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# The 3 Killer Mistakes People Keep Making Over And Over When Inducing OBEs And Lucid Dreams

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## THE 3RD BIGGEST MISTAKE OF ALL

Question:

*"I asked you a question last time about vibrationless OBEs and you informed me very well and it really helped me out. Thank you very much Nick.*

*Now, after a very long time I felt sleep paralysis and its vibrations and rushing noises. So I went to bed last night sleep breathing and eventually felt the paralysis waves and loud rushing noises in my head and I was like finally I have those sensations. So I was just relaxing using sleep breathing past through these vibrations so that I can go to the quiet zone. But the main problem is my paralysis broke without any reason even though I was relaxing all the way through without even moving or so. It happened to me a lots of time like this. I don't understand why. First I thought I have reached the quiet zone when the paralysis faded and I tried the movement-free reality checks but it didn't work and I couldn't get the paralysis afterwards even though I didn't move. So I decided to simply go to sleep. Can you please help me? I'm really stuck at this point."*

Answer:

When paralysis breaks it often feels like it's all over and there's no way you can get back into it. You often feel too "awake" to be able to do it again.

You need to train yourself to IGNORE this feeling because it's totally inaccurate and of no use to you! You'll really be surprised how you really can TRICK your body into going right back into sleep paralysis using the same sleep breathing techniques you were already doing. The first minute or two of this, or even 5 minutes may not produce anything but your body will give in and enter sleep paralysis, especially if it was just in SP.

You mention that instead of continuing you just went to sleep. Really this is an odd contradiction because if you were able to relax enough to fall asleep you could have relaxed enough to enter SP again.

The whole core of Lucidology is doing a SERIES of mini inductions, the first few of which are probably going to fail. Each time you do it you get a little closer because of hypnotic fractionation:

When you enter trance, leave trance then go into trance again, the second trance is deeper than the first.

Don't underestimate the power of that simple idea. When you get halfway into an OBE and fail, it's NOT the time to get creative!

It's time to be boring and repetitive and do PRECISELY THE SAME THING AGAIN. Whatever just worked for you, do it again because that's the language your body speaks: consistency.

Your mind loves variety and wants new things all the time. Your body is trained by CONSISTENCY so whatever you just did that worked, do it again.

Finally, I hope you realize that you mentioned that you're doing this at night rather than in the morning.

The main things you should change is:

- 1.) Do it in the early morning
- 2.) Use the timer so you can do enter SP several times rather than just once. Not all SP is created equal, the SP you'll get after a couple cycles will be much more useful than your first one.

## **THE 3RD BIGGEST MISTAKE OF ALL: NOT IMMEDIATELY REPEATING WHAT JUST WORKED**

Over and over I see people that are just on the cusp of success but they don't make it because they stop too early. They stop right when they should have just repeated whatever they were just doing.

In some of the questions I get, people write about having laid in the same spot for 4 hours and having gotten nothing.

Long monolithic inductions are NOT the Lucidology style! The idea is lots of quick, tiny inductions and it's no big deal if a couple fail.

In Lucidology math, lots of tiny failures actually add up to one big success. Use that to your advantage!!!!

## **THE SECOND BIGGEST MISTAKE PEOPLE MAKE**

You'd be surprised how many people write me and open their emails with saying "A few years ago I had a couple random OBEs by pure luck, now I'm wondering what I can do to have more?"

It's great that people are developing more and more of an interest in OBEs and it's even better that some already have some experience with them so they know what to expect.

If you've had some uncontrolled OBEs before, those are really your biggest assets when it comes to having more.

However, the key to leveraging them is to give up on the idea that they happened "randomly" or because of "luck".

When you meticulously re-create the precise scenario that led up to your OBE you make repeated success much more likely.

These factors include:

- How hot or cold was it in the room?
- What time of day?
- How long since your last meal?
- What was in your last meal?
- How long had you been asleep?
- What time did you go to bed?
- How tired were you?
- How much time did you spend outside getting sunlight the previous day?
- How many times had you woken up and fallen asleep before then?
- Had you slept totally soundly or were you sleeping restlessly?
- Were there any noises or distractions in the room?
- How much light was in the room?

In Lucidology 101 I talk about how it's important to do OBEs in the early morning because your hormones and general body chemistry are optimized for lucidity then.

(The absolute worst time to have OBEs is when you go to bed at night, also due to body chemistry.)

All of the factors above affect your body's chemistry and your ability to relax and then become alert in your subconscious.

In order to eliminate the "luck" factor you have to carefully reconstruct every tiny detail all over again the next time you do an OBE.

