

FemDom and Brainwashing techniques.

By William Bond

Recently reading a web site on Behaviourist Psychology the author attacked one of its main advocates B. F. Skinner in the following sentences. –

“In ‘Beyond Freedom and Dignity’, Skinner put forth the notion that Man had no indwelling personality, nor will, intention, self-determinism or personal responsibility, and that modern concepts of freedom and dignity have to fall away so Man could be intelligently controlled to behave as he should. Despite the fact of the degree of implied human degradation involved, the question always remained just who would decide what Man should be, how he should act, and who would control the controllers?”

The claim by Behaviourist Psychologists that man doesn't have any freewill and can be easily brainwashed to behave in anyway you wish, is highly controversial, and for obvious reasons is unacceptable to many people. Most people like to think they have freewill and are frightened of any suggestion that this might not be true. Now, I have to say from the start, I don't believe everything Behaviourist Psychology claims, but the claim by them that man can be easily brainwashed, has been proven to be a fact. Throughout history, religions, cults and political parties have been using psychological techniques to brainwash their followers. As far back as 4,500 years ago the rulers of Ancient Egypt had successfully brainwashed their people into believing that the Pharaohs were gods. And to demonstrate their great power these 'gods' had had over their people, they made them build the great pyramids, as tombs for these Pharaohs, the biggest having 2.5 million limestone blocks of 2.5 tonnes. The time and effort to build such pyramids without any form of machinery is incredible and shows us how powerful the brainwashing techniques of the Ancient Egyptian rulers must have been. There are many well known psychological techniques that can be used by Femdom women to train men into becoming whatever they want, and this is what I want to discuss in this article.

Femdom is a paradox, although it is supposed to be about Female Domination it has been mostly men who have created this scene, through asking and even demanding that Women dominate them. Because it was created by men, many of its symbols and methods of domination are very masculine. For instance many dominas dress up in black leather, which is a very masculine form of dress, and used by macho bikers like the Hell's Angels. Dominas are supposed to discipline submissive men with a whip or cane and even torture them. Violence is the way men gain power over other people it is certainly not the way Women do it. Women in the Femdom scene are totally dependant on men voluntarily bending over, or allowing themselves to be tied up to receive punishment. If a man refuses to do this, then there is little the Women can do about it, as very few Women would have the size and strength to overpower a man and force physical punishment on him. In the same way men have done to Women for centuries. So it means these men are not submissive to these Women because they fear physical punishment, they are obedient and submissive for other reasons.

We live in a world of male domination where men rule every government and country in our world. The result of this patriarchal world is that we live in a world of fierce competition, aggression and violence. In such a world Women generally feel powerless, this is because as Mao-Tse-tung (dictator of China between 1949-76) once claimed; “power comes through the barrel of a gun”. In other words, violence dominates our world where the boundaries between countries was sorted out in the past, and even today, through warfare. Where every country needs to have a standing army to defend themselves from attack, and there is always a war going on in some part of the world. In such a world, women are intimidated by the violence of

men. In the past it was 'normal' for men to beat their daughters and wives, and this is still true in most third world and Islamic countries. Even in our Western world many women are frightened to venture out at nighttimes on their own, and those who are brave enough to do so are condemned. As it is claimed that a woman is "asking for it" if she is attacked or raped going home on her own in the early hours of the morning.

Violence has been the age old method for men to dominate women for thousands of years. Up until the end of the 19th century and early 20th century it was 'normal' for a husband to beat his wife with a stick. There were even laws like 'The rule of thumb' law where a husband wasn't allowed to hit his wife with a stick thicker than the diameter of a thumb. This law was necessary as many husbands at that time were beating their wives to death. Even in the 20th century, when wife beating became illegal, the police still refused to intervene in 'domestic disputes' until forced to do so by feminists in the 1970s. In the past there were many men who didn't want to dominate their wives through violence, and these men were made to feel ashamed of themselves because they were told they weren't a 'real man' if they couldn't control their wives. The same system is still being used in Islamic countries, where it is claimed that a man is 'dishonoured' if his wife disobeys him. So 'honour' beating and even 'honour' killings are commonplace in Islamic communities.

Yet force and violence is one of the least effective ways to influence people. Yes, through violence you can force a person to do or say whatever you want, but you cannot make them think, feel or believe the way you want them to do so, through violence. This is why all governments and religions use other, more effective ways to rule and control people.

Many "experts", (who are mostly men) claim that male dominance is a fact of life, and men will always rule our world. Yet this is totally contradicted by the FemDom scene where men desperately want, and even demand, that women dominate them. This is of course dismissed as an anomaly; after all, only very kinky people indulge in practices like this, as it is assumed that 'normal' people wouldn't behave like this. Yet for the last few thousand years what has been considered 'normal' has been male domination. No one claims that the Islamic practices are kinky where we have genital mutilation against women where their clitorises are cut off, which makes sexual intercourse very painful for women. And where women are routinely beaten by their husbands, who have the legal 'right' to rape their wives. Compared with this, the 'perversions' within the Femdom scene are very mild, indeed.

Yet, men are not as dominant as people are led to believe. For instance, the most efficient type of soldier in warfare is a man who is totally obedient, to the degree that if ordered to face near certain death charging at a machine gun post, he will obey without question. Men are very obedient to authority figures because in our hierarchical patriarchal societies only a small minority of men have real power, everyone else has to do as they are told. Without this unquestioning obedience by men to authority, civilization would break down completely. History has shown that men are easy brainwashed and indoctrinated to believe in whatever way those in authority want them to believe. For instance throughout history there has been many, very bad and despotic dictators who rule countries whom the people feared and hated, yet in spite of this, it has been very difficult for the people to organize themselves to overthrow these repressive dictators. The reason for this is that all these dictators have an army of young men who will obey them without question, and will kill and torture people, if ordered to do so. So it is this blind obedience to authority by men that makes it possible for despotic rulers to rule countries. Another case in point, would be Islamic suicide bombers. These men have been indoctrinated to believe that if they die for the

cause of Islam, after they die, they will live in a paradise, waited on by a hundred virgins, (both boys and girls). Because of this, many people in the West assume that these suicide bombers must be very stupid and ignorant, but in reality many are educated and intelligent people. So successfully has been this indoctrination, that even clever and well-informed people are brainwashed into wanting to be suicide bombers.

Some Women have noticed a great similarity between dogs and men. All dogs were once descended from wolves, a large and dangerous, carnivorous animal. When people first have a puppy they are encouraged to train it, but some people never do this or train it in incorrectly, and find they are living with a vicious and dangerous animal when it grows to full size. Every year there are reports of children being savagely mauled or even killed by the family's pet dog. Unfortunately the dog is generally 'put-down' (killed), but it was either lack of training or incorrect training that caused this situation. The same is true of men, they are running amok in our world, starting wars, committing genocide, raping, beating up and killing women. With teenage boys fighting and killing each other or killing others or themselves by irresponsibly driving cars far too fast. This is because men on the whole are not trained or incorrectly trained by Women.

Now, this last statement will surprise many Women. Simply because they feel so powerless in our male dominated world, they cannot see how they can possibly train men and get them to do as they are told. Yet some Women can successfully do this, even outside the Femdom scene. Even when male dominance was 'normal' in our society, hundreds of years ago when a man wasn't a 'real' man if he couldn't dominate his wife, there have been reports of wives who were still successfully dominating their husbands.

Throughout history political and religious rulers have brainwashed men into doing whatever they want, including dying on and battle field or committing suicide as a Kamikaze pilot or suicide bomber. The techniques of doing this are not a secret, they are well known to cult leaders who likewise are able to indoctrinate their followers to go as far as commit suicide as in the case of the Waco and Jonestown massacres. Some of these cults have become so successful at brainwashing people that they can even plant 'false memories' in their follower's minds. It seems that if parents put pressure on their children in these cults, to get out of them. These cults can plant in the minds of these young people, memories of them being abused as young children by their parents.

If men can completely brainwash other men like this, why can't Women do the same to men? After all it would be far better for men to be brainwashed by Women because Women will not be interested in indoctrinate them to die on battlefields, commit mass suicide or blow themselves up as suicide bombers.

Women are far better equipped to indoctrinate men, than men are at indoctrinating other men or Women. This is because these methods need communication and social skills, which Women are far better at doing than men. Women have within their hands the power to rule the world if they want to do this, and Women have to decide whether they want our world ruled by selfish and aggressive and violent men, or by Women who are have a powerful maternal and nurturing instinct. But to do this, we have to look at the way the human mind works.

The human bio-computer.

As mentioned before, most people like to believe that they have minds of their own and are free to think whatever they want. Then back in the 19th century and early 20th famous psychologists like, the Russian Ivan Pavlov (1849-1936) and the

Americans John B. Watson (1878 – 1958) and Burrhus F. Skinner (1904 – 1990) proved that this wasn't the case. Watson once boasted that he could train a child to become whatever he wanted he wanted to be. To quote him. -

"Give me a dozen healthy infants, well-formed, and my own specified world to bring them up in and I'll guarantee to take any one at random and train him to become any type of specialist I might select – doctor, lawyer, artist, merchant-chief and, yes, even beggar-man and thief, regardless of his talents, penchants, tendencies, abilities, vocations, and race of his ancestors."

In the world of science there is a nature v nurture debate where scientists are disagreeing whether people are more influenced by their genes or by the way they were brought up. Behaviorist psychology is very much in the nurture camp. Now nurture is what Women do best, nature has given them the necessary social and communication skills to change the behaviour of men, to whatever they want them to be..

Watson established what is now called; The Psychological School of Behaviorism, but what these scientists discovered wasn't new, religions and politician institutions have been using these methods on people for thousands of years. It may surprise many people to learn it is not 'natural' for men to kill other people. Not only do the military have to train men to obey orders they also have to indoctrinate them to kill others. In the past they done this by brutalising their troops and teach them to hate the enemy. In more modern time the brutalisation of soldiers has become unacceptable in many Western countries. The result was that in the Second World War the USA military discovered that most of their troops preferred to fire over the heads of their enemy, because they didn't want the death of another human being on their consciences. So they called in B.F. Skinner and he showed them how to train troops to kill using behaviorist psychology. His methods have been very successful, but the trauma that troops now suffer in fighting wars is considerable, with high rates of suicide of soldiers who have seen action.

Behaviour psychologists have always assumed that human beings and animals are the same, and have used animal training methods on humans. Animal training today have become very sophisticated in the ways they can train animals. Using the same techniques a Woman can train her male partner to become anything she wants him to be. All these techniques are easy to understand if we realize how the human mind works.

Modern scientists are trying to explain how the human mind works by liken it to a sophisticated computer. The big difference is between a computer and the human mind is that a computer is totally passive; it only does what the programmer tells it to do. Whereas the human mind is made up of two parts, these are what psychologists claim are, the conscious and unconscious minds. The human mind is a self-programming computer, with the unconscious mind operating like a computer and does exactly what it is told, while the conscious mind is the unconscious mind's programmer. So in theory the conscious mind should be all powerful, because the unconscious mind is totally obedient. But as we know there are many cases where a very good servant or slave can become the master, by being too good at their job. There are many cases in history where rich and powerful people have become totally dependant on their servants, because the servants are so efficient at organizing everything for their masters, that the masters no longer have to think for themselves and become lazy. So they become dominated by the way their servants have organized their lives. This unfortunately is true of most people, the unconscious mind does such a good job in looking after the conscious mind, that most people surrender control over to their unconscious mind, allowing the slave to become the master. Unfortunately if a person is not active in programming

their unconscious minds, then there are many others who are more than happy to do this for them.

