

Oversoul Contact Sect 1a



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Section 1a Exercise Sheet: How Is The Universe Constructed & What Is An Oversoul?

Most of these exercises will be the type where you set the intention to have these experiences at some point in your OBEs, but you may not be able to plan specifically when they happen. Just keep them in the back of your mind and start having as many lucid dreams and OBEs (using Lucidology 101 and the 100 OBE System). Then when you have success, record your results below.

1.) **Increase lucidity by projecting “snap out of it” feeling to observer aspect**

The first exercise is to use the practice going to sleep at night with the feeling that the aspect of yourself that’s observing your earth self through the earth consensus reality “movie theater” snaps out of the trance it’s in.

When that aspect of yourself snaps out of the trance that has it focused so deeply in physicality that it’s not aware of its nonphysical surroundings, you experience lucidity because you become aware of what is actually going on and that your physical focus is really just a small subsection of the whole universe.

WARNING: Do NOT make this harder than it is. Do not think so hard about snapping out of the trance that you take any longer to fall asleep than you normally do. **You should fall asleep just as quickly as you always do** because you’re merely putting this intent for your nonphysical aspect to snap out of it in the back of your mind. Don’t make it something that you concentrate really hard on.

Date:

Description:

2.) Achieve an observer-aspect perspective (Movie theatre consensus reality OBE)

After a bit of practice doing 1.) you'll achieve a focus of the nonphysical aspect of yourself observing your physical life through the consensus reality "movie screen". When you find yourself in an lucid dream or OBE looking around in the theater, record the date and description of what you saw.

Date:

Description:

3.) Use a movie screen to purposely re-enter physicality

Look down toward the bottom of the movie screen and see where it actually continues down into the ground a long way. This should cause you to get sucked into the screen and return to physical awareness.

Date:

Description:

4.) Use a movie screen to 'accidentally' re-enter physicality

Movie screens can suck you into them even if you don't intend it. Watch your dreams for a case where this happens.

Date:

Description:

5.) Jellyfish oversoul OBE

In your OBEs, set the intent and ask for permission to visit your oversoul/disk/jellyfish self floating in the black void. When you are able to get a glimpse of it, describe what you saw below.

Date:

Description:

6.) See your oversoul library

While you're visiting your oversoul disk jellyfish, find an entrance and see if it leads you to your personal library of soul records. See how much you're able to recall when you're physically focused.

Date:

Description:

7.) See glimpses of other incarnations

Get in the habit of immediately looking at yourself when you become lucid and see if you can catch a glimpse of your other incarnations. This works best when you become lucid from within a nonlucid dream. It probably won't work when doing an OBE in which you start out focused in your physical body.

Date:

Description: