

# **Screw the Roses, Send Me the Thorns: The Romance and Sexual Sorcery of Sadomasochism Study Guide**

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

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# Plot Summary

The novel, written by Philip Miller and Molly Devon, discusses the world of sadomasochism (SM) and the individuals involved in the practice. The novel begins with a brief history of SM, which is followed by a discussion of the terminology used in SM and the individuals who participate. Chapter 2 involves a discussion of the basic concepts of SM, including trust, safety, anticipation, conditioning, visualization, sensory deprivation and anatomy. Chapter 3 contains specific information about how to begin SM, how to locate suitable partners, organization to support SM, and characters one should avoid when dealing with those interested in SM. Chapter 4 introduces further SM concepts, including ideal partners, the negotiation of SM practices, power levels in dominant relationships, avoidance of abuse, and sample negotiation questionnaires.

Chapter 5 introduces the topic of gender roles and discusses the freedom from gender stereotypes allowed within SM relationships. The topic focuses on the ability for women to express sexuality and for men to explore their sexuality in a more significant manner. Chapter 6 introduces the first techniques of SM, including a discussion of various SM devices, including nipple clips, ice, anal sex, vibrators and sexual role-playing. All aspects are discussed in terms of both expected feeling as well as safety.

Chapter 7 continues the discussion of SM techniques by focusing on the topic of bondage. This introduction to the theme includes safety precautions, planning, rules, anatomy, and a walkthrough for the first several sessions. Chapter 8 continues to discuss bondage by focusing on knotting techniques, proper rope and other bondage devices, including plastic wrap, wrist and ankle cuffs, collars, blindfolds, gags, and hoods.

Chapter 9 introduces the concept of using punishment within SM scenes to further arouse the submissive. The authors first discuss planning, positioning of the submissive, techniques, and how to end a scene. Ten rules for using flogging in SM are then discussed which include avoidance of the practice when angry, negotiation, training, stance and technique, and other aspects. Chapter 10 continues the topic of flogging by discussing various techniques and tools, including spanking, paddling, face slapping, caning, flogging, cat-o-nine whips, and other devices. This chapter also gives advice on proper stance, the use of cat-o-nine tails, and specific stroking methods, including the backhand, figure eight, and forehand strokes.

Chapter 11 introduces a new concept, that of flying, or a state of mind that is achieved through high endorphin rush. Further, this chapter discusses theories regarding how pain can cause pleasure and various ways to achieve such pleasure. Chapter 12 introduces the idea of mental humiliation as a means of sexual pleasure and gives a variety of tips on achieving this goal. Further, this chapter explores the abilities of SM to help heal inner conflicts and self-esteem issues. Chapter 13, the final chapter, is essentially a recap of the various tools and devices one can use in SM. The chapter discusses all items needed to create the ideal dungeon, or SM room, which includes many items discussed in previous chapters. Additionally, the chapter notes several new

devices and gives hints on ways to hide such devices from children and friends. The book ends with a glossary and several appendices regarding suppliers of SM goods, computer bulletin boards, magazines dedicated to SM, and other sources of information.

# Introduction

## Introduction Summary and Analysis

The book, written by sadomasochists Philip Devon and Molly Devon, is an introduction to the world of sadomasochism. The novel focuses on themes such as bondage, torture, the experience of pain as pleasure, and the basic concepts surrounding the SM. The authors, well versed in their craft, offer several helpful techniques and discuss all aspects of SM within the context of safety and consensual relations. Through personal stories and stories of those involved in SM, the authors present a logical, entertaining, and informative summary of basic sadomasochistic themes in a way all readers can understand.

The introduction begins by explaining the point of the book, that it is a manual for learning proper SM techniques, and also explains the brief history of the scene. Following the punk era of the 1980s, SM became trendy, and has now invaded modern society through fashion, media, arts and fetishes. While the authors explain that some SM veterans resent the intrusion, since the interest by the general public trivializes the scene, the authors themselves do not feel threatened by newcomers but welcome them. The authors explain they aim to reduce the mistakes made by those who attempt SM without knowledge and to dispel some of the incorrect beliefs about SM. The authors, Philip and Molly, explain that they practice SM and encourage readers to peruse the information in the book and use whatever techniques they find appealing.

This section offers a brief glimpse into the main theme of the book, that of sadomasochism. Philip and Molly, the authors, present their introduction to the topic in a light, humorous way, introducing the tone used throughout the book. This lightness allows the themes presented, which are often dark, to be read and enjoyed without feelings of discomfort sometimes found when dealing with sexual topics. Further, this introduction sets the stage for the following chapters by focusing not on the sexuality of the SM scene, but rather on the techniques used within the scene and the safety of those practices. As SM practitioners themselves, the authors present their ideas without judgment, allowing access to the content of the novel for nearly all audiences.



# Chapter 1

## Chapter 1 Summary and Analysis

The authors begin by explaining that while SM may not be for everyone, it exists because the practitioners of the art have a love of fantasy. They further explain that those involved in SM are regular individuals who simply have different tastes in sexual scenarios. Molly, a maker of whips, describes her role as the submissive individual in SM. Philip, on the other hand, explains that he is dominant. The authors then note the inaccurate image of the SM dominant as an evil sadist and the SM subordinate as a cringing slave, explaining that in reality, most are considerate, kind, compassionate, and tender. Further, the authors note that in any relationship, one individual is usually in charge while the other is subordinate, and note that SM individuals simply take that role slightly farther.

SM, according to Philip and Molly, places one person in a role of dominance and another in a position of helplessness and vulnerability. While they note that from the outside it appears that the dominant individual has total control, the fact is that by choosing to participate and to obey, the subordinate has equal power. The dominant uses techniques such as bondage, sensory deprivation, verbal dominance, and flagellation to ensure the obedience of the subordinate. Prior to the first session between partners, rules are set out by the subordinate to limit what the dominant can do. As the authors explain, if the session goes well, the situation can be renegotiated. At all times, however, the creed for SM relations is "safe, sane and consensual." They point out again that SM is not abuse and that the subordinate is always free to stop a session.

Next, the authors explain the term 'scene' by noting it can mean either the entire SM community, or the playing out of an erotic fantasy. These fantasies include players or participants and the actions are often referred to as playing. The term 'SM' is applied to all activities partaken by players. Dominance is considered power exerted over another player, the submissive, or the controlled. B&D, or bondage and discipline, is the practice of tying an individual in a provocatively compromising position (bondage) and punishment, often with spanking or whips (discipline). 'Sadist' is a term used to describe the dominant, while 'masochist' is used to describe the submissive or one that derives pleasure from pain, submission and humiliation. According to the authors, most individuals are naturally either submissive or dominant, but there are those who prefer to switch positions. Professional female dominants are those who make a living from dominating their clients, while fetishists are those who become fixated on specific objects or activities.

Next, the authors discuss gender and sexual orientation. TVs are those individuals who attempt to look like a female, whereas a cross-dresser simply dresses as a female. TVs are referred to by the gender they choose, whereas CDs are referred to as male.

Finally, the authors note the need for dominants to care for their submissive partners and the need for those partners to always communicate their needs.

This chapter introduces several of the basic concepts and ideas in SM. The definitions presented are clear and are used throughout the book, allowing one to fully comprehend the remaining chapters. Additionally, the scene is explained in full detail, allowing the reader to visualize the proper settings and roles in which SM is often played out. The authors use consistently light dialog and simple explanations to enlighten, making the concepts accessible to nearly all readers. They stress repeatedly in this chapter the need for safe, consensual activities and constant communication.





# Chapter 2

## Chapter 2 Summary and Analysis

The chapter opens with a repeated warning that communication is essential to SM and that through that communication, all fantasies can be played out safely and effectively. To illustrate the point, the authors use a story to follow an SM scene from beginning to end. In the story, the dominant, Mark, is controlling a new submissive, Terry. He promises to begin slowly. Terry recalls her past experiences with men who were abusive in her search for a proper partner. She is happy to have found Mark, a competent, kind, considerate dominant.

He tells her if things get out of hand and she wants to stop, she should say her full name. Mark makes sure Terry understands this concept of a 'safe word.' When she assures him she does, he gently moves his hands over her body, telling her to remain completely still and silent. As he uses his hands to manipulate her sexually, she is unable to remain quiet, and moans. Mark stops, and offers to bind her, which she agrees to. Mark binds her and blindfolds her. Terry finds herself wanting to orgasm, when Mark begins to spank her. Terry is overwhelmed with warmth and eventually orgasms to the point of passing out. The authors then discuss each point of the story, focusing on Terry's fear, Mark's reassurances, the creation of a safe word, and Mark's ability to push Terry to intense orgasm through SM.

In order to properly achieve these goals, the authors point out several crucial aspects. First, trust and communication are vital to SM. Secondly, being able to discuss fantasies and passions is important in order to ensure satisfaction on both parts. Third, learning about one another's body is important and the authors suggest massage as a way to accomplish this, offering several suggestions for massage oil recipes. They also recommend several possible products for use in fantasies, such as syrup, lotions, toothpicks, yogurt, Popsicle sticks and other items. Further, emotional stimulation is important, as is the nurturing of anticipation during a scene.

Next, the authors discuss conditioning as a part of SM. Conditioning a submissive to respond to specific stimulation in specific ways, such as to orgasm on command, is possible and can be achieved through several practice sessions. Manipulating the sub to orgasm and then commanding him or her to do so will eventually lead, according to the authors, to their ability to orgasm when told to do so. Additionally, storytelling, or using visualization to achieve specific moods, can be useful.

The art of sexual relocation is also discussed. In sexual relocation, sensations applied physically to one part of the body are mentally felt in another. This can be achieved through many practice sessions, where an individual focuses on memorizing how specific sensations, such as sandpaper, feel to the fingers. One is then able to mentally transfer the feeling to erogenous zones, allowing him or her to then apply this ability when a partner runs his or her fingers lightly over the back or other body part.

Finally, the authors reiterate the role of the submissive and the dominant. For the dominant, the power is in controlling another individual sexually. For the submissive, the satisfaction is in giving oneself completely to their partner. Both are in control of their own roles and develop their own desires through role-playing.

This chapter introduces several more themes used throughout the book, including trust, communication, visualization and storytelling. By using examples of these techniques, the authors ensure complete understanding of these vital issues. Further, by explaining each step necessary in the SM scene, the necessary components are never questioned, allowing a tight focus on the specific art of SM.

This chapter also gives much advice regarding gentle props to use with SM, as well as ways to use those props. This added component allows one to focus on a starting point for his or her own SM fantasies. With the addition of recipes for massage oils, and methods to ensure relaxation, the authors foreshadow the use of such products later in the novel to assist beginner SM participants in their own search for satisfaction.



# Chapter 3

## Chapter 3 Summary and Analysis

This chapter discusses how to find SM partners, or entice existing partners to join SM fantasies. First, the authors advise beginning slowly with SM and learning techniques needed prior to attempting their implementation. Next, the authors offer numerous ways to entice a lover into SM. This advice includes purchasing a magazine or movie containing bondage and then looking through such media with a loved one, expressing interest. For doms with possible submissive partners, the authors suggest gently pinning his or her hands to the wall while kissing. For the submissive, they suggest tying one's own hands to the headboard, and surprising a loved one.

For single individuals, this chapter recommends attending clubs, organizations and computer boards to find willing, trustworthy partners. Other options include professional dominatrix and newspaper advertisements. Good dominants are those with good communication that are careful, respectful, honest, anxious to please a partner and realistic. Good submissives are those who respect themselves, avoid actual abuse, have a good sense of reality, is trustworthy, honest, able to communicate and non-demanding.

This chapter also lists organizations that support SM, including The National Leather Association, The Janus Society, People Exchanging Power, The Power Exchange, and the Black Rose. There are also public clubs, designed to accommodate the SM scene, magazine ads, and computer bulletin boards. The chapter then discusses specific types of SM characters often found on bulletin boards. The Virgin is described as one who has a rich fantasy life, but no true experience. They often boast of experience, but show no true abilities. The Celestial Princess is one who believes to be deserving of worship. The Peter Pan is one who lives solely in fantasy, and can be dangerous due to their lack of realistic expectations of submissives. The True Master or Mistress is one who controls all aspects of the submissives life, often to a dangerous point of control. The Very Married is described as one who is married, but gets involved in affairs. The Performer is one who shows off only for crowds and has little to offer on a personal level. The Macho-Man is often an abuser who believes women are inferior. The Crude, Lewd, and Always Horny is described as one who sees SM as simply a means to obtain more sex. The Cinderella is one who is seriously emotionally incompetent and is often submissive only due to self-worth issues. The True Slave is one who has little personality and often exists only as a slave. The Wonder Woman is one who wants to be controlled, but is unable to free herself from her own control fantasies. The Wanna-Mate is one who is willing to do nearly anything to obtain a mate, including SM.

To avoid these types, the authors suggest a series of steps to safely meet through bulletin board systems. One should get a P.O. Box to maintain confidentiality; gather references for interested individuals; give telephone numbers only to females; begin any correspondence via email; participate in photo exchange; arrange first meetings in



public places; and tell others about private meetings, so they are aware of your whereabouts if problems arise. The authors also strongly recommend making emergency plans. These often include a planned phone call to a friend at a specific time. If the call is not made, the friend can contact police, whom the authors note are often supportive of such arrangements. Even in situations where police are asked to check on a friend to find nothing amiss, the authors note a policy of 'safe rather than sorry.'

Next, the chapter discusses manners and proper behavior. The authors note the need to respect the fantasies of others, the need to avoid interrupting a dominant and his or her subordinate, the need to ask permission before using another individual's subordinate, the need to decide who is paying for needed supplies, and the need to not use a collar purchased for one sub on another sub. According to the authors, collars are purchased as a symbol of trust and shouldn't be used on another. Doing so would equate to a void of trust.

This chapter introduces several ideas regarding how to begin SM activity and manners used within the society. By explaining how to both entice existing partners to participate as well as how to meet partners, the authors ensure all readers are given sound, thorough advice. Additionally, by explaining in detail the types of individuals often seen within the SM world, including the types to avoid, this chapter ensures that new participants are confident in searching for a compatible, safe partner with whom to experiment. The authors further ensure safety by explaining several ways to meet with and interact with new partners, including a list of measures used to provide safety even in unknown situations. By using these steps, one is able to experiment without concern for personal harm. Finally, by discussing manners in SM, new participants can avoid awkward, unsafe situations and can have gain knowledge needed to participate.



# Chapter 4

## Chapter 4 Summary and Analysis

The chapter begins by discussing an exchange of fantasies between two partners. As Josh, the dominant, describes details of possible SM procedures, Cheryl's reactions guide his words, allowing him to know which ideas excite her. The authors note the importance of this exchange, called negotiation, since an understanding of expectations and limitations is vital for SM.

In order to ensure compatibility, the authors discuss ideal candidates for the dominant and submissive roles. The ideal dominant controls his or her own behaviors, acts as both a lover and a friend, worships his or her submissive and uses pain not to harm, but to enhance sexual pleasure. He or she uses research to ensure safe toys and practices so as to provide a safe experience. The ideal dominant is patient, never demanding, confident, secure and accepting of limitations. On the other hand, the ideal submissive is someone who recognizes the difference between strength and stubbornness, has self-worth, is romantic and sensual as well as independent and giving. He or she will give up themselves for their dominant, while still maintaining independence and intensity.

Next, the chapter discusses the negotiation process in detail, as well as levels of power exchange between dominant and submissive roles. The authors first stress the need to communicate sexual desires, gender roles, safe sex practices, commitment, and the 'heaviness,' or depth of SM experiences. The authors begin by noting several assumptions when discussing power levels. First, everything done in SM is safe, consensual and sane. Secondly, both roles are equally important in the SM scene, and third, the exchange of power is to be balanced at all times. Finally, since human beings are capable of vast ranges of emotion, all relationships must be understood from the beginning.

In the first power exchange level, the agreement is that the relationship is casual, will not involve injury, and express permission is given for each act by the submissive. The dominant should not expect complete submission and the act is more of an encounter than a relationship. In the second power level, the couple is more involved with one another and can thus form a more permanent, knowing bond. Both psychological and physical trust barriers are used and the dominant can expect the ability to play force the submissive, while the submissive is expected to follow instruction. In the third level, the dominant allows a few restrictions and punishments are used to correct submissive violations. Emotional dependence is high, and both understand the need for care. In the fourth power level, there is deep emotion and devotion. Collaring is standard, as is slave training. The partners involved love one another and all actions are long-term. Both partners are responsible for communicating desires and limitations and for respecting the other's wishes.



In the fifth and final power level, the dominant owns the submissive in all aspects. The submissive lives to serve the Master, who can sell her or disown her at will. The authors note the unhealthy component of this final power level as well as the psychological damage such a relationship represents. For an individual to wish to be so completely controlled implies a desire to escape responsibility and allow another to control all aspects.

The authors also note the three largest lies and erroneous justifications in SM, those of "my need is only to serve," "real submissives don't have limits," and "I am only giving my submissive what she wants." True submissives know they have more needs than simply to serve and they know their own limitations. Additionally, a true dominant recognizes that control involves responsibility for knowing his or her own limitations and the limitations of his or her submissive. The authors also note any relationship where one partner is abusive should be abandoned and predetermined limits of SM should never be crossed in a relationship. Contracts between slave and master are common and often include such aspects as allowable punishments, expectations, sexual fantasy roles and duties for both partners. Negotiation questionnaires are also used frequently to set preliminary boundaries for new partners. These also include acceptable actions, lists of fantasies, acceptable toys, previous injuries and medical history.

This chapter introduces several of the core components of SM relationships, including power levels, abuse, negotiation and compatibility. The authors' use of several personal stories or accounts of others in these types of relationships helps to focus the content of the chapter on the information being presented, rather than on the scene itself, making the points more clear and concise. The emphasis on self-worth, avoiding abuse, and the unhealthy nature of true slave relationships reinforces the concept presented previously that SM is not about pain, but pleasure derived from dominant and submissive relationships.

By discussing the various power levels in SM relationships, the authors introduce the notion that not all SM relationships are alike. By showing several examples, this chapter reinforces the idea that SM relations are varied, mutual, and can range from mild to quite severe. For someone just entering the scene, this information is vital to understanding the types of relationships possible and the expectations within each form. Additionally, this information serves to place more emphasis on the avoidance of abuse in any relationship.

The inclusion of sample contracts and a sample questionnaire for new SM partners is vital to readers as well, in that the themes presented through such documents is required to participate in the scene. By ensuring all parties involved understand the expectations, responsibilities and limitations of the activities, safety and compliance can be maintained. Further, by filling in information such as preferred sexual orientation and sexual activity, potential partners can ensure mutual satisfaction and compatibility.



# Chapter 5

## Chapter 5 Summary and Analysis

The chapter begins by noting the role sexuality plays in the lives of individuals and the roles expected of each sex. First, the authors note the incorrect belief that men are self-satisfying creatures who are only concerned about their own sexual gratification and postulate the concept that males are capable of much more. Conversely, the authors dispel the notion that women are non-sexual and do not have their own fantasies. They note the self-defeating nature of such beliefs and counter these suggestions with the idea that men and women are equal in all areas of sexuality and emotional capacity.

The next section of the book discusses the topic of sexuality from a male point of view. Philip, the male author, begins by admitting that males enjoy orgasm. However, he also notes men need to learn to make love with compassion, tenderness and the ability to experience sensuality, as opposed to limited sexuality. Philip reminds the reader that women fully experience kisses and any form of touch as sensual, whereas males often experience only the act of intercourse as sensuality. He also reminds males to slow down and enjoy not only sexual intercourse, but also foreplay and sensations. To do this, he recommends first not to push women into sexual activity, but allow situations to occur. He also advises men to pay attention to signals of their partners, including eye movements, hand gestures, breathing and other sign language. If body language indicates attraction, Philip advises moving forward to enjoying sensuality through exploration, rather than intercourse. In doing so, he informs, one can learn his partner and learn how to satisfy any urge.

Next, Molly, the female author, reminds women to throw off societal expectations of propriety and gentleness and to explore their own sexuality. Molly instructs women to play out their fantasies and to make sure their ideas are well known and participated in. She encourages women to play powerful roles, as well as submissive roles in an effort to find their own sexuality. If women avoid this, she notes, they will lose the ability to have realize those fantasies, limiting their own sexual encounters.

This chapter is simple in content and clearly explains the expectations of gender roles within the SM community. Whereas males need to be more emotional, sensitive and exploratory in their approach to sexuality, women need to be more demanding, confident and able to express their own needs and desires. In expressly noting these assumptions and expectations, the authors reiterate the theme of advanced gender roles within the SM community. This theme, which is present throughout the book, appears to be a mainstay of the scene, in that both partners must have such qualities and abilities if such a partnership is to be successful.





# Chapter 6

## Chapter 6 Summary and Analysis

This chapter discusses the basic premise of sexuality in relation to torture. It begins with a discussion of nipple clamps. Often made of metal or wood, these clamps secure firmly to the nipple, providing a slightly painful, constant sensation. According to the authors, this sensation is made painful with the removal of the clip and if timed with orgasm, can provide an added stimulation for the submissive. Adding weights, new ways to remove the clips and other options should only be done by experienced users. Next, the chapter discusses the use of heat and cold to bring about sexual pleasure. Candle wax is often used for a heat source to be dripped onto the body, whereas ice or popsicles are often used as a cold source. The authors remind readers to be careful of temperature, as well as the reactions of the submissive to ensure a safe encounter.

Next, the authors discuss electro-torture, first described is the TENS unit, or transcutaneous electrical nerve stimulation device. This unit passes current to the muscles and should thus not be used above the waist to avoid complications in the heart. The violet wand is used to pass static shock to the recipient and has attachments to enable an individual to pass current directly from himself or herself to another. Another device, manufactured by Paradise Electro Stimulation, consists of a DC base with various attachments, including for anal, vaginal and breast stimulation.

The authors continue by discussing the use of knives as psychological sensual stimulation, reminding readers never to cut skin, but instead to use the knife to cut away clothing or wax. Also discussed is the concept of anal intercourse and stimulation. First, the authors note their distaste for such activities, since they present a high rate of possible infection. However, if one is interested, the authors suggest heavy lubrication and gentle entry if anal intercourse is to be attempted. They also suggest beginning with anal plugs, or small devices to be inserted into the anus. This helps train the muscles to relax and allows for easier entry. Enemas can also be used, but again, are cautioned against due to safety concerns.

Next, the authors discuss possible vaginal stimulation. Vibrators, designed as phallic substitutions, can be used, and often provide vibrating stimulation. While these devices can be left in place for punishment or stimulation, they are to be removed within a few hours. Fisting, or the process of inserting the fist into the vaginal cavity, can also be used as punishment or stimulation. The authors suggest slow movements and lubrication to avoid possible injury, as well as only completing this process on females who have given birth, since the muscles of the vagina have been widened.

The authors close the chapter by explaining several other methods used in SM for torture or stimulation, including forced sex and smoke and mirrors. They clarify that forced sex is not truly forced, but is simply a role-playing situation involving a 'victim' and an 'attacker.' True rape is violent and non-consensual, whereas forced sex in SM is





a consensual agreement to play specific roles. The authors also note that the addition of smoke, mirrors, or other surreal devices can enhance any SM scene. Other possible utensils include feathers, metal and glass objects, silverware, a cold towel, or noodles. The authors note that nearly any household object can be sensual in the correct circumstances and with the correct application.

This chapter is a highly informative instructional guide to various SM toys and utensils. The authors instruct on specific devices used to torture and stimulate nearly all parts of the body, including skin, breasts, anus, vagina and others. Each device is explained in high detail and any precautionary statements required are reiterated for clarity, ensuring that the primary point of this section is safety. By including their own reasoning for participating in or avoiding specific situations, the authors add a sense of realism and personal experience to this section, furthering the clear theme of safe and exciting sexual play. In addition to the vast descriptions of items, the authors include several photographs in this section to further the understanding of each object and its uses. Finally, by stressing that any object can be used, the authors again reiterate the theme that SM is a personal, imaginative and highly accessible alternative to standard sexual play.



# Chapter 7

## Chapter 7 Summary and Analysis

This chapter begins with a story revolving around a man and woman in a bondage scene, where the female is bound and experiences a gambit of sensation following blindfolding and binding. The authors then proceed to explain how to set up such a bondage scene. Lights, music, clothing, foods, wines and any other items must be planned ahead of time. The authors suggest allowing considerable time for a bondage scene to play out. They also suggest several safety precautions when dealing with bondage.

First, three-eighth inch rope is the minimum that should be used, since thinner cord can cut the skin too easily. Rope on any vital organ, throat, or shoulders should be avoided. Suspension with ropes is possible, but should only be done by experts, since the dangers are higher. Further, anyone binding another person should be skilled and the session should be limited at first to 30 minutes. One should trust his or her binder, types of bondage should be negotiated, safe words should be established, and skin should be repeatedly checked to ensure that blood is circulating properly.

The authors also lay out a session-by-session plan for new bondage participants, designed to relax the new submissive. In the first session, the submissive is simply told to keep their hands together and their eyes closed. This simulates a bondage situation without the added strain of bondage. The dominant then proceeds to slowly lavish the submissive with teasing sensuality and sensation, working him or her toward orgasm several times before allowing climax. The submissive is then gently instructed to please the dominant.

In the second session, non-threatening bondage and blindfolds are used. Procedures like those in the first session are followed, but the submissive is bound lightly and blindfolded. He or she is then teased with various non-threatening objects and is again repeatedly brought to orgasm before allowed to climax. These objects can include ice, wax, feathers, vibrators, or other utensils. For the third sessions, and those following, bondage that is more restrictive can be used, punishments such as spanking can be introduced, and force play can be explored.

This chapter focuses on the ins and outs of beginning bondage. In beginning with a bondage story, the chapter sets the theme of the chapter, as well as sets the tone for the rest of the information. Again, the authors stress the theme of safety and consensual activity, as well as inform readers of potential hazards when dealing with bondage scenes. By focusing on rope length, width, positioning and possible issues, the authors ensure new bondage participants explore the scene safely. Additionally, by including a systematic guide for beginners, new bondage participants can begin slowly with a guide, allowing for a more pleasurable experience. The focus on this chapter is not on techniques, but on the utensils needed, safety, and the plan needed to ensure



satisfaction for both parties. In tightening this focus, the chapter prepares readers for following chapters on specific bondage techniques, as well as gives vital information regarding the overall practice.



# Chapter 8

## Chapter 8 Summary and Analysis

This chapter begins with an embarrassing story of a man attempting to find the right rope to bind his lover. To avoid this embarrassment, the authors describe several options for rope types. They suggest rope of cotton or nylon of three-eighth inch width, preferably of twisted threading. The ends of the ropes should be finished by burning, taping, or knotting.

Next, the authors describe proper knotting techniques, using diagrams to show proper rope movement. The overhand knot is used to tie ends, as is the figure eight knot. The bowline knot is generally used for suspension bondage and the square knot and surgical knots are used for general bondage, since they provide a strong hold with easy release. The chain knot, a more difficult knotting technique, is an attractive knot for rope dresses, and ankle knotting. Ways to release the bonds, including knives, safety shears and quick release knots are also described.

For beginners, the authors next describe in detail how to bind wrists. The hands are placed together and the rope is lightly wrapped twice around the wrists. The ends are then fed through the wrap and tied together. For ankle bondage, the same technique is used after crossing the submissive's ankles together. For breast bondage, the authors first note that women who are prone to cysts should not practice the procedure. They then present images of proper bondage techniques for breasts. Finally, the authors present a walkthrough of creating a diamond rope dress. This dress is versatile in use, and can be useful when binding one to furniture, or can be used as a harness. Philip and Molly also offer suggestions for variations, such as colored rope, thinner rope, or a shorter dress.

Next, this chapter presents alternatives to rope bondage. Colored scarves, belts, gauze, elastic, plastic wrap, clothing, blankets, towels and tape can all be used as bondage materials. Handcuffs can be used, but the authors suggest avoiding steel, since such metal can cut skin. Harnesses and collars, often made of leather, can also be used, but must be fitted properly to avoid choking. Blindfolds, made from any fabric, can be used for sensory deprivation, but should be lightly applied to avoid eye damage and discomfort. Gags, consisting of a ball for the mouth and a fabric with which to secure it, should be used with extreme caution. A muffler gag is simply a piece of fabric lightly secured across the mouth. A bit gag, which packs the mouth with fabric, should be used rarely, since there is increased danger of choking and gagging. Knot gags are rope tied around the mouth with a knot inserted into the mouth cavity. Hoods, which cover the entire head, are used again as sensory deprivation, and are often made of satin, rubber, or PVC. Some are also made of a light spandex. Other bondage items include arm sleeves, shoulder harness, and wrist and leg restraints.

The authors close the chapter with methods to secure a submissive to an object safely. The rope is first looped around the bed, or secured to bedposts, and then attached to the submissive. A door can be used as an anchor as well by looping the rope around the door, then securing it and the tied submissive to the door handle.

This chapter expands the theme of the previous chapter, that of bondage scenes. Whereas the previous chapter focuses more on the planning of a scene, this chapter focuses on techniques to safely achieve the desired effect. First, the authors explain the types of rope used, to avoid embarrassing and dangerous confusion. This allows beginners to properly purchase necessary supplies. Next, in explaining in detail the types of knots often used and in giving diagrams to assist in explanation, the authors ensure a simple, understandable blueprint for the various techniques that new bondage participants will find vital. Their stress in this section on safe removal of bindings again shows a strong commitment to safe SM scenes.

