

I Love Femdom

A tribute to the power, beauty and versatility of female domination

by

Mistress Moriah

Author: Mistress Moriah
Photography: Mistress Moriah, 123rf.com, AI
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Contact: mrsmoriah@meesteresmoriah.nl
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A word in advance

Crazy really that this did not become my first book, but that I wrote the other books before. While my heart lies here, with Femdom. To the outside world, Femdom is often seen as a part of BDSM, but personally I think this sells Femdom short. Femdom is not limited to a "takes place in the bedroom" experience. It flows through your blood, you are born that way, it is what makes you complete... It is an essential part of your complete being. From both sides. Both for the Femdom sub (m/f) and for the Femdom Lady.

You are who you are, in all colors and in all facets of your being. And while the Femdom lifestyle is not part of the rainbow flag and is mostly dismissed as a "hobby" by even the most avid LGBTQ warrior, it is far from a hobby. It is a beautiful, loving lifestyle that is all about balance.

I wrote this book especially for you. The Lady Looking for Herself*. Because it is a "woman thing" that we always feel inadequate, while we have so much to offer. Embrace yourself as complete and full of love. You are allowed to be there, with all your different colors. You are beautiful as you are, both dominant and sadistic, and loving and empathetic. Believe in yourself, because that is the most important tool you need. Leave your shyness behind while reading this preface. Detach yourself from all the limiting constraints of our past. Jump...

spread your wings and fly....

Mistress Moriah

* PS: Femdom subs are of course always welcome to read along....

Thank you

Thank you to everyone who sees or has seen me as complete. Both sadistic and dominant, and empathetic, warm and loving....

... and of course the most thanks to my schmuck. He is the smile on my face every day.

Part 1

All about Femdom

What is Femdom?

A good question to start this book with, because what exactly is Femdom? Femdom stands for Female Domination. The term already gives away what it is all about, because Femdom is about power to the woman, the perception is based on the fact that a woman is biologically and/or spiritually superior to a man.



The term "*Female supremacy*" or LFA (Loving Female Authority) is also sometimes used, but it really amounts to the same thing. The woman is everything, the man is nothing. And of course you shouldn't take that literally. So within Femdom, the men are dominated by the women. How this happens depends very much on the sum of both. In some it can take very extreme forms in the form of a TPE relationship, while in others this 'way of life' is only subtly present.

Femdom to me is the purest game of power and surrender, but you may give this your own content. After all, you yourself are a Femdom Lady, so you set the rules. Not another. Because if you start listening to others, you will quickly discover that everyone will pretty much contradict themselves and so there is really no one correct interpretation. There is only the interpretation that you

(you and your sub) make of it together. And should you have multiple subs, then that interpretation with sub a may even be totally different from the interpretation with sub b....

Slaves or whatever you want to call them

The submissives within Femdom are often referred to as slaves, but you can just as easily refer to them as sub, pig, nothings, property, tinkerer, follower, slut or whatever you like. After all, you decide what his role should be and what you want to call him.

If you are experiencing this from a relationship or marriage, then it is perfectly possible to have an equal relationship outside of the experience, where Femdom is only experienced during the BDSM experience. Again, this is different with every relationship. In other cases, the disparity will always be felt. In fantasy, this may sound exciting or fun, but you have to be very strong in your mind if you want to make this a reality.

Slaves within Femdom long for the feeling of wanting to be "nothing. Only to serve you in various areas. They place - in trust - responsibility and power in your hands. This can be in the form of servitude, pampering, humiliation, but of course also by wanting to suffer for you. Everything here revolves around your happiness. At least, so it seems, because of course the slave also gets his pleasure, excitement and/or enjoyment from this experience. Also with Femdom it is a game of together, and not a one-person party of the Lady.

Femdom Lady

Just as there are a thousand and one names used for submissives, the same is true for Dominant ladies. So we are called Femdom Mistress, Lady, Dominatrix, FemDomme, Mommy, Princess, Goddess, Lady, Boss, (Body)Owner, Domina, Goddess and many more. What you want to be called is up to you. For example, my sub calls me "Sweetheart," but he also does that outside of the experience. After all, I am and always will be his 'lover,' no matter what he has to do for me. If he had to call me 'Mistress,' the purity of the experience would be cut short and it would become more of a game. And for us it is not a game, it is an intense way of being together, out of love and in a way that makes us both happy. Also, for us it is the ultimate way - through the hectic of the day - to be able to get close to each other again. During a BDSM experience, it is

almost as if you are crawling into the other person's body and head. You can hardly get closer to each other than during such a moment.

Power and control

The Femdom Lady derives her pleasure from the power and control she has over her slave. In doing so, she will also be able to enjoy seeing his suffering. Probably she will not only be naturally dominant, but also sadistic. I am speaking for myself here, but I can intensely enjoy seeing my sub suffer. I love his red welts and his surrender melts me. My sub does not like pain, but gets his pleasure from seeing me enjoy it. And yes, I enjoy torturing him, his moans and squirms. I only come to love him even more in those moments.

In fantasy or Femdom sites, Femdom ladies are usually depicted in tight leather, high heels or sexy latex. Of course, this is not at all what is all about. A Femdom experience can be just as intense when done in your house clothes, jeans or bare feet. On the other hand, certain clothing can also be empowering, on both sides. It is suddenly clear what is going to be expected of both of them. But with or without exciting clothing, in the end it's always about the energy that emanates from both and the same way of seeing each other. Each from his own experience wanting to meet each other, as pure acceptance of each other's 'being'. Both different, together one whole.

TPE

You can experience Femdom relationship in different ways. If you really want to decide everything, moving on to a TPE (Total Power Exchange) relationship, a form of relationship where you decide everything, then the TPE relationship is a form where the sub is nothing at all. You decide everything, from how the money is spent to, so to speak, what time the sub has to go to bed. This can take extreme forms, and in fantasy it probably sounds somehow excitingly raw and pure, but would he actually want to actually sleep on the floor next to her bed every day? Want to be treated doggishly and settle for crumbs? Only a few are capable of this, but for the majority, Femdom is limited to certain moments or a subtle thread running through the relationship.

And that's fine too. Everyone colors their own pictures, there is no right or wrong way, there is only one way to experience it intensely and that is the way that suits you.

When I talk about BDSM, I also sometimes talk about how BDSM is the pure

blueprint of "together. With any other partner, that experience can suddenly become very different. That's why it's important not to make a play out of it with rules made up by others, because you think that's how it should be. Nothing should. You determine your own game and what others do is their game. Don't try to copy that, because it detracts from the intensity of your experience.

Without visible domination

Without TPE (where the T stands for Total and thus it is really about an "all or nothing" situation) you can still be quite in control, without this involving visible domination. For example, my sub (years ago when we were not yet living together in one house) had a camera in his living room, on which I could follow - via my smartphone - exactly what happened there, when I was not there myself. He also knows that I regularly check his phone, to make sure he has been good and hasn't been sluttin' around with other women. My day always starts by default that he kisses my feet. He won't get out of bed before that. Should it happen that he forgets, there are painful consequences for him. In addition, of course, I guard his chastity. He may not do anything without me, not cum, not play with himself, nothing. His cock is just mine and I decide what happens to it. Or not.

Power and surrender

Femdom is an experience of power and surrender. But where does the ultimate power lie, who decides? Because it is a game of "together. You cannot go further, than the sub can handle mentally or physically. Who then has the ultimate power? Boundaries can be pushed, sometimes even pushed a bit, but in the end there is always a natural boundary you have to deal with. By the way, this applies not only to the sub's boundaries, but also to the Dominant's boundaries. Perhaps the sub has a fantasy that goes too far for you. It is important to always keep talking about this together, because it is important to always stay close to yourself and not do things that you may later feel bad about, because you went past an important boundary.

Everything revolves around trust, and once that is disrupted, it is very difficult to rebuild.

Topping from the bottom

Have you ever heard of the term "Topping from the bottom"? That term means that the sub - through manipulation, for example - ultimately determines what will happen. This can disrupt a pure experience considerably. Personally, I find this still something else than a 'riot sub' ... and there are different degrees of that too. I myself have a pretty dominant sub (and I wouldn't have it any other way), who can absolutely "riot," at least in the eyes of others. I myself have a different opinion about this. This 'rioting' happens mostly when he has not yet fully dove into his feelings to descend into himself and the moment. He needs time to get out of his head and into the here and now. I read it in his eyes, I can see exactly when he has descended into his surrender to me. From then on, I can take him deeper and deeper into the feeling of "nothing. But that is only possible when he has been able to shake off his daily façade. For that he needs this 'rel-behavior' and that takes time, there is no switch-switch on him.

Yes, I pick that!

During Femdom parties I sometimes see people looking (or they even pronounce it!), with a look, "Do you pick that? Yes, I pick that. In fact, it sometimes makes me laugh immensely. On the way to that intense surrender, we have fun. We laugh with and about each other. I can also laugh about it because I know that in his experience, there will come a switchover moment, and he will do everything I say and want from then on. And until that moment, he may in his own way try to shake off his daily attitude in this world. This can sometimes be done with a snap of his fingers, and sometimes it will take him a little longer. And no, I don't mind and I don't care what others think. After all, it is about our experience and not that of others.

Femdom and BDSM

For most, Femdom will be a lifestyle, therefore you may wonder if it is a term from BDSM. Opinions will differ on that too. It doesn't matter either, it's all about the experience you have together, no matter what name it goes by. Not everything has to be pigeonholed.

Mentally more powerful

In a world where men are physically stronger, it is a law that women are mentally more powerful. It is a logical response to each other: "Those who are

not strong must be smart." And in a world where everything is about balance, finding the right balance, lies, in respecting each other's qualities, the power of life. Many women recognize, accept and emphasize the physical strength of men. But what about the other way around? Over the centuries, women have been suppressed, kept away from study or voting rights, why? Are some men afraid of our mental strength? But you don't suppress it by putting it away. The mental strength in women is a law. It will always be there and when suppressed it will only increase. Only an insecure man will be afraid of a powerful dominant woman. A powerful, confident man, who believes in his own power, can recognize, acknowledge and enjoy the real power of a woman....

... because how nice it is to be able to shelter with each other. Women in the physical strength of men, and men in the mental strength of women. Coming home. Being allowed and able to be vulnerable. That is the powerful balance between men and women.

Striving for balance

Nature strives for balance; it always has and always will. As soon as an imbalance occurs, nature will fix it in its own way. This also applies to us humans. When the mental strength of women is frenetically hidden, kept small, an imbalance is created in our full being as humanity. Here too, nature, of which we are simply a part, will do its work. There will arise women who are even more powerful, who have even more power to restore the imbalance. And these are the true Femdom ladies. Mentally strong, powerful women.

Is that just from now? No, Femdom women have always been there. Some have only been put away in history with lies (Mary Magdalene) or a *Damnatio memoriae* was pronounced (Cleopatra). Latin for "curse of memory," which is why very little of her art has been recovered that dates back to when she was alive. Apparently we are not allowed to know how powerful these women were, as if that makes their *power* any less.

Fortunately, new power women are (still) emerging, more and more women are recognizing and acknowledging the tremendous mental strength they have

Does that make us *béter* than men? No. Are men then better than women? Also no. We are different and different is not "better or worse," different is just different. Precisely when we recognize and acknowledge each other's strengths, we form a perfect circle together, filled with our full strengths. A

circle in which it does not matter who takes which form, because in completeness it represents perfection.

And that's what it's all about -- acceptance of our full being. And that (sometimes) takes courage and acceptance.

"Women, embrace yourself as a whole. Live through your mental power, feel the power flowing through your body... and men, embrace this power because in doing so you are also embracing yourself. Everything is about accepting our full being, both ourselves and others. Therein lies hidden the secret of happiness, the ultimate form of contentment."

BDSM/Femdom is love

Everyone experiences BDSM or Femdom specifically in their own way. And that's totally fine. For me, BDSM is an expression of pure love. My sub is my great love and I love to torture and hurt him. Even though I know that he is not a masochist and that he does not like pain at all. That very knowledge allows me to enjoy it even more. His suffering for me. Physical or mental, exploring boundaries and sometimes crossing them, raw emotions, for me the purest form of romance.



Playing with power

Femdom for me is playing with power, surrender, vulnerability and trust. This can be with physical suffering, but also through humiliation, when I make my sub suffer mentally. Making him feel like nothing, even less than nothing. At most good enough to lie at my feet, among the dust and vermin. And when he lies there like that, he gets to lick my boots clean right away. Yes indeed, also the bottom of my boots. What did you think?

Hurting and/or humiliating him makes me happy. It brings me even closer to Him, as if I may literally get under His skin. Seeing His suffering, gives me

confirmation of His love for me, simultaneously allowing Him to get under my skin. For me, therefore, Femdom is an expression of pure love.

Isn't BDSM abuse?

No. Definitely not. When I am angry, I will never hit my sub. Anger has nothing to do with love and therefore, for me, nothing to do with Femdom. My whippings are my caresses and his pain the translation of his love for me. Femdom for me is an expression of my love and passion and when I am angry, there is no room for love and passion for a while.

Femdom gives me the tools to be completely balanced with myself. When I have tormented my sub, all I want to do after that is love him. Rather than love even. Comforting him, drying his tears, caressing his painful body parts, as if in a superlative stage of loving. Only with such deep valleys, can there be high peaks. Without Femdom, everything would level off to a moderate experience. And with moderation, I can't do much.

I am curious about what Femdom means to you? What feeling does it trigger in you? Have you thought about that? Maybe a good thing to do sometime. Descend into yourself and look for answers. Because the better you know yourself, the better you can get under the skin of the other.

How do you get into a conversation with your partner?

You have a kinky mind, but your partner doesn't know about it (yet). How do you start a conversation? That's a question I get e-mailed quite regularly. Because it is a little hurdle you have to cross. For some this is a relatively low threshold and for others it is a huge step. Really unfortunate that this is often still such a dilemma, because why shouldn't everyone just "be allowed to be complete?"



I regularly speak to somewhat older subs - and I'm talking 70 plus - who have spent their lives longing for something, but never dared to take that one step. Years of missing, years of longing and often even at this age still struggling to take that one step. Fortunately this does not apply to all and there are also subs, so even at the age of 60 or 70 plus they still dare to take that one step.

Making negotiable

The best thing, of course, is to discuss this with your partner much earlier. And fortunately this happens more and more often. Sometimes I see these couples at the BDSM workshops I give and I can give them just that last bit of self-

confidence or shyness that is needed to have years of fun together. It's not nothing to "suddenly start hitting your partner" either. It's not something we are taught by default in our upbringing. On the other hand, not everything is about hitting either. Mental torture (humiliation) can be just as troublesome with a partner you love and respect on the other side.

It is therefore not surprising that some Femdom enthusiasts have some trepidation about discussing this subject. This may be because someone has difficulty talking about their desires, perhaps finds it hard to accept it themselves, does not want to burden the other with it, shame, you name it. For everyone there may be a different reason. But how do you get into a conversation with your partner anyway? How do you take that first step?

Suggestions for engaging in conversation with your partner

This can be done in different ways. You - if all goes well - know your partner best and can best determine the right way (AND the right time). I can only make some suggestions that you could try or get some ideas.

Choose the right moment

Timing is everything. Don't start talking about Femdom while your partner is just engrossed in the latest episode of his/her favorite series. Pick a relaxed time when both of you are open to a deep conversation. Perhaps during an evening walk or a quiet dinner at home. The goal is to create a setting in which you both feel comfortable.

Be open and honest

Start the conversation by sharing your feelings and curiosity. You might say, "I've been doing some reading lately about different forms of intimacy, such as Femdom, and I'm curious what you think about that." This indicates that you are open to dialogue and curious about your partner's opinion.

Listen to your partner

After you introduce the topic, give your partner space to respond. He or she may have questions, doubts or even similar interests. It is important to listen without judgment and show understanding of their perspective. Remember, this conversation is all about mutual respect and open communication.

Don't immediately expect the other person to be eager to jump right in with your revelation. Sometimes it will be received with open arms, but that will by

no means always be the case. And that, of course, is not at all surprising. After all, how would you like it if your partner suddenly blurted out that he or she had been keeping something from you for years?

Set boundaries and expectations

If you decide to explore Femdom further, clearly discuss your boundaries and expectations. What are your comfort zones? Are there certain aspects of BDSM that you want to try or avoid? It is important to make arrangements in advance to ensure - as much as possible - a safe and enjoyable experience for both of you.

Start slowly and safely

Don't dive into the deep end right away. Start with light forms of Femdom, such as the use of a blindfold or gentle touch, and build from there. This allows you to discover what works and what doesn't, without feeling overwhelmed or confrontational.

And let's face it, if you kept it quiet for so many years, why suddenly be in a hurry now?

Communicate continuously

Keep the lines of communication open, both during and after your experiences. Discuss what you liked, what could be better and how you feel. This ongoing dialogue strengthens not only your sexual relationship, but also your emotional bond.

Be patient and understanding

Introducing Femdom into your relationship is a process that takes time. Be patient with yourself and your partner as you explore this new dimension together. Respect each other's pace and be willing to make adjustments based on each other's comfort and limits. Above all, let the slowest set the pace.

Seek professional guidance if needed

If it is difficult for you to have an open and honest conversation with each other, consider consulting a BDSM coach. A professional can guide you through the process from introduction to acceptance.

Stepping into the world of Femdom

That first step begins with self-recognition. It is perfectly natural and healthy to want to do new things or perhaps it is a feeling of "being" that you have carried with you for a long time. It may be something sexual, or it may be a "*state of mind*," such as a feeling of Dominance or just submissiveness or submission.



It is important that you pay attention to them. Allow yourself to explore these feelings without judgment. It's okay to be curious and discover what appeals to you. And I say honestly based on experience, "By putting away certain desires or parts of yourself, you only make it bigger..."

Before plunging into the deep end, it is wise to familiarize yourself with the world of Femdom. There are countless resources available, from books and articles to workshops and online communities. Understanding the basics, such as the use of safewords, boundaries and the different roles, can help you explore with more confidence and safety.

You are not the only one

In case you think you are the only one on this globe with these thoughts, take a look at these platforms such as [BDSMforyou](#) or [FetLife](#). These platforms

provide a space to connect with like-minded people, discover events and learn more about different practices within BDSM. To take that first step, it can help to discover that there are (many) more people like you. So you're not the only one, that realization can make you feel like you're actually perfectly normal (which, of course, you are).

You don't have to go *all-in* right away. Start with small experiments that are within your comfort zone. These can range from light bondage with a scarf to exploring power dynamics in role-playing games. Listen to yourself and your partner, and slowly build up as you both become more comfortable. The slowest determines the speed of the game. The other one follows. In fact, it's hugely important that you don't take too big a step right away. Especially in the beginning, keep the steps small and manageable so that it actually stays fun. If you look back after a while, you will see how far you have come. Even with those small steps. And why would you want to rush?

After each new experience, it is important to reflect. How did you feel during and after the activity? What did you like and what didn't you like? This self-reflection will help you better understand your limits and preferences and adjust future experiences for maximum enjoyment and comfort.

Reflecting is an important part of any exploration, and that's especially true when exploring Femdom. Here are a few reasons why reflection is so important:

1. Self-awareness and growth

Reflecting on your experiences will help you better understand what you find pleasurable and what you don't. Femdom is about consent and mutual pleasure, and reflecting allows you to make more conscious choices that meet your needs and boundaries.

2. Understanding emotions

Femdom can evoke intense emotions, both positive and challenging. Perhaps you felt euphoric after a session, or insecure. By analyzing your feelings, you can better understand why certain experiences affect you and how to deal with them.

3. Improve communication with a partner

When playing with a partner, reflection helps to better communicate what worked and what didn't. This makes future sessions safer and more enjoyable.

You can indicate what you want to experience more or less of and thus grow together.

4. Preventing unconscious patterns

Sometimes we can unconsciously fall into certain patterns. Perhaps you keep crossing a boundary without realizing it, or you keep looking for the same type of experience when there is more to explore. Reflecting helps to be intentional about your experience and to keep experimenting in a way that feels right.

5. Deeper experience and better sessions

Femdom is not just a physical experience; it takes place just as much in your head and heart. By reflecting, you make room for deepening. What made a particular experience special? How did the dynamic make you feel? What would you like to do differently? This helps make your next experience even more attuned to your desires.

In short, reflection ensures that your Femdom experience not only remains safe and respectful, but also becomes increasingly rich and meaningful.

The most important step

The most important step begins with yourself. Perhaps your partner has shared with you his desire for submission; perhaps the desire to dominate has arisen within yourself. The most important step is to accept yourself as complete. Embrace the feelings of dominance and the pleasure of sadism. You may let go of your doubts about this. You are not crazy, nor are you suddenly a different person, you are still the same as you were yesterday, only a tad more complete....



These particular character traits are allowed to be there just as much as your empathetic, warm and loving side. Acceptance of your dominance and sadism does not mean suddenly letting go of these other sides of yourself. Rather, it is about striving for balance. That means that all those sides are allowed to be there! So you don't have to let anything go, you can embrace it all! That is exactly what makes you such a wonderful Femdom Lady!

If you have been able to take that step, you are already well on your way. You will lose that last bit of diffidence as soon as you allow yourself to enjoy the (mental and/or physical) pain of another. That you may receive this with a smile... and this brings us exactly to the next important step.

Release script

Let go of what you have read or seen so far about Femdom. After all, most of it is heartily fake. One big play with mostly very bad actors. There is no tight straitjacket like you have to be. No! There is only one way to experience Femdom and that is YOUR way. Or your way, if you want that sub of yours to play a part in it too.

This means that you get to experience the experience with a smile, that you don't have to be a bitch and call your sub a loser or beat him to a pulp. *No way!* What your Femdom experience will look like, is completely up to you! You pull the strings. Both your sub's strings and your own. So what others do? That's up to them. You are authentic, you can just color the Femdom to your own blueprint. And if that's with a smile? Then that's with a laugh. If it's with a snarl? Then snarl it up nicely. Most importantly, stay with yourself and do what feels right for you - or you -.

I regularly give BDSM workshops to couples. I do this with enormous pleasure. It is always special for me to be able to give tools to others that they can use at home.

However, I rarely experience the sub doubting his submissive qualities, but the other way around... most Ladies wonder if they are doing well enough. What is it with us women? Where do all these doubts come from anyway? Why do so many Ladies struggle to consider themselves good enough. Usually in my workshops I see only very beautiful, loving and powerful Ladies passing by. And in their subs I see convinced adoration and love for their partner. And yet ... most Ladies doubt whether they are good enough.

Jaaaaa!!! Yaaaaaaaaaaaaa!!! Would I want to shout sometimes! Because it is absolutely enough! The fact that you accept the other person in their full being is already heartening! That says something about your love for the other person. And if you then also want to accommodate him in his desires, wow ... then you are the superlative of "good enough." In doing so, trust your natural dominance, because we women just have it! Where men are physically stronger, we are mentally. So dare to rely on that. You were simply born a Femdom Lady!

Female thingy

It will partly be a "woman thingy," but on the other hand, chances are we can also find the answer in all those fake movies and/or stories about Femdom. Unfortunately, there is not that much serious information to be found about Femdom, but horny videos (feel free to call them "wank videos") there are of course plenty. Only, if you only look at those, you will be deceived. From both sides. Because those movies have absolutely nothing to do with reality. The real Femdom is really very different from what the movies make us believe.

The image of "stern Mistress, cloaked in leather, ranting and swearing at her sub for her own excitement or pleasure, is nothing more than a play. Fun for the movie, exciting to lash out at and at best good enough to reenact on the commercial circuit. And even there it is often a lot more nuanced.

True Femdom is all about power, inner strength. Standing firmly in your shoes to do to the other person what you enjoy, get excited and/or energized by and what he needs (to bring him back into balance). Either way, there is ALWAYS reciprocity, if all goes well. In fantasy, the words "she decides everything" may sound very exciting, but you will always take the other person into account... Especially in a relationship where love is the foundation.

Choosing for yourself

Of course, the fact that you take the other person into account does not mean that you cannot determine anything. On the contrary, because just to choose for yourself now and then, you give him just that one piece. You may think of yourself within Femdom, and you may think of him within Femdom at other times. Does that sound confusing? Perhaps. But BDSM - and therefore Femdom - is full of apparent contradictions. That's precisely what makes it so fascinating.

It's about the art of balancing exactly on that beautiful line of give and take. Sometimes you give, sometimes you take.

But at least stay close to yourself. Dare to be authentic. Dare to be yourself and embrace all sides of yourself. Exactly that, makes you the most wonderful version of yourself. Also for him.

The right clothes

That imposed script from others, of course, also applies to clothing. If the Femdom videos are to be believed, all the Ladies walk around in tight leather or latex clothing. And on heels that are even higher than high.