

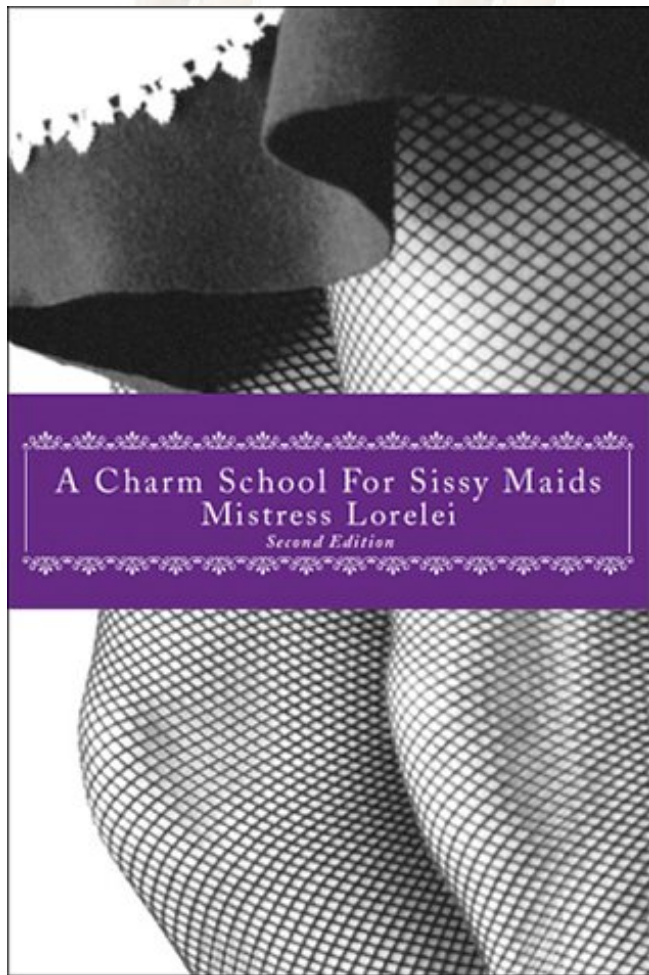


A CHARM SCHOOL FOR SISSY MAIDS



by Mistress Lorelei

greenery press



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Introduction

HOW TO USE THIS BOOK



A Charm School for Sissy Maids is designed to meet the needs of two kinds of people: the Mistress who wishes to train her submissive, and the unowned submissive who wishes to polish his skills.

The Mistress will find this book useful in teaching those particular skills that make a sissy maid such a convenient and delightful creature to have around the house. Instead of spending your time devising an individual training regimen, you can use this one. You can even customize the Charm School, adding new elements or emphasizing those that matter most to you. You will find the disciplinary suggestions and the inspection forms especially helpful.

The un-owned sissy maid will find this book a rewarding preparation for the blessed day when a Mistress chooses you. By following the instructions carefully, you will learn the attitudes and skills that make a sissy maid more attractive to potential Mistresses. Moreover, your deep urge to serve and honor the Female will find expression in doing the training exercises. Although it would be more satisfying for you to be serving a Mistress in the flesh, rest assured that I am thinking of you as you learn to curtsy, to launder fine lingerie, to endure strict discipline, to become a sissy in heart and soul. Your obedience and sweetness please me more than I can say - and any disobedience will, of course, merit instant punishment.

A Charm School for Sissy Maids begins with two separate essays, one for the Mistress, another for the submissive. Each discusses the meaning and purpose of this book and gives fresh insight into the psychology of the sissy maid fantasy and the best ways to make that fantasy real.

Next is the thirty-day course that is the Charm School itself a series of exercises, meditations, and instructions in a unique day-by-day format that teach the willing submissive the basic skills of sissodom. By carefully following this program, neither rushing it nor being lazy about the assigned duties, any submissive male can learn the basic skills of a sissy maid.

Following the Charm School, there is a daily checklist to enable the Mistress to evaluate her sissy's progress. Should the sissy maid fail to live up to your exalted standards, then punishment is in order: a subject discussed in glowing, tingling detail in The Mistress Manual.

The Happy Mistress: Owning and Using a Sissy Maid

As a Domme, you know the pleasures of power and the joys of being served and obeyed. Being Mistress of a sissy maid adds the unique satisfaction of having a man do the housework for you.

Although this book is addressed to the sissy maid, it can be useful to you as well. You can use it as a training manual for your own sissy or as a source of ideas and information for yourself. It may also help you clarify some of the issues around owning a sissy maid. Gender play can be interpreted in a number of ways, and you may feel uncomfortable about some of the social, psychological, or political implications of sissification.

Is It Exploitive? As satisfying as it is to watch a man down on his hands and knees, scrubbing the kitchen floor, you may also find yourself secretly uneasy about what he is doing. Many Dommess wonder if using a sissy maid is some kind of exploitation. After all, he is cooking, cleaning, and serving, while you're relaxing with a cup of tea. It isn't hard to feel a twinge of guilt. Let's face it, we Women were raised to serve, not to be served. Accept-ing his offering of housework violates everything you have been taught about male - Female relationship and gender roles in the family. Worse, part of our early training tells us that Women who don't take good care of their men are failures - and are likely to lose those men.

We are supposed to simultaneously embody at least two ideals of Wom-anhood: the sexy siren who provides every erotic allure to keep her man, and the smiling Hausfrau who greets hubby with a home-cooked meal and a gleaming kitchen. (Think Sharon Stone versus Martha Stewart.) The only creatures who ever managed to unite these disparate qualities for more than ten minutes at a time were the Stepford Wives, who, as you surely remem-ber, were robot replacements for thinking, feeling, independent Women. Toss that ideal and think about these points.

1. He likes doing housework. In fact, he gets sexual pleasure from doing it.
2. If he didn't want to do housework, you would probably be trying to talk him into doing it.
3. It is only right and fair for men to share the housework. If he gets erections while doing his bit, all the better.
4. If you feel guilty because he does all or most of the housework, remember that balance is not necessarily splitting the world into equal halves. The emotional support you are giving him by your Dominance far outweighs any perceived imbalance.

Think of the fun you will have, telling your friends about your mate who actually does dishes without being nagged.

If you train him properly, you can have a clean house with very little effort, not to mention foot massages on demand.

Is It Sexist? This section is a political and psychological discussion, not an erotic one. As a convinced and passionate Feminist, I feel it's important to analyze how these fantasies fit into the rest of my life. This process helps me maintain integrity and become aware of the source, meaning, and effects of what I do.

On the surface, the male fantasy of forced Feminization or serving as a sissy maid resembles sexism in its most acute form. Those submissives who find the whole process humiliating seem to be saying that being Female is inherently inferior or embarrassing. Yet this conclusion is wrong. The situation and the psychology are far more complex than that.

A man who wants forced Feminization is not necessarily a misogynist. He wants to be forced not because Femininity is inherently bad, but because it's forbidden, or better yet, taboo - that word carries the proper mingled terror and awe and worship and longing.

People want to be forced to do things they're not allowed to do - by their own fears, by societal strictures, by that leftover parental voice that makes men impotent in front of Mama's picture. The forcing makes it right and pleasurable and frees them of all responsibility. The sissy maid fantasy is similar in that sense to the common Female rape fantasy, or more accurately, ravishment fantasy. No Woman wants to be really raped. Many do want to enjoy the fantasy of intense sex without involvement or responsibility: ravishment.

The sissy figure of forced Feminization is not a Woman. It's not (usually) the sub's idea of a Woman, and it sure as hell isn't a Domme's idea of a Woman either. Well, what is it then, and why is it such a powerful image? This sissy is an icon of all the things the guysub is not allowed to be - a living, breathing Shadow with a touch of Anima.

Women have a broader range of accepted behavior than men do. We don't have to prove ourselves in exactly the same way. We have a psychology based on inclusion, rather than rejection. Men's psychology, at least in this culture, is defined by all the things he is Not. Not a girl, not a sissy, not weak, not emotional, not pretty, not passive, not pampered. If there is misogyny or sickness here, they are societal, not individual. Certain men who have a strong awareness of their needs for beauty, softness, feeling, and all the rest of the forbidden world (the list varies depending on the man) have figured out a way to enjoy all these things without guilt and without destroying their masculine identity. They enjoy forced Feminization, crossdressing, and the sissy maid fantasy. It's a way to balance out what they want and need with what, as men, they feel they must be or pretend to be in public. And no, most of them don't believe that they're actually becoming Women. They're just coming into contact with the sacred objects of Femininity.

As long as the difference between fantasy and reality is kept in mind, I don't think the sissy ideal is harmful. These guys are not dressing up as Women but as what they are forbidden to be (which includes Femaleness). They want to be forced, not because Females are inferior, but because they can't gain access to this essential part of themselves without help and permission. What does bother me sometimes is the deluded few submissives who think their construct - all the forbidden Feminine - is what Women actually are, what we like, how we experience the world. Because they fantasize about being sexually taken, they think Women enjoy all the wolf whistles and street harassment that infuriate us. (To be fair, these guys at least don't do it.) Because they long to be irresponsible and passive, they think Women's lives are easy and pampered, blissful hours spent in beauty salons becoming lovely creatures. They don't know one thing about real life as a Woman - about the real joys of Femaleness, about the real terrors of being vulnerable, about the ordinary hassles and the 79 cents on the dollar that we earn - and most of all about what it means to be a full human being who is defined by too many men as other, as adjunct, as object, as tits-and-cunt.

Remember also that there are two people (at least) involved in these fantasies: the guysub who is forced into Femininity, and the Domme who does the forcing. Two totally different creatures: the weak and trembling male who wears panties because he can never be as good as a Woman, and the powerful Domme, a Woman to be worshipped and served. In fact, in that situation we have three genders: male (what the sub started out as), Female (the Domme in all her splendor), and sissy (what the sub becomes).

In my opinion, it's better to play games with power, to deal with these issues consciously, than to repress them or to project them. It's far healthier for a man to balance his life in this way than it is to accept the John Wayne ideal and die at fifty of a heart attack. Moreover, most of the guys who are sufficiently aware of their Feminine side to need forced Feminization also carry over that sensitivity and awareness into their masculine role.

In other words, they are decent, kindly human beings who need to express the full range of their humanity, men caught in a trap of gender. Who am I to deny a man's pain and his need by saying ruffled panties are degrading? If that's what he needs to work out his struggle with being a human being trapped in a man's role, then so be it.

And is any of this gender based play worse than working out other things we take for granted - like the fear of pain, or responsibility issues, or even abuse? People ritualize these things in order to tame them. Freud said two supremely useful things in his life: that dreams have meaning, and that "the forbidden becomes the ritual." We ritually enact these dramas of crime and punishment, of gender, of service and power. In consensual BDSM, we find ways to eroticize, enjoy, and control what otherwise might destroy us. It's the act of creative and sensitive people dealing with a world of enormous complexity. You have to respect that.

It's also a lot of fun.

The Well-Trained Sissy: Total Servitude in Thirty Days

Sissy maids are a wonderful breed of male: kind, loving, giving, and eager to serve a Woman. Be proud of your urge to submit, your need to serve and abase yourself, your craving for punishment, your desire to be Femi-nized, your respect for Women. These are all admirable traits, and only men who are secure in their essential masculinity can admit such needs. However, the fantasy of serving, exciting as it may be, is rarely enough for you. You need to practice sissydomy, to wear the clothes and makeup, to serve a demanding Mistress, to feel the praise and punishment she gives. You may already have a collection of panties or uniforms. You may have been lucky enough to submit to a loving Domme, whether from affection or as a paid transaction. Most professional Domes are wonderful, caring Women who love what they do and do it well. Nevertheless, most sissies would like to serve within the context of a relationship. Only that glorious surrender can give you the joy of completely humbling yourself before the Female.

Finding a Domme is not easy, but by learning the proper attitudes, skills, and behaviors, you will make yourself more attractive to a Mistress. Too many sissy maids are more interested in their own fantasies than in actually serving a Mistress. Or they long to serve, but behave in such a demanding way that they affront the Mistress they long to impress. If I sound harsh sometimes in condemning such attitudes, remember I am chastising you for your own ultimate good. I want you to be a happy, fulfilled sissy. Accept this discipline, and you are well on your way.

This book will prepare you for the demands of actual service, because, for the duration of the school, you will be taking your orders from me (unless you are reading the book under the tutelage of your own Domme). I will give you orders and prescribe punishments if you fail.

I will also command your orgasms - and I assure you, those orgasms will be some of the most intense you have ever experienced!

Fantasy and Reality. As sexually arousing as you may find the following pages, do not mistake A Charm School for Sissy Maids for whacking material, which indulges your fantasies while leaving you as ignorant as

ever. It is a great sexy read but also a genuine educational opportunity for males who wish to learn the best ways to please a Mistress. Because this course is de-signed to help you merit the Female Dominance you crave in the real world, some of it may surprise you.

A tremendous amount of nonsense is written and talked about sissy maids and other D&s (dominance and submission) fantasies. I am not going to pass any judgment on what people read to amuse and arouse themselves, but I refuse to promulgate lies. I am a Domme, dammit, and I intend to tell the truth about what the Kink means and how it works.

This book is not another titillating story of sissy maids in bondage. It's a real live actual guide to how to please a Mistress, written by someone who knows. I am a Domme myself, and I can be trusted to let you know the difference between maid service in fantasy and reality. Yes, it is a reality for many people, including me, and it can be a reality for you, too.

The usual kinky fiction depicts sissy maids held without their consent, forced to slave at various Feminine tasks, and repeatedly abused sexually. After a while the sissy gets to like being a sissy. Soon he loves it. In real life this is known as the Stockholm Syndrome, and it is not safe, sane, or con-sensual. It is brainwashing. Let's be realistic. Most of us Mistresses have more sissy maids begging to serve them than we can handle; we don't need to kidnap and rape innocent males, even should we want to, which we don't. Moreover, you already have this fantasy, or you wouldn't be reading this book. You don't need to be dragged kicking and screaming into servitude. I do understand the appeal of the fantasy, but you can incorporate those emotional elements into a genuine, consensual relationship with the Domme of Your Dreams. Trust me, you will find that far more satisfying than even the juiciest fantasy fiction.

The sissy in these tales doesn't hold down a regular job; he's kept by a wealthy Woman who has no job or a high powered executive who can af-ford to keep him in total luxury. It is a lovely fantasy, but it's hardly ever reality. Most real sissy maids have tough, responsible jobs, often well-paid, high-level professional jobs. You can be John Wayne in the boardroom and a sissy slut at home; in fact, serving Women may give your life the balance you need.

One of the biggest lies in the usual lousy fiction is that a Domme must be a brutal, heartless rapist and kidnapper. Because you haven't run into the Woman who will drag you off the street without your consent, you may feel that no real Domes exist. Bullshit. We do exist, though we are distressingly scarce. And very few of fit the cast iron mold of the fictional Mistress. We have feelings, and we express them. We don't force our desires on un-willing males who don't want to become sissy maids. Nor do we castrate subs with our fingernails or even with surgical instruments. But we do love - and indulge in - a whole range of kinky practices, from having our feet licked to flogging naughty sissies to forced Feminization.

Though these lies provide arousal, they can actually stand in the way of genuine satisfaction. I want you to have the real thing, not a mere fantasy about it. That's why Mistress Lorelei's Charm School gives you something more lasting than a quick erection. If you follow the course laid out for you, you can become a skilled and desirable sissy maid in one short month. Not only will you will become imbued with the proper attitudes, you will also learn the skills most desirable to a Mistress. That makes it far more likely that you will be able to find and maintain a healthy D&s relationship. Prepare to be transformed.

The Charm School. The Rules, The Vow, The Pledge

You have chosen the sissy way, and you must learn to follow its rules and enjoy its strictures. Likewise, you must sign the vow of obedience and memorize the sissy pledge.

The Rules and Regulations of the Charm School. While you are a student in Mistress Lorelei's Charm School, you must obey the following rules exactly. Any deviation must be reported in the daily checkup. This form is to be found at the end of the book.

1. Do not rush through these lessons! One per day is exactly right. If you try to do too many at once,

you will grow confused and careless - punishable qualities, I'm afraid. Do not skip a day unless some emergency arises.

2. Maintain chastity. You may satisfy your Domme, Wife, or Girlfriend, but you must make sure she has at least one orgasm - preferably several - before you are permitted to obtain release. You may not masturbate unless specifically directed to do so by your Mistress or by the instructions in the text.
3. Wear your panties every day.
4. Keep account of your progress by filling out the checkup form every single day.
5. Memorize and recite the pledge daily, according to the commands given below.
6. Every day, do at least three things to serve Women. These services may range from the ordinary (holding doors, carrying packages, doing house-work) to the major (oral servitude). Do not force a service on an unwilling Woman. Think of what She wants or needs, and do that, not what you wish to do for her.

For example, you wish to show your secretary some respect and honor. A laudable impulse! Your first thought is probably to buy her flowers. However, she would probably prefer a gift certificate to a nearby mall. (Many malls have certificates that can be used in any of their stores.) In this case, a good sissy must do what would be more acceptable to her. Think about her and what she enjoys. Maybe what she really needs is an afternoon off or a company paid class in computers. If you don't know, ask her.

You may think that the gift of fancy lingerie is even better than flowers. No, it is sexual harassment.

7. Practice all the skills as you learn them. Curtsyng, for example, requires constant, daily practice. Don't just read the lesson and turn to other subjects. Becoming a well-trained sissy requires constant practice. Poorly trained sissies do not please Mistresses.
8. Most important of all, maintain proper attitude. Be thinking not of your own gratification but of the needs and desires of the Women in your life. Your pleasure should come from serving, obeying, and surrendering yourself, and once in a while from the praise of the Woman you serve, obey, and surrender yourself to.

The Sissy Vow

Read this vow carefully, and sign it only if you can do so with your whole heart. If you cannot sign it, seriously reconsider whether you truly wish to be a sissy maid.

I swear and vow to follow the sissy way. I will learn each lesson in order, I will maintain chastity, I will wear my panties, I will check my progress daily, I will recite the pledge, I will serve Women, I will practice my new skills, and I will maintain a sissy attitude at all times. I will do all these things because I long to be an acceptable sissy maid and serve Women without question.

(signature)

The Sissy Pledge

This pledge must be memorized. Say it every morning, kneeling before a Woman's panties or shoes if you cannot say it to your Mistress. At the conclusion of the pledge, you may kiss the object of your adoration.

"I pledge allegiance to my Mistress, and through her to all of Womankind. I will obey her orders and accept her discipline, and when she has punished me I will kiss her boots to show my thankfulness. In every thought, word, and deed, I show her my honor, my respect, and my adoration for the Female."



Week 1

SISSY HEART, SISSY SOUL:
FINDING YOUR FEMININE SELF



Day 1

A NEW NAME



The first step in transforming you, a mere male, into a delightfully win-some sissy maid is changing your name. A rose by any other name may smell as sweet, perhaps, but sissy maids must learn to be called by frilly, Feminine names. Bob, Joe, or Rick don't curtsy and blush. Betsy, Jeannette, or Renee can learn to do so.

Becoming a sissy maid is a process of escaping the drab, stressful macho world, and nothing sets the mood so well as calling a tough, masculine guy by a Girlish name. It acts as a signal to alert you that you are changing roles and becoming your Feminine self. If used correctly and consistently, the mere sound of the sissy name will evoke a submissive attitude. Many Mis-tresses enjoy teasing their naughty submissives in public situations by mentioning the sissy name - perhaps bringing up their friend Cindy Sue, who is such a sweet, old-fashioned Girl. This technique is guaranteed to make the sissy writhe in pleasurable embarrassment.

The sissy name must be carefully selected. It should be unmistakably Girlish and hint at the submissive's sweet nature. Yet many traditional Women's names are inappropriate: Can you imagine a sissy maid called Ber-tha or Matilda? Something light, frilly, Feminine works best.

Be careful of personal associations when choosing the name. The name of your Mother, for example, may not be a good selection. The name of a Woman who embarrassed or humiliated you might very well be, if humilia-tion is part of your needs. It is often easier for you to remember your new name if

it starts with the same initial as your masculine name.

For some reason, French names seem most frivolously Feminine to us, which would probably astonish the French. Also attractive are diminutive names. Southern-style double names are especially fetching: Chrissie Anne, for example, or Tara Sue.

For submissives who do not yet belong to a Mistress, your sissy name is a temporary one. Your Mistress will choose a permanent name for you or may approve your temporary name for permanent use.

A selection of Sissy Names.

*Alicia Amber Amy
Bambi Belinda Betsy Bitsy
Cherie Chrissie Cindy Colleen
Daisy Dawn Desiree
Elise
Fawn Fifi
Jeannette Jeannine
Kimberly
Lana
Marcie May Michelle Millie Mimi Mindy Missie*

*Nanette Nancy Nicole
Pammy
Renee Rhonda Robin
Scarlet Shelley Sherry Sukie Sunny Suzanne Suzette
Tammy Tara Tawny Tiffany Tina
Vonda
Wilma
Yvette Yvonne
Zoe*

Exercises

1. My new name is:
2. What my sissy name means to me
3. How my sissy name changes me

Day 2

NEW PANTIES



The new name may be used only during moments when you are actually being a sissy maid, but there is another way to remind yourself that you are a pantywaist - and that is panties. Every single day you must wear sweet, Feminine panties beneath your nasty male clothing.

The constant sensation of those slippery, silky panties against your rough male skin will serve as a constant reminder that you may be a mean old executive or tough lawyer on the surface, but in your heart of hearts you're just a quivering sissy who longs to serve an all-powerful Queen. It should also result in your treating the Women in your office with the respect and deference they deserve. Without such a reminder, you may be tempted to be rude, to speak disrespectfully of Women, or to behave arrogantly. Your new panties should remind you that you regard all Females as superior and that you wish to serve them.

Assignments

1. Go out and buy yourself seven new pairs of Girlish panties, one for each day of the week. Be obedient and respectful to all Women you meet while you are shopping. Choose panties for their Femininity: look for lace, satin, pastel colors, and revealing cuts. Thong panties are recommended, as are bikini panties with French-cut legs. Look for day-of-the-week panties, if you can find them. Then make sure you wear your Monday panties on Mondays only!
2. Every morning as you put them on, be aware of their soft, silky texture, their Girlish color, and their Feminine nature. As you put them on, repeat to yourself. "My name is [sissy name], and I am a sissy." If you serve a Mistress, she will choose your panties every day and listen to your little party confession.
3. Wash these panties by hand only. Instructions for hand laundering fine lingerie are given in a later chapter.

Exercises

1: Three ways I can show my respect for Women are:
a.....
b.....
c.....

2: Why I love panties

Day 3

THE SISSY ATTITUDE



Having received your new name and your new panties, you are now ready to become aware of all your lovely Feminine feelings. As you follow the course at the Charm School, you will learn the techniques of becoming Girlish on the outside, but appearance and manners alone won't transform you into a sissy maid. You need a new way of looking at life: the sissy attitude.

The sissy attitude is the Feminine side of you - which every male has, but only the strongest and most secure dare acknowledge. It may include obeying commands, dressing as a Woman, or being pampered, humiliated, or punished.

For years you've grown up with a macho attitude. You know exactly how a man has to act in all situations. (Usually it involves punching some-body, either literally or metaphorically.) Now you need to unlearn all that garbage and learn new ideas and feelings. This process will be incredibly erotic and freeing for you, but it may also take work and effort. The practice will be quite pleasurable, I assure you!

A sissy attitude is not developed in a single day, but today's task will help you define exactly what you must become if you are to be a happy and desirable sissy maid.

Carefully study the list contrasting the macho attitude with the sissy attitude. This list will be your guide for proper behavior. When in doubt, ask yourself, "How would a real sissy act?" And then go out and behave like a good submissive!

Unless you are lucky enough to be a 100% sissy maid, kept by a wealthy woman who can afford to dress you in silk stockings, all day, every day, these are not necessarily the appropriate way for you to behave in all social situations. However, these feelings must be available to you, and sessions as a sissy maid will allow you to revel in all the forbidden aspects of your emotional makeup as well as of your sexuality.

Also, please do not confuse sissy attitudes with Female attitudes. I've spoken to a few sissy maids who honestly believe that a genetic Woman's life consists entirely of bubble baths and makeup. It doesn't, and if it did, I for one would be bored senseless. Though you may fantasize about the thrill of being whistled at on the street, 99% of Women fantasize about the thrill of castrating guys who whistle anthem on the street.

These differences do not show that your ideal is unattainable, only that what you are calling Feminine (and for the sake of clarity I will continue to call that) is not the exact equivalent of Female. Women are not necessarily weak, helpless, or protected, though there are certainly times when every Woman feels that way. (There are also times when every male feels that way - but he isn't allowed to admit it.) Very few genetic Women flutter and simper their way through life, but then, you know that. That is hardly the behavior you hope for in a Domme, now is it? I thought not.

A Domme is a Woman in her full splendor of power and strength, not an imitation man. A sissy maid is likewise not an imitation Woman, but a man expressing his most secret, forbidden feelings, all the parts of himself he was forced to repress or suppress to fit the sick cultural ideal of masculinity. Our society allows genetic Women a wider range of feelings and behaviors than it does men. Sissiness is not necessarily "being like a Woman"; it is and must be "not being like a man." It is your own inner Feminine you must find.

Macho Attitude	Sissy Attitude
aggressive	passive
strong	weak
stoical	emotional
demanding	giving
spartan	luxurious
rough	smooth
commanding	obedient
tough	fragile
armored	vulnerable
self-reliant	protected
proud	humiliated
in charge	helpless
strong-willed	compliant
self-centered	self-effacing

Assignments

1. Dressed only in your panties, look through magazines and catalogues that show the Girlish part of yourself. Clip out pictures for your scrapbook of Femininity.

2. Practice being aware of the sissy attitudes. When you feel an emotion, don't just jam it down and forget about it. Stop for a moment and examine it. Which feeling is it? How should a proper sissy express this emotion?

Exercises

1. What does being a sissy mean to me?
2. Three ways I can be more Feminine:
3. Three specific attitudes I must change to become more like a proper sissy:

Day 4

SHAVING



"One must suffer to be beautiful." - French saying

If you want to be a sissy maid, you must live up to the high standards of personal grooming appropriate to your new role. That means keeping yourself clean and fresh. Today in particular it means shaving - or otherwise getting rid of your body hair.

What exactly you shave depends partly on your situation, your job, your general hairiness, and even the time of year. If you live alone and never undress in front of anyone else, you can shave as much or as little of your body hair as your Mistress commands. If, however, you are married to a Woman who has not commanded your submission, you may have a hard time explaining why her Lady Bic razor is clogged with your leg hair. Your hair removal efforts may have to be concentrated on a weekly session of plucking the hairs from your balls.

In the absence of such a barrier to appropriate sissy grooming, I command you to completely remove your pubic hair and leg hair. After today, you will keep up your grooming. Shaving should be done at least twice a week, on Tuesdays and Fridays. Waxing and depilatories require less frequent maintenance.

What about facial hair? Some Mistresses demand a clean-shaven male face, the better to make a fetching sissy maid. Others, like myself, rather enjoy the contrast of a hairy masculine visage under a starched maid's cap. In this matter, you should be guided by the Mistress's command. I might point out, however, that if you wish to pass as a Woman, you had better shave your beard. It's a dead giveaway.

Shaving. Shaving may seem boring; as a male, you've shaved almost every day since you hit puberty, and familiarity has bred contempt. But if you think of the shaving as knife play, its glide as a dangerous caress, and the razor as an edged weapon in the hands of your Domme, you will discover the erotic possibilities of shaving. Use a feminine shaving gel and a woman's razor, such as Personal Touch. Unless blood sports are your fancy, a man's razor is not suitable for the complex task of shaving legs and pubis. Remember to soak in the shower or, better yet, the bathtub, for ten minutes

before you start to shave. This will soften the hair and prevent nicks and cuts.

Waxing. Waxing is often done in a salon, but you can get bikini wax kits designed for home use. Waxing is painful, the wax is applied to the proper area and then ripped away, taking the hair with it. Afterward you should use a soothing lotion on the affected parts. Aloe vera may work well. Waxing leaves a smooth surface that may not need to be dealt with again for four to six weeks. Stray hairs should be plucked with tweezers. If you choose this method, follow the instructions on the box, since various brands differ.

Depilatories. Chemical depilatories, such as Nair, are not recommended for the pubic area. Some people, however, have reported that Magic (to be found in the Black hair care section of your pharmacy) offers a safer alternative to depilatories. Note: If you choose either waxing or a depilatory, it is very important to do a patch test to make sure you're not allergic to the chemicals. Instructions are given on the box. If you have any redness or rash after the patch test, choose a different method of hair removal. Once you have determined that you are not allergic to the chemicals, slather on the depilatory and then pull on an adult diaper (Depends are available in any drugstore). While you are waiting for the lotion to work its magic, you will feel a stinging sensation. Do not under any circumstances leave the depilatory on for longer than recommended!

Plucking. Plucking uses tweezers to tug each hair individually from its root. It hurts like hell and may leave your skin reddened and swollen; in that case, apply ice to the affected parts. It also takes forever to remove all your pubic hair this way. It is best reserved as a punishment or as a way of cleaning up after using one of the other methods.

However, if for personal reasons you cannot remove all your leg and pubic hair, I command you to spend fifteen minutes on Fridays slowly plucking the hair from your balls, your inner thighs, and your pubis. You won't have time to make a clean sweep, but you will be doing your Mistress a service and reminding yourself of your humiliating position.

Electrolysis. Electrolysis must be done by a trained professional, who will take an electrified needle and kill individual hair follicles. It is painful, expensive, and permanent, and it takes a long time for all the follicles to die. On the other hand, it is effective, and you can offer up the pain to your Mistress.

After the Shave

Depending on which method you have chosen for hair removal, you may wish to soothe the irritated skin. Choose a gentle lotion to moisturize the area, and rub it in gently. Check the labels of chemical and mechanical depilatories to see if you need to wait before doing so.

Assignments

1. Go to a drugstore and look over hair-removal products. Weigh the embarrassment of the depilatory/diaper combination against the sheer pain of plucking and the sensual danger of shaving. Which makes you feel most Feminine? Which is most embarrassing? Choose one method.
2. Remove your body hair, following the instructions given here.

Exercise

1. Justify your choice of depilatory method in a brief essay, explaining why you chose your particular method, how it makes you feel sissyish, and how it will please a Mistress.

A Note for Mistresses

Commanding that your sweet submissive perform hair removal is pleasant, but removing the hair yourself can be even more fun. Try the following ideas for combining hair removal with direct Dominance:

1. Pluck out his public hairs, moving randomly between scrotum, mons, and inner thighs. You may have to bind your sissy maid to get him to stay still enough for you to do this. A small dose of plucking on his balls goes a long way to making him aware that your will is supreme.
2. If you choose the depilatory/diaper method, you might want to make the occasion a truly infantilizing experience. Add a frilled baby-style cap and bib to embarrass your sissy even further. Make him suck a bottle or pacifier. Finish up with a spanking, corner time, or potty training.
3. Take the opportunity to inspect your sissy's handiwork immediately after he has shaved or plucked himself. Carefully examine every inch of the skin. You may wish to use a magnifying glass to get a close-up view. If your sissy fails to do an adequate job in removing his own hair, you can show him the proper way to perform this task. Take a pair of tweezers and pluck the offending stray hairs. Make him say, "Thank you, Mistress," each time.
4. Send your sissy maid into the shower or bath. When he is clean and damp, pull him over your lap and shave his ass, using plenty of shaving cream and a fresh blade. After the shower and shave, your sissy will feel deliciously helpless, and his ass will be in its most sensitive state. You may follow up with a firm over-the-knee spanking, an enema, or an ass-fucking with vibrator or strap-on dildo. Or try all three!

Day 5

SISSY DEMEANOR



You will learn the curtsy soon. But you must also learn the other customs of moving and behaving as a proper sissy maid. Where and how should you stand when your Mistress has no orders for you? What is the proper position for CBT? How does a good sissy sit or kneel?

Such matters of proper sissy demeanor form a vital etiquette of service and submission. Learn these customs, and you will be a well-trained and desirable sissy maid. Refuse to pay attention to the niceties of behavior, and you will be branded a do-me sub who is only interested in his own pleasure.

Assume the Position Attractively

At various times, the sissy maid is called upon to sit, kneel, or stand in ways that make his sissiness obvious. The instructions given here may seem simple, but sissy maids are judged by their ability to show obedience and respect at all times. The way you move and speak reveals your inner attitude; so does the way you hold yourself when not moving at all.

Such distracting activities as laughing, talking, chewing gum, or biting your nails are not permissible when you are in any of these positions - or indeed at any time while you are wearing sissy garb, unless you are specifically commanded to do so. At all times you must convey the utmost respect for

your Mistress. A small, propitiatory smile is allowable, even charming. A smirk or other rude facial expressions will earn you a session with the cane or birch.

The Sissy Stance

When your Mistress has no immediate need of your services but wishes you to remain in the room, within call, you must stand in the sissy version of a military "at-ease." Stand with knees and ankles together, shoulders back, head slightly bowed, and hands modestly folded before your naughty male-ness. In this position, you show your subservience while remaining alert and ready for a curtsy at any moment. Though your eyes are lowered, you can discreetly watch your Lady for a signal - or listen, should she prefer to ring a bell or clap her hands to catch your attention. If you must watch for a signal, you should stand facing the Mistress or a mirror in which her actions can be reflected. If she prefers you to listen for a signal, she may order you to face her or the wall.

Where in the room to stand is more of a problem. Each room in your home should have a sissy corner, the designated place for you to stand and await further orders. In public, you may retire to the nearest quiet corner or follow your Mistress's directions.

When your Mistress is done with you temporarily, she will relegate you to the sissy corner with a nod of the head or a short brushing motion of her hand - a kind of "scat!" gesture.

Kneeling. Some Mistresses prefer the sissy maid to kneel while awaiting further orders. To kneel properly, bow your head and slowly bend your knees simultaneously, lowering yourself to the ground. Sissies may not lower themselves one knee at a time; this is supremely graceless and unfeminine, and it is likely to show your panties. Again, you kneel either in the designated sissy corner, or wherever your Mistress indicates she wishes you to be. If she allows you to kneel at her feet, do not rest your head against her knees unless she specifically grants you permission to do so.

Sitting. Somehow sitting, the simplest and easiest of all positions, is the most difficult for many sissy maids to do properly. Males sit with knees spread, or with one ankle comfortably resting atop the other knee. Either of those positions is abhorrent to a sissy maid - even more so to his Mistress, who is likely to view such overtly macho poses with a punitive eye.

To sit properly, lower yourself gently to the seat. Do not plop yourself down. Keep your hands and arms always close to your sides; sissies never make broad, expansive gestures. Keeping your knees together - close enough to trap a dime between them - cross your legs at the ankles only. Then tuck your feet under you slightly. You will find that the balls of your feet are resting on the floor, but that the heels are raised. This is proper and accept-able. Fold your hands in your lap, keeping your shoulders well back, and cast down your gaze. Make sure your skirt is smoothed over your knees, if it is long enough. Do not fidget.

Punishment Positions

Every Mistress has favorite positions for punishment. The stance chosen depends partly upon the Domme's whim but also upon what punishment is to be inflicted. The classic positions for spanking - over the knee; bent over a spanking horse, desk, chair, or sofa arm; holding your ankles - are uniformly poor positions for genital torment. Nipple torment is also diffi-cult, if not impossible, in these positions. Yet the Mistress who enjoys spanking will wish to make full use of these classic positions as well as of the more particularly sissy stances.

As a submissive, you may find these positions almost unbearably hu-miliating. Yet you must learn to accept punishment in these and many other ways. Therefore, when pulled over your Lady's knee for a bottom-warming, lie still and accept your just desserts. Always strive to present your bottom as

appetizingly as possible. Arch your back so that your bottom is raised and ready and your waist is tucked down. I have seen many unfortunate sissies who think that they should arch their backs like a cat - exactly the opposite of the desired effect.

The Tulip. This attractive position is a pleasant way for you to receive genital or nipple torment. Standing with legs spread wide, raise your elbows high and clasp your hands behind your head. Tilt your head up, keeping your eyes on the ceiling. Smile beatifically. And hold still while your Mis-tress amuses herself with your balls.

Reverse Tulip. Stand as for the Tulip, but cross your arms in front of your chest and pinch your own nipples: left nipple in right hand, right nipple in left hand. Keep smiling.

Assignments

1. Practice each of the stances until you are sure you can do each gracefully. Remember that good posture is essential.
2. Identify the sissy corners in each room of your home. Stand in each of them for precisely five minutes (set a kitchen timer to make sure of the duration). Meditate upon your sissiness.

