

OBE14 – Inducing an OBE in (less than) two weeks

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Introduction

Welcome to OBE14. My name is Benjamin, I am 21 years old. I started reading about out of body experiences and other “paranormal” phenomena when I was about 14 years old. Much like most aspiring projectors, I was very excited about it all. I was already looking forward to flying around, meeting dead relatives, visiting far away friends and doing pretty much anything I wanted in the great world of dreams.

Every night, I would take some time to practice. I would lay on my back, stop moving, wait for all my muscles to shut down, and then I would do all these visualization exercises, expecting at some point that I would find myself in the middle of my room, with a night of fun waiting for me. I would religiously try every technique I could find, visualizing cubes and tunnels and whatnot.

Unfortunately, after months of “trying,” I got discouraged. I did not have what it takes. Obviously, my attempts were futile because I lacked the super-psychic powers required to leave the body! No wonder nobody around me knew about it, only an infinitesimal fraction of the population can do it!

Oh, how wrong I was!

This article has two purposes: The first one is to ensure nobody makes the same mistakes I did, the second one is to ensure you have a successful experience.

You do not need any accessories. No tapes, no drugs, no magical dream goggles. All you need is you (which I assume you have), and a place where you can rest. This place does not have to be in complete darkness, nor does it need to be perfectly quiet. If you can fall asleep there and stay asleep for 8 hours every night, that’s good enough to leave your body.

I’d like to acknowledge two very important people. The first one is Robert Peterson and his very useful books, which have prepared me mentally in such a way that I have not, to this date, experienced much that was unexpected. The second one is Robert Bruce, the author of Astral Dynamics, for turning the astral into a science. His book, in my mind, is quite possibly the beginning of something we can barely begin to understand at this point in time, regarding science and spirituality.

I. Important information

There are many misconceptions that plague the “OBE world” today. Many beginners read things and get the wrong impression about OBEs. I feel I should address them before explaining any kind of technique, and I highly recommend that you read this chapter before rushing to the technical part!

First, I want to address the common misconception that dreams and lucid dreams are not OBEs. Too many people tend to tell those who wonder if they have successfully projected things like “it was just a lucid dream, you failed!” because memories of dreams and lucid dreams are (often) not as vivid as those of “true” out of body experiences. The truth is, dreams and lucid dreams, just like OBEs, occur outside the body. A lucid dream, in essence, is an out of body experience where you have not felt the separation.

Because of this, you will often start out by not knowing that you are dreaming until you notice something odd. And even if something odd does happen, you might not even realize you are in a dream! For instance, I once got up from bed after a series of lucid dreams, and went out of my apartment to look for people, so I could ask them if I was still dreaming. When I opened the door, there was construction equipment everywhere. The elevator's panel now had 51 buttons instead of the usual 4. My building had become a skyscraper overnight. Believe it or not, that did not even phase me, I was still very eager to meet someone outside who could tell me whether I was dreaming or not.

So, knowing this, if you already know how to lucid dream, you can stop reading right here. I do not have much to teach you, as you've already been out of body! The "trick" here is about levels of awareness.

In a regular dream, you are at the lowest possible level of awareness. You will not be in control of your actions because your subconscious creates everything and makes you a passive observer. There is absolutely no objectivity there, and you can be sure that anything you experience will most likely not be "real," but a creation of the mind.

In a lucid dream, you are a little higher on the scale of awareness. Here, you are aware of your actions and your conscious mind is directly in control. The problem is, while you have the illusion of free will, your subconscious is still very present. Any fear, doubt, desire you may have could instantly be materialized without you even thinking about it.

In an OBE, particularly in the famous "Real Time Zone," you are entirely in control of your actions, with the added benefit that your subconscious is not "polluting the landscape" – you are out of body, and witnessing everything as it is in the real world. The key problem most people experience is the distortion caused by the subconscious. As your subconscious slowly affects the environment (changes lightbulbs into birds and your carpet into grass), everything around you could possibly change so much that you will not be experiencing "reality" anymore, but your own reality. This is what happens in most lucid dreams, except by the time you get there, your environment will already be a dream environment. If possible, will yourself into your house and concentrate on reality.

This document is not aimed at making you reach any of these planes in particular, however, my goal is to get you to the astral, and to help with controlling your awareness. Once you get there, whether you experience a totally "subconscious-polluted" lucid dream or a full-fledged objective OBE such as the ones we see in books, it will be your task to gain experience so that you increase your awareness level and control what you want to see better.

You may have heard that we leave the body every night when we fall asleep. This is certainly true. Many travelers have reported seeing sleeping people hovering a few inches above their physical body, or even walking around, acting out their dreams. Children, especially, are reported to be floating around the house, playing during the night. What is also commonly reported is that, while 100% of people project every night, 99.99% of them forget the experience.

The "memory theory," as I like to call it, is basically this: if you've ever attempted to have an OBE but ended up falling asleep, chances are you did not fail. As a matter of fact, you most certainly did leave the body when you fell asleep, as all of us do. The thing is, you either did not remember it, or you were not conscious enough, and as such, all you can remember from the night before is a dream.

