

**Lucidology 103:**

**How To Easily Activate Your**

**Nonphysical Sight To Induce Your Very**

**1st OBEs**

**[www.lucidology.com](http://www.lucidology.com)**

**“Part 4: New Sleep Breathing Tricks”**

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## Getting Over Slumps

After staying in bed all day for a couple days experimenting with roll signal OBEs, my sleep cycle got messed up. I was able to have lucid dreams but no OBEs.

To get over the slump I found that focusing on my sleep breathing was crucial – had gotten sloppy about it. With that change I able to do pivot point OBEs using roll signal.



## Lucidology 101 Review: Sleep Breathing

- **How To Get Over Slumps**
- **OBEs Without Sleep Breathing Is Like Driving A Car With No Body, Windshield Or Seats**
  - **It's Not Required But Doing It Makes It Much Easier**
- **The goal is to fool the body**
- **Record Your Sleep Breathing!**
  - **Get a voice recorder for \$30 on eBay**

## Lucidology 101 Review: Sleep Breathing

1. The next critically important thing to use when inducing eye pry OBEs is to get good at sleep breathing. Sleep breathing isn't quit a fundamental of OBEs but it's close. If you were to drive a car on the road, the car fundamentally needs wheels to apply power against the road, some sort of mechanism to spin the wheels, some way to steer the wheels. That would be enough to have a functioning car but it wouldn't be much else. **Doing OBEs without using sleep breathing is the**

same way, you can do OBEs without using sleep breathing but it's more difficult than it needs to be and is like driving a car with no windshield, no seats and no body. All of my early OBEs were done without sleep breathing, but since I've started using it everything has become a million times easier.

2. Sleep breathing is nothing more than breathing exactly like you do when your body is asleep. **The goal is to fool the body** into thinking that your mind has totally lost focus on breathing and has long since fallen asleep.
3. **Record Your Sleep Breathing!** The best way to do this is to record your breathing using a digital recorder, you can get one for \$30 or so on ebay. Getting a recording of your exact sleep breathing style do more to show you how to breathe than I ever could, but in the meantime here's what to look for in your sleep breathing...



## New Changes To Sleep Breathing

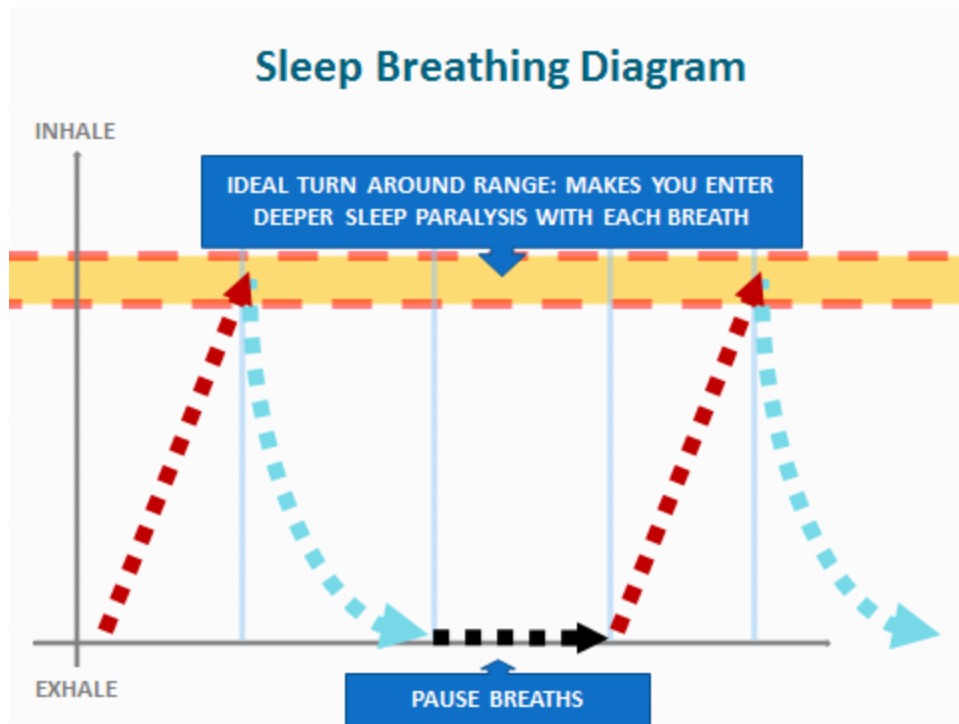
- Changed exhailes
- Variable pause breaths

## Lucidology 101 Review: The Anatomy Of Sleep Breathing

- **Inhale** - somewhat deep and full, but uses very little muscle tension, to about 90%
- **Exhale** - simply let your chest relax spontaneously
  - **Relax On Exhale**
  - **Crossover point**
    - Inhale too far the body takes that as a signal that the mind is still awake
    - Inhale too little your body doesn't relax enough
- **Pause Breath** – without a pause between inhale/exhale, the body is not fooled

### Update On The Anatomy Of Sleep Breathing

1. **Inhale:** The inhale is somewhat deep and full, but uses very little muscle tension. Sometimes the inhale through your nose can make a bit of noise but more often than not it's relatively silent.
2. **Exhale:** There is no pause between inhale and exhale, when there is a certain amount of tension reached in the rib cage, you simply let your chest relax spontaneously which forces the air out naturally. The exhale produces the most breathing noise and is considerably more forceful than when you breathe while awake.
  - a. **Relax On Exhale:** As you exhale, feel tension flowing out of you with each breath. If you don't feel noticeably more relaxed after each breath you're not doing it right. When you get to 50% paralysis you can bring it up to 90% or 100% paralysis using sleep breathing and with each breath you'll be able to definitely tell the difference in relaxation and paralysis. That is a good way to practice getting the rhythm and depth right.
  - b. **Crossover point:** The point at which you switch from inhale to exhale is critically important, if you inhale too far the body takes that as a signal that the mind is still awake. If you inhale too little your body doesn't relax enough during the exhale and you don't make enough progress toward full relaxation.
3. **Pause Breath:** Once the ribcage has fully relaxed from the exhale, the body pauses for a second or two before inhaling again. The point here is not to deplete oxygen levels, but to have a moment where the body is doing nothing and can relax that much more. If you don't include this slight pause in between breaths, the body will not be fooled and will not enter sleep paralysis.



### Updated Secret Of Variable Pause Breaths

1. Here's a new trick on how to really make sleep breathing work effectively by varying the length of the pause breaths. Recall from Lucidology 101 that pause breaths are useful when going from partial paralysis to full paralysis. While you're pausing your breath, the body paralyses a bit more allowing you to go from 90%, then 92%, then 94% and so on up to 100% paralysis after several pause breaths.
2. It turns out you can also use this at the start of your relaxation and then once you feel like you're pretty relaxed, you go back to normal pause breaths.
3. This means there are three stages:
  - a. **Initial Long Pause Breaths:** When you first relax the pause breaths might be 3 or 4 seconds long.
  - b. **Middle Medium Pause Breaths:** Once you get relaxed, shorten them to about 2 seconds or so.
  - c. **Finishing Long Pause Breaths:** Once you get into partial paralysis, use long 4 second or so pause breaths to enter full paralysis.



## 3 Stages Of Variable Pause Breaths

- **Initial Long Pause Breaths:** When you first relax the pause breaths might be 3 or 4 seconds long.
- **Middle Medium Pause Breaths:** Once you get relaxed, shorten them to about 2 seconds or so.
- **Finishing Long Pause Breaths:** Once you get into partial paralysis, use long 4 second or so pause breaths to enter full paralysis.

## The Power Of Pause Breaths And Sleep Breathing

1. **Blackout Breathing:** Sleep breathing is very powerful. However it's not easy at first to know that you've got the breathing correct because at first it seems like it's not doing anything. You'll find that a lot of times you black out all of a sudden. Sleep breathing can also be called 'blackout breathing' because it has this powerful effect.
2. **Like Living An Extra 24 Years:** I've noticed that I can go to sleep at 10 and get up at 5 and be totally awake the rest of the day. That's not something I used to be able to do, I used to have terrible insomnia and if I went to sleep at 10 I need to sleep until 9 to get enough rest. I think that the main skill that made that possible is sleep breathing. The use of variable pause breaths is with sleep breathing probably the single most powerful insomnia and rest efficiency trick you can use. That extra 4 hours means your day is 17 hours long rather than 13. That's a 30% increase in time. The average lifespan is 78 years, so those extra 4 hours are like living to 102 or giving yourself another 24 years.
3. **Re-watch Lucidology 101 if you don't already know this like the back of your hand!**
4. **Great For Curing Colds:** Sleep breathing for about 15 or 20 minutes in the morning seems to wipe out colds and flus before they become strong. I never get sick any more since I've started doing this when I feel like I'm coming down with something.

## Sleep Breathing

- **Blackout Breathing:** At first it seems like it's not working but all of a sudden you've blacked out
- **Like Living An Extra 24 Years**
  - Sleep At 10, Wake At 5 Vs. Sleep At 10 Wake At 9 => 4 Hour Difference
  - 17 Hour Day Vs. 13 => 30% More Efficient
  - Avg. Lifespan = 78 Years => Like Living To 102

## Curing Colds

- Use sleep breathing or any deep breathing in morning for about 15 or 20 minutes
- Flooding body with oxygen knocks out colds before they get started
- I never get sinus infections, flus or colds any more