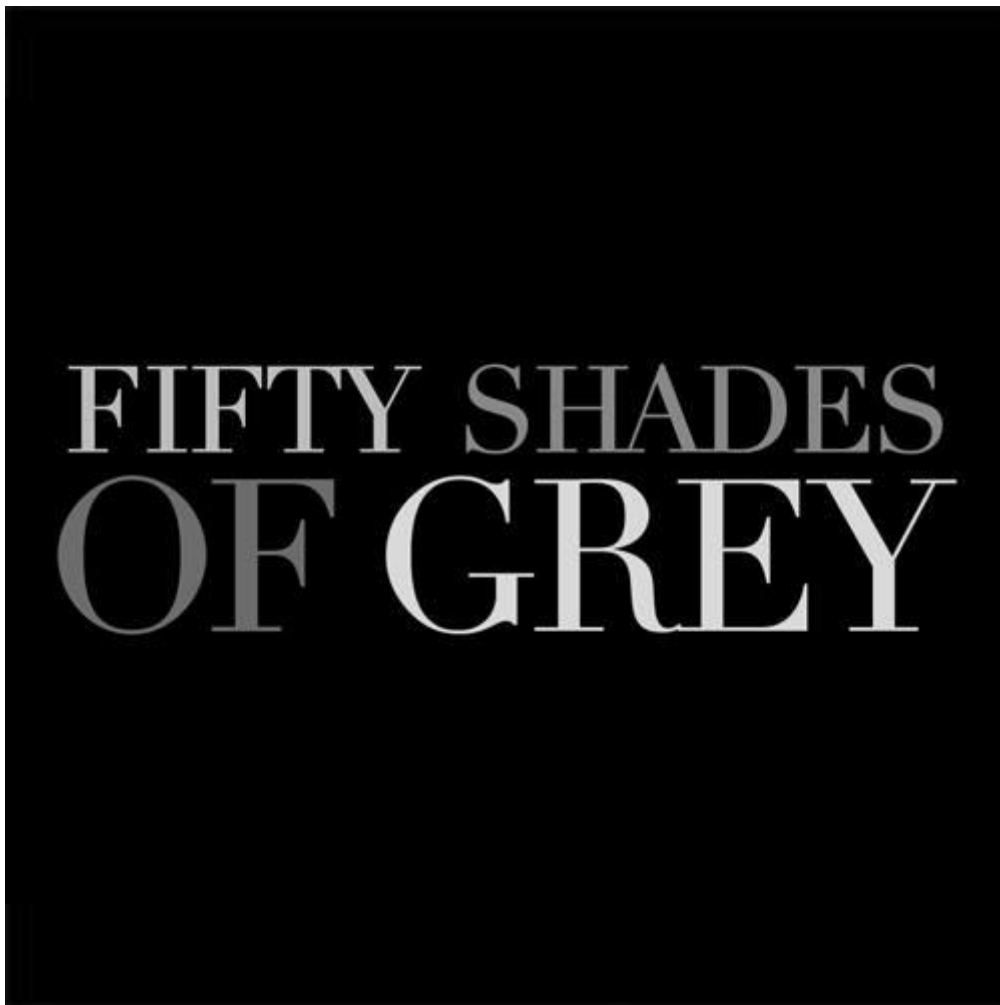


50 shades of real BDSM



Im 28 years old,still pretty young but not too young to have not experinced some fun regarding sexual acts and play. I am miss reeves and i will be here to discuss many topics from erotic to how to cook a perfect sunday lunch, we shall make friends you and I, your opinion will be very important to me to make the blogs more fun and fab.

Dominant sex/BDSM

The real 50 shades of grey, what do men really think???

How do you please your dominant? What is a submissive and dominant relationship about? I will discuss and research many topics for you including best sex and how to improve quality of sex with a partner, but to start off this blog lets find out about the above questions. Good questions.....to start with I will introduce you to what the

sub/dom relationship is about.

