

## Our History

First, let's begin by turning back the kinky pages and taking a look at our past relationship with taboo sexual practices. It's fun history, I promise!

In understanding the "why?", I turned to humans' history with kink. Do we know when it all began? Is power, restraint and sensation play something new, or something we've had a long relationship with? Was kink practiced in sacred sexual contexts from ancient cultures?

While interviewing a Taoist master, he showed me scrolls and books that depicted explicit sexual arts from Ancient China. It was the first time that I had seen kinky practices clearly drawn out as a form of ancient sexual practice. There was rope tying, spanking, piercing, suspension—you name it! This piqued my interest in the study of kink in regards to Tantric, Taoist, and Shamanic practice and ritual. It is evident that humans have had a relationship with kinky play for a long time.

The *Kama Sutra*, a book known in the west mostly for its advice on sexual positions, was actually considered one of the first written texts that provided insight into sadomasochistic behavior, safety and rules. It described 4 different types of love tapping (spanking), biting, pinching, and various types of sensation play. It even said that for some women this would create joyful "cries of pain", but that a woman must consent to these types of love play since not all women would consider this play to be blissful.

Ancient Chinese texts and art also show sexual behaviors that include restraint, impact play and other kinky activities. It was during an interview with tonic herbalist, Ron Teagarden, that I saw a scroll depicting a suspension scene. This scroll piqued my curiosity. Being that my sexual journey began with some of these ancient practices, I was excited to see that perhaps kinky sex was included in this way of life.

Have you heard the story about Aristotle and his lust for Phyllis? It goes a bit like this: Aristotle convinces King Alexander to refrain from sex with his wife (some say she was a courtesan, some say she was the Queen), so that he could concentrate on his studies and Kingly affairs. Phyllis, being a cunning woman who did not want to live a life without sexual intimacy, devised a plan that would have her Alexander back in her arms. She knew Aristotle fancied her, so she used her wiles to seduce him, offering herself to him, but only on one condition. He had to wear a saddle and she would be able to ride around the gardens on his back while whipping him. Aristotle's lust overtook him and he agreed. Meanwhile, King Alexander was watching the entire time. The King was angered to see his wife riding naked on Aristotle's back, but being wise, Aristotle turned it into a lesson for the King. If she could seduce an old wise man, then surely she could seduce any young man! Phyllis got her way and Alexander resumed sexual relations with her. Some say that on this day a fetish was born!



*Aristotle and Phyllis* ,1513

In the 18<sup>th</sup> century, kinky practices were recorded as part of brothel life. Some brothels specialized in providing impact play (spanking, flogging, etc). I wonder what the deal is with the penis candle?



Copper Engraving, 1780

In John Cleveland's novel, *Fanny Hill*, published in 1749, he devotes part of his story to a flagellation scene and even includes an illustration. From the looks of the illustration, we can see that restraint was also at play. Note that his legs are strapped down to the bench.



Flagellation scene, illustration to *Fanny Hill* by [Édouard-Henri Avril](#).

While I don't know why it began, it seems clear that humans in cultures around the world, throughout time, have had a relationship with "out of the box" sex. Yet, in our modern culture we have deep shame about power, restraint and sensation. This seems so strange to me when it's quite obvious that we've been playing these games for centuries. I say it's time we accept our kinky inclinations, have fun with them and enjoy!

## **Your History**

There may be other things at play. Let's take a look at some common childhood experiences and what they might mean to our adult erotic preferences.

### **The Naughty Factor**

Did you experience a mixture of arousal with rule breaking when you were coming into your sexual awakening? Did your religious beliefs, or those of your parents, give you disapproving messages about sexual activity? Was sex, or talk about sex, strictly forbidden in your household? Then you may develop affection towards feeling "naughty", and thus become aroused when you do (see unexpected aphrodisiac emotions in chapter 2). If there were extreme restrictions and shaming in your household, shame/naughtiness might become a deep fixture of your erotic mind.

"When you have fun with naughtiness, you acknowledge the restrictions you faced as a child while asserting that, to a significant degree, your desires have triumphed over the forces that tried to suppress you." Jack Morin writes. I couldn't agree more. When you are naughty, you are overcoming shame and thus have a feeling of empowerment.

#### Naughty Factor Examples:

- Role Playing a Naughty Mistress/Master
- Leaving the House Without Panties
- Participating in Naughty Sexual Acts
- Sexual Rebellion (Sex In Public)

### **The Tease Factor**

In your childhood, did you experience craving or longing for the attention of one or both of your parents? Did you find anticipation of what was to come to be better than actually getting what you wanted? Were you given tastes of

what you craved, but never given enough to feel satisfied, so you were left wanting more...even obsessing over what you desired? Being left in a state of longing could create in you the desire to be teased sexually, left in anticipation, wondering if your longings will ever be fulfilled. It could also create the desire to be the teaser.

#### Tease Factor Examples:

- Tying or Being Tied Up and Teased With Feathers
- Light Teasing Touch All Over
- Building Up To Orgasm But Not Allowing Release
- Withholding Attention or Affection

#### **The Power Factor**

When you were a child, did you fantasize about being swept off your feet by Prince Charming? Or did you fantasize about being a Super Hero, saving the damsel in distress or the world at large? As a child, what power relationships did you fantasize about? Did you wish to be irresistible to others, saved, to surrender to and/or protected by someone? Did you wish to save, to protect, to dominate, or to have power? These themes thread through our fairy tales, through children's films, and the archetypes we admired as a child. What roles you were attracted to or fantasized about could give you some insight into your desires to submit or to dominate.

Responsibility is another key piece that ties into power. As a child, did you have all the responsibility? Were you a caretaker to your parents? Or were you taken care of? Surrender can help us let go of responsibilities that we have carried like a burden throughout life. If you had a lot of responsibility as a child, you may wish to surrender now, letting go of all control. If you felt you had no control as a child, you now may want to take back that control by dominating. Both can leave you with a sense of empowerment in your adult life.

### Power Factor Examples:

- Being Told or Telling Your Lover What To Wear
- Serving or Being Served By Your Partner
- Training Your Partner How To Please You
- Surrendering Yourself For Your Lover's Pleasure

### **The Exposure Factor**

In your childhood, were you exposed to erotic imagery that stuck in your mind and became a fixture in your fantasy life? Did you have an experience with a friend or adult that left an imprint? Was there an experience with pain or a medical trauma that you dealt with by creating pleasure around it? What was your first sexual impression? How you were introduced to sex most likely will have an impact on what you are attracted to as an adult. This also includes any past history of abuse or trauma.

Ian and I searched for a factor that may have impacted him to be attracted to restraint and power, and we found The Exposure Factor to be our only clue. His first introduction to sex was walking into a friend of a friend's house where his brother was watching a forced sex scene. It could be that this left a deep imprint on his young mind, creating an environment for creative sexual expression. The Exposure Factor also affected me, since I had a history of childhood abuse, which caused me to shut down in submissive situations (more on this later).

### Exposure Factor Examples:

- A Very Specific Fantasy
- A Fetish For Feet or Shoes
- Fears or Resistance To Certain Types of Play
- A Desire To Give or Receive Pain

There are other factors, of course. However, these are the main four that I have discovered in my work and research. As you examine these, do you find places where perhaps you can explain the “why”?

Take a moment to journal your thoughts and feelings: