

More BDSM

Successor to the book *How to Become a Mistress?*

by

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Table of contents

Disclaimer

A word in advance

Thank you

The deeper layers

True BDSM is always about reciprocity

Beautiful, intense and loving BDSM

The erosion and destruction of BDSM

The ability to improvise

The symbolism behind the BDSM logo

The psychological effect of kneeling

Lights can go out, why make it happen?

Terms

Abrasion or abrasion

Bastinado or foot spanking

Petting or licking

Biting

Blood play

Bratten

Erotic Power Exchange or EPE

Hentai

Intersex or hermaphrodite

Keyholder

Bukkake

Experience forms & game techniques

Anal play

Bondage

- Finding peace in bondage

- The history of shibari

- The intense sensation of a foil bondage

- How exactly to do a hogtie

- Finding peace in the bodybag

- The risks of autobondage

- A fascinating story about shackles

Branded

Facesitting

Femdom

The true Femdom is hidden in our complete being

To me, the most beautiful sub is a Femdom sub

Will the right FemdomLady please stand up?

Fisting

Human ashtray

Infantilism

Infibulation

Tickling

Temperture play

Soft surprises

Products

Ampallang

Anal beads or anal balls

St. Andrew's cross

Ball crusher & ballstretcher

Bench

Breast clamp or wringler

Nettle

Butt plug or Anal plug

Gag or Mouth Gag

Gas mask

Geisha love balls

High heels

Humbler

Judas seat

Clamps

The power of American nipple clamps or alligator clamps

What are alligator clamps?

Clamps, an inexpensive clamp

Corset

Sounds

Whips, canes & paddles

Bullwhip

Cane

Flogger

Karwats

Chain flogger

An appointment with a Dominant

How do you properly approach a Mistress?

How to find a play partner or dominant

An appointment with a Mistress, how to prepare?

Pubic area: shaved, trimmed or bald?

Why is a visit to a Mistress so expensive?

Psychology and mental well-being

What does algolanguia mean?

Exhibitionism and voyeurism: seeing and being seen

What sexual orientations are there today?

Long-term desires, often stop there

Is BDSM mistreatment?

TPE and dependency: Isn't this harmful?

What does fear do to us? Mentally and physically?

BDSM and safety

Own responsibility first

Guard your limits, because pleasing makes you sick

A fun BDSM party, but think about safety

BDSM and pregnancy

BDSM and the importance of good hygiene

The importance of aftercare

Disinfecting the skin

A world full of fakers and scams

Stimulants

 What is aphrodisiacs and can they hurt?

 Dopamine addiction and BDSM

Nice links

Reading tips

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A word in advance

You put the finishing touches on a book, in this case the book "How to Become a Mistress." You feel you have told everything that needed to be told. You put all your knowledge and passion into this book. It goes on sale and with a satisfied feeling you crawl into bed at night.

In the morning you startle awake. "I forgot something!" races through your head. And if you think longer, you know that you have forgotten not just one thing, but dozens of things. It turns out there is so much more to tell....

And so that happened to me. As soon as the book "How to Become a Mistress" went on sale, dozens of topics swirled into my head, which were not yet addressed in that book. But then again, how thick should that book have been? Do I have to keep updating the book with every concoction? Or would I be better off collecting everything and turning this into a new book?

I decided on the latter. And so that idea is now before you. I no longer dare to guarantee that with these two books you have gained the full knowledge of all the deeper layers and modes of play of BDSM, because I fear I will wake up tomorrow morning startled again....

... because let's face it. BDSM is so enormously broad and deep, that one might wonder if completeness can ever be captured in words or pixels? So I would almost like to close with: "Until the next book!"

Mistress Moriah

Thank you

Of course, I want to be the first to thank my sub, who bought a house especially for me to completely convert it into a playhouse for me. He does this mostly by himself. And I watch. In my heart, I think he is a topper and at some moments he is no more than the dust under my shoes. And at those very moments he is my *everything*.

Above all, let me not forget my slave girl, for she always enthusiastically goes along with all my whims, antics and time-consuming concoctions. Her endless patience to read through my texts countless times, looking for typos, is immense. I grant everyone such a slave in his/her life. But this one is deliciously mine.

I would like to thank my pigsty, as I like to call my group of private slaves/slaves. It is a pet name for this group of wonderful, loving and enthusiastic people. I consider myself more than happy and rich with such a wonderful pigsty, where there is not only love, appreciation and respect between the subs and me, but also among themselves. They allow my passion to grow and provide my ultimate balance between my dark sadism and intense love.

And of course I'm not going to forget my son, who quietly tells everyone about "his mother's work" or "hobby." As if it's the most normal thing in the world. Which of course it is, but to share it with all your colleagues.....

His father, who still plays an important role in our lives, I also want to thank him. Just because he is always there for me. Whatever I ask of him.

And once again, I would like to thank all the couples, sub's, slaves, slave girls and sissy's who have been in front of me one or more times in the past period and with whom I had the opportunity to experience wonderful, intense moments. Your trust in me was wonderful to experience. And what fun we often had together!

The deeper layers

True BDSM is always about reciprocity

A BDSM experience usually involves a submissive and a dominant or even more broadly, a giver and a taker. One gives the other what he wants. Usually this is the knotted supplying the bunny with ropes, or the Dominant dominating the sub or the sadist giving the masochist a pain experience. It doesn't really matter which experience is involved, but ultimately every good BDSM experience revolves around reciprocity. That means that the giver also gets to take and the taker also gets to give. After all, it can never be the case that the taker, only takes ... and expects the giver to only give. Then all balance is lost and the aggrieved party will slowly but surely lose its energy.



Sufficient reciprocity

Unfortunately, this is quite often the case. The sub who thinks by offering his body to a dominant, that this is sufficient reciprocity. It can be, but in many cases it is not. So it is important to talk about this beforehand, because what do you really expect from each other? The sub usually has a clear idea of what he likes to experience, but what about the dominant? In the commercial circuit it is clear, you will find reciprocity in the form of payment, but what about outside?

To achieve reciprocity, it is important for both parties to be honest. In fact, at some point the roles will have to be reversed (utopically speaking). This reciprocity can be in many areas. It can be sexual, service, material or mental. It just depends on what makes someone happy. It will vary from person to person. As long as there is balance.

Talk about your expectations

The expectations of both are not always considered. A sub may feel that the dominant enjoys the giving as much as the sub enjoys the taking. That may be true in some cases, but ... not in all cases. Sometimes one person really does it to please the other. For example, out of love. So it is important to talk about your expectations beforehand, but also to be honest about why you are doing something.

This is especially true of BDSM in a relationship. It happens regularly that - after a long vanilla relationship - one of the two dares to express his/her BDSM desires. Chapeau, because that takes courage and every person should be allowed to be who he is. But this simultaneously means that the partner is expected to do something with it. That is quite something. And I am not saying that it is better to remain silent in order not to put your partner on the spot, because within a relationship it is always important to be honest, but it is just as important to continue to see the other person in this process.

That means, for example, showing respect and gratitude to the other person when you see them making an effort to follow you in this. This is quite spicy and it also shows tremendous love.

Complete his

But just as a sub wants to be seen in the fullness of your being, so does the dominant. Or in other words, the giver. He/she too wants to be seen and get satisfaction from the experience. And that can be in several areas and when that is met, the roles turn again for a moment and the taker, becomes the giver and the giver, the taker.

BDSM is wonderful and intense but if you want to keep it good for the long term as well, it is important to keep seeing each other in its completeness. So always keep checking with each other to see if the balance is still there and if both are happy with how things are going. Look at your partner and see him/her. Not just from the outside, but especially at the core.

Beautiful, intense and loving BDSM

I sometimes have a kind of stage fright, especially right before giving BDSM workshops or trainings. I can't describe it any other way. At such times, all the bears come into my head at once: "What if I don't feel right about them? What if we don't have a click? What if I don't know anymore? Or what if ..." Well, you probably get the point. All the bears gathered in my head. That it hasn't given me a water head yet is a God's miracle.



Beautiful, intense experiences

And the crazy thing is, I've never had an unpleasant workshop. So far, I've really only had beautiful, intense experiences. I have seen the purest form of BDSM and the most loving couples. And how special it is, that I get to be part of an experience that they normally only share with each other. Because most couples who sign up for a BDSM workshop are not on Fetlife, do not go to Femdom parties and do not advertise it. They experience it together, between the walls of their home.

