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Notes For:

Lucidology 101 Part 9

Exit Blindness - 3 Fast Solutions

See The Video For This Document!

<http://lucidology.com/101>

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A lot of times when you enter an OBE you'll find that you can't see. This is called exit blindness. Here in part 9 we'll cover the 3 simplest and quickest solutions to exit blindness to recover your sight as fast as possible.

The 3 Main Exit Blindness Causes

- Eyes are glued shut
- Not enough energy to open eyes
- Not enough energy to power your nonphysical eyes

Exit blindness is due to three main reasons:

First, that your eyes have been sealed shut by some kind of nonphysical glue. Second that you don't have enough energy to open your nonphysical eyes. Third you don't have energy to power your nonphysical eyes.

Eye Glue Causes Exit Blindness



The first problem is that in the OBE your eyes sometimes start out with some kind of glue that's holding your eyelids together. Strange as it may seem this is a recurring effect that many people have reported and that I have experienced many times.

Use 'Eye Pry' To Open Your Eyes

- Use your hands to pull your eyes open
- This is called 'eye pry'
- Can be painful
- Magnetic effect pulls lids closed again
- Also works in some low energy cases



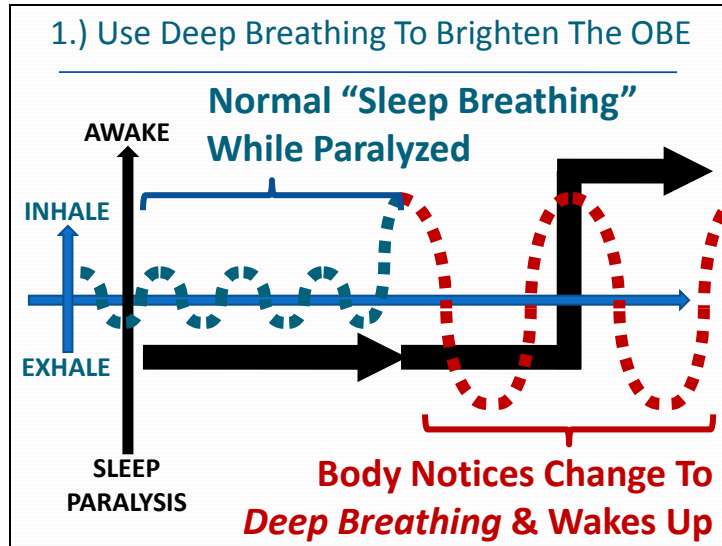
THE GLUE CAN BE STRONG AS CEMENT

The quickest solution to glued eyelids is to use your nonphysical hands to pry your eyelids open. This is called the 'eye pry' method. Sometimes the glue is very strong and it can actually be painful to pull them open. The glue can also have a kind of magnetic effect so that once you have your eyes open the glue pulls them back together. You have to keep on top of things and keep pulling your eyes open in order to keep your sight turned on. You can also use eye pry in the 2nd case where you have enough energy to power your eyes but not enough to open your eyelids.

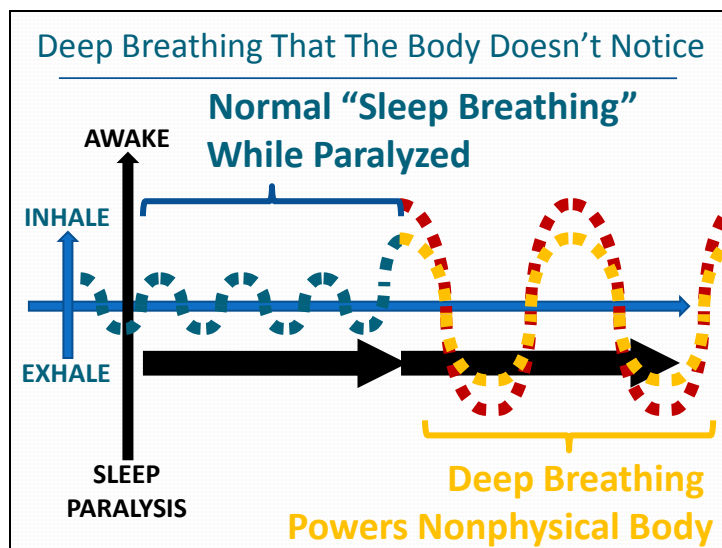
Solutions To Blindness From Low Energy

- Deep breathing
- Improve mood
- Mental projections

In the 3rd case where you don't even have enough energy to power your eyes there are 3 main solutions. These are deep breathing, improving your mood, and mental projections.



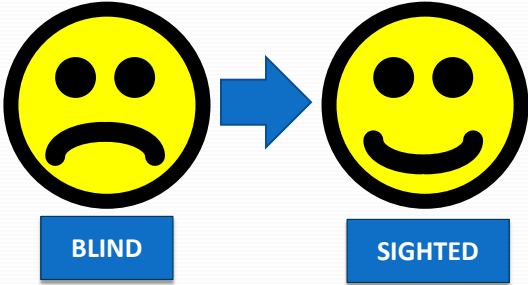
The first solution is to use deep breathing to power your nonphysical body. This solution is not a cure all but it can definitely improve your sight and make things brighter. You need to be careful with this method because it can cause your physical body to wake up.



Recall that one way to break paralysis is to simply change your breathing so your body notices you're awake. While that does break paralysis, there is also a middle ground where you can breathe deeply to power your nonphysical body but also not breathe so deeply so that your body notices the difference. The only way to know what that feels like is to practice by entering sleep paralysis and seeing how much you can deep breathe without breaking the paralysis.

2.) Improve Your Mood To See

- The better your mood the less likely exit blindness is

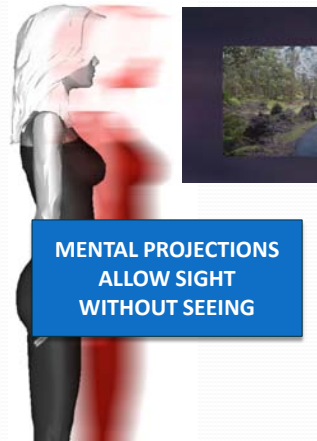


The diagram consists of two yellow circular icons with black outlines. The left icon is a sad face with a downward-curving mouth, and the right icon is a happy face with an upward-curving mouth. A blue arrow points from the sad face to the happy face. Below the sad face is a blue rectangular box with the word 'BLIND' in white capital letters. Below the happy face is a blue rectangular box with the word 'SIGHTED' in white capital letters.

The second main solution is to improve your mood in the OBE. Your mood often determines how bright and clear your OBE will be. By putting yourself in a very positive frame of mind you can largely avoid dark OBEs and you may never have a problem with blindness in the first place. However this solution isn't 100% effective and isn't very useful if you're trying to recover sight in a lucid nightmare.

3.) Mental Projections

- Advanced solution
- 100% effective because it allows you to see without seeing
- My personal choice
- Covered in depth in Lucidology 102
- See www.Lucidology.com for details

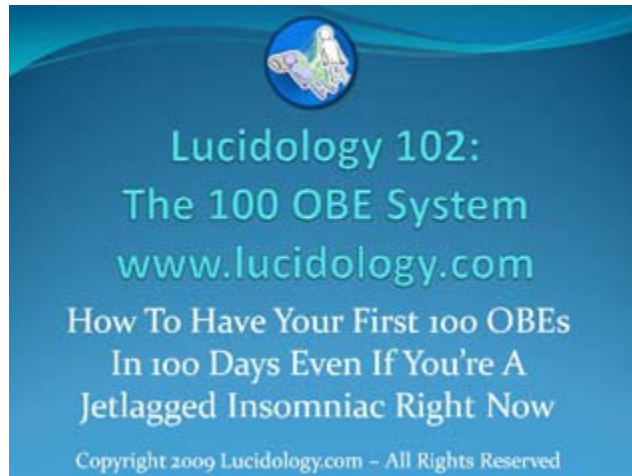


The third solution is what's called a mental projection. This is an advanced technique that relies heavily on visualizations. However it's also extremely powerful and this is actually what I rely on most because it is 100% effective to cure exit blindness. This is because in a mental projection you're able to see without seeing and so exit blindness is not a factor.

A lot of times when I enter an OBE I won't even bother to get my eyes working and I'll just enter a mental projection which gives you all the sensory information you need but without actually seeing anything at all. Lucidology 101 is all about visualization-free techniques. However Lucidology 102 is all about how to use visualizations to dramatically accelerate your OBE progress. In Lucidology 102 I'll show you exactly how to do mental projections make exit blindness a non-issue.

Up next in part 10 you'll find out why everything you've read about OBE vibrations in books is wrong and you'll find out the 3 easiest ways to tell how close you are to an OBE.

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.

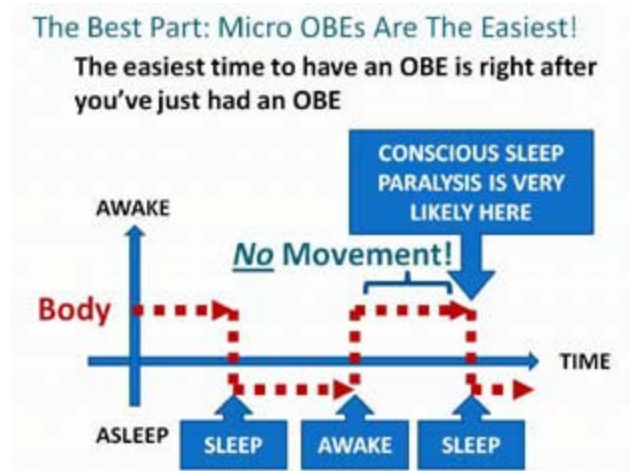
- Micro OBEs
- Waking OBEs - (which are very different from wake-induced lucid dreams)
- Trance Recycling
- Inductionless O.B.E.s



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.

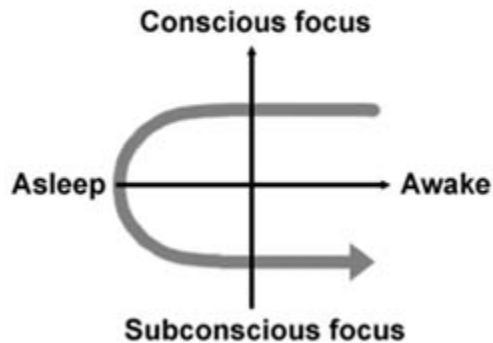
So you might wonder if you've gone through all the trouble of doing an O.B.E, why return right back to your body? It's because the whole trick to getting good at O.B.E.s is knowing the states and sensations and what the exit feels like.

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.



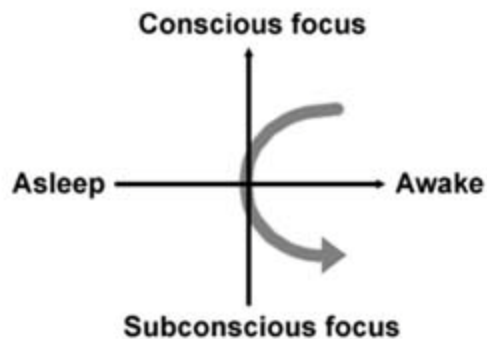
Here's the best part. The easiest time to have an OBE is right after you've come out of an O.B.E. because after an O.B.E, your body is already deeply relaxed and you already have a strong memory of your subconscious focus. So if you can have one O.B.E, you can have several. So how do you actually do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

**Starting Out:
Long Time Spent Getting In Deep Trance**



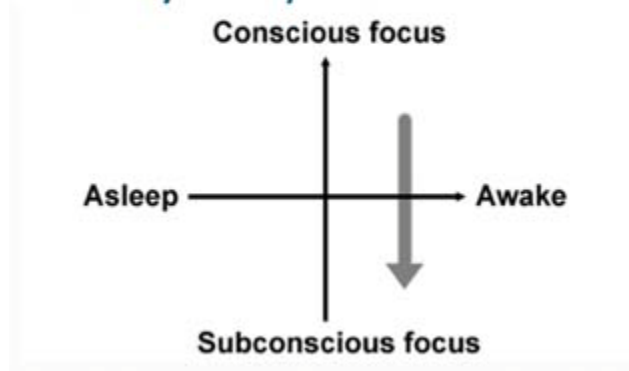
When you start out a lot of relaxation is needed to get to a subconscious focus. So to have micro OBEs we'll shorten the distance you travel into trance to have an O.B.E.

