

# What is BDSM?

by

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## **DISCLAIMER**

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## WELCOME

Welcome. I am Mistress Moriah. In this book I present my view, the way I live BDSM, from my experience as a Mistress. This view has emerged from walking my own path and from the many conversations I have had with dominants and subs over the years. During my journey, my view has emerged.

However, this is not to say that this is the only sacred truth. Everyone colors their own pictures and thus forms their own truth. This applies to all of life, and so it also applies to BDSM.



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

And maybe this book can be an inspiration for you or a practical reference for certain actions. Just as a little handhold. If you start walking your own path, you will discover that BDSM is elusive. And as soon as you think you have found the truth or that you understand it, a little later it turns out to be a little different....

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

## EMBRACE YOURSELF, BE PROUD OF WHO YOU ARE

Years ago, I found a part of myself again, which I had hidden away deeply throughout my life. For years I was haunted by the words, "You are SO dominant!" as in an accusation. It made me hate this trait, see it as a shortcoming. Thought I had to change, become more lenient and accommodating. Not to mention my innate sadism. That was already entirely a feeling that shouldn't be there. Because enjoying pain, of course, is "*not done*," and having a man crawl for you, kneel and kiss your feet, of course, is not socially accepted at all. The very idea. I must have been crazy. Or at the very least, I wasn't right. This frenetic and forced change did not make me any happier, however, and one vanilla relationship after another fell through.



The emotional struggle continued until I had met a sub through a dating site who asked me all kinds of questions about BDSM. All those years before, I had been searching for something, but had never found it. Something I describe myself as a superlative of love. An intensity I could not find in a normal relationship but was convinced existed. Through the questions of this sub my search got a name and I noticed that I was not alone. After all these years, I could finally embrace myself as complete. Even my innate dominance and sadism, which I had resisted all this time, I could lovingly embrace. It felt complete when I was introduced to the words "BDSM," "Mistress" and "Femdom." It felt like coming home, a warm bath, a reacquaintance with myself but now as complete. But because of this, my search actually began.

Things never worked out with the sub but he had ignited the searchlight in me into a giant fire. So I went looking for information and I was a bottomless pit, an insatiable

sponge (according to my slave girl I still am, by the way). I slurped up all the information and stories of experience but found nowhere near the answers to this huge list of questions, which I was walking around with myself. And the more information I found, the more questions came up. Philosophical and psychological questions but also very basic ones, like "How often do you hit someone with a whip? And can it hurt, or What on earth is cuckold? And how can the cuckold like this?" But nowhere could I find a satisfactory answer. So I started looking for like-minded people, and I talked to dozens, maybe even hundreds. Dominants, subs (women and men), switches and I learned more and more and more.

But that was just the theory, now the practice. Because I don't know about you, but I had some trepidation about "just" taking a whip and whipping someone's ass. Because how do you build up something like that? How hard do you actually hit? The butterflies in my stomach told me that I would like it, but how do I go about it?

But God's ways are unfathomable, because as I was walking around with a head full of curiosity, I met another sub and he invited me to attend a session with a professional Mistress. Wow! Those butterflies in my stomach were unstoppable, I immediately bought a leather corset and some other kinky stuff and counted down the days to that one moment....

... and that one moment didn't happen. Subje went through his back and couldn't go to that session. And for a moment, the world seemed to go dark. Very, very briefly. Until a little voice in my head said, "Sad for him, but you go on now!" So I contacted that professional Mistress and booked some kind of workshop for dominants with her. Through Facebook I surfaced a completely unknown practice sub, who was only too willing to go with me. And there I was on the doorstep of an SM Club in The Hague.

What a great afternoon that turned out to be. I enjoyed it intensely. My smile seemed glued to my face from beginning to end. What a wonderful sight to see another person suffering for you ... what a pleasure to listen to the moans of his surrender and what a liberation to be able to release your sadistic feelings....

Wow ... I could never get enough of this. I wanted more!

So this day ended with me asking if the club could use another Mistress. And the answer was "Yes."

And even though I was as pale as a puppy and knew absolutely nothing about "how things should be done," I went to work as a Pro Domme and followed my own path in that. I learned all kinds of techniques at lightning speed and enjoyed many things. Whether it was a whipping session, sounding, anal play or putting needles. I wanted to learn everything. And the more I got into it, the more I liked it. I was going to play parties, getting to know more and more people and enjoying...

And no, it wasn't all roses. The BDSM scene is like the normal world. So there are scum walking around there too, and some people are not very careful about the truth.



For example, the many subs who demand a lot of your time and suck your energy but never come to an agreement. Or subs who lie about their entire lives and play with your feelings with that. But apart from that it was an intense, innovative and above all instructive period.

Because I had become wise myself through trial and error and had to get information from every nook and cranny, I decided to set up a website (BDSMforyou.nl) to share my knowledge and experience. At a later time, Femdom-Lifestyle.nl and MistressMoriah.nl were added to that. However, I still felt that sharing information did not go far enough, because theory remains just theory. So I decided to give workshops to share my experience with others. Mostly to couples who wanted to find their way in BDSM, but also to beginning dominants or subs who are looking for a way out. Super fun to do and every time it was very special.

However, the lying, sucking sub was eventually going to break me down, as was the jealousy within the scene. So after a few years I hung up my commercial cane. Not long after that I met the love of my life, also a sub, so my BDSM experience continued, only not commercially. After a few years, that was joined by a regular slave. In short, I was living my life, enjoying love and our intense togetherness. My toys kept expanding until our house became too small for them and then there came a moment when all the pieces of the puzzle fell into place.

It started with a restlessness in me. I thought playing with my sub and slave was super fun but I also sometimes missed the interaction and challenge of the unknown. I missed the fun and intensity of giving BDSM workshops, because I had always enjoyed doing that immensely. And suddenly there was that moment, the moment when my great love went to buy a DIY house to turn this into a playhouse for me (my big dream). And this moment more or less coincided with the decision to go back to giving workshops commercially! Workshops for couples but also for beginning dominants and sub's.

Not long after, I decided to write a textbook, for anyone who still finds the step to a workshop too big. Full of tips, information and inspiration. But my mission was still not accomplished. While writing this book, the idea arose of creating E-learnings, short and clear instructions, limited to one topic. After all, not everyone aspires to a career as a Mistress or wants to know more about all those (dozens of) different game techniques. Sometimes more information on one topic, is just what you are looking for.



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