

London Faerie

for My pleasure

a kinky honouring ritual for couples and triads

for My pleasure is a erotic ritual developed by London Faerie (<http://londonfaerie.co.uk>) through personal explorations and festival workshops.

This ritual is a beautiful way for a couple or triad to express love for each other in a sensual, sexy and kinky way. At its essence it offers two deep permissions: for the person receiving pleasure to ask for exactly what they want; and for the person or people giving pleasure to do so unconditionally, with total presence.

After leading this ritual at the Osho Leela Conscious Sexuality Festival 2014 I received this feedback from Jem, a male participant who honoured Georgie, his female partner:

I don't think I have ever been so present with a woman. It was overwhelmingly beautiful; like the first time we had been together. Sacred.

Upon reflection, I realised the magic that is possible if I am able to bring even half of the presence I experienced in the workshop, into my everyday life. What a beautiful gift that is and what a beautiful gift to be given in such a sensual, sexy and safe environment.

So this is the invitation contained within this ritual: to find a place of total immersion that can positively influence the rest of your life. Use it to renew your passion for each other, reconnect with your creativity and recharge your batteries – both together and separately.

It's my pleasure to share this ritual with you and I wish you beautiful journeys in exploring it with your beloved(s).

London Faerie
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I recommend that you read this outline through from start to finish first.

for My pleasure works best for couples and triads, with one person taking the role of the One Being Worshipped and the other one or two taking the role of worshipper(s).

The reason for this is that it becomes harder to focus on each other when more than 3 people are involved. This does not reflect a prejudice against group sexual encounters, but rather an indication of what best suits this particular interaction.

For the rest of this description I will say ‘worshipper’ rather than worshipper(s). If you are doing this as a triad and there are two worshippers, please just add the ‘s’ wherever necessary.

Preparation

If possible, set **at least 2 hours** aside for this ritual. It’s important to do this in a relaxed and unhurried way. It can last longer than 2 hours but shorter is not recommended.

Before you do anything, come together and connect. You can do this in many different ways, including but not limited to:

- gazing into each other’s eyes and affirming your love for each other
- breathing together
- reading this outline together and talking about it
- cuddling
- talking about any fears or concerns you each have
- sharing food together

How you choose to connect is up to you – but it should be something you find lovely and relaxing, something that brings you closer.

Once you feel nicely connected, it’s great to set the space together. I usually focus on the five senses when preparing a ritual space: décor & lighting (sight), fragrance (smell), equipment (touch and taste) and music (hearing).

For this ritual I offer you some pre-made Spotify playlists that you can use – or alternatively you might like to prepare your own. To access the pre-made playlists, please visit www.londonfaerie.co.uk/gifts/

Making a ritual space doesn't need to be a big deal. Often just tidying up and making your bedroom clear is enough. What's important is to mark a change from 'everyday life' – especially if you live together and even more so if you have kids.

On that note, it's best to do this when the kids are not around or when they definitely won't disturb you. Of course you might have to deal with an emergency if something unexpected happens – that's life – but if you can arrange it so that they are otherwise engaged for the duration of this ritual, that's ideal.

Once you've set the space, come back together to set the boundaries for this ritual. You'll need to decide who is going to be the worshipper and who is going to be the One Being Worshipped. In this case the boundary-setting is all about the worshipper, since the One Being Worshipped asks for what they want throughout the ritual.

So this is a chance for the worshipper to say what is OK for them and what is off-limits for this ritual. For example, the worshipper might say that they are comfortable giving oral pleasure but they don't want any penetration. Since the worshipper is giving up control, it's really important that they have the chance to state their boundaries before the ritual starts.

As the One Being Worshipped, I encourage you to ask questions if you are unclear about the worshipper's boundaries. Make sure that you know what you can and can't ask for so there isn't any confusion once the ritual gets going. For both of you to let go completely into your roles, it's important that the boundaries are nice and clear.

I recommend negotiating boundaries even if you're in a long-term relationship and know each other's limits well. There may be things that are fine in normal lovemaking that are off-limits here; and equally there may be things that are normally off-limits that the worshipper is willing to try here.

Once boundaries have been negotiated, you may want to take a few minutes to prepare yourselves individually. This can be physical (for example, clothes, hair and make up), emotional (getting into the right space) or energetic (grounding, opening up to your power, welcoming surrender). You're unique and, if you listen to yourself, you'll know what you need to prepare yourself for the ritual.

Once you're both ready, I recommend the worshipper going out of the room if possible. The One Being Worshipped can then set a timer for the time period you've agreed – 1 hour or more – and start the music. Once the One Being Worshipped is ready, they can welcome the worshipper into the room and the ritual begins.

The opening

When invited, the worshipper comes to the One Being Worshipped. You meet in eye contact and allow yourselves to feel the love that exists between you. Know that you are equals coming together for a ritual that involves consensual power exchange.