Robert Bruce recommends going back to your body as fast as possible after your first exit, just to make sure you remember it. As he puts it, "one short OBE you remember is worth much more than 1000 long OBEs you've forgotten!"

Imagine this for a moment... Every night of your life, you have been getting out, experiencing awesome things as if it was the first time you ever left the body, and by the time you went back, you had forgotten the entire experience. As a result, you just woke up and went about your usual business. You probably did not even think about it until someone around you mentioned having a funny dream. "Hah... I haven't dreamt in years!" I often hear people say. The thing is, everyone dreams. Everyone dreams every single night. Everyone leaves the body, and has more or less amazing adventures, and ends up forgetting them! All they need to do, however, is to find a way to trigger the memory reflex.

The easiest way to reach the astral is to fall asleep. All those techniques you see around are pretty much just elaborate ways to fall asleep. According to Robert Bruce and my very own mother, it -is- possible to remain awake as you exit, and to go about your business while an astral copy of you is having an adventure. Then, the astral double will come back and your memories will be added together. But that is not the goal of OBE14, and is very difficult to achieve intentionally. The goal of this document is to give you the basics on how to properly train your consciousness to achieve your first conscious lucid dream/OBE.

II. The techniques

Training your memory

Have you dreamt last night? What about the night before? What about last week? Last month? How many times do you dream a week? Do you think it's odd that people who keep a dream journal seem to have them several times a week but you can't even remember the last time you had a dream?

For some people, it all comes naturally. They go to bed, have a dream, wake up thinking about it. No biggie.

But for most people, it will take more than passively waiting for dreams to happen in order to remember them.

From now on, before you go to sleep, you must remember to remember. You've probably seen these "affirmations" in books or online, such as "I will remember my dreams" and "I will realize I'm in a dream and manipulate the dream environment at will." You probably did not take them seriously, somehow expecting that these words are supposed to magically affect your subconscious. Some people even go as far as saying that using the future tense will not affect your subconscious. Oh, really now? Maybe I should program my subconscious to prevent me from ending sentences with prepositions, since it seems to be such an eminent grammarian. Joking aside, the affirmations do really work, but not because they program your subconscious. What you must come to understand is that if you plan on waiting to see what is going to happen while you sleep, you might as well shoot a gun at a 45 degree angle and try to see where the bullet will land with your naked eye.

Remember that there is a very high chance that you will somehow be conscious at some point in your dream. There is a technique in the next section that will help you

“muscle” your awareness, so that is not the concern here. The big concern here is memory. Idly expecting to remember will do you no good. You must, once you are in dream world, express the will to transfer your astral memories into your physical brain. As Robert Bruce puts it, “download” these memories into your brain before you go back.

I cannot stress this enough: it is by actively bringing the memories along that you will bring them with you. If you do not do this, it will be as if nothing happened, and it is probably the very reason your projection attempts have failed so far!

Training your awareness

Now you may be wondering, “well, that’s really great and all, but how should I will myself to remember if I am not conscious?”

This is what this section is about. Consciousness in the astral can be a tricky thing. Even if you are really good at remembering your dreams, you have no guarantee that you will one day be able to control them! Consciousness is like a muscle which has greatly atrophied over the years. Because you let the subconscious take over every night, it is very unlikely, unless you’re a spontaneous astral projector, that you will be able to “handle” leaving the body and controlling your astral body naturally.

There is one trick, a gift from Robert Monroe, also suggested by Robert Peterson, which is commonly referred to as “the arm trick.”

To perform the arm trick, do the following:

1. Make sure you are rather tired (at a point where you could fall asleep at any moment) and lay down in your bed.
2. Put your hand up with your arm bent at the elbow, balancing your hand so that it does not take much effort to keep it upwards, but so it’ll fall if you doze off to sleep.
3. Attempt to fall asleep and get woken up by your hand falling.
4. Repeat steps 2-3 ad nauseum.

What does this do, besides preventing you from sleeping? It’s simple: By constantly falling asleep and waking up, you will learn to cross the line between “awake” and “asleep” states. Every time you are called back to reality, you will have witnessed what it really feels like to lose consciousness.

In order for any of the techniques you see posted everywhere to work, you need to be able to go unconscious like this for a few seconds, and somehow wake your mind up while your body is asleep. Keep trying the “arm trick” and notice how many times you fail at staying conscious!

Let me say this bluntly: there is no way in hell any of those wake-induced OBE techniques you tried in the past can work on you if you do not have control over your awareness. By “muscling” your awareness with this exercise, you will increase your ability to realize you are dreaming, which in turn will allow you to express the will to not only control your dreams, but also to remember what you did.

These two sections just about covered the knowledge required to experience an OBE in less than two weeks. Now, on to the actual plan!

III. The plan

The plan is simple. You can extend it to more than two weeks if you want, but it will most likely work faster than that. If it doesn't work within two weeks, who knows? Maybe you need a little more time to "muscle" your awareness. Every person is different. Actually, I was going to call this document OBE5, but perhaps that wasn't a realistic goal! Most people who have used the arm trick and autosuggestion to remember dreams seem to be the most successful. I hope that will be the case for you.

During the day

When you are awake, remember to remember at all times. Remember to tell yourself that you'll remember your dreams. Look forward to the moment you'll be out of body, and remind yourself that you need to download your memories into your physical body before you forget everything.

During the night

Before going to sleep, do the arm trick. Make sure you witness your hand falling at least 5 times before going to sleep. Remember this will not get you out of your body, but it will help you become aware during your sleep by building up your "awareness muscle."

During dreams/OBEs

REMEMBER TO REMEMBER! Do not go out and have a long adventure during your first few experiences. As enticing as it seems, the longer you wait before you come back, the lower your chances of remaining conscious and saving your memories will be.

IV. Results

There's a few results you will probably experience. These results are mostly from my personal experience and should not be taken as typical, but should give you an indication that something is working.

The first noticeable result is dream recall. You might not remember your dreams right away on the first night, but you will most likely start remembering a majority of them very early during your practice. Don't despair if it doesn't happen, just work on your affirmations and really picture yourself sending the memories to your physical body so that all there is left to do is "re-enact" it in the astral.

The second noticeable result is “sudden awakening.” One side effect of the arm trick is that it will trigger your ability to realize you have fallen asleep. There is a great chance you will wake up and see things such as hypnogogic imagery (both sounds and images) for a few seconds. These hallucinations are common and often happen when you are falling asleep. It is very hard to maintain this state, first of all because of how random and unexpected the images and sounds are, but also because as soon as you point your attention towards them, they will disappear! Do not worry if you hear voices or see disturbing images; they are nothing but a product of your subconscious mind, they are usually not “real.” It is not necessary to be able to endure them for a long time, but if you are able to control this, you can move on to conscious exit projections without a single worry!

The third noticeable result, and intended effect of OBE14, is to “wake up” in a dream. At first you will be half-passive, meaning you will have some control over your dreams for a short period of time. For example, you will passively observe a situation, and then something will disturb you and you will consciously adjust something in the dream, after which you will drift back to a passive state. As you gain more practice, you will be able to be fully conscious throughout the dream. After that, it’s only a matter of time before you are completely in control and have “Real Time Zone” OBEs.

Good luck!

V. Common problems and additional help

I have gathered the first impressions of people and certain problems they encountered:

First, some people reported they had trouble falling asleep with the arm trick. When your arm is up like that, it will slowly fall and cause you to become conscious again. The important thing here is not to give up. Make sure you are really tired, and it’ll work better.

This technique will not improve your sleep, and you have to make some sacrifices. The body will give you an urge to fall asleep, to put your arm down and call it quits. You must resist the urge to get in a more comfortable position, no matter how much your body tells you to. The whole point is to disturb your sleep!

Also, the arm will rarely fall down all the way. Just make sure you “forget” about the arm and fall asleep, as if you had an intent to fall asleep with your arm up. It’s important to drift into sleep and get called back to reality. Remember that you need to pay attention to your state of consciousness, not to your arm!

If the arm technique really isn’t working for you, there are other things you can try. It all boils down to this: fall asleep and try to become conscious. If you do not succeed, wake up and try again. The good thing about the arm technique is that as soon as you fall asleep, you get woken up. This is truly the ultimate “wake yourself up and try again” technique. There are other techniques that are less effective in the sense that you get less “tries” in a row. Those techniques involve getting an outside force to wake you up. For instance, set up an alarm that will ring at 20-30 minute intervals. You could also turn on the TV and make sure the program you’re watching has quiet parts that allow you to fall asleep, and noisy parts that will wake you up. It’s important to have a strong intent to stay conscious as you fall asleep, and to keep trying.

The more you do it every night, the faster you will gain experience. Most people who attempt conscious exit techniques (rope, swaying, etc) at the beginning of their OBE

practice will have a tendency to develop the “increased awareness skill” (the ability to become conscious after the body has fallen asleep). The problem is, this usually takes months. By using the arm technique or other similar “sleep disturbance” techniques, and by expressing a strong will to become conscious after falling asleep, you will not limit yourself to one try each night. Instead of basing your trial and error on your once-daily experiences, give yourself more than just one opportunity.

Remember that if you are unable to voluntarily prevent a “total shutdown” of your body and conscious mind, conscious-exit techniques will very rarely yield results. You might get one of the so-called “free passes” and then experience nothing for months. Don’t waste your time, take action!

Conclusion

In conclusion, I am awesome, and everything I like is great. Also, this is the best OBE technique in the world, and it will never fail for anyone.

Send your questions and comments by e-mail: [kiwibonga at gmail dot com](mailto:kiwibonga@gmail.com).

I need as much feedback as possible – did you try it? Did anything happen? Did you have trouble with anything? Did you flat out not remember any dreams despites all the auto suggestions?

The goal is to devise a “universal technique,” something that will help everyone progress, so every little bit helps!