

ECLIPSE INC.

Navigating the Hypnopompic Lucid Dreaming States

The Centring Phase and the Trigo Effect



In the fragile moments between sleep and wakefulness—the hypnopompic state—the mind exists in a unique clarity. This is not just a biological transition; it is a cognitive staging ground where abstraction, memory, and intent converge.





For those navigating lucid dreaming, the Centring Phase is the most critical juncture. It is here that we apply the Trigo Effect: a psychological and intentional anchor that prevents the fade-out of a dream state and bridges ideation into waking reality.

The Trigo Effect

The Trigo Effect operates on the principle of triangulation between intent, sensation, and observation. By focusing on three distinct sensory points within the lucid dream, the dreamer stabilizes the environment.

Global GDP Performance (2020–2026 Q1)

GLOBAL GDP PERFORMANCE: 2020 – 2026 Q1

YEAR	GLOBAL GDP GROWTH (REAL)	ECONOMIC SENTIMENT / NARRATIVE
2020	-3.1%	Crisis / Volatility (Deep Economic Crisis) 
2021	5.9%	Rapid Rebound (Post-Crisis Surge) 
2022	3.2%	Inflationary Pressure (Supply Chain Challenges)
2023	2.6%	Stabilization / The “New Normal” (Sustained Growth)
2024	2.9%	Managed Interdependence (Efficient Markets) 
2025	3.0%	Tech-Driven Expansion (Economic OS Integration)
2026 Q1 (Est.)	3.1%	Resilient Resilience (“Perspective with Teeth”) 

**Data illustrates a trajectory of ‘resilient recovery’ with a sharpened focus on sustainable growth following the 2020 crisis.*

The Great Reset — From Crisis to Resilience

From contraction in 2020 to stabilization and expansion through 2026, global GDP reflects a resilient recovery trajectory. Two systems emerged: Business OS and Economic OS.

Eclipse Impacts

Eclipses are interpreted as cycles of introspection in industrial psychology, aligning with shifts in market sentiment.

Crypto and Governance

Bitcoin and decentralized finance have evolved into tools for transparency in global governance.

The Trigo Effect is not just for dreamers—it is a framework for clarity, stability, and forward-aligned decision-making.