

Bondage is fast becoming a staple in conventional relationships

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Bondage is fast breaking out and finding its rightful place in mainstream adult sexual activity. It's about time!



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Article: LadyFays Boudoir

We women are constantly becoming sexually freer and more assertive, and bondage which, ever since the dark ages has languished in the menacing shadows of male depravity, is fast becoming a staple in the sexual lives of mainstream couples.

For those who are bound by convention and bondage virgins, we can assure you that this form of sexual expression can be both delicate and delightfully decadent and need be nothing like the B in BDSM, if you don't want it to be.

Just because this term was coined after the 1870 novel *Venus in Fur* by Leopold von Sacher-Masoch which linked bondage to discipline, sadism and masochism, there's no reason to believe that this is the exclusive domain of those who are part of some extreme and distinctly non-normative subculture which is totally at odds with your power neutral lifestyle.

Bondage simply means to have ones movement restricted.

When done with the informed consent of both partners as a sexual play-style, it can be a very reassuring expression of extreme trust within a loving and totally equal relationship.

Remembering that this form of foreplay is enjoyed by many perfectly "normal" couples and that the hallmark of any really worthwhile fantasy is that it unleashes your boundaries and takes you right away from the humdrum of daily life.

Interestingly enough studies show that couples who go in for a little "tie and tease" to spice up their love life often score better in a variety of personality and psychological tests than those who insist on sticking to nothing more exciting than bland vanilla sex in the bedroom with the door tightly shut.

This might all sound perfectly pc but it doesn't automatically make it easy to work out just how to tie this type of fantasy into a real life orgy of pleasure.

It's key to make sure that you're both clear on a safe word and that rules and limits are well defined and will never be broken during the game.

The person performing the bondage must not get off on an increased feeling of personal power and the session should never be purely about the selfish fulfilment of the dominant's fantasy.

Surprisingly both many men and women actually prefer to take the submissive role. Being restricted gives them the freedom to relax and bask in receiving pleasure without the added pressure of having to reciprocate simultaneously.

Others get a kick out of the challenge of play-struggling against various restraints and using something simple restraints is an easy way to explore and find out which positions give you the best adrenaline rush.

If you prefer something more forceful and substantial, then nothing short of police metal cuffs will be good enough to hold your attention. Just make sure that you both know where the keys are and how the quick release lever works, before you lose yourselves and get hot and heavy.

Nothing kills the mood faster than a necessary callout to emergency services because one of you is trapped in handcuffs and neither know where the key has landed up.

Remember that the most important aspect of any bondage game is trust. One of you is restricted and very vulnerable, so only play with someone on whom you can depend and in whom you have implicit faith.

Even then don't go straight into anything that uses complicated equipment until you're both completely comfortable with it and have tested it thoroughly.



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