To be a submissive you have to get off on being empowered, exercised and exploited. Anything you do is for your master/mistress even if pain is the force being inflicted upon you, your pain is the dom's pleasure, and the dom has to gain all pleasure before the sub can receive theirs. So if the sub is a good little slave, they can orgasm eventually. Being submissive can be like being a human doormat and like your a little puppet on a sexy string. Dominants always come first. It's a true case of having something happen to you what you may not really enjoy or like but you do it knowing that something better will happen if you play along. Naughty for your nice!!! I liked to be called domina, it sounds hot and is off the tv show spartacus ha! Domina meaning incharge.

I'd say being a submissive is a great responsibility because it's really up to that person what's going to happen, if they can't do as ordered and told then they simply may be denied any sex, so it's easier to just obey your mistress.....like a good boy!!! (or girl let's be real here any sex can be the dominant) Have you ever been denied a orgasm, it's horrible, your body is crying out for a massive release and then the dominant walks away and leaves you tied up so you can't even finish the job yourself. Trust me it's easier to be spanked and whipped, which in turn is awesome fun. Many people will have opinions about this type of sex, s&m and bondage it's not every reader's cup of tea. It may appear silly or scary, but let me tell you guys if you find a partner who is not going to run away kicking and screaming, you will have some real bedroom fun. There are many online shops which offer so many toys and clothing to aid all this kind of sex. Gimp masks for example, odd or not??? Have you any opinions? Personally a mask to me is sexy, it's freaky and strange but makes me want to try. Some people obviously would run a mile, what would you do?

Now bondage has hit the shelves big time after the book release of fifty shades, i think a bondage kit for beginners is a great idea before diving into the scary stuff like cages and chains. I've enjoyed many a times being strung up and absolutely whipped to the point my bare naked body is red raw!!!!!! why did i let some man laugh at me and

grab my hair, because I knew if this 10 mins of torture made him happy, soon I would come. I would be called a good sub and awarded praise in the style of sexual favors. And sometimes the whip of the leather or the feel of a gag being forced into your mouth is enough to make you excited in your pants anyway, by the end of it your begging him for the whip because you know what happens after the whip. I have been tied up in a japanese style rope situation and restricted where i cant move, hands tied behind back, legs restrained, rope around my breasts and then gagged and blindfolded. Trust me, I was soooo nervous. I couldnt see where he was, he was silent, the anticipation was killing me. I didnt know what was going to happen or when. Name calling is a massive turn on during these kind of games, suddenly i felt his penis pushing into my back and he started choking me and whispered in my ears,

“im going to fuck your pussy from behind, dont squeal dont fucking squirm, infact just shut the fuck up little girl and then youll be set free. Ruin it and see that dildo over there....” he lifted up the blindfold briefly. Basically if i ruined his time with my vulnerable little pussy he would stick that either down my throat and choke me to the point i wanted to vomit, or stick it into my bottom and watch me cry out with pain before pleasure.

I looked over and saw a very large big dildo, the size of it was worryingly massive.

“I SAID CAN YOU FUCKING SEE IT?”

“Hmmm yes.” I kinda grunted

“yes what?”

“yes master.”

Ive done the dominant role and have several stories, maybe we can discuss what I got upto but It all depends on what the readers want to insist upon, i have light simple antics and extreme naughty fetish style antics which would make you blush. But a good easy way of maybe showing authority is to use a strap on dildo and face sitting is also

a good one. Tie the sub up is also a simple form of torture and tell them they cant come until you say so. Then you can literally tease them to the brink of orgasm and watch as they struggle to not come everywhere, the feeling that your doing that to a person, creating that intense feeling makes you a good domina. A personal favourite is to sit on a face and hold their nose but they have to still perform oral and gasp for breath, like a fish out of water, gasping because your whole groin and butt is suffocating their face.

Has any of you lovely readers ever done CBT??? (Cock and ball torture) id be so interested to hear about the tales or should I say tails.....hmmmm. Please dont be shy now....you only live once right.

When in a fearful situation do you become a leader or a follower?? This could answer whether youd be a good sub or dom. If you get a thrill out of taking action and control, maybe being a dom is for you. If your heart tells you to listen to the the others and follow along maybe your a good submissive. Both roles are equally as satisfying and if in a relationship perhaps you could alternate these roles.

So what do we think our boyfriends who have never experienced s&m may think about our new domina fantasy.Well some couples will have been doing it for years and he will be used to the behaviour, but to a begginer its quite overwhelming and scary, I can talk you through whats happening with me. A new partner and me have just stared the s&m game, hes never done it before, so I in this case am the dom and hes the sub, until or if he wants to swap. Men LOVE the idea of being bossed about its like a woman who knows whats she is doing is a massive turn on, I dont think people want to admit they like to be vulnerable in the bedroom, but trust me, men seem to love it. Unless the male is the dom, i like to call the male dom 'daddy' its just hot and sexy, there is something great and pleasing about being daddys little girl who has pigtails and and gets her hair pulled in the act of oral sex.....can daddys girl swallow????

Does he want to be dominated? Chances are he does but wont speak up about feelings, its important to communicate about whats funand new in the bedroom, dont let your sex life mush awayto nothing from fear,

fear of what might blow your mind from vanilla sex. Men are so used to be alpha males in all situations, its normal, so to have this seduction occur by a sexy strong powerful female changes dynamics. Dont be shy to express fantasy, this has to be somebody you love or are comfortable with, somebody who you know wants the same style love making. Although done into extreme sexual content i wouldnt call it love making at all, its rude and horny fuck fest of fun.

Sex doesnt have to be scary even if your new to the bondage world, take it slow, dont rush, find a perfect match who wants to try it too, get a starter kit, you may of heard of a safeword, choose one. Always use it if your body cannot take anymore, but please dont be too rough if this is all new. I will discuss with you soon different interesting things to do in sex, watersports maybe or getting frisky outdoors.

We will talk about sex and in turn go have sex with our partners and I will promise you by the end of all our discussions we shall all have learnt a little if not alot. Ladies , i promise you to initiate sex and remember there is a physical factor and a mental factor to being a dominant. You need to assert yourself and learn where your inner confidence comes from, once you do it once you wont feel so doubtful, so put that red lipstick on and impress your partner to the brink of orgasm, then maybe deny him or her of course, and have them beg, beg you to let them come. You have to sound a bit mean a bit aggressive but you dont have to do anything you arent relaxed with. Get your verbal tongue working and watch what it does to the submissive it will drive them wild, wanting to please you. Mentally be aware of what your doing and saying, maybe choose some good commands and know what you want to happen that occasion.

Some tips before I go

1. Dress sexy, it doesnt have to be leather but dress so you feel awesome. Its like supermans cape you will automatically just feel powerful.
2. Text the submissive throughout the day to start the game off even if they are working. Say you cant wait for them to come

and kiss you or nibble you, send eroitc images.

3. Get into boss mode, have ideas of verbal commands. Think before the sex occurs.
4. He has to worship every inch of you
5. Start with tying him/her up and make that person frustrated. Teasing each other is the best foreplay.
6. NO MASTURBATION it enhances this occasion making both orgasms better
7. Its only fun if your both happy

Questions welcomed

Miss Reeves

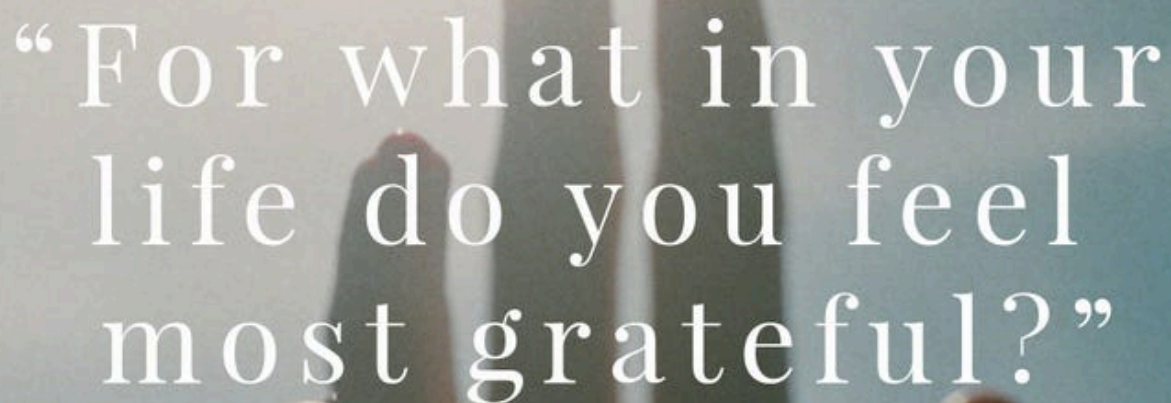
Are 36 questions enough to find the love of your life?