The Roman Catholic Jesuit priests once boasted, "give us a child for the first seven years and we have him for life". In other words Roman Catholic priests are so good at indoctrinating children that it is very difficult for them to break away from this religion when they grow up. There are many intelligent and sensible Roman Catholic people who firmly believe that whatever the Pope says is 'infallible', other Roman Catholics think that the utterances of the Pope is the, "word of God". Unfortunately this is also true of most religions, and political parties, who do their best to indoctrinate their followers.

In our modern age we find our TVs swamped by advertising. Now, most people like to think they are not influenced by adverts, but if you think that, then you are fooling yourself. Large multi-national companies do not spend billions of dollars on advertising, just for the fun of it, they do it because they know it works. For many companies their survival depends on the success of their advertising campaigns, a company's products that no longer becomes fashionable or 'cool' can quickly become bankrupt. This is certainly true of well known soft drink and burger multi national companies. If they fail to continue to be 'cool' to every new generation of teenagers, they would quickly go broke, and this is why advertising is so important for them. So how do religions, cults, political parties and advertising companies successfully program our minds? They do it through repetition.

When we start to learn a new skill like driving a car, we will at first consciously turn the steering wheel, consciously change the gears, and consciously put our foot on the accelerator and brake. Then after we have repeated these actions a number of times, we begin to do these actions automatically. This is how the conscious mind programs the unconscious mind, any action that the conscious mind repeats a number of times is learnt by the unconscious mind, and it begins to take over this action. This then allows a car driver to be free to drive down a road thinking about many other things, while their unconscious mind is driving the car. This then applies to all routine jobs we do. The unconscious mind takes over allowing the conscious mind to think about other things. It also applies to thoughts we think often, any thought that we repeatedly think, is also taken up by the unconscious mind and is fed back by it to the conscious mind. This is how we obtain habits of behaviour and thinking. So if the conscious mind doesn't bother to question their habitual thinking, their lives can become dominated by the habitual unconscious mind. This is why we are all so vulnerable to advertisers. We look at TV and see the same adverts repeated time and time again; and because it is repeated so often, the unconscious mind learns the adverts by heart. So when we go out shopping our own unconscious mind repeats to us what it has learnt and we find ourselves buying the goods we have seen on TV, without thinking. Religions, sects and political parties do exactly the same thing, repeating to their followers the same message over and over again, until it is learnt by their unconscious mind, who then faithfully feeds it back to the conscious mind. What people call faith and belief are in reality, simply habitual thinking. If say we are repeatedly told something like, "the Bible, (or Koran) is the word of god, (or Allah)," the unconscious mind learns this, so whenever we think about the Bible or Koran the unconscious mind faithfully repeats to us, what we have been indoctrinated to think. Then because if we are no longer in charge of our unconscious mind, we find it hard to think of the Bible or Koran in any other way. We then assume that this habitual thought, is our belief or faith, because we are not questioning our habitual thinking.

This then shows us how important it is to take control over our unconscious mind and actively learn how to program it, instead of allowing other people to do it

for us. And we do this by consciously repeating thoughts and ideas we want our unconscious mind to have. You can find out more this by reading 'positive thinking' books, most of them recommend affirmations, which is saying sentences that we repeat to ourselves over and over again. And this will create for us the habitual thoughts and beliefs we want, to have.

## Nagging

So the idea of feeding other people the same idea over and over again or giving ourselves affirmations, is very much like nagging which is what Women do with men all the time. So nagging can be used as a very powerful tool to control men. Now, this will be a surprise to many Women who have nagged their male partners for years and found it totally ineffective. The reason is that nagging can only work if it is used in a positive way. Many Women point out to men all their mistakes and shortcomings when they nag, and the result is the opposite of what they want to achieve.

Nagging works exactly the same as advertising, if a Women keeps on repeating the same message to her partner over and over again, his unconscious mind learns it and he will begin to automatically respond to whatever the Women has programmed into his unconscious mind. Unfortunately, most nagging Women make the mistake of being negative about their partner. So if a Women keeps on telling her partner he is lazy and never does anything around the house, she is unwittingly programming him to be lazy! If she tells him all the time; he is not romantic and never buys her flowers and always forgets her birthday, she will again have programmed him never to be romantic and to forget her birthdays! The worse thing a Woman can do is to continually tell a man that he doesn't love her anymore, because then he will be programmed into believing this.

So although nagging is a very powerful tool for any Women in gaining control over her male partner, she has to know what she is doing, and use it correctly. Which means to use it successfully Women have to learn how to praise men. Now, this is a method Women have been using for centuries, Women in strongly patriarchal societies have found they can get what they want from men, by praising them and pandering to their egos. For this reason many Dominant Women do feel it is beneath them to use such methods, because they see it as the tactics of submissive Women. But positive nagging is more than just stoking up a man's ego, it is a method of programming his unconscious mind to become whatever she wants him to be. Many Women today are rediscovering these techniques and they are being discussed in Women's magazines but instead of calling it nagging it is called, "the broken record technique". (For young people who never use a vinyl record, if a vinyl record is damaged it may block a groove causing the record to play the same small piece of music over and over again.)

If a Dominant Women is living with a man who is not always obedient, if she makes an issue about every time he is disobedient, she is programming him to be even more disobedient. It is far more effective if the Dominant Women, instead, points out to him every time he is obedient and keeps on telling him how wonderfully obedient he is to her, all the time. This will be learnt by his unconscious mind, which will faithfully remind him to be obedient every time she tells him to do something.

But nagging can be used not only to gain obedience, it can be used to change a male partner's character. It is known by educationists that the worse thing you can do to a child is continually call him or her "stupid", simply because you can program them to be that way. The same is true of adults, a wife who keeps on calling her husband stupid is likely to program him to be like this. Men are suppose to be good at doing D.I.Y. jobs about the house, but this is not true of

all men. So if you do have a male partner who is useless at doing D.I.Y. jobs then the worse thing you can do is tell him this, because it simply confirms what he believes. If a Dominant Women tell her slave to put up some shelving and he does a terrible job of doing it, then she has to be clever about what to say to him. The obvious question to ask is; "have you ever done anything like this before". If that is the case then the Woman can explain that most people have problems the first time they do anything. The Woman then can tell him, "I know you can do a better job than that", and tell him he needs to practise and learn how to do it, so get him to do the job again even if they have to buy new wood. If on the other hand he has done D.I.Y. jobs before you need to find out his experience of doing this sort of work. You may find out that perhaps he worked with his father as a child, who expected too much of him and told him how useless he was. So his father may have unwittingly programmed his son into believing he is totally useless at D.I.Y. jobs. This will mean that the Dominant Women will have to spend some time in reprogramming her slave into becoming a good at D.I.Y. She might have to start him off on very simple and basic jobs and give him praise for successfully doing them, and slowly build up his confidence and abilities.

It is true you can motivate some men by shouting at them and telling them how useless they are, and they will be strongly motivated to prove you wrong. But this is only true for some men and even with this type of men their confidence can be undermined in the long term, through being continually told how useless they are. They still need to be told how good they are, when they do a good job. The problem with this, is that when the slave has been told he is useless and he then proves her wrong by doing a good job, the Dominant Women then has to back down and acknowledge how well he has done.

For many Women all this is all very elementary, as Women have instinctively done this to men for thousands of years. The problem is that many Women don't always program men or their children for their own benefit. Women themselves have been brainwashed to believe that it is 'wrong' for them to dominate men and that it is 'natural' for men to be the dominant sex. Also if she loves her husband and sons she feels she doesn't want to programme them into becoming 'wimps', she want them to be strong and macho so they can stand up for themselves in our brutal patriarchal society. It means that Women have the power and many Women even know how to use this power, but many have been successful brainwashed into not using it. The problem is that if Women don't use their power to program men then other men in positions of power will use these methods to exploit men. As previously pointed out, men can be programmed to die on a battle field or blow themselves up in a suicide attack. Obviously no Woman would be interested in programming any man to do this, but it demonstrates what can be achieved. So a Woman can program a man to be whatever she wants him to be, if she knows what she is doing.

For instance a Dominant Woman can have a slave who smokes and wants him to give up smoking. Now, it might work through just her ordering him to give up, but if that doesn't work, it will undermine her authority, so to make sure it does work, she should mentally prepare him beforehand. So she should tell him that she wants him to give up smoking and that she knows he has a very strong will and it will be easy for him. He might disagree with her that he is strong willed, but she should ignore this. Then for the next few months she should continue to talk about this, continually giving him positive suggestions on how easy it will be for him to give up smoking. Then, when she feels he is ready she should then order him directly to do this. If he fails, then she can claim that perhaps not all people are successful in giving up the first time and then continue the give him positive suggestions and try again at a later date. It is well known that to successfully break habits or addictions you do need the unconscious mind on your side. If there is a strong program in the unconscious mind working against any change, then you don't stand a chance. The unconscious mind needs to be programmed in the

right direction, before any attempt to break an addiction is made.

A Dominant Woman can use similar methods if say she notices that her slave is putting on weight and she wants him to go on a diet. Before she orders him to go on a diet she needs to sell it to him first. Telling him how wonderful the diet will be and it will be successful it will be in making him more healthy. What she must not do is go on about him being fat or overweight or even unhealthy. Most diets do work, but where most fail is that most people fail to keep the weight off. This is because there is so much negative propaganda in the diet industry about people being fat. The last thing anyone should be telling an overweight person is reminding them of how fat they are. Keep on telling a person they are fat or overweight and you will program their unconscious minds into believing this to be true, and they will stay fat. So even if they go on a diet and lose weight their unconscious mind is still programmed to believe they are fat, and because of this programming the person will go back to their old eating habits and put on weight again. So if you want your slave to stay slim you need to program his unconscious mind into accepting this. This means that once he has been on a diet and is now the weight you want him to be, you should continually tell him how slim he is, until his unconscious mind gets to learn this. His unconscious mind will then work to ensure he stays at the weight you want him to be. It is a good idea to also tell him how healthy he is as well, if you want him to live for a long time.

The method can be use to change the sexual performance of any man. Some Women have unwittingly made their men impotent by what they say to them. For some Women, if their men cannot get a hard erection when they have sex, they assume that he no longer finds them attractive. If she voices these fears she can put him under pressure to perform, he then may worry about it, that will create negative thoughts about his ability to get an erection and he can find it more and more difficult to do this. A Woman can do the same thing through unfortunate jokes, sometimes a man might have problem getting erect and she makes joke about it saying he is a marshmallow, he gets upset about it and again unwittingly thinks is negatively about his abilities, which programs his unconscious mind to have problems in having an erection.

Some Women like it when their man becomes erect when they see them in the nude. And this does happen when two people start making love for the first time. Then over time the passion cools and the man no longer gets an erection so easy. But the woman can keep this going, if when they first start making love, comment on it every time, he gets an erection seeing her naked. The more she says this, the more she can program his unconscious mind to react automatically to her nudity. Certainly the more a Women makes comments to her man about how hard he is, the less likely he will have problems of impotence later in life.

Some Women when having penetrative sex don't like it if the man becomes soft or ejaculates before she orgasms. And if she makes a fuss of this, the more likely she will undermine his confidence and the more likely he will become softer even sooner. Yet in ancient times women found a solution to this problem. In Eastern religions there are two ancient religions called Taoism in China and Tanta is India. Both religions worship a Goddess and both were once Matriarchal religions. In both religions they have the concept of men training themselves to never ejaculate while having sex with Women. The explanation given is that men lose "spiritual energy" if they ejaculate, which is probably something they made up to allow this practice to continue in a patriarchal age. This practice gives Women a big advantage, it certainly is a cure for men ejaculating too soon and by denying him orgasm, it has the effect of keeping him, "on the boil" all the time. So he will always be ready for sex whenever the Woman wants it and the effect will be that he will learn to substance an erection for a far longer period.



Men learn to do this through masturbation, by continually bringing themselves up to the point of orgasm but always stopping before the orgasm happens. Some men use the squeeze technique where they squeeze the base of the penis very hard to prevent the sperm coming out. But this is impracticable when having sex with a Woman, it is more about the man learning to consciously change his focus of attention. Some men learn by using pornography, he looks at the porn to bring up his excitement, but when he is too excited and in danger of spurting, he looks away and thinks of something else. If the Woman wants to get involved, she can supervise his training but she has to be very observant and have a knowledge of men's sexuality. Women can do this by teasing him, doing things to him to build up his excitement and stopping before he might ejaculate. So her teasing teaches him how to stay erect without spurting.

Taoism and Tantra disagree on one thing. In Taoism men are trained never to ejaculate for years, but in Tantra the sexual fluids of female lubrication, sperm and even urine are considered to be sacred. So men drink the sacred fluids of Women and Women drink the sacred fluids of men.

Some Dominant Women deny their men an orgasm through the use of male chastity devices you can buy in sex-shops. This again is effective in keeping the man on the boil, but is certain not a cure for men who ejaculate too quickly. Also there are many Women who like to see their men spurt, while some Dominant Women like to taste and swallow sperm, so these Women wouldn't be interested in men who never ejaculate.

Programming a man to obey orders

There are other methods that Women can cement her control over men. When men join the army, navy or air force they are taught to march on a parade ground. They will be trained to march up and down by a sergeant major, who will be shouting out orders to them all the time, like, "attention, "quick march, left, right, left right, squad turn right, squad turn left, squad halt, etc. The reason is that by continually having to obey orders, it will program the men's unconscious mind to obey orders without question. This type of programming is so successful, that a troop will automatically obey orders in battles, like being ordered to come out of trenches, knowing they will be mowed down by enemy machine gun fire.

A Dominant Woman can use exactly the same technique. When a submissive man comes to a Dominant Woman wanting her to dominate him, she can make the mistake of thinking he will always be like this. The problem can be, that he might have two very different programs going on in his unconscious mind. One will be saying, "I desire to be submissive towards Woman", another one could be telling him the exact opposite. It could be telling him, "I need to learn to be a real macho man so I need to learn to assert myself." While he is in love and enthralled by the Woman the program that says, "I want to submit" will be in charge, but at a later date as the passion cools the other program that says, "I want to be a macho man" will start to come to the surface. So it would be best for the Dominant Woman to reinforce the programming within him that says, "I want to submit", while he is enthralled by her. She can do it exactly the same way as what the military does. She doesn't have to be a sergeant major but she can exercise her power over her submissive man by giving him every day pointless orders. So she can be to tell him to say, walk up the stairs, and then when he is up there tell him to walk down again, and meaningless orders of this nature. Subjected to pointless orders like this everyday, will program his unconscious mind to obey her without question. So if at a later date other programs within his mind, like, "I want to be a macho man", comes to the surface which makes him defiant of her, she can easily gain control over him again by simply giving him orders, which he has to obey, as he

has been programmed by her to do this.

A more extreme version of this sort of programming would be to treat a man like a dog. So a Dominant Woman would buy a dog-collar and lead and put it on her submissive partner, and get him to go on all fours. Then simply train him the same way a dog is trained, giving him orders like "heel", "sit", "beg" etc. Training a man using dog-training techniques has been discussed in the controversial BBC TV show, "Bring Your Husband to Heel", and in the book, "How To Train A Man", by Nancy Winters.

Some Dominant Women enjoy dominating a man so much they like to demand him to do outrageous things, like ordering him to give her gay male friends a blow-job. To her it might be just a bit of fun but making her submissive man do extreme act like this, can have a powerful affect on him. In doing something like that, strongly confirms to him that he must be very submissive and that the Dominant Woman has great power over him. Helping to program him to be even more submissive. Though it has to be admitted that something like this can backfire if the man really didn't want to do something like this. So it is a help if the Dominant Woman questions him about this first, suggesting to him what she would like him to do, and see how he reacts to this.

Many people within FemDom use rituals. Again these also can become very helpful in keeping a man submissive. Some submissive men talk about "subspace", what this means, is that some submissive men are not submissive all the time. Sometimes they feel like an 'ordinary' person and other times they want to submit to a Women. It is the latter desire they call subspace. With such a man rituals are very important for any Dominant Women living with him, because she has to know how to tune him into subspace quickly, whenever she wants him to be submissive. If a man kisses a Woman's feet while she is standing or sitting when he is ordered to do so, it will be hard for him to think of this is as the action of a ordinary man, so this ritual would tune him into subspace. So rituals like this would have to be repeated often, so he is programmed to do it automatically, when ordered to so, and he will also be tuned into 'subspace' when he does them. How it works is that perhaps the Woman wants him to do something, but because he is in 'normal' consciousness he feels he has the right to refuse to do it or disagree with her. Simply by ordering him to kiss her feet will put him into a different frame of mind where he will obey without question.

## Hypnosis

Hypnosis has also been suggested by some people as a method of how Women can dominate men, and now there are many web-site on Dominas using hypnosis on men. The fact that these web-sites are becoming increasingly popular shows the deep need in many men to want to submit to Women. Now, there is a real mystery about how hypnosis works, I have read books on hypnosis and find they are very cagey on just what hypnosis is. One book I read by two psychologists said they done a year's study on hypnosis and one concluded that hypnosis doesn't exist while the other claimed that, yes, it does exist, but all people are in a hypnosis trance all the time. The important thing about hypnosis is the giving of suggests, and it seems that suggestions can be effective, even when people are in normal consciousness. Now, the reason why books on hypnosis are evasive about its true nature, is because hypnosis as practised in the 19th century and early 20th century had a very strong dominance and submission theme within it. Hypnotists in the past used to say things to their clients like, "you are now completely in my power", "the only voice you will hear is mine, and you will do everything I tell you.". Back in the 19th century most hypnotist experiments seem to be practised by educated middle age men on young female servant girls. So the theme was of dominant men and submissive women. These upper or middle-class men must have

found it very easy to dominate younger working class women. There is no mention of these men sexually abusing these girls but it probably did go on. This theme continued in the 20th century where there has been many court cases of male hypnotists being accused of sexually abusing female clients while in a trance. This D/S behaviour in hypnosis might have been acceptable in the past, but not in the late 20th century and 21st century. Unfortunately, by not allowing hypnotists to be so dominant anymore, it means that hypnosis is not so effective as it once was. Though some hypnotists today are still able to make it work, if they have a dominant personality.

