



Unified Life Sciences

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

Meditation and the Triple Design Matrix: Roots of the Noble Sciences Sacred Synthesis

By Eleanor Haspel-Portner, Ph.D.

Note: This paper, first published in 2001 by Unified Life Sciences, 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., July 28, 2009, Pacific Palisades, CA 90272

Because the Triple Design Matrix (TDM) as a tool has not yet been widely taught, we are presenting papers such as these without an explanation that tries to teach the mechanics of the TDM. Rather these papers reflect clinical observations and documentation that form the theoretical underpinnings of TDM work.

The mechanics of the TDM demonstrate consistent statistical validation in line with the Waking Design (WD). Moreover, physiological scans of the brain and of its cognitive aspects during altered states of consciousness (Science, Vol. 279, pp. 91-95) further confirm and validate the TDM.

In Meditation it has been demonstrated especially in Transcendental Meditation that the Alpha Stage brain activity predominates. In sound sleep, deep sleep, Delta Stage brain activity predominates. Rapid Eye Movement (REM) sleep is marked by multiple brain pattern activity. Imagery from REM Sleep can break through into conscious brain wave activity pattern. At Unified Life Sciences, we have theorized that it is during the REM cycle of sleep that the integrated Matrix operates and that it is during this time that the information programmed into the organism on all levels during deep sleep get “burned” into critical association areas of the brain.

During Meditation one is put into the Integrated Triple Design Matrix (TDM) field with awareness. This occurs because in a waking state, especially if we remain vertical in position, we have access to the information that is being programmed into the 64 Gate matrix of the energetic body including the neo cortex. It is in this state of consciousness and with a shift in one’s state of being that all information available on a cosmic level becomes accessible to the mind and to the waking consciousness. Remember, during sleep, we generally move into a horizontal position, and we put our mind to rest. It is this rest that allows us to be swept into that other dimension in which we become part of the unknown void and are unaware of our surroundings. The experience of this connection to the whole is physiologically based and has been documented in Andrew Newburg’s book, “Why God Won’t Go Away.” (Ballantine Books).

In Meditation, we have, because of the way in which we are Designed, a unique ability. It is the ability to be aware *and* to be in the Triple Design Matrix (TDM) at the same time. During daytime consciousness, we continue to be programmed within the Lunar Sleep Design (LSD) Matrix and in the Mammalian Sleep Design Matrix (yet to be released), however, we have no conscious or unconscious access to this information. It is available on the cellular levels only. When we slip into that altered state of meditation, a state of transition into the other world of archetypal consciousness in which the whole is one and in which the cellular levels are impacted, we also have a potential to receive that information and to experience it in another way.

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.

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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.