



# Unified Life Sciences

*A Scientifically Proven Multidimensional Approach to the Health of Body, Mind, and Spirit*

## **The Triple Design Matrix: Type Statistically Verified Across the Matrix**

**By Eleanor Haspel-Portner, Ph.D.**

*Abstract: Frequency distributions and Z-Tests done on Type across the Human Design Basic Solar Design Chart (SDC), Solar Sleep Design (SSD), and Lunar Sleep Design (LSD) Matrices verify that Type holds as a valid and reliable construct across the Triple Design Matrix (TDM). Using this matrix expands the dimensionality of Type. It enhances the efficacy of working with Type in both clinical and general populations, and it is based on a strong scientific foundation.*

### **Why Study the Triple Design Matrix?**

When The Solar Sleep Design (SSD) and The Lunar Sleep Design (LSD) were first presented in November 1999 at a Unified Life Sciences Seminar the importance, the integration, and the usefulness of these Matrices in functioning as an awake, aware person were unknown. Since that time we have studied thousands of Sleep Designs, clinically as well as statistically, bringing us to the conclusion that The Triple Design Matrix (TDM) is both a valid and a reliable way of working productively with an individual looking for greater self-awareness.

Early on in our work using Design daily in clinical populations, and as primary clinical and statistical researchers using the TDM, we suspected that work with Type was incomplete without this perspective. Now we believe that working without the TDM is like working in psychology before Freud brought the unconscious into open consideration as a valid factor in behavior. In fact, we are further convinced of the Triple Design Matrix importance because independent scientific research on the neurotransmission of brain impulses during meditation as well as during various stages of sleep (cf. Bibliography) confirm what we have theorized and documented in our own work.

### **Introduction to the Triple Design Matrix (TDM)**

The TDM represents a very critical aspect of healthy functioning in a person. We know from medical studies that rest and deep sleep are essential for daily functioning as well as for health. Just as the Basic Solar Design Chart (SDC) helps an individual know and live their conscious strategy, we determined that it is in the REM (Rapid Eye Movement, or dream) state of sleep that a human being is passively put into the integrated field of consciousness. It is where we believe, and science seems to be finding in researching brain chemistry, that the associations from the archetypal realms imprint in the brain and in the brain's various association areas. The specific areas active in each phase of sleep or of varying states of consciousness seem to correspond to the different Multidimensional Matrices.

We have determined that it is in this integrated state that the actual energetic of the integrated structural being gets oriented. Because each matrix functions as an independent entity in the circadian Cycle of each day, by looking at only one part of the Consciousness much may be missed that affects the Health and psychological well-being of the individual. In addition, it is clear from the statistical analysis of the different matrices that they operate very differently resulting in Design patterns in the varying stages of

consciousness that are independent of the SDC. However, because they interact in the REM state, they all play a very important part in an integrated picture of the archetypal programming that influences the underlying perspective and drives of an individual.

The distribution of Type is different in the Basic Solar Design Chart, (SDC), Solar Sleep Design (SSD), and Lunar Sleep Design (LSD).

### **Calculation of Each Matrix**

The SDC is calculated as a regular Human Design Chart using the birth date, time, and place for an individual along with a secondary calculation at 88 Solar degrees prior to birth. The calculations are entered into a 64 Gate Matrix called the Human Body Graph that associates certain planetary positions to corresponding hexagrams of the I-Ching and places them into appropriate Gates, or energetic points, in the Human Body Graph. The SSD is calculated in the same way. However, instead of the 64 Gate Human Matrix a 15 Gate Matrix is used. This Matrix represents the Design of a Mammal, i.e., a being functioning without input from certain Energy Centers of the Body and primarily in a horizontal rather than in a vertical position. The LSD is calculated based on the birth date, time, and place for an individual but the secondary calculation is for 88 Lunar degrees before birth and the planetary activations for the hexagrams of the I-Ching again use the 15-Gate Matrix rather than the 64-Gate Matrix. In the 15 Gate Matrix the Head Center, the Ajna Center, the Heart Center, and the Solar Plexus Center are absent.

