

Textbook accompanying the training

Commercial BDSM

English

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You agree to assume all risks associated with the use of the information in this book. It is recommended that you consult a professional physician to assess your physical and mental capacity to participate in the gaming techniques suggested in this book.

A word in advance

In this teaching material, I present my view, the way I experience BDSM. This view has emerged from walking my own path and from the many conversations I have had over the years with various dominants and subs. During my journey, my image has emerged. However, this is not to say that it is the only sacred truth. Everyone colors their own pictures and thus forms their own truth. This applies to all of life, and so it also applies to BDSM.

So my truth or my view does not have to be or become your view. It is important that you follow your own way in this, get to know yourself even better and find your own truth. BDSM is not an end goal but a learning path full of wonder and amazement.

And maybe this teaching material can be an inspiration for you or a practical reference for certain actions. Just as a small handhold. But if you start walking your own path, you will discover that BDSM is elusive. When you think you've found the truth or you think you get the picture, a little later it turns out to be a little different....

... and that is what makes BDSM so immensely intriguing and interesting. Enjoy the journey and the encounter with yourself.

The world of BDSM

What is BDSM?

What exactly is BDSM? That's still pretty hard to explain. Yes, that it's an abbreviation for Bondage, Discipline, (Domination/submissives), Sadism & Masochism, that's obvious. But that's not saying much. Some will describe BDSM as “kinky sex,” but that really misses the point. And although the interpretation of BDSM will be different for everyone, it is more than just exciting pleasure.

BDSM is all about balance, just like the dualistic world we live in. Everything around us, revolves around balance, the attraction of opposites. Although we may not always realize it. Think of dark and light, day and night, good and bad, et cetera. There is always a striving for the right balance, a natural compensating. And so do we humans. We too strive for a natural balance, balance in our lives. And as soon as it is not there, when we are in imbalance, we do not feel comfortable.

Balance and imbalance

But what causes this imbalance? Of course there can be several causes, external influences but it can also arise within ourselves. Every human being wants to be seen and accepted as he is. But we can only expect this from others if we can (want to and dare to) see ourselves as a whole. People are not only good, we have bad qualities as well. Or at least, less good qualities. One can therefore wonder whether concepts like good/bad have any value. Because if there is a natural desire for balance, it means that the more “good,” there will also be more “bad.” And in attracting more “bad,” is “good” still “good”? And vice versa, of course, this applies exactly the same way. It means that with more “bad” there will also be more “good,” is “bad” still so “bad” when it is a driver of “good”?

But I don't want to make it too philosophical, however, it is good to know how balance works. And how important it is to us. It is inseparable from our existence. But herein also lies the beginning of acceptance of (and by) the other. For how can you expect another to embrace you as complete, if you cannot do that with yourself?

So we also see the pursuit of balance within BDSM. Just look at the D/s, it forms a pure symbiosis. One complements the other and the higher the one, the deeper the other. Together responsible for one whole.

I sometimes compare it to a perfect circle. That circle is half filled with a D-something and half filled with the s-something. Together it forms a complete circle where it does not matter where the something of the one or the other sight is, because in the end it forms one perfect circle.

Picket stakes

Ostensibly the D holds the reins and she or he leads the s, but it is the s that has previously set the picket lines in which the D can move. And of course the boundaries of surrender can be walked and stretched where possible, but if the D utterly ignores the picket lines and completely does its own thing, there is no longer consensus. Then it is simply mistreatment. Or deprivation of liberty. Or...

If you dive deeper into the different layers of the BDSM experience, you might just discover that the D in this case might stand more for “Serving” and the s for “directing.” By the way, a wonderful movie was made about this “The Duke of Burgundy”. Absolutely recommended to watch once. This movie knows how to depict this flawlessly.

Power and surrender

The line between “power and surrender,” “serving and directing” is quite thin because the basis always lies in “consensus” from both sides. And it is that very consensus (agreement) that makes the crucial difference between BDSM and abuse. Other aspects that are important within BDSM are, of course, safety, trust and keeping your wits about you! Because BDSM has risks, you have to calculate that in advance on both sides. And the responsibility lies with both. Not only with the D. Because whether you are dominant or submissive, also within BDSM you are and remain responsible for your own life.