So this is the 2nd biggest mistake people make: thinking that an OBE was because of "luck" and that there's nothing to be learned from it.

There is ALWAYS ALWAYS ALWAYS something to be learned about every OBE!!!

Therefore, always repeat the scenarios surrounding your successes!! There is always some combination of factors that build up to a positive result. Keep notes and no matter how strange the situation may have been, if eating pineapple pizza ended up giving you an OBE later on, eating pineapple pizza just might do the trick again. Use that fact, it's the fastest way to make progress!!!

## **THE SINGLE BIGGEST MISTAKE PEOPLE MAKE WHEN INDUCING OBES**

Before I explain the mistake, here's a new success story which shows how well things can go for you and how easy it works when you DON'T make the mistake...

*Question:*

*"I tried an OBE yesterday morning. I tried to have an OBE but instead I managed a successful WILD. In fact a very, very long one. Thing is... in this lucid dream I had, I was fooled, tricked. It went like this:*

*I wake up at seven. I did stuff till eight. I get back into bed and try an OBE. Eventually I become deeply relaxed and there is tons of hypnagogic imagery. It starts distant and unclear but it gets very vivid as time goes by. Then, my mind just explodes with hypnagogia. Visuals everywhere! I hear tons of voices. Then I see flashes of my room as if I can see through my eyelids. Then I see my laptop in front of me, and only that.*

*By this time the voices are at their peak. They were completely understandable. I can hear word for word. Only there were so many voices I couldn't listen to them all. Then voices of two people I know started talking to me. They started calling out my name over and over. I get the feeling that their frustrated at me for not replying. At some point I also heard a huge BOOM/BANG! I think, Ahmed has gotten these bang sounds before!*

*After that VIBRATIONS, never ending vibrations. I get two small waves like when I had my first OBE. I have that thought while its happening. But then a third wave comes and it does not end. It keeps going and going. I'm thinking, When is this gonna end? All of a sudden I'm in sleep paralysis. I try to separate, I fail. Then I open my eyes. I see my room and I am lost for words. The first thing I noticed was the color.*

*I won't try to describe the colors. The next thing I noticed was how the door wasn't where it is normally. But then I saw another door where it always was. There were two. There was a huge window across from my bed. It was like a replication of my room on some alien star ship. Everything was sooooo different yet the same. It spooked me a bit, the way it looked; it was dark and alienly sinister.*

*Then I thought, shadow beings? There were none. Then I started to get dragged from my bed. I thought, Whatever, just go with the flow. I was then pulled into the space between my bed and my bedside*

*table/drawer thing. I felt my body curl up into the space. I then close my eyes. I try to separate but fail. I open my eyes again I see the same room and everything that happened before happens again.*

*Only this time I am pulled into the wall closest to me. All I see is a strange green-grey. I am unable to move or separate. Seeing no progress will be made now, I want to wake up. This way I'll at least be able to remember all this clearly and write it down, or as I am now, typing it. I try so hard to move. I can't, no matter how hard I try. I think back to what Nicholas Newport said. I try breathing fast and hard.*

*It works; I wake up. I sit in bed and start to think about everything that just happened. I suddenly realize that all of this was not a failed OBE. In fact, I had achieved a WILD without realizing it. I was aware the whole time but I thought I was going through a failing OBE. I failed to tell the difference between an OBE and a lucid dream. It was all a dream starting from the vibrations. I was aware make no mistake, but I had treated everything as if I was on the path to an OBE. I get out of bed wondering how much time has passed. I change my shirt because the one I was wearing smelled. (In waking life it really did smell)*

*I take a moment to decide which shirt I will wear. Whether it'll be the one that I had over my eyes or something else. I then walk out of the room. On my way I look out the window and notice it's dark. This confuses me. I wonder, How long have I been here? I walk into the living room and see my mom and my sister on the couch. Nothing new here. I exchange a few words with my mom but didn't pay attention to what she was saying.*

*My focus was on the leather coffee table next to us. There was something moving inside of it. I go, Oh! That's where the mice are living. I hope my mom doesn't notice. She does and I wake up. For real this time. I think back and realize I had experienced a false awakening. But the conclusions I made in my false awakening about the WILD and how I treated it like an OBE remained true.*

*What do you make of this?? Was it a WILD or an OBE?"*

**Answer:**

The voices sound like what Robert Monroe called M-Band noise. Basically you're picking up on thoughts people are broadcasting uncontrollably into the collective unconscious. The M-Band noise usually happens at a slightly deeper level of trance than rushing noises, and like you said often occur with vibrations.

As for whether this was a WILD or OBE, the two are not necessarily mutually exclusive. In both LDs and OBEs you're focusing your awareness into a nonphysical space with deliberate awareness of what you're doing.

What makes a WILD a WILD is just that you don't lose consciousness as you go into the LD or OBE, so you can have a WILD OBE, which is what this sounds like.

I've mentioned in previous newsletters how the shift into an OBE can happen and be so smooth that you don't realize it unless you do a reality check. You can be laying there in the OBE and think that you're

still physical, this can be a problem because if you're already in the OBE and try keep relaxing you probably won't get any farther.

However in your case, the odd appearance of the room was the reality check which meant you didn't miss the OBE.

I definitely suggest using the blindfold reality check from Lucidology 101 to help ensure that you don't miss any future OBEs.

## **AND NOW... THE SINGLE BIGGEST MISTAKE PEOPLE MAKE WHEN INDUCING OBES**

The single biggest mistake people make is doing the OBE induction at night.

Why? It's basically because your body's hormones are configured for the total opposite of lucidity before you go to bed. However, your hormones are optimally configured for lucidity around 4 or 5 in the morning before you get up.

The details and reasons for this are given here:

<http://www.lucidology.com/blog/85/lucid-dreams-brain-chemistry-sun-light/>

You'll notice that in the OBE above and basically all the other OBE stories people have written in, that they did the OBEs in the \*\*\*early morning\*\*\* NOT AT NIGHT.

In fact, **you'll notice that in the above OBE, when it started it pretty much just swept him into the OBE and there wasn't really a whole lot he had to do other than relax and stay aware.**

The reason that was possible was he had prepared his mind and body for the OBE by using wake-back-to-bed in the early morning. OBEs don't happen that easily at any other time of day.

All the books tell you to do OBE attempts as you're falling asleep at night but this is a billion times harder. It's not impossible and I have done it a couple times then, but it's so much easier in the early morning that it's not even funny.

So bite the bullet and use the early morning wake-back-to-bed methods described in Lucidology 101! You'll be glad you did!!!

## **Presenting Lucidology 103 - How To Activate Your Nonphysical Sight To Have Your Very First OBE...**

# LUCIDOLOGY 103

## HOW TO ACTIVATE YOUR NONPHYSICAL SIGHT TO HAVE YOUR 1ST OBES

The Illustrated A To Z Guide How To Make Visualization Easy By Cleaning Out The Nonphysical Eyelid Glue That's Been Keeping You Nonphysically Blind Your Entire Life

You'll See How Amazingly Detailed Nonphysical Sight Can Be, And How Physical Sight Is Really Like Seeing The World Through Fogged Glass

We'll Cover:

- o How To Enter Trance Quickly And Reliably
- o How To Open Your Nonphysical Eyes Even When In Very Light Levels Of Trance
- o How To Clean Out Your Nonphysical Eyes
- o How To Convert Even A Tiny Sliver Of Nonphysical Sight Into A Full Blown OBE, Over And Over Again

Read On Below To Find Out Exactly What You'll Get When You Purchase Lucidology 103...



See How To Make Your Sight In OBEs Far More Vivid And Clear Than Anything In Physicality!

## What They Don't Tell You In Books On OBEs

**Hi there,** this is Nicholas Newport.

The biggest problem with OBEs that you never hear about in books is that at the start, your OBEs are going to be the pits!

In your first several OBEs, there's a good chance you're going to be totally blind in them with your eyes glued shut with nonphysical gunk that's accumulated there over the course of your life.

You'll probably end up staggering around, barely able to stand up. And if you do manage to get your sight working, the OBE area you're in will probably be dark and dreary unless you do something to change things.

This nonphysical gunk in your eyes is something we covered briefly in Lucidology 101, but really it deserves a lot more attention to it since it's the main reason visualization in OBEs is hard.

The books on OBEs will tell you the main reason people don't do OBEs is because of fear. That's completely untrue. The real main reason they don't have OBEs most people don't even know that OBEs exist.

## Ever Wonder Why Visualization Is Hard? It's Because Your Nonphysical Eyelids Are Glued Shut With Nonphysical Gunk!

The second reason people don't do OBEs more often is the few who look into it and try it remain stuck in their body by nonphysical gunk and are blind because they can't get their nonphysical eyelids open.

That's what we're attacking in Lucidology 103: We're clearing out the gunk so that you can easily catch your first glimpse of your nonphysical surroundings and then use that 1st glimmer of nonphysical light to turn it into your first full blown OBE.