Give or take a month either side, I've been single for three years. One thousand and ninety five days of doing whatever I damn well please and shaving only when common decency demands it. If my relationship status were a child, it would be wearing big boy pants by now.

It's not for want of trying. There have been Tinder dates – many, many Tinder dates – some good, some bad, some as interminable as double maths on a Friday afternoon. There have been colleagues. Friends of friends. Holiday romances. The guy I met at a house party. The guy I met at a bar. The guy I met at a bus stop. As it turns out, how you meet is really neither here nor there; they all ghost you in the end.

So when an email dropped into my inbox, inviting me to

participate in a “social experiment” that promised true love in return for divulging some highly personal information to a complete stranger before gazing into his eyes for the duration of your average pop song, I thought: *What do I have to lose?* The experiment would be based on a [study](#) conducted by Arthur Aron, a professor of psychology at the State University of New York at Stony Brook, which explored whether intimacy could be established between two people over a period of 90 minutes during which they ask each other a series of increasingly probing questions, then wash it all down with a pint of 100% proof eye contact. The study is some 20 years old but came to prominence in 2015 via an essay written by Mandy Len Catron for *The New York Times*’ Modern Love column, entitled “[To Fall In Love With Anyone, Do This](#)”. In the essay, Catron recounts how she and a loose acquaintance spent an evening asking one another those same questions – and subsequently fell in love. Despite Catron’s endorsement, I’m sceptical. Perhaps it’s that very British fear of discussing anything of any consequence with someone you’ve known inside of five minutes but I find it difficult to believe that enforced (over)sharing can be a substitute for those first tentative weeks of a relationship, where you delicately brush away each other’s layers of self-preservation like archaeologists on a dig. Nor can I silence the inner voice that whispers, *What if they pair you with someone awful?* At most, I hope to come away from the evening with a hilarious anecdote and my dignity intact.



“For what in your life do you feel most grateful?”

The day of the experiment rolls around and after checking in

("Just like at the airport!" trills the host, somewhat unromantically) I grab a large glass of wine and hover awkwardly in a corner, awaiting kickoff. A half-hour wait stretches into an hour, by which point the bar is littered with single people staring at their phones while simultaneously scanning the room out of the corners of their eyes.

It's time to begin. We line up and everyone is given a number – mine is 42 – and instructed to find the table with the corresponding number, where their partner will be waiting. (I should mention here that the only information I provided on signing up was my age, sexual orientation, and what I was looking for romantically – a casual fling, dating, a long-term relationship.) Bracing myself, I stride confidently into the room. The man sitting at my table is – thank you Jesus – really rather handsome. We shake hands, introduce ourselves and get down to business.

There are 36 questions, divided into three sets, each set designed to be more probing than the last. [The questions are available online](#) but I resist the temptation to look them up in advance.

Question one: Given the choice of anyone in the world, whom would you want as a dinner guest? I hate this question. I want to say my friends but I'm pretty sure that's not allowed so I find myself embarking on a tortuous (and, frankly, unoriginal) argument that you should never meet your heroes so the wise choice would be to invite someone you detest and before I know it, Katie Hopkins is coming round for Sunday lunch. My partner (let's call him Mr X) looks confused. This has not started well.

Question three: Before making a telephone call, do you ever rehearse what you are going to say? "Yes, all the time, because I'm deeply socially awkward and find silence over the phone even more excruciating than silence IRL." Question seven: Do you have a secret hunch about how you will die? "Sleep paralysis. Or a sinkhole." Question 11: Take four minutes and tell your partner your life story in as much detail as possible.

In her aforementioned essay, Catron makes this remark: "We all have a narrative of ourselves that we offer up to strangers and acquaintances, but Dr. Aron's questions make it impossible

to rely on that narrative.” I beg to differ. Mr X answers this question first and, when it reaches my turn, I follow his lead and talk about my upbringing, school, my parents’ divorce, university, travelling and work. I leave out anything to do with previous relationships. For the first time in the evening, I am editing my response, revising and redacting before I speak. This is where Mr X and I discover we have a surprising amount in common: we went to the same university, we both spent a year in France, we have a similar family dynamic. But I can’t help feeling that I haven’t been entirely honest. Then again, Mr X didn’t mention his romantic history either.

We’re into the second set now and it’s getting rocky. A precedent has been set and from this point on my answers veer from astonishingly frank to not-telling-the-whole-story. Question 18: What is your most terrible memory?



By the time we turn the corner into the final 12 questions, I’ve had three glasses of wine and am feeling chuffed with how this whole social experiment is going. For question 30, we have to share when we last cried in front of another person. I answer honestly that it was at the cinema with a close friend, although, again, I can’t help feeling that a truer answer would have been, “In front of a guy I met on Tinder last year; I was a little bit in love with him but all he wanted from me was sex.”

And so we come to the four minutes of eye contact. I’m ashamed to say that Mr X and I agree we don’t want to do it, which

technically means we don't complete the experiment. By this point, though, Mr X has moved his chair to sit beside me and we've swapped numbers.

Fall In Love With A Stranger took place at Hoxton Square Bar and Kitchen.

Best Jobs For Single Parents

When it comes to being a single mother, the two most important characteristics of a job are flexibility and salary. And while those elements are found on a company by company basis, there are certain industries that lend themselves to being more flexible than others.

The most flexible professions include sales, public relations, health care and real estate. As an added bonus, employees who work in those fields have the potential to make decent salaries. Education is also on the list. Although the hours are set, they're likely to be the same as their school-age children's.

Of course not all companies in those professions are ideal for single parents. That's why single moms must do their research to find out how family friendly their potential employer is. Among the characteristics they should look for (aside from the ability to control their own schedule) are flex time, job sharing and on-site child care.

One place to start is *Working Mother* magazine's annual list of [100 best companies for working mothers](#).

From there, moms shouldn't be shy during the interview process. There are ways to tactfully learn if their potential

employer allows its staff to work from home and adjust their schedule according to their child care needs. Of course it can't be the first thing asked in a job interview. But it is reasonable during the second or third meeting to say things like: Tell me what it's like to work here; how do you find working here personally?; tell me about the opportunities to make use of here in terms of flexible environment.

Another way to learn about family friendliness is to ask if there are any affinity groups, says Jennifer Owens, an editor for *Working Mother*. Those are groups of employees that meet regularly on specific topics. For instance, many companies have working parent's affinity groups or parents of special needs children.

If you don't feel comfortable asking the interviewer, ask someone else within the company. Also, check out the company's Web site to see what it says about values and work culture.

Much of this depends on where a single mother is in her career. For instance, Margy Sweeney's two daughters were 2 and 5 when she got divorced. Sweeney was age 29 and still wanted to explore different careers. She was a marketing manager at a real estate firm and wasn't convinced she wanted to do it forever. It became clear when her boss yelled at her for coming into the office at 9:15 a.m. after staying up until 4 a.m. to finish a presentation. It was particularly frustrating because she left the office at 5 p.m. the previous day to pick up her children from school. She continued to work on the presentation after they went to bed so she could meet her deadline.

"A single mother should look at a company and say, 'Do they appreciate the work I do outside of regular working hours?,' " says Sweeney, who, since then, worked as a freelance writer and is now happily settled in her job as a PR professional in Chicago. In other words, find out if they're results-oriented or if they simply want employees at their desks.

Some jobs, like nursing, require employees to be on-site. But there are lots of shift options so they can work while the kids are at school—or sleeping. The average national salary of a registered nurse is \$49,534, according to CareerBuilder.com. Another well paying and flexible job in health care is physical therapy. They set their hours according to patient need, and there are many offices that allow them to work part-time. Their average national salary is \$53,508.

Still, single parents need to prioritize their needs. Companies that provide the most flexibility don't necessarily offer the highest salaries. Think medical transcription. They listen to dictated recordings from doctors and transcribe them into medical reports. The upside is they can work from anywhere; the downside is they often make less than \$30,000, according to data from CareerBuilder.com.

It's a balancing act—something single parents are very familiar with.

Forbes

BREXIT and the single mum

An independent thinktank predicts the Government of Brexit Britain will slash spending on benefits that affect the poor working class. Single parents and disabled Brits will lose thousands more each year in the event of a Brexit, research has suggested. Brexit is widely expected to trigger at least a short-term economic shock, which could hit Government finances.

And this is likely to result in slashed welfare spending, according to the independent think tank the National Institute

of Economic and Social Research. Much of this could affect poorer working families. Passing 25% of the cuts onto welfare will leave a [single working parent](#) with two children £1,386 worse off a year by 2020, the NIESR said.

Meanwhile, the same cut to the budget would leave a disabled single person with no children surviving on £1,096 less a year. 25% of public spending cuts passed onto welfare, NIESR predicts.

And that's not the worst-case scenario. If the Government passed ALL of the cuts onto welfare, a single parent with two kids could be £5,542 worse off a year. While Leave campaigners have argued migrants drive down wages and take benefits meant for Brits, NIESR said it had considered the effect of a tighter immigration policy.

My little shadow... – Being a mum and best friend

So we all have a shadow, generally only when the sun projects one...

But us mums and maybe even more so, loan parent mums, have a shadow following us around pretty much 24/7 especially if they are a loan child..

We are not only their mum, but technically their best friend, their mum, dad, brother, sister all rolled into one.

They want to understand every little thing we do and why we do it, how we do it and what happens next.

I find I often tell my little dude to go over there, just to be away from me in fear of learning tasks he shouldn't know how to do as they may be dangerous for such a curious little mind.

I remember when I struggled to grasp the loan parent duties, due to exhaustion, not enough hands, trying to work from home so that I was able to mind my son and the weekly visit to my family home... That's when you either felt proud that you were doing good or that you looked like you were struggling, all because of the look on your own mums face.. And when leaving, my mum would say to my little dude, 'be a good boy now and look after moma'.

Well, my little man took that totally to heart, took it as his duty to look after me as much as I do him.

If I let something fall, he rushes in and says, I'll get it!

If I have a headache, he becomes 'doctor dude' and puts his little hand on my forehead...

If I look sad, his little eyes looks at me and gives me a kiss and a cuddle,...

He always wants to help make dinner or carry the shopping bags after filling the trolley!

He loves photos of us together, he loves me and I him!
Walking down the street with his little hand in my hand and him saying, 'because I love you'!

Makes him the best shadow I could ever wish for ☐

Claire

20 signs why he is your twin flame

The moment you meet your twin flame is the moment the earth beneath your feet begins to shift and although I feel immense gratitude for the gift of connecting with my twin flame, I am happy to say that **this blessing is open to everyone**; however such a gift is not always received openly or even recognized by us on a conscious level. Sometimes we're at a point in our lives where we are simply not receptive to both ourselves and our twin flame's presence due to stress, over-work, lifestyle habits and negative thought patterns that lead to low self-esteem.

For this reason I believe that it's important to identify some of the major twin flame signs that you might experience, or have already experienced, in your lifetime. In the end, the appearance of our mirror soul is always a mystery and can rarely be predicted. So pay attention.

What is a Twin Flame?

Your twin flame, or twin soul, is a person who you are destined to feel connected to on a physical, emotional, mental, and spiritual level. Your twin flame represents your friend, lover and teacher in this life. He or she is the catalyst of your spiritual growth and the mirror of your deepest desires, needs, and fears. Your twin flame will reflect back to you all of your inner shadows, but also your deepest beauty and greatest strengths. In this way, your twin flame helps you to access tremendous emotional, psychological, and spiritual growth.

Who is Your Mirror Soul?

I like to refer to our twin flames as *mirror souls* because they essentially **reflect** the deepest needs, desires, dreams and shadow elements of our souls. We will explore this a bit more later on.

However, before that, I just want to say that our twin flames are **not always romantic**, and they are not – as is so popularly suggested – necessarily heterosexual connections. In fact, our twin flames may be romantic partners of the same sex (or no sex), and they can often be platonic friends or even family members who we have known for a long time.

Regardless of this, twin flames are most commonly romantic in nature and tend to manifest themselves as people who we can passionately connect with on all levels.

Top 20 Twin Flame Signs

We are not always receptive to the appearance of our twin flames in life. We might be heart-broken, wracked with grief, maritally over-burdened, or just plain tired and disillusioned when they suddenly appear out of the blue. In fact, we might have already *met* our twin flames or mirror souls, but we might have overlooked them, belittled them or taken them for granted in some way.

Whatever emotional or psychological stage you're at in life, it is always beneficial to be conscious of the people you live with and meet. These following twin flame signs might help you to open new pathways and opportunities for union:

1. **You feel a strange, inexplicable sense of “recognition” when you meet the person.** This might manifest itself as déjà vu, or an unshakable feeling that you've known this person before, or are somehow “meant to be together.”
2. **You have a feeling that they are going to play a very**

important role in your own development, without knowing when, why or how.

3. **You've established an immediate, intense connection** with them that is invigorating and shocking at the same time.
4. **You feel as though you've finally found a "home"** or safe place with the other person.
5. **You are able to be your authentic self** – warts and all – without the fear of rejection, persecution or judgment with them.
6. **You both embody the yin and yang**, in other words, your dark side is balanced by their light side, and their dark side is balanced by your light side.
7. **You feel a sense of expansion with them**, as though you are larger than your limited identity.
8. **They make you a better person**, and you make them a better person.
9. **When together you are both bonded but free, attached but unattached.** In other words, you still maintain your freedom even though you might be in a relationship with them.
10. **You are finely tuned to their energy**, and they are finely tuned to yours. This means that you are both very conscious of the present play of energy (whether happy or sad, angry or forgiving, open or withholding) present in the connection. You're both therefore highly empathic with each other.
11. **You feel as though you have been waiting for this person your entire life.**
12. **You both connect deeply and mirror each other's values and aspirations for life** beyond surface similarities.
13. **You twin flame is a mirror of what you fear and simultaneously desire the most for your own inner healing.** For example, if you are a highly-strung person, your twin flame will most likely be relaxed and messy. If you like to play the victim, your twin flame will be a strong character who refuses to give you pity or sympathy to perpetuate your complex. If you are

creatively repressed, your twin flame will be a flourishing artist. In this way, our twin flames challenge and infuriate us but also teach us important lessons about our fears, core wounds and repressions.

14. **No matter how many times you avoid or leave your twin flame, you're always magnetically attracted back to them.** (Don't confuse this with abusive relationship complexes.)
15. **One of you is more soulfully mature than the other,** and often serves as the teacher, counselor or confidant within the relationship.
16. **You are taught important life lessons** such as forgiveness, gratitude, empathy and open-mindedness by them and with them.
17. **Your connection is multi-faceted.** In other words, your twin flame is likely your best friend, lover, teacher, nurturer and muse all at once.
18. **Your twin flame doesn't try to change you.** They accept you for who you are and what stage you're at, and encourage you to do the same for yourself (and vice versa).
19. **You can be truthful with each other about anything.**
20. **Together, you both feel driven towards a higher purpose,** whether spiritually, socially or ecologically.

Learning how to Bounce! Resiliency : What is it? Why it matters.



Michael H Ballard Canada

Resiliency is starting to gather more attention. Personal resilience helps us stay healthier, do better in school, have happier relationships, experience more joy and do better in our jobs. Family resilience also offers that and makes for better neighbours and safer communities. Resilience in the workplace helps with staff engagement and retention. The benefits of creating, having and nurturing a personal, family, organizational and community culture of resilience is very valuable.

But, what is it? Resilience is our ability to “bounce back” from adversity. Life’s BIGStuff events that we all have happen to us eventually. Death in the family, loss of a job, divorce, poor performance at work or school, chronic illness, having your house burn down you get the picture.

Resiliency is a set of key factors we can all use to assist us stay safer and move forward and often create more successful

outcomes. There are two major parts to Resiliency. Inner and outer resilience. Inner resilience includes the beliefs you hold to be true, your problem solving skills, and the goals you've set for yourself. Outer resilience includes the values of the community you live in, teams you've built around yourself, the education you have, the support you have from family to name just a few.

So how do we get more? Well to further develop and deepen our inner resiliency a key place to start includes: – Our self control. Moderation is a very powerful factor in being resilient. Our resistance to temptation, our restraint to over doing things is a great