

From Author of the Bestselling 'YOGA FOR SEX'

MUDRAS *for* SEX



25 Simple Hand Gestures
for
Extreme Erotic Pleasure
& Sexual Vitality



Advait

‘Mudras for Sex’

25 Simple Hand Gestures for Extreme Erotic Pleasure & Sexual Vitality

By

Advait

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Do you wish to receive Information about Mudras on a regular basis?

Hi, I am Advait,

I am and wish to remain a life-long student of *Ayurveda*, *Yoga* and *Mudra Vigyaan*. During the course of my study, work and research I come across many priceless gems in the field of Vedic Health & Healing, almost daily.

You'll be surprised to know how many serious ailments can be prevented and cured by using some basic ingredients available in our kitchen pantry or doing these simple hand gestures (Mudras) or by simple Yoga exercises.

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Thanks.

Advait

What are Mudras?

According to the Vedic culture of ancient India, our entire world is made of 'the five elements' called as *The Panch-Maha-Bhuta's*. The five elements being **Earth, Water, Fire, Wind** and **Space/Vacuum**. They are also called the earth element, water element, fire element, wind element and space element.

These five elements constitute the human body – the nutrients from the soil (earth) are absorbed by the plants which we consume (thus we survive on the earth element), the blood flowing through own veins represents the water element, the body heat represents the fire element, the oxygen we inhale and the carbon dioxide we exhale represents the wind element and the sinuses we have in our nose and skull represent the space element.

As long as these five elements in our body are balanced and maintain appropriate levels we remain healthy. An imbalance of these elements in the human body leads to a deteriorated health and diseases.

Now understand this, the command and control center of all these five elements lies in our fingers. So literally, our health lies at our fingertips.

The Mudra healing method that I am going to teach you depends on our fingers.

To understand this, we should first know the finger-element relationship:
Thumb – Fire element.

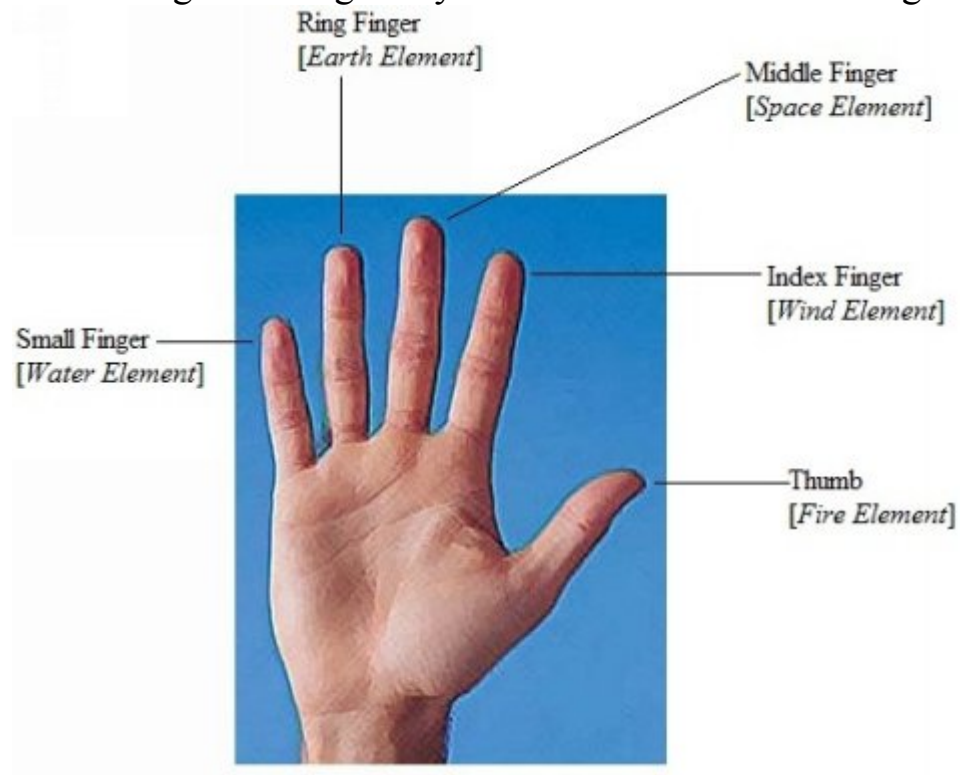
Index finger – Wind element.

Middle finger – Space/Vacuum element.

Third finger – Earth element.

Little finger – Water element.

This image will give you a better understanding of the concept:



When the fingers are brought together in a specific pattern and are touched to each other, or slightly pressed against each other, the formation is called as a *'Mudra'*.

When the five fingers are touched and pressed in a peculiar way to form a Mudra, it affects the levels of the five elements in our body, thus balancing those elements and inducing good health.

P.S. The Mudra Healing Methods aren't just theory or wordplay; these are healing methods from the ancient Indian Vedic culture, proven and tested over ages.

Important

Read this before you read any further

For the better understanding of the reader, detail images have been provided for every mudra along with the method to perform it.