More Skill Means Less Time Relaxing

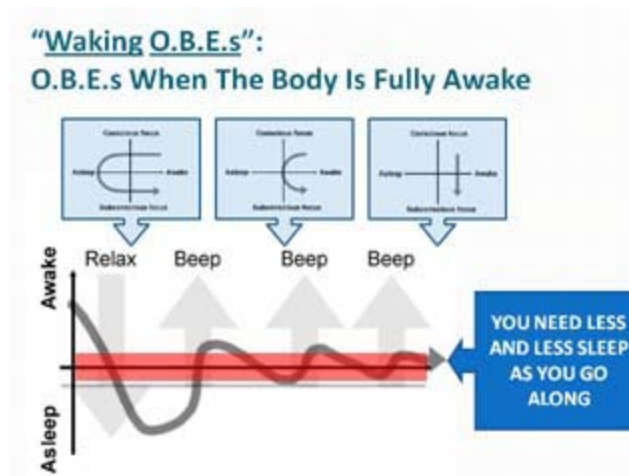


The more skilled you get the less you need to relax to access the subconscious.

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



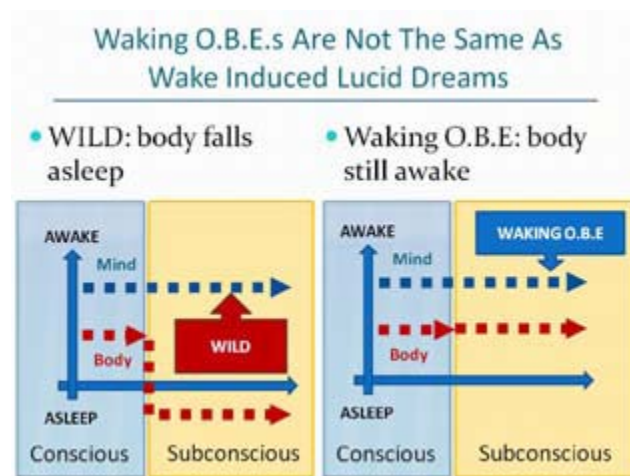
Pretty soon you can have an OBE while the body is fully awake! You go directly from a waking focus to a subconscious focus and the body remains awake.



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.



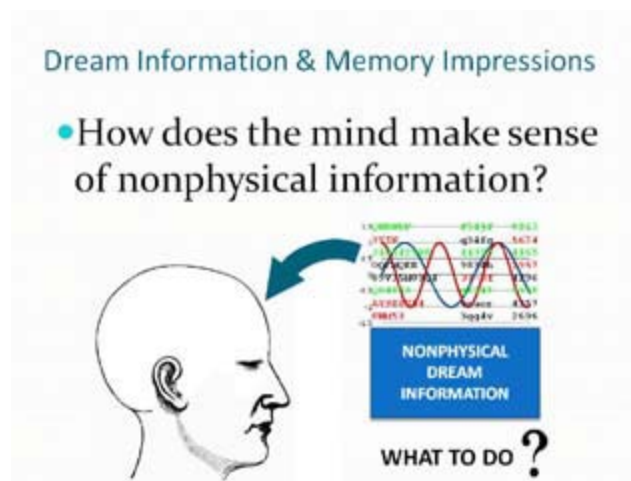
Keep in mind that a waking OBE is not the same thing as a wake induced lucid dream. In WILDs your body falls asleep and you enter your subconscious. In waking O.B.E.s you enter your subconscious but your body is still fully awake.

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.

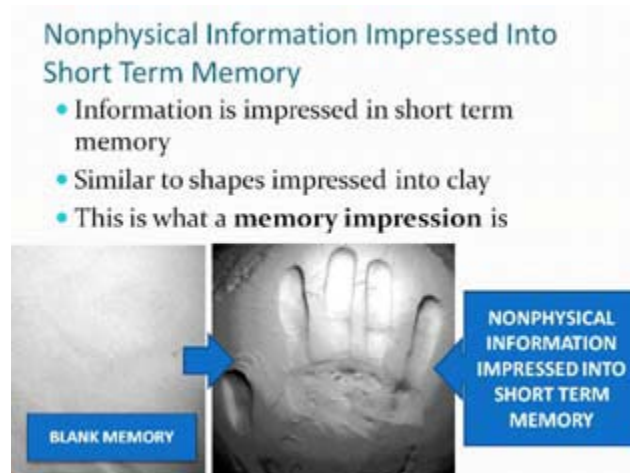


So what exactly are memory impressions? First, imagine your memory as like a dry beach of powdery sand.