And sometimes they can use a little push or a few extra handles to do that. And that is what I am there for. That can be very practical (this is how you do this, how that works and pay attention to that) but perhaps the most important thing during a BDSM workshop is the eye for the human being. Coaching both.

Mental aspect

Because in BDSM, the mental aspect is hugely important, not only in the experience, but also in seeing each other. Not only the receiver (sub/slave) wants to be seen, but also the giver (Dominant, Master(s)). After all, you are doing it for each other, it is a pure expression of love. From both sides. It is important to make people consciously feel what something does. Because of the speed of society, we are hardly able to stop and think about that. Not only physically, but especially mentally. Because what does it do to you? And what does it do to the other person? How does something feel? And I certainly don't just mean physically, but especially emotionally.

Often these are couples in which one of the partners has indicated a desire. In most cases, this is the submissive (sub/slave/recipient). The partner, who is usually caught off guard with this, then faces a choice. "Can I accommodate my partner in this? Do I want to? Can I? Isn't that really crazy? Am I crazy then? Or is he/she?" Such a turnaround in the relationship is not just any old thing. And it shows a tremendous amount of love when the partner takes steps in this anyway. Sometimes I can help a little bit. And that is very special.

Loving BDSM

It is wonderful to see these couples enter timidly, nervous for what awaits them. We have a drink, I let them get used to the space (and to me) and eventually I see them gradually blossom, become more receptive to the experience and grow in their "being". The workshop is customized, in advance we make a program together. It is only a guideline, because the actual interpretation happens live. And there is no right or wrong in that. After all, BDSM is not a competition in which it is all about reaching the other side as quickly as possible. It is precisely with small steps that you can get further. And those first steps often revolve around self-confidence, acceptance, recognition and a lot of love and respect.

Especially during the BDSM workshop, I see the real power of loving BDSM. And it goes far beyond high heels, tight suits and kinky sex. It is precisely during these moments that I see proof that the superlative of love is BDSM.

And how wonderful, to see them leave with big smiles on their faces ... full of plans and ideas for the future!

And me? I drive home with a mega big smile and a heart full of love. What a wonderful profession I have! And no matter how hard the question "Why am I

doing this?" sounds beforehand, so sure do I know the answer after such a wonderful experience: **This is what I do it for!**

The erosion and destruction of BDSM

But fortunately, we alone are responsible for making the sun shine in our lives....

For me, BDSM - and Femdom in particular - is the superlative of love. In all my vanilla relationships, I felt I was missing something fundamental, deeper layers or feel free to call it *the true essence*. So I ended the relationship and continued my search. I believed in something, I had a goal, which was to find *the one* with whom it could go deeper than with all the others. I would not settle for less.



Found

After a search of some 30 years, I found it. And believe me, I had to stumble and climb a lot of times for that. It certainly did not fall into my lap, just as I have never actually had anything thrown into my lap. I've had to fight for everything. And that does not matter, because it has made me strong(er), it has given me the tools to be able to sink my teeth into something and keep going until the desired result is achieved.

I never lost courage. I was sure it existed and I was determined to find it. It took quite a few years but in retrospect, finding it sooner had never been an option. After all, I still had a path to walk myself. After all, how could I recognize anything, when I was looking - with a self-tied blindfold - into the world.

Loving embrace

Not being able to find, in part, had to do with making myself complete. The loving embrace of myself as a whole. Both the empathetic, loving and warm side of myself, and the dominant and sadistic side. And that dominant and sadistic side, for a lot of years I loathed and pushed aside. It was not allowed to be there, because this is not how women are supposed to be, right? So I stuffed my dominance away as best I could and tried to show socially desirable behavior. As a result, I kept running into "the wrong one." Only after I had accepted myself as complete (you can read about this process in my first book *Jay, Quest of a Mistress*), the road was open and it did not take long before I was indeed allowed to experience that one special love. And fortunately, he is still there and he is still the very best. At him my search has come to an end and I have gained peace of mind. He is my foundation. With him I can be.

As I wrote in the intro, BDSM for me is a superlative of love. To the outside world, it may seem like I'm some kind of man-hater and that's why I torture men (and sometimes women). But nothing could be further from the truth. I love men, or rather "I love people." When someone is in front of me, I often feel what they need to get back into balance. When I coach people, I feel very quickly where the real pain or blockage is hidden. And that's what BDSM is so wonderful to use for. It can bring you back into balance and therefore even healing. That is the true power (and beauty) of BDSM....

Lots of energy

And sometimes it takes me a tremendous amount of energy, especially with strangers, where sometimes I need a lot of energy to penetrate in a short time; through all the mental protective layers. Sometimes I need several days to recover, to recharge. This is the reason for me to have very few (commercial) appointments. Maybe I only have one session a month on average. But this special power, THAT to me is BDSM. When I see the difference between a stressed slave before a BDSM experience and a blissfully smiling slave after the experience, that is a wonderful reward.

And how beautiful I find it, when through my dominant support, a sub transcends herself, in whatever area. Surely that is the most beautiful thing you can do as a Dominant lady or Mistress; to bring out the best in that other person. *Wow!*

Erosion and destruction

And then I look around and I see the rock-hard erosion of the scene. The tsunami of begging girls (who think they are a real FinDomme), who call every man a loser, preferably with accompanying middle fingers, to knock a few euros out of their pockets. It has absolutely nothing to do with BDSM nor with FinDom. They hardly realize what they are doing, but proudly call themselves "Goddess" with texts in which more words are written wrong, than right.

There are also the many "*content queens*," who dress up in mega sexy outfits and make videos of their "dominant acts." These acts are unfortunately mostly limited to pegging, sucking a strapon, facesitting and accepting gifts. In every image, it is clear to see how they are especially horny on themselves. What does this have to do with BDSM? Nothing. It barely transcends kinky sex

I classify both beggar girls and content queens as "*hunters*," because that's what they do. They hunt men's bank accounts. And feel that they are especially entitled to those numbers that are there. Why they think that? No idea. At least not because of their excellent command of the Dutch language.

And don't get me wrong, they too can just be who they are and if there are (mostly) men, who think this is great, fine. It just doesn't have a damn thing to do with BDSM and the possibility of scams is very high. Because this is such an "easy" earning model, these girls are copied a lot and often.

Wannabees & willers

On the other hand, the many "*wannabees*" or "*willers*." I deliberately do not call them sub or slave because I think that is far too much honor. It is a category that mainly "wants" a lot preferably without any reciprocity. The "*willers*" mainly think that they (like the *hunters*) are entitled to everything and think that you (mostly the Dominant Lady) should just give them that. Oh wait, excuses, because of course they want to give "*of everything*" in return. Bit of a pity that "of everything" is mostly limited to their "wish list" or "demand list". Because of course I really have to believe that facesitting is exclusively for my pleasure, just like that strap-on in their ass.

And it makes me sad. Because I see the BDSM scene being eroded more and more by this superficiality. While real BDSM goes so much deeper and beyond this fake world. But the real slaves run afoul of the "*chasing screaming kitchen maids*" and the real dominant Ladies (and no doubt gentlemen too) bite themselves on the many sucking *willers*.

Recent anecdote

I receive an app from a sub interested in becoming "owned." I always think that sounds rather cocky (and actually I think this is the opposite world, because you don't ask for that, you leave that to the Dominant), so my alarm bells are immediately set on alert. But okay, not shot is always wrong, so I'll give him a chance. He can send me an e-mail. *So far so good*, in *no time* I receive a kind of application email with mostly lots of descriptions of what he had experienced in the meantime. With just a little too much detail, for good measure. But I still give him the benefit of the doubt. So I respond back and let him know what he can expect from me and what not.

His response: *I am just reading the mail obediently on my knees Mrs. Thank you. Kiss on your feet xxx*

Once again my alarm bells go off. Why on earth are you reading my mail on your knees? I didn't ask for that anyway, so *act normal!* Just sit on a chair or couch, that's what they are for.

Then I receive, *"I am very eager to go for it. I am tremendously excited. You indicated that you prefer to lock a sub. I actually want to beg you already if this is allowed. This has been a great desire of mine for a long time. So in any case I would like to go for it"*

For the third time, the alarm goes off. I ignore his pleading, because why would I want to lock this stranger up? Feel free to waffle on for a while, *I don't care*. As long as you are not *"my property"*, I really don't give a damn what you do with that thing. Besides, chastity control is mainly about what *I* want and not what the other person wants. And can someone explain to me, what *fun* it is for me to lock a stranger's cock?