Most of the Mudras given in this book are to be performed using both your hands, but the Mudras whose images show only one hand performing the Mudra, are to be performed simultaneously on both your hands for the Mudras to have the maximum healing effect.

“Sex, whatever else it is, is an athletic skill. The more you practice, the more you can, the more you want to, the more you enjoy it, the less it tires you.”

- Robert A. Heinlein,

The Cat Who Walks Through Walls

Mudra #1

Gadamudra / Mudra of Spear



**Method:**

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Form two interlacing rings by touching the tips of your index fingers with the tips of your thumbs as shown in the image.

Keep the Middle fingers straight and pointing upwards, and then touch the upright middle fingers to each other.

The final step is to interlace the ring fingers and the little fingers together, and bend them in the second knuckle such that their tips point downwards.

This Mudra should be held in front of your lower abdomen and not at chest height.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This improves the health of our organs located in the lower abdomen region, at the same time making them supple and toning them.

Mudra #2

Makarmudra / Mudra of Crocodile



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of the Ring finger of your left hand to the tip of the thumb of the same hand, while the Index, Middle and Little fingers are all outstretched.

Now, drive your right thumb through the space between your bent left Ring finger and outstretched left Little finger, and touch the tip of your right thumb to the base of your left Thumb, as shown in the image.

And hold your right palm on the back of your left palm.

This Mudra should be held in front of your pelvic region and not at chest height.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

It's a very useful Mudra for maintaining the health of your Kidneys; also it nourishes and strengthens the sexual organs and maintains the health of the lower back thus enhancing your overall sexual capabilities.

Mudra #3

Ushakaalmudra / Mudra of Morning



Method:

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Clasp both your hands together as shown in the image.

Please note that the left index figure is on top of the right index finger.

Now, bring the tips of the Index finger and Thumb of the respective hands closer, but do not let them touch, simply form an open circle.

Duration:

This mudra should be performed for 5-10 minutes.

Uses:

This Mudra revitalizes the pelvic and reproductive organs, it also induces alertness.

****NOTE**

Its name literally means ‘The Mudra of the Morning’; it’s a Mudra which induces alertness and vitality. It is advised that this Mudra should be practiced daily when you wake up. Make a habit of performing this as a ritual when you awaken from your sleep.

*****Important**

Best results are achieved when this Mudra is performed facing the rising sun.

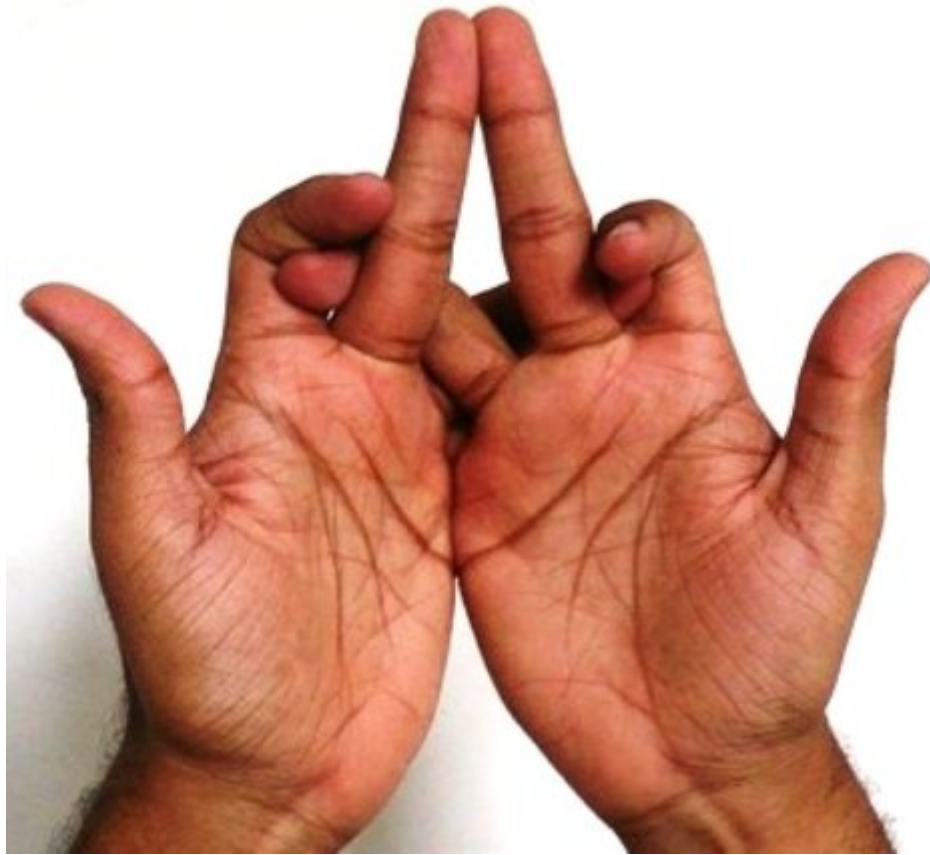
When you will perform this Mudra in the morning for the first time, you will feel an instant alertness induced as if you have just had a cup of espresso, this Mudra is that effective.

Mudra #4

Pratham Yonimudra / Mudra of Vulva I







Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join both the palms together like in the Indian salutation 'Namaste'.

Then interlace and bend the Ring fingers and the Little fingers of both the hands.

Now open the palms as if you are opening a pamphlet.

After you perform this, the tips of your Ring fingers will be forced into the openings between your Middle and Index fingers.

Now, press this tips of the Ring fingers down by the padding of your bent index fingers.

Close the palms together, and keep the Thumbs upright and parallel to each other.

This Mudra is to be held in front of the chest or pelvis.

For more clarification see the images provided.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra helps in improving the health of the sexual organs. After performing this Mudra regularly you will observe an increase in natural

lubrication during the act of sex. Also this Mudra has been observed to enhance emotional sensitivity.

Mudra #5

Dwitiya Yonimudra / Mudra of Vulva II



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Outstretch the Index finger and the Thumb of both the hands.

Now, join the tip of the right Index finger to the tip of the left Index finger and the tip of the right Thumb to the tip of the Left Thumb. (You will form a triangular shape as shown in the image.) The remaining three fingers of both the palms should be folded into the palm.

This Mudra has to be held in front of your pelvic region.

Variation 1:

For the first 5 minutes keep the index fingers pointing upwards. (Masculine Variation) Variation 2:

*For the next 5 minutes keep the index fingers pointing downwards.
(Feminine Variation)*

Duration:

This Mudra should be performed for 10 minutes. (5 minutes for the 1st variation and 5 minutes for the 2nd variation)

Uses:

This Mudra revitalizes the pelvic and reproductive organs, and this Mudra is the one which connect your sexual energy to your spiritual energy.

“Man...heats up like a lightbulb: red hot in the twinkling of an eye and cold again in a flash. The female, on the other hand...heats up like an iron. Slowly, over a low heat, like tasty stew. But then, once she has heated up, there's no stopping her.”

- **Carlos Ruiz Zafón**, *The Shadow of the Wind*

Mudra #6

Tritiya Yonimudra / Mudra of Vulva III



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Keep your palms touching each other adjacently and facing you.

Cross the Ring finger of the right hand over the Ring finger of the left hand.

Join the tips of both the Middle fingers to each other.

Both the Little fingers should be pressed against each other adjacently.

Both the Index fingers should be stretched out pointing upwards.

This Mudra should be held in front of your chest.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

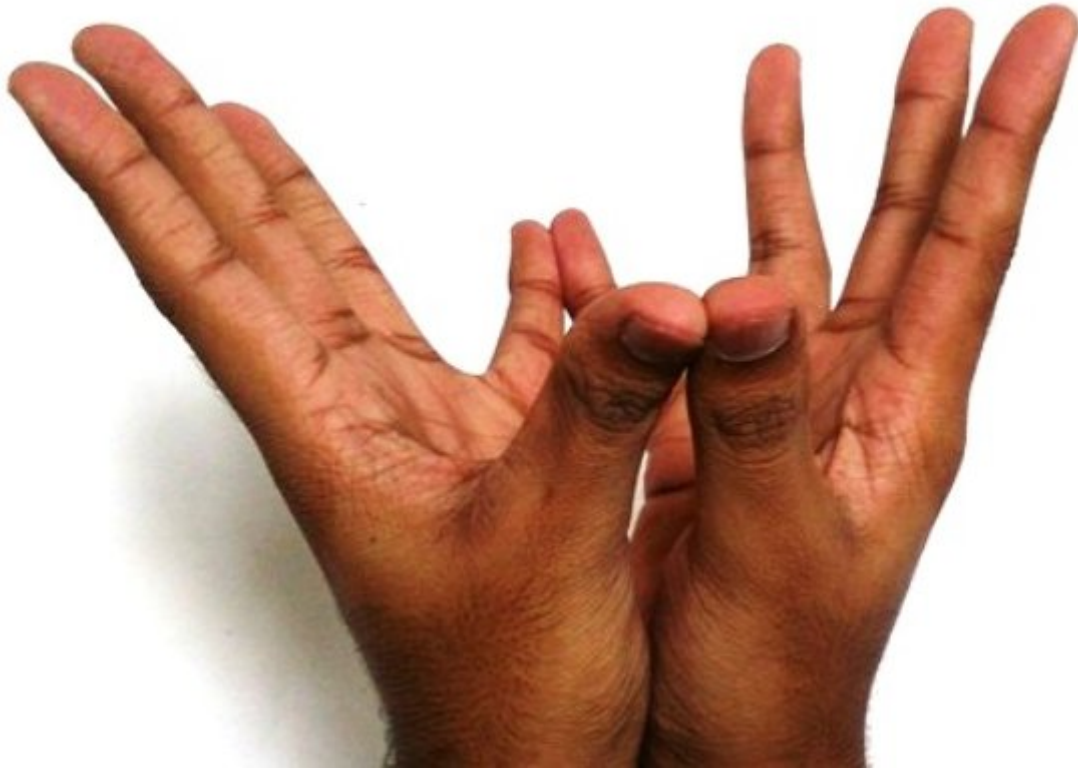
This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra is extremely helpful in maintaining the health of our sexual and reproductive glands (Testicles in men, ovaries in women). Also this Mudra enhances the luster of skin and lips.

Mudra #7

Pankajmudra (Padmamudra) / Mudra of Lotus



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the Thumb and Little finger of the left hand to the Thumb and Little finger of the right hand.

Join the base of both the palms together.

Stretch all the other fingers outwards and keep them straight.

Refer the image above.

This Mudra should be held in front of your chest.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra affects your sexual capabilities indirectly by strengthening your heart.

The act of sex exerts immense pressure on your heart and makes you feel a lot tired after a session, but after performing this Mudra regularly you won't feel fatigued very quickly and would be able to enjoy multiple sessions of sex.

Mudra #8

Kapitthmudra / Mudra of Apple



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Insert your Thumb in the space between your Index finger and Middle finger.

Then fold all the other fingers as if you are making a fist.

This Mudra is to be made on both the hands.

The Mudra made by your left hand should be placed on your chest and the Mudra made by your right hand should be placed on your pubic bone.

Close your eyes and visualize a ray of energy entering into your chest through your left fist and one ray entering your pubic area through your right fist.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

When regularly practiced this Mudra increases sensitivity and receptivity in the sexual organs, thus taking the sexual experience to a whole new level. Also it induces a healthy libido.

Mudra #9

ManipurChakramudra / Mudra of Solar Plexus Chakra







Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Place your palms adjacent to each other, facing down.

Now slide your right Index finger over your left Index finger, then under the left Middle finger and then rest it over the left Ring finger. (I know it sounds very confusing, please refer the adjoining images for more clarity.)

Now curl in your left Middle finger, pressing the down the right Index finger.

The next step is to curl in the right middle finger so that it presses down the left Index finger, but see to it that the tip of the left Index finger is over the right Ring finger. (refer the image)

Now join the tips of both the Ring and Little fingers together and press slightly.

Then join the tips of both the Thumbs together and press slightly.

Hold the Mudra in front of your solar plexus.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 30 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra has a direct effect on our sexual capabilities by enhancing our physical stamina, and it also improves the health of our pelvic organs.

Mudra #10

AnahatChakramudra / Mudra of Un-struck Hymn







Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Place the right Ring finger on the web between the Index and Middle finger of the left hand.

Place the left Ring finger on the web between the Index and Middle finger of the right hand.

Curl down both the middle fingers to wrap and press down the respective Ring fingers of the opposite hands.

Now join the tips of both the Index and Little fingers together, outstretch them and press slightly.

Then join the tips of both the Thumbs together, outstretch them and press slightly.

This Mudra is to be held in front of your chest.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

By enhancing the feelings of compassion and love, this Mudra directly affects our sensuousness towards our partner. At the same time it strengthens our heart and lungs thus you won't feel fatigued very quickly and would be able enjoy multiple sessions of sex.

“The behavior of a human being in sexual matters is often a prototype for the whole of his other modes of reaction in life.”

- Sigmund Freud,

Sexuality and the Psychology of Love

Mudra #11

Surabhimudra (Dhenumudra) / Mudra of Cow



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of the Little finger of the left hand to the tip of the Ring finger of the right hand.

Touch the tip of the Middle finger of the left hand to the tip of the Index finger of the right hand.

Touch the tip of the ring finger of the left hand to the tip of the Little finger of the right hand.

Touch the tip of the Index finger of the left hand to the tip of the Middle finger of the right hand. (This is a bit confusing; refer to the image for clarity) Then join the tips of both the Thumbs together and press slightly.

Hold this Mudra in front of your chest.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 30 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

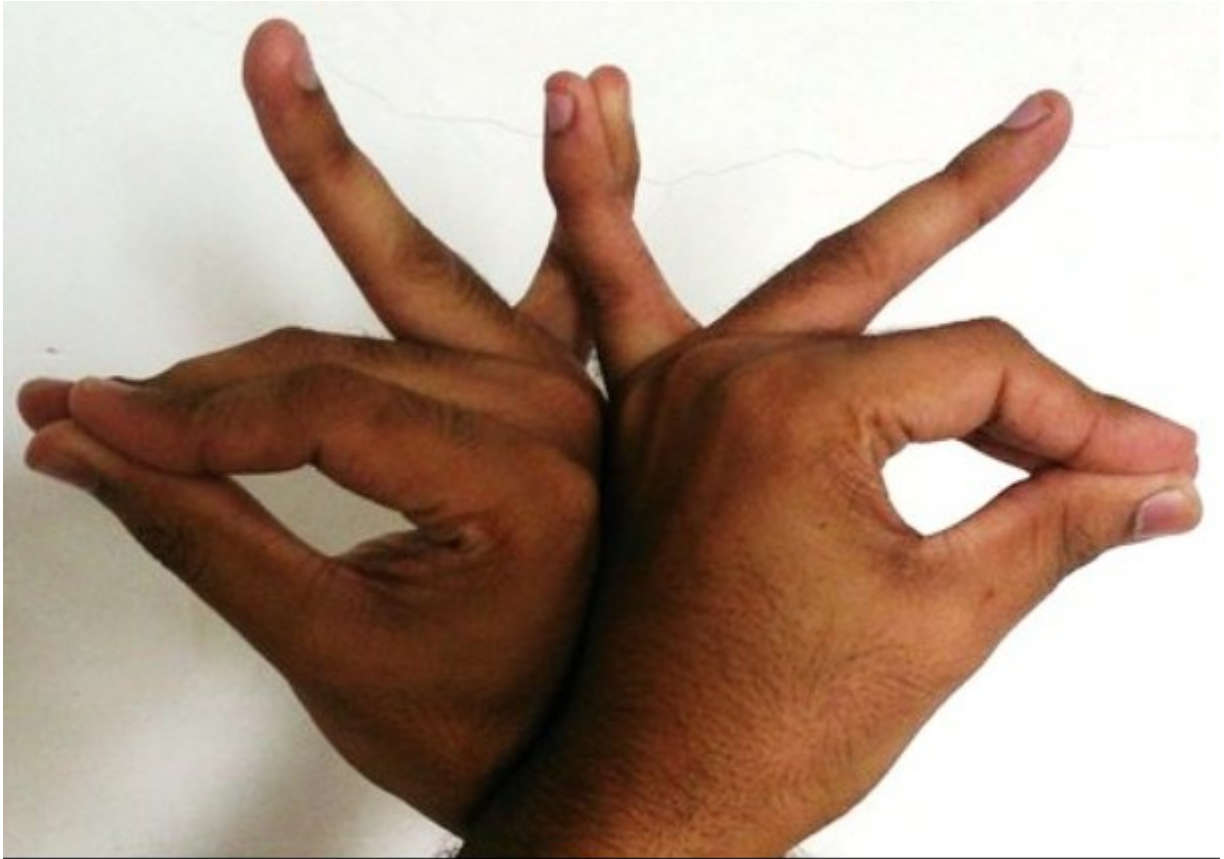
Uses:

This Mudra revitalizes the pelvic and reproductive organs, and also this Mudra connects your sexual energy to your spiritual energy.

(This Mudra is extremely useful in balancing The *Vata Dosha* and also plays a pivotal role in awakening the *Manipur Chakra* {*Chakra of the Solar Plexus*}.)

Mudra #12

Kilakmudra / Mudra of Bondage



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cross your wrists with the back of your palms facing each other.

Now stretch out both the Little fingers, and then hook them with their tips touching and pressing against each other. (Refer the image) Lift up both the ring fingers, slightly.

Join the tips of the Thumb, Index and Middle fingers on both the hands together.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 45 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra is extremely helpful in maintaining the health of our sexual and reproductive glands (Testicles in men, ovaries in women). This Mudra balances the level of the water element (*Jala Tattva*) in the body. Thus, keeping the body hydrated and increasing natural lubrication.

Mudra #13

MuladhaarChakramudra / Mudra of Root Chakra







Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Join both the palms together like in the Indian salutation 'Namaste'.

Then interlace and bend the Ring fingers and the Little fingers of both the hands (see to it that the fingers are folded inwards, within the palms).

Extend out the Middle fingers and join the tips of both the Middle fingers and press slightly.

Now join the tips of the Index fingers to the tips of the Thumbs, forming interlocking circles (Refer the image).

This Mudra is to be held in front of your pubic bone.

While you are doing this Mudra, simultaneously keep contracting your Perineal floor muscle (Refer the image).

(Don't keep the muscle contracted but keep clenching and relaxing this muscle continuously)

Duration:

This Mudra should be performed till you feel tired by clenching and relaxing your Perineal muscle. Take rest then repeat a couple of times.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

The Mudra performed here, Increases the production of sexual hormones and is also known to increase fertility.

By exercising the Perineal muscle it gets toned and you establish a good control on this muscle. The perineal muscle is directly linked with ejaculation and orgasm, thus having control over this muscle you can increase the duration of your sexual act by controlling and delaying orgasm.

Mudra #14

Kaamjayimudra / Mudra to Conquer Lust



Method:

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Touch the tip of the Index finger to the nail of your Thumb and press slightly.

Curl down the remaining three fingers, and press them together (not too tight).

Refer to the image for more clarity.

Duration:

This Mudra does not have a specific duration; it should be performed till the desired results are achieved.

Uses:

This is a restraining Mudra.

It is extremely helpful in suppressing unwanted and excess sexual desires and passions. It helps a lot in maintaining a proper balance in sexual desires and lust.

****Note***

The Kaamjaya Mudra was used by ancient Indian Maharshi's and Yogi's to suppress their sexual desires.

*****Important***

Don't overdo this Mudra, you sexual desires are a healthy part of your relationships. There's nothing to feel guilty about your sexual desires.

