

## Unified Life Sciences

*A Revolutionary Approach to the Healing of Body, Mind & Spirit*

### Why Use The Triple Design Matrix?

By Eleanor Haspel-Portner, Ph.D



When we first began looking at the Sleep Designs in 1999, the Solar and Lunar 15 Gate Matrix seemed interesting from an esoteric standpoint but not from a practical one. However, it became apparent quickly as we worked with the Waking Design in conjunction to the Solar Dream Design and Lunar Dream Designs that there was an important integration that happens within us each night.

We all have had the experience of being tired and of desperately needing sleep. We also all have had the experience of being or of knowing someone who has traveled and who is “jet lagged.” This term applies to the fact that our body adjusts to the 24 Hour rotation of the Earth based on where we live. It is called the Circadian rhythm. Because all mammals need sleep, and with sleep they need deep brain wave sleep as well as dream sleep (Rapid Eye Movement, REM sleep), it makes sense to suspect that something important happens to us when we sleep. Without proper rest, an individual quickly shows physical as well as mental and psychological problems, i.e., ill health.

I began by looking at about 4000 Sleep Designs from my personal clinical client base; these were all people whom I knew psychologically and personally. By studying their designs as a Triplicate, i.e., the Basic Solar Waking Design, the Solar Sleep Design, and the Lunar Sleep Design, I saw something very important and something that explained something about them that nothing else had been able to explain so well. I saw that not everyone remains Defined by Type in their Sleep Designs with the same Definition Type as in their Basic Solar Design.

I began to ask people to document the effects of these changes. A Reflector who becomes a Generator during the Lunar Sleep Design is very different than a Reflector who remains a Reflector throughout the phases of sleep consciousness. A Generator who becomes a Reflector in sleep is different from a Generator who remains a Generator during sleep or from a Manifestor or Projector who becomes a Generator during sleep.

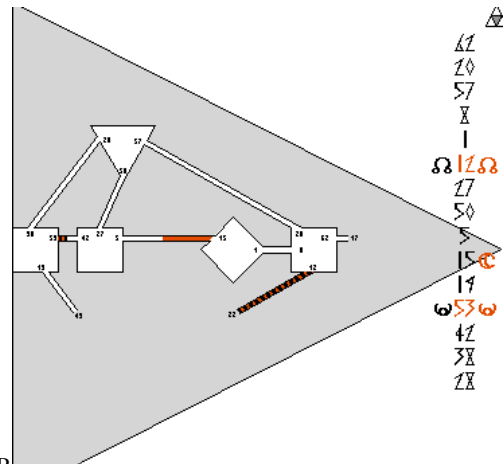
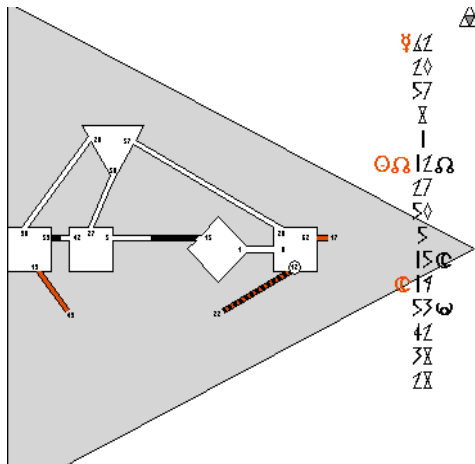
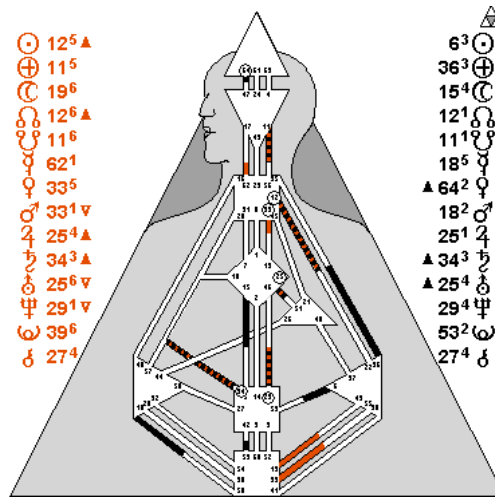
Some Illustrations have been included in this document for your further appreciation of the basic kinds of changes that occur in the TDM. At this point just look at the illustrations to get a feel, a sense for the importance of some of these changes in Design through each day for each of these individuals. From these illustrations, you can begin to appreciate the importance of the TDM. In later papers, and through the ULS books on the TDM, you can get more specific with what the changes in states of consciousness actually program into the brain chemistry of a person and how that comes through in the dream life.

