is your on switch and helps you stay alert and lucid. It's a "feel-good" neurotransmitter which helps your brain's neurons transmit signals more freely.

Melatonin Is Your 'Off' Switch

- Made from serotonin
- Increases relaxation
- For shutting down for sleep
- Helps immune system, anti-aging, antioxidant

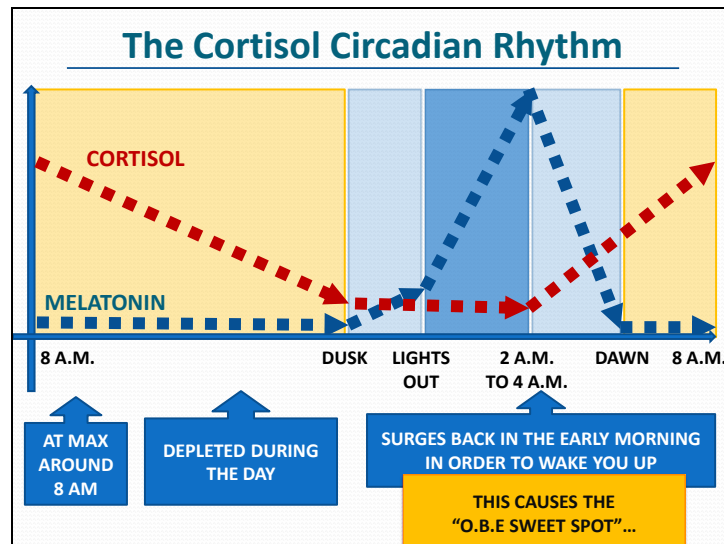


Your body uses serotonin to make melatonin which is your off switch and helps you relax. It tells your body to shut down for sleep and begin repairing. Melatonin stimulates the immune system. It's also associated with anti-aging and the human growth hormone and is an antioxidant.

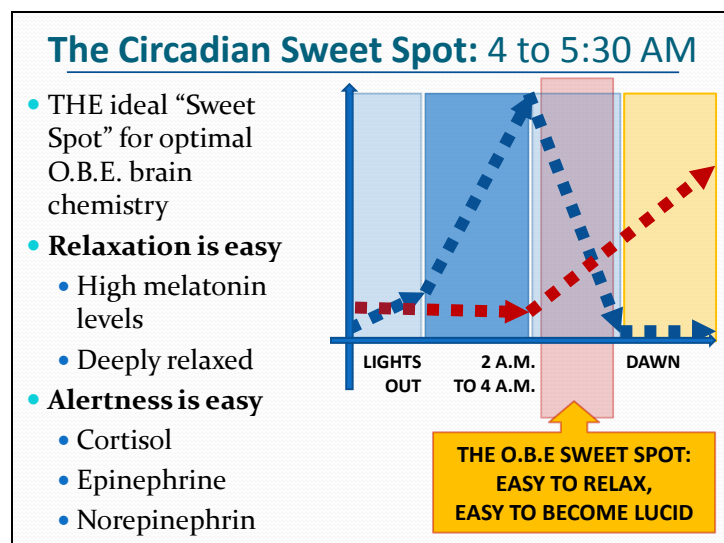


Serotonin is made when your body is exposed to light. Melatonin is made from serotonin at night in the dark. Melatonin breaks down under light. This creates the **melatonin circadian rhythm**

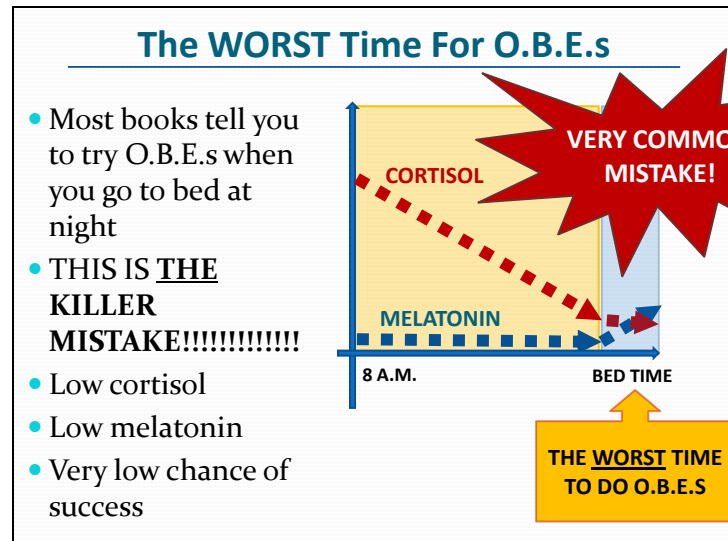
At night time you have very little melatonin. It starts increasing around dusk and peaks around 2 to 4 AM. It then breaks down again at dawn.



The other secret ingredient is the ‘fight or flight’ hormone called **cortisol**. Cortisol is depleted throughout the day but then surges back in the early morning in preparation to wake you up. The interplay between cortisol and melatonin creates THE ideal sweet spot for OBEs in the early morning.



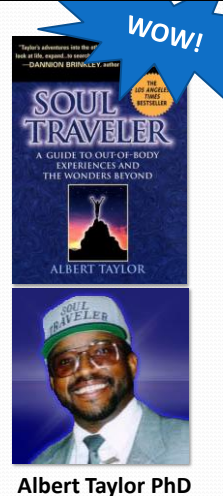
This sweet spot is between around 4 AM and 5:30 AM. During the sweet spot relaxation is easy because of relatively high melatonin levels and you've been relaxed for several hours during sleep. Alertness is easy because cortisol brings with it a rush of two other stimulants called epinephrine and norepinephrine. These stimulants are meant to help wake you up but you can use them for dream alertness instead



Bed time is the single worst time of all for OBEs because your brain chemistry is geared for the opposite of lucidity at that point. Instead it's geared for zonking out which is what always happens in the questions I see in forums. At bed time you're low on cortisol and melatonin. By the time you've relaxed enough to fall asleep your cortisol levels are so low you have virtually no chance or regaining lucidity.

“Wake Back To Bed” **Is The SINGLE Most** **Powerful Trick!**

- The ultra-powerful “Wake-Back-To-Bed” (WBTB) O.B.E. induction was discovered by former NASA engineer Albert Taylor, Ph.D.
- If I only had **one** O.B.E. trick that I could use *it would be WBTB*
- I HIGHLY recommend reading Dr. Taylor’s book “Soul Traveler” for more of his exceptional insights

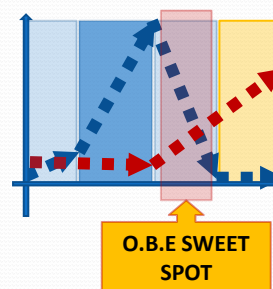


So that’s the wrong way to do it. Here’s the right way to do it. In fact if there was only one method I could use, this is the one. It’s called “wake-back-to-bed” and was invented by former NASA engineer Dr. Albert Taylor.

He’s also the author of an excellent book called “Soul Traveler” which I definitely recommend.

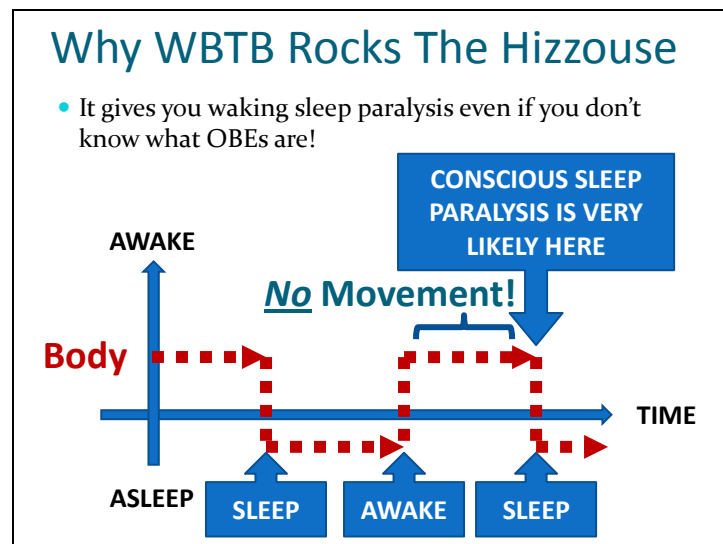
How To Use The Circadian Sweet Spot

- Get up in the **early morning**
- Stay awake for a period of time
- Go back to sleep
- Use the sleep paralysis methods
- Have spontaneous O.B.E.s and L.D.s



Here’s how wake-back-to-bed works. Get up in the early morning during the OBE sweet spot, stay awake for a period of time then go back to sleep. Use the sleep paralysis methods we

covered earlier and you'll likely have spontaneous O.B.E.s and lucid dreams. We'll use wake back to bed as the foundation for more an even more advanced induction later on called the timer method.



The reason wake back to bed works so well is because of the fundamental theorem of sleep paralysis. If you wake up and fall asleep in the early morning you're pretty much begging for sleep paralysis and spontaneous lucid dreams. In fact before I knew anything about OBEs I used to have waking paralysis episodes all the time and didn't know why. It was really irritating to wake up and not be able to move. I later realized it was because I was not sleeping well and was waking up for a few minutes and then going back to sleep without moving. That caused the paralysis and it's the basis for pretty much all our other induction tricks.

So how do you improve on wake back to bed? The immediate answer is to tweak the amount of time you stay awake before going to sleep again.

Tweaking The Time You Stay Up: Two Options

- Short time up:
 - Wake up
 - Don't move at all (don't even move your eyes)
 - Fall back to sleep
 - Keep awareness on your body for the S.P. wave
- Long time up:
 - Wake up
 - Get up
 - Stay up for a while
 - Go back to bed
- Which should you use?

You have two options:

- 1.) The first is to stay up a short period. For this strategy you wake up, don't move at all (don't even move your eyes), fall back to sleep and keep awareness on your body for the sleep paralysis wave to come.
- 2.) The second strategy is the long period. You wake up, get up, stay up for a while, then go back to bed.

Both approaches work well but which should you use?

Option 1: WBTB + No Movement

- Very easy to fall asleep again, harder to become lucid
- Requires no planning or effort
- My usual choice because I am a very lazy person

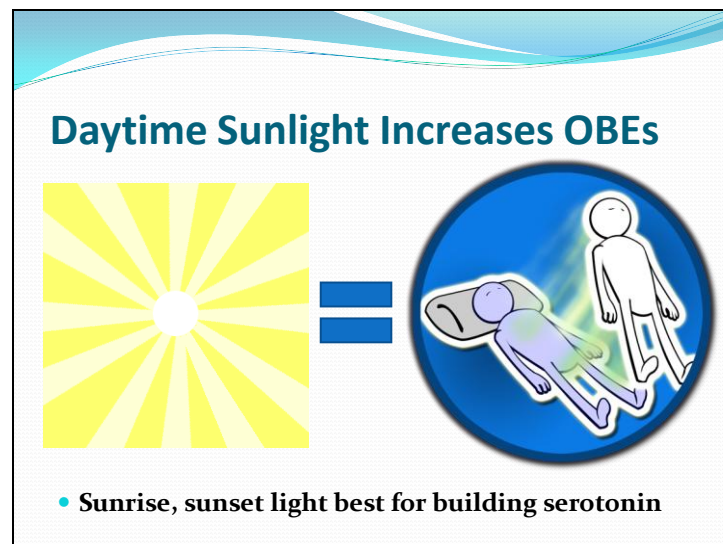
Option 2: WBTB + Get Up In Between

- Harder to fall asleep, OBEs very likely
- Dr. Stephen LaBerge: staying up for an hour significantly increases lucidity
- **45 minutes** may work better than an hour for some people
- Good rule of thumb: Wait until you start yawning again before going back to bed

