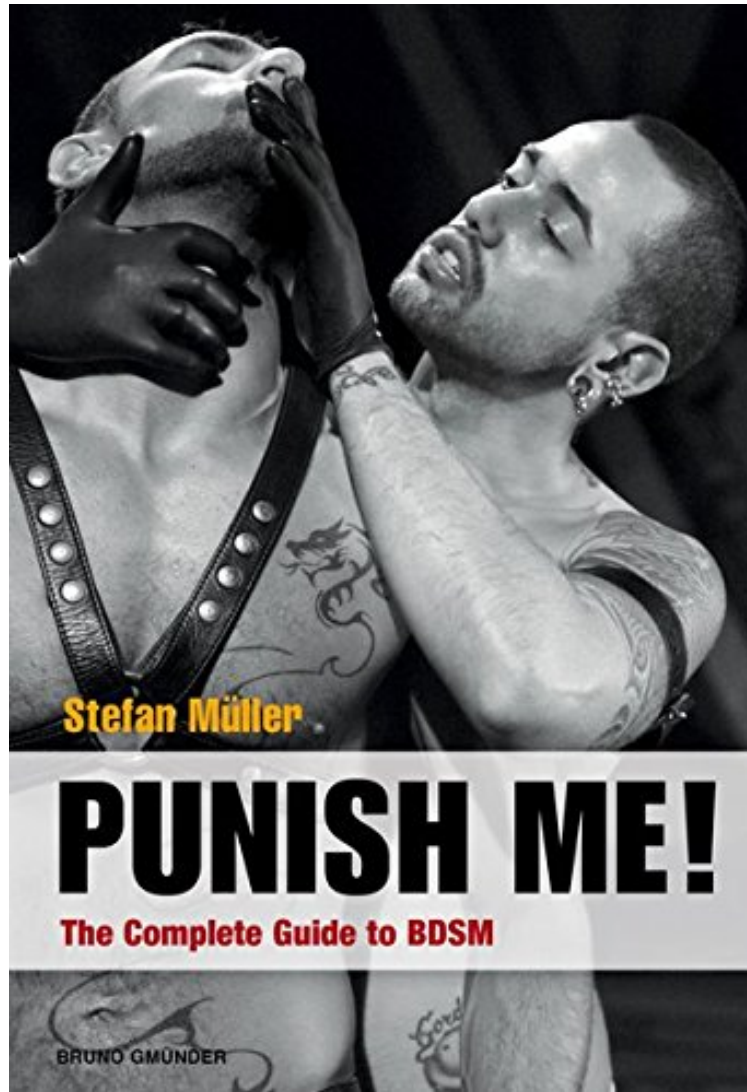


[Free pdf] Punish me!: The Complete Guide to BDSM

Punish me!: The Complete Guide to BDSM

Stefan Mueller

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Stefan Mueller : Punish me!: The Complete Guide to BDSM before purchasing it in order to gauge whether or not it would be worth my time, and all praised Punish me!: The Complete Guide to BDSM:

0 of 0 people found the following review helpful. Five Stars By Customer I love this book! Very liberating!

Intrigued about getting into kinky sex, but you don't know how? With plenty of photos, interviews with experts and accounts from personal experience, this richly illustrated book answers all the important questions about BDSM. Where is the line that divides pain and pleasure? What do you need to watch out for in terms of health and safety? What role fits you the best? What toys and tools do you need? Whether the topic is techniques or the low-down on

BDSM relationships, this book is an informative and entertaining introduction to the art of sadomasochism. An attractive book full of facts for anyone whos curious, whether beginner or advanced.

About the Author Stefan Mueller, born in Munich in 1961, has worked exclusively as a writer for television and as a journalist writing about the gay scene. His writings for Bruno Gmuender include a city guide and the sex guidebook *Do Me! The Complete Guide to Adventurous Gay Sex*. At present, he works in management and only occasionally writes for projects less hectic and more pleasurable than what infotainment has to offer. Excerpt. Reprinted by permission. All rights reserved.

Preface The great thing about BDSM is that it is a really hot pastime with an almost unlimited range of possibilities. By which I mean that you can take all the time you want one hour or twelve, or even an entire weekend and never be bored for a single second. So if youre tired of quickies, or just going through the whole fuck, lick, suck, rinse, and repeat routine which is generally over and done with after an hour or two I heartily recommend that you read this introduction to BDSM. Youve probably already, whether consciously or unconsciously, tried steering the occasional sexual encounter in the general direction of BDSM. Ever taken a bite out of your partners pert buttocks? Ever held his hands down or even tied them up? Or blindfolded him, pushed his head back into the pillow, and growled an order into his ear? Thats BDSM. The time you bit your partner more roughly than usual was that exciting? The time he whispered filthy words in your ear, his breath hot on your cheek? Did you beg him to fuck you? Thats BDSM. Or have you never before come across this kind of situation? Perhaps youre still not entirely sure what BDSM is. Well clear that up right away. But lets continue with our introduction for now. No, theres no need for you to hire a professional to introduce you to BDSM, although that isnt a bad idea in itself. You dont have to construct a dungeon in your basement either, or start trawling the Internet for a Master to give you a good thrashing. Its much simpler and much more satisfying to find your own way. Im going to assume you already have some kind of a sex life, whether its with one partner or a series of partners. Men are generally open to experimentation, which means you should be able to try out whatever you think you might enjoy. Theres no call for you to be embarrassed of your desires, however unusual you may think they are. Any further developments will depend on your partner and the situation at hand, but you should at least be able to find out, little by little, what works for you and your partner as well as what doesnt. And any uncertainty or botched attempt can easily be laughed off. You dont have to decide immediately what part you want to play in BDSM. One hearty slap on the behind does not automatically make you a spanking enthusiast. Nor does a quick squeeze of your guys balls or a bite of his nipples make you a sadist. And you can suck the occasional toe without necessarily being a foot fetishist. The same applies to all BDSM practices. You will find suggestions for trying out new practices at the end of each chapter. These are flagged with one or more chili peppers, according to whether they are more suitable for beginners or for more experienced kinksters. The main focus of this book is on playful aspects of BDSM, particularly those that are best suited to elevating your sexual experiences with another man to another temporal and emotional level. This takes place, first and foremost, in your brain, the largest sexual organ in the human body. For this is where all the sensations that constitute a great fuck come together. Time is an important factor, both with regard to the individual session as well as scheduling the next session with the same partner. The thrill of BDSM consists of the entire process involved, the trappings not the sex in and of itself. Aha! Getting to know each other, finding out what turns you on, exploring boundaries, developing your own ritual that takes longer than just one night, no matter how pleasurable and uninhibited it may seem. Anticipating an upcoming date, the events of which have already been determined, or even just speculating about it, can be very arousing. And if you and your partner have already amassed your own repertoire, theres nothing standing in the way of hours or even days of hot and sexy fun. Pain is a special element of BDSM. The experience of pain is highly subjective; it varies from person to person. Even a minimally painful stimulus can be effective, an ice cube applied to a nipple, for example, or a slap on the butt. You may have experienced this yourself. But perhaps it just made you laugh at the time. Try to look at it differently. There is nothing wrong with combining laughter and BDSM, but profound sexual pleasure does require a certain degree of seriousness. Playing with different degrees of pain can be both stimulating and arousing and frequently plays a major role in BDSM. Waiting for the pain. Its announcement. Its execution. The strain of keeping up the suspense for the entire process or a series of repeated processes can actually get you high. This is the result of an increased release of the hormones adrenaline and endorphins. Ever experienced this? I have. Several times, in fact. While BDSM practices are not necessarily an obligatory part of sex for me, I do like to keep my options open, depending on my partner, the situation, and my mood. Of course, I have my own personal boundaries, just like all of us, and beyond those boundaries, I can only imagine what other men, who are far more deeply immersed in BDSM, might find pleasurable and why. Still, I am fairly certain that there must be countless other aspects of BDSM that are completely unknown to me, simply because I have never thought of them. These probably also include options that I might quite enjoy myself, which is why Im always grateful for suggestions. But BDSM also includes less playful elements, some of which interest me only in moderation, or not at all. Which is why you will not find fantasies involving blood or violence in this book.

What is BDSM? BDSM is an umbrella term for a variety of sexual preferences and predilections involving erotic domination, submission, pain, and surrender. These may include bondage, flagellation, and role play. The term is made up of the first letters of Bondage and Discipline, Dominance and

Submission, and Sadism and Masochism. While a strict distinction between these practices is neither possible nor desirable, we will be focusing primarily on sadomasochism in this book. However, we will still be using the blanket term BDSM for most practices. Sadism and masochism were originally medical diagnostic terms, which is why many people still see them as abnormal or even pathological. But none of the gay, straight, lesbian, and trans sadomasochists or kinksters, which is how many of them refer to themselves who meet up all over the world to act out their fantasies are actually violent. Their activities are based on the mutual pleasure and consent of everyone involved. Many kinksters refer to their activities as play to set themselves clearly apart from actual violence. The golden rule here is safe, sane, and consensual play. I quite like the definition proposed by the American scholar Thomas S. Weinberg, editor of *Studies in Dominance and Submission*, who describes sex with elements of SM as an erotic, relaxing, and voluntary experience. Can pain be relaxing? Can acting out fantasies of dominance or submission during a session make you feel as if you've just been on vacation? Yes, it can. Pain is, of course, relative; we will discuss this in more detail later on. The main goal of this book is to encourage you to be more playful and adventurous during sex. Incorporating elements of BDSM into normal or vanilla sex is pretty simple. Even very small acts covering someone's eyes or mouth, for example, can be classified as BDSM. The boundaries are very fluid. You may not know what BDSM really is, but you can still experience stimuli and impulses, actions and reactions, that are all just a hair's breadth away from BDSM, if at all! These kinds of situations crop up in pretty much every walk of life: with your partner, at work, at government offices, within families, and so on and so forth. You might well be interested in BDSM because there are so many real life situations in which one person has to take what the other guy hands out. Where one person is on top and the other is on the bottom. Because even though we live in a system of laws, morals, ethics, respect, and consideration for others or at least we should, we have all experienced situations in which one of these institutions or all of them at once! has been turned upside down. BDSM, whether practiced within a group or in more intimate setting, can create a physical and psychological safe space, where the rules are defined by the participants themselves. That doesn't mean that it always works out that way. But it does provide you with the opportunity to experience the feeling of total control, or total abnegation of control, at least for a short period of time. It's great! Even if for precisely because the universe currently in your sole power is limited to the intimate relationship between you and your partner (or partners).