However, I am in a good mood - and unfortunately the pond of good subs is not that deep - so - despite three alarm bells - I still want to give him a chance. I direct him to order my two latest e-books: What is BDSM and How to Become a Good Femdom Sub. On the one hand, this allows me to see if he is up for it (2x 15 Euros, a modest outlay) but most importantly, I find the fact that with these e-books, he can get a good read on where I stand in BDSM - and Femdom in particular. What my views are and what I find important about a Femdom sub. Golden information, if you really want to become someone's property. *Ownership*, that is a few steps higher than sub or slave.

He responds back with: *"Understood Mrs. I am on my way now but I will let you know as soon as I order them. I would very much like to give up my freedom to you Mrs."*

And then it gets quiet and stays quiet for another 13 hours. And then I finally pull the plug myself. Completely hopeless. Just like those ~~hundreds of~~ thousands of other *willers*.

Straighten my back

What about me? I sharpen my teeth, straighten my back and write my way through this chaos, and I try as hard as I can to post an informative or inspiring blog on one of my websites every day. Write new books, invent new projects, voice a podcast and occasionally teach a BDSM workshop or training.

I do this because I think it is **KEEPLY** important to spread the deeper layers of BDSM, to keep it alive. And my way of BDSM doesn't have to be your way of BDSM, that really may differ like night and day, because it's actually important to walk your own path in this, but ... whatever way suits you, true BDSM goes beyond the superficiality of the *hunters* and the *willers*.

And this loving BDSM information transfer, is a, *by myself assigned*, mission. It takes me many hours daily and no, it hardly makes anything at the bottom of the line. If you are going to divide the income over the many hours, I am 100% sure, you will not get out of bed for that. And you're right.

But I am a *Femdomlady with a mission*, and I will do everything I can to continue to propagate the true essence of BDSM - and Femdom in particular. Because something so special should never be lost in the erosion and destruction of BDSM.

The ability to improvise

Those who regularly read my words, or have attended a workshop with me, who know that I believe it is important to keep BDSM close to yourself and follow your own path in it. After all, no two Dominants are the same and no two submissives are the same. This means that every BDSM game is different, based on the energy of the Dominant, the energy of the submissive and the energy of the moment. Because the latter is also important.

A BDSM experience can vary from day to day. For example, because you are tired, have had a bad week or your energy level is high because of that promotion or butterflies in love. Everything plays a role in how stimuli reach you and how you deal with them. Therefore, the most important component during a good BDSM game is the ability to improvise!



One size fits all

There is no "*one size fits all*" game. Whipping a little is not that hard, but BDSM is so much more than that. It is at least 50% a mental experience anyway, by getting inside the other person's head and under their skin. There is no trick to that. This means the ability to read the other person well, to know what is

going on in their head, responding to the signals the other person gives, both verbal and non verbal.

Kinky sex

On social media, I see lots of videos going by of kinky dressed ladies "taking" a sub from behind (or in front) in all sorts of ways. One dildo is even bigger than the other. No doubt it will look horny, to a certain audience, but let's face it, it doesn't have much to do with BDSM. I would rather describe it as "kinky sex. Is there anything wrong with that? No, not at all. Just that it doesn't have that much to do with BDSM, at most a little bit.

Deeper layers

BDSM is all about the deeper layers. Surrendering to each other, both from their own roles. Landing completely in the now. Silence in the mind. Back in balance. The paths to it may differ, but the goal is almost always the same. And because every situation is different and no moment the same, improvisation is therefore important. Because it regularly happens that you have intended something beforehand, which ends up going completely different. This may be due to yourself (it doesn't feel so good), it may be due to the other person (it doesn't feel so good) or there may be external influences (the neighbor who suddenly puts the drill on the walls, the doorbell rings at the wrong time or the power suddenly goes out). These influences do not necessarily mean that a BDSM moment has failed, but they do mean that some adjustment may be necessary.

Improvising

The above is the reason for me not to think or plan too much in advance. Things happen as they happen, and I much prefer to let an experience "emerge" rather than think things through ahead of time. If I were to do that, it feels like I'm going to do a play (and have memorized it beforehand). Of course, a scenario thought out in advance can give you a foothold, which is certainly nice for the novice BDSM'er. As long as you don't completely commit yourself to that scenario and take all the space you need to deviate from it, if that works out better (or feels better). And so don't feel burdened either, if things turned out differently than previously thought.