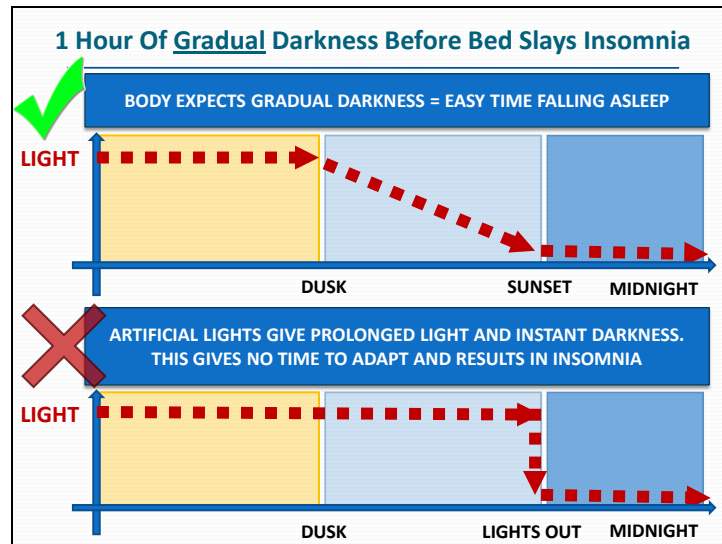
Going right back to sleep without moving makes it very easy to fall asleep again. However it's very likely that you'll fall completely asleep and not become lucid. Even so this is the method I use most because it requires no planning or effort.

With option 2 where you get up from bed for a while, it's harder to fall asleep again. However it is very likely that you will become lucid if you do sleep. Research by Dr. Stephen LaBerge has shown getting up for an hour before going back to bed significantly increases lucidity.

My personal experience and most the people I've advised suggests 45 minutes works a slightly better than an hour. Several people who were not able to have success by staying up for an hour were able to have OBEs simply by changing the wakefulness period to 45 minutes. Waiting until you start yawning again is a good rule of thumb.



The amount of sun you get has a giant impact on your ability to have OBEs because your body needs sun in order to make serotonin. Get at least an hour of outside sunlight at day break and sundown. Those are the best times to get sunlight without risk of a sunburn because the sun is so low in the sky.

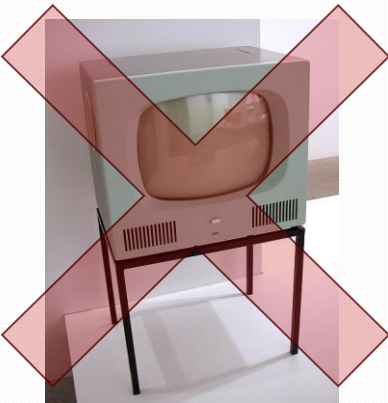


At night, make sure to turn the lights down at least an hour or so before going to bed. The body is not designed for the abrupt light to dark change that you get with artificial lighting. By turning the lights down gradually, you'll simulate sunset and greatly reduce the chance of insomnia.

TV Before Bed Wrecks OBE Inductions

TV BEFORE BED WRECKS OPTIMAL BRAIN CHEMISTRY FOR OBES

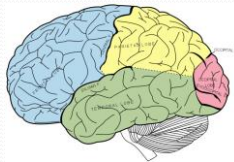
- Prevents period of darkness before sleep
- Alters brain waves and brain chemistry



Finally, always avoid TV at night. The first problem with TV is that it prevents the gradual period of darkness you need before sleep.

The second problem is more subtle. Research by psychophysiolgist Thomas Mulholland showed that within 30 seconds of watching TV your brain enters an alpha state. There isn't anything wrong with an alpha state by itself, in fact there are a lot of benefits to alpha waves which are beyond the scope of this section.

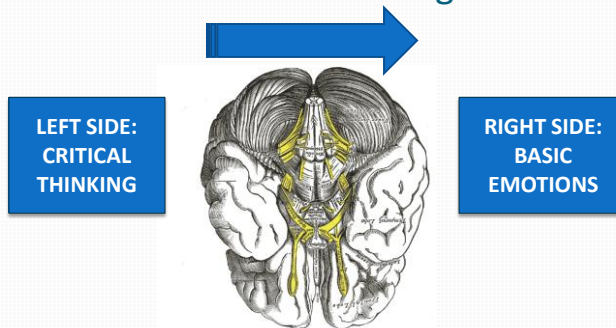
TV & Pot Put The Brain In Alpha



TV AND POT PUT THE BRAIN
IN SIMILAR BRAIN PATTERNS

The problem is that in alpha the mind is much more suggestible than normal. Alpha is actually the state the brain enters in response to smoking pot. Watching TV is not the same as smoking pot but that is the direction TV is taking your brain by putting it in alpha.

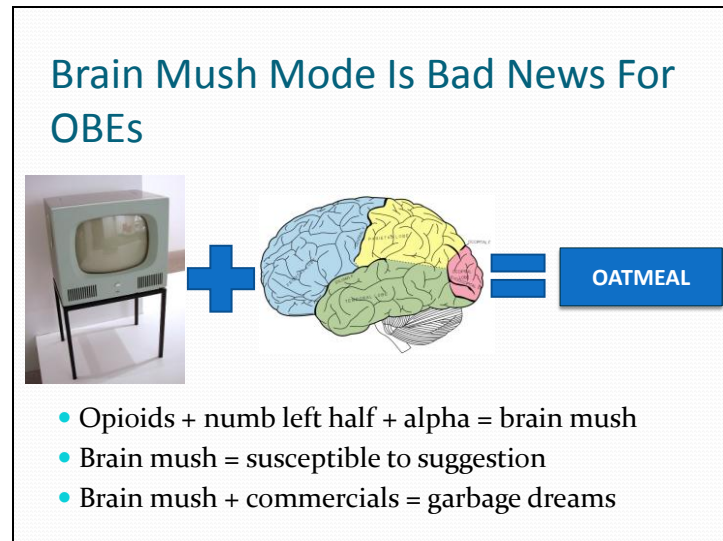
TV Causes Switch To Emotional Thinking And Numbs Critical Thinking



- Switch from left to right releases opioids

Herbert Krugman also showed that TV causes the left hemisphere to virtually shut down and the right hemisphere to become twice as active as the left. The left hemisphere is what the brain uses for critical thinking and analysis while the right side is more emotional. This switch

from left to right causes the brain to release a surge of opioids into the bloodstream which has an anesthetic effect on the mind.



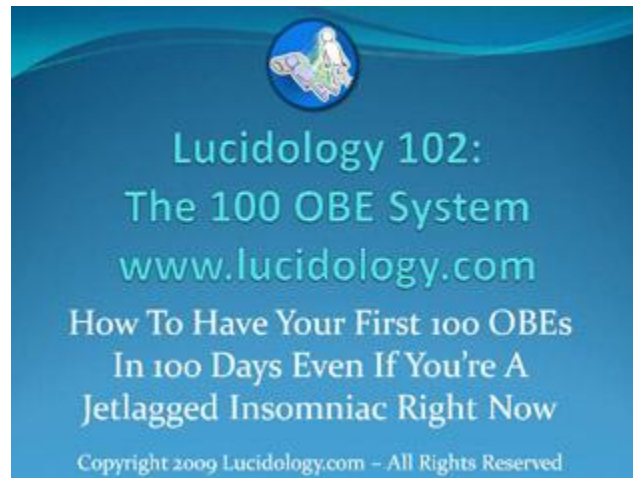
This is why watching TV for a long time makes it feel like your brain has turned to mush. The combination of these three effects:

First being awash in opioids, secondly having a numbed left hemisphere and third being tuned to an alpha state leaves the brain very susceptible to suggestion.