Unified Life Sciences (ULS) documented the validity and reliability of Type in the SDC (cf. "Preliminary Research on the Human Design System and Health," Eleanor Haspel-Portner, Ph.D., et al., Unified Life Sciences, 2000, 2003 & Revised Research Verifies 5 Types in the Human Design System, Eleanor Haspel-Portner, Ph.D. Unified Life Sciences, 2001, 2003). Available materials on the structure of the Sleep Design Matrix and its Keynotes are published through Unified Life Sciences and some these various documents are available with more on the way on the web or through ULS.

The purpose in this paper is only to document the frequency statistics and to demonstrate the validity and reliability of the Matrix itself.

### **Research Methods**

Sampling is of critical importance in any scientific study. Preliminarily, a group of 5000 general population birth dates were randomly selected by Neutrinos for Unified Life Sciences for the years 1917 through 1975 to approximate the clinical subgroup populations with which we were working (i.e., fibromyalgia patients from our medical practice, an addiction group, i.e., patients who had been treated in an addiction clinic, an aids group, a heart attack group). In astrological research, as in other research, it is crucial to use the same time frames so that variables related to global conditions that might be influential equally affect the study groups. In astrological terms, for example, a transit of Pluto or Neptune should be equally present in all charts under consideration or the results might be skewed and misleading. In addition, adjustments for latitude and longitude must be made and considered. All of these issues were controlled in our samples. Because our data is astrologically related, we worked with a paradigm that is astrologically and scientifically rigorous. The astrological methodology meets the standard for astrological research set forth by Astrodatbank. It also meets social scientific research design standards.

After delineating our sample parameters and groups, the birth chart data was imported into the Statistical Package for the Social Sciences (SPSS) for analysis. An outside statistician was consulted for verification of data processing and results. Initial frequency statistics were run.

We replicated the results with two other groups of 5000 random birth dates also between 1917 and 1975. Two additional randomized groups of general population charts for the years 1900- 2000 were run. These charts were generated by Jigsaw, a different astrological program than Neutrinos for Unified Life Sciences. By using two different programs to generate our database we felt secure that we were not skewing the database in any unknown and/or regular way. This technique helped us feel that our data was “clean ” and could meet the test of statistical scrutiny. We, thus, analyzed 5 general population samples of 5000 each and compared them for frequency of occurrence of Type across all Matrices. In total, with our clinical groups included, we analyzed over 30,000 controlled sample case records.

## Results

All populations showed the same basic patterns of frequency of occurrence of Type across all Matrices. The Frequency and Percent Occurrence in a representative group of 5000 people in a general population is presented in Table 1 and Graph 1. Only results from one representative sample are presented for simplicity.