Second, imagine your mind comes in contact with a

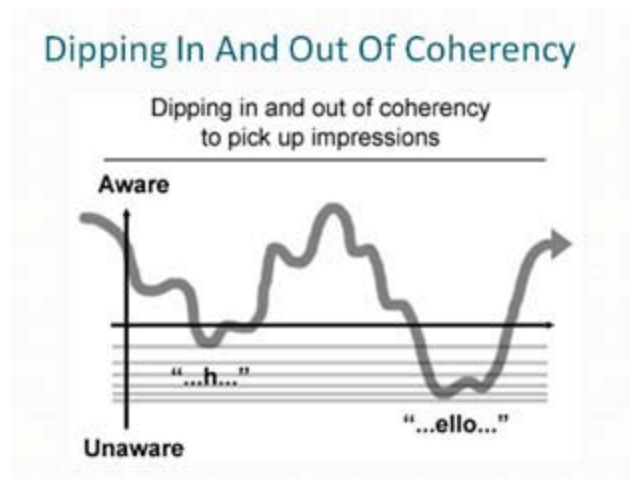
bit of nonphysical dream information. Dreams aren't made out of atoms like the physical world, so how does the mind make sense of the information?



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.

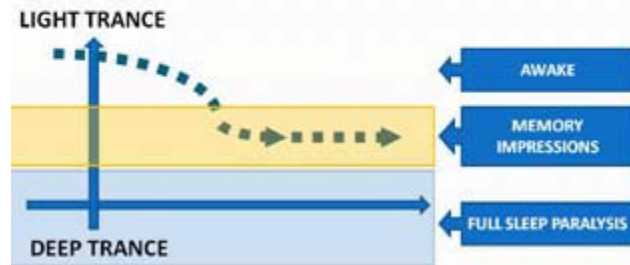
You will start to pick up memory impressions of these clues. For instance, you may find you have the memory that someone had just said something even though at the time you didn't consciously hear anything. You might also recall that a moment ago you were looking at a landscape and that you remember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

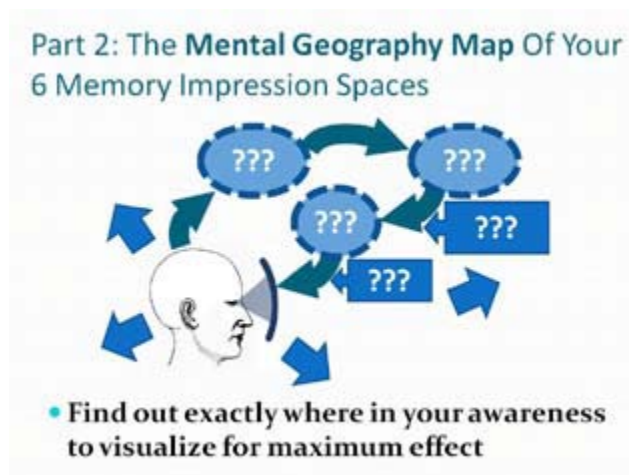
Inductionless O.B.E.s

- 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.

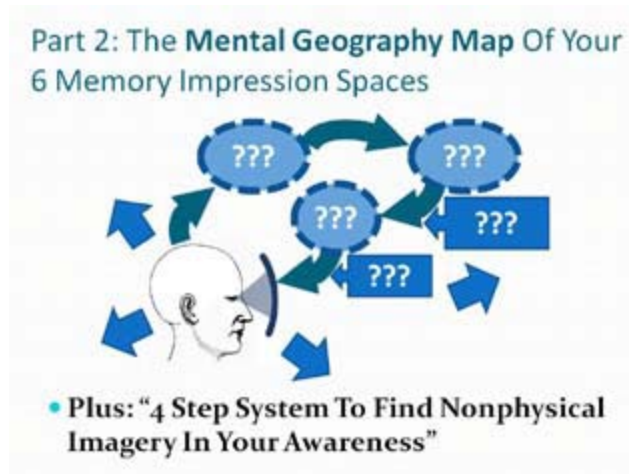
One of the problems with wake back to bed and the timer method is that it can leave you tired the rest of the day. Once you learn to do inductionless OBEs you'll be able to easily average an OBE or more each morning without having any effect on your sleep cycle.

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!