



*Female
Domination*

101

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Female Domination 101

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by

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Female Domination 101

If you are a woman who is reading this guide you may be doing it for several reasons. Perhaps you enjoy the subject matter; if so I hope you have a pleasant read. Maybe this engaging tome has been ‘thrust upon you’ catching you unawares. Perhaps you were looking for a hammer to hang a picture and found this not-so-cleverly-hidden behind ‘his’ cordless drill. Or your husband, boyfriend, or lover may have nervously placed it in your hands, hoping beyond his wildest dreams to alter the course of your relationship.

Perhaps you are already practicing a Female Dominant lifestyle. If so, what follows will be old news, but you are certainly free to read along. For those new to the lifestyle, please try and keep an open mind. If your significant other placed this in your hands, or left it out for you to conveniently find, don’t judge him too harshly. It takes tremendous courage for him to come forward with such thoughts and wishes. Societal programming of males is very much against them adopting this form of lifestyle and behavior. It does not mean he loves you less; in fact he may love you more than you can currently imagine and may be able to expand that love and devotion given the proper incentives.

If you and your significant other decide to embark on this exciting, alternative lifestyle journey remember that open and honest communication is vitally important, as in any relationship aspect. Talk to, and listen to, each other.

So now that the preliminaries are over let’s look at some of the themes in my works: *Mistress Karin* and *The Breaking Cage*. Many of the themes addressed in my erotic fiction writing are iconic within the alternative lifestyle community: female domination, male submission, chastity, cross-dressing,

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sissy maids, foot worship, and cuckolding, among others. These are addressed in more detail in the various works listed in the recommended reading appendix, but until you can make an in-depth personal study let's take a moment and discuss some of them here. Everything is a matter of degree and personal involvement, some people may go to the limit and others will only dabble. Find your comfort zone to start with and then you can begin to explore further.

Note to readers: As always, the reader is advised to practice the scene-standard "Safe-Sane-Consensual" guidelines. But within that mantra, with consenting adults - my, what fun we can have and what new worlds we can explore!

FEMALE DOMINATION

If there is a root structure to the sissy maid tree this is it. Everything in the sissy maid's life revolves around the font of Feminine Power and Authority. Like much in the alternative lifestyle the Dominant Female goes against the typical female societal archetype (such notables as Boudicca, Joan d' Arc, Cleopatra, Catherine the Great, and other such female luminaries excepted). Foot worship, sissy maids, chastity, humiliation are all for naught for the submissive male without a Supreme Female Goddess to serve. Even though our submissive male may be quite willing to don apron and heels or lick a pair of stilettos he desperately needs a Dominant Female reigning over him to make the scenario complete. You, the wife/girlfriend/significant other, are the vital component, the MISTRESS that brings his fantasies to reality.

He wants desperately to submit, to be dominated. By You.

Naturally that's a heavy load for the Female to bear. Now WE have the responsibility to make all his various dreams, ideas and fantasies come to life. And Ladies, it's not going to happen. There is NO WAY we could ever match what he imagines. Most of what he reads on the web and in his secret hoard of magazines and books is pure fiction, as is ***The Breaking Cage***. There's nothing wrong with fiction, nothing wrong with wonderful flights of fancy that take us to worlds we might never discover and enjoy otherwise. But it's not real.

Of course that doesn't mean we can't play, that we can't explore and stretch our limits. Female Domination can become a wonderful component to a couple's lifestyle. When a woman embraces her dominant self and her mate assumes his submissive role a new world of sexual play, and perhaps even lifestyle, can emerge.

It doesn't mean you have to prowl your home wearing

thigh-high stiletto boots and cracking a whip, although on those occasions you will undoubtedly have your submissive's total and undivided attention. And it feels sexy as hell! Effective Female Domination can just as easily result from a look, a gesture or a command.

When you accept your Dominant status in the household you open yourself to new possibilities: personal freedom, financial freedom, more personal time. But now you also have a submissive to care for and they can be **NEEDY**. Developing a working Dominant/submissive relationship takes communication and understanding. It's a relationship, no less than a marriage or other such union; limits and responsibilities need to be established. Granted, a couple can play at Mistress/slave for a night or a weekend, but to develop that into a lifestyle dynamic takes work and commitment.