With continued appreciation of the findings that showed clinically, I began to test the statistics in over 30,000 cases. The statistics strongly document that the Triple Design Matrix is statistically significant. That means that the Triple Design Matrix shows something about Type that is not due to chance alone and that the changes that occur when we sleep are meaningful and significant to consider (cf. "The Triple Design Matrix: Type Statistically Verified Across the Matrix." By Eleanor Haspel-Portner, Ph.D. Unified Life Sciences. August, 2001, 2003). To read the paper go to the Research section of: [www.unifiedlifesciences.com](http://www.unifiedlifesciences.com).

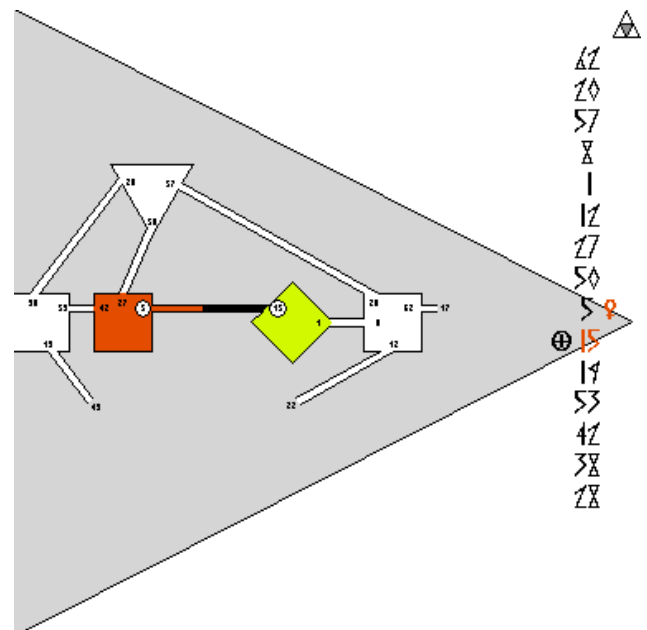
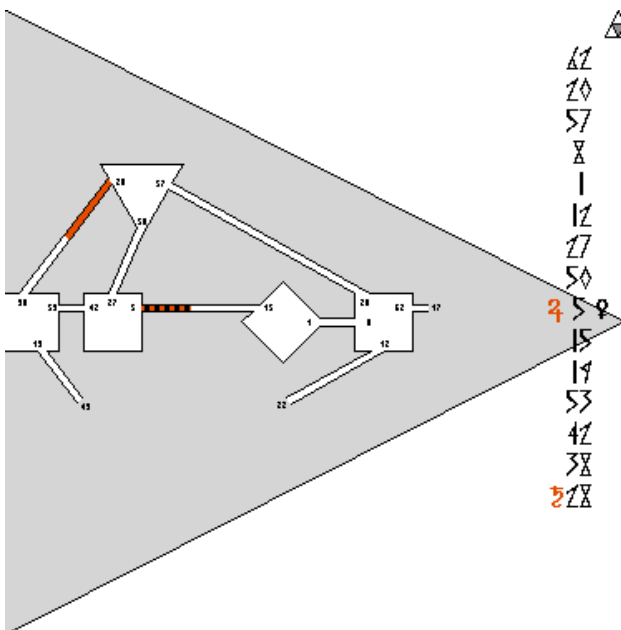
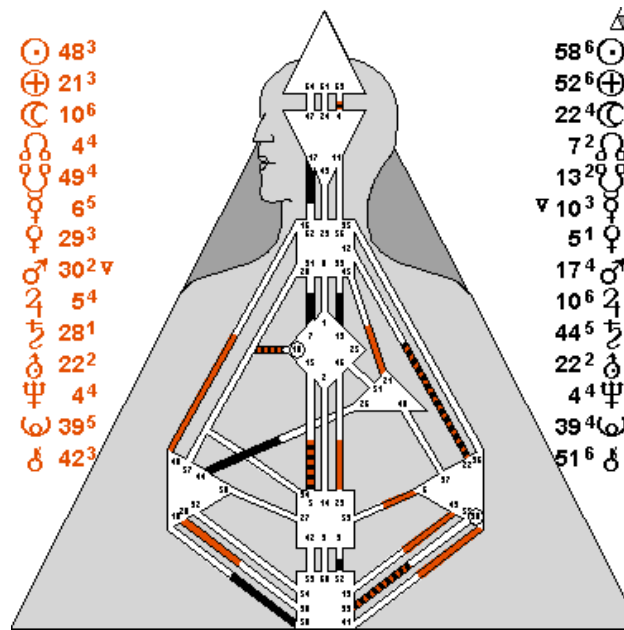
As a first step in working with the Triple Design Matrix, look at your own three designs next to each other. Look at the triple charts of those close to you. See how the designs change. Ask yourself from your current Design knowledge, what that shows on a general level. Count the number of activations and note the Planets involved. You may be very surprised at what you find.

### Illustrations

**Illustration 1 (3 Charts)** shows the charts of a Reflector who remains a Reflector in all phases of consciousness, the Solar Design Chart (SDC), the Solar Sleep Design (SSD), the Lunar Sleep Design (LSD). Although you can see in this Illustration that Gate activations change from the SSD to the LSD in two out of the three Portal Gates (Gate 62 and Gate 19) the basic Type does not change across the Matrix



**Illustration 2 (3 Charts) shows the charts of a Reflector who remains a Reflector in the SSD but who becomes a Generator in the LSD. This Reflector is someone who has the capacity through deep sleep to come back into the Waking world with a direction of Generated Self action that connects to the collective archetypal level of consciousness. In fact, in waking life this Reflector is a very powerful person who facilitates the direction and movement of major business corporations throughout the world.**



**Illustration 3 shows a Split Definition Generator who becomes a Single Definition Generator in the SSD, and who then becomes a Reflector in the LSD. This person acknowledges that the sense of knowing what is “correct” from a Sacral Response in the Waking state of consciousness disappears during the night and when morning wakefulness enters the sense of being uncertain of the “correct” Sacral Response and the need to reassess is present. In addition, this person has never been able to gain personal clarity through the dream world and prior to recognizing the changes in TDM design felt inadequate as a result of thinking that dreams “should” reveal truth about oneself.**