When it feels right, the One Being Worshipped can invite the worshipper to lend their power. The One Being Worshipped might say: *“Are you ready to surrender your power to Me and become a vessel for My pleasure?”*

The worshipper might reply: *“I am ready to surrender my power to You and become a vessel for Your pleasure. Through eye contact I lend You my power and permit You to do with me as You please.”*

The exact words you use are up to you. What's important is that you say something that marks the beginning of the ritual and acknowledges the power exchange you are taking part in.

The body of the ritual

As the One Being Worshipped, you can ask your worshipper to pleasure you in any way that appeals to you. Of course this should be within the agreed limits; but with these in mind, you can ask for anything you want.

This can be sexual but it can also be something else – for example, asking your worshipper to bring you something to eat or something to drink.

The best guide during the ritual is for you to stay true to what you really want. In a society that teaches us to limit and censor what we want, this is a hugely liberating act: to ask for what you want and have it fulfilled with love.

Your pleasure is the entire focus of this ritual. You are there to receive whatever you want, and to ask for it as specifically as you can. This might mean saying “touch me softer” or “lick me harder”; or it may mean stopping sexual touch for a while and just being held. With permission to ask for what you want, you can simply trust the flow and listen to your desire.

As the worshipper your job is to give yourself fully to the One Being Worshipped. The only thing you need to do is to satisfy their requests as fully as you can. You may of course bring your creativity and self-expression to how you do this; but be aware of when you might be doing so as a form of rebellion or an expression of resistance.

For the time that you are in this space together, the roles are 100% clear. I recommend not switching roles during this ritual. If you both enjoy switching you can do the ritual again another time, the other way round. One key feature of this ritual is that you stay totally clear in your roles for the duration of the experience.

Closing the ritual

There are two ways in which the ritual may complete: either it reaches a natural end or the alarm goes off to signal the end of your time together. Either is fine but I recommend not going overtime, as this may damage the safe container you’ve co-created. It’s easier for someone to devote themselves fully to another when they know that the time is limited – running the ritual overtime can damage trust between you.

At the same time, if you’re right in the middle of something when the alarm goes, it’s natural to bring this to an end rather than stopping abruptly. Finding the right balance here is important for both of you.

When you’re ready, the One Being Worshipped brings the worshipper back into eye contact. Lovingly you begin returning power to the worshipper through eye contact, perhaps saying something like:

“Thank you for surrendering your power to me and being a vessel for my pleasure. I return you the power you loaned me so that we may once again be equals.”

As the worshipper you may reply with something like this: *“Thank you for the opportunity to surrender to you. I gladly accept my power back and rejoice in us being equals again.”*

The words you use are entirely up to you. What is important here is that you acknowledge the transition from a Dom / sub relationship to a relationship of equals.

Aftercare

Traditionally in BDSM, it is assumed that the submissive needs taking care of at the end of a scene and that this is the Dominant's responsibility.

In this ritual it's worth allowing the possibility that you both might need some aftercare. We live in a society where having full permission to ask for what you want is seen as selfish and demanding. So breaking this taboo and accepting this permission can sometimes bring up emotions for you as the One Being Worshipped.

Similarly, there is a lot of pressure for people to be independent and powerful, which means that surrendering your will to another is often seen as weak and disempowered. So the worshipper may feel some shame when it's all over – especially if they really let go into their role during the ritual.

Allow plenty of time and do whatever feels right for both of you. Gentle contact and cuddling is highly recommended. It's also great to ask each other what you need rather than assuming you know.

It's a good idea not to talk too much about the ritual at this point unless absolutely necessary. Of course, if something really strong has come up for one or both of you, you may need to talk about it. But if possible, it's great simply to enjoy the space you've created together and to leave discussion for the debrief.

The debrief

It's really worthwhile to spend some time debriefing on a ritual like this, as it can offer you many insights about yourself, each other and your relationship. Allowing time and space for this is a great gift.

Ideally you'll debrief later on the day of the ritual or the next day. It's better not to leave it more than a couple of days.

I recommend using Nancy Kline's method for debriefing. Kline outlines her approach to communicating and listening in detail in her book *Time To Think*, but here is a summary of the key points:

- Each of you gets to speak for as long as you need.
- When one is speaking the other listens without interrupting. The one listening gives the one speaking their full, undivided attention, keeping their eyes on the other as much as possible and trying to keep their mind as clear as possible.
- When the one speaking has finished, the one listening asks “Is there anything else you’d like to say?” And you ask this again and again until the answer is “No”.
- Once the one speaking is sure they have nothing more to say, you reverse roles.
- If you have time, I recommend each person getting three ‘rounds’. The first round focuses on something positive about the ritual; the second round is an open space where you can share anything about the ritual; and the third round expresses your gratitude for what you’ve shared.

These key points are not a substitute for reading *Time To Think*. I can’t recommend this book highly enough – it’s life changing stuff!

Adapting and remixing this ritual

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I’d love you to share this ritual with others, including your adaptations, amendments and improvements. Also it would be wonderful for you to share your playlists with others. If you feel to do this, please create your playlist(s) on Spotify and email the link to contact@londonfaerie.co.uk. I will publish them on my website so everyone can enjoy them.

www.londonfaerie.co.uk



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