

# A Step-by-Step Guide For Taking Your Sub Into Sub-Space With Impact Play

## Taking Your Sub Into Orbit

**Type of Sensation Play:** Sensual/Sexual, Impact, Trance

**Duration:** 1-2 hours or more if you are up for it

### **Benefits:**

- Creates bio-chemical changes that produce euphoria for both the Dominant and submissive
- Likely to take your sub into sub-space

**Safety Rating:** 3-4, depending up on the level of impact and implements used

### **Safety Tips:**

- Requires the use of more and more impact the deeper and deeper you go into it. This level of impact could cause bruising and could even break the skin.
- A receiver could feel very tender and sore after this session. Make sure to check in with your partner about soreness, bruising and marks before you begin.
- The receiver/submissive may also lose the ability to talk as they go deeper and deeper into erotic trance, so as a giver you need to check in with them in a non-intrusive way.

**What You Need:** Use a variety of implements for an array of sensations. They should build in intensity and level of thud/sting they provide. For example, if you have them, gather together some floggers, paddles and whips. If you don't have them, you can use household items.

## **How To:**

**Step One:** Warm your partner up with a little butt, back and shoulder massage. Start with caresses and then move to kneading the muscles. This helps bring blood flow to the skin's surface and will decrease bruising. Provide them with a bit of anticipation/dread by telling them what you are about to do to them.

**Step Two:** Give them their first endorphin hit. Use your least impactful implement on their bottom. My choice would be a furry, flexible, paddle, a flogger or a cupped hand. Have them count and thank you after each strike. Give between 20-30 strikes, each increasing in intensity.

**Step Three:** Go back to step two, only this time give them a bit more caressing. Tell them how great they did. Massage, stroke and caress them for 5-10 minutes in order for their endorphin pump to recharge itself.

**Step Four:** Now it's time for another hit of those natural painkillers that lead to such Euphoria! This step should be more intense than step three. Try a harder paddle, your flat hand, or a riding whip. Have them count backwards from 10-30, or do 1 minute of hard direct pain.

**Step Five:** Provide another 5-10 minutes of massage, light touch or other light sensations, verbal praise and coaxing. Include their entire body in the touch. You can even do a little light flogging at this time as a warm up to more endorphin-inducing, hurts-so-good blows. If you want to make it sexual, give their genitals a little pleasurable attention.

**Step Six:** Take it up another level with a 3<sup>rd</sup> round of endorphin release. You may notice that during this step your partner is more tolerant to the pain. Try intense flogging (new area of the body), with hard small paddles, dragon's tail or tongue, or whips. Provide 1 minute of intensity or 10 intense blows.

**Step Seven:** Give lots of rewards. For 5-10 minutes, give your partner massage, verbal praise, etc. If you are going sexual and both of you have consented to it, this is a perfect time to bestow direct genital stimulation. You will most likely find that orgasm will transpire!

**Step Eight:** Keep going up and up multiple levels. Make sure you keep escalating in intensity. Remember that the higher you go, the more incoherent your submissive may become. If you had planned on having intercourse, they may get so deep into sub-space that they will no longer be good for it. When your partner can no longer respond when you ask them how they are, it's time to move into aftercare.

**Step Nine:** Time for aftercare. Keep your partner warm. Cuddle. Give long light strokes all over their body. Whisper sweet nothings in their ear. Praise them, love on them, and shower them with affection and attention. They may have a dry mouth, so make sure that you give them water and maybe even a little something light to drink.

**Sex-It-Up Option:**

- Combine this with playful restraint!