BDSM is a broad term and it includes all kinds of different experiences. The big picture, of course, is embodied in the acronym: Bondage, Discipline, Sadism and Masochism. These words revolve around restriction of freedom and pain. But BDSM goes far beyond this. Think, for example, about humiliation and/or sissyfication, servitude, ageplay or ... oh it's too much to mention.

Different kinds of subs

Over the years I have noticed that there are all kinds of subs. The different types will be discussed later in this training. However, it is important to keep in mind that there is no “one kind of sub” and therefore no “One size fits all” experience. BDSM goes so much further than swinging a whip in a kinky outfit.

The world is not black and white and so are the different types of subs. And even that division I will make later in this book is much more nuanced. The dividing line is sometimes thin and there can be all sorts of overlaps. Important to keep that in mind. After all, a pain slave can have nothing to do with humiliation and a humiliation slave can be a huge squealer when it comes to pain stimuli.

Differences in intensity

And just when you think you know what the sub needs, you run into new surprises, because his capacity to absorb can vary from day to day. There are all kinds of factors (including external ones) that affect the experience. Think of busyness, fatigue, another job, health, you name it. And so does the dominant. He too can have a bad day, be tired, not in the mood, you name it. You will notice that a pure BDSM experience can differ in intensity every time, even if you do the same thing over and over again.

Everything is about energy. Your own energy, the other person's energy and the joint energy. If you can be open to this, this can be your guide. In combination with the signals the sub gives off. Moans, groans, eye gaze, physical reactions, in short all verbal - and non-verbal communication give you a guide and hold. So it is important for the dominant to be not only sensitive but also empathetic and loving. No matter how sadistic it can be. And yes, that sounds contradictory but it's not. That's why BDSM is so intriguing and sometimes difficult to understand. After all, it hangs together full of contradictions and is hard to capture in a clear story.

Commercial BDSM

A BDSM experience with your partner is, of course, completely different from a commercial BDSM experience. You probably know your partner through and through, and “mistakes” are usually covered with the cloak of love. This does not apply to a client. He has paid for a certain experience (and probably fantasized about it beforehand) and wants to be appropriately rewarded for his payment. This is only possible if the preliminary conversation is as good as possible. Because only if you know what expectations the other person has can you respond professionally. With a masochist this can be clear. After all, his perception is focused on experiencing pain stimuli and he probably doesn't care if he knows in advance what to expect.

However with other submissive clients, this can be tricky. After all, science is often “in conflict” with desire. Especially the Femdom slave would like to put you in control. So it is mostly a lot about perception. By this I mean to say that the other person should especially have the idea, that you are the one who decides.

The most important moment is the preliminary conversation. Because in that conversation you must subtly try to find out who or what you are dealing with. And even then it can happen that due to lack of self-knowledge, or diffidence, something other than the actual desire is told. So it is very important that you continuously keep reading the other person because adjustments should still be possible during the togetherness.

Example

I was approached by a sub asking about a commercial “Nursing” session. I checked if my idea in nursing was the same as his idea. So I named different experiences, such as needle play, electro and sounding and he indicated that this is indeed his desire. We further discussed some kinks of his (wearing a doctor's coat and a patient jacket) and his medical information (blood thinners, blood diseases, heart defects, et cetera).

During the session, I don't see him really enjoying the specific operations. He found needles difficult, electro was scary and the only thing he really liked were the sounds. However, I did see him looking around fascinated by wigs and high heels in the studio. So I played on that and asked some open questions. I quickly came to the conclusion that he would actually like to go in the direction of sissyfication. A completely different experience than “medical play.” So while he was still in the gynecologist chair, I gave him a pair of high heels, a wig and some red lipstick and slowly I changed the game towards sissyfication.

The sub blossomed and enjoyed himself immensely. Apparently there was still a blockage in him and this side of him was not yet allowed to be there. So it is very important to keep observing your sub and to respond to this.

What do you discuss in the preliminary interview?

Discover his desire

First, it is important to find out what the client would like to experience. Not only are there many types of subs, there are also degrees of experience. Is this his first time, does he want a kinky experience or does he already have BDSM experience and knows very well what he wants?

A preliminary interview takes about 45 minutes and in order to get the right answers it is important that you quickly go into depth with him. Keep in mind that a sub can be overconfident. And that he may have diffidence and/or shame. It is important that you put him at ease as much as possible, because only when he feels safe enough can he talk openly about his desire and you can find out where his desire is.