Exercises

1. What emotions did you feel when you were doing the assignments?
2. Did you find the experience humiliating? Why or why not?
3. Explain the difference between what you feel when you are stand-ing or sitting in a macho manner and what you feel when you are standing or sitting in a sissy manner.

A Note for Mistresses: Corner Time

Many sissies find spankings easier to bear than the corner time that precedes or follows the actual chastisement. Keeping a freshly spanked sissy in a corner is a fine way to force him to think about the spanking and feel your power. Any of the sissy stances works well for corner time; you may prefer the tulip, especially if you make your sissy hold a dime against the wall with his nose.

Corner time can arouse feelings of abandonment in some sissies, though, so you might check to see if the practice will cause your sissy to feel unloved. You should also check your sissy several times while he stands in the corner - to make sure he isn't rubbing his hot bottom, for example, or to warn him of his impending punishment, or just to let him know your eye is upon him.

Day 6

SISSIFIED SPEECH



Proper speech is a vital sissy skill. If you are owned by a Domme, you can fill her heart with pride by speaking properly. If you are not owned by a Domme, proper speaking may be the key to impressing one with your vir-tues. Many otherwise desirable and obedient sissies wonder why they cannot attract

a Mistress. A major part of the problem may be traced to a failure to show the proper level of respect while speaking to a Domme.

There is a distinction to be drawn between the way you should address your own Mistress - the Lady whom you serve and adore - and the way you should address other Women. The details of public manners, however, are given in a later chapter.

Addressing Your Mistress. When you speak to your Lady, you must always be aware of the great honor she bestows on you - simply by listening to you. Because she has chosen to accept your service, she should be addressed as she demands: as Mistress, Ma'am, or whatever title she has chosen.

How to Speak.

While you are in your Domme's service, she will probably demand that you trade in your macho voice and speech patterns for something more re-fined and ladylike.

1. Instead of speaking in a deep manly voice, cultivate a soft, high-pitched, Girlish voice. Keep smiling while you speak.
2. Do not swear, curse, or use explicitly sexual words unless com-manded to do so by your Domme.
3. Strive always to be submissive, passive, and polite. Many males, even some sissies, are unaware of how rudely they speak to others, especially Women.
4. Do not interrupt - ever! Unless the house is on fire, allow your Lady to finish speaking and come to a complete stop before you begin to reply.
5. Do not give orders or try to tell your Mistress what to do. I know that sounds incredible, but many sissies are used to running the show in their off hours and find it difficult to break the habit of being in charge. Learn to break that habit; this is one problem that drives Mistresses ba-nanas-and leads to the release of the unfortunate sissy maid.
6. If you would like to make a suggestion, express it tentatively, as a plea, rather than an order. "Ma'am, may I please wash your feet?" is far better than "Sit down, I want to do your feet now."
7. Tell your Mistress the truth, but tell it in a girlish manner. If she asks a question, answer honestly. Do not hide your feelings from her, under the impression that a good sissy never feels uncomfortable physically or emotionally. Without complete, accurate information, your Mistress cannot make wise decisions. Do you want to interfere with her Rule? I thought not. So tell her what she needs to know. This may include volunteering infor-mation about your physical or emotional state.

Discuss your limits honestly before you begin to serve her. If something is unbearable during a scene, let her know - politely! "Ma'am, I can't feel my fingers anymore" is polite - but also too late. "Mistress, my fingers turned black and fell off" is far too late. "Mistress, my fingers are getting cold" is useful information when given early. "Bitch, you're hurting me" is down-right rude.

Likewise, "Mistress, please don't slap me in the face; I have a detached retina" is useful information before the scene and vital should she raise her hand to tap your face. So is, "Ma'am, I cannot bear to be slapped; that's beyond my limits."

9. Except in emergencies, do not speak until you are spoken to.
10. Always reply, "Yes, Ma'am" or "Yes, Mistress" to any direct order. This is said in conjunction with the bob.

When to Speak

There are also specific etiquette rules about when to speak to your Mis-tress.

When you have finished a task, you should report back to her. Enter the room and stand at a respectful distance until she acknowledges you with a smile, a nod, a lifted eyebrow, or a "Yes, slave?". Then do a deep curtsy and tell her that you have completed the task. If she doesn't acknowledge you, wait in the sissy stance until she does. The wait will do you good.

Exercises

1. Practice saying the following sentences in a high-pitched, girlish voice. Say each one ten times.

I am a lovely sissy maid. May I serve you, Mistress? Panty slaves deserve to be punished.

I will do whatever you command, Mistress.

Thank You, Mistress, for making me your sissy slut. I am ready to obey your orders, Ma'am.

Thank you for punishing me, Mistress. I promise I will be a better sissy.

Day 7

ENTERING THE PALACE OF PLEASURE



Now that you have been obeying me for a week, I want to give you a little reward. In the Release sections, which appear at the end of each week of the Charm School, I will tell you a continuing story about a pantywaist just like you who is being trained as a sissy maid. Before you begin to read, undress to your panties. Put on a bra and half-slip. Then you may begin. As you read, you will find a certain member stirring erotically. If you have been a good boy and have not masturbated all week, you may seek release now. However, if you have disobeyed me, you must read the story anyway - and not masturbate to orgasm. Violations of this discipline are severely punished. If you should disobey, you must lick up the mess you made, then stand in a corner for half an hour with your bottom bared. Contemplate the whipping ahead of you. Wonder about the pain and sting and utter humiliation. Then kneel and beg your Mistress to punish you as you deserve. If she is not present, ask me. Then accept this sentence: 25 strokes of the paddle or hair-brush on each side of your naughty bottom. That should teach you what obedience is.

Bob stood looking up at a grand Victorian mansion, shivering a little with fear. To an impartial eye, the house itself was not frightening, not an Addams house haunted by creaks and ghosts and skeletons. It stood aloof and remote on its hill, but even from the highway far below it was obviously

beautifully maintained and prosperous. It was what lay within the house that made Bob consider running away. Everything Bob had ever secretly dreamed of, in shame and longing. The prospect of actually getting it turned his knees to water. He clung to his briefcase with a sweaty hand.

As a crisp, stern Female voice had instructed him, he had brought nothing with him but a small briefcase containing his bank book, birth certificate, passport, driver's license, and a few other essential papers. Oh, and a certified check for \$25,000, made out to a bland corporate name. Everything else he possessed had been sold or put in storage.

"The commitment is not irrevocable - not yet," had said the Mistress. Her voice on the telephone was unexpectedly close and intimate, speaking softly in his ear. "You will be given a trial period of at least six months. At the end of that time, you may choose to leave us and return to your normal life. At any time you may be commanded to leave. Whether you leave by My will or your own, your possessions will be returned to you, but you will forfeit the fee. Is that clear?"

He had mumbled something, and her voice had sharpened. "Answer Me properly. Do you understand?"

"Yes, Ma'am," he had said, wiping his sweating brow.

"Then be here tomorrow. I shall be expecting you. Come up the drive-way and ring the bell."

Now he wondered if he would dare. The driveway wound upward through groves of trees. Although it looked like a stiff climb, the trees looked delightfully shady and inviting. Before he knew what he was doing, Bob started upward, out of the hot sunlight and into the Palace of Pleasure.

He was panting and uncomfortable when he arrived at the hilltop. The house was magnificent, one of the loveliest surviving Victorian mansions, but all Bob could see was the stern and forbidding front door. A vast oak expanse that looked inches thick, it was at least eight feet wide and tall in proportion. It was studded with nails, and guarded by a series of elaborate locks.

Before he could begin looking for the bell, the grand door swung open. And She was there: the Mistress.

"Oh" said Bob, slipping to his knees. Her beauty and power over-whelmed him.

"You did not ring," she said. "You - you didn't give me a chance."

Her eyebrows were raised quizzically, and she said, "That is no excuse. Ring it now. No, do not attempt to rise!"

At her nod, he crawled on his knees to the side of the door, where a length of silken rope hung. He reached out a hand to it, but again the Mistress stopped him. "With your teeth," she said.

Feeling crushed and humiliated, he spent an awkward few minutes trying to seize the rope. Finally he managed it, and bent his head to ring the bell. It took much more effort than he expected. He was nearly sobbing when finally the rope began to move. The soft silver note of a bell echoed, while Bob went sprawling with effort and embarrassment.

In all this time, the Mistress had not moved out of the doorway, She stood on the threshold, barring his way in to the cool shadows of the mansion. From his undignified position she looked very tall and very beautiful. The soft leather of her boots gleamed. If only he could kiss them....

"Do you wish to come in?" she asked. Her voice was like honey and iron.

"Yes, please, Ma'am."

"Then enter. But know that you will leave only at My will for the next six months. Are you prepared to obey and endure everything I command? To give yourself to Me to punish and train and even - perhaps - to give pleasure?"

"Yes, please, Ma'am."

She stepped aside and allowed him to crawl into the house. The cool marble floor felt good after the heat and glare of the summer day. Bob wanted to stand up and be a man, but the force of Her gaze kept him down. Some-one took his briefcase from his hand. Someone else swiftly undressed him. All the while, the Mistress stood watching, smiling, tapping a wicked little quirt against the stretched leather of her boots. The clothes and briefcase were taken away. Bob heard a slamming door and the grate of metal as a lock snapped shut. Then the key was slipped into the Mistress's outstretched hand.

"I have your life under lock and key. The time for you to change your mind has passed. From now on you are Mine - unless I choose to discard you."

Naked, feeling utterly humiliated, he didn't dare to raise his eyes from the swirling patterns of the marble floor.

"Now, little slut," said the Mistress, Her lovely voice turning the cruel words into a caress. "Now I will begin to transform you."



Week 2

LOOKING GIRLISH:
FRILLS AND FASHION



Day 8

PREPARING FOR MAKEUP



Wearing makeup attractively separates the true sissies from the wannabes. Nothing is more discouraging to a Domme's heart than a sissy maid whose makeup is grotesquely inappropriate in

color, texture, or application.

However, before you are ready to buy and apply makeup, you need to prepare yourself and your face. Women spend years learning about proper makeup application and keep up with current trends by reading magazine articles. You should do the same.

Preparing Your Face. Before you put on makeup, your face needs to be clean, of course. Shave closely and moisturize, if needed.

Then examine your face. Are your eyebrows too thick? Take a pair of tweezers and pluck them carefully. Never pluck from the top down; pluck from underneath, opening up the arch. Pluck between your eyebrows, too. Should your plucking irritate the skin, try pressing an ice cube against the swollen, reddened skin.

You should also give your complexion a treat with a facial mask. Every drugstore carries a variety of masks-cucumber peels, clay masks, and various apricot avocado-herbal-botanical goodies. Sometimes it seems more like a salad bar than a beauty bar, but by judicious labelreading you can find a mask that smells nice and will brighten up your complexion.

Choosing a Look

What do you want to look like? Do you want the natural look, or do you prefer smoky glamor? Do you want to look like a slut? The way you apply makeup colors, weight, textures, techniques - depends on your answer to these questions.

For the natural look, choose subtle colors and use the lightest products you can get away with - liquid foundation, sheer lip color, soft blush. Wear eye shadows in shades of beige, taupe, and nude. You may contour slightly or just use a single, subtle color on lids. You might want to use a soft brown eye liner, and do not line all the way around the eyes. Be careful to blend your makeup.

For an evening look of glamour and mystery, choose deeper tones and richer effects. Contour cheeks and eyelids, wear darker eye liner, and make sure your eyelashes are curled. (You can buy an eyelash curler at any drugstore.) Glamorous does not mean wearing forty layers of paint so that you look like you need Zip-Strip to take it off at night. It means using sophisticated colors and techniques - so that you're obviously wearing makeup - but your face should still be the focus, not the makeup itself.

To look like a slut, a goal many sissy maids enjoy, ignore all my previous advice. Slap on the war paint. Drench yourself in perfume. Don't blend. Choose the reddest lipstick, the palest powder, the heaviest blush. This may be a look you can have some fun with.

Assignment

1. Go out and buy several women's magazines: Cosmopolitan, Mademoiselle, Glamour, Vogue, Harper's Bazaar, and Redbook all usually feature makeup tips and ideas. Study the ads as carefully as you do the articles.

Day 9

THE WALK



Although walking like a sissy partly depends on the proper clothes and shoes - the enchanting hip-wriggle produced by a tight girdle, the mincing steps created by spike heels - the walk must be practiced to be perfected. For one thing, even genetic Women with decades of practice sometimes have trouble walking in high heels. If you are totally unused to these implements of sissy torture, you may have embarrassing accidents. Do you want to trip and go sprawling the first time you try to climb stairs in Women's shoes? Or, worse yet, spill tea on your Mistress when you are serving her? I thought not. Therefore you will practice - practice - practice - until you move as easily in these wicked leather stilts as you do in Reeboks, and far more gracefully.

There are six elements to the sissy walk: posture, carriage, hand position, hip motion, step length, and step placement.

Posture should be flawless: shoulders back, head held high. The book exercises are designed to help you maintain the proud, fine posture of a good sissy. Cringing, slumping, or sulking are unacceptable. A good sissy is aware that serving Women is a rare privilege, and he is proud to show off his sissy walk.

Carriage refers to the way you move as well as the way you hold yourself. You can have fine posture but a rigid or ugly carriage; many military men stand up straight but move with the lumpish stolidity of Frankenstein's monster. A buoyant, attractive carriage arises from joy and confidence in your body. Feel your Femininity and take pleasure in it, and your carriage will improve.

Hand position is often forgotten in considering the proper sissy walk, but it is vital. A vigorous, free stride with swinging arms is suited only to genetic Women. Unless you are carrying something for your Mistress, you should hold your arms bent sharply, with elbows tight to your rib cage. Your wrists should be held before your chest and your hands should fall limply from the wrist. This is a fussy, sissyish position that makes you look like a typical pantywaist and also - because it alters your sense of balance - helps you shorten your stride.

Proper hip motion is physically difficult for many mere males to achieve. I have seen all too many sissies try to wriggle their hips by moving their whole torsos forward and back, swinging like a shutter. No, no, no! A hip wriggle is an up-and-down motion. Ideally, the hips should move independently of the rib cage. A tight longline girdle (not a panty girdle, but one open at the bottom - like a spandex miniskirt) helps immeasurably because it keeps your legs modestly close together and restricts your stride. Instead of swinging each leg from the ball-and-socket joint, you have to move from the knees and thighs.

Step length is vital. Many of the other factors contribute to the shortened stride of the true sissy, but the best way to ensure that you mince along is to wear high heels and narrow skirts. Hobbles are also an excellent aid to learning the walk. Your Mistress may outfit your high heels with a short length of chain running between the ankles to serve as a hobble, or she may prefer to run the chain between ankle cuffs or knee cuffs. However she chooses to limit your steps, you must be very careful with the hobble. It is designed to throw you, if you should overstep your bounds. Do not climb stairs or walk on slick or uneven surfaces in a hobble.

Step placement helps produce the correct hip motion. Don't splay your toes outward or point them straight forward. Point your toes slightly in-ward, and overlap your steps a little so that you have to swing your hips to place each step. If you're having problems visualizing this, imagine a normal

human track - two feet pointed forward and separated, moving in parallel lines. Instead of that, you want to create a track where the left foot is eternally pointed slightly right, the right foot is pointed left, and the toes fall directly in the centre of the trail. Such a track resembles braiding or the chevron-style track of some tires.

Exercises

1. Wearing ordinary shoes, walk across the room balancing a book on your head. Keep doing it until you have it down perfectly. Every time the book falls, kneel and ask your Mistress to forgive you while giving yourself a ball spanking. (This works whether she is in the room with you or not.) Then start over again.
2. Now that you have mastered the basic posture, try exercise number 1 wearing high heels. Keep doing it until you have it down perfectly. Every time the book falls, kneel and ask your Mistress to punish you for your gracelessness; the ball spanking should be supplemented with nipple-pinching. Continue until you can walk proudly in high heels.
3. To improve your carriage, do your book exercises in front of a mirror. Keep checking that you are stepping lightly and moving your body gracefully. Keep a sweet smile pinned to your face at all times. Pretend you are Miss America prancing down the aisle to accept your crown.
4. Practice your hand positions. Are your elbows clamped to your sides? Are your hands and fingers waving limply? Are your wrists brought up above nipple level and bent at a sharp angle? Do you look completely Feminized?
5. Practice walking in high heels, taking short steps. Remember, your hands are not at your sides to help balance you, and your weight is thrown forward on the balls of your feet by the unnatural tilt of the shoe. Tripping in high heels is fatally easy. Don't try walking on stairs, on rough surfaces, or on slick surfaces until you are utterly sure of your skill - and even then be careful!
6. Try this exercise to make sure your step placement is correct. Lay a rope down to define the centre of your path. With each step, attempt to touch the rope with your big toe - not the ball or side of your foot, just the big toe. It's tougher than you thought, but it will give you an enchantingly curvy walk.

Day 10

HOW TO CURTSY LIKE A LADY



The curtsy is a sign of respect. It is also the ultimate in Feminine behavior. Men may cry at sad movies or cook gourmet meals, but only sissy maids and little girls curtsy.

To curtsy, stand up straight, facing your Mistress. (Practice in front of a mirror.) Your feet should be set solidly on the ground, level with each other, and your hands should be at your sides. Then place your left foot directly behind your right foot. You will have to bend your left knee to do this, and only the toes of your left foot will touch the ground. Gently grasp the cloth of your skirt; use the thumb and first two fingers, fanning out the other two.

Now, keeping your back straight, dip by bending your knees. (This takes more muscles than you imagined, doesn't it?) At the same time, incline your head in a little bow and spread your hands, bending them back from the wrist in a graceful arc.

Straighten your head, rise from the knees, and drop the cloth, all at once. You have curtsied!

I expect your first efforts to be clumsy. It takes training and muscles to curtsy properly. However, persistence will pay off in a graceful curtsy that your Mistress will love to show off to other Dommies.

Common Questions about the Curtsy

How deep should I dip? There are different levels of the curtsy. The short curtsy, or bob, involves a dip of about four to six inches, along with a slight inclination of the head and a hint of spreading of the skirt. The deep curtsy goes much lower; your head should be fully inclined toward your gracious Mistress, and your skirts should be spread wide. The total curtsy dips you all the way to the ground, where you lean forward, touch your forehead to the floor, and keep your arms gracefully spread backwards in a V-shape (like a swept wing fighter). This last curtsy takes a tremendous amount of training not only to perform but to get out of. Falling over is not usually considered a good way to end a curtsy. Rising as smoothly as you sank is the goal.

When should I curtsy? Whenever your Mistress enters or leaves a room, give her a deep curtsy. Whenever she gives you a command, give her a short curtsy. On special occasions, use the total curtsy.

To whom should I curtsy? Give a deep curtsy on being introduced to a Mistress or any Female. Deep curtsy to anyone your Mistress speaks to, whether or not you are introduced. Bob whenever a Lady takes her leave or as an acknowledgment that you have been addressed. Make a deep curtsy to acknowledge a compliment. Different Dommies demand different curtsy customs. Be sure to ask your Mistress what she prefers.

What flaws can ruin a curtsy? Curtsying is designed to show your re-spect, so any disrespectful behavior during a curtsy instantly turns it into a mockery. Poor posture is a serious problem as well; slumped shoulders and outthrust tummy ruin the look of a curtsy. Holding your arms too stiffly looks awkward, as does a rigid inclination of the head. Many sissies dip well, but they rise with indescribable clumsiness. Falling over is a major social gaffe. Practice your rise!

When should I not curtsy? If your Mistress prefers that you not curtsy, follow her command. Otherwise, curtsy unless you are in male garb. Do not curtsy with a cigarette in your mouth; it looks unLadylike. (Never smoke as a sissy maid unless your Mistress explicitly commands it.)

Assignment

1. Practicing curtsying for 10 minutes every day. Watch your performance in a mirror, paying special attention to the grace of your movements.

Day 11

MAKEUP, PART TWO



The basic elements of makeup are foundation, concealer, blush, eye shadow, eye liner, mascara, lipstick, lip liner, and powder. Nail polish will be covered in a subsequent chapter.

Choosing Makeup

Foundation and Concealer. Foundation usually comes as a liquid or cream, but you can also buy heavy stick foundation (think crayon for the face) and dual-finish foundation (sold in a compact) that also serves as powder. The formula you choose will depend on how much coverage you want (for you, probably a function of the density of your five o'clock shadow) and your skin type. Liquid foundation is relatively light, stick is heavy, and creams are in the middle. I personally like the dual-finish foundations, but they may be too powdery if your skin has many fine lines.

Get a shade that matches your skin tone; too light foundation makes you look like a mime, and too dark foundation suggests a fake tan. It's almost impossible to match your skin tone under fluorescent store lights, which gives skin a greenish cast and makes you look as though your personal physician is Dr. Frankenstein. Try various samples on your wrist, go out in the sunlight, and see what matches.

Foundation can be smoothed on with your fingers or a makeup sponge. (If you use the latter, be sure to wash it out frequently.) Make sure it's blended in.

Concealer comes in stick and fluid form and does not need to be exactly matched to your skin tone. Dab a little under your eyes, blend, and then cover with foundation.

Blush. Blush comes in powder, cream, and stick formulas. Unless your skin is exceptionally weathered, choose powder blush. Find a subtle color that harmonizes with your skin tone.

Some blushes come with two or three harmonizing shades in a compact. Use the lightest color (if there is one) to highlight your temples. The medium tone is for the apples of your cheeks (smile broadly to make these stand out). The darkest color is used very lightly to contour beneath the cheek.

Blush is probably the Number One problem in correct makeup application. Do not choose a bright unnatural scarlet; you'll look like you have a fever. Do not glop it into a circle so you look like Raggedy Ann with a round red spot on each cheek. Do not slather it on like stripes of Indian war paint. It is not supposed to call attention to itself, but to make you look warm, sexy, and healthy.

To apply blush, smile at yourself in the mirror. Smooth on a little blush, starting from the apples of your cheeks and going back toward the hairline. If you're using contour, suck in your cheeks and smudge on the faintest bit of the darker tone in the hollow of your cheeks. Then blend!

Eye Shadow, Eye Liner, and Mascara. Eye shadow is almost always in powder form, and the colors are virtually infinite. Select them by your eye color.

blue eyes wear Gray, blue, lavender

green eyes wear green, brown, beige

brown eyes wear brown, smoky purple, turquoise

Try to select subtle colors, and blend and contour them with care. Usually a medium tone goes on the lid, a slightly darker tone in the crease. More elaborate effects can be created by using a lighter tone on the brow bone and by blending several tones on the lid.

Then line your eyes with a soft crayon liner; liquids are almost impos-sible to control. Don't ring the eye completely; it makes your eyes look smaller. Line only the outer third or half of both the upper and lower lids. Don't try to line inside the lash line. Use a smoky, soft color - taupe, chestnut, navy, hunter, charcoal. Black liner is appropriate for sissies of color, for Cleopatra, and for sissy sluts. Otherwise it looks too hard.

Mascara comes in black, brown, and novelty colors. Black is usually too dark and harsh unless your own coloring is very dark. Never share mas-cara-you can pass eye infections around that way - and make sure you throw

it away after six months. Apply it by pulling the brush from the tube and sweeping it outwards along the underside of the lashes. Let it dry for a minute or two between layers. One layer is fine for ordinary occasions; two or three make your eyelashes much more dramatic.

You may also need eyebrow pencil, if your brows are faint or pale. Again, try to match your natural brow color. Apply it in short feathery strokes. False eyelashes may be appealing, but you'll find that most of the time they are more trouble than they are worth. Most men's eyelashes are longer and thicker than Women's anyway - just one of those cosmic injustices.

Lipstick and Lip Liner. Lipstick can be matte or glossy or frosted, sheer to dense. Lip glosses are the sheerest and shiniest lip colors. Most lipsticks offer medium coverage. Again, almost an infinite variety of shades is avail-able, from silver to brown. Choose a color that goes well with your akin tone.

warm skin peach, brick, coral

cool skin wine, red, pink

Choose a lip liner to match the lipstick, not to contrast with it. A visible lip liner is as vulgar as a visible panty line.

To apply, outline your lips with liner. Don't try making your lips look like Joan Crawford's unless the Good Lord intended them to. Fill in with lipstick, either straight from the tube or with a lipstick brush. Blot with a tissue.

Powder. Powder comes in pressed form in compacts or in loose form. Loose powder gives a better finish, but needs to be applied with a delicate touch. Pressed powder is convenient to carry for touch-ups.

Sweep powder all over your face (except the eyes). Then take a large powder brush and dust off the excess. Otherwise your face will look chalky and unnatural.

Assignment

9. Go to a drugstore and buy a basic makeup kit. Come home and practice painting your face. Experiment with colors and techniques. Special points to watch for: applying your eye liner evenly, blending cheek color; blending eye shadow without making it look muddy or greyed; choosing lip color.

Day 12

GIRDLES, CORSETS, AND UNIFORMS



Beneath the starched shirt and sober tie (or the sweaty work shirt) of macho manhood is often a sweet sissy trying to express himself. Clothes are among the most important ways for the sissy to reveal his true nature, and all sissies revel in the uniforms, the lingerie, and the corsets of Feminine attire.

The Uniform

Throughout this book, you will see suggestions for specific uniform items to be worn during specific tasks. The housework uniform, for example, must be washable and brief to allow you to do your cleaning properly. The full uniform worn for serving tea or for other formal sissy occasions is completely inappropriate for scrubbing toilets or laundering panties. And the punishment uniform may be different again.

Sissy uniforms may consist of a selection of the following elements:

Panties and/or bra. Panties are dealt with in obsessive detail in the chapter on panty slavery. Bras are not essential but very attractive. They may be purchased almost anywhere. To discover your bra size, measure the chest just below your armpits. Add five inches to get your band size. To find your cup size, measure your chest around the nipple line and subtract the band size. If the difference is one inch or less, you need an A cup; two inches, a B cup. Or you may simply purchase a bra by band size and choose the cup size that best pleases you. Falsies to give shape and meaning to the cups are widely available from catalogues, including Frederick's of Hollywood.

Girdle or corset. These garments shape your figure to suit the Feminine ideal. They also assist in creating a proper sissy walk and give you the sense of being held in tight control. Girdles are widely available in department stores and through Women's clothing catalogues, especially large-size catalogues such as Lane Bryant. Corsets are more likely to be found in specialty catalogues and stores and may cost you hundreds of dollars, yet they give a shape no other garment can offer.

Male chastity device. Except for panties, perhaps the most important garment for a pantywaist. Discussed at length in the chapter on chastity for sissies.

Stockings or socks. If your Lady chooses socks, they will be the sweet lace-ruffled ankle socks of total Femininity. Stockings should not be confused with pantyhose, a much less desirable alternative. Stockings are held up by garters or an elasticized band at the top. Either leaves certain vital areas exposed and ready for your Lady's pleasure.

Slip or half-slip. These add a nice touch. Tight spandex slips are perfect for punishment.

Crinoline. A foamy multi-layered petticoat with frill after frill after frill. Usually in pink or white.

Collar. This item should ideally be given to you by your Mistress in a collaring ceremony. However, you may choose to buy yourself a temporary collar. Although many of the collars in leather catalogues are too heavy and masculine - looking for a sissy maid, some are lovely. Look for posture

collars that keep your chin raised, for collars decorated with a chevron of chain fringe, for collars trimmed with hearts. You may also go to a costume - jewellery store for a velvet choker. These may be decorated with a small brooch, a dangling heart charm, or other jewellery. Chokers may also be made of beads, pearls, or precious metal. A simple satin or velvet ribbon worn round the throat and fastened with a snap at the back serves as a lovely collar.

Uniform dress. For formal occasions, this should be in black or pink. You will probably have to buy this at a specialty store; the uniforms from regular uniform shops are not nearly nice enough. In addition, they seldom come in the larger sizes that most male bodies require. Buy the best you can possibly afford. For sizing, take your measurements and read them to the nice lady at the store. Dream Dresser (in Washington, DC) and Dressing for Pleasure (in Upper Montclair, NJ) offer a fine selection of maid's uniforms.

Apron. For actual housework, a good heavy apron made of cotton, plas-tic, or rubber is practical and appropriate. For formal service and to wear with the uniform dress, you need an apron of lace, fine lawn, organdie, eyelet, or other delicate fabric. Tucks, pleats, embroidery, insertion, and lace are all appropriate for this apron.

Cap. You will need at least two caps: one formal, one informal. The formal cap may be a frivolous bow of satin or lace mounted on a barrette or headband or the traditional (and very hard to find) frilled lace cap. The informal cap may be a mobcap or a simple headscarf. The cap shows your submissiveness and obedience. Many sissies dispense with it - but they should not.

Shoes. You should have at least two pairs of Women's shoes: one pair of black high heels for formal service, and a pair of flat ballet slippers or Mary Janes for doing heavy housework. Of course, two pairs of shoes is a mini-mum. Imelda Marcos has shown us the maximum.

Accessories. Parasols, scarves, lace gloves, jewellery, and a purse may also be added to your turnout, as your Mistress commands. The only limits are taste, expense, and imagination.

Day 13

THE SWEET SMELL OF SISSINESS



Looking Feminine is a crucial part of sissy grooming, but smelling and feeling Feminine are just as important. Today you will learn about the prod-ucts that can help you achieve those goals: soaps, perfumes, deodorants, and Feminine hygiene products.

The first step in blooming like a rose is absolute cleanliness. Daily bath-ing or showering (bathing is more Girlish) will help, especially if you use scented soap. While luxuriating in a deep bath, you may want to add a ro-mantic touch by burning candles. Nothing will make you feel more Feminine than such pampering.

The second step is underarm deodorant. Try Secret: it's strong enough for a man, but made for a Woman, and it has a very pleasant perfume. If possible, you may wish to shave your underarm hair, which holds the smell of sweat. Remember that male sweat gives off pheromones, so that it is es-sential that you be as clean and fresh as possible.

The third step is perfume. Perfume should be applied at the pulse points. The more excited you are, the faster your heart beats; the rapid heartbeat warms your skin, causing more perfume to be released. The pulse points are

behind the ears, at the base of the throat, at the wrists and inner elbows, and behind the knees. It's also a nice touch to put a drop of perfume at the base of your toes.

If your Mistress permits, put a drop of perfume at the base of your balls and on the very tip of your cock. The alcohol and essential oils may irritate delicate skin, but you may find the irritation pleasing, since it reminds you that you are a sissy who is allowed to dress in Feminine garb.

You can combine all these suggestions - and create a lasting scent - by layering your perfume. Perfume is said to be layered when you wear several products with the same scent: you may start by washing in scented soap, then powdering your body with matching talc, then adding a little spritz of the same perfume. Many fine perfumes have matching soap, bath gel, hand lotion, and talcum powder available; watch for gift sets around Christmas, when you can pick up a year's supply at a discount.

Or you may choose to go to a specialty bath and body store, where you can get soaps, lotions, gels, and shampoos in flowery or fruity scents. You may also be able to purchase the essential oils to match; that way you can make yourself a dainty sachet to scent your undies and other Feminine clothing.

Assignment

These instructions tell you how to make a sachet to keep your lingerie sweet and fresh-smelling. Buy a Lady's embroidered hankie. (You may also use two cotton lace doilies - round, square, or, best of all, heart-shaped) sewn together. You can often find these in thrift shops or the more old-fashioned catalogues and department stores. Fold the hankie in half wrong side out so that it forms a small rectangle with the embroidered design on the inside. Cut in half to make two squares.

Sew up three sides of each square to make a small pouch. Turn the pouch inside out. Take some cotton balls and dampen them with the chosen essential oil. Then stuff them into the pouch and daintily sew up the fourth side. You may trim the sachet with lace, ribbons, bows, tassels, or other pretty decorations. Should the sachet lose its scent, open the fourth side, add more essential oil, and sew shut again. Keep the sachet in your panty drawer. It will add a slight but delicious fragrance to your precious undies, while mak-ing you feel Girlish all the way through. Or sew on a ribbon or a twisted silk cord and hang the sachet from a hanger to scent your maid's uniform.

If you are terminally clumsy with a needle, you may be able to buy a sachet. They are becoming available again in Victorian-style stores and cata-logues. Scented soap in your drawer also acts as a sachet.

Day 14

FEMININE FRESHNESS



A trip to the Women's aisle of your local drugstore can be quite instruc-tive. There are so many

products there that, in the ordinary course of life, mere males simply never use. But if you want to become truly sissy, you will learn to use Feminine hygiene products. These include tampons, sanitary napkins, douche, and Feminine deodorant spray.

Tampons

Yes, you are excluded by your sex from enjoying menstruation, the rare and meaningful privilege of Women. However, you can participate in these ultimately Female rituals by a judicious use of certain products.

Tampons are slender cotton tubes with an applicator for easy insertion and a string for easy retrieval. They are designed to be placed inside a Woman's sacred place, where they swell and absorb moisture. You don't have a Pussy, but you do have other apertures. The proper places for a sissy to wear a tampon are in his mouth (especially if it has been used by his Mistress) and in his naughty little bottomhole.

The Tasty Tampon. When you are very good, your Mistress may reward you with a taste of her used tampon. There are several ways she may choose to give you this delight. She may simply pop the tampon into your mouth and instruct you to suck it clean. She may permit you to kneel and pull on the string with your mouth, extracting it partway, and then allow you to suck it all in. She may brew a pot of Tampon Tea using hot water (perhaps spiked with her own golden nectar) and allow you to drink it. (If you and your Mistress are not sexually monogamous or fluid-bonded, you must discuss together the risks of such activities and decide whether or not they are risks you choose to assume.)

Any or all of these practices permit you to share the vital Yin essence of Womanhood and bind you emotionally and sexually to your Mistress. Accept such gifts with proper gratitude, or you may find yourself in an unenviable position, with a leather strap rhythmically teaching you respect for Female glories.

Wearing a Fresh Tampon. In many circumstances, your Mistress will wish you to show your submissiveness by wearing a new and fresh tampon. This is especially appropriate when you are being punished and do not deserve the special privilege of tasting one of her used tampons.

To insert a tampon, follow these steps:

1. Peel off and discard the paper wrapping. Inside you will find a double tube with a string hanging from one end.
2. Place your thumb over the end with the string, securing it. Your index and middle fingers should straddle the opposite end - much as a nurse would hold a syringe for an injection.
3. Slide the far end about half an inch into your chosen aperture and press your thumb, shooting the tampon and string into your mouth or heinie.
4. Pull out the applicator and toss it into a trash can (discreetly wrapped, if you desire). I don't care what the package says, these things are not flushable, as you will know to your sorrow and expense should you at-tempt to flush them. Once or twice you might get away with it. After that you have to call in a plumber.
5. When you wish to remove the tampon, grasp the string and tug. The tampon will slide out. Wrap it in toilet paper and discard. Again, this is no more flushable than the applicator. Trust me on this one.

Many novice sissies ask two questions: What if it slides out of me? and What if the tampon gets lost inside? The first is unlikely to happen, all though if you have it in your mouth it could. On the other hand, you have a great deal of muscle control over your mouth and should be able to suck away blissfully without losing it.

The question of losing it inside your mouth is more interesting. You could swallow it or choke on it - a hazard common to all small, soft gags. So be careful! Don't run while the tampon is in your mouth. Don't bind any other materials over your mouth. And be familiar with the Heimlich manoeuvre, which can be done on oneself. Your Mistress may decide to fasten the short string to a longer string attached to your collar, which may help.

In the anus, a migratory tampon could prove embarrassing. You don't want to go to the emergency room and have doctors probe your butt for this, do you? Take sensible precautions. Don't leave the tampon in for more than a few minutes, and make sure you only wear it if your muscle tone is excellent. Make sure you don't inject it too far inside, and be especially careful that the string is dangling properly. Should you lose the string, try squatting on the floor and probing the opening with two fingers. You should be able to snag the tampon and gently pull it out. If not, simply relax and it will probably make an appearance during your next bowel movement. If it has not shown up in a day or two, see a doctor - who, I assure you, has treated much more embarrassing conditions than yours.

Sanitary Napkins

The sanitary napkin lacks some of the excitement of the tampon but also has less risk attached. In the old days, pads were bulky monsters that were worn with a special plastic or rubber panty, anchored down with two loops. These days they are lighter and have a self-stick backing. Women peel off the paper backing, attach the pad to the crotch of their panties, and go forth assured and comfortable.

Pads come in dozens of sizes and shapes. Thin little pads (panty liners) may be worn every day on your panties to prevent embarrassing leakage and staining. Larger pads (maxipads) are far more noticeable, but they too have their uses for the sissy maid. The simplest is, of course, a pale imitation of Female usage. Simply attach the maxipad or panty liner to your panties and enjoy. You might add a little verisimilitude by leaking urine into it or by using it to mop up your ejaculate.

Cock Decoration. When your sissy-cock is engorged, your Mistress may decorate it by attaching a maxipad to it. The self-stick backing adheres nicely and creates a satisfactory sense of discomfort when rapidly pulled off. (If your skin is sensitive, you may experience some irritation from this.) The discomfort becomes pain should any pubic hair get caught in the stickum. A panty liner folded around the balls makes a nice addition.

Douches

Douches are a way to cleanse Women internally. Since you are remarkably ill-equipped to take a douche where it is intended (urethral douching is not recommended), you must take it elsewhere. This may be called a Retrodouche. Be careful when doing this; too much water may cause serious bowel problems, and repeated enemas may destroy bowel tone or rob you of needed vitamins. Sterile equipment is essential!

The disposable douche is a small plastic container of water and douche mixture (vinegar and water is best). A perforated nozzle attaches at one end to the plastic container. The other end is inserted into your naughty little hole, where it will pump douche mixture into your bowels. This can be very irritating! However, taking and holding the douche for five minutes may make you feel like a real

sissy; you and your Mistress may consider the possible irritation worth the trouble.

Better than disposable premixed douches is a large rubber douche bag with hose, clamp, and douche tip. It may also include an enema tip, but the douche tip is more fun. Fill the bag with warm water. Cold water causes cramps, while hot water may burn. Test the temperature against the inside of your wrist; it should feel slightly warm. Your Mistress may choose to add a very small amount of soap for the proper cleansing effect; Ivory liquid is pure and mild, while Dr. Bonner's almond or peppermint soaps are far more tingly.

When the bag is filled, attach the hose and clamp and the douche nozzle. Expel any air in the hose by letting a little water run out. Close the clamp and hang the bag no more than three feet above your bottom. Then your Mistress will insert the douche nozzle into your wicked little hole. As she releases the clamp, you will feel the liquid gush into you. She can control the speed of the flow by adjusting the tightness of the little clamp on the hose. For the first time, a quart, or even less, is sufficient. Later Retrodouches may move up to two quarts.

Once the douche is inside you, your Mistress may choose to keep it in with a butt plug or to have you hold it. Be grateful when she permits you to expel. Afterwards, it is your duty to clean and sterilize the douche bag, hose, and tip. Once the tip has been used for a Retrodouche, it should not be used for a Womanly douche.

Feminine Deodorant Spray

Feminine deodorant spray is designed to be used on your sweet boy-Pussy. It is not as readily available now as it used to be, but look for it in larger drugstores. Enjoy the sweet humiliation when your Lady sprays your genitals with something so embarrassing.

Assignment

1. Go to a drugstore and study the goods available in the feminine products aisle. In addition to the douches, sanitary products, and deodorant sprays mentioned here, you will find Feminine lubricants such as K-Y Jelly, medicine for vaginal infections, birth control creams, and other exciting products. Select at least three products and purchase them. Then take them home and use them.

Day 15

THE TRANSFORMATION



Still naked, still sprawled on the floor, Bob was dimly aware of terror. Could he bear six months of total slavery, obeying commands, accepting strict discipline? He had always run his own life, and very successfully too. But now his life and the fruits of his success were locked away in some hidden recess of the mansion. The massive door behind him was also locked. And the Woman who held the keys to it all-

He lifted his head to look at her. She seemed so cool, so assured. She reached her hand out to him and briefly caressed his cheek. Then she tangled her fingers in his hair and said, "Come along. We

must get you into harness, little sissy."

She walked quickly. Bob, crawling, could scarcely keep up. His scalp hurt where she was tugging at his hair, but his cheek still glowed with pleasure where she had touched him so affectionately. After an endless crawl over floors of marble, tiles, and polished wooden parquet, and over lushly silky Oriental rugs, they entered a tiny dark chamber whose door stood open. Then the door slid shut and Bob felt the familiar lurch in his stomach as the small elevator sank. An endless time later, the door slid open again, showing a new world. The dungeon.

Bob crawled out, following the Mistress. Tears stung his eyes, but he could not have said whether they were tears of pain, humiliation, terror, or even joy. He had not cried in twenty years. Fighting the urge to sob like a baby, he didn't notice his surroundings until a sharp tug at his hair made him look up.

Two stone pillars stood before him. Iron rings were sunk deep in the dark surface. Between them he could glimpse something that looked like a throne. Nearer was a narrow, padded bench with sinister looking eye rings set into the wood frame. Beside it stood a hassock covered in soft grained leather. On it lay several wicked looking straps and metal implements, a few small locks, a razor and shaving mug, a towel, and, most frightening of all, a solid wooden hairbrush.

"You are in My house now," said the Mistress, "but you are not properly garbed and prepared. We will take care of that." She moved to a richly embroidered bell pull and gave it a tug. Instantly two other Women came out of the shadows of the vast dungeon and took up their places, one on each side of the Mistress. The blonde had a wolfish grin, while the brunette's smoldering sensual gaze made him drop his gaze. "These are My assistants. You will obey them as you will obey Me - or you will be punished. I assure you that punishment here is not play."

Terrified, Bob nodded. A glare from all three Women made him add, "Yes, Ma'am." He felt dizzy.


"Ladies, please. Make this sissy look like what he is," said the Mistress. She settled herself comfortably on the throne and made a small gesture. Instantly, he could not have said how, Bob was laid gently onto the bench, his arms and legs locked into leather cuffs, and the cuffs locked into the bench's eye bolts. Spread eagled and helpless, Bob stared up at the ceiling and tried not to cry.

The assistants moved rapidly, with the speed of long practice. Before he had a chance to take in the sheer terror of his position, the brunette had spread shaving cream thickly over his crotch. To his shame, he felt his cock stirring at the touch of the soft brush and the hot cream. Then she stepped back, and the blonde came up, flourishing the razor in a way that made Bob wince and tug at his bonds. The blonde laughed and advanced on him.


Bob forced himself to lie absolutely still as she slowly stroked him with the blade. He had never felt more helpless or more exposed as the razor sliced away his pubic hair. Under the concentrated gaze of three beautiful Women, he was bound, naked, and being shaved. He would have writhed in shame, but he knew that the slightest movement might end in serious damage. All he could do was lie passive and still and wish the six months were over already.

The slow glide of the steel finally stopped. A warm, damp towel was applied to his now hairless crotch, sending a burst of warm pleasure through him. He felt his cock swollen and ready to explode with pleasure, but just as he was about to come, the rubbing stopped. He almost groaned in disappointment.

The locks fastening his cuffs to the bench were released, and the brunette tapped his shoulder sharply. He sat up and then, at the wordless urging of the assistants, he fell on his knees before the



Week 3



DISCIPLINE, CHASTITY, OBEDIENCE:
LEARNING YOUR SISSY DUTIES

Day 16

PANTY SLAVERY



Panty slavery - the very words make a sissy's heart beat faster. This thrill-ing topic includes not only the helpless sissy wearing panties, but panty gags and panty cocktails. It also includes an attitude of respect, almost worship, for the Feminine, and a deep delightful humiliation of the sissy male.

If you wish to become a proper and desirable sissy maid, you will learn to accept and enjoy the discipline of panty slavery. Surrender to those bits of satin, lace, and sweetness. Give up all your macho poses and become a panty slave. You won't regret it.

The Panty Pantheon

You may be aware that there are differences between bikini panties and regular Women's briefs, but those are only two of the many panties in the world. As a sissy maid and panty slave, you should know all about the many types of different exotic and attractive panties.

Plain briefs. These simple, attractive panties are the basic model. They come in a wide variety of colors, materials, and styles. Some are trimmed with a broad lace waistband. Others have cotton leg bands. Cotton crotches are highly desirable. These panties are sturdy and comfortable enough for daily wear. They also work well to cover chastity devices. Plain white cotton briefs can be very sexy as well, especially when pulled down the naughty sissy's quivering thighs preparatory to some stern discipline.

Hip-huggers. The waistband of these fine panties falls at the top of the hipbone, so they are larger than bikinis, smaller than plain briefs. They usu-ally come in satins and fine nylon and may have decorative lace panels. Sexy and elegant, these panties are also comfortable enough to wear to work beneath your regular trousers.

French-cut briefs. Usually cut like hip-huggers at the waistband, these panties are designed to show off the length of a sissy's leg. Instead of ordinary leg holes, the openings are elongated to reveal the curve of the hip. Usually in satin and lace, these are sexy panties for special occasions.

Bikinis. A tiny, narrow panty best suited to slim sissies. Unless the cock is pulled through the legs and fastened with hair set tape (a pink soft tape found in the haircare aisle of your local drugstore), these may end up looking like a banana hammock. You may also find split-crotch panties in this design - useful for genital torment, but only when you are specifically com-manded to wear them by your Mistress.

Thong-back panties. These variants on bikini panties are closer to a G-string than to everyday panties. The front is tiny, the waistband is a narrow band, and the back is a mere ribbon of elastic designed to snuggle in your crack, leaving the cheeks completely bare. Thong-back panties can be extremely useful in some situations: for example, they are ideal for public spankings in which your Mistress may not wish to expose your shameful cock, but does want to show off your hot, red buns to an admiring audience. I also like to force the sissy to wear layered panties: a pair of ruffled, lacy sissy panties above, with a thong-back panty below, serving as a sort of jock-strap and additional level of humiliation for the helpless sissy.

Tap panties. Tap panties are the Women's equivalent to jockey shorts: a soft, loose panty with very short, wide legs. They are very comfortable if you are not wearing pantyhose and allow the Mistress easy access to your crotch for genital torment. They come in fine materials and also plain cotton, some-times with a matching bra and/or camisole.

Pettipants. These tight panties are quite difficult to find but worth the hunt. Similar to British knickers, they are briefs whose legs extend for several inches down the sissy's thighs. Often the leg-ends are trimmed with lace. You may find them in old-fashioned catalogues.

Rumba panties or sissy panties. Long a sissy favorite, these are the first specialty panties most sissies buy. A vital part of the maid's uniform, they are Women's briefs adorned with row upon row of delicate, lacy ruffles. When the humiliated sissy maid has to raise his skirt and crinoline and show his panties, what the Mistress sees is a gloriously Girlish sight. The only other people who seem to wear these panties are tiny Girl-babies on their way to birthday parties.

Pantalettes or pantaloons. These old-fashioned panties are ruffled like sissy panties, but they extend all the way to the naughty sub's ankles. Available in some specialty catalogues, they give an attractively old fashioned air to a sweet sissy maid.

Drawers. Proper Victorian drawers are soft, loose, long panties gathered at the knee. The waist is usually a drawstring, rather than an elastic band. Many authentically Victorian drawers are "splits" with a crotch open-ing, meant to facilitate bodily functions at a time when long skirts and many petticoats made pulling up your skirt and pulling down your panties virtually impossible. The ladies of the time arranged their skirts to stay out of the way and then simply squatted over a chamber pot. These days, the split is more useful for other activities.

Rubberpanties. If you are so naughty that you wet your panties, rubber panties to go over diapers are a necessity. Your Mistress may also enjoy forcing you to endure the tight, confining feel of these wicked panties. Available in specialty stores.

Specialty panties. You may sometimes find panties in new categories. I once found a delightful pair of soft, silky Women's briefs with an attached pleated skirt made of finest organdie - perfect for teaching proper curtsying.

I have never seen anything like them again. Keep an eye out for specialty panties. You may find a sheer delight!

Shopping for food may or may not be assigned to the sissy. Many Dommies, myself included, enjoy trips to the grocery store and use sissies only to pick up last-minute ingredients or at times of unusual busyness. However, every man-maid needs to know what to buy, how to choose it, and what he should pay for it.

If you are not responsible for cooking or meal planning, you should discuss the week's menus with your Mistress, making sure you have all the ingredients on hand or added to your grocery list.

Sunday afternoons are a good time to spend clipping coupons from the newspaper and the Women's magazines. Keep your coupons filed in a little wallet, preferably one with an attractive floral print. Every week, you should sort through this wallet, seeking about-to-expire coupons. Make sure that you are actually saving money with the coupons; some bargains are not bargains at all.

Learn your Mistress's preferences in everything from laundry detergent to ice cream (Dommies in general adore ice cream). If she has a favorite grocery store, patronize it; her preferences are rooted in rational consideration of the many factors of shopping. The market that seems so much more convenient to you may have a reputation for selling poorly refrigerated meat or battered produce. If you wish to try a different store, ask her permission.

Choosing good produce is an art in itself, and the criteria for a perfect apple are considerably different from that of a perfect pineapple. Many cook-books list the various traits to be considered in choosing each kind of fruit or vegetable. Study these lessons carefully so that you may please your Lady with the tenderest, freshest foods available.

Cooking and Helping in the Kitchen

As a good sissy, you know that making tea or coffee for your Mistress is a valuable skill, but getting together dinner when she's delayed at the office is equally vital. Again, many Dommies prefer to cook for themselves, but you must know how to take over when she commands you. If you cannot cook, take a class and learn how.

The good sissy also acts a scullery maid, chopping vegetables, sharpening knives, cleaning up after cooking, and generally doing anything to assist his Lady when she chooses to cook. It can also be a time of great pleasure, humbly serving your Mistress, while you are garbed in apron and hair net. A wise sissy will be an appreciative audience for his Domme's cooking. Compliments are always acceptable, even when help is not. The critical sissy may find himself sipping a hot substance that isn't tea if he complains about the food.

Light Cleaning

Light cleaning is a daily and weekly task that can expand to fill the time available. However, unless you are lucky enough to be a full-time sissy with no other job, you should spend only a few hours a day on these basic tasks, with perhaps a vigorous Saturday or Sunday session as well. Under the heading of light cleaning come sweeping, dusting, vacuuming, mopping, making beds, washing dishes, and polishing silver.

The prime rule in all cleaning is: get every surface! Thoroughness is essential. Don't just dust the top of the dresser; run a duster down the sides and front as well, especially if the piece is carved. Don't merely dab at a spill with a paper towel. Wipe up the whole counter.

If you plan to run the vacuum cleaner, dust first. If you plan to sweep or use a dry mop, dust last.

Lambswool dusters, besides being lusciously soft and tickly, are an excellent way to deal with dusting.

Bedmaking is a sissy's sacred duty. You are responsible for making sure your sweet Mistress has a warm, comfortable, clean place to sleep. If you are lucky, she will allow you to sleep with her or at least to lie on a pallet next to her bed. Wash the sheets at least once a week, and turn the mattress every month. Pay close attention to which pillows are hers and which yours. You get extra points for remembering which pillow she likes on top.

Heavy Cleaning

Some kinds of housework - cooking, eating, bed making - must be done every day. Heavy cleaning is a rare and special occurrence. It comprises wax-ing and buffing floors, washing windows, scrubbing floors, cleaning walls and porches, beating rugs, laundering curtains and upholstery, steam-clean-ing carpets, organizing closets, and all the other manifestations of spring cleaning.

The frequency of heavy cleaning depends on where and how you live. If you live in a polluted city, you will need to deep-clean more often. If you live at the beach, sand gets into everything and must be removed. People who smoke inside the house should wash windows weekly, so they can see the healthy, sweet-smelling people who pass by.

Heavy cleaning can be seasonal - done in spring and fall - or controlled by other factors. Visits from family and friends may inspire an orgy of heavy cleaning. Remember, no matter how much housework you do, your Mistress is judged by the cleanliness of the home. After a visit, nobody ever says, "The place was a mess. He's a terrible housekeeper," unless there is no She to blame. For the sake of your Lady's reputation, keep that house spotless.

Pet Care

Pet care may not seem like a household task, but it is indeed. A good sissy will take pleasure, not just in serving his Lady, but in caring for her other pets. This duty includes walking dogs, cleaning up their doo-doo, changing kitty litter, feeding and watering animals, washing dogs and cats, cleaning bird and animal cages, trips to the vet, and flea dips.

Remember, the cat has the right to sit in your Mistress's lap. You don't. Your place in the household hierarchy should be quite clear!

Assignments

1. Go out and buy a good basic housekeeping guide: Peg Bracken's *The I Hate to Housekeep Book* is good, but may be difficult to find outside a used bookstore. Mary Ellen's *Helpful Hints* is also useful.
2. Assemble an appropriate uniform for household work. I suggest a short pink PVC apron, high heels, pearls, and a hair net, perhaps with a bow attached. Remember to draw the drapes when you are cleaning house dressed this way.

A Note to Mistresses

Housework is often dull, but you can encourage your sissy maid to do his best by using incentives.

1. Nipple clamps may be applied before he starts doing dishes, vacuuming, or performing other duties. It is best to apply them for five minutes or less. They stay on until the work is done to your satisfaction.

2. When your sissy is down on his knees scrubbing the floors, come up behind him and insert an appropriately sized butt plug where it will do him the most good.
3. If your sissy takes too long at specific tasks, set a kitchen timer to ring after a set period of time. If he has finished satisfactorily by that point, he is rewarded by being permitted to kiss your feet. If he has not finished, or the work is unsatisfactory, he must begin again - this time with red rear cheeks, sore balls, or other evidences of your displeasure.

Day 19

THE SPARKLING BATHROOM



Having learnt to keep the rest of the house in a state of glowing cleanliness, your next lesson is how to keep the bathroom sparkling. Here your Mistress performs some of her most intimate functions. She may also use the bathroom for certain forms of discipline or reward, so it is in your best interest to keep it stainless and sanitary.

The Well-Equipped Sissy

Cleaning a bathroom cannot be done simply by fantasizing the humiliation of kneeling on a cold tile floor, ruffled butt raised and wriggling, while you tickle the grout with your toothbrush. Somebody's got to get down on that floor, and that somebody is you. Moreover, just tickling won't take you very far on the road to cleanliness. You need the proper tools, and you need to put in the proper effort.

Better Living Through Chemistry

Cleaning a bathroom requires chemicals, as well as considerable elbow grease. But just grabbing an array of cleaning materials from the store shelf may land you in hot water. Attacking a fibreglass bathtub with a harsh abrasive may destroy the finish. Mixing chlorine bleach and ammonia (in the mistaken belief that the resultant mixture will be an ultra-powerful cleaning solution) may destroy you; the two in combination create chlorine gas, which is deadly, especially in such confined areas as a bathroom.

Never mix cleaning chemicals, and read the warning labels with care. Ammonia or such ammonia-containing mixtures as Windex are fine for many bathroom surfaces (the outside of the toilet, for example, and glass or porcelain towel racks). Tile cleaners, some with anti-mildew ingredients, are good for tiles, tubs, and sinks. Special cleansers are designed for the inside of the toilet. Reserve abrasive scouring powders for stainless steel surfaces. The floor should be mopped with a cleanser appropriate to its surface, whether that surface is tile, linoleum, wood, or stone.

You should also look into so-called "green" cleaners. These are non-polluting, natural solvents - many based on citrus oils - that do not contaminate the environment. (They also smell considerably better than most of the alternatives.) Besides affording a fine glow of moral uplift, these can give you a clean bathroom without a lot of harsh, potentially cancer-causing chemicals.

Brushes, Buckets, and Brooms

Chemicals are one step to a clean bathroom, but you also need other tools: scrub brushes, for

example, and plenty of paper towels. There are two categories of tools: practical and romantic.

Practical tools include all the standard equipment to be found in any K Mart: buckets, mops, brushes, scrubbers, and rubber gloves to protect your manicure while you use the other tools. They are useful, inexpensive, and available in attractive shades of rose, peach, cream, jade, and dusty blue to match your Lady's decor or your uniform. Their main advantage is that they get the job done, and the sissy lucky enough to be forced to use them soon learns to associate their prosaic plastic with the most thrilling of forbidden desires.

Romantic tools include your toothbrush, your sissy panties (used as dusters or cleaning rags), your Mistress's tampons (ideal for wiping faucets), and other non-utilitarian items turned toward cleaning. Their use is limited only by your Domme's imagination, but they may take more time and be less effective than the practical products. Also, once your toothbrush has scrubbed a floor or a toilet, it's done for; you need a new one, and no argument about it.

Scrub-a-Dub-Dub

The proper chemicals and the best tools will do nothing to clean a bathroom as long as they are left on the shelf. Your energy and attitude, when applied properly, can make that bathroom shine. This is the place where your fantasies can add an extra zing to cleaning day, because the amount of energy the average sissy puts into a task is directly proportional to how erotic he finds it. (The is Lorelei's Law, and is immutable.) So the more you can eroticize service, the cleaner your Domme's bathroom will be, and the happier a sissy you will be.

As you scour the sink, remember that your Mistress will be pleased when she sees its gleaming surface. When wiping down tile walls, endeavor to make each shine like a little mirror, the better to reflect her beauty and your sissiness. Take pride in doing a good job, and your Lady will take pride in you. Remember, no Domme is happy to tell her friends, "My sissy slut scrubbed the bathroom yesterday, and he left it in worse shape than he found it.

On the other hand, a Mistress who is proud of her sissy's skill at clean-ing may lend him to her friends. What more can a good sissy ask for than to be sent as a gift for a day to another Domme, to serve and scrub for her delight? It is one of the highest accolades a Lady can give her man-maid. See that you earn it!

Cleaning Tips

The best advice for cleaning a bathroom is: Scrub everything! Don't forget the outside of the toilet, the towel racks, the robe hooks, the scale, and the knobs on the vanity. Mop the floor thoroughly, and make sure the shower curtain and the bath mat are not getting mildewed. Heavy fabric shower curtain liners can be dropped into the washing machine, while thin-ner vinyl ones must be soaked in a bleach solution. Bathrooms, because of their humidity, attract and hold dust, foster mildew, and generally get dirtier faster than almost any other room in the house, with the possible exception of the kitchen. So a thorough bathroom cleaning must be done at least once a week.

Toilet Paper - A Special Note

Many males do not replace the toilet paper when they use the last few squares. I don't know whether they simply don't notice, can't remember where the paper is kept, or just feel that such a mundane task is beneath them, but that kind of thoughtless behavior turns every Woman into a raging tigress ready to rend and claw.

I strongly recommend that you learn to change the toilet paper, and for your own dear bottom's sake, remember which way your Mistress prefers the paper to hang.

To mention a related matter, any sissy who leaves the toilet seat up deserves a severe whipping, as well as a dunking in the toilet.

Assignments

1. Look under the sink, in the linen closet, or wherever your Wife keeps her cleaning materials to see what she prefers to use. Then take a trip to your local grocery or variety store to study cleaning materials and tools. Read the labels, and select an appropriate assortment for keeping your Mistress's bathroom clean and sparkling. (Don't buy duplicates unless she is almost out of a product.) Tell the clerk you're going to be cleaning the bath-room from now on.
2. Clean the bathroom from now on, whether your mate is a Domme or not.

A Note for Mistresses

I recommend a combination of practical and romantic tools for the best results. By all means make your sissy scrub the floor with his old toothbrush; it's an excellent discipline and will teach him just how humble he ought to be. However, that kind of detailed cleaning should not take the place of making the whole room sparkle. He should scrub the floor last, after the tub, tile, and toilet are all in a state of pristine purity.

Practical tools work better, but they can be used in ways that make them erotic. For example, command your sissy to scrub the toilet using a plain old toilet brush - but make him hold the handle in his teeth.

Day 20

SERVING TEA



Having learned to do some of the heavier housework, you must be ready to move on to an activity far more delicate, sweet, and sissyish. An activity where you can wear your frilliest clothing without ruining it. An activity that may please not only your Lady but other visiting Dommies. The quint-essential service of the sissy maid: serving tea.

Tea service may be divided into three categories: minor, major, and public. Each has its own etiquette, uniform, and purposes. All are highly felicitous to the sissy maid and to his Mistress.

Minor Tea Service. Minor tea service consists of simply getting your Mistress a cup of tea (or coffee, or whatever beverage). Other than the pant-ies you must always wear, you need not wear any uniform at all. She may ask you for a drink, or you may offer it. Do be sure to know exactly what she likes and how she likes it; my sissy, for example, knows I never put ice in a cold drink, that I rarely drink coffee, and that I like hot tea in a big mug. He offers me a selection of teas and I choose - and I thank him.

Do not scorn this quiet daily service, just because it lacks props, drama, excitement. The groundwork of a lasting, happy Mistress/maid relationship is laid in those moments when she asks and you give, or you offer and she accepts. Nobody can be whipped 24 hours a day, any more than they can make love 24 hours a day. But the desire for lovemaking runs like an under-current through constant daily intimacies, kisses, hugs, holding hands, being friendly and affectionate. These things both feed and express passion. In the same way, these little services and courtesies - opening the car door for her, running small errands, doing even manly things in service to her - feed the grand submission you feel when your Lady orders you to crawl across the room to lick her boots. If you neglect the little services your Mistress enjoys - whatever they may be - you will both find your subservience unfulfilling.

Major Tea Service. Major tea service is a much grander affair than just putting a mug into a microwave. You may perform this service for your Lady alone, or for her and her friends. You must wear your most formal uniform, complete with cap and apron, crinoline, and all the other appurtenances. Your appearance is as important to the ritual as the taste of the tea.

This is the solemn tea-ritual discussed in all etiquette books, and you must learn every detail. Certain standards of etiquette and usage distinguish correct tea service from mere sloppiness. For example, did you know that you never serve cream with tea? It's too rich. Milk is correct - and it should be poured into the cup after the tea. Lemon goes into the cup before.

To make and serve tea properly, follow these steps:

1. Draw a teakettle full of fresh water and bring it to a full, rolling boil. Don't use old, stale water. Filtered or spring water is best if you have city water service, since chlorine does not noticeably improve the taste of tea.
2. When the water is at a full boil, pour some into the empty teapot and slosh it around to warm the pot. Then pour it down the sink. Teapots should be chosen with an eye to their size as well as their decorative qualities; you might want to have a small two-cup size for private tea-drinking and larger pots for parties.
3. Measure in the tea leaves: one teaspoon for one cup, two for two, and so forth. You can spoon them in loose and then pour the tea into the cups through a strainer, or you can use a tea ball: a small orb of aluminium with a lid that unscrews. Never fill a tea ball more than half full, since the wet tea leaves expand. Tea balls come in several sizes and styles. Pour in boiling water and close the lid. If you have a tea cozy - a decorative cloth cover for the pot-put it on now. Let the tea steep for four or five minutes.
4. When the tea is ready, you are ready to pour. Use the strainer if you haven't used a tea ball. Ask each person if they want it strong or weak, with sugar (or artificial sweetener, alas), with lemon or milk. If you have lump sugar, use tongs; if you have regular free-flowing sugar, use a sugar shell, a special kind of spoon. For weak tea, mix in a little hot water from the kettle. Remember never to hand a cup without a saucer!

Public Tea Service. The public tea follows all the rules of major tea service, except that it involves much more food and more guests, and the tea itself is made in public. Ordinarily the hostess makes the tea and pours; however, in kinky social circles it is correct for the Mistress to command her sissy maid to make, pour, and serve the tea, as well as to serve all the Ladies present.

There are certain considerations for any sissy serving in public. A public tea entails a great deal of preparation, not only the usual housecleaning, but also preparing foods and arranging them,

polishing silver, washing the good china, making sure fresh water is always boiling in the kitchen to make another pot. It requires a your full attention and a willingness to go all out for your Mistress. If you cannot handle serving a public tea, let her know before she invites her friends over.

You must wear your most formal uniform and curtsy deeply to each guest as she arrives. You must serve each Lady with grace and sweetness. And serve your own Mistress last, or she will blush for your crudeness. Further instructions for handling yourself in public are given in a later chapter.

Food with Tea. Proper foods to serve with tea are cakes, cookies, hot breads, grapes, and small sandwiches. Whatever you serve should be beauti-fully arranged on delicate trays and plates. A crumb-strewn tray with a messy jumble of cookies and sandwiches is as incorrect at a tea party as a six-foot hoagie would be.

Tea sandwiches may be made of cucumber, watercress, thin-sliced chicken, bread-and-butter, perhaps cream cheese, perhaps smoked salmon. To make tea sandwiches, buy unsliced bread and slice it very thin with a serrated knife. Make the sandwiches and trim off the crusts. They can then be cut into tiny triangles or squares.

The cookies, cakes, and breads should all be fresh and homemade (or at least bakery-made). They also should give the impression of being special. Little Linzer tortes are far more appropriate than Chips Ahoy cookies. Rich, tiny muffins made in special small muffin pans are a nice touch. So are little meringue shells filled with a dab of fruit and some whipped cream. The theme is daintiness, delicacy, lightness.

Tea Accessories. Tea is the time to bring out sterling teaspoons, silver pots and bowls, fine china, delicate serving dishes, linen napkins embroi-dered and trimmed with lace. You can buy a tea set at many fine china stores or from catalogues: a china teapot with matching sugar bowl and milk pitcher, a large serving plate, and a cup, saucer, and small plate for each guest. Al-though this is a nice touch, ordinary cups and saucers will do, as long as they coordinate with the teapot. Never use mugs!

For serving food, silver trays and china plates are de rigueur. A plate stand is a nice touch; it has three or more tiers, on which plates of goodies reside, and you can carry it around so the Ladies can choose their delectables.

Useful Equipment

Teakettle for heating water Teapot for brewing tea Tea cozy

Tea caddy (a decorative tin for storing tea) Loose tea or - definitely déclassé - tea bags Tea ball

Strainer

Slops bowl for the dregs (used tea leaves and the last little bit of tea) Sugar bowl

Sugar shell or sugar tongs

Milk pitcher (cream is too rich for tea)

Dish for sliced lemon and small fork or tongs Matching cups, saucers, and small plates Serving dishes for sandwiches, cookies, cakes Tiny cloth napkins, preferably embroidered Tea spoons

Large sturdy tray

Optional but oh so desirable: silver tea service

Assignments

1. Find out exactly what little services your Mistress enjoys. Does she want you to bring her ice cream? change the cat litter? rub her back when she's tired? give her half an hour of total privacy and peace? screen her calls?
2. Practice making and serving tea until you have the ritual down perfectly.
3. Look up recipes for tea sandwiches and tea cakes in various cook-books. Practice making and serving them.

Day 21

MANICURES AND FOOT SERVICE



A good sissy maid is adept at giving manicures, pedicures, foot baths, and foot massages. These little services offer the sissy maid the thrill of a truly Girlish activity as well as intimate contact with the Feminine hands and feet of his Mistress. They also give the Mistress a chance to relax and be pampered. Foot massages are especially welcome, since most Women's feet hurt. (You will discover why if your Mistress commands you to wear high heels.) Nothing feels better than relaxing at the end of a long day, with a sweet sissy maid at my feet, slowly bathing and massaging my tired toes.

There is an extra added bonus in learning to do proper manicures and pedicures. Not only can you please, impress, and serve your Mistress, you can also learn to make your own nails pretty. The instructions given here assume you are caring for natural nails, not wraps or artificial nails. In order to learn to deal with these more elaborate manicures, you can take a course at your local beauty college.

To do a manicure (or a pedicure), follow these steps:

1. Dress in a pretty but practical uniform. I suggest full makeup and cap, with an attractive dress (not your best uniform) protected by a plastic apron. Underneath, of course, you will wear bra, panties, slip, stockings, and chastity device.
2. Set up the tray. Include nail-polish remover, emery board or nail file, a small basin of warm sudsy water, a small towel, orange sticks, nail conditioner, buffer, nail polish, filler, base coat, and top coat. Include a dish of cotton balls or a stack of lint-free pads for removing polish. For pedicures, add a toe separator - a small pink sponge with fingerlike bumps, designed to keep the toes well apart while the nails are being polished.
3. First, make sure your Mistress is comfortable. Put on music if she enjoys it - something soft and soothing. Tuck a cushion behind her head, Make sure she has anything she desires - a cup of tea, something to read, whatever she likes.

4. Strip off the old nail polish. Soak a cotton ball or lint-free pad in nail-polish remover, and slowly stroke each nail, moving from the base to the tip. Make sure the previous coat is thoroughly removed before proceeding.
5. Immerse your Lady's fingertips in the warm sudsy water to wash away the last traces of the remover. Carefully dry each finger with the soft towel.
6. Apply the nail conditioner. There are many types; the best is the kind that can be painted on over nail and cuticle as well. While it soaks in, you may do a scalp massage, give her hair a hot-oil treatment (available in drugstores), or provide oral servitude. You may also proceed to foot bathing, foot massage, or a pedicure.
7. Once the conditioner is dry, you may proceed. Using the buffer, slowly stroke the nails. Buffing strengthens them and gives them a natural gleam that many find quite attractive. Gently, gently push back the cuticle with the orange stick.
8. File the nails, moving the emery board in one direction only. Don't saw back and forth; your Domme is not made of lumber, you know. Shape gently into an oval or slightly squared contour; pointed nails are weaker.
9. Apply a filler coat if necessary to smooth out the nails. Let it dry. Then apply a base coat and let dry. Don't skimp on drying time; nothing is more discouraging than doing an entire manicure and having the polish buckle at the last layer because you didn't let each coat dry sufficiently. (That is a punishable offence!) Moreover, a clever sissy like you can find many delightful ways to serve your Lady while the layers are drying.
10. Apply two or three layers of nail polish, letting each dry thoroughly. Then add a top coat of sealer.
11. If any polish has strayed onto the cuticle, remove it with a Qtip dipped in a little remover. Correction pens are also available - small penlike objects with remover instead of ink, ideal for these little touch-ups and far less likely to mar the flawless finish of your work.
12. Voila! You have created a perfect manicure that will stand up for a week or so.

The Foot Bath

To prepare a foot bath, you should first attend to the atmosphere of the room. Have candles burning and a soothing cup of tea available. Lay out all the tools you will need ahead of time. Fumbling around trying to find a towel or the soap is not calculated to impress your Mistress. Arrange the requisites on a large tray, and hang the towel over your arm. The equipment consists of the following:

A waterproof mat. A small bathroom rug will do, or even a towel, in a pinch. Or you may simply use the tray, if it is large enough.

A basin filled with steaming, scented water. You should know the exact temperature your Mistress prefers, along with whatever bath oils, herbs, salts, or pearls she enjoys. If she likes a plain foot bath, thin slices of lemon floating on the water are also a nice touch.

A sponge, washcloth, or small soft brush. A bar of soap or tube of shower gel.

A second basin of plain hot water for rinsing. (This is an extra luxury, not a necessity) You may use instead a thick washcloth wrung out in hot water. A small plush towel for drying your Lady's feet.

A bottle of lotion warming in a bowl of hot (not boiling!) water, so that you have warm lotion for massaging your Lady's feet when the foot bath is done. After placing the basin on the mat, kneel at your Mistress's feet. Gently remove her shoes and stockings, and lift her feet into the water. Then, one at a time, gently wash, stroke, and rub each foot. Work up a good lather, and rub your hands or the washcloth gently but firmly over each foot, drawing your fingers between her toes and taking care to rub her insteps and arches. When your Domme's feet are lusciously clean and relaxed, rinse them in the second basin or wipe them with the hot damp washcloth. Slowly and carefully dry her feet.

Now you may proceed to the massage. Take a generous dollop of the warmed lotion in your hands and rub it into the Lady's foot. Slowly but firmly caress her feet, arches, insteps, toes, between the toes, and ankles, until all the cream is well rubbed in. Then turn to the other foot.

Foot worship goes one step farther and can be done before or after the bath and massage. If you are a fortunate sissy and have pleased your Mis-tress, you may be allowed to kiss, lick, and rub your Lady's feet over your face. Taste her toes. Suck them. Slide your tongue in and out. Or, if she prefers, you may be permitted to lick her boots and shoes.

Assignments

1. Practice assembling the tray for foot baths. Time yourself. You should be able to have the tray together within two minutes. Promptness in obeying commands is a very desirable quality in a sissy maid.
2. Give your Wife, Lover, or Mistress a foot bath and massage. If you are not currently under her command, you need not dress in sissy uniform. However, many if not most Women enjoy this little luxury, whatever their attitude toward Female Dominance.

Day 22

CHASTITY FOR SISSIES



Contrary to popular belief, chastity is not the same thing as celibacy. Chastity means a sexuality enjoyed within specific rules or limits. According to traditional definitions, a married Woman who is faithful to her husband is chaste even if they hump like bunnies every night. If her husband is always eying other Women, even if he doesn't touch them, then he is not chaste. Those traditional rules don't allow for polyamory, for subbing to various Dommies, for all kinds of exciting things. So we are obviously not going to be slaves to those traditional rules, are we? No, but we are going to borrow the basic idea, which is that chastity means adhering to specific rules for the exploration of your sexuality.

In your case, your Domme is going to set the rules - and enforce them. If she says no masturbation, you have to obey. If she tells you to serve her best friend with foot worship and anilingus (using, of course, a piece of Sa-ran Wrap or a dental dam to protect your own health and your Mistress's), you say, "Yes, Ma'am." If she tells you that you may not look at naughty pictures - or that you must - you are being chaste by following her orders.

The only limits are the classic rules of D&S: "safe, sane, and consensual." Your Mistress cannot order

you to perform that would be emotionally harmful to you or your partner, or to commit rape. Few Dommies would consider ordering their sissies to get AIDS or to rape someone anyway, so these rules rarely come into force. The sanity issue is more complex; that's where negotiation comes in. If you are commanded to serve someone or to do something that is well beyond your personal limits, you need to discuss the situation with your Mistress.

One way your Mistress can enforce her ideas about chastity is through a male chastity device - a truly great invention. By applying simultaneous excitation and restraint, the chastity device arouses powerful emotions in the sissy male. It forces the sissy to restrain his natural desire to get in, get off, and get out, and instead turns all the blaze of male desire into a furnace of submissiveness. Many devices also permit plenty of cock and ball torture.

Male chastity devices range from ball-stretchers and ball separators (which at the low end may cost as little as \$12) to custom-made harnesses complete with butt plugs (which may run up to \$500 or more). A leather-and-metal cock cage resembles the cage that restrains a champagne bottle from blowing its cork, and serves a similar purpose. These devices work fairly well at restraining or even preventing erection and should run from \$35 to \$60. For \$150 to \$250, you can get a more elaborate chastity device, similar to the one described on Day 15. It doesn't prevent erection, but it does combine a shameful presentation of the male genitalia with a complete inability to achieve orgasm; moreover, it allows CBT.

A fine chastity device can also be improvised. Although rawhide shoe-laces seem regrettably macho, they make a fine chastity when twisted and tied around your naughty cock and balls. Do not leave on too long; keep checking yourself for numbness and cold in the extremities. You may find Girls' hair ties a prettier, more Feminine alternative to rawhide. Choose the figure-8 ones with translucent plastic balls at each end. They can be wrapped at intervals around your genitalia for an attractive, effective chastity. Link two to wrap around the base of your cock and balls. Make sure the color of the hair ties coordinates with the color of your other sissy accoutrements. Such details mark the truly sissyish pantywaist!

Whether you wear an improvised chastity or an expensive custom-made one, you can decorate it with ribbons, bows, bells, beads, jewels, barrettes, or other sissy touches. Bells are especially sweet, since they can be used also for the Mistress to check up on you. Should your bell ring during CBT, for example, you are obviously not holding position and need a sharp lesson in deportment. Similarly, the bell will signal if you rub your chastised bottom during corner time, a serious offence that will earn you further over-the-knee disciplinary action.

Assignments

1. Go shopping for a chastity device. The catalogue of Dressing for Pleasure (Upper Montclair, NJ) has a fine selection; so do Spartacus and many other local stores. There are also custom catalogues.
2. Check the hair products aisle of your local drugstore or supermarket for hair ties, barrettes, bows, and other sweet accessories. Choose an appropriate selection, always paying attention to color and style, and purchase them. Then go home and decorate your naughty cock, but remember: you do not have permission to masturbate!

Day 23

THE SISSY AND THE MAID



After months of rigorous training, Bambi had learned things he had never dreamed of. His walk, his curtsy, his hair and makeup and clothing were perfect now. No one who knew him as tough, confident, macho Bob would recognize this trembling sissy. His entire body shaved, his nipples sore in the embrace of clamps and clips, his poor cock bound and tormented, his ass constantly cherry-pink with frequent spankings, Bambi was never-theless blissfully happy.

Yes, happy - until the Mistress summoned him to the dungeon. He had learned the place intimately now. Its combination of bliss and torment had grown almost familiar, but his fear and his anticipation of what might happen there had not grown less intense. He sank in the little elevator with fear in his heart. Was she going to tell him to leave? Had he violated her strict code?

As he entered, he gave her a deep curtsy. She did not seem interested in acknowledging him, so he remained in his sissy position, awaiting Her pleasure. He still blushed at the thought of how he had once dared demand Her attention. He had spent a solitary day locked in his tiny room, sick with anticipation and fear. Then, in Her own good time, the Mistress had turned her full attention on him. After no more than a minute or two, he had wished fervently that she would forget all about him - especially about the cock she was expertly torturing. The wish was not granted.

Even when She had left, Her attention was on him. Poor Bambi had spent an eternity with weights hanging from his tit clamps and from his chastity device, with wicked lotions stinging the burning skin of his well-whipped ass, with a dozen other cruel devices continuing the punishment She had begun. It was a merciless treatment but effective. He had never interrupted Her again.

Now, remembering this torment, he stood quietly waiting for Her no-tice. Finally She looked at him and nodded. He crawled across the room to kneel at Her throne.

"Are you a sissy?" She demanded.

"Yes, Ma'am, if You say I am." His voice was the high-pitched squeak of a true sissy.

She smiled wickedly. "But are you a sissy maid?" She gave the last word a drawn-out emphasis.

He stammered, "I - I don't know, Ma'am. Forgive me."

She slammed down her hand on the arm of the throne. "No, slut, you are not! So far all that has been done has been for your attention and benefit. You have been pampered, punished, taught to do things that satisfy you - but have you ever served Me?"

"Well, I-I worship and adore You" he started.

The change in her face made him want to crawl away. But he gathered his courage and stayed, knowing that the punishment for cowardice was far worse than any fear could be.

"From now on, you will be trained to serve Me. You will learn all the skills of housekeeping, of massage, of caring for someone other than your puny self. You will exist only to please and satisfy Me. Furthermore, you must continue to be a perfect sissy while doing so. Any lapses - like today's little remarks - will be severely punished. You have learned to walk and speak and think like a sissy. Can you do that and also be a maid?"

"Yes, Ma'am." Bambi bowed his head and hoped his answer had been correct. All his life he had longed to be sissified and to serve. Perhaps his fantasies had been unrealistic. He thought sissiness was easier and more fun than it had turned out to be, and he was sure that service would be just as difficult to learn, just as painful, just as humiliating - and ultimately just as rewarding. He hoped...

His first wish had been granted. The Mistress had transformed him into a perfect pantywaist, as she promised. But the second and harder phase of his training was about to begin, and Bambi was afraid.



Week 4

SERVITUDE AND SENSUALITY



Day 24

ORAL SERVITUDE



What could be more luscious than a session of oral servitude? For Mistress and maid, it offers unparalleled delights. Skill at this most delicate of erotic arts is essential, because giving good head (whether cunnilingus or anilingus) is one of the prime duties of most sissy maids. Few Mistresses can ever get enough of that sweet sensation, and few sissies can give it enough. Yet clumsy oral servitude is worse than none at all. You must learn the proper technique; more important, you must learn the proper attitude. Reading about technique is considerably different than practicing it, but the hints given here should give you some new ideas, while the exercises will afford the necessary practice. As for attitude, that can be ensured by a careful study of the principles given throughout the Charm School. These principles - in case you have not been paying attention - include the following ideas:

1. Giving serious thought to your Mistress, her needs, desires, and personality, not just assuming you know her tastes.
2. Doing what your Lady wants, not what satisfies you.
3. Doing things thoroughly, not in a half-assed manner.
4. Taking pleasure in service and submission, not in making demands or giving orders.
5. Transcending your ordinary self by means of the various rituals of being a sissy maid: the strict structure of discipline, etiquette, service, and obedience (as well as clothing, makeup, punishment, humiliation) exist partly for their own sake, partly as a path to transcendence.

These overlapping and interconnected rules boil down to one idea: thoughtful, intelligent, thorough, devoted service to a powerful, trustworthy Woman. Only in giving yourself up to her can you find the deepest possible satisfaction. Only in paying attention to what she wants can you gain what you want.

In the specific context of oral servitude, this means that you don't wade in and slobber all over her privates under the impression that you're giving your Mistress a thrill. Nor do you chew on her clitoris until she screams. Nor do you rub your unshaven cheeks against her labia until she has scorch marks. Instead, you pay attention to what she wants and enjoys, and once you give her that, you will gain what you most want: a chance to lick her Pussy and ass again and again.

Before you begin, discuss with your Mistress what safer sex guidelines are appropriate for your relationship with Her. You may choose to use a piece of plastic wrap, or a dental dam (a square of extremely thin and sensitive latex), to prevent viral transmission between your mouth and Her vulva and anus. If you do so, you may find that the addition of a drop or two of artificial lubricant on Her side of the barrier may add considerably to Her pleasure.

Begin by licking delicately, perhaps twirling your tongue around her clit. (The clitoris is that little nubbin of flesh at the top of the vulva. Below it is the urethra; below that is the vagina. The two narrow lips are the labia minora, and the larger hairy ones are the labia majora.) Sliding your tongue inside her vagina is also usually enjoyable. Combining fingers and tongue can also be a lot of fun, though directly touching the clitoris with your fingers should be reserved for a time when your Mistress is quite aroused. Also, make sure you have no hangnails.

Watch what she does and how she reacts. She may guide your head by grabbing your hair and pulling you to where she wants you. She may moan and writhe. She may breathe fast. Pay attention, and you'll soon discover what she enjoys. You can also ask her. That's always appreciated.

Licking ass follows a similar technique, with the focal point being the anus itself rather than the clitoris. Play with her pussy while you lick her ass. Try different speeds or different patterns of stroking. Find out what she likes and then do it!

There are a number of charming positions for oral servitude. Queening consists of the Mistress sitting on your face while you lick her Pussy and/or ass. Your Lady may prefer to lie on her back, with you sprawled before her, your tongue between her open thighs. But one of the sweetest positions for a sissy is kneeling by the edge of the bed, while his Lady lies with her hips right at the edge and her legs extended over the sides. This position offers unparalleled access to the pussy and can also be excellent for ass licking if the Domme raises her legs a little. (Much depends on the relative height of sissy and bed, but adjustments can be made with pillows.)

Your Mistress may grant you a drop or two - or even a mouthful - of her golden nectar at the end of a satisfying session of oral servitude. Or she may permit you to lick her while she is making her monthly offering of blood - a rare privilege for a sissy.

Learning to give your Mistress oral servitude is not exactly like learning to serve tea. The rules for tea service are standard and fixed; the basic ritual has been the same for centuries. Oral servitude demands that you be aware as well as disciplined, that you abandon your needs and let your Lady's de-sires guide you from moment to moment. Do you have the courage to give all to the sweet sacrifice of oral servitude?

Exercises

1. Squirt or drip a pattern of honey on a clear glass plate. Lick it off slowly and sensually, using the tip of your tongue. Keep the tongue pointed but soft. You're trying to give pleasure, not carve marble. Afterwards, look at the pattern of streaks through the glass, trying to discern how well and dexterously you use your tongue.

2. Try again, changing the way you use your tongue. Squirt or drip a pattern of honey on a clear glass plate. Lick it off slowly and sensually, using the broad part of your tongue. Again, keep it soft. Afterwards, look at the pattern of streaks through the glass, trying to discern how well and dexterously you use your tongue.

Day 25

THE ELEMENTS OF FANTASY, PART ONE



Every sissy maid is an individual, with private fantasies and desires. Perhaps you long to be a toilet slave as well as a sissy maid. Perhaps you are especially aroused by the thought of selfless service. Perhaps you prefer to be pampered with beauty treatments.

Because there are so many possible activities as a sissy maid (the number is infinite), this lesson is divided into two parts. Today the emphasis is upon various ways you can serve your Mistress. Tomorrow we will consider the various ways she might reward or punish you.

The lessons of today and tomorrow will help you know yourself better, so that you can better share your desires with the Domme of Your Dreams, when she appears.

Sissy Maid Activities

Household Service. These activities generally don't seem erotic under ordinary circumstances, but when you perform them at your Mistress's command, they take on new glamor and excitement. Moreover, this area of activity can be a bridge to kinkier things in an otherwise vanilla relationship. Almost all sissy maids have some household service fantasies, and virtually all Women would love to have someone else do some or all of the house-work. Seems like a marriage made in heaven, doesn't it?

The key to successful household service is thoroughness and competence. By all means, enjoy the thrill of performing these tasks. But do them up to your Domme's rigorous and exacting standard. Far too many aspiring sissies think that flicking a duster hither and yon is good service. It isn't. Scrubbing the kitchen floor until it gleams - and then putting away your buckets and brushes - is good service. Of course, if your Domme comes in and tells you what a cute little sissy slut you are while you scrub, you're likely to enjoy the task more.

If you do these tasks properly, you will earn your Domme's gratitude as well as your own sensual gratification. If you do them poorly, however, your Domme is likely to discard you in favor of a better trained sissy maid or (if you are in a long-term relationship) sigh with martyrdom and go back to doing them herself.

doing housework (scrubbing, dusting, vacuuming, cleaning bathrooms)
doing errands

cooking, grocery shopping
sewing, embroidery, crafts
shoe and boot care
laundry service (using washing machine)
ironing
forced masculinization (doing typically masculine activities - such as mowing the lawn, caring for cars, moving furniture - while wearing panties and for the sake of your Mistress)

Personal Service. These activities bring the sissy maid close to his Mis-tress, and they are consequently intoxicating. Again, however, doing these things well is paramount. You may dream of brushing a Domme's long tresses until they gleam, but if you tug at her hair until tears come to her eyes, she's not likely to let you do it twice.

Lady's maid activities (helping Mistress dress, brushing her hair, caring for her clothing)
band laundry
bath slavery giving massages of feet, hands, body
giving manicures and pedicures
foot worship
body worship
oral servitude (cunnilingus and analingus)
toilet slavery (water sports, scat)

Exercises

1. What activities would you love to try?
2. What activities are you willing to try?
3. What activities would you try if you knew and trusted your Mis-tress?
4. What activities are you completely unwilling to try? Why?

Day 26

THE ELEMENTS OF FANTASY, PART TWO



Yesterday we dealt with household service and personal service. Today you must consider how far you want to go with sissification, discipline, and body modification.

Sissification

All these activities show how far you have come from the macho ideal. They are aimed at making you seem less like a mere male and closer to a true Female.

It's useful to consider why you long to be sissified and what your goal is. There are two basic attitudes, but your individual tastes may fall somewhere between the two. Neither attitude is better than the other, but they do entail different behaviors and are different enough that you should understand where your desires lie.

If you feel deliciously embarrassed in Women's clothing, knowing your-self to be unworthy of the high honor of Feminine attire, you probably prefer forced Feminization. This practice humiliates you for being male but allows you to aspire to the Feminine ideal. You may enjoy the look and feel of Feminine clothing, but you don't want to be Female or even to pass as a Woman. Forced Feminization allows you to be close to the idolized objects of Femaleness, but they don't make you yourself feel Female.

However, if you feel like your happiest and freest self in Women's clothing, if you would like to pass as a Woman, you are closer to the transvestite end of the spectrum. In Women's clothing you may feel pampered and pro-ected, yet also free to be yourself in a new and thrilling way. You may feel that you need to periodically be a Woman. (Sorry for the pun.) At some level, you may feel you have a Feminine self hidden inside you, as well as your masculine self. Being a sissy maid allows you to express that Female side.

At the very furthest end of this range are transsexuals: genetic males who are in the wrong body, who identify as Women. Hormone therapy and/ or gender reassignment surgery can give them the Female body they long for. If you are in this position, you may want to talk to a professional about the various options medicine can give you.

wearing a maid's uniform

wearing makeup and perfume

panty slavery (wearing and serving a Woman's lingerie)

corseting

forced Feminization (being forced to dress and act as a Woman)

transvestism (trying to pass as a Woman)

pampering (receiving personal services, such as massages, manicures, hairdressing)

sluttishness (acting or being forced to act is a flirtatious, trashy way)

forced bisexuality

Discipline

Discipline, in our society, usually means punishment. Certainly punishment is a vital part of the sissy maid fantasy for many people, but discipline is more than that. It includes many rituals and practices designed to make you feel more subservient and obedient, to make you aware of your Domme's power, and simply to train you to be the best sissy maid you can be. Wearing a collar is part of discipline. It shows that you are owned by a Mistress and reminds you to behave properly.

Wearing panties every day is also a discipline. Are you still doing it? Are you still reciting your little pledge every day? If you are, I am proud of you; you're becoming a wonderful little sissy maid. If you are not, then you deserve some punishment to remind you of your duty. I think ten smacks with a wooden spoon on your bare bottom should make you feel more obe-dient. Do it now!

Good sissy, did you feel deprived of the fun and pain of a spanking there? Naughty sissy, did you resent being punished? You need to think through your feelings about punishment.

Many submissives love the feeling of being spanked, for example, but rebel against the idea that they are being punished for something. Others may or may not enjoy the sensation of spanking, but are glad to hand over their power to a trusted Mistress who will control, punish, and console them. Some people are willing to take certain kinds of punishment, but not others; they may enjoy a spanking but refuse to accept being grounded.

Again, the categories overlap, and certainly a spanking (or other pun-ishment) can be both painful

and exhilarating. But a few people have a major psychological block about punishment, and if you're in that category, you need to be aware of it and make your Domme aware of it too. Also, you need to negotiate how far punishment will go: does it extend into the rest of life or stay inside scenes?

The following list is by no means an exhaustive resume of possible punishments and forms of discipline, but it serves as a place to start exploring this fascinating territory.

being collared

wearing panties

wearing a chastity device or cock and ball bondage

following daily rituals (for example, thinking of your Mistress at a set time every day)

sexual restrictions, orgasm control

doing assignments from your Mistress

wearing punishment clothing,

petticoat punishment,

receiving spankings or whippings (hand, hairbrush, over-the-knee, flogger, single tail

whip, riding crop, cane, strap, belt, birch, switch)

nipple torment, CBT (cock and ball torture)

being scolded or verbally humiliated (called sissy, slut, or other things; be specific when you discuss this with a Domme!)

corner time

withdrawal of privileges

being grounded

forced infantilization (being made to wear diapers, use a baby bottle, dress as a baby)

writing punishment lines

reciting confessions, begging, making promises to reform

public humiliation

toilet discipline (restrictions or rituals about going to the bathroom), catheterization,

water sports, scat, enemas

restrictions on diet, behavior, or other aspects of life

bondage(wearing chains, having limited movement, wearing collar and leash, being tied up, bound to a St. Andrew's cross, hobbled, placed in stocks, undergoing full mummification)

sensory deprivation (being gagged, blindfolded, wearing earprotectors, floating in a sensory-deprivation tank)

Body Modification

For many people, body modification is the ultimate sign of a Domme's power. However, by definition the activities here are dangerous; after all, they involve changing your body. Always, always, always be aware of AIDS, hepatitis, herpes, and other possible infections. If you don't know the proper AIDS precautions, call your local Action AIDS or state health association and find out what they are!

But even if you and your partner are both HIV negative, you still must be careful. These days antibiotic-resistant bacteria are taking over from their weaker cousins, so take special care with every aspect of blood sports.

Piercing and tattooing should be done only by trained professionals, and you must make sure they are using sterile technique. The tattoo ink, for example, should be transferred from a sterile main supply to small throw-away pots for each customer. This takes more pigment, but it means that the

needle is touching only your ink - and that the main supply cannot be con-taminated by a customer with a blood-borne disease.

piercing (ears, nipples, penis, tongue, other body parts)
branding, cutting (scarification)
tattooing
corseting (to permanently change the shape of the waist)
testicle-weighting (to make them hang lower)
castration (fantasy only!)
gender reassignment surgery (for transsexuals only)

Exercises

1. What activities would you love to try?
2. What activities are you willing to try?
3. What activities would you try if you knew and trusted your Mis-tress?
4. What activities are you completely unwilling to try? Why?

Day 27

INTELLIGENT OBEDIENCE



Probably the hardest thing to learn for most aspiring sissies is proper obedience. This discussion of negotiations, limits, and individual needs may seem a touch unromantic, but this Charm School is designed to make you a desirable sissy maid for a real-life Mistress, not just to cater to your fantasies of what sissiness entails. So sit down, cross your legs at the ankle, fold your hands in your lap, and listen up. No fidgeting or I'll have to get out the birch.

Finding a Balance

Many aspiring sissy maids have unrealistic notions of obedience. Some think they can obey in everything, doing even the most disgusting chores without a murmur. (Licking out the Domme's toilet with his tongue is one favorite fantasy. Also a good way to get cholera or possibly chlorine poison-ing.) Others have such definite ideas of what they want to do when they serve a Mistress that no Domme can ever live up to their fantasy. Both atti-tudes can cause trouble. You can learn, however, to strike a balance between fulfilling your sexual needs and serving your Mistress.

Establishing Your Limits

A skilled, enthusiastic Domme may introduce you to practices you never dreamed you would enjoy. Possibly you never will enjoy some of them, and you have a right not to participate in activities beyond your limits. If you have specific physical or emotional limits, you need to discuss them with a Domme before the scene. You also need to be very careful with physical health; discuss any health problems with your Mistress. She needs to know if you have high blood pressure, hemophilia, herpes,

diabetes, or asthma, because these conditions, among others, will affect what she can and cannot safely do with you.

But first you have to find a partner - and that can be a problem. The supply side economics of Female Dominance is brutally simple. Dommies are scarce, therefore we have the chance to pick and choose. Guysubs are plentiful. No matter how wonderful a sub and human being you are, you must have luck to find a Domme who is free, compatible, interested in you, and geographically near enough to make a relationship possible. However, excellent training doesn't hurt - thus this book, which should give you at least a slight edge.

No matter how short the supply of Dommies, however, you have certain rights. I see guysubs doing all kinds of stupid or crazy things to please an unreasonable Domme - simply because the subs are desperate and an un-scrupulous or deranged Domme takes advantage of that fact. These guys are tormented, and with reason. They need submission, as a man in the desert needs water. And like that man in the desert, they may well drink what they know is poisoned, for the heavenly taste going down. What happens after the thirst is assuaged is not a pretty sight - and worse to feel than for even a sympathetic observer to watch.

But, you protest, all I want to do is obey a powerful Woman. I will do anything she tells me to.

Will you? Anything? Okay, then. Put a needle through your eye. Go home and set fire to your house. Give me all your credit cards, the deed to your house, the title to your car, your mother's phone number, and a series of photographs suitable for blackmail.

I hope to God you had sense enough to say, "No, Ma'am" to all these outrageous demands. (If you said, "Hell, no!" you get one demerit for unnec-essary rudeness. We must maintain our standards.) These demands are outrageous, and few men with brains enough to watch TV without moving their lips would follow the first two orders. However, men under the sway of an unscrupulous Domme have been known to do the third. Some have been very, very sorry for doing it, too. Do you really want to end up on Hard Copy? No? Then know your limits!

Now is an excellent time for you to think about your emotional limits, the level of submission you are willing to give, and what areas of your life you wish to turn over to the right Mistress and what must be kept under your own control. As a practical measure, you might want to consider keep-ing the following under your own control:

your job

your relationship with your birth family

your relationship with your Wife, if she is not also your Domme, and your children

your financial affairs (at least until you have evolved a long-term com-mitment with your Mistress)

All of these seem like reasonable limits, but you may be feeling a little disappointed. If submission is what you crave, you may not want to hear that you have to maintain rational limits and be sensible; you want to throw yourself into total subservience. Well, you can - but since trust is the foun-dation of all D&S, you need to build a relationship first. Then you can hand it all over to your Mistress, knowing that she is trustworthy as well as strong.

Exercises

1. What parts of your life would you like to hand over to a Mistress?

2. What parts of your life must be yours alone?

Day 28

SISSY IN PUBLIC



One of the most delightful things for a sissy maid is serving your Lady in public, either at play parties or privately in the company of her Domme friends. In such situations you must be on your best behavior; everything you do and say reflects on your Mistress. So pay attention, because the rules of etiquette are complicated, and mistakes may end painfully for you.

In the presence of your Mistress, you may occasionally be called on to speak to other Dommess. Speak softly, respectfully, and truthfully. Keep your eyes lowered, and bob when she speaks to you. Do not call her Mistress unless specifically commanded to do so by your Mistress. Many Dommess prefer to be called Ma'am by other Ladies' submissives. The word "Mistress" implies a reciprocal relationship and a set of obligations, so use it only when such a relationship exists or when under specific command.

If your Mistress has a Domme friend over, either for a social visit or for play or for both combined, you need to discuss the situation beforehand. You need to agree on limits, safewords (if you use them), and behavior. Many Dommess love to exercise their powers over other Ladies' sissies, but prefer to know a bit about the sissy first. Others are happy to Domme any sissy that comes with a good recommendation. Still others enjoy playing with almost any sissy male. This is a matter of personal taste and style. Your Mistress will tell you what to do and how to do it.

Since your Mistress will do the negotiating for you, your major responsibility here is to behave as a good submissive, following orders, accepting discipline, and letting the Ladies know if they go too far. You are valuable property, you know, and no Mistress wants to see her property damaged.

At a play party where you are the entertainment, so to speak, you treat all other Ladies as auxiliary Mistresses: that is, you speak to them as you would to your own Lady, and you obey any order as though she had given it - unless she has given you a contrary order. Then you appeal to her for clarification.

If your Mistress lends you to another Domme for an evening or week-end, she will have negotiated limits for you. Go and serve, doing anything your temporary Mistress commands - again, unless it directly contradicts a standing order from your Mistress or violates the safe, sane, and consensual rule. In that case, call your Mistress. She would be extremely distressed to hear that you were being misused.

Dealing with Women in Vanilla Settings

One of the first rules of D&S is consensuality. Never play with anyone without their full, informed consent. For Dommess that means refraining from smacking strangers (even those who behave irritatingly), ordering people around, and expecting that all subs everywhere must sub to any wannabe Dom/me with a whip and no clue whatsoever. For subs that means no subbing to anyone without their consent. Trying to force friends, family, colleagues, or strangers into giving you the pain, verbal humiliation, or emotional Dominance you crave is nonconsensual and often unhealthy.

Don't do it.

Although you are a sissy and a submissive, that doesn't mean you must sub to every Woman who walks the earth. However, you should treat all Women with the respect they deserve. I don't mean calling them all Mistress - that's no compliment, I assure you - or pretending that all Women are angels and all men are worms. I'm talking about basic human courtesy here: treating Women as fellow human beings; being considerate, honest, trustworthy; not reserving your consideration for Women who are potential sex partners or who meet your standards of youth and beauty. No Domme wants to play with a man who despises Women.

Day 29

ACCEPTING DISCIPLINE



The ideal sissy maid, quivering with fear, slowly raises his skirts for the punishment he knows he deserves. Without a struggle, he lays himself over his Lady's lap, only raising his eyes to beg for mercy from a Mistress who, he knows, will not supply it. During the castigation he may moan, weep, or wriggle, but he does not resist. At the end of the spanking, he thanks his Mistress for her attention to his development. Later, as he stands in the corner, he sniffs occasionally but doesn't rub the red ass he is still displaying.

When punished in other ways, he behaves with equal obedience: stands straight and tall for CBT or nipple torment, writes his punishment lines with neat penmanship, scrubs the already sparkling floor without a grumble or a frown.

That's my ideal sissy maid. (And I am lucky enough to have found him!) What if your needs are different? Are you condemned to an eternity of loneliness because you'd rather be overpowered than submit quietly? Of course not. You need to negotiate with your Mistress exactly what behavior she expects when you are being punished. You must also negotiate when, where, and how - not to mention if she can punish you.

Negotiating Responses

For many sissies, being punished is both erotic and salutary. Others enjoy certain sensations associated with strictness but dislike the idea of being punished. Whether or not you are punished for transgressions is a matter to be settled between you and your Mistress. How you accept pain and other kinds of punishment is decidedly the business of this Charm School. Like curtsying, serving tea, or wearing makeup, accepting discipline is a matter of etiquette.

It is also to some extent a matter of personal style. For many sissies, a severe spanking is a chance to howl, kick, moan, sob, cry, and generally let loose. For others, intense pain is a chance to demonstrate their self-control. Discuss this matter with your Mistress before any play takes place.

Another matter of style is resistance. Some Dommess enjoy wrestling a submissive to the ground. Others prefer instant obedience. Still others savor overcoming an instant of emotional resistance by sheer force of will. This too should be discussed before you begin serving.

Whether you howl and struggle or submit in silence, you should follow these rules:

1. Do not lay a hand on your Mistress. If you want to switch, negotiate that in the beginning. If she does something you truly cannot bear, stop the scene and start talking. Decking a Domme is not considered a good recommendation for any submissive.
2. Let her know if the pain or humiliation gets to be too much for you.
3. After punishment, it is good form to thank your Mistress.
4. It is even better form to start behaving yourself, unless you want another round of even more severe chastisement.

Negotiating Ground Rules

When and how you are vulnerable to your Lady's discipline is just as important as whether you are to be punished. The two of you may decide that she will have the power to punish you in play only, for real problems in context of a scene, for certain agreed-on offenses outside the context of a scene, or at any time.

I suggest that you begin with play-punishment: spanking, writing lines, corner time, or other punishments only within context of a scene. This is sufficiently intense to begin with, and you will learn whether you want it, need it, or like it.

Be willing to renegotiate punishment issues as your relationship deepens and intensifies. The level of control I exercise over my sissy would have frightened us both ten years ago, but now it is as normal and natural as breathing. You too can discover the joys of such discipline - or at least you can enjoy a well-deserved spanking.

Day 30

A DELICIOUS SLAVERY



Bambi adjusted his maid's cap before he picked up the tea tray. Leaving the vast kitchens of the Palace of Pleasure, he carried his tray toward one of the drawing rooms, where the Mistress was holding a tea for Her friends. Tonight was the most important night he would spend at the Palace of Pleasure, for the gathering was on his account. The Mistress's friends and colleagues were gathering to test him. Would he be worthy of permanent admission to the ranks of the Mistress's slaves? Or would he be cast out?

Stepping carefully in his high heels, Bambi tried to remember all the commands that had been drilled into him. He tried to breathe deeply, but the tight black corset that laced up his torso prevented him. His sheer, silky stockings made him want to stop and caress his legs, and he blushed every time he glanced down and saw the pink frills of the crinoline peeping from below his black maid's uniform. There was something so humiliating in this costume. He couldn't imagine why the pleated cap and lace apron were so embarrassing, but they were. And the collar - tight, high, locked always around his neck-made him feel like a naughty puppy on a leash. Between his legs was the perpetual weight of the chastity device, caging his cock while keeping it cruelly exposed. He felt like a monkey on display when the Mistress ordered him to lift his skirts and show off his chastity. He hoped She wouldn't do that tonight.

Now he was actually in the drawing room, a grand chamber furnished with elegant couches of mahogany and velvet, small inlaid tables, silken Oriental rugs, magnificent fireplaces of marble and carved rare woods, sweep-ing curtains of lush velvet and lace, crystal chandeliers. And one particular chest that he knew well: the chest where the Mistress kept Her little toys, the clamps and whips and restraints She used to keep him in line when he violated her rules - or just for the sheer joy of making him suffer. He didn't know which he feared most: the clamps that made his pink vulnerable nipples burn and ache, the chastity that kept his manhood always in check, the big dildos that stretched his poor exposed ass, or the various whips and paddles and hairbrushes that punished him so effectively when he was bad. Or maybe it wasn't the toys that bothered him but the stern look in Her eye when he disobeyed, the certainty of Her displeasure when he failed to meet her ex-acting standards of conduct and deportment.

While these humiliating thoughts ran through his mind, all the Ladies were looking at him. He minced along in his high heels, balancing the heavy tray and trying to smile at the same time. He made it to the table without stumbling, set down his tray, and began to brew the tea as he had been taught to do. Every eye was on him, and he was uneasily aware that all the Dommies present were judging him. Was he good enough to keep? Or would he have to leave, just as he was beginning to feel like a real sissy maid?

He poured tea, handed cups, and kept that bright smile on his face all through the meal. Then the Mistress ordered him forward for a display of his charms.

"Raise your skirts," She commanded.

Trembling, he obeyed, lifting first the apron, then the black satin of the uniform, then the rustling ruffled layers of the crinoline to expose the chas-tity device. One of the Dommies commented, "He's certainly hung. He bulges out of that chastity." His face burned with an even deeper shame, but he breathed as deep as his corset would allow and stood even straighter.

Another took hold of his nipples and started twisting them, testing his courage. He kept smiling and endured the pain, though he felt the sweat springing out on his forehead. The Domme was smiling in concentration as she pressed her nails into his nipples.

A third slipped behind him and began to pull out the butt plug that usually kept his ass sealed. His smile trembled a little as she roughly tugged on it and slammed it in, not once or twice but over and over.

After that he lost track of the Women and their cruelties. Someone whipped him until he moaned and wept. Someone else forced his burning ass onto one of the low divans and sat on his face, demanding oral servitude until his jaw and tongue ached. Yet another put him through dozens of curt-sies and made him walk, strut, trot, and show off all his sissy stances. At one point he was blindfolded while Domme after Domme handled his man-hood, teasing and torturing it, piercing it with sterilized needles and sliding a slender catheter inside. He felt like a piece of raw meat, but he grew prouder and prouder as the evening went on. For he was holding up - he was enduring all the Ladies could give, and still behaving as a trained sissy should.

Finally he was left standing in the corner, pressing a dime against the wall with his nose, while the Ladies gathered at the far end of the room. He strained to hear what they said, but only snatches of laughter and indistin-guishable murmurs could reach him.

He felt ready to faint with terror. Would they decide to keep him? If they did, he would abandon any

pretense of a private life and become a nobody, a slave, a sissy permanently sworn to the service of the Mistress, and only death would release him. The thought made him sick with fear and longing.

If they didn't.... that would be worse. After six months of stern discipline and fierce training, to go back into the harsh days and lonely nights of the world again, with no Mistress to guide and punish and - oh so rare, so prized -praise him. Could he bear being cast off as a failed sissy, a useless slave?

And all the time he was blindfolded, holding up that coin with his nose.

Finally strong Female hands pulled him away from the wall, took the blindfold, turned him around. He assumed the sissy stance and waited re-spectfully for word.

The Mistress stood before him, magnificent, cruel, the most powerful Woman he had ever known or dreamed of. She said, "Take off his uniform." That was it, then. He had failed. He was being stripped in preparation for being flung out into the icy winter night. Tears slid from beneath his eyelids as the Women seized him and pulled off his uniform.

"Take off his chastity," She directed, handing Her keys to someone. It was roughly torn from him, and he stood limp and unresisting, utterly na-ked and exposed, sobbing bitterly at his own failure.

"Nurse" She said, making a gesture to a Domme in nurse's uniform. The nurse stepped up to him and swabbed his nipples with something cold and a little stinging. Then he felt a pain and heard a click like a gunshot. Glancing down, he saw that two golden rings now pierced his nipples.

Before he could take in that glorious sight, he felt a sharp, sudden agony in his cock. A third ring had been attached to his penis. The nurse's steady hands wrestled him back into the chastity. This time, the lock went through the cock ring as well as the device. Then the other Ladies dressed him again. Bambi's head was still swimming, but he knew there was only one thing he could do. He sank down in a total curtsy, bending forward until his fore-head touched the floor, and waited for the Mistress to signal him to rise.

She came and touched his hair lightly and said, "Bambi, you are now Mine forever. You are a good sissy maid, and I am proud of you. Now rise and serve."

As Bambi, light-headed with relief and ecstasy, was rising from his curtsy, his dizziness overcame him, and he had to put out a hand to stop himself from falling.

Instantly the Mistress saw his lapse. She gave a sharp, exasperated sigh and said, "Bambi obviously needs a little reminder of his duties. Would one of you please hand me the hairbrush?"



THE DAILY CHECKUP SHEET



Mistress Lorelei commands you to fill out this form every day from now on. You may photocopy it. You will be doing this self-check every day for the rest of your life, so you should make up a generous

supply. Once you have finished with the thirty-day cycle of the Charm School, you may begin again. Or you may skip question number 2.

1. Did you wear your panties today? If you did, you are growing to be a good little panty slave. If you did not, write "I am a happy panty slave" 100 times. Make sure the lines are neat and even!
2. Did you read the day's lesson, do the assignments, and fill out the exercises? If you did, you are learning and growing, just as a sissy maid should. If you did not, do them! Then write, "I will be an obedient little sissy" 100 times.
3. Are you feeling more and more like a sissy? If yes, good! If not, ask yourself why. Are you rebelling against Female authority? Are you in need of stern disciplinary measures? Do you have some other inadequate excuse? If you wish to continue as a sissy maid, you must learn the proper attitude, skills, and obedience. This program is not for your gratification, my dear little slut. It is to form and discipline you into a sissy good enough to touch the hem of a Mistress.
4. Confess to any lapses of proper sissy behavior today. (For example, if you were rude to a Woman.)
5. Confess to any lapses of proper sissy attitude today. (For example, if you rebelled against serving a Woman or thought sexist thoughts.)
6. How have you served a Woman today?
7. How have you submerged your own needs in those of a Woman?
8. Have you maintained your vow of chastity today?

* * *

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