Mudra #15

Apaanmudra / Mudra of Downward Force



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your thumb with the tip of your middle finger and the tip of the ring finger, and press slightly.

Keep the index finger and the Little finger straight as shown in the image.

This Mudra should be performed on both the hands. Rest the hands on your thighs.

See to it that you are completely relaxed while performing this Mudra.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra enhances the health of the pelvic organs, thus enhancing your overall sexual capabilities.

It nourishes the Urinary bladder in both men and women and maintains the health of Uterus in women.

It also helps in regulating menstruation in women.

******Very Important**

DO NOT PERFORM THIS MUDRA DURING PREGNANCY.

“A fit, healthy body—that is the best fashion statement”

- Jess C. Scott

Mudra #16

Praanamudra / Mudra of Life



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Touch the tip of your Thumb with the tip of your Ring finger and the tip of your Little finger.

Keep the index finger and the Middle finger straight as shown in the image.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra enhances the overall sexual vitality.

It also helps in enhancing the Immune system of the body.

Mudra #17

Lingamudra / Mudra of Divine Masculine Power



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Clasp the fingers of both of your hands as shown in the image.

Keep the Thumb of your left hand straight and erect.

This Mudra is to be held in front of your abdomen.

(This Mudra is about bringing all the five elements together, with the fire element ruling them all.)

Duration:

It's a highly effective Mudra, yet a very strong one.

Perform this Mudra for not more than 5-7 minutes at a time.

This Mudra creates a lot of heat in the body, so don't overdo it.

Uses:

This Mudra enhances the health of the pelvic organs, thus enhancing your overall sexual capabilities.

Also this Mudra maintains the health and increases the capabilities of our lungs, thus enhancing our overall stamina.

Mudra #18

Shankhamudra / Mudra of Conch



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Make a fist with your right hand.

Insert the thumb of your left hand into that fist.

Flatten the rest of the four fingers of the left hand on the fist.

Now touch the tip of the Index finger of the left hand, with the tip of the Thumb of the right hand.

This will form a *Shankha*/Conch like structure.

Refer the above image for more clarity.

Hold this Mudra in front of your chest

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra is extremely helpful in maintaining the health of our sexual and reproductive glands (Testicles in men, ovaries in women).

Also this Mudra increases the production of sexual hormones and helps in increasing the overall sexual vitality.

Mudra #19

Shaktimudra / Mudra of Divine Feminine



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Keep your palms facing each other in front of your chest.

Then touch the tips of both your Little fingers and press slightly.

After that, touch the tips of both your Ring fingers and press slightly.

Fold your thumbs in to your palms

And, cover up the folded thumbs curling down your Index and Middle fingers into your palms.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra works like a charm for reducing the cramping of lower abdominal and pelvic organs, thus increasing the stamina and resistance to fatigue.

****Note**

This Mudra is also very helpful in healing emotional and psychological trauma induced by sexual abuse.

Mudra #20

Hridayamudra / Mudra of Heart



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Try to touch the base of the Index finger with the tip of the same Index finger.

Now, roll this bent Index finger forward in such a way that the first knuckle of the Index finger touches the base of the Thumb (Refer the image).

Now join the tips of the Thumb, Middle and Ring fingers together and press slightly.

Keep the Little finger outstretched.

This Mudra is to be performed on both your palms simultaneously and then rest this Mudras on your thighs.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra is extremely effective in rejuvenating the heart and regulating the blood pressure.

