

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 merely a biological transition; it is a cognitive staging ground where abstraction, memory, and intent converge.

The Trigo Effect operates through triangulation: intent, sensation, and observation. By anchoring three sensory points, cognition stabilizes and persists beyond the dream boundary.

This transforms dreaming into structured cognition—capable of influencing real-world systems and decisions.

“Clarity. Intelligence. Meaning. Evolution.”

The Great Reset — From Crisis to Resilience

September 2019 marked the end of the Semi-Distraction Era. The 2020 crisis forced a shift toward radical efficiency.

Systems Emerged:

• Business OS — micro-level agility and execution • Economic OS — macro-level coordination and governance

Global GDP performance from 2020 to 2026 reflects resilient recovery—transitioning from contraction to structured expansion.

Eclipse Impacts:

Eclipses now function as psychological markers for industry introspection, aligning sentiment with structural change.

Crypto Governance:

Bitcoin and decentralized finance have evolved into a transparency layer for global coordination.

Final Words: The Trigo Effect is a framework for clarity, stability, and forward-aligned execution in complex systems.