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**Notes For:**

## **Lucidology 101 Part 8**

**The 4 Easiest Movement-Free Reality**

**Checks For Lucid Dreams And OBEs**

**See The Video For This Document!**

<http://lucidology.com/101>

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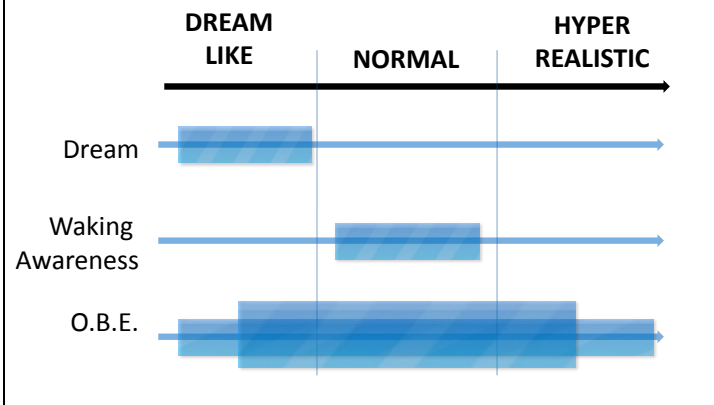
## Lucidology 101 – Part 8: “The 4 Easiest Ways To Take The Red Pill”



The 4 Most Powerful Movement-Free  
Reality Checks How To Tell When  
You’ve Shifted Into A Nonphysical Focus

In a lot of OBEs it’s really hard to tell what’s going on and whether you’re in an OBE or not. Here in part 8 you’re about to find out the 4 easiest ways to take the red pill so you know if you’ve shifted into an OBE or not.

### OBES Can Be Much More Hyper-Detailed Than Waking Awareness

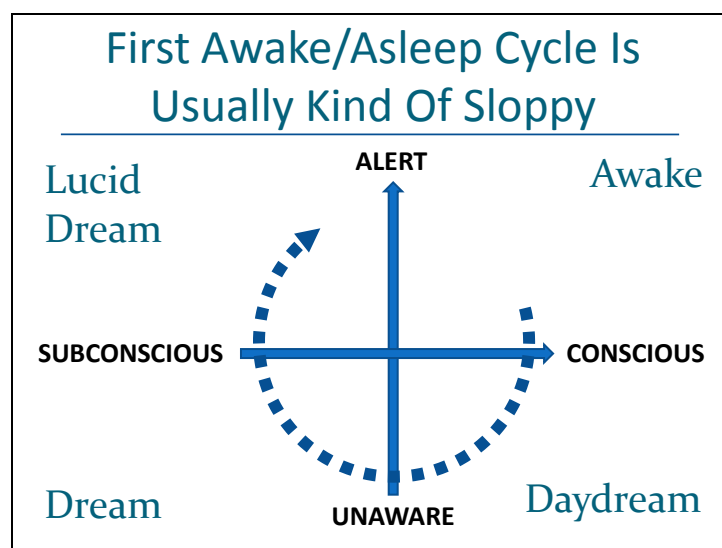


Lucid dreams and OBEs can be extremely realistic. In fact, a lot of times it’s very hard to tell if you’re actually awake or if you’re dreaming.

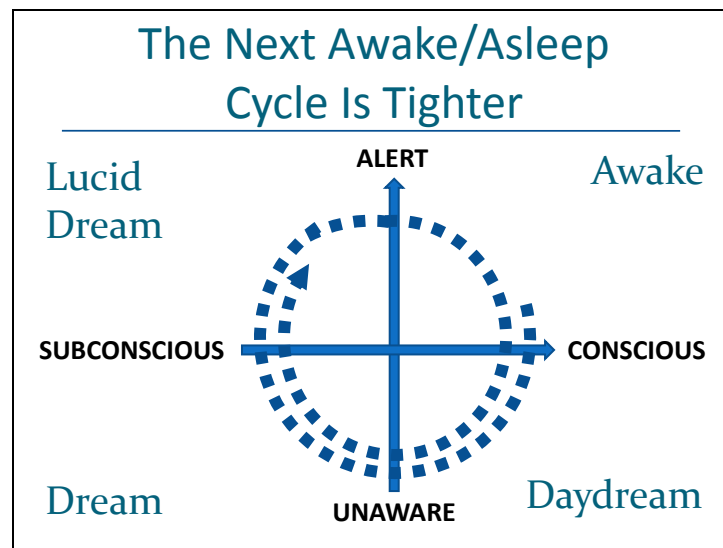
In fact, sometimes they are actually more realistic than waking awareness. Sometimes after an OBE you'll find that your physical sight is actually hazy and dream-like compared to the hyper detailed realism of the OBE.



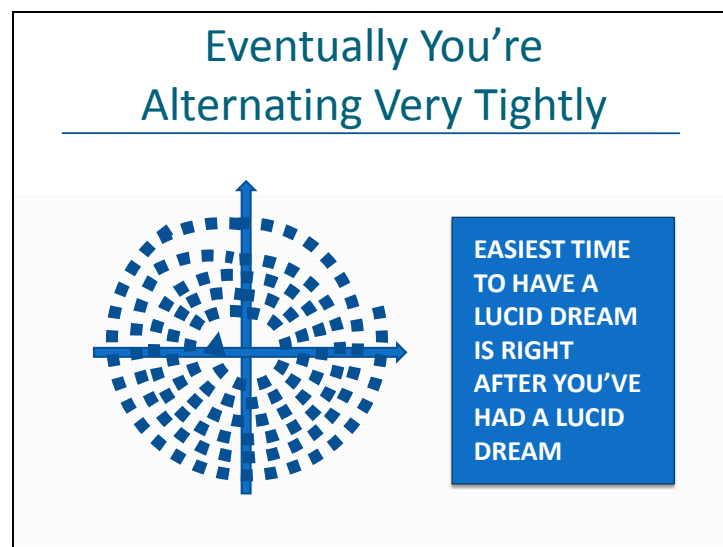
For example, a lot of times your vision will have what photographers called “High Dynamic Range” or HDR. HDR means that there’s a higher range between the bright areas and the dark areas. HDR is anything but dream-like and you may not think at first that you’re actually in an OBE because your sight has so much detail. Your sight may also seem like it has a lot more pixels than you have when physically aware. In fact, these OBEs should be called “high bandwidth experiences” because of all the extra sensory information you take in



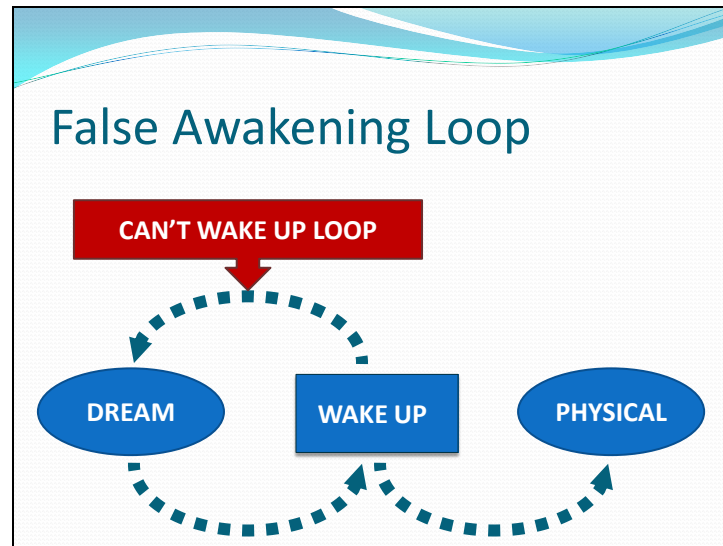
This effect is compounded when you use the timer method we covered in Lucidology 101 part 7. Remember that the hypnotic fractionation effect causes you to hover on the awake asleep threshold when you enter and exit trance over and over. The first couple times you wake up and fall asleep, it's relatively easy to tell if you're nonphysical or physical because it's kind of a sloppy cycle and you swing wildly around between being awake and asleep.



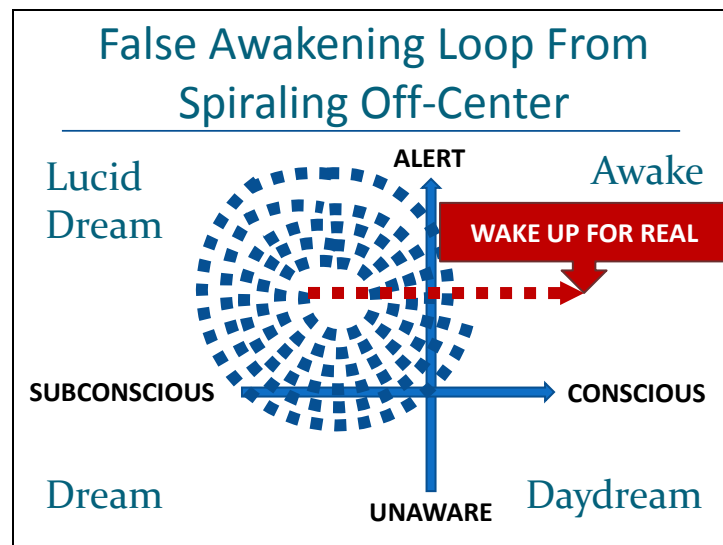
However as the hypnotic fractionation effect kicks in, the cycles start to get tighter and tighter.



The OBEs start to become more and more realistic. Eventually it can be very difficult to tell if you're waking up into your physical bedroom or if you're in an OBE.




This is called a false-awakening loop in which you think you wake up but end up in an OBE. You wake up again and end up in another OBE. It may take a couple tries before you really do wake up in your physical bedroom again.



This is because you've started spirally off center toward a nonphysical focus. What you need is a way to know that you're in an OBE and wake up for real.

### How To Deal With The False-Awakening Loop?




- Need a way to take "The Red Pill"
- This is called a "reality check"
- Not just any reality check will do, we need **movement-free reality checks**

Basically you need a way to take the red pill. This is called a reality check. And not just any reality check will do, you need a movement-free reality check so that you can do it without disturbing your trance.

### You Need Multiple Reality Checks

- No silver bullets
- No single check will always work
- **Always use several reality checks**



NO SILVER BULLETS

In fact you need a set of reality checks because there is no single silver bullet reality check which is 100% reliable.

## The 4 Easiest Movement-Free Reality Checks

- Blindfold Test
- Transparent eyelids
- Overlaid sight
- Spoon bending

Here are the 4 most effective, most reliable and easiest reality tests that you can start using immediately. I have tested each of these many times to see how well they work and what pitfalls to watch for. These are:

The blindfold test, transparent eyelids, overlaid sight, and the spoon bending test.

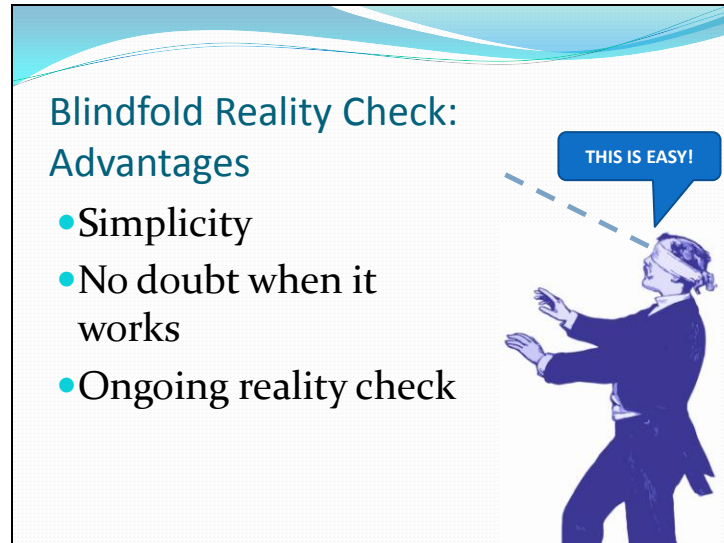
## The Blindfold Reality Check: The Simplest Reality Check



First is the blindfold reality check. This is easiest reality check of all.



All you do is put on a blindfold and relax into sleep. If at any time you find that you can see the room through the blindfold then you know you're in a subconscious dream environment and you're looking at the dream version of your room.



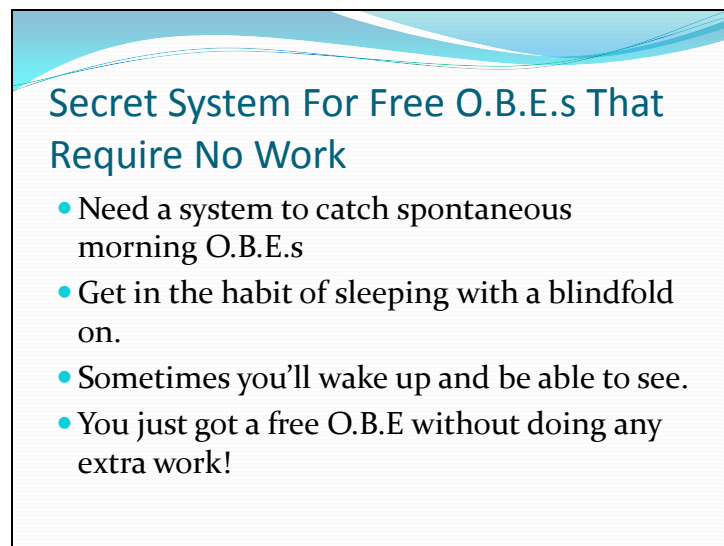
**Blindfold Reality Check:  
Advantages**

- Simplicity
- No doubt when it works
- Ongoing reality check

THIS IS EASY!

The slide features a blue header with white wavy lines. On the right, a cartoon illustration of a man in a suit is shown from the side, wearing a blindfold and gesturing with his hands. A blue speech bubble with the text "THIS IS EASY!" points to him. The background is a light blue grid.

The advantages are that it's simple and requires no practice  
Secondly, once it works, there's no doubt in your mind that it really did work.  
Also, it's an ongoing reality check. It's not something that comes and goes in an instant.




**Secret System For Free O.B.E.s That  
Require No Work**

- Need a system to catch spontaneous morning O.B.E.s
- Get in the habit of sleeping with a blindfold on.
- Sometimes you'll wake up and be able to see.
- You just got a free O.B.E without doing any extra work!

The slide features a blue header with white wavy lines. The background is a light blue grid.

So here's way you can use the blindfold test for free O.B.E.s that require exactly zero work. The fact is you probably are already having many spontaneous morning O.B.E.s but don't realize they're O.B.E.s because you don't have a system to catch these when they happen. All you need to do is get in the habit of sleeping with a blindfold on. Whenever you wake up and are able to see, you'll have just gotten a free O.B.E without doing any extra work!

### Blindfold Reality Check: Disadvantages



- Can be distracting and keep you from relaxing
  - Cheap blindfolds are very uncomfortable.
  - Padded ones are much better
- Exit blindness – You may enter the O.B.E and can't see from exit blindness.

As good as the blindfold test is, it does have its disadvantages

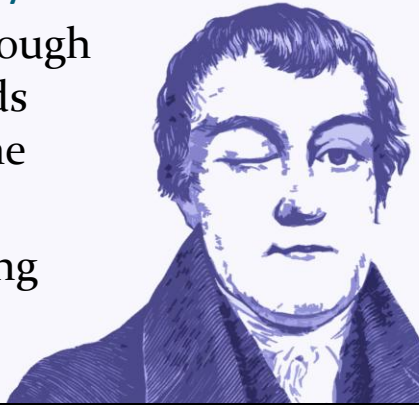
For instance you may find the blindfold is distracting and that it's hard to relax with it on. If you try this method I do recommend getting a padded blindfold in the \$20 to \$30 range because I find the cheap ones are too uncomfortable to be of any real use.