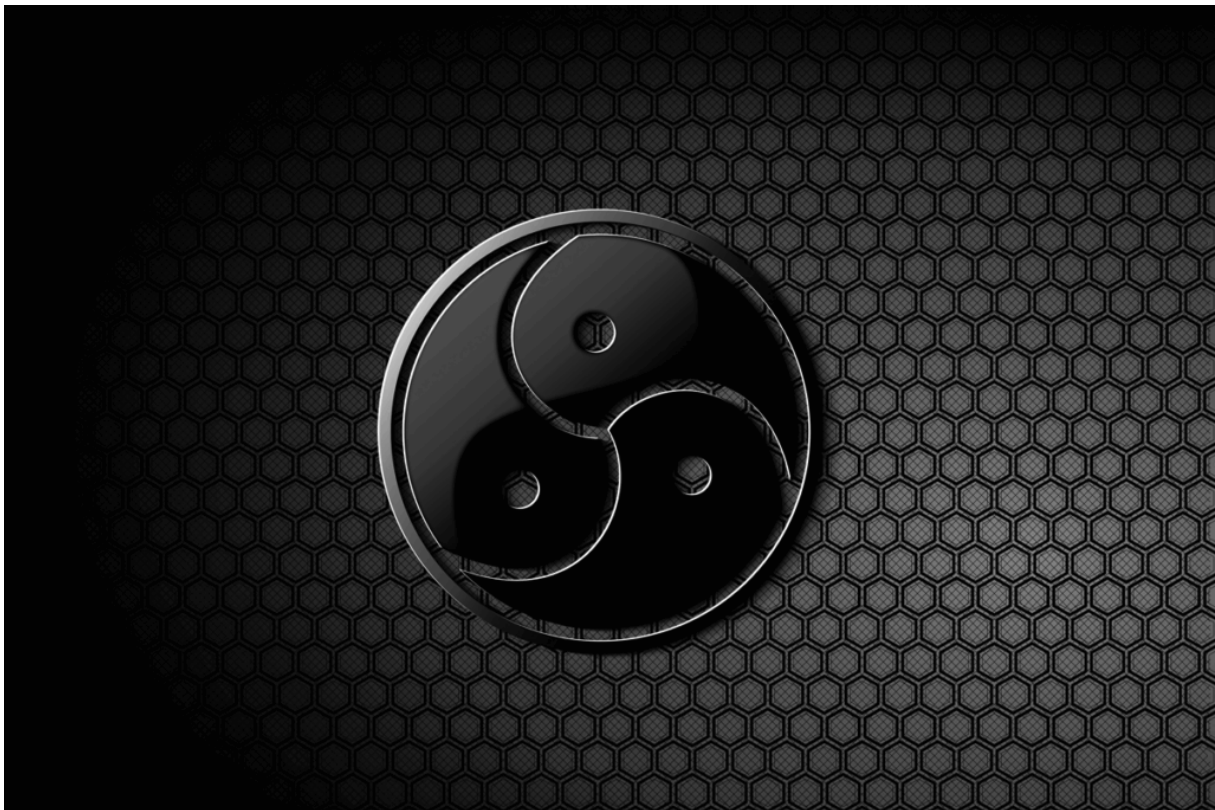
Play with the stuff around you

Improvisation can also involve using objects that actually serve an entirely different function. A kitchen stepladder can become a torture table, a roll of cling film can create a perfect bondage, an electric fly swatter gives a good electrical stimulus, a toilet brush can rough up the skin in a humiliating way, and with a mat beater you can hit really hard. The moment you engage in BDSM, you really look at the world in a different way and walk through the supermarket or hardware store with a different set of glasses.

The world is one big magic ball that can change colors all the time! Red, blue, purple, black...

The symbolism behind the BDSM logo

If you've been around within BDSM for a while, you probably know the BDSM logo. The first time I came across this logo was quite a few years ago. Back to my "stepping time," because during one of these cozy evenings, I noticed a special piece of jewelry or tattoo (I honestly don't remember exactly) on a man. It looked like the yin/yang symbol, but then again not. It fascinated me and I asked about it. He replied, "What do you think it is?" I replied, "It looks like the yin/yang symbol." He grinned and replied, "It looks like it, but it's not. But if you don't know, I'm not going to tell you..." Quite a shame in retrospect, because that might have made my search for myself as a whole, a lot easier. But apparently I had my own path to walk in this.