CHASTITY

An oft repeated maxim is “control the orgasm and you control the man.” Chastity belts are back! No longer a historic icon from the crusades or Medieval times, chastity devices for both men and women are available in a number of styles.

Why? Why deny oneself such a basic physiological pleasure such as sexual release? Control. Submission. When a man gives up control of his sexual release to his Mistress he submits to her in a personal and total manner.

Anecdotal references tell us time and time again of men in chastity becoming more submissive, more attentive to their mate, doting on them, seeing to their every need and pleasure.

The easy explanation is that the male is doing anything to gain Mistress’s favor, and thereby his release both physically from the device and sexually. And that certainly has some credibility. But it may also be that this chastity dynamic feeds that crucial Dominant/submissive relationship that is so important to the submissive. Mistress has the key, the ability to grant that so-hoped-for release, and the chastised submissive must submit to her and see to her needs and pleasures at the expense of his own. This is very heady D/s play.

Ladies, you can practice this on a micro level, without going to the expense of a device. It’s called Tease and Denial (T&D). I think they called us ‘prick teasers’ in high school. And now that the little darlings are all grown up and have their careers they’re paying pro Dommies \$200 an hour to - Tease and Deny - pro prick teasers! You’re unlikely to get that \$200 from your submissive, but by all means demand it if you like! Give T&D a try. After a hot preliminary foreplay session make him go down on you or use a vibrator. When you’ve had your pleasure restrain his hands and then you both go to sleep. How long you can keep this up before he sneaks away to seek

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release on his own is problematic, you can't control him forever - not without putting him in a chastity device. But such short-term T & D illustrates the power of the technique.

If you do get him into a chastity device, take the advantage to ramp it up a little. Dress a little sexier around the house, wear heels when you normally wouldn't, brush up against him, make him kneel and give you foot rubs. His chastity and your innate sensuality will bring him to the boiling point - and keep him there. By all means, don't deny yourself; while his little dickie is locked away his tongue and mouth are available for your pleasure. Use them, as often as you like. Since his is now locked away, tease him about needing a man with a real cock (see cuckolding).

My own submissive has gone for 64 days in a row (his longest time) in his CB-3000 chastity device. I can attest that during that time he was more productive in getting things done around the house, probably because there was no time wasted on unauthorized masturbation. We also made some airline flights during that time with no problems so that particular device is very usable. Oh, and during that time I was never without sufficient sexual satisfaction. Mistress will not be denied.

CROSS DRESSING

Question: My husband wears a bra and panties. Does that mean he's gay?

Answer: Of course not!

There is a wide array of sub-groups within the community of males who have a predilection for women's clothing.

There is power in feminine clothing, especially when you put 'him' in it. And it's not all that hard to get them into skirts; the true sissy maids go quite willingly and your own submissive may surprise you by pulling a lovely skirt from their drawer and /or closet when asked. But it's usually so much more fun for them when it's directed by the dominant Female. There's something about 'forced cross dressing' that often makes it so much more erotic, even for the willing cross dresser. They want to submit, they want the woman (that would be "you" dear) to be in control. Try to catch your submissive doing a task in regular clothes and then question him with a, "Darling, shouldn't you be wearing heels to do that?" You'll probably send him directly to sissy head space as he scurries off to change. When he minces back in his heels make him model for you, then release him to his chores. He will attack his task with a renewed fervor, and his heart will be swelling with love and devotion for YOU, his Mistress.

Some men make an amazing transition; if you've ever seen a stage show of such you know how stunning the results can be. Unfortunately many, most, will never 'pass', but that should not deter you both from enjoying this particular endeavor. Your help and support is crucial, both in providing understanding and in the technical aspects.

Despite such movie fare as Tony Curtis, Jack Lemon, Patrick Swayze, John Travolta and Wesley Snipes in drag,

society is not ready for a man in a dress. We are conditioned, for the most part, to view such as an aberration, a perversion or sickness, the Scottish Kilt a noted exception. So a cross dresser is apt to have fears about revealing his fascination with women's apparel to his significant other. This is where understanding and communication are vitally important. There are books, groups and on-line forums to help individuals who feel they need to work through these issues.

The technical aspects can indeed work both ways. As a woman you could encounter a man, a cross-dresser, who may well have knowledge of make up and fashion exceeding yours. Then again, you may have to teach your submissive the fine art of feminine adornment, assisting them with makeup application, how to walk in heels, and the proper way to put on stockings and pantyhose.

The approach that cross-dressers take to their wardrobe can be as varied as the individuals themselves. The over-the-top, campy, typical 'drag queen' look is not uncommon, the mantra seeming to be one of "too much is not enough." Big hair, over-accessorizing, sequins, glam and hideous makeup would characterize this style. Maids are popular, the frilly French Maid being a staple of the sissy maid couture. But there are surely other looks: schoolgirl, housewife, secretary, stripper, slut.

There are ways to incorporate this love of feminine finery into your (plural, both you and your significant other's) lives and make it work to both of your advantage. If you indulge your significant other's desire to dress and serve as a maid you may free yourself from much, possibly all, of that dreaded housework. Granted, you may have to train your new maid in the domestic arts, to include some discipline for poorly performed tasks, but isn't it worth it to finally have him, or 'her', loading the dishwasher, dusting, cleaning bathrooms,

doing the washing and the ironing? More about this can be found under Sissy Maids.

Your new cross-dressing girl friend will be more understanding when you spend time shopping and you may never again be rushed as you put on your makeup and get ready for a night out because...yes, 'they' understand the need for preparation: been there, done that.

This is something that you can 'take outside the house' as well. Send him to work wearing a pair of pantyhose. In the winter a sweater or sweatshirt can conceal the bra he is wearing. If you get creative there's probably a way to make sure that he is always feminized, to some degree, so he never forgets the dynamics of the relationship and where his heart, loyalty and obedience belong.

SISSY MAIDS

While the thought of your significant other as a mincing maid may be at first disconcerting, give it some time; there are distinct advantages to be gained. A life of pampered luxury may be closer than you think.

This particular dynamic combines Female Domination and Cross-Dressing. Your male wants to be a submissive maid to a Dominant Woman. If you're OK with seeing him in a dress (see the section on cross-dressing) then his penchant for maid and domestic service can be a veritable boon.

Do you really like picking up around the house, making beds, doing dishes, laundry, ironing and more? Let the maid do it! Here's your chance, no matter what your social or financial circumstances, to live as close to a Queen-like life as possible.

Properly trained sissy maids will quietly and efficiently clean your house, run your errands and serve at your beck and call. You don't have to be bitchy or a shrew, but you will have to be firm, demanding and expecting a high level of performance from your sissy maid. "Bring me, get me, and I want" often work better with a sissy maid than asking "would you please..." The sissy maid is lower in status and station than you, the Mistress of the House.

The uniform is a critical element. Styles and choices vary, and while the majority of sissy maids would opt for the frilly, black/white French Maid number the choice is ultimately up to the Mistress of the House. I actually ordered commercial maid/housekeeping uniforms from the web, one black and white and one blue and white. You may decide on a rather plain, everyday work uniform and reserve the frilly French Maid number for evening service or entertaining friends (see humiliation). Perhaps as punishment you deny your maid a uniform and make her work naked; for most sissy

maids this would be punishment indeed, for they love their little outfits. Conduct inspections. Are the seams of her stockings straight, is her apron clean and crisply starched and ironed, is her makeup perfect. If you've prepared, there is a crop or a cane in every room and a quick and hard six strokes across her pert little bottom will make her remember those important details in the future.

Choosing a name can be fun. Refer to your maid in the feminine. Sissy maids react well to the feminine pronoun: "she's such a good girl" is high praise to them. Giving a sissy maid a feminine, sissified name reinforces their role and place in the household hierarchy. Obvious choices might be: Fifi, Suzette, Marie, Yvette, Coco, Suzi, the only limit is your imagination. On some occasions, when you are angry, you may want to add bitch, slut, or cunt; this verbal harangue fits nicely into the humiliation factor.

Routine and regimen are the hallmarks of a sissy maid's life. Recurring tasks, duties and rituals will get her in that sissy maid headspace. Do you want her kneeling with a towel in her outstretched arms when you emerge from the shower? Is she to stand off behind and to the left of you while you eat, ever watchful to refill your water or wine? Do you require her to curtsy to acknowledge when you enter or leave a room?

In the beginning you will have to do a lot of training; teaching them the nuances of sorting laundry, fabrics, cleaning, household management, perhaps even cooking. The adventuresome among you may even send them to night courses to learn such things as cooking, massage and facials, and giving pedicures and manicures.

But once you've assembled the uniform(s), developed the list of tasks and duties and their associated performance requirements, and trained your sissy maid you can, quite literally, sit back and bask in unadulterated luxury. Enjoy

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some quiet time, reading a novel, the only sound the clicking of your maid's stiletto heels as she toils for hours keeping house. When you're thirsty simply ring the small crystal bell on the end table to summon your maid to freshen your drink. Your first thought may be, "why did I ever wait so long?"

FOOT WORSHIP

There is untold power in shoes, boots and the female foot; and ‘bringing a man to heel’ can take on a delicious double meaning. Fortunately for us, foot fetishists abound in the submissive sissy maid world. If they aren’t mincing around in their own stilettos, and by all rights they should be, they are ogling our own and weaving wicked and sordid fantasies about them.

By all means, use this ped predilection to your advantage ladies! Revel in their adoration for the female foot and its accoutrements. Find the man, or sissy, that gazes longingly at your feet and you’ll never have to put up with a fidgety partner wanting to go look at the ‘tools’ while you casually survey the latest shoe styles on display. No longer will you hear, “how many pair of shoes do you think you need?” In this new paradigm your male will dutifully attend you while you shop for shoes, more than likely offering up his credit card to pay for your purchases, and carrying them to the car, ever hopeful that he may find himself kneeling before them.

We all know the benefits of the high heel. Of course they are sexy. The pointed toe and slim heel offer a wonderful illusion of lengthening our ‘line’, making us appear slimmer, a bit of visual trickery, but very effective. The height of the heel displaces our center of gravity and balance, imparting that natural and seductive sway to our walk. And men notice that; they are drawn to it. Heels add height, making us tower over our submissives, further enhancing our natural authority. The echoing click-clacks of heels on a tile or wood floor announce our approach and by the very sound the male knows that a high-heeled woman will soon invade his territory.

One needn’t even suffer actually walking on heels to use their power to great effect. Simply reposing on your sofa

wearing a pair of heels is enough to race the heart of any die-hard foot fetishist.

Seductively dangle that stiletto pump from your foot and then let fall to the floor. Snap your fingers and order your subbie to kneel before you and place the shoe back on your foot. He'll adore you all the more for this opportunity to both serve the object of his desire and handle that sexual icon, the lady's high-heeled pump.

Or perhaps you order him to kneel before you to serve as your footstool, or lie at your feet to serve as your rug. A slow and sensual prodding and probing with the pointed toe and the spike heel on his naked flesh will put him in high-heeled bliss.

Has he organized your shoe collection? It's a wonderful task for the foot slave. I suggest he take pictures of your shoes and boots and paste the pictures on the ends of the shoe boxes, then organize them in your closet by color, type and heel height. I've known some to go that extra step and create a computerized data base in which all of Mistress's shoes were catalogued by style (pumps, sandals, mules and boots), heel height and color. Then various sorts were made of the data base and the results printed out and put in a binder, along with pictures. It is easy then for the Mistress of the house to peruse her shoe catalog and send her submissive scurrying away for her various selections.

Let's talk for a moment about the difference between fantasy and reality. Our little shoe sluts dream of showing their affection for their Mistress and her shoes by lavishing said shoe with their tongue and lips. This is quite the iconic image and a very hot fantasy, no doubt. But think for a moment. Do you REALLY want his saliva and drool all over a beautiful pair of Jessica Simpson® platforms or your best Cole Haan Nike Air® business pumps? I think not! Yecchh! But to the little darlings this is a strong fantasy image, so let's

not deny them when a solution is so close at hand. Any one of your local chain mega-department stores or chain shoe outlets (you know who I'm talking about) offers shoes made to the task. For anywhere from \$15.99 to \$29.99 you can find a pair of pointed toe, patent pumps with a sexy four inch heel that he can lick and suck on to his heart's content, sparing your designer shoes the ignominy of a drooling supplicant. I do recommend patent as it's fun to command him to lick them so you can see your reflection in their shine. So, after he has put your designer shoes away, and served and cleaned away the dinner, relax in your favorite chair and command him to bring your 'worship shoes'. While you relax and read, watch television, or chat with a girlfriend or lover, he can kneel before you and worship your shoes.

These 'utility pumps' are also the ideal tools to indulge his trampling fetish. It's not unusual for a foot devotee to have the associated trampling fetish, especially when such predilection concerns food items. While the thought of slurping up a tomato that has been squashed flat by his high-heel wearing Mistress may be heaven to the submissive; the thought of tomato debris on the soles of a pair of stunning Carlos Santana® pumps is sacrilege! Again, your bargain-basement pumps can be used to prepare his 'meal' and he can lick up the food and tongue both the soles and heels of your shoes spotlessly clean.

On pedicures: with the appropriate submissive there is no reason for you to have cracked or dry feet. Of course this does not mean you need to forego professional care and pampering, which he should of course pay for. But between those salon visits there is absolutely no reason you should not be enjoying regular foot care. Daily maintenance with a Swedish file, foot massage and moisturizing are yours, but for the demanding. After a day in heels it's a wonderful luxury to

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relax and be administered a loving foot rub. Order him to research the web or women's magazines for the basics on how to give a home pedicure. If he is sufficiently nimble with his hands he may even be able to learn to do your toe nails. And don't let him get off with a shabby excuse about being too clumsy or ham-handed! Did he build model kits as a boy; does he tie flies for fishing, tool leather, do woodcrafts, clean guns, or work on automobiles? Chances are that he will have the ability and dexterity to learn to remove and apply polish, trim toe nails and file those rough spots.

And is if we 'need' another reason to wear heels, other than the fact that they are stunningly sexy and make us look fabulous, here is an interesting tidbit. Researchers conducting a joint study between the University of Florida and the University of North Carolina theorized that the taller you are the more confident you feel. They speculated that the added height enhanced one's feelings of power and authority. A waste of a government grant; I could have told them that!

Use his inherent fascination with the foot, shoe and boot and you will quickly bring him to 'heel' and find yourself enjoying a new power.



HUMILIATION

This can be a difficult aspect to deal with. It's often hard for a woman to purposely humiliate or denigrate her loved one, even if he is her sissy maid or submissive and begs for it. It's not in our nature to be deliberately cruel. Yet this is a strong turn-on for many submissive males.

Verbal humiliation can take the forms of name calling and taunting. Calling your sissy maid or your submissive a "worthless cunt" a "bitch" or a "slut" is an effective form of verbal humiliation. One can ramp it up a notch with more detailed taunting: "that worthless little dick of yours doesn't mean shit to me! I'm gonna have to find a real man to fuck me."

It can admittedly be difficult for a woman to berate her significant other in such a manner, even in a role play situation. But for many male submissives humiliation is a powerful sexual drug, sending them into that submissive head space.

To take it to the physical aspect of humiliation you need only serve him his meal in a dog dish, making him eat on his hands and knees on the floor. You can increase the humiliation by cuffing his hands behind his back.

And finally you may combine the verbal and physical acts of humiliation: "there it is slut, crawl over there and lick it up, and I want that bowl to be spotless!" A kick in his ass with the pointed toe of your stiletto pump will send him on his way to his dog dish and into the sublime bliss of submissive contentment.

It's beyond the scope of this work to explain "why" many submissive males react the way they do to humiliation. The point is that they do. It is a powerful drug, and one you can administer with a few carefully chosen words.

Public humiliation is another component of this type of

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sex play. Exposing him in a submissive role to others can be very humiliating. Imagine his shame and embarrassment when you dress him as a sissy maid and then invite a girl friend, or friends, over and have him serve tea. Obviously, 'outing' your personal sex lives is not something to be entered into lightly, but with people who share the same lifestyles (and they're out there!) public humiliation has the potential to be fun for you and quite erotic for your sissy maid: "Ladies, this is Fifi, my maid. Turn around girl, lift up your dress and show the ladies your pretty ruffled panties. Isn't she precious? You may serve tea now."

The sound of your voice, Mistress's voice, can get to your submissive quickly and deeply. Scorn, derision, mocking, teasing are aural inputs into his most inner desires and needs. It's definitely a case of "what you say and how you say it." And he's listening.

Discipline

Discipline and Punishment: those familiar with the scene will nod and smile, while first-timers may ask themselves; “aren’t they the same thing, discipline and punishment?” The answer is “no,” not in this context. Let us retreat to Webster’s dictionary.

“Discipline: training that corrects, molds, or perfects ... control gained by enforcing obedience or order.”

“Punishment: a penalty inflicted on an offender ... severe, rough treatment.”

How do discipline and punishment fit into a Female Dominated lifestyle? Permit Mistress to provide an example of each in a typical *Femme Domme* household.

Discipline is a regularly occurring event to reinforce the power dynamic in your relationship. Everything about this may be orchestrated to drive home his submission and your dominance. He would be required to disrobe and wait for you in the basement, on his knees, his outstretched hands holding your favorite riding crop. When you join him there you slowly circle him, your high heels clicking on the basement floor. You take the crop from his hand and motion him over the chair in the discipline area. How you discipline: crop, cane, paddle, whip, hairbrush or whatever is a matter of where you both are in the process. This is the time when he may be required to repeat mantras “I will obey Mistress, I will strive to please” or answer questions:

“To whom do you belong?”

“To you only, Mistress.”

You may cuddle with him or share intimacy at the conclusion of a regular discipline sessions. Discipline has the objective of leading him to personal improvement, making him a better submissive, increasingly more comfortable with his role. You may find that such sessions also help you, the Dominant Female, become comfortable with your *Diva* status.

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Punishment is what you do when he is rude to a girl-friend of yours, when he breaks a glass doing the dishes, or he performs poorly on a task.

Do punishment and discipline both hurt? Yes, usually there is a physical discomfort associated with both. But a good discipline session, though there may be moments of pain, can be a good experience for a sub, perhaps even taking them to that Nirvana of sub space and flying (read ***Screw the Roses, Send Me the Thorns***, for a good description of sub-space and flying). A good punishment session, on the other hand, should hurt. He did something wrong and needs to pay for it!

It can be hard for a wife or girl friend, for someone who truly loves their significant other, to “hurt” that person. When first approached with this Discipline/Punishment concept the usual response is: “doesn’t it hurt?” Well...yes. But the little darlings like it, they really do. And if you ‘punish’ yours for an offense and he gets off on it, it could be you’re not doing it hard enough, or you’ve got a bone fide pain slut on your hands.

You don’t have to spend a lot of money in the beginning, although the web is FULL of MANY purveyors of wonderful, whips, paddles and more. If you want to get started right NOW, simply grab a wooden spoon, wooden spatula, ruler, hairbrush and you GO girl! When you want to go to the next level, blister his bottom and then tell him to crawl to the computer and order you a leather whip and crop. He’ll move so fast he’ll almost go back in time.



CUCKOLDING

This is a case of having your cake and eating it too, but is perhaps the area fraught with the most danger to a relationship. Yet this particular dynamic has a powerful erotic hold on many males. Cuckolding involves you, the Dominant Female, having sexual relations with other men: lovers, boy-friends. This flies in the face of the conventional ideas of marriage vows and fidelity, and the very concept horrifies many women. But there is no doubting that it is a prevalent and highly erotic male fantasy.

As with all of the other aspects of the alternative lifestyle that we've briefly discussed I won't attempt to go into the psycho-dynamics of cuckolding. Go on the web and research it if you are so inclined. I 'will' tell you why I think it is such a powerful component of the submissive male complex.