Additionally, their systematic walkthrough of ankle and wrist binding allows individuals to clearly understand the steps involved. Their listing of alternative binding options, such as scarves, offers a wide range of choices to ensure each SM participant is comfortable as well as satisfied, again showing the versatility and imaginative nature of the SM scene. Finally, in explaining how to secure a submissive to furniture without harm, the authors again ensure safety combined with the excitement of victimization.



# Chapter 9

## Chapter 9 Summary and Analysis

This chapter is a summary of author Philip's version of SM. He begins with setting the environment. He advocates privacy settings, but recognizes some individuals' preference for public environments. Additionally, Philip notes the need for sensual music and proper lighting. Once satisfied, he decides how the scene will work, depending on what both parties want. At no time, however, does he allow the submissive to control the situation. He does note, however, the need to recognize a true fear within a submissive, so one can stop the scene.

Philip then discusses his favorite positioning for flogging, or spanking, submissives. He prefers to bind his submissive face down or face up, but always lying down. He notes the importance of height and texture in the surface of the whipping table as well. For his own purposes, he enjoys using a massage table. He prefers to bind his submissives, since unbound recipients of flogging tend to attempt to protect themselves. To begin a scene, Philip caresses slowly and lavishes affections on the submissive. He then proceeds to slap or whip lightly, followed by gentle caresses. Finally, he proceeds to heavy whipping, followed by an ending to the scene, which includes cuddling and embracing.

In order to safely flog a submissive, Philip notes several assumptions. Dominants should not flog in anger, should not harm the submissive, should negotiate all aspects of the scene, should learn basic anatomy, should not abuse safety rules, should have been flogged themselves in the past, should develop proper technique and be properly trained in whipping, should practice the art, and should never stop watching the submissive.

This chapter, while short, is simply a discussion of one individual's personal tastes regarding the practice of flogging, or corporal punishment. Philip, the author, discusses his personal way of performing the scene in an effort to give readers an example of possible SM flogging concepts. His discussion of the setting of a scene stresses the importance of emotional and mental enticement in SM. Further, Philip's stress on the importance of proper equipment and proper technique again show one of the main themes of the book, that of safety. Philip's stress on the assumptions of a flogging session again stresses this safety concept. His focus on ensuring the safety of the submissive through control of emotion, negotiation, training, and technique are vital to the SM scene.



# Chapter 10

## Chapter 10 Summary and Analysis

This chapter begins by discussing how to prepare the skin for a beating. Philip suggests caressing the skin carefully, to both form a bond between the dominant and the submissive as well as excite the nerve endings in the submissive's skin. While Philip admits this is purely psychological, he also suggests this is vital to the scene. Next, Philip discusses areas of the body safe for flogging. He notes any area with a lot of fat or muscle is generally best. These include the buttocks, thighs, bottom of the buttock, the upper back, the calves, and bottoms of the feet, groin area, breasts, forearms, and upper arms. He notes one should avoid beating the sides of the hips, insides of the thighs, lower back, spine, tailbone, stomach, upper chest and face.

To warm up, Philip advises gentle spanking to bring the blood to the surface of the skin and to prepare the submissive. If one is planning a heavy beating, the spanking should slowly increase to hard whacks and can include paddles. Philip notes that before a serious caning, the skin to be caned should be a bright, scarlet red.

Once warmed up, Philip discusses the various techniques used in flogging. Spanking is done with the hand, and can range from a light slap to a heavy-handed spanking. Paddling involves the use of leather strips, ping-pong paddles or and straps. Paddles are only to be used on the buttock and thighs. In face slapping, Philip reminds to use a gentle touch and an open palm. The effect should be humiliation, not pain. Canes, or long, thick boards made from rattan, bamboo, fiberglass, or synthetics, are used for severe corporal beatings. The cane delivers first a sharp sting, following by a deep, searing pain. Crops are similar to canes, but are made from hickory or horsehide. Additionally, crops have flaps at the tip made from leather. Philip notes the need for a high level of training in using canes or crops.

Cat-o-nine tails are whips made from several thongs. Philip notes that to practice using these items, one should whip pillows, or other soft, pliable objects similar to human skin. This can assist one in learning aim and proper strength. Philip next gives a walkthrough of the proper use of a cat-o-nine or flogger. First, he notes that one should use a stance that is solid, steady and controllable, with the feet a shoulder width apart and the arm at a fixed length from the target. He then describes possible strokes, including the forehand overhead stroke, backhand overhead stroke, and figure-eight stroke. He cautions against 'wrapping' or missing the target and advocates using varying strokes during the process. Philip also notes the need to take frequent breaks, watch the skin for breaking or bleeding, and the need to leave the submissive unagitated, so he or she can tell the dominant if there is too much pain.

To continue, Philip explains one can also use a single lash whip or bullwhip. A proper whip has a solid core, with a sound covering, and Philip notes the need to 'break in' a whip, or practice with the whip enough to soften the shaft. He notes the need to crack a



whip far from the eyes and to practice extensively prior to attempting to use it on a submissive. Philip advises using tapes designed to teach proper technique, such as 'Whip It Up,' 'The Spirit of the Whip,' or 'Dressing for Pleasure.' He advises using whips from The Wild West Arts Club, The Boulder Noir, or The Australian Stock Saddle Co.

This chapter can be considered an informational chapter on possible flogging utensils. Philip's strong emphasis again on safety stresses the strong need for practice and coordination during flogging. First, his focus on preparing the skin to avoid bruising shows the possibility of severe damage to the skin. Secondly, his discussion of areas not to be whipped due to possible injury is useful in that new floggers may not be aware of these highly sensitive areas. Additionally, his discussion of flogging techniques for specific areas highlights possible dangers of each, allowing one to fully understand the dangers.

Philip's discussion of the various flogging utensils is highly informative and explains clearly the benefits and dangers of each type. Clearly, the hand or paddles are the safest flogging utensils for beginners and Philip makes it clear that anything more severe must be used with care and only by those well practiced in the art. His full walkthrough of flogging with a cat-o-nine describes clearly the care and practice needed for such a severe tool. Further, his cautions of making sure to watch for bruising, bleeding, or other signs of distress clarify again the possible severe damage involved in flogging by the untrained.

Philip's inclusion of training videos and whip manufacturers can assist new floggers in learning to properly use whips and in purchasing a quality whip. This again can ensure the safety of all parties involved in the scene and again shows a focus on complete protection for everyone.





# Chapter 11

## Chapter 11 Summary and Analysis

This chapter begins by noting the emotional and physical highs experienced simultaneously with pain. Since endorphins are released when the body feels, the authors note the link between these high feelings and sadomasochism. Additionally, the authors note the anticipation involved in spankings can create a psychological effect as well, thus heightening the experience. They describe a phenomenon known as 'flying,' or an altered state of consciousness brought about through sexual means. The authors note similar situations occurring in Tantric Hinduism, Vajrayana Buddhism, and Taoism.

'Flying' occurs when an individual goes beyond the pain of the physical body to experience a sense of higher being. Often, these individuals feel free of their body as though they are flying, become less aware of surroundings, lose perception of reality, and become disconnected. On occasion, these individuals also report variations of lightness and darkness, visions of mountains, clouds, skies, or stars. Further, others report sounds such as music or other sounds. The author compares the feeling to that of being high on drugs. Additionally, the authors note the need for the dominant to pay careful attention to a submissive that is flying, since they will be unable to logically know their limitations.

The authors note four modalities for experiencing pain as pleasure. First, for the 'total convert,' the dominant moves from gentle whipping to harder strokes as the submissive becomes aroused. For the 'contrapolar stimulation' modality, pain is mixed with pleasure that builds, but begins at a slightly higher level. 'Derivative pleasure' is pleasure derived unexpectedly from punishment. Finally, 'punitive pain' is satisfaction received from punishment due to inner feelings of guilt. The authors note this modality is unhealthy and easily abused.

This chapter discusses fully the link between emotional excitement, the endorphins that result from pain and the body's reaction to those endorphins. The authors' explanation of 'flying' is complete, but does leave some doubt as to the validity of such claims. Since various theories for the reaction are offered, it is difficult to prove any positive connection. However, the addition of Molly's own flying experiences helps solidify the claim and provide a personal account that is both believable and credible. The concept is presented in a manner that is logical and easy to follow, making the understanding of at least the physical components of flying easily comprehensible.

In their descriptions of the four modalities of pleasure as pain, the authors are careful to note those that may be damaging to both submissive and dominant, in that the power level of 'punitive pain' may result in permanent mental harm to the submissive as well as an overwhelming sense of power for the dominant, which may lead to an abuse of that power. The other modalities, ranging from heavy whipping to light bondage stimulation, represent the complete gambit of possible reactions to pain. While some interested in

SM may enjoy light whipping, others enjoy complete pain. This range is what allows the versatility of SM to be so enticing.



# Chapter 12

## Chapter 12 Summary and Analysis

This chapter begins with a story about Molly's urge to be humiliated and her reactions to such humiliation by her master. In the story, Philip requests that she service another individual sexually in front of a group of people. Molly is surprised to find this, while exciting, humiliates and embarrasses her. Philip is aware of this humiliation and uses it to further push Molly into submission. Such acts are called 'edge play,' and are designed to push one to or over their edge. The authors note that such play can sometimes go terribly wrong and can lead to negative feelings.

The authors also discuss the resolution of internal conflicts through SM behaviors. According to them, internal feelings of guilt, helplessness and anxiety can be resolved by exploiting these feelings through sexual humiliation. Such efforts, according to authors, should be undertaken slowly to avoid psychologically detrimental consequences. Additionally, the authors note verbal abuse during sexual play can be enticing and can help to break the stereotypes of such language as the word 'slut,' but can also lead to hurt feelings if not discussed prior to play. Forcing a submissive to answer questions that have no proper answer can also aid in humiliation, as can forced exhibitionism or public sexuality. Dressing a submissive in humiliating clothing can also add to feelings of humiliation.

The authors also note the need for occasional sexual denial. They present a situation in which the dominant begins to feel pressured to consistently perform more scenes for the submissive's pleasure. This type of scenario places the submissive in control, which is undesired. To combat this, the authors suggest occasional teasing without sexual gratification. This allows the control to return to the dominant.

The end goal of SM, according to the authors, is overall emotional growth. They present a story of one man who built his self-esteem through SM behaviors. By allowing himself to free his mind, he was able to discover his true sexuality, as well as his true self, which is the ultimate goal for all participants.

This chapter focuses on humiliation as a theme within SM and what purpose humiliation has in the overall emotional health of those participating in the SM community. The focus of the authors is not on the reasons for the underlying issues resulting in humiliation, but on ways to use humiliation to enhance both sexual pleasure and emotional health. In presenting various ways to humiliate a submissive, the authors give several methods for the dominant to control and exploit the inner conflicts of the submissive to further sexual gratification, as well as to force the submissive to deal with those conflicts directly. By dealing with them, the authors note the ability to heal such conflicts, creating overall emotional health. While seemingly cruel, such a concept is made believable by the inclusion of a personal story. Such a presentation allows the reader to comprehend how such actions help emotional health and wellness.



# Chapter 13

## Chapter 13 Summary and Analysis

This chapter begins by noting the reality that most individuals cannot own an actual dungeon to use in SM scenes. In an effort to give the same effects, the authors list a variety of hints and tips one can use to 'furnish' their own play area, wherever that may be. They begin by advising tapestries on walls to cover sounds, camouflaged ceiling hooks, and locked storage areas. They also advise using serious care when around children to avoid unhealthy questions and associations. The authors also include photographs of a true SM dungeon, that of Mistress Raven's, an SM fantasy parlor.

The authors then explain the use of dungeon specific items, such as spanking horses, spanking blocks, whipping posts, slings, racks and other larger dungeon items. These items, while popular in SM, are difficult to mask in a home setting without a full basement for locked storage. For those without such luxuries, the authors remind of objects mentioned in previous chapters, including bondage devices, sex toys, hitting devices and torture devices. The authors also give advice on where to purchase such items, how to equip a dungeon with household items such as scarves, dishtowels, clothespins, feathers, and other items, and how to travel with toys appropriately. Finally, the authors discuss making items by hand, such as the common spreader bar, suede cuffs, whips and slings.

This chapter can be considered a recap of the items one can use in SM, as well as a lesson in how to mask one's SM activities. The tips given for masking dungeon devices as other objects is helpful, particularly if one has children or other people in the home. Additionally, the inclusion of normal household objects, and how those objects can be used in a dungeon, is particularly beneficial for those on a tight budget. Further, by identifying merchandisers who sell these products, the authors ensure one can purchase quality items from recommended individuals. Finally, by including ways to make items by hand, the authors both encourage a personal touch to the craft, as well as show those who cannot purchase such items how to achieve the same effect.



# Glossary and Appendix A – F

## Glossary and Appendix A – F Summary and Analysis

The glossary provides a listing of numerous words and phrases used throughout the book. The listing is in alphabetical order and each listing provides a definition of the word or topic. In some cases the entry references other related areas. Appendix A lists SM support groups, organizations and clubs in alphabetical order by state. Each listing gives the name of the establishment, the street address, P.O. Box, if applicable, city, state, zip code, phone number, and web page, if applicable.

Appendix B lists stores, suppliers, and artisans of SM supplies. Each listing gives the name of the establishment, the street address, P.O. Box, if applicable, city, state, zip code, phone number, and web page, if applicable. If the vendor publishes a catalog, the type of items sold is also listed.

Appendix C lists a variety of computer bulletin boards. Each listing includes the name of the board, the number with which to connect, and the state of origin. Appendix B lists SM and fetish magazines, noting the list is not definitive. Each listing includes the name of the publications, the publisher, the address information, and web sites, if applicable.

Appendix E lists the author, title, publisher and copyright for a variety of books the authors recommend for additional reading. Finally, Appendix F presents the National Leather Association's Statement on Domestic Violence. This statement is a call to reduce domestic violence through community action, education, support, and responsibility.

While spanning over 50 pages of the book, these sections provide specific information for those interested in learning more about the SM culture. The glossary is a wonderful inclusion, since many of the words within the text may be unfamiliar to the casual reader. Additionally, the listing of organizations that support SM allows both the novice and the advanced practitioner to find others who enjoy similar activities. Further, by listing stores that sell SM merchandise, the authors ensure one knows where to purchase such items, and ensures the items are purchased from known, safe, reliable sources.

The inclusion of trusted BBS listings and magazines also ensures the safety of one new to the scene. The authors' listing of books used for further information is a wonderful tool for the new SM participant to gather even more information on the topic, which the authors throughout the book strongly recommend. Finally, the inclusion of the statement against domestic violence shows, without question, the main focus of the book, that of the safety of those involved in SM and the willingness to ensue that domestic violence and abuse are avoided during all relationships.



# Characters

**Dominant**

**Submissive**

**Dominatrix**

**Slave**

**Master**

**Philip**

**Molly**

**Terry**

**Mark**

**Abuser**



# Objects/Places

## Sadomasochism

Sadomasochism is the term used to categorize activities enjoyed by sadists and masochists. These activities involve a power exchange during sexual encounters between consenting adults in which one individual plays a dominant role and the other plays a submissive role. The activities performed include bondage, discipline, punishment, restraint, humiliation, and overall sexual control.

## Bondage

Bondage is the practice of securing an individual in an effort to restrict movement. In SM, this is achieved using ropes, harnesses, scarves, cuffs, or other devices.

## Dungeon

A 'dungeon' in SM is any area furnished in such a way as to provide a safe, private, and secure area for SM scenes. Dungeons can be complete basement romp rooms, or simple alterations of a couple's bedroom.

## Whip

A whip is any device used to beat a submissive. These devices can include canes, crops, paddles, slappers, and leather whips.

## Masochist

A masochist is an individual who derives erotic enjoyment from pain, humiliation, and domination.

## Sadist

A sadist is an individual who derives erotic enjoyment from giving pain, humiliation and dominating another individual.

## Fetish

A fetish is a sexual obsession with any given object. These can include fetishes with whips, female undergarments, shoes, or any other fixating object. For many, these fetishes provide the ultimate sexual high.



## **Flying**

Flying is a term used in SM to describe an altered state of consciousness achieved through an SM experience. The state is characterized by out of body experiences, psychic links to others and a lack of conscious thought.

## **Scene**

Scene is the term used for any encounter involving SM.

## **Negotiation**

Negotiation is the process of determining limits and acceptable techniques within both the sexual portion of an SM relationship, as well as within the regular portion of the SM couple's relationship. This negotiation is an ongoing process and will be revisited throughout the relationship as expectations and goals change.





# Themes

## Sadomasochism

The primary focus of the book is that of sadomasochism, or a sexual relationship involving an exchange of power between a dominant individual and a submissive. In this scene, the dominant individual is in control of the submissive through mental, physical, emotional, and spiritual control involving bondage, punishment, restraint, humiliation, and overall control. The submissive is required to adhere to the commands issued by the dominant in all circumstances. However, in successful sadomasochistic relationships, such issues are negotiated prior to the act of sexual activity.

Limitations on actions are prescribed by the submissive and acceptable techniques are discussed and agreed on. At no time is the intention of the dominant to physically, mentally, or emotionally harm the submissive. Instead, the goal of sadomasochistic relationships is a heightening of sexual pleasures of both partners through pain and humiliation. The sadist, or dominant, enjoys giving pleasure to the submissive, or masochist, through pain, dominance, and the exertion of complete control. Simultaneously, the submissive is sexually aroused through the surrendering control to the dominant. He or she enjoys the pain, punishment, and overall scene of giving themselves over to the dominant.

Many techniques are used within the world of SM that are designed to heighten sexual arousal. These techniques include bondage, punishment such as spanking, slapping, or other painful stimulation, sexual tension and teasing, torture, and overall control. Through these activities, sadists and masochists alike enjoy a more full sexual experience.

## Safe, Sane, and Consensual Sexual Encounters

The fundamental component of all SM scenes is the concept of safe, sane and consensual sexual experiences. Throughout the entire book, the authors stress the need for safety in all aspects of SM encounters. When binding or torturing a submissive, the dominant is, at all times, responsible for the safety of the scene. At no time should any SM participant be in danger of injury or death. Further, the book focuses on sane goals of SM encounters. The authors stress the need to keep all encounters in reality and to not attempt activities that are illogical or outside of realistic expectations.

Finally, the authors stress repeatedly the need for full disclosure in all sexual encounters. They point out that if a participant is not fully aware of what is involved in an SM scene, he or she is not fully consenting. This can, as expected, lead to situations in which one participant becomes a victim of another, which is always to be avoided. By completely discussing a scene prior to its beginning, participants can ensure both parties completely consent to the scene's details, and thus, to the sexual encounter. The



authors even include questionnaires, ways for partners to meet, ideas for safe meetings, and other tips to ensure consensual and safe activities.

The stress on this concept is consistent throughout the novel and is designed to ensure all parties involved in SM are involved for the proper reasons, and are not harmed in any way. The authors repeatedly note the joy of SM, and the powerful sense of happiness, security, love, and compassion SM can provide. In order for this to occur, the activities must always be safe, sane, and consensual.

## Advanced Gender Roles

Another core theme throughout the novel is the advanced gender roles possible within the SM community. Philip, the dominant male of the author couple, stresses repeatedly the need for males to become more feminine in their lovemaking. He shows readers the benefits of using female techniques of complete sexuality for males. He also stresses the need for males to take their time in love making to lengthen the benefits for both parties. Molly, the submissive female of the author couple, notes the need for the submissive female to counter societal gender roles, admit her own fantasies and share them with her partner. While females are predominantly submissive in society, Molly stresses that in SM, women can be the dominant sexual beings capable of controlling the sexual scene.

In addition, the authors stress the need for women to be self-confident in their sexuality and in their overall lives in order to be successful submissives. By being self-confident and self-reliant, submissives can relish in the ability to relinquish control to their lovers, while still maintaining independence. Again, this concept goes against societal views of women, combating the traditional role of males and females.

Finally, the authors stress the acceptance in SM of those individuals who are non-traditional in their gender roles. For example, the authors note complete acceptance of transvestites and cross dressers. Transvestites are those individuals who attempt to fully appear as a female or male, whereas cross dressers are those who simply enjoy wearing clothing of the other gender. The focus on these individuals is small, but reinforces the theme of overall advancement of gender roles. For many transvestites, society is generally unaccepting of their gender belief, but in SM, their change of gender is completely acceptable. Again, this challenges the overall gender roles in society.



# Style

## Perspective

The novel is told from a combination of first, second, and third points of view. As an informational book, these varying points of view are vital to explaining the vast amount of detail contained in a way that is suitable for each situation. Philip and Molly, the authors, often use their own SM experiences to explain specific themes such as trust, submission, dominance, and other basic concepts. This perspective helps to solidify the content of the book in a way that is acceptable and believable due to the personal nature of the themes. On occasion, stories and opinions of others involved in the SM community are given in an effort to explain areas Philip and Molly are unfamiliar with. These sections not only help to explain the themes such as electro-torture, professional doms, and other areas, but also serve to again create a realistic scenario in the third person view. This realism is vital to fully understanding the dangers, benefits, and lifestyle of the SM community. Finally, in some areas, the authors rely on the second person point of view to explain situations. This technique serves to place the reader into the scenario being explained, allowing for a higher level of understanding. Additionally, since many of these stories contain graphic sexual content, the second person viewpoint is designed to arouse the reader, showing the allure of the SM community.

It is only by using this combination of techniques that the authors are able to fully explain the vast topics presented in this novel in a clear, informative and concise way. By tightening the focus in specific areas, the authors are able to stress the safety precautions, sensuality and sexual pleasures key to the SM scene. By allowing the viewpoints of others, the authors present a complete, sound, trustworthy and unbiased view of SM.

## Tone

The book uses straightforward English, delivered in a light and humorous manner in an effort to make the text more accessible for readers. Since the topic of sexual activity is generally regarded as a taboo subject, the authors' use of humor to lighten the main focus of sadomasochism is highly effective. The language used is engaging and enjoyable without being in strict adherence to proper English composition. This approach allows an easy mannered approach to a difficult topic. The novel is best viewed as a humorous but informative analysis of the practice of sadomasochism by those engaged in the practice. Its focus is on the informative form rather than a desire for perverse structure. In this aspect, the structure is immensely successful, and the text is quite appealing.

The novel does make frequent reference to both the male and female anatomy and contains several graphic images and depictions of sexual situations. Young readers should not have access to this book, unless parents are notified. Additionally, for



readers who find such topics taboo, this book may be inappropriate. However, for those with a more open mind and inquisitive nature, this book is an engaging and enjoyable lesson in sadomasochism and human sexuality in general.

## Structure

The 277-page book is separated into thirteen chapters of uneven length, as well as a glossary, six appendices, and an index. Each chapter focuses on a central theme of sadomasochism, such as bondage, torture, punishment and the SM community. This tight focus within each chapter allows the information to build from section to section, enhancing the overall teaching effectiveness of the novel. Additionally, this building technique allows the authors to introduce topics slowly, so as not to overwhelm the reader.



## Quotes

"Our society has a marvelous capacity for making the simplest of activities (sex, in this case) an incredibly convoluted affair. Guidelines have evolved specifying with whom you may fall in love, right down to their gender, age, race, and social background. There are also plenty of rules for the 'proper' way to make love. This has turned basic instincts into perplexing exercises and normal physical functions into moral and psychological dilemmas. By abandoning society's accepted norms and trying something a little different, one invites social censure, religious sanction, and even legal harassment." (Authors, Chapter 1, page 3.)

"We frequently keep our fantasies bottled-up within us because sharing them can be scary as hell, even with one as close as a spouse. In exposing these intimate slices of our identity we risk judgment, ridicule, and rejection. Ideally we find partners who care enough to meet our confessions with acceptance, understanding, and even (dare we hope?) inspiration. For in the practice of sadomasochism, clear and free communication is a prerequisite. Without it, one treads on dangerous ground. With it, the possibilities are limitless." (Authors, Chapter 2, page 18.)

"Everything done in SM is safe, sane, and consensual. A lot is said in that little sentence. Safe is pretty clear. Sane means we don't do things to screw up each other's heads and we don't pull stunts that will land on of us in a loony bin, intensive care unit, or grave. Consent, though, needs some discussion. Full disclosure is required to achieve this, because uninformed consent is not true consent. More importantly, most of us can't be certain that what we think our partner thought was meant, is really what our partner thought we meant until we have elaborated it. If you barely understood that last statement you have an idea how hard some thoughts are to convey." (Authors, Chapter 4, page 56.)

"This relationship is characterized by the submissive's total adoration and obedience to her Master. The Master is the most important person in the slave's life. The desire by the sub to give obedience, deference, and deep devotion is absolute and constant...This is the realm of the "True Master" and the "real submissive" who live in the pages of novels by Anne Rice, John Norman, and in the true confessions of John Q's 'The Q Letters'. This is fantasy-time, folks. We might belabor the point of how damaging this kind of relationship could be, were we not already certain that those attempting this are already pretty psychologically damaged." (Authors, Chapter 4, page 59.)

"What we're suggesting here is dumping the goals of conquest, duration, performance, achieving simultaneous orgasms, etc. We are suggesting that we reject sexual goals altogether. We're also suggesting that we renounce traditional sexual roles and learn to listen to our inner role-models; that we learn to identify those desires that are authentically our preferences and not those which we think we should have." (Philip, Chapter 5, page 71.)



"Okay, I'm going to lay it on your straight. Men, you have to learn to make love like women. Don't go getting your jaws all tight, now. I'm not saying that you have to become women; I'm not here to have you pluck off your chest hair. But, there is a lot we can learn from the way women do sex that will help us to get more out of sex than we're getting." (Philip, Chapter 5, page 71.)

"For centuries women otherwise subject to the whims of men, have drawn power from controlling an artificially created shortage. We have reinforced the myth that men always want what we could live without. Our unwritten bargain has been, "Men, be really nice to us and we will give you sex." Withdrawal from this position is painful. Revising our sexual attitudes with our male friends is something we can suffer through together if we support rather than combat each other." (Molly, Chapter 5, page 77.)

"Electric shock can disrupt the rhythm of the heart causing death. Is that clear enough? The dangerous element of electricity is called current or amperage. According to several sources, it only takes one-third of an amp to stop the heart. Common sense and the following rule of thumb about electro-torture should help you stay clear of homicide charges. Never use a device above the waist that passes any current (amperage) through the body." (Author, Chapter 6, page 81.)

"It is easy to find out whether she is testing you or if she is really having a problem. At her first objection, stop what you are doing and ask your lady if she remembers her safe-word. Have her repeat it out loud. Remind her that it is perfectly acceptable for her to use her safe-word if she needs to and that you will stop the scene immediately. Reassure her that there are a million things to try in SM, no one thing is indispensable, but that this is something you would like her to try. Proceed. You will have your answer shortly." (Author, Chapter 7, page 103.)

"Gags increase feelings of helplessness, but are ostensibly for keeping a person from talking, yelling, or crying out. In that sense alone, they are inherently dangerous to bondage players. Whenever you use gags, you must use extreme caution and pay strict attention to what your submissive is going through. Never, ever leave her gagged and unattended." (Author, Chapter 8, page 124.)

"The first rule of whipping is to keep a constant watch on what you're whacking. If you're going to watch what you're whipping, it might be a good idea to leave the lights on, huh? Room lighting does not have to wreck a romantic setting. A couple of candles afford plenty of light to see your target clearly." (Philip, Chapter 9, page 145.)

"Learning the sensual use of whips is a journey combining emotional, intellectual, and physical disciplines. There is no substitute for hands-on training and experience and we urge you to find a skillful teacher to set your feet in a positive direction. The best we can hope for here is to escort you to the beginning of the joyous path along which our teachers have so lovingly guided us. Whichever stretch of the road you choose travel and your eventual destination are up to you. We wish you Godspeed and offer these maps and journals of our own passage through the rocky highlands of corporal bliss." (Author, Chapter 10, page 146.)



## Topics for Discussion

Philip and Molly state several times throughout the book that sadomasochism is a safe, healthy and acceptable alternative to 'regular' sexual activity. After reading the book, do you agree or disagree? Be sure to clarify your reasoning.

In chapter 3, the authors point to BBS systems, or computer bulletin board systems, as acceptable ways of meeting potential partners. With the advancement of technology since the book was written making the Internet accessible for nearly everyone, do you believe the Internet is an acceptable way to meet potential sexual partners? Why or why not?

In chapter 5, Philip notes the difference in sexual behaviors of males and females, namely that women use their entire bodies as sexual organs. His solution is that males should become more like females and enjoy all acts of sensuality or sexuality. Do you agree that this philosophy can enhance male sexual encounters? Why or why not?

Chapter 6 discusses several sexual techniques that can be used. Describe four of these techniques in detail. Be sure to include potential risks involved, and potential complications, as well as completely explaining the technique.

In chapter 4, Philip and Molly note the unhealthy relationship between the slave and master in power exchange level five. Compare this power level with at least two other power levels, and explain why those interested in a power level five exchange may be more mentally unstable than those in other exchanges. Be sure to include in your explanation information from previous chapters regarding the mental health of submissives in general.

In chapter 12, the authors stress how SM uses emotions as a medium of sexual expression. Using examples from the book, explain how this is achieved.

Throughout the book, the authors note the need for trust in any SM relationship. Using examples from the book, explain why this trust is so important. Additionally, write a possible situation that could occur if this trust were not upheld.

In chapter 11, the authors describe a state of consciousness known in SM as 'flying.' Discuss how this state is brought about, possible dangers of achieving this state and what is involved when in this state of mind. Following your discussion, explain whether you believe such a state is possible to achieve.