

Ayzad



I ♥ BDSM

**BEGINNERS GUIDE TO EROTIC DRESSAGE,
DOMINATION AND SUBMISSION GAMES**

PERFECT PREVIEW

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I LOVE BDSM

Beginners Guide to Erotic Bondage, Domination and Submission Games

Perfect Edition

The English language edition of a classic for extreme eroticism enthusiasts, featuring all-new photos and lots of links to in-depth articles and resources.

Let's be frank here: the technical part of BDSM isn't that complicated after all. To become a ropes and whips virtuoso all you need is practice a lot and study a few notions easily available from many sources, including my other books. The real problems with kink are quite different: coming to terms with your fantasies; finding your ideal partner; integrating the erotic games with your daily life; managing the complex dynamics of a domination and submission relationship... These are also the aspects of BDSM you could hardly find any information about – until now.

I Love BDSM is a beginners guide that goes straight to the point of what you really need to know to best enjoy kink. This book contains invaluable clear explanations and concrete facts to avoid the typical mistakes of those new to this field, but also all the indications to delve deeper into each topic. The chapter about bondage games is even supported by a series of online video tutorials! In these pages I condensed what I learned in almost thirty years of study and practice of BDSM, to offer you the simplest recipe to build a long-lasting “extreme” relation that will keep both partners happy.

I Love BDSM can also be an useful reminder for those who got so far into kink as to lose a general perspective. If you feel domination and submission games aren't as fun as before, the issue usually is not age nor habit, but simply forgetting which ingredients make these relationships special. Whether you are a beginner or an expert, I promise an exciting read at the end of which you too will cry «I love BDSM»!

- BOOK PREVIEW -

This preview contains a brief excerpt from *I Love BDSM – Beginners Guide to Erotic Bondage, Domination and Submission Games* (which, being an ebook, looks far better when it isn't forced in PDF form).

If you'll like it, we invite you to buy the full book from any online store: without your small contribution, it will be much harder for the author and the publisher to create more books.

Also, if you are interested in the subject of unusual sexualities, try visiting the ayzad.com website, where you will find other (free, yes) downloadable ebooks and lots of information about the world of extreme eroticism. We promise you are going to enjoy it!

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The author

Born in 1969, Ayzad is a reformed journalist and the most famous alternative sexuality expert in Italy, writing for several magazines and involved in various research and teaching initiatives.

Author of the best-selling *BDSM – A Guide for Explorers of Extreme Eroticism* (2004), and five other books only available in Italian for the moment, he also is a personal coach specialized in working with kinksters.

To stay updated on Ayzad's latest books and articles you can subscribe to the official newsletter on the author's website, www.ayzad.com

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All photographs are by [Stefano Gervasoni](#).

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Foreword

by Fabrizio Quattrini, sexologist

It is said that some movies can change your life. Often they are deep, poetic works that strike you with their original artistic vision. That was not my case.

It was February 2015. Sitting in a multiplex in Rome and surrounded by hundreds of swooning women, I was watching the huge screen with a growing chill in the pit of my stomach. Not because the film was bad (it was. Very.), but because of what it would entail for my job. The title was *Fifty Shades of Grey*, and as I incredulously stared at the expressionless face of the protagonist my only thought was «God, now all these people will believe that BDSM is actually like that. They are going to emulate this behavior with their partners... and I will see them in my office, where I'll have to try and fix the disasters they made».

For the sake of clarity, I should say that I love helping my patients and I have nothing against BDSM. However, as a therapist, I get worried every time a new fad pops up suggesting unknowingly hazardous behaviors, for some people will inevitably be influenced and will suffer for that. *Fifty Shades* depicts stalking, emotional manipulation, sexual conflicts, immature relationships... and erotic games irresponsibly and dangerously performed. All of this is unfortunately portrayed in the glamorous style of a perfume commercial as if it was an ideal to aspire to instead of a menace for one's well-being. Let me repeat: mine is not a moral judgment. Any and every sexuality deserves to be respected, avoiding stereotypes, false beliefs, ignorance. In fact, sexual preferences exist within a continuum that can be summarized as follows:

- *Statistical* normality – The most common form, no better nor worse than others in itself, but simply more frequent. It is the confirmation of stereotypes, the safety of belonging in a group, often forgetting one's true self-expression.
- Deviance/transgression – Any variation from normativity. Transgression is for the brave, and those who decide to escape stereotypes reclaim their personal and clear erotic-sexual expression of pleasure.
- Paraphilia – A definitely unusual preference, which is however serenely experienced by the subject and their partner.
- Paraphilic disorder – Here the practices are the same as paraphilia, but the difference lies in how they are experienced as a source of distress for the person or those around them. This is the starting level where psycho-therapeutic intervention is desirable.
- Sex crime – At this extreme, the sexual impulse drives the subject to commit illegal acts that are obviously not tolerable.