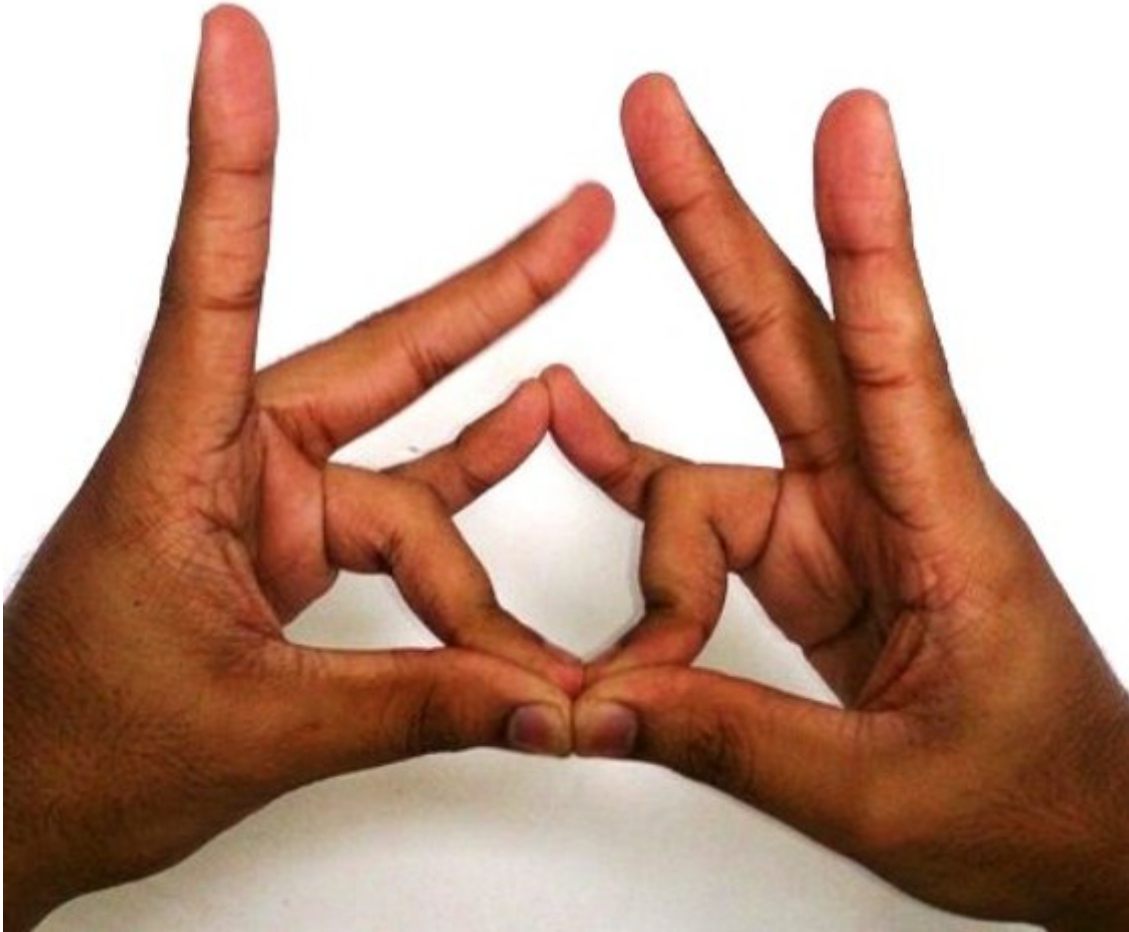
After performing this Mudra regularly you won't feel fatigued very quickly and would be able to enjoy multiple sessions of sex.

“Sex is an emotion in motion.”

- **Mae West**

Mudra #21

Mhaatrikamudra / Mudra of Great Trinity



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Your palms should be facing each other and pointing upwards.

Join the tips of both the Ring fingers together.

Join the tips of both the Thumbs together.

Now bring this Joined Ring fingers and Thumbs together at the tips (Refer the image) Then join the tips of both the Little fingers together.

Keep the Index and Middle fingers outstretched.

This Mudra is to be held in front of your pelvic region.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra is helpful in relieving pelvic congestion and is extremely helpful in maintaining the health of the prostate.

In women this Mudra reduces menstrual cramping and when performed regularly this Mudra helps in regulating the menstrual cycle.

Mudra #22

Vajramudra / Mudra of Lightning



Method:

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

First clasp your hands together.

Then, extend the Index fingers and Thumbs in an upward direction.

The outstretched index fingers should be pressing each other slightly.

Also exert slight pressure by the Thumbs on the Index fingers.

This Mudra is to be held in front of your chest, if you are lying down on your bed.

If you are sitting or standing then hold this Mudra in front of your forehead or above your head.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra is known as the ‘confidence booster’.

Performing this Mudra regularly will work wonders for your sexual confidence.

This Mudra regulates a proper flow of energy around the body.

Mudra #23

SvaadhistaanChakramudra / Mudra of Pelvic Centre Chakra



Method:

This Mudra can be performed while being seated, in a standing position or lying in bed.

Concentrate on your breathing to relax and feel comfortable.

Join both the palms together like in the Indian salutation 'Namaste'.

Then interlace and bend the Ring fingers and the Little fingers of both the hands within the palms.

Cross the Middle fingers over the Index fingers.

Touch the tip of the Middle fingers to the tip of the Thumbs and press slightly.

Press the heels of both the palms together.

Hold this Mudra in front of your chest.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra enhances one's capacity to intimacy and sex.

This Mudra nourishes the reproductive system and enhances fertility and is very effective in maintaining the overall sexual health.

Mudra #24

Dwitiya Varunmudra / Mudra of Rain God II



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Keep your palms in front of your chest, facing upwards.

Touch the tip of your Thumb with the tip of your Little finger and press slightly.

Keep the other three fingers extended in the outward direction.

(Refer the image)

Form this Mudra with each of your hand and place them on your thighs.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra enhances the health of the pelvic organs and keeps them well toned, thus enhancing your overall sexual capabilities.

It also reduces dryness and removes wrinkles of skin. It is known as the 'Ultimate Beautifying Mudra'.

It also enhances one's sexual vitality and confidence.

Mudra #25

Kaaranmudra / Mudra of Cause



Method:

This Mudra has to be performed in a seating position.

Be seated comfortably in an upright posture and concentrate on your breathing to relax.

Cover the tips of the Middle and Ring fingers with the pad of your Thumb and press slightly.

Keep your Index finger, Ring finger and Thumb extended outwards.