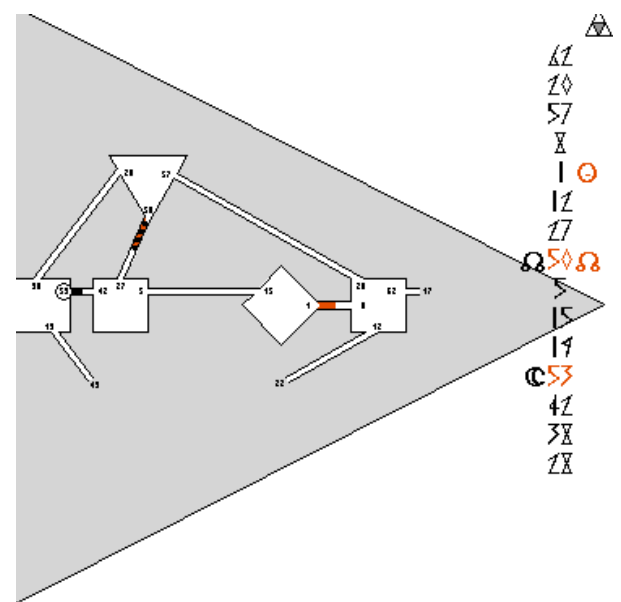
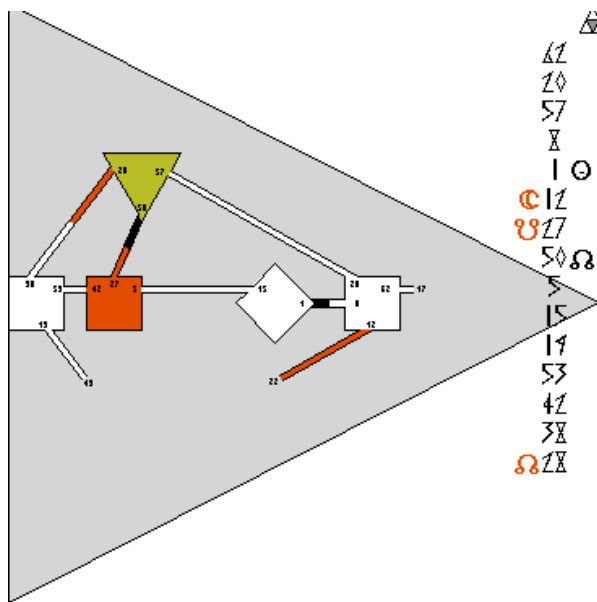
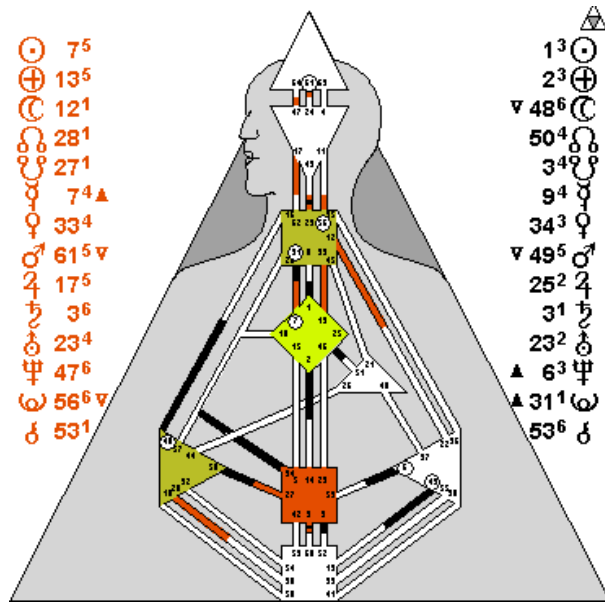
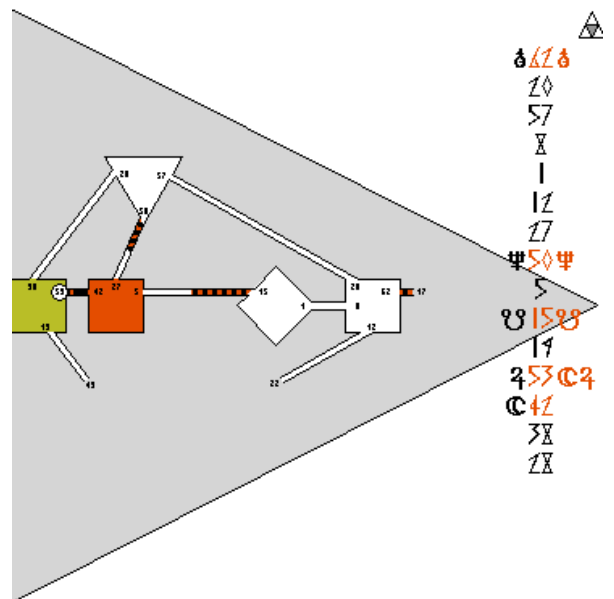
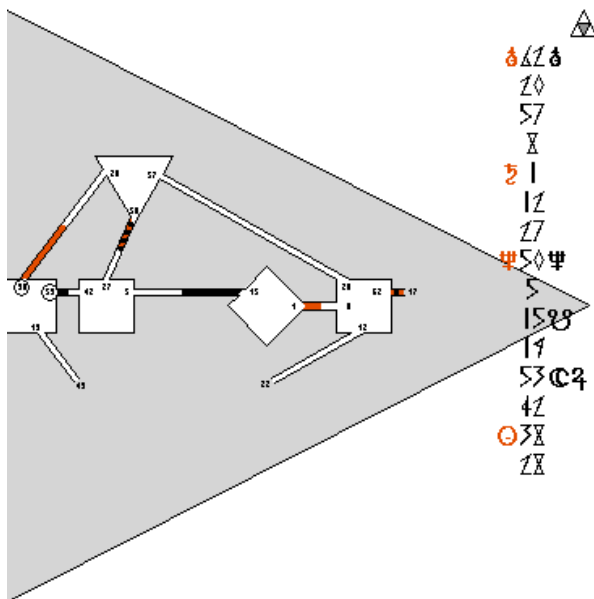
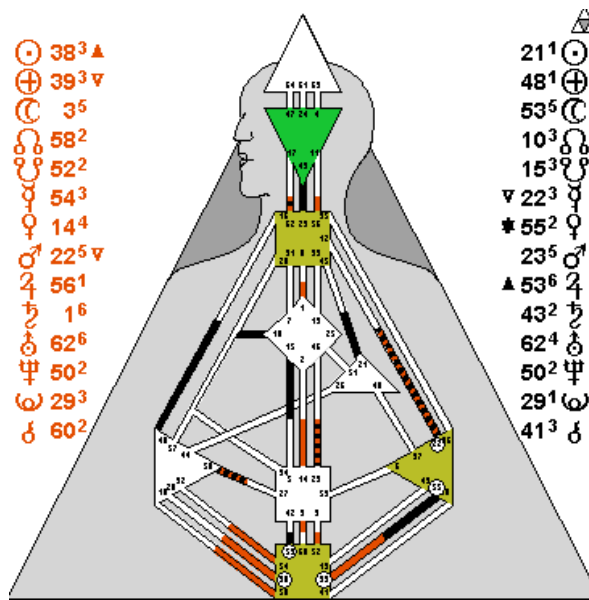
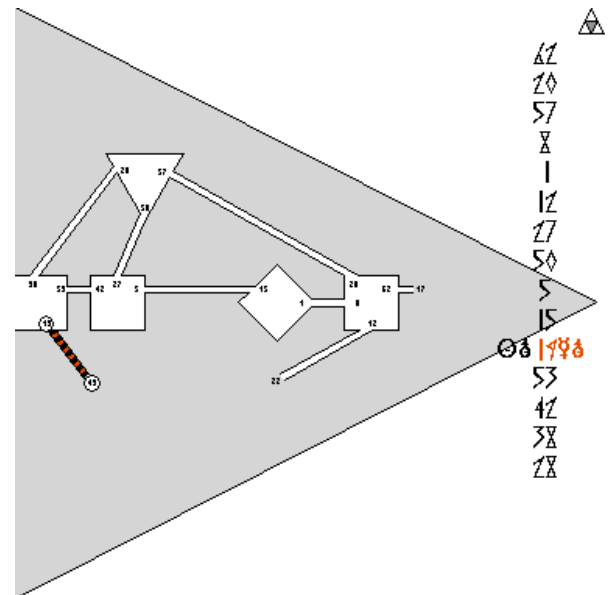
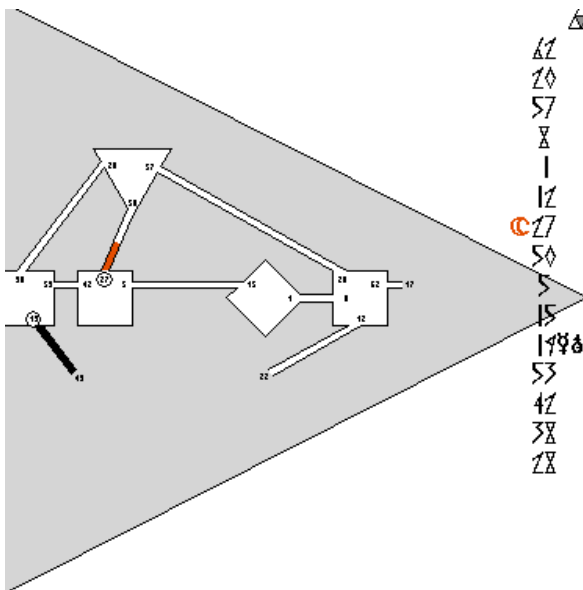
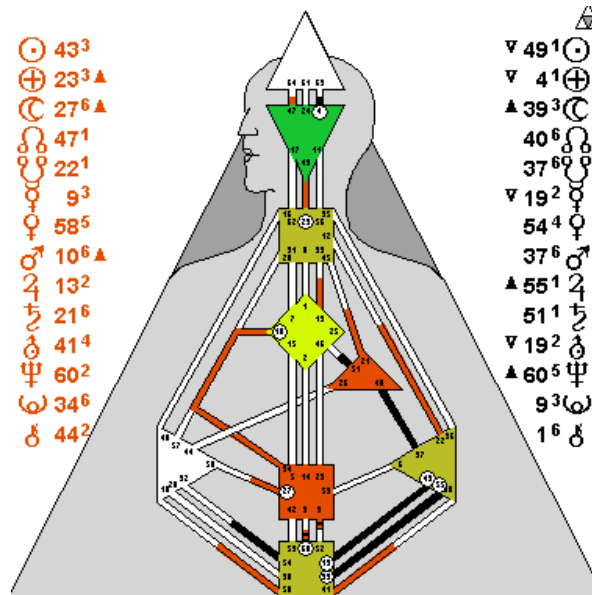


Illustration 4 shows a Triple Split Definition Projector who becomes a Reflector in the SSD, and who then becomes a Generator in the LSD. What is especially interesting in this case is that the Ajna Center and the Root Center Definitions turn off in the transition phase of sleep consciousness or in meditation. Thus, this person's Mind and Motor/Fuel Centers turn off in the SSD. During this phase of consciousness the person is open to input from the collective without any fixed channel of energy being configured. In the LSD, however, there is a big change. In the LSD there is Root to Sacral Definition. We would expect and in fact confirmed that this person awakes from sleep having a "gut" sense of what is a "correct" response in terms of concerns in this person's life. This Generated Sacral Center information gives a flavor and a movement to this person's life that one would not see without looking at this layer.



**Illustration 5 shows a Triple Split Definition Emotional Generator who becomes a complete Reflector in both the SSD and the LSD. This person goes from having all four Motor/Fuel Centers turned on and running in SDC to being a complete Reflector in altered states of consciousness. The level of rest and of archetypal collective programming coming through this person is strong and also shows the level of cleansing that occurs in sleep for some people as compared to others.**



**Illustration 6 shows a Single Definition Generator who remains a Generator in the SSD but who in the SSD loses Splenic Center Definition yet, in the LSD this person remains a Generator and gains back Splenic Center Definition through a different Channel than the one Defined in the SDC. This person never loses the Sacral Center Definition. Think about the sleep of this person compared to the Generator who becomes a Reflector in the LSD.**