**Table 1**

**Type in The Triple Design Matrix: Frequency and Percent Occurrence (N=5000)**

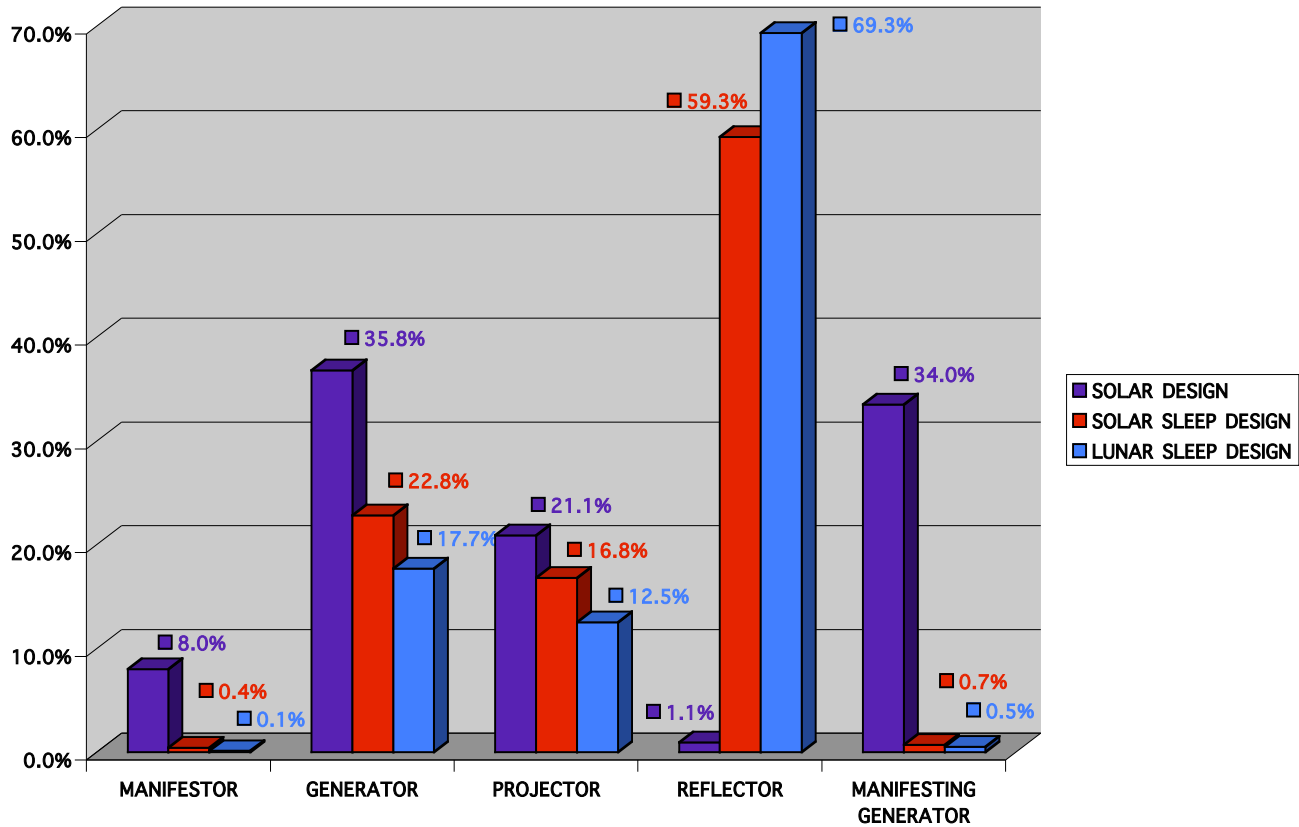
| TYPE                  | BASIC SOLAR DESIGN | SOLAR SLEEP DESIGN | LUNAR SLEEP DESIGN |
|-----------------------|--------------------|--------------------|--------------------|
| MANIFESTOR            | 8.0%               | 0.4%               | 0.1%               |
| GENERATOR             | 35.8%              | 22.8%              | 17.7%              |
| PROJECTOR             | 21.1%              | 16.8%              | 12.5%              |
| REFLECTOR             | 1.1%               | 59.3%              | 69.3%              |
| MANIFESTING GENERATOR | 34.0%              | 0.7%               | 0.5%               |

Table 1 and Graph 1 show the Type distribution for each of the five verified Types for each Rave Matrix. In the Basic Solar Design (SDC) 8.0% of the population are Manifestors, 35.8% of the population is Generators, 21.1% of the population is Projectors, 1.1% of the population is Reflectors, and 34.0% of the population is Manifesting Generators. In the Solar Sleep Design (SSD) 0.4% of the population are Manifestors, 22.8% of the population is Generators, 16.8% of the population is Projectors, 59.3% of the population is Reflectors, and 0.7% of the population is Manifesting Generators. In the Lunar Sleep Design (LSD) 0.1% of the population are Manifestors, 17.7% of the population is Generators, 12.5% of the population is Projectors, 69.3% of the population is Reflectors, and 0.5 % of the population is Manifesting Generators.

Clearly, in these frequency distribution statistics, it is the Manifesting Generator Type and the Reflector Type that have the biggest change in percentage frequency as the consciousness changes from the SDC to the SSD in the Matrix. It is also of interest to note that the Reflector Type shows the largest shift upward in frequency of Type occurrence between the SSD and the LSD. It is the only in the Reflector

Type that the frequency of occurrence increases rather than decreases with change from the SSD to the LSD. This finding is consistent with both the scientific data of brain scans and with our theoretical hypotheses about the integrated functioning field of the TDM during altered states of consciousness. Studies have shown that as sensory input decreases, activity in other parts of the brain increases. The decreased activity areas of the brain as well as the increased activity areas of the brain during shifts of consciousness are congruent with the shifts in the Matrices and with their associated frequencies.

**Graph 1**  
**Type across The Triple Design Matrix**



Frequency percentages were analyzed using a Z-Test to determine that the differences between each Type in each of the Three Matrices, i.e., the frequency of occurrence of each Type compared to each other Type in the SDC, the SSD, and the LSD, measured something that would not be due to chance alone. The Z-Test is a non-parametric measurement that tests for significant differences between two groups. Table 2 shows the results of the Z-Tests.