I did once go to a talk by a hypnotist and he was more honest about what goes on, than most modern hypnotists. He explained the importance of what he called pre-suggestion. What he was talking about, is that the hypnotist needs to sell how powerful hypnosis is, to the person they are hypnotising, before even starting the hypnosis. In other words the hypnotist will start give the suggestions while their client is in normal consciousness. If a Dominant Woman wishes to hypnotise a man she cannot be wishy-washy about it, she has to be articulate, confident, authoritative and domineering. She would have one advantage over a professional hypnotists, because nowadays they cannot so easy, get away with telling their clients, "you are now completely in my power". Whereas a Dominant Women can be uninhibited telling the man he will be totally obedient to her while he is in a trance. Professional Dominas can also use hypnotic techniques on their clients. In theory a client going to a Dominatrix should be very obedient, but in practise this doesn't happen. Many men go to Professional Dominas with a list of demands on how they want to be dominated, or the Dominas ask their clients what they want done, which hands the power to the client. All this makes a mockery of the concept of a man going to Dominatrix to be dominated. So a Dominatrix can take back her power by using hypnotic techniques without the client being aware of it. She can use pre-suggestions by selling the idea to their clients of how powerful and irresistible she is, and how obedient the client will be. The client will probably go along with this, thinking it is part of the play-acting Professional Dominas do for their clients. She can even talk the client into a trance by using a slow and sexy voice and telling him to relax, and when he does feel very relaxed, (not knowing he is in a trance) she can then give him suggestions that he will be totally obedient to her. She can then dominate him in the way she wants to do so.

## Dominance and Submission

The Femdom scene is all about Dominance and Submission but the way men and Women see D/S, can be very different. Men have an instinctive drive to compete against other men. We can see this competitive instinct in most other male animals where bulls, rams, stags etc fight each other every spring for dominance and access to females. So in masculine terms the dominant male is also the winner. Many male animals also have a pecking order or hierarchal system, where the strongest male commandeers the best food for himself as well as his pick of the females while the less stronger males only get what he has left. We see this also in male dominated patriarchal societies, where the ruler becomes the dominant male and greedily takes whatever he can and the lesser dominant males take what is left. We can see this in the past where rulers not only live in great luxury while their people live in poverty, they will have hundreds of wives and concubines. So to a man D/S is all about winners and losers and to him it is right that, "the winner takes it all".

How Women see D/S can be very different because they have different instincts. Women have maternal and nurturing instincts, so they don't instinctively see relationships in terms of Dominance and Submission, but in the terms of the giving and receiving of love. To them the mother/child relationship is all-important and

they tend to treat men as if they are children. When a mother has child she finds herself in the situation of becoming the child's slave. This is because a newborn child is totally helpless, and it can not possibly survive without a mother caring for its every need. Therefore when men dominate Women and demand they serve them, many Woman can accept it, if she sees her husband as a baby who needs to be care for and nurtured. So the Dominant husband is seeing the relationship in terms of winning and losing, with him as the winner, while the wife is seeing the relationship in terms of mother and child. Even if the man is violent and abusive with her, she can forgive him because babies can be cruel and ungrateful to their mothers with babies keeping mothers up all night with their crying and throwing tantrums to get their own way. So when a Women continues to love a man even though he may physically and verbally abuses her, he assumes she must be a masochist, whereas she just sees him as a big baby.

As a child grows up then the relationship between the mother and child changes, as the mother has to socialize and teach the child. To men the process of teaching is again about dominance and submission. Male dominated schools in the past were about the teachers having strict control over the pupils and they were caned or flogged if they were disobedient in any way. It is of interest that many sadomasochist fantasies are about this old fashion type of schooling. At one time this was seen as an explanation for FemDom, because men were caned at school it was assumed that this perverted their sexuality and they wanted to relive these experiences, by being caned by a Dominatrix. Because of this some Professional Dominas used to play the role of a strict school teacher. Nowadays with men going to Professional Dominas who have never been caned at school, this explanation is no longer taken seriously. In more modern times schools tend to use more feminine methods to teach pupils and the result is chaos, with many people demanding we go back to the old fashion masculine methods of teaching and controlling children. The reason for this chaos is probably that both masculine and feminine methods are being used at school, which are in contradiction with each other.

It is like two parents trying to bring up children with two different ways of bring up their children. The father may be trying the old fashion way and by using a cane and shouting at the children, while the mother is using her social and communication skills to socialize the children. The father may be accusing the mother of continually undermining his authority as the children go to her for protection. While the mother is fed up with the father spoiling what she is trying to achieve. While the children are confused because they are given two very different messages about how to behave. The same is true in schooling today.

The Dominant Woman like the submissive Woman still treats a man like a child, the different is that the submissive Women thinks of a dominant man a baby while the Dominant Woman sees the man as a child of school age. She sees her role of that teacher and trains him to serve her, because this is the way he learns how to love and care for others.

What many people have noticed in the Femdom scene is that some Women find dominating men very easy to the degree they can dominate men outside the Femdom scene, while other Women find dominating men very difficult, if not impossible. Why this is so, is to many people a mystery. Some people claim that the reason for this is to do with 'body language', the theory being that our body language betrays what we think about ourselves. So a submissive person shows their submissiveness by the way they hold their body, and this is true of a dominant personality. Our personality can also be shown to others by our tone of voice and the way we use our words.

Now, some people assume that we are born to be either dominant or submissive and

there is nothing we can do about this, but it is possible for a person to create a dominant personality if they want to do this. This was true of a footballer called Marion Morrison who became the actor John Wayne. He got into films only because he was very good looking, but he couldn't act and when they tried to get him to play the 'hero' he simply wasn't macho enough. The result was he found himself being the 'star' of low-budget B-movies. Yet he was both ambitious and determined to be a good actor and play his hero roles in the way they should be played. He watched himself on the B-movies that he performed in, and looked at ways he could improve his performance. He slowly taught himself not only to be more macho but have a more dominant personality. The result was that as he improved his performance famous directors like John Ford began to use him and he became an international star. Not only did he learn to be more macho and dominant as an actor, he learnt to do this in his normal life and took on the same role as his screen personality.

There are many actors who are far better at acting than John Wayne. Actors like him only succeeded in playing one role, which he played in all his films. But there are actors who can take on many different type of personalities in different films or plays. So how do they do this? It seems that the best actors do it by trying to get 'under the skin' of the character they are portraying. This is called 'method acting' where the actor, doesn't try to act, instead they try to convince themselves they are the actual character in the play or film they are in. To do this they have to program their unconscious mind before the play or film to take on this role. This means they have to imagine what it would be like to be this person, and run through their minds all the thoughts and feelings this person would have.

Once an actor has programmed their unconscious mind that they are the character they are attempting to be, they then find that the body language, tone of voice and the way they would react comes to them automatically. So a Woman who wants a dominant personality needs to run through her mind first what it would be like to be dominant, imagining what it would feel like dominating men. The more she does this, the more she will program her unconscious mind into being this character. So in time she will start to automatically take on the body language and behaviour of a dominant personality, and she will find men responding to this. Then if any man starts to behave submissively towards her, she needs to run this over in her mind time and time again, to give herself more and more confidence that she can dominate men. It is important to be choosy about what to think about and take control of what you choose to think. If she is in a situation where her new dominant personality is not working and a man is not obeying her, then it is important not to dwell on it. Simply because to do so, will only undermine her confidence in herself. It is better to continue to think about the times it is working and make this your dominant thought. This then will greatly increase the confidence of the Woman, making it far more likely that her dominant personality will grow and men will obey her.

Unfortunately Women do not have as many dominant role models as what men do. Men have many dominant and macho role models on film, but unfortunately for many of the more dominate Women on film are also violent Women. So if a Woman doesn't want to train herself in martial arts, then she cannot relate herself to any of these Women. Fortunately society is changing and more and more Dominate Women are appearing who do not need to be violent to dominate men, but some Women have done this without any role model to inspire to?. The answer is that she allowed herself to, "dream the impossible dream". It is true many people may dream impossible dreams but what they also do, is tell themselves they have to be sensible about this. So perhaps many girls might have had dreams of dominating men but as they grew up they then started to tell themselves that such dreams are impracticable or impossible. So these contrary thoughts prevent her from

developing a dominant personality. Whereas a Women with a dominant personality probably enjoyed the dream for its own sake and didn't worry whether it was sensible or practicable, so she was able to develop a dominant personality that men began to respond to, as she grew up.

Another point is, that there are many young girls that are, "little madams". These girls are very bossy when they are young, but as they grow older, they have to face the reality of the patriarchal society, where men rule the world. With little support from the society they live in, many of these "little madams" have their confidence in being able to boss men, greatly undermined. So they feel they need to be pragmatic and become the submissive Woman that the patriarchal society expects them to be. Fortunately there have been Women who have resisted societies pressure to conform even when society was very patriarchal like back in the 19th century, and it is through the actions of these Women that society is slowly changing.

A curious thing about the Femdom scene is that many submissive men actually train Women to be dominant. The problem is for many of these men is that they become frighten of their own desires. The result is that although they want to be dominated by a Woman, because of their fears, they still want to in control of the situation. For this reason these men try to, "top from the bottom". This paradoxical behaviour creates problems for Dominant Women because if they give into these men's demands, they end up just being the man's puppet, but if she asserts herself and asks, "just who is in charge here?" She will frighten these men away. Yet there is another way she can deal with this. A man coming to a Woman wanting to play D/S games is a great opportunity for her to program him into being genuinely obedient to her.

Men who join the army and are ordered to march up and down on the orders of a Sergeant Major, are not told that the purpose of this, is to program their minds into total obedience. In fact most military personal are total ignorant of the fact their unconscious minds have been programmed to obey orders without question. A Woman can do the same to a man who wants to play Femdom games with her. She needs to avoid the man telling her what to do during the session they are playing together. It is helpful to discuss it with the man what he wants, then take control during the session. Though this is not essential because she can soon learn what his kinks are after a few sessions. Then is the spirit of she acting the role of a Dominant Women, she should look for any opportunity for he to give him orders, she know he has to obey. There may be some problems at first, as he may still try to keep control by 'correcting' her on the right thing to say. She shouldn't make an issue about this and go along with his 'corrections' as it will assure him he is has not lost control. Even though it is play-acting, the fact that she is giving orders which he is obeying will program his unconscious mind to obey orders from her.

Also in the spirit of he being a Dominant Woman, she can say things like, "I am your Mistress, you are my slave, you will always obey me" or whatever feels right to you. You can still pretend you are play acting and this is part of the game if he questions this. Though if words like this worry him, then it is best to back off until he is properly programmed to obey you. How long it will take to program a man to obey you without question will vary greatly from man to man. So it is best to be patient and take it slowly. If you attempt to assert your dominance before he is properly programmed you might alert him to possibility that you are not playing a game, and you want to dominate him in reality. This could frighten him away. It is best not to go beyond what he is asking for a number of sessions, and then test how far he has been programmed by pushing the boundaries bit by bit. If you take it slowly then he is not going to get frightened, and you can gradually become more and more bossy during the sessions and start to dominate him

outside the sessions as well. You can re-enforce this by giving him praise and encouragement when he is obedient and ignore him when he is disobedient.

