

Oversoul Contact Sect 1b



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Section 1b Exercise Sheet:

**What Is The Afterlife? What Happens
After Death? What Is The Purpose Of
Life? Will I Go To Heaven Or Hell?**

1.) **Dual Focus OBE**

While completing an OBE, pause for a moment during the separation process and pay attention to how you have a focus on both your physical and nonphysical bodies. The safety cap exit from Lucidology 101 is especially useful for this. This is similar to the process of an oversoul splitting off a part of itself to have a physical incarnation. Once the OBE over and you're back in your body, note that your two selves are fully reintegrated without loss of identity.

Date:

Description:

2.) **Observe your dream self splitting focus**

Watch your dreams and pay attention for a case when your dream self splits itself into two selves and each explores a different option. For instance, when a dream ends you may find that one part of your dream self stays within the nonphysical focus while another part returns to physical life when you wake up.

Date:

Description:

3.) **Observe someone else in an OBE or lucid dream splitting focus**

Pay attention in dreams for cases where you see someone else split themselves into two aspects with each focused on a separate task. For instance, you may see a teacher split him or herself into two copies when two different students ask questions at the same time.

Date:

Description:

4.) **Pre-life lucid dream**

Go to sleep with the intent of getting information from your oversoul what your thought process was like the moments right before you decided to incarnate physically on earth. Was there a lot of planning involved or was it more of a spur of the moment kind of thing?

Date:

Description:

5.) Kaleidoscoping level

Request permission from your oversoul to become lucid in a kaleidoscoping area in which people rapidly cycle between different aspects of their various incarnations. Record what you find below, did it seem freaky to you?

Date:

Description:

6.) Existence Of Heaven & Hell: Do consequence-less actions exist?

Come up with a list of all the things you can do which have no effect on you and which you can do without being affect by any consequences. If your list is empty, you're done with this step. Otherwise, begin doing the items on your list repeatedly during your day to day waking life and see if there really are no consequences to any of them.

Date:

Description: