

PRISM™ Method for Mental State Regulation: Psychophysiological and Neurophysiological Dynamics During Kundalini Activation

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Abstract

PRISM™ (Presence, Resonance, Integration, Surrender/Soma, Metamorphosis) is a multimodal approach to Kundalini Activation that integrates somatic awareness, breath, music-based stimulation, nervous system regulation, emotional processing, and subsequent integration. The method conceptualizes the practice as a dynamic transition from externally oriented cognitive control toward increased interoceptive awareness, emotional processing, and embodied regulation.

Objective.

The aim of the present study was to investigate psychophysiological and neurophysiological changes associated with PRISM™ practice by combining standardized subjective assessment with quantitative electroencephalography (QEEG).

The study included 75 participants assessed immediately before and after the PRISM™ practice using internationally established self-report measures of mood, calmness, anxiety-related symptoms, internal tension, energy, sleep quality, and overall well-being. The neurophysiological component consisted of a two-stage assessment. First, dynamic physiological changes during the breathing component were evaluated using balancegram analysis. Second, EEG/QEEG was recorded during the Kundalini-associated activation state to examine spectral power and spatial distribution across delta, theta, alpha, beta, and gamma frequency ranges. Particular attention was given to frontal, central, temporal, parietal, and posterior cortical regions and to changes in the organization of oscillatory activity associated with different stages of the PRISM™ process.

Following the practice, participants demonstrated a consistent shift toward a more regulated subjective state. Calmness increased by 25.48%, perceived bodily energy by 16.34%, overall well-being by 12.98%, current calmness by 15.95%, and the feeling of being refreshed after sleep by 30.69%. At the same time, subjective tension decreased by 44.72%, anxious thoughts by 36.28%, fear that something negative might happen by 36.79%, inner restlessness by 26.39%, and sudden panic sensations by

25.61%.

QEEG findings demonstrated frequency- and region-specific reorganization of cortical activity rather than uniform global activation or suppression. Theta activity showed prominent frontal-central and posterior redistribution, while alpha activity demonstrated spatial reorganization associated with changes in internally directed attention and functional regulation. Beta activity became relatively less pronounced in posterior regions, whereas higher-frequency activity showed increased focalization in frontal/fronto-central areas. The observed pattern was characterized by simultaneous reduction of subjective tension and preservation of perceived energy and readiness for activity. This neurophysiological profile is consistent with the central PRISM™ framework of moving from cognitive control toward a state combining relaxation, internal attention, embodied awareness, and active regulation.

The findings indicate that PRISM™ practice is associated with measurable changes in both subjective psychophysiological state and cortical oscillatory organization. The combination of increased calmness and energy with reduced anxiety, internal tension, and restlessness was accompanied by spatial redistribution of theta and alpha activity and changes in higher-frequency cortical dynamics.

Keywords: PRISM™; Kundalini Activation; QEEG; EEG; Psychophysiological Regulation; Breathwork; Altered States Of Consciousness; Cortical Oscillations