Up until now I have talked about Dominant Women dominating submissive or partly submissive men. What about men who are not in the least bit submissive? Would these methods work on these types of men? The answer is that they should work successfully on the vast majority of men, it doesn't matter if a man is very macho or has a dominant personality, it should still work, after all the military have no problem in brainwashing very macho or dominant men. I know personally a woman who was in an unhappy relationship where her husband dominated her, by undermining her confidence. Then suddenly one day he left her for another Women. What shocked her was that she got reports that his new wife, would openly boss him about. She couldn't understand it, as he was never like this, when he lived with her. So what was his second wife's secret? How was it that she could dominate him quickly and easily? It seems that her technique was very crude and direct, she simply shouted at him. As it turned out, as a young man he spent two years in the British army on National Service, so he would already be programmed to obey without question anyone who behaved like a sergeant major. So by shouting at him his second wife did behave like this and found it easy to dominate him. I cannot guarantee that this technique will work on all ex-servicemen and there will be problems in getting involved with any military personal that have seen action. As these men will probably have mental scars and psychological problems.

If a man hasn't been programmed to obey without question, and doesn't show any submissive behaviour, then a Women will need to be patient, and it could take years to establish dominance over him. For this I would recommend animal training techniques as explained by two books; "What Shamu Taught Me About Life, Love, and Marriage" by Amy Sutherland and "How To Train A Man" by Nancy Winters. Both of these books are for mainstream readers and so to make them acceptable, Amy Sutherland steers away from talking about dominance and submission, while Nancy Winters makes a joke about it all.

The principles of these books are very simple, you encourage and reinforce behaviour in your man you want and ignore completely any behaviour you don't like. If a man hasn't studied psychology, or the occult or reads positive thinking books, he would be unaware that most of his behaviour is dictated by his unconscious mind. So because his unconscious mind will be in charge, then you have to look more at his unconscious or habitual behaviour and thoughts, to bring about change. If you appeal directly to his conscious mind, you are unlikely to make any change, simply because he will be controlled by his unconscious mind. So it is easier to effect change by reprogramming his unconscious mind, where you can change his behaviour without him being aware of it. Now, to do this successfully you have to look at your own unconscious behaviour as well.

Unfortunately our society tends to teach us to focus on the negatives and forget about the positives. In other words we are taught to focus on our problems and take all the good things that happen to us for granted. This is very true in relationships where many people can go on and on about their partner's faults. Certainly there are many Women whose favourite topic of conversation is what shit-bags all men are. Now, although it is a good thing to see clearly the problems with living with men, concentrating on their faults is not going to get you anywhere, as you can unconsciously program them to become everything you don't want them to be.

If you want to change your partner for the better, then to do this you need to concentrate your mind on the positives of your relationship and make them stronger. As mentioned earlier nagging can be a powerful way to reprogram the mind of your partner. Unfortunately the majority of nagging is done

unconsciously, so even if a Women see the sense of not using negative nagging, she will still find it difficult to change her habitual thoughts and behaviour, and carry on just as before. So to change her behaviour means she has to reprogram her unconscious mind before she can reprogram the mind of her partner. To do this, it is a good idea to draw up a list of everything about your relationship, and your partner, that you like. Once you have done this, then make a habit of reading this list a number of times every day. Also think about the list during the day and perhaps you may find yourself adding to it or clarifying it so it makes better sense to you. By doing this you will start to reprogram your unconscious mind to see the positive aspects of your partner, so when you nag him, you may find yourself starting to nag him in a positive way. Therefore programming into his mind more positive behaviour, of the type you want. The more you can see the positives of your relationship, the more you will encourage these positives in yourself and in your partner.

If a Woman is very angry with her partner she may find it difficult to be positive about him. To overcome this, it will be a help to think of him as a dog. If you are training a dog you are far less likely to get negative about his behaviour, than if you are training a human being. This is because if a dog is say, displaying anti-social behaviour you are far more likely to see it in terms of him being badly trained than you would a man, who is suppose to have 'freewill'. As I have mentioned before, a person who is dominated by their own unconscious mind, has got very little any freewill, as they are controlled by their habitual thoughts. And so such a person has probably the same amount of freewill as a dog.

If you see your male partner as simply a badly trained dog, then you can be far more detached about his bad behaviour. This will allow you to be far more clear-headed about using any practical methods to change his behaviour for the better. If you are angry with him, you are far more likely to want to punish him or nag him in a negative way, which will reinforce his bad behaviour.

Going back to the quote I used at the beginning of this article. -

"In 'Beyond Freedom and Dignity', Skinner put forth the notion that Man had no indwelling personality, nor will, intention, self-determinism or personal responsibility, and that modern concepts of freedom and dignity have to fall away so Man could be intelligently controlled to behave as he should. Despite the fact of the degree of implied human degradation involved, the question always remained just who would decide what Man should be, how he should act, and who would control the controllers?"

History has shown that few men do have free-will and are easy brainwashed by political and religious institutions. The problem is that male political and religious leaders have shown themselves to be totally incompetent and irresponsible in the way they have used this power, throughout history. As they have used this power to create wars and genocide and create unjust societies where there is widespread poverty. This is why it would be far better for us all that this power was in the hands of Women. It should be Women who should decide, "what man should be," and "how he should act" and become man's 'controller'. As previously pointed out, the knowledge of how Women can dominate and brainwash men is not a big secret. It is just a matter of Women using and applying this knowledge to take control of men and train them properly.

My other Blogs are –

Gospel of the Goddess



<http://gospelofthegoddess.blogspot.com/>

Freemason And The Hidden Goddess

<http://masongoddess.blogspot.com/>

Mermaids, Witches And Amazons

<http://mermaid-williambond.blogspot.com/>

Why Women Should Rule The World

<http://womenrulingtheworld.blogspot.com/>

The Matriarchal Tao

<http://matriarachaltao.blogspot.com/>