My apprehension was due to BDSM being a set of practices existing between the second and third levels in this scale: a bit bizarre maybe, but free of contraindications and even beneficial in certain ways. *Fifty Shades of Grey* describes full-blown paraphilic disorders

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instead, kind of advertising them. To counter its hazardous nature you would really need some sort of counter-promotion of a healthier way of playing masters and slaves.

With his continuing effort of popularizing unusual sexualities, Ayzad does precisely that. His books are excellent in presenting practices and subcultures mostly ignored by sexology: I always recommend them wholeheartedly in my courses. Still, they have a flaw: no matter how nice they are, they are understandably demanding essays written for an audience committed to investing time and study to enjoy their teachings. Surely, they would not fit most of the ladies who got swindled by Christian Grey's pecs.

However, this new *I love BDSM* is somewhat different from Ayzad's previous works and seems perfect as an antidote to *Shades'* disinformation. It is not a treatise, but quickly-readable CliffsNotes containing concrete directions for living a great domination and submission relationship. I also find commendable how he moved the focus from practical execution to the relational aspect of BDSM, which kinksters usually underestimate, leading them into the same problems every couple struggles with... further complicated by the peculiarities of these dynamics. The choice of dedicating a chapter to each letter in the title, including a most important heart, is especially laudable. This is not a book about BDSM, but *about BDSM and the love and passion that fuel it*. Just like in Christian and Anastasia's story, but without the distress, the violence and the immaturity.

Ayzad once chaperoned me at a BDSM party I visited with some colleagues. I will confess that, while he explained the strange contraptions that surrounded us and every secret of whatever the participants were doing, our professional but mostly human surprise was reserved for an unexpected side of that experience. What really struck us was the palpable *tenderness* among the people around us: not just a level of respect and love that is unfortunately rare in most "normal" couples, but everyone's infinite care in making sure that their partners were ok, *happy* no matter the tortures and humiliations. I can safely bet that you will feel the same surprise as you read the suggestions contained in the following pages. Living your paraphilias happily is not hard, if you are told how.

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Introduction

Pleased to meet you! I am Ayzad: I have been studying and living BDSM - that is, erotic domination and submission games - for over thirty years and, as they say in movies, I have good and bad news for you.

The bad one is that everything you know about BDSM is probably wrong. No matter whether you learned it from the mainstream media or *Fifty Shades of Grey*, by frequenting the online forums and groups dedicated to this subject or the countless porn websites featuring crops and corsets... the reality is very different.

The good news, instead, is that... everything you know about BDSM is probably wrong. This wonderful erotic art is definitely more accessible, healthy and fun than it is usually portrayed like.

Whips, strange tools and unusual clothing are way less important than the partners' mental approach, and relationships are often much deeper and exciting than you would imagine. There is not even a hint of violence, while respect, affection (yes, seriously) and even love triumph.

This book will provide you with all the information you need to live BDSM in a serene, fun and safe way. Here you won't find super-detailed descriptions of every technique and instrument used in these games: for that, there are many other manuals including [my own](#). In *I Love BDSM* I collected instead practical directions about handling the everyday issues of extreme eroticism: those that burden every kinkster and that often feel more hostile than any bondage tie. Luckily, they are also the aspects that make domination games so much more exciting than other erotic arts, and the small effort required to overcome them is always abundantly rewarded.

The other principle I followed was to focus on useful notions, skipping any unnecessary beating around the bush. You are invited to follow me in the following pages and to discover why "*I love BDSM*". Which, by the way, isn't just a title but also the book's table of contents. Let's start immediately with the first letter...



(Yes, actually meaning 'I' – because we ourselves are the key to every relationship)

Don't worry: you are all right.

Let's start with the most important fact. While this is a very common fear among those who feel attracted to certain things, be reassured that you have nothing to worry about: you are completely normal.

To say this are Biology and Ethology, teaching us how all mammals - humans included - are born with a natural instinct for domination and submission, indispensable for living with their counterparts. If you have ever watched a *National Geographic* episode or if you own a dog you are already very familiar with the subject, so there is no need to dwell on it.

Conversely, it is worth noting how daily life constantly requires us to adopt dominant or submissive roles depending on the situation we are in, how we feel and the people we are dealing with. These behaviors are so instinctive we don't even notice them, yet they are a major part of the social psychology curriculum. This field of study has shown how absolute equality just cannot exist when we relate with each other - and this also clearly applies to the sexual sphere. Finding prime time documentaries on this latter part is somewhat uncommon, but a great deal of research confirms it.

Luckily, the human species is a tad more evolved than lab mice, so in our case the instincts in question are normally kept under control by several factors: the education we received, social rules, ethical sense, moral principles, risk assessment, and so on.

Another feature separating us from other animals is our ability to have abstract erotic fantasies. Let me clarify: every living creature reproduces, but primates (that is, apes and humans) are unique in how they can get aroused by imagining sexual scenarios. Our species, however, is the only one on the planet also able to feel horny by thinking of stimuli different than simple intercourse. If you show, say, a *Louboutin* high-heeled pump shoe, a riding crop and a gag to a chimp, he will be happily unbothered and will keep delousing himself. Just by reading the previous sentence, part of your brain started building exciting erotic fantasies instead.

This being the situation, it is clear why kinky games are part of the desires of lots of people - basically anyone not overly inhibited by all those factors I listed above. Heaps of research carried out on the diffusion of BDSM practices produced pretty consistent results over the years.

In industrialized countries, one person in six has erotic domination/submission fantasies and one in ten has actually fulfilled them.

How such fantasies are defined varies from study to study. They range from 'having blindfolded sex while your wrists are tied' to 'focusing your entire sex life on BDSM', which is why the results swing between 8 and 12.3% of the adult population. Let's agree on an average incidence of 10% for a realistic, easy-to-remember figure.

Crunching the numbers, you will find that the U.S.A. alone counts *over 22 million* practicing adults. This means that lovers of extreme eroticism are 115 times more common than dentists (200,000), 39 times more prevalent than hockey players (568,000), and 282 times more "normal" than pizza chefs, who according to *Statista* are just 78,000. As you can see, you are in good company.

To be part of a large group, however, is not itself a reassurance. What if those twenty-two million individuals were all raving lunatics?

Don't fret. This aspect too has been researched extensively for decades. The results agree in indicating that those who practice BDSM are as mentally balanced as the average population. Not only that: for certain parameters, they are even considerably more serene, and they have a better relationship with their partners .

Of course this doesn't mean that the world of kink is totally devoid of weirdos and psychos. Among so many people, it is inevitable to also find undesirables and dangerous persons: in the following chapters we are going to see how to spot and avoid them.

One of the most revolutionary research was conducted in the Netherlands by Dr. Andreas Wismeijer. It is titled *Psychological Characteristics of BDSM Practitioners* and it was published on the August 2013 issue of *The Journal of Sexual Medicine*. On my website, www.ayzad.com , you can find links to many further fascinating studies on alternative sexualities.

At this point, I expect you to have noticed a certain insistence on my part in using the ugly 'BDSM' acronym, or definitions like 'extreme eroticism' and 'kink'. In case you are wondering why I am not using better flowing and common words, such as 'somasochism', I have a good answer. And it is also far more interesting than you imagine.

What BDSM is not

Sexual domination and submission are instinctive behaviors, but like every instinct they pose a problem: if you follow them blindly, sooner or later you are bound to get in trouble.

In our case, letting the drive for domination go indiscriminately unchained may degenerate into aggression and sexual violence; the one for submission may turn into self-harm. They are both obviously very dangerous, matching the clinical definitions for 'sadism' and 'masochism' - collectively known as 'somasochism'. These terms belong to medical science and refer to specific pathologies. They are serious and fortunately pretty rare mental disorders that should be cured with the utmost urgency before they cause irreparable damage.

The definition for pathological somasochism can be found in the DSM, which is not a typo but the common abbreviation for the *Diagnostic and Statistical Manual of Mental Disorders*. That is the reference book used by psychologists and psychiatrists worldwide to decide whether a particular mental condition is an illness or not. Without going into the details of a sometimes very controversial subject, the logic adopted by the manual goes:

Nothing is a problem if it makes you feel good - unless it causes discomfort to those around you. However, if your desires disturb you or interfere with your daily life, it is better to seek treatment.

In this specific case, a typical feature of clinical sadism and masochism is their self-referentiality. In other words, they are not seen as "doing something to a specific person" or "having something done to you by a certain person", but as wanting it for itself, without a rapport with the partner. And let's not forget the risk of ending up in the ER or in prison, of course.