I believe it brings together many of the things we've discussed. In this scenario the woman is Dominant and powerful, a sexual predator. The male is submissive, often in chastity, denied any sexual release while the wife/girlfriend is free to engage in any manner of sexual liaisons. It is not uncommon for the submissive male, often attired as a sissy maid, to serve the wife and her lover. There it is: what could be more submissive and humiliating for the male, and how much more powerful and dominating could the Female be than in this relationship?

Naturally, cuckolding poses grave dangers to a relationship and may best be engaged in by role playing and verbal threats. Yet it does happen in real life. And people do 'swing' in real life, untold couples engage in group sex and 'swap' partners with seemingly little adverse consequences. Yet the difference with swinging is that both couples are having sex, while cuckolding is a one-way street.

Still, cuckolding is a very powerful and prevalent male fantasy. This may be a case where you, Mistress can utilize role play scenarios to good advantage. "I've got a date this weekend so I want my black pumps shined. And I want the sheets on my bed washed. Maybe I'll take you shopping with me and you can help me pick out a sexy garter belt and stockings. Roger loves it when I wear those with no panties." If you travel on business make your submissive pack condoms and lubricant in your suitcase. And when you return home make sure he finds some open and empty condom packages when he unpacks. I've done this. Does he wonder if I really cuckolded him? Probably, I'm sure he fantasizes about me sitting at the bar in my hotel, a black pump dangling from my heel, nursing a Martini, waiting for a stranger to offer me a light. Did it happen that way and do I tell him? That's the power of fantasy and I'll let him imagine whatever gets him through the night. As for me...I'm satisfied...always.

SMOKING

We all know that smoking is not good for one's health and I would never advocate anyone take up the habit. I'm not a regular smoker, but do 'light-up' on occasion. But for those of you that do smoke, it is yet another powerful fetish and iconic symbol for many men.

The 40's glamour girl, or the demonic Mistress, encircled in smoke and clutching a long cigarette holder, are powerful and sexy images.

Making your submissive kneel and hold your ashtray in a convenient position can easily send a smoking fetishist into sub-space. Put leather wrist cuffs on your submissive, as well as a leather collar, and then fasten those wrist cuffs to his collar. Place your largest and heaviest ashtray in his hands and make him kneel, clutching the heavy ashtray in his hands, holding it directly in front of his face. Relax and enjoy a book, television, phone a girlfriend; confident that your human ashtray holder is conveniently at your disposal.

Want to ramp it up a bit? Use a cigarette holder...very sexy, and it will drive your subbie through the roof.

Make sure your sissy maid has a lighter in her apron pocket and be sure to punish her if she is inattentive in providing you a much needed light.

Or perhaps you're hosting a dinner party of your Dominant friends and your sissy maid is attending and serving. Part of that needs to include emptying ashtrays and providing lights to Mistresses and Masters. And should you find yourself in the kitchen, talking with your girlfriends, simply flick the ashes on the floor and you can all enjoy watching your sissy get down to lick them up.

I recently bought a beautiful faux fur coat. My own sissy confessed his (one of his many) fantasy: he would

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kneel before me as I wore only the coat, my elbow-length black leather gloves, and wicked black high heels. And as I smoked with my long black cigarette holder, he would worship my shoes.



Fetishes

This lighthearted tome isn't meant to be an academic or research paper so I'll forego all the lineage of the word "fetish" and what it means and keep it simple. If your subbie, boyfriend or husband can't get off unless you (or even he) are wearing high heels then honey, he's got a shoe fetish (a VERY popular fetish among men). A fetish is an "object of irrational reverence or obsessive devotion...an object that arouses libido, often to the exclusion of genital impulses." (again Webster's Dictionary).

If you look at those magazines they ("men") read you can see fetishes abound: high heels, garter belts, gloves, stockings, boots, leather, latex, rubber, girdles, lingerie, cigarette holders, fur coats, and more. The list is as endless as are the men themselves. If, like me, you came of age wearing girdles and stockings and saw the birth of pantyhose you may be surprised to know that there are a number of men (usually older, I've found) with a girdle/foundation fetish. Perhaps they were imprinted at an early age with a glimpse of a mother or an aunt fixing her stockings

Men are very visually motivated so I suppose that's why these kinds of things have such a powerful attraction for them. This can be both a blessing and curse for us. If your submissive has a thing for high heels and loves to take you shoe shopping every weekend, that may not be a problem. If his fetish involves Duct Tape and Chicken Beaks - ah, we may have some issues here. Sorry dear, you're on your own.

A fetish can become a problem when your submissive significant other has such a penchant for leather corsets, thigh-high-stiletto-heeled boots, fishnet stockings and latex, elbow-length gloves. Granted, this would be a stunning ensemble, under the right occasion, but it's not something you can live in to please that needy sub.

Spare yourself the agony of trying to make sense of it all. It's just the way they are. (This is not to say that women

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can't have fetishes as well, George Clooney being high on my list, but we're talking about men's fetishes).

It won't be hard to figure out what his fetishes are, he'll be buying you outrageous things you wouldn't or couldn't wear and leaving Post-Its hanging out of catalogues.

But you CAN make this work for both of you - sometimes. This past (2007) fashion season showed a lot of long (elbow-length) gloves in a variety of colors and fabrics. What a win-win for the glove fetishist and the woman who loves gloves and fashion. Could a glove-obsessed male refuse when told, "Darling, I love those elbow-length leather gloves, do buy them for me."

Unfortunately, such accommodations to both parties are more the exception than the rule. It has been my experience that the fetishist's needs more often exceed the dominant's ability to provide that need. Professional Dommies are better equipped to meet these fetish needs, but then their submissives are paying clients and pro Dommies, the good ones, not the hookers-with-whips, are a class unto themselves. If your sub has fetish needs you can't meet, and you're feeling generous and want to spoil him, schedule a session with a pro Domme. He'll love it and you'll get valuable hands-on instruction from an expert at the craft. The picture below contains several fetish triggers: high heels, long gloves, and fishnet stockings.



ABOUT THE AUTHOR



Constance Pennington Smythe is an erotic author who presides over a Female Dominated household. She is well educated, multi-lingual and retired from the corporate world. She has published other, mainstream works, under another name.

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Recommended Reading

There many books on the topics of Female Domination, BDSM, Cross-Dressing and other aspects of the alternative lifestyle. The following are a few from the current canon on the subjects and are recommended reading for a woman who wants to learn more about this lifestyle. This list is by no means complete, but these are works with which I have personal familiarity.

Female Domination

Female Domination: An exploration of the male desire for Loving Female Authority © 2003 by Elise Sutton

The Art of Sensual Female DOMINANCE: A guide for Women © 1998 by Claudia Varrin

The Sexually Dominant Woman: A Workbook for Nervous Beginners © 1998 by Lady Green

The Mistress Manual: The Good Girl's Guide to Female Dominance © 2000 by Mistress Lorelei

The Training and Education of a Husband Vol. I © 1996 by Patricia de Gifford

The Training and Education of a Husband Vol. II © 1996 by Patricia de Gifford

Sex Tips from a Dominatrix © 1999 by Patricia Payne

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Sissy Maids

A Charm School for Sissy Maids © 2001 by Mistress Lorelei

Training With Miss Abernathy: A Workbook for Erotic Slaves and their Owners © 1998 by Christina Abernathy

Miss Abernathy's Concise Slave Training Manual © 1996 by Christina Abernathy

Cross-Dressing

*Miss Vera's Finishing School for **Boys** Who Want to be **Girls*** © 1997 by Veronica Vera

Miss Vera's Cross-Dress for Success © 2002 by Veronica Vera

BDSM

Screw the Roses, Send Me the Thorns: The Romance and Sexual Sorcery of Sadomasochism © 1995 by Philip Miller and Molly Devon

Learning the Ropes: A Basic Guide to Safe and Fun S/M Lovemaking © 1992 by Race Bannon

Recommended Web Sites

Don't forget the search capabilities of the world-wide-web. Here are some recommended web sites; again this small list is by no means all-inclusive.

Female Domination

www.elisesutton-homestead.com

www.akashaweb.com

www.femdomdestiny.com

Cross-Dressing

www.glamourboutique.com

www.pierresilber.com

www.xdress.com

Chastity

www.keptforher.com

www.cb-2000.com

www.tpe.com (access Chastity info via the Altarboy link)

www.chastitylifestyle.com