

Overview Of Shambhavi Mudra

Shambhavi Mudra is often characterized as an initiatory-only practice taught by a guru in Kriya, Hatha or Kundalini yoga and similar traditions.

The term comes from the Sanskrit words, *sambhavi*, meaning “happiness,” and *mudra*, meaning “closure,” “mark” or “seal.”

Now you can add additional components such as ‘shakti pat’ (the transmission of ‘grace’) but that’s beyond the basic procedure and it’s best to keep this simple and scientific for the basic understanding, and to add ‘spiritual language’ only if it brings utility.

In short, close your eyes and roll your eyes up as far as they will go in their sockets, while concentrating on the bridge of the nose. Feel that spot with your awareness and keep being aware of your eye muscles.

It’s required to do both, so that you accomplish all of the following:

- 1) Activate the left-brain hemisphere motor and sensory strips (for the pain-based ego).
- 2) Activate the right-brain hemisphere motor and sensory strips for the freedom-based creative-ego).
- 3) Strengthens the corpus callosum connections between the two-brain hemisphere’s, leading to increased coordination of the brain hemispheres, causing a superior Self to form.

The Neurology Involved with One of the Major Secrets of Yoga

The Midline and Bilateral Activation

Midline structures of the body are wired to both brain hemispheres. This is a crucial concept in neuroanatomy:

- **Contralateral Wiring:** As we've discussed, the vast majority of sensory and motor nerves cross over in the brainstem or spinal cord. This means that the left hemisphere controls and receives sensory input from the right side of the body, and the right hemisphere does the same for the left.
- **Exceptions and the Midline:** However, the midline of the body is a special case. Many muscles and sensory receptors along the midline, such as those of the face,

neck, and trunk, are innervated by nerves that project to **both** hemispheres. This bilateral innervation is essential for tasks like maintaining posture, chewing, and, importantly, coordinating eye movements.

Shambhavi Mudra and Inter-hemispheric Coherence

(As verified by Gemini AI)

So, when you concentrate on the spot between the eyes, you're doing something very specific from a neurological standpoint:

1. **Sensory Input:** The act of focusing your eyes inward (converging them) and upward sends sensory information about eye position and muscle tension to the visual cortex and other brain regions. Because this action is coordinated by both eyes, the sensory input is inherently bilateral, feeding information to both hemispheres.
2. **Motor Command:** The motor commands to the extraocular muscles (the muscles that move your eyes) originate from both hemispheres to control the precise, coordinated movement of the two eyes. This, again, is a bilateral motor action.
3. **Increased Coherence:** The sustained, coordinated activity of both hemispheres around a midline point is thought to increase what's called **inter-hemispheric coherence**. This refers to how synchronized the electrical activity (brain waves) is between the two hemispheres. A number of studies on meditation and other focused practices have shown an increase in this coherence.

The idea is that by performing a task that inherently requires both hemispheres to work together on a single, central point, you are strengthening the communication pathways between them. The corpus callosum is the primary highway for this communication, and a practice like Shambhavi Mudra would likely be a way of actively "exercising" that connection.

The Brain in a "Meditative State"

Beyond just the hemispheres, the practice has broader effects on the brain. Scientific studies on Shambhavi Mahamudra have shown a shift in brainwave patterns:

- **Decreased Beta Waves:** This indicates a reduction in mental tension, anxiety, and a busy, thinking mind.
- **Increased Theta and Delta Waves:** These slower-frequency waves are associated with deep relaxation, meditation, and a state of heightened awareness and consciousness.

- **Increased Alpha Waves:** These are linked to a relaxed but wakeful state, a reduction in stress, and an increase in overall well-being.

By focusing on a midline point with a practice like Shambhavi Mudra, you are indeed engaging a process that involves both brain hemispheres. This is a very powerful way to promote inter-hemispheric communication and shift the brain into a state that is more conducive to calm, focus, and a deeper sense of awareness.

Correlation to Platonic Surrealism Practices

Shambhavi Mudra is an introductory practice for the following PS practices:

- 1) Dream substance sensitivity practice.
- 2) Liquid heart practice
- 3) Interface Ack practice.
- 4) Hurt child hugging practice.

It is generally the starting practice for what's called 'Midline practice' or 'Holding alignment practice'.

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