This gunk can be pretty nasty stuff, not only does it hold your eyelids shut, but even after you tear your eyelids open it has a kind of magnetic effect that pulls your eyelids back together.

It also keeps coming back. If you don't keep it cleaned out, returns after a few days or weeks and makes OBE inductions difficult again.

## Lucidology 103 Cuts Through The Crap, I've Only Included What Works The Best For Clearing Out The Nonphysical Gunk In Your Nonphysical Eyes So You Can Visualize Easily And Clearly

It doesn't have to be like this! In Lucidology 103, I'll take you through step-by-step exactly how to get to where you can open up your nonphysical eyelids and see nonphysically for the first time.

Then, I'll show you 4 brand new OBE inductions that are specifically tailored around the fact that you'll finally have a working set of nonphysical eyeballs.

We'll also cover 16 practice exercises designed to clean out your nonphysical eyes and keep them cleared by having frequent success with your OBE inductions.



These are by far my most powerful OBE tricks ever. I've spent the last two years since Lucidology 102 came out developing them. These are not techniques you can find anywhere else because the only place I've described them is in Lucidology 103.

There were a great number of techniques I tested and tried in developing these. What you have in Lucidology 103 is only the best, most reliable and favorite methods I've found. I have opted for quality of techniques over quantity.

This means you have the greatest possibility of success by only focusing on the most proven and reliable OBE induction secrets.

Clearing out your nonphysical sight will enable you to break free from the dark, dreary areas that a lot of new OBEers end up in. By cleaning out your nonphysical body you'll be able to start doing superhuman feats in your OBEs like flying, walking through walls and using x-ray vision.

## Physicality Is Small And Stunted Compared To The Hyper-Realism Vision And Superhuman Abilities You Can Have In OBEs - If You Use The Right Tricks

The nonphysical universe is absolutely amazing. There really is a lot more to things than just this tiny fraction of reality we call physicality.

So if you're going to make it your business to see what the nonphysical world is all about, then you better see it CLEARLY.

That's what Lucidology 103 is about, making your first OBE both simple and mind-blowingly fun when you do it, so you'll want to do it again and again!

In fact, physical sight is actually not all that good, at least not compared to the hyper-detail, hyper-realism you can get in OBEs once you finally have clean nonphysical eyes.

It's a lot like an old fuzzy TV screen from a 1950's TV versus a 60" high-definition monitor.

Clean nonphysical sight just has a greater volume of information streaming into your eyes than what is possible with your clunky old physical eyes with their physical rods and cones.

There are limits to physical eyes. I don't think nonphysical eyes really do have limits. The more I use these techniques, the better and more incredibly detailed my vision gets.

It's like having elf-eyes from the Lord Of The Rings in which you can see a gnat on an orc's nose on the other side of the horizon.

Once you've done a couple, or even one, Lucidology 103-style OBEs and have seen what is really possible with your nonphysical sight, it will be quite disappointing to return to physicality

where you've got to view the world through eyes that make things seem like you're looking through fogged glass.

So to get started, click the orange button on the right side of the page, or the one below. On the next page I'll guide you through the rest of the order process.

## What's Included

Lucidology 103 contains the complete course in .MOV video format which you can download instantly. MOV video files can play on any computer, whether Mac or Windows-based.

I've also converted all the full color illustrations and slides from the video into annotated PDF documents which so you have a text version of the course that you can print out and refer to at any time.

I am also going to be expanding Lucidology 103 based on the feedback and questions I get. So the sooner you get your copy and send in your question, the sooner you'll get your personal questions answered.

Just use the contact form to send me your questions and I'll include it in the upcoming Lucidology 103 update.

## 103 Works Without Needing To Be Able To Do 101 Or 102 Style OBEs

One question I've received was, "So far I still working on my first OBE inductions. So can I just do Lucidology 103 without 101 & 102?"

Yes, Lucidology 103 is designed so you can use it by itself without needing 102. 103 builds on 101 and shows the new improvements I've found that you can make to 101-style inductions which make things simpler.

In particular, with 101 you need to enter waking sleep paralysis. With 103 that requirement is removed so if you've never had an OBE before you'll have better success if you see 103.

## How To Get Started

To get started with Lucidology 103, just click the button at the bottom of the page. I'll guide you through the rest of the process on the next page.

**Ready to get started? Here's How To Take The Next Step...**

**[Click here to get Lucidology 103 and activate your nonphysical sight to have your very first OBEs!](#)**

**<http://www.lucidology.com/103>**

p.s. The sooner you start the faster you'll have your first OBE! Thanks and I'll see you there!