

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 limpidity. This is not just a biological transition; it is a cognitive staging ground. 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 high-level ideation into waking reality. 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, allowing for complex problem-solving that remains intact upon waking. This technique was the catalyst for a pivot in economic thought that has since redefined our recovery from the 2020 crisis. The Great Reset: From Crisis to Resilience September 2019 marked the end of the "Semi-Distraction" era. The world was unknowingly on the precipice of a global teacher—the 2020 economic crisis—which forced a move toward radical efficiency. Out of this recovery, two distinct systems have emerged to govern our new reality: 1. Business OS: A micro-level framework designed for organizational agility. 2. Economic OS: A macro-level cousin that manages the broader "providence" of resources. These systems are no longer theoretical; they are "on track," manifesting in the quarterly reports and yearly numbers that define our current trajectory into 2026. Global GDP Performance (2020–2026 Q1) The data shows a trajectory of "resilient recovery." While 2020 was the year of the deep floor, the subsequent years have shown a "perspective with teeth"—a sharpened focus on sustainable growth. Eclipse Impacts: The Celestial Calendar of Markets In this new economic

OS, even celestial events like eclipses are factored into "Industrial Psychology." Each year, these windows are viewed as periods of forced introspection for industries, often coinciding with shifts in market sentiment. • 2023-2024 Eclipses: Shifted the focus from consumer tech toward Energy Resilience and Supply Chain Localization. • 2025-2026 Eclipses: These have historically signaled "correction" periods where the market sheds over-leveraged "zombie" companies, favoring the Business OS adopters. Bitcoin, Crypto, and the New Governance Bitcoin and Decentralized Finance (DeFi) are no longer "outsider" assets. By 2026, they have become the lubricant for global governance. • The Impact: Crypto has moved from speculative trading to a tool for transparency in global financial governance. • The Initiative: World leaders are now focused on "Initiative"—a collaborative framework where blockchain provides the "truth layer" for cross-border transactions, reducing friction and uncertainty. How it Works: The Days Ahead The transition from the "days when" (2020 chaos) to the "days ahead" is defined by clarity. Through the Economic OS and integrated data streams, insight is public, decentralized, and actionable. Final Words The Trigo Effect isn't just for dreamers; it is the blueprint for the modern economist. By centring ourselves—balancing the high-stakes risk of the past with the disciplined systems of the future—we achieve not just survival, but thrive in a state of constant awareness.



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.*