BDSM logo

The fact that I can still remember this - seemingly unmemorable incident - some 30 years after the fact says something about my fascination (or blood-soaked curiosity that was not satisfied at the time). By now I know what symbol it must have been, the BDSM logo. Deliberately made so subtle that it does not stand out, but is easy for like-minded people to recognize. And so the similarity to the yin/yang sign is not "coincidental." Steve Quagmyre came up with the idea (sometime in the 1990s) to design a special symbol for BDSM based on the

yin/yang symbol. In that way it would be mysterious, yet not attract too much attention from outsiders, yet recognizable to insiders.

Personally, I think the basing on the yin/yang symbol goes beyond exclusively "mysterious and low profile." BDSM is also about an exchange of opposite energies, just like yin/yang. I can't help feeling that this will certainly have played into Steve's choice, for sure. However, I never asked him, so I am hereby making an assumption.

Triskelion

However, there is more symbolism to be discovered in the logo. The three parts of the logo represent the three main groups that make up the letters BDSM: Bondage & Discipline, Dominant & Submission and Sadism & Masochism. However, the three parts also symbolize the basis of BDSM (which makes BDSM different from molestation) namely the three conditions: **Safe, Sane, Consual**. Third, you could discover the three main roles in it: Top, Bottom and Switch.

White dots

In addition, you also see three dots, points or holes. Somewhere I read about this that these symbolize the imperfection of every human being. Whether this was actually thought of by Steve? No idea. Personally, I believe that perfection is hidden in the loving acceptance of imperfection. So can there still be imperfection (or perfection) in that capacity? No idea. It could also be that the dots symbolize the core, your deeper being. The human in you. But I honestly have not been able to find anything about that. The circle around the symbol would refer to the BDSM scene, a group that protects itself.

In the end, it's all about what you get out of it for yourself (as in all of BDSM and/or life).

The psychological effect of kneeling

Perhaps one of the most famous poses within BDSM is the sub kneeling, in front of his Dominant. Of course, it is up to the Dominant whether to kneel at all. Personally, I like it, but of course, if a sub (for physical reasons) cannot kneel in front of me, it is not an immediate "exit." What doesn't go, doesn't go. But kneeling is not a given for every Dominant. With one Dominant, you might only need to kneel during a BDSM experience, but in a more TPE atmosphere, it might even be necessary any time the Dominant enters the room. Thus, each Dominant has different rules and perhaps the rules even differ for each sub (when a Dominant has multiple subs).



What is kneeling?

Kneeling is a basic human position in which one or both knees touch the ground. Kneeling when it consists of only one knee, and not both, is called kneeling. Kneeling is the position often associated with traditional, Western marriage proposals. But it is thus also a favored position within BDSM. At least mine is.

Different ways

Kneeling can be done in different ways. It just depends on which pose the Dominant likes. For example, think of hands on the neck, proudly upright. Or maybe you prefer your sub kneeling in front of you with head bowed, hands on knees. Or maybe you have a completely different position that you like. Of course, the position can also depend on the (physical) capabilities of the sub.

- Hands on neck, straight back
- Bowed head, buttocks on feet, hands open on upper legs
- Straight back, hands folded crosswise in front of chest
- Straight back, hands crossed behind back, buttocks on feet
- Buttocks on feet, upper body stretched forward as straight as possible across the ground
- On knees and hands (perfect as a side table)
- Knees on the floor, body forward with head on the floor (facing the floor).

The benefits to the Dominant

First, this attitude, reflects the submission of the submissive. It involves respect, submission, it literally makes the submissive small.

Besides the mental experience, I also find it practically pleasant when a sub is kneeling with me. This means I don't have to look up at him/her. After all, that only gives me neck cramps. So, no thanks. If at all possible, just kneel down next to me and if that is not physically possible, then with the ass on the floor.

By posing this way, the sub can be exposed for inspection just fine.

Kneeling can be part of full obedience training or as part of a BDSM ritual or ceremony.

The advantages of the sub

Kneeling before the Dominant requires literally looking up to him/her. This reinforces the position and it gives the sub the tools to emphasize his/her submission, as well as to honor the Dominant.

It can help the sub concentrate and obey.

Kneeling can be part of an intense workout, which can give a sense of pride.

In this way, the sub provides viewing pleasure for the Dominant.

Prolonged waiting in this position until the Dominant comes can help increase your patience.

The pose gives power to both parties. One offers himself, the other accepts the offer.

Tips for good kneeling

- Do some stretching exercises regularly (preferably daily).
- Kneeling can also be used as a punishment (Just kneel in the corner for a while).
- Practice kneeling in front of the mirror regularly. Try keeping it up for at least 10 minutes, not moving while kneeling.
- Keep in mind the type of floor.
- Never kneel for too long to avoid knee injuries and/or nerve damage. Therefore, change positions occasionally.

From kneeling to crawling

Kneeling before the Dominant is still something else, than crawling before the D. Crawling has more humiliation in it, while kneeling can still be done with some pride, crawling gives more the image "you are not worthy of walking upright." "By moving so low over the ground, you are no more than a crawling undercutter, like an insect or some other animal."

On the other hand, it can also be an invitation to take advantage of various holes. A sub can seduce with it and then the question remains, who is in charge?

Some subs enjoy the pressure or even pain in the hands and knees as they trudge across the room for their D.

What is a kneeling bench?

The kneeling bench is a piece of furniture, usually made of wood, low to the ground on which a sub can sit kneeling. This can be as part of training, but also, for example, to collect punishment.

Lights can go out, why let this happen?

It's the weekend and a sub friend is visiting our playhouse. Just for a cup of coffee. We are chatting and he tells about his failed D/s relationship with his last Mistress. An intense story and he says that he has withdrawn from the scene for months. We have known each other for about ten years, so I spontaneously offer him "If you miss it, come play here sometime, right?" After all, I know how the desire can grow, after such a time without it. He gratefully accepts this offer. When he goes home, by now it has become dark and the lights in the lanterns illuminate the street.

In my search for a new potential private sub, I have come across a serious, young man. Soon we will have our first play party outside the door and because I want to know what I can get out of him, I want to have met a few times beforehand. So that we are already a bit in tune with each other.



This weekend

This weekend they were both going to come. It started Friday with my potential private sub. He arrived, neatly at the appointed time. Fine. We have a cup of coffee, chat, and then I take him to the playroom. We have a nice game, do some new things again, introduce him to different whips and a few canes. A

little more than last time. Have a drink afterwards and he leaves. And as soon as he's gone, I feel the hangover.

The next day the friendly sub comes. We drink coffee, chat, I play with him, for a few hours. We drink and chat some more and he leaves. Again I feel the hangover.

Why the hangover?

"Why the hangover?", you may be wondering. I'm going to try to explain that to you. When I expect a sub, whether paid or unpaid, I live toward that appointment. My body (muscles and joints) is unfortunately broke. This means that I take into account my energy consumption beforehand so that I can give as much as possible during the experience. After all, for me, BDSM is a serious experience, which I want to do as well as possible. During an experience I am only concerned with the sub. Physically but also mentally. "How does he react? How does the skin react? Where is he sitting? How does his energy feel? How are his eyes?" Et cetera.

And yes, I like what I do, I enjoy the stretch marks, but believe me, it does not give me a wet pussy. During an experience I am mostly giving. A lot of energy. After the experience I am empty. My partner/sub and slave know that, sub's who are a little further away from me don't know that. Because I don't advertise it. But I have really given everything. This means that often after a session I can hardly walk and my whole body hurts. Often I can't sleep at night because I don't know how to lie down because of the pain. However, that is my own choice, so I don't blame anyone. It's just my way. I have no choice, it's all or nothing.

A session of 2 or 3 hours, means at least a whole day (and night) for me. This, among other reasons, is one of the reasons why I don't meet commercially very often. I find it important, that the appointments I make, are with someone, who has consciously chosen for me and where I don't get the feeling that he "just wants a horny appointment with "a" Mistress. If I get that idea, I drop out. My body is worth more than those few hundred euros. Money is not an incentive for me, never has been. Appreciation and an intense sincere experience are.

Empty handed

And so that is exactly the point. Both subs, meaning both the private sub and the friendly sub, had arrived here empty-handed. Don't get me wrong, this is not about a bunch of flowers, a box of chocolates or whatever gift you bring, it's about a token of appreciation. An exchange of energy. I give to you, you give to