Form this Mudra with each of your hand and place them in your lap.

Duration:

This Mudra should be performed for at least 5 minutes and can be performed for 40 minutes at a stretch.

This Mudra should be performed twice a day, once in the morning and once in the evening for best results.

Uses:

This Mudra enhances the health of the pelvic organs and keeps them well toned, thus enhancing your overall sexual capabilities. This Mudra connects your sexual energy to your spiritual energy.

This is one of the best detoxification Mudra there is.

“Sex is the most fun you can have without laughing.”

- **Woody Allen**

Forming a Routine

Every Mudra that I have mentioned in this book has to be performed for at least five minutes for best results.

But, to perform all the 25 Mudras for at least 5 minutes will eat up a little over 2 hrs of your time every day and many of you might not be able to take 2 hrs every day from your busy schedules and chores.

Understand that it is NOT a hard and fast rule that you should perform all these 25 Mudras back to back in one session.

What I would suggest is, perform 5 Mudras every day in the morning for at least 5 minutes each, that will take a little less than half an hour, which is very much manageable.

The beauty of Mudra Health and Healing Techniques is that Mudras can be performed at any time and place: while stuck in traffic, at the office, watching TV, or whenever you have to twiddle your thumbs waiting for something.

So, please don't come up with any excuses to avoid them, Mudras are as easy as exercise, health and fitness could get.

Do you wish to receive Information about Mudras on a regular basis?

Hi, I am Advait, I am and wish to remain a life-long student of *Ayurveda*, *Yoga* and *Mudra Vigyaan*. During the course of my study, work and research I come across many priceless gems in the field of Vedic Health & Healing, almost daily.

You'll be surprised to know how many serious ailments can be prevented and cured by using some basic ingredients available in our kitchen pantry or doing these simple hand gestures (Mudras) or by simple Yoga exercises.

Grab this opportunity and get useful information & tips on Ayurveda, Yoga & Mudras, once a week...right into your inbox.

From Addiction to Arthritis, for Improving Digestion to Detoxification, Ayurveda & Mudras are extremely effective, in cases of Cancer and even in patients with HIV/AIDS Mudras & Ayurveda works like magic.

Subscribe to my *Newsletter* to know more.

To subscribe, [Click Here](#)

Thanks.

Advait

Thank You



Thank you so much for reading my book. I hope you really liked it.

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[To leave a review click here](#) and select 'write a customer review'

60 seconds is all I'm asking for, and it would mean a lot to me.

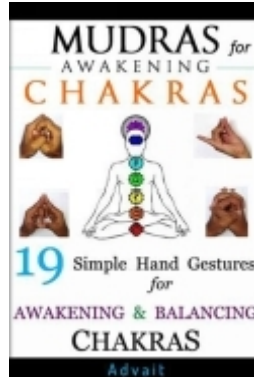
Thank You so much.

All the best,

Advait

Other Books by Advait On Mudra Healing Techniques

Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening



& Balancing Your Chakras

<http://www.amazon.com/dp/B00P82COAY>

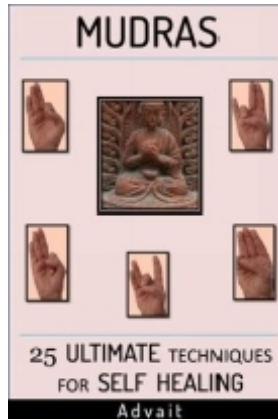
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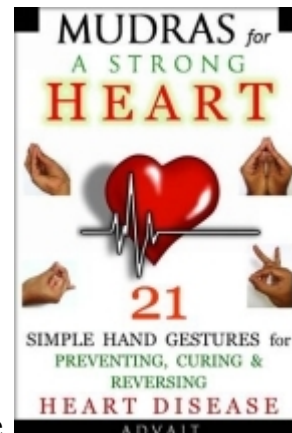
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Spiritual Healing & Awakening

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Curing Cancer

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Mudras for Anxiety: 25 Simple Hand Gestures for Curing Your Anxiety



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Mudras for Memory Improvement: 25 Simple Hand Gestures for Ultimate

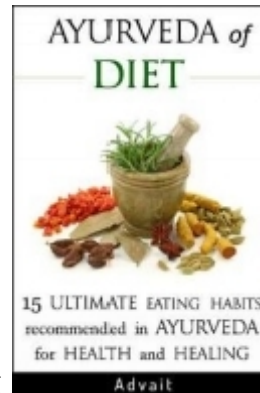


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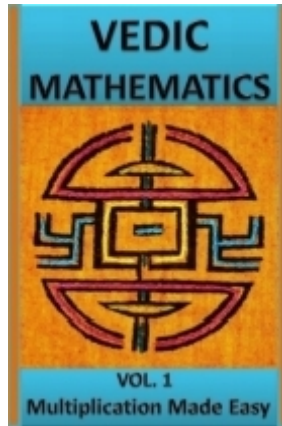
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Mudras for Sex: 25 Simple Hand Gestures for Extreme Erotic Pleasure & Sexual Vitality

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