What are your demands or boundaries?

Just as it is important that you know what to expect from the sub and where he is in his desires, it is also important that you indicate where your limits are and what you desire from the other person. Be clear about this, so that the other person knows where he stands and what he can expect.

Think about this well in advance, so you can not forget anything during the conversation. Think about things like: good hygiene (must he shower before the session?), certain no-go's, how do you want to be called, respectful treatment, the use of drink, drugs and poppers, et cetera.

Medical check

In the intake interview it is also important to address a brief medical check, in which certain conditions or medication use can be requested. For the game, it is important to know if someone is taking blood thinners, has a blood disease, is diabetic and/or has heart problems.

This information is necessary for determining your game. Always keep this in mind.

Agree on a stop word

Once you know where he is in his desire and also know his experience (and thus can determine the intensity), it is important that you agree on a code or stop word with each other. For this, choose something you can remember well. For example:

Color code: Green (going fine, may be a little harder)
Orange (pain is manageable, but gets spicy)
Red (stop)

Grade: Check during the experience for the level through a grade (1-10) An additional stop word is desired here. This can of course anything, as long as it is not obvious and is therefore deliberately shouted.

When the stop word is called out, the game comes to a complete halt. At that point, you can discuss with each other why the stop word was used. If it relates to a specific action, then you can move on to something else, but if it relates to the whole experience, then the game just stops. You can have a drink and talk together to find out why the session stopped. There can be all kinds of reasons for this.

Checklist intake

What is the desire? What does he hope to experience? What kind of sub is he?

→ Determine game form

Sexual acts? → Determine picket lines

How much experience does he have in this? → Determine intensity

What are your demands and limits? → Guarding boundaries

Medical check → Monitor safety

What stop word will you use? → Giving confidence

Of course, privacy and confidentiality are paramount. It is essential not to discuss intimate details or personal information about the client with others. Respect privacy by keeping all interactions and experiences strictly confidential.

What is the desire? Determines the direction of play	Femdom	SM	Ageplay	Kinkyseks	Otherwise
Sexual act? What are the sexual needs?	Oral give/receive		Anal give/receive		
What is his experience Determines the intensity	Much	Bit	Few	First time	
What are your requirements With this you guard your boundaries	Boundaries <input type="checkbox"/>		Designation <input type="checkbox"/>		
	Hygiene <input type="checkbox"/>		Respect <input type="checkbox"/>		
	Alcohol <input type="checkbox"/>		Otherwise _____		
	Drugs <input type="checkbox"/>		_____		
	Poppers <input type="checkbox"/>		_____		
Medical records To consider	Blood thinners <input type="checkbox"/>				
	Heart disease <input type="checkbox"/>				
	Blood diseases <input type="checkbox"/>				
	Diabetes <input type="checkbox"/>				
	Otherwise <input type="checkbox"/>				
Which stop word to use? For safety and confidence	_____				

What is a fetish?

A fetish refers to a strong fixation (or fascination) with a particular object, body part or activity that causes or is associated with sexual arousal. That's quite a mouthful. In summary, a fetish involves a certain heightened fascination combined with sexual arousal.

History

The concept of fetishism originally came from anthropology. Here it referred to the attribution of magical or religious properties to certain objects. Within BDSM, fetishism specifically refers to a sexual fixation.

Different kinds

There are a huge variety of fetishes; you name it and it exists. The most common are:

- Foot fetish (at the number one spot)
- Leather fetish
- Latex fetish
- Spanking
- High heels fetish

But besides these five, there are hundreds more. By the way, a fetish does not have to have anything to do with BDSM, however within BDSM it can be played with and therefore have an extra reinforcing effect.

Negative image

Unfortunately, fetishism often has a negative image, but in principle, of course, there is nothing wrong with it as long as it is not harmful and is experienced between consenting adults (and no one is hurt or suffered, unless that is part of the fetish in a safe and consensual way). Nor is it that you have a choice; there is little you can do about having a fetish. You may not be born with them, but they arise naturally over time. Sometimes through trauma and sometimes it's just there and can't be traced back to where it came from. As long as you don't hurt or injure anyone with it, that's totally fine.