Note that in all but two cases the differences between each Type and each other Type across the SDC, the SSD, and the LSD to which it was compared show statistical significance far beyond the 99% level of confidence.

**Table 2**  
**Z-Test Values for General Population of 5000 by Type and Matrix**

| TYPE                  | WDC/SSD | SDC/LSD | SSD/LSD |
|-----------------------|---------|---------|---------|
| MANIFESTOR            | 27.940  | 28.889  | 0.946   |
| GENERATOR             | 15.816  | 22.035  | 6.219   |
| PROJECTOR             | 6.394   | 12.789  | 6.394   |
| REFLECTOR             | -54.241 | -63.480 | -9.239  |
| MANIFESTING GENERATOR | 59.494  | 59.959  | 0.465   |

C.V.=2.93 @99%

The significance of the large Z-Test values tells us that the differences in Type in the different states of consciousness that are mapped by the Matrices are independent of each other except in the case of the Manifestor and in the Manifesting Generator in comparing changes between the SSD and the LSD. A Z-Test value of 2.93 tells us that the comparison between the two groups being compared with reference to the frequencies with which we are working is extremely unlikely to be found by chance to the 99% level of confidence. Note that the size of the values we found in all but the Manifestor and Manifesting Generator comparing the SSD to the LSD groups is much higher than we would need for it to be significant.

The data show that in all Types as one moves from the SDC to the SSD the shift in Type is related to something other than chance and that it is measuring something highly likely to be replicable and reliably valid. The same is true in moving between the SSD and the LSD except in the case of the Manifestor (M) and the Manifesting Generator (MG). This has been shown in our 30,000 cases to be true.

### **Interpretation**

Because consciousness changes significantly across all the Types as consciousness moves from Basic Solar Design Chart (SDC) consciousness to Solar Sleep Design (SSD), we can feel confident in saying that something very important happens during this shift. It is apparent that the biggest shift that happens is that more people become Reflectors as their state of sleep consciousness deepens, and this process occurs for all Types as they move through the three states we are measuring. In other words, Reflectors, i.e., those with no Definition at all in their Matrix increase in frequency across all consciousness stages that we are measuring in the Matrix. In the other four Types the shifts are toward fewer people having that kind of Type. The biggest shift in consciousness seems to occur in Manifesting Generators (MG) since they move from 34.0% as MGs in the SDC to 0.7% MGs in the SSD. On a clinical practical level,

we have noted that MGs seem to have the most difficulty with sleep disturbances and have the most complex strategy to employ in waking functioning as well.

In general Type frequency, we have in the past combined the Manifesting Generator (MG) and the Generator (G) as one Type. Although this combining is not borne out in the statistics, it is interesting to note that the frequency of occurrence of the two Types in the SDC seems to relate them in some way, at least in frequency of occurrence. The MG uses as a primary strategy the strategy of the Generator, i.e., waits to respond, and also uses an additional strategy, that of the Manifestor (M), i.e., when the MG begins to take action (cf., “Type: The Manifesting Generator as Differentiated from the Generator,” Eleanor Haspel-Portner, Ph.D., Unified Life Sciences, August, 2001, 2003). Both aspects of the Design seem to need satisfaction in the MG.

It is also of note that it is the MG who shows the greatest shift in frequency decline between the SDC and the SSD. This statistic fits our clinical data in showing that it is the MG who is very much under pressure from the Sacral Center and from the Throat Center, the Center that holds responsibility for the aspect of Manifestation. When the MG shifts consciousness the shift results in a dramatic change that may have clinical implications, some of which we have seen in our clinical work, e.g., MGs tend to feel more pressured because of their two Defined Centers which require a two step strategy rather than a one-step strategy process. When the MG shifts consciousness the shift may result in more physiological impact on their organism and on their brain chemistry than the shifts in the other Types. With confirmation of brain chemistry shifts with shifts in consciousness in the brain neurotransmission research (cf. Bibliography), and with confirmation of our theoretical constructs in the Triple Design Matrix (TDM) through this research by deduction, we are theorizing that Type strategy has a physiologic brain related shift in chemistry. This hypothesis remains to be verified.

It is interesting that in the change in consciousness from the SSD to the LSD, it is the M and MG who have frequencies that identify them to each other. It is as though once the Manifestation aspect of them disappears through the shift in their consciousness by activation of the SSD, the other shifts remain stable. Although we cannot determine one case from another in the Z-Test statistic, we can say that the shift in Type between the SSD and the LSD in the M and MG does not show a significant shift. In other words, frequency does not change between SSD and LSD in the M and MG groups. One would tend to expect this to be the case because the percentages of each of these Types in both the SSD and in the LSD are very low to begin with (under 1% in both the SSD the LSD in both M and MG); since we know from the other frequency statistics that in the SSD and in the LSD more people are Reflectors than any other Type we would expect a movement toward this Type with changes in consciousness consistent with brain chemistry research as well.

Note that although the Reflector change in frequency increases for the SSD from the SDC, this change reflects the high increased frequency of cases in which people have fewer Defined Channels rather than more Defined Channels in the SSD and in the LSD. The Reflector frequencies are the only ones in which the degree of Definition remains constant since by definition a Reflector is someone who has no activations in the Body Graph that result in a Defined Channel.

## Conclusions

The Triple Design Matrix (TDM) differentiates Type as a construct across the Basic Solar Design (SDC), the Solar Sleep Design Matrix (SSD), and the Lunar Sleep Design Matrix (LSD). Most people as they shift consciousness have fewer rather than more Defined Channels as shown by the shift in their Type. The greatest shift occurs in the Manifesting Generator in their initial shift in consciousness. The results of this study indicate that Type across the Matrices is both a valid and reliable construct and that it measures a real phenomenon of consciousness. In our use of the TDM clinically, this finding has also been documented. Based on these statistics, we highly recommend the use of the TDM in all analyses of Type since we know that all human beings spend at least 1/3 of their life sleeping. Physiological studies support these finding and their theoretical base by implication, and the studies seem to confirm what we have theorized about the mechanical structure of the TDM in consciousness. It is only through further use of these constructs in practical and scientific application that their efficacy can be determined.

## Bibliography

Science, Vol. 279, pp.91-95.

The Promise of Sleep. Dement, William, M.D., Ph.D., Dell. 1999.

“Type: The Manifesting Generator as Differentiated from the Generator,” Eleanor Haspel-Portner, Ph.D., Unified Life Sciences, August, 2001, 2003).

Why God Won't Go Away. Newberg, Andrew, M.D., et al. Ballantine Books, 2001.

**Note:** This paper was first published in 2001, 2003 by Unified Life Sciences. It shows the origins and development of work that evolved into Noble Sciences Sacred Synthesis. It is published in its original form to preserve the integrity of the material and so readers have a sense of the roots and complexity of Noble Sciences Sacred Synthesis.

Eleanor Haspel-Portner, Ph.D.  
Pacific Palisades, CA 90272  
August 14, 2009

### **About the Author**

**Eleanor Haspel-Portner, Ph.D.** passionately synthesizes esoteric wisdom and scientific discovery. With her Ph.D. from The University of Chicago, Department of Comparative Human Development, Eleanor is uniquely qualified to integrate Social Sciences (psychology, biology, anthropology, sociology) Research with a wide array of esoteric studies.

Through the principles and tools she developed and validated at NobleSciences.com, Eleanor helps people transform their lives. Throughout thirty-five years of private practice work as a coach and clinical psychologist, Eleanor worked with thousands of individuals, couples, and groups to synthesize life experiences in practical ways for living healthy, successful, and creatively fulfilling lives.

Contact Eleanor at: [ehp@noblescience.com](mailto:ehp@noblescience.com) (310) 230-7787

### **About Noble Sciences**

Noble Sciences mission is to verify and scientifically document the Multidimensional Human Design knowledge created, developed, and researched by Eleanor Haspel-Portner, Ph.D. Noble Sciences evolved from work begun at Rave Life Sciences in 1999 by Eleanor, Marvin Portner, M.D., and Ra Uru Hu who partnered with Eleanor and Marvin to verify the Human Design System.

Based on the statistical research completed on over 45,000 cases, Eleanor expanded the Human Design System correcting some of its erroneous hypotheses, expanding its calculations, and verifying additional layers of consciousness, and their ways of operating in developing human personality. Multidimensional Human Design, Unified Life Sciences, and Noble Sciences are Eleanor's proprietary system. She has not authorized any teachers or licensed the use of her system to date.