These are the reasons those who love eroticism make sure not to call it with the name of a bad disease. Still, there is a whole group of people who deliberately ignore such distinction.

I am referring to journalists who, partly out of laziness, partly due to ignorance, and partly for the love of scandals, love to talk even inopportunistly about 'somasochism', contributing to the general misunderstanding. Have you ever noticed it? When the media (including proper news sources) mention certain topics, they always use a sarcastic, scared, moralistic or outraged tone. According to them, anyone whose sex life is even slightly out of conventional canons is a poor lunatic to both pity and loathe. But the twenty-two million people I mentioned earlier clearly cannot all be mentally defective... So what gives?

The answer can be found in the inner workings of media. To survive, they must balance luring audiences with enticing topics with an approach as noncontroversial as possible to keep advertisers happy and their money flowing. You can trust me: I have been a journalist myself for decades. In order not to alienate a mythical "average person" who

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grew up immersed in religious guilt, televised sexism and institutionalized ignorance, it is just fine to cover massacres, homicides, wars, children-killing mothers, teachers raping their disabled pupils, shameless petty politicians, corruption and abuses of every kind. Speaking well of sex, however, is a big no-no. It frightens housewives away. It loses viewership. It cripples revenue.

The only possible solution, then, is to treat certain topics condescendingly and with a pinch of sarcasm. That way you will satisfy the morbid curiosity of the public without forcing it to question its principles, no matter how wrong they can be.

Trouble is, *all of us* are part of that public: we all believed some bullshit, and those principles have long been ours too - so much so they even made us question our own sanity.

That said, you can really stop worrying. You are completely normal. And the very simple reason is: you have nothing in common with sadomasochism and sadomasochists, much less with their media portrayals. That thing that thrills you so much even has a different name, which is now time to become better acquainted with.

What BDSM is

'BDSM' is an acronym created in the 1980s to distinguish extreme eroticism from pathological sadomasochism. I always get a little anxious when I have to explain its meaning since its component letters are a source of misunderstandings anyway, but the term is by now part of every dictionary so we've got to deal with it:

B is for *bondage*, both in its ropes-and-chains meaning and of very tight relationship;

D is for *domination* – but also for *discipline*, as in «there are precise rules to follow, or else there will be trouble»;

S is for *submission*, and so far so good - but the letter also indicates *sadism*. So much for distinctions, huh? We'll talk about this later, I promise;

M is for *masochism*, just to have all the bases covered and be the laughingstocks of the sort of wise guys who love to remark «I told ya!».

Why the hell did they choose such an ugly word will forever remain a mystery to me, even if there is some sense to it. Fact is, the 'sadism' and 'masochism' in question are not those treated by psychiatry, nor the literary genres these terms originally referred to, but a whole different beast.

The term *sadism* was coined around 1850 to indicate De Sade's fierce satire, describing the atrocities perpetrated by completely amoral characters to criticize French society in the Eighteenth century. *Masochism* refers instead to the semi-autobiographical novels of Von Sacher-Masoch, who in the late 1800s wallowed in recounting tales of impossible and self-destructive love. But what about feeling pleasure in pain, then? That is actually called *algolagnia*, but by now you have understood that in this field people tend to use words randomly: deal with it.

These words actually indicate a series of sensorial rediscovery and reclaiming practices - an elegant way to say that, when you are aroused, even suffering can feel pleasurable. In fact, with the right approach, it can even become a *source* of pleasure - so there are people who play with these sensations, exploring them in very refined and voluptuous fashion. The last chapter of *I Love BDSM* is all about that.

Now that you know what the acronym means, however, allow me to offer a friendly suggestion: forget it.

Today the word firmly entered common usage, therefore trying to ignore it would only feel like a snobbish pretension. On the other hand, we can give it a much nicer and precise definition. Check this out:

'BDSM' refers to hundreds of different erotic games sharing one single feature: one partner puts themselves in the service of the other, striving to accept and savor whatever is going to happen; on their part, the latter assumes the responsibility of managing the scene and deciding which sensations and emotions they will both experience.

Don't you find it neater too? The above sentence contains it all, from the softest practices to the most extreme; from occasional playing to those who make it their lifestyle... but, above all, there is no trace of pathology. In fact, the focus is on the harmony between partners and how it makes these relationships special. BDSM is not about latex outfits and sailing knots, but about trust, communication, sensuality and mutual respect.



[CONTINUES...]

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