Brain mush mode opens the gate for all the commercials and other junk on TV to go directly past the mind's usual critical thinking defenses. If you go to sleep in that state it leads to hazy dreams. If you do have an OBE in that state it's very unlikely to be very clear.

In the next section we'll cover the fastest way ever to have OBEs and lucid dreams. This technique is the missing piece that I wish I'd had when I first started doing OBEs. It's called "the timer method" and allows you to cheat and easily trigger as many OBEs as you want - without using visualizations at any point.

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.

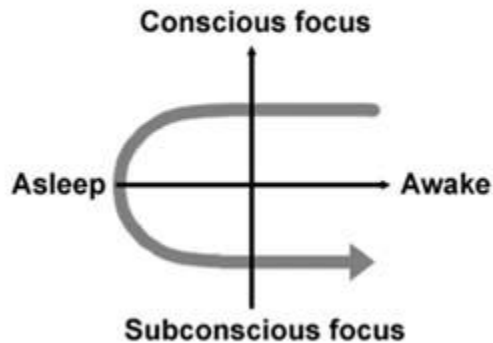
So you might wonder if you've gone through all the trouble of doing an O.B.E, why return right back to your body? It's because the whole trick to getting good at O.B.E.s is knowing the states and sensations and what the exit feels like.

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.



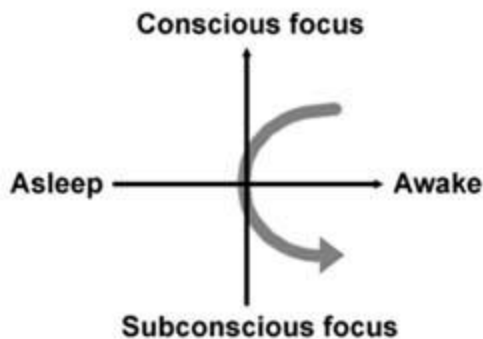
Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do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

Starting Out:
Long Time Spent Getting In Deep Trance



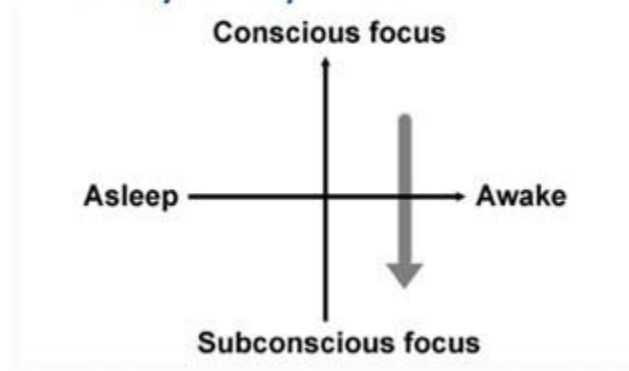
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing



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

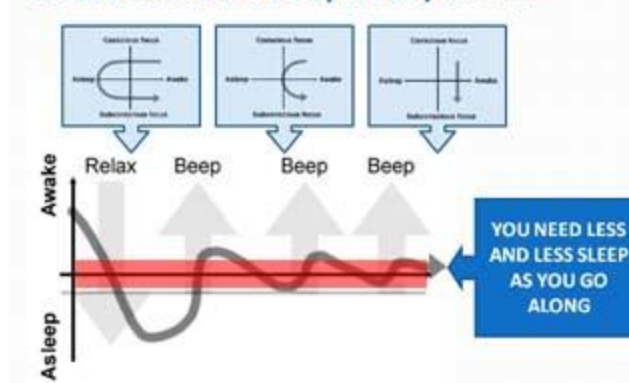
Soon You Can Have An O.B.E. While The Body Is Fully Awake!



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":

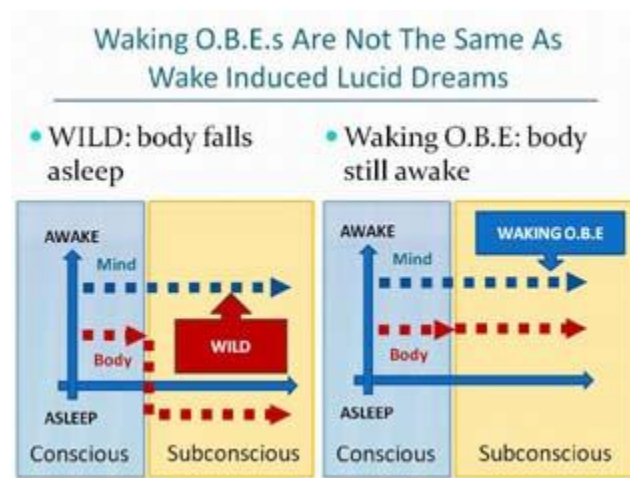
O.B.E.s When The Body Is Fully Awake



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.



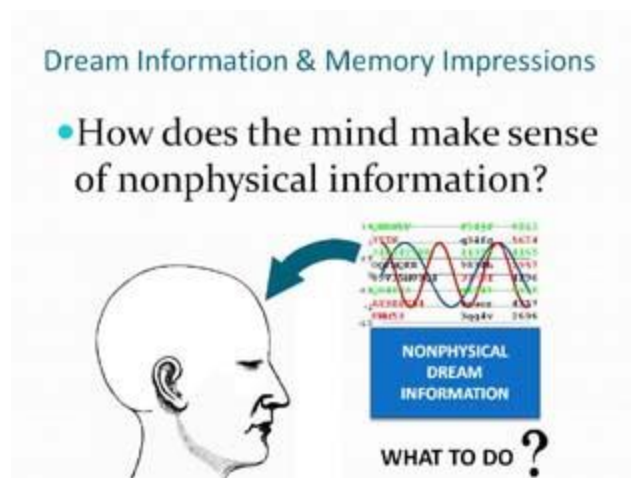
Keep in mind that a waking OBE is not the same thing as a wake induced lucid dream. In WILDs your body falls asleep and you enter your subconscious. In waking O.B.E.s you enter your subconscious but your body is still fully awake.

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.

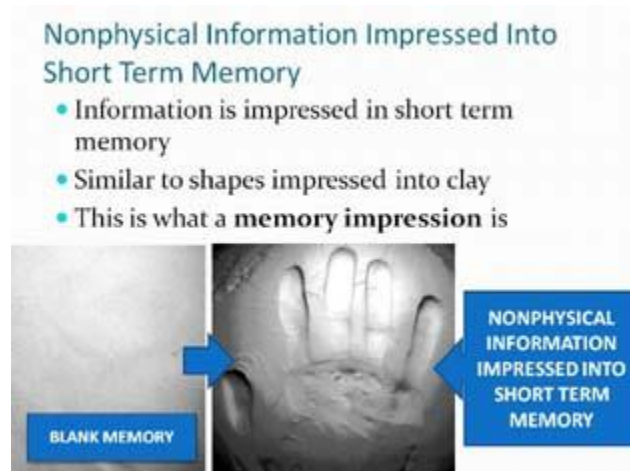


So what exactly are memory impressions? First, imagine your memory as like a dry beach of powdery sand.



Second, imagine your mind comes in contact with a

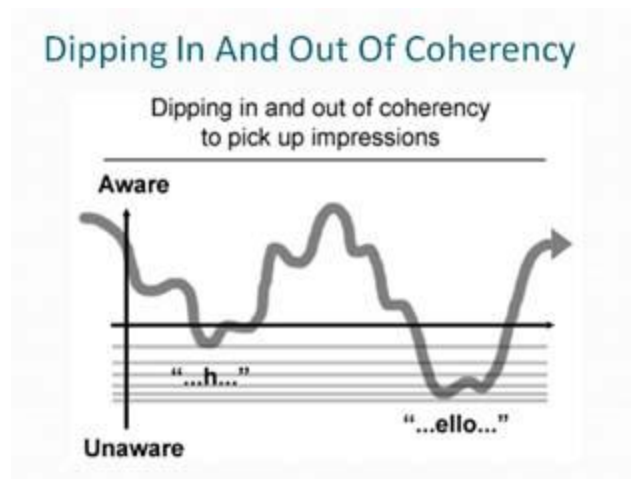
bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?



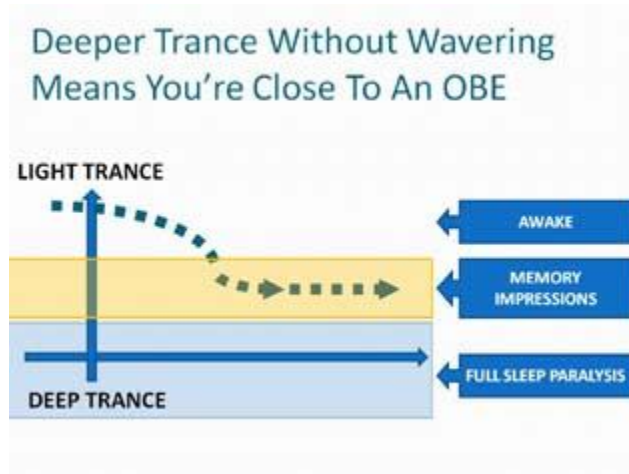
As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

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.

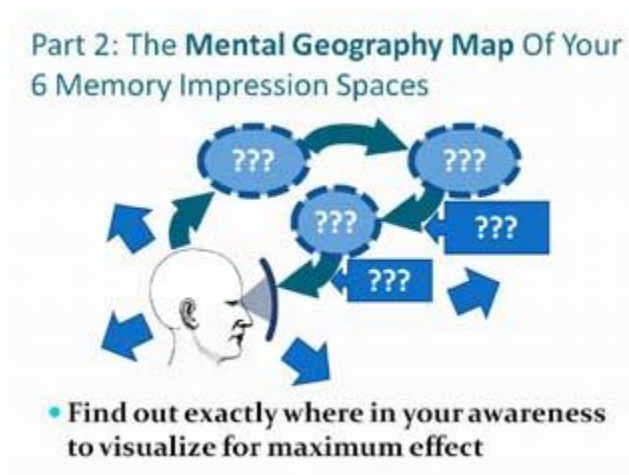
Inductionless O.B.E.s

- 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.

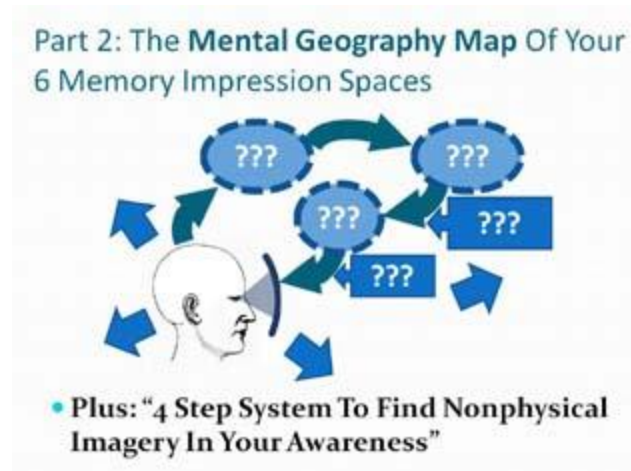
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

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.

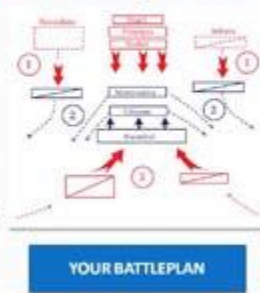


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

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!