The second disadvantage is exit blindness. Exit blindness happens a lot especially for new OBEers. When this happens you enter the dream and find that you are blind and so you can't see with or without the blindfold.

Dream blindness happens a lot and there are solutions to it that we'll cover later. However, all of these solutions require that you be lucid in the dream so it won't help if you're trying to use sight as a reality check.

## Transparent Eyelids

- You 'see' through closed eyelids instead of the blindfold
- No distracting blindfold



One solution is to use the transparent eyelids effect. Transparent eyelids means that you see through your closed eyes into the nonphysical version of your bedroom.

This has the advantage of not wearing a distracting blindfold.

## Transparent Eyelids Reality Check: Disadvantages

- You may not be sure at the time if your eyes are really shut
- May not work until after the fact
- May open your eyes twice

The disadvantage with the transparent eyelids effect is it's difficult to feel whether your eyelids are really open or closed.

So the way the transparent eyelids check often works is that it's after the fact. You first become lucid, then you notice you can see, and then you open your physical eyes and wake your physical body up.

Another scenario is that you open your eyes twice without closing them in between. You open them in the OBE and then open them again when you wake up physically.

In either case you may not know if you were nonphysically focused until it's too late and you're already physical again.

### Overlaid Sight Reality Check

- Caused by split awareness between physical and nonphysical sight
- Very fleeting



SEEING BOTH YOUR PHYSICAL AND NONPHYSICAL SURROUNDINGS AT THE SAME TIME

The third reality check to watch for is overlaid sight which happens as soon as you're nonphysical. When you're nearing a nonphysical focus you'll start to split your awareness between your waking surroundings and the dream version of your bedroom. Often you'll see your nonphysical surroundings from a slightly different angle than your physical surroundings. This makes it look like you have two sets of sight overlaid on top of each other, like two movie projections.

Overlaid sight doesn't last very long, usually you'll see your vision flicker back and forth and then stabilize. It's also rare to achieve overlaid sight because most of the time when you do OBEs your eyes will be closed. Because of this you need a longer lasting check which brings us to the 4<sup>th</sup> movement free reality check called the "spoon bending" check.

## Spoon Bending Reality Check

- Just fall asleep with a spoon in your hand
- When you think you might be in an O.B.E, squeeze the spoon (without moving any other part of your body) and see if it bends
- You can move your fingers slightly and still stay in sleep paralysis so this counts as a movement-free reality check

This brings us to the 4<sup>th</sup> movement free reality check which helps fix this. This reality check is the spoon bending check.

To do it, just fall asleep with a spoon in your hand.

When you think you might be in an O.B.E, squeeze the spoon and see if it bends.

As long as you don't move any other part of your body, you can move your fingers slowly and slightly and not disturb your trance. So even though you are moving a little bit this still counts as a movement-free reality check

## Kat Black And Waking Awareness Spoon Bending

- Kat Black of [www.fork-you.com](http://www.fork-you.com)
- Bending the bowl of a spoon should be impossible



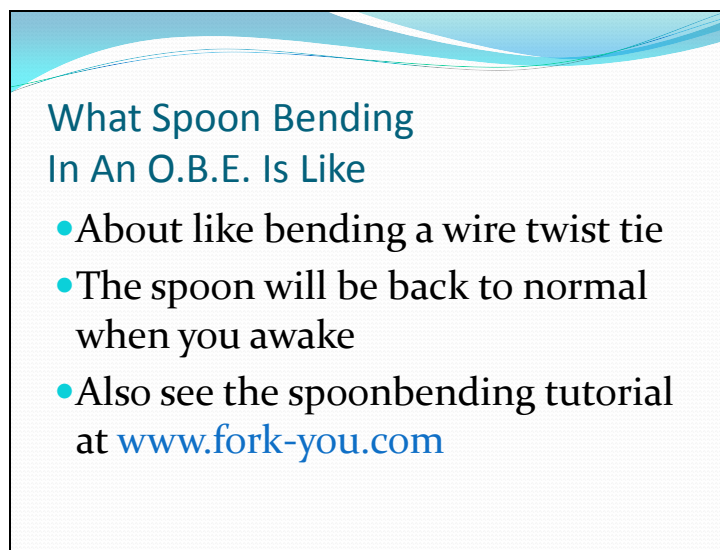
KAT BLACK  
BENDING A  
SPOON BOWL  
(SHOULD BE  
IMPOSSIBLE)



Kat Black of [www.fork-you.com](http://www.fork-you.com) seems to be able to soften metal in ways that should be impossible.

For example, bending the bowl of a spoon should require more force than a human can physically generate, but she can apparently do it.

On her site she has a tutorial and videos on how she bends metal, I suggest you go check it out. Even if you can't bend metal physically like she can, it's still good to see what it's like for when you do it in an OBE.



**What Spoon Bending  
In An O.B.E. Is Like**

- About like bending a wire twist tie
- The spoon will be back to normal when you awake
- Also see the spoonbending tutorial at [www.fork-you.com](http://www.fork-you.com)

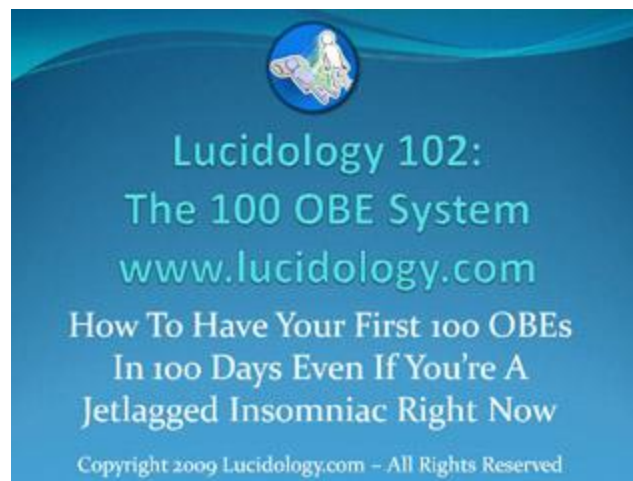
Here's what it will be like when you bend a spoon in an OBE. The metal will be extremely easy to bend. It's about like bending a wire twist tie.

When you wake up, the spoon will be back to normal

In this section we mentioned exit blindness and how very often in OBEs when you first enter a nonphysical awareness you'll find that you can't see. In the next section we'll cover the most effective and simple ways for fixing exit blindness so you can make the most of each OBE.

# Lucidology 102: How To Have Your First 100 OBEs In 100 Days Even If You're A Jetlagged Insomniac Right Now

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Hi, this is Nicholas Newport. I used have terrible insomnia and dreaded going to bed at night and having to lay there for hours... unable to sleep.

Nothing I read in books worked so I began creating my own set of tricks. Over the years I've developed a system not only for falling asleep quickly but also having extraordinary out of body experiences and lucid dreams.

Today I'd like to let you in on all my OBE induction secrets in the 100 OBE System.

In short, in the 100 OBE System you'll find out how to have your first 100 OBEs in 100 days even if you're a jetlagged insomniac right now.



Now that's a pretty big goal and you may not even think that it's possible. So here's a video to show you how 100 O.B.E.s in 100 days really is actually something you specifically can do once you have the right system.

The goal is to average 100 OBEs in 100 days. So to do that have 5, 10 or even 20 OBEs in a single session. The question is, how do you do that?



**YOU  
CHEAT!**

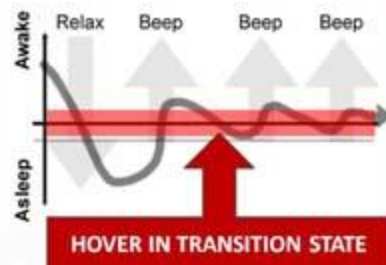
- 4 Cheating Strategies:
  1. Micro OBEs
  2. Waking OBEs (not WILDS)
  3. Trance Recycling
  4. Inductionless O.B.E.s

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

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

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

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



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

**LEARN THE  
STATES &  
SENSATIONS  
MUCH FASTER**

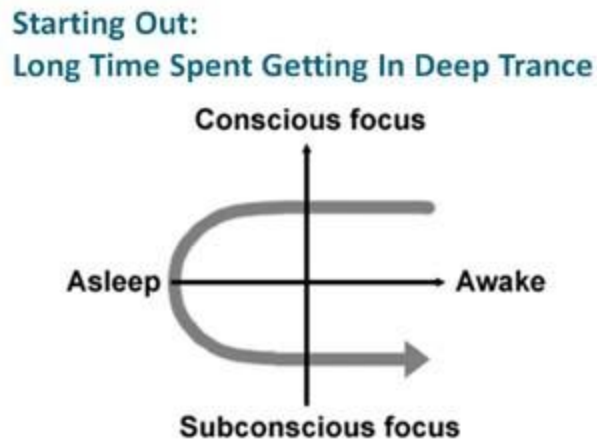
The first cheat we'll use to get 100 O.B.E.s in 100 days is called "Micro-O.B.E.s". Micro O.B.E.s are very short O.B.E.s where you go in and out of your body very quickly so you can have 5 or 10 in a row. For instance you set might your O.B.E. timer on 2 minute intervals and only spend a few seconds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

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

The more time you spend on the awake asleep threshold the faster you progress. If you only have one O.B.E in a day then you do make some progress but really not a lot. If you have two in a day you've just doubled your progress rate.

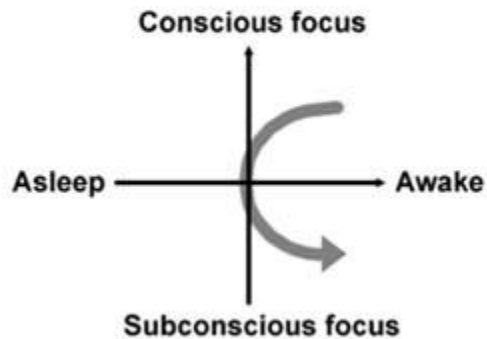


Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do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



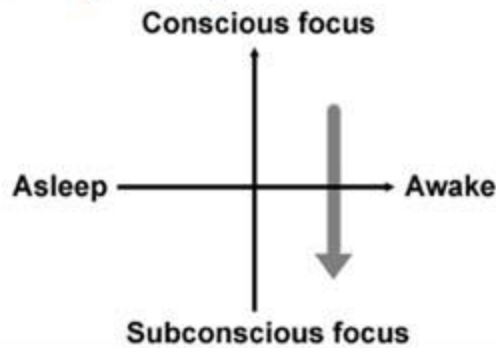
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

### More Skill Means Less Time Relaxing

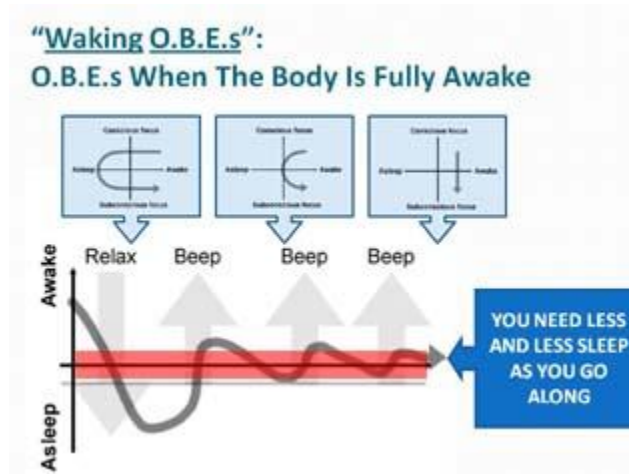


The more skilled you get the less you need to relax to access the subconscious.

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

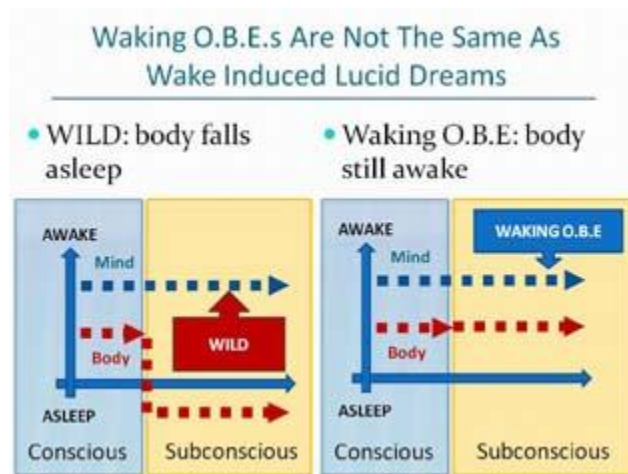


Pretty soon you can have an OBE while the body is fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.



In the 100 OBE System you'll use a special type of timer setup to do the second type of cheat called "Waking OBEs". You'll start out doing your OBEs just like you did in Lucidology 101. You'll fall asleep and have an OBE on the timer beep.

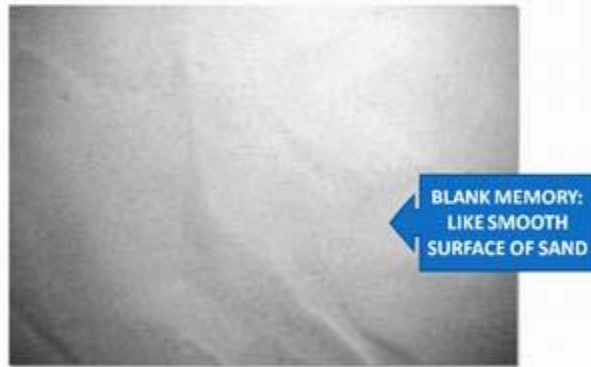
However by the end of the session you'll be able to lay on your bed and complete the separation even though your body is still wide awake. That means you can have a lot more OBEs faster and spend very little time in the boring relaxation stages.



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

In order to do this you'll need to develop a solid stream of 'memory impressions'. Memory impressions are the how you access information in O.B.E.s without actually having any visuals, tactile sensations, sounds or any other sensory information at all.

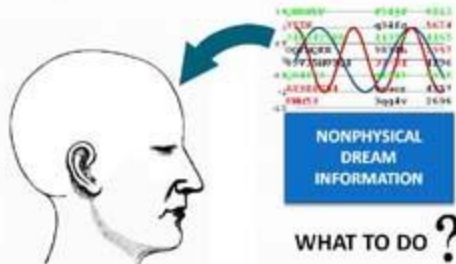
## What Are "Memory Impressions"?



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

## Dream Information & Memory Impressions

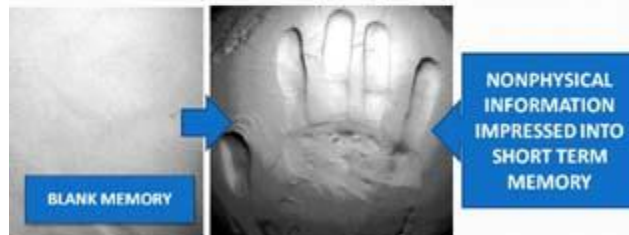
- How does the mind make sense of nonphysical information?



Second, imagine your mind comes in contact with a bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?

### Nonphysical Information Impressed Into Short Term Memory

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



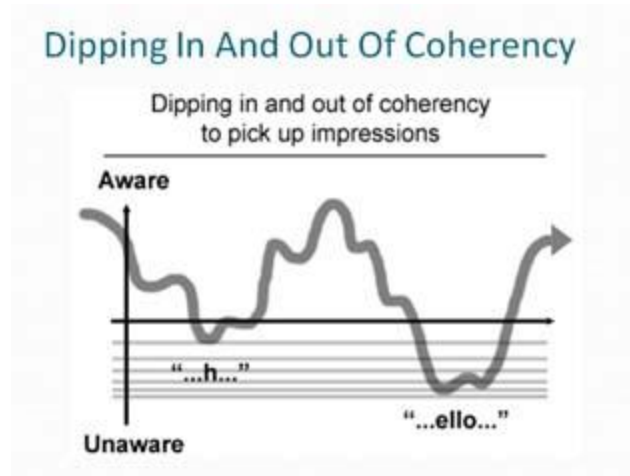
As you relax into a WILD you'll start to sense environmental clues that you're nearing a dream even though you're not in the dream yet.

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

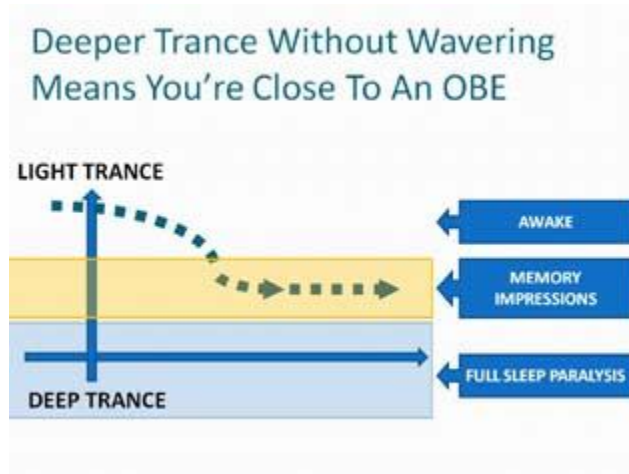
The landscape is a concept that you find has been impressed into your short term memory much as if you were to impress the shape of a word into clay. You might not know how the impression got there but you



do have the information that the impression represents



In the course of your lucid dream induction you may find a lot of times memory impressions seem to be the result of dipping in and out of coherency. You dip down, pick something up, waver up again and find that you have an impression. Once you're back in conscious coherency you are operating with your perceptual filters again so you can't remember how you got the impression.



However at deeper levels of trance there is no dipping in and out of coherency and you find that you're getting a steady stream of impressions. At that point you'll can tap into your subconscious and gather sensory information from memory impressions without going into full sleep paralysis.



The third way you'll cheat to get is to use "trance

recycling". Trance recycling is where you enter into an O.B.E and then immediately flip it into another type of O.B.E. For instance, you'll learn how to turn lucid dreams into O.B.Es and O.B.E.s into lucid dreams.



You'll also learn how to do mental projections, phasing and teleporting O.B.E.s. By learning to flip in between these states you'll be able to multiply your progress and quickly rack up your first 100 OBEs.

**Inductionless O.B.E.s**

- Early morning OBEs without feeling tired when you get up!
- **My favorite style**
- Requires virtually no effort once you set the system up
- **Combine with trance recycling to accelerate your progress**

The fourth way you'll cheat to get to 100 OBEs in 100 days is called "Inductionless O.B.E.s". Inductionless OBEs are my favorite style of accessing the subconscious because they allow you to have OBEs without messing up your sleep cycle.

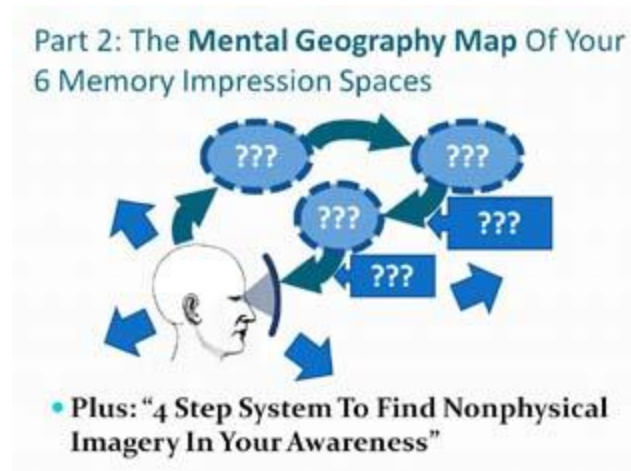
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

Inductionless O.B.E.s combined with trance recycling will accelerate your O.B.E. progress faster than you may even think possible.



So how do you do that? Well the location where you visualize something has a big impact on the results you get from the visualization. Most books tell you to visualize one thing or another without really telling you how or where to imagine it.

So in Lucidology 102 part 2 we'll cover the mental geography map and precisely define each of the 6 types of mental spaces to choose from. You'll find out how you can use each one for maximum effect to be sure you're visualizing in the most effective spot in your mind each time you do an OBE.



We'll also cover the 4 step system you can use to tell where the real imagery comes from. It doesn't come where most people look and by using the 4 step system you'll avoid biggest critical mistake that holds people back when they do visualization powered OBEs.

### Part 3: How To Achieve A State Of Photographic Trance

- Gateway Loophole "Rapid-Fire" O.B.E.s
- Avoid The Main Big Time Wasting Mistake
- How To Recognize The 5 Types Of Trances
- Sense Nonphysical Information
- 3-S's Of "Automatic Memory Impressions"



Then in part 3 you'll find out how to achieve a photographic trance. This is the gateway loophole to "rapid-fire" O.B.E.s with the minimum amount of effort possible. Knowing this keeps you from making the main big time wasting mistake almost everyone makes when using visualizations to induce O.B.E.s. And we'll cover how to quickly sense when you have a stream of nonphysical information flowing to you by recognizing the 5 types of trances you pass through on the way to an O.B.E.

## Part 4: The O.B.E. Blueprint & The Visualization Construction Toolkit

- The 6 Stages From Waking Awareness To O.B.E
- "What To Do And When" Chart
- "Visualization Construction Toolkit"
- The 4 Critical Ingredients That Every Visualization Must Have To Be Effective



In part 4 we'll cover "The O.B.E. Blueprint & The Visualization Construction Toolkit" where we'll cover the 6 stages from waking awareness to OBE & the exact visualizations how to move through each stage of trance. Then we'll cover the 4 critical ingredients every visualization must have to be effective.

Most of the visualizations you find in books only work for certain parts of an OBE induction so by answering these 4 key questions you'll be sure you have a complete system and you're not wasting your time.



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

- Faster than normal OBEs
- How to open subconscious memory impression portals
- Recycle with rezooming



In part 5 we'll cover sneaky speed cheats using mental projections & phasing O.B.E.s. These are types of OBEs which you can do at much lighter levels of trance so you to get to 100 OBEs much quicker. I'll also show you a unique way to recycle trance in mental projections using a special type of memory impression that acts as a portal into your subconscious using a technique I called rezooming.

## Part 6: How To Visit Places You Want To Go Using Teleporting





In part 6 you'll find out how to use "sense splitting" to teleport where you want to go. By using "teleporting" O.B.E.s you'll be able to specifically target locations you want to explore.

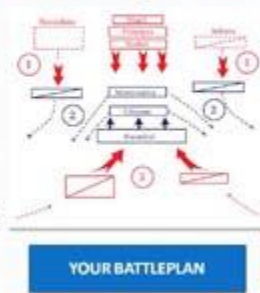


Then we switch to the 100 OBE Battleplan. This is the 100 day plan that shows you exactly how to go from jetlagged insomnia to your 1st 100 OBEs.

The first part is the two week sleep training phase. You'll sync up your sleep cycle with the sun and I'll show you how to cure any amount of jetlag in a single day.

### Battleplan Part 1: Two Week Sleep Training Phase

- OBE practice routines
- Find out your sleep type
- Fit induction to your style



You'll also do test OBE practice routines to find out your personal sleep type and adjust your O.B.E inductions to fit your specific style.

### Battleplan Part 2: 6 Week "OBE Workout" Phase

- 11 O.B.E. induction workouts
- Each of the 6 major styles of O.B.E.s
- Strengthen your skills
- Discover your talents



Part 2 of the Battleplan is the 6 week "O.B.E. Workout phase" where you'll complete 11 O.B.E. induction workouts for each of the 6 styles of O.B.E.s. These OBE workouts will strengthen your skills and you'll

discover exactly which forms of OBE you have a talent for.

**Battleplan Part 3: 6 Week  
"Rapid Fire OBE" Phase**



- Have a dozen or more OBEs per session
- Be lazy
- Make fast progress
- Average an OBE or more per day

**MAKE RAPID PROGRESS  
WITH RAPID FIRE OBEs**

When you've identified your personal strengths we'll cover the 3rd step of the Battleplan which is the 6 week "Rapid Fire O.B.E. Training" phase. In it you'll find out how to have a dozen or more O.B.E.s in a single session the laziest way possible.

This will give you more than enough practice to start averaging an OBE or more each morning without interrupting your sleep cycle.

## **Here's What You Get**

You can get instant access to the entire system right now. After you purchase it you'll download:

### 1.) 100 OBE System Videos Download (635MB)

- 9 videos totaling 90 minutes:
  - 1 How 100 OBEs Is Possible
  - 2 The Mental Geography Map
  - 3 Photographic Trance
  - 4 The OBE Blueprint
  - 5 Mental Projections & Phasing
  - 6 How To Do Teleporting OBEs
  - 7 Sleep Training
  - 8 OBE Workouts
  - 9 Rapid Fire OBEs
- These are in MPG format so they're absolutely guaranteed to play on your computer, no questions asked.

### 2.) Full Color Slides And Notes Download (12MB)

- 239 slides for the entire course.
- You can print out these PDFs to use as an easy reference guide.

### 3.) System Audios Download (80MB)

- The 90 minute videos converted to mp3 audio files
- You can listen to these on your computer, on your iPod or burn them to a CD.

#### 4.) Private Members' Only Forum (External Link)

- Get help and tricks from other people who have done the 100 OBE System.

You can't get this information anywhere else!

Ready to get started?

**Here's How To Take The Next Step**

**[Click here to get Lucidology 102: "The 100 OBE System"](http://www.lucidology.com/102) and start having the first of your 100 OBEs!**

**<http://www.lucidology.com/102>**

I'll see you there!

Nick Newport

p.s. The sooner you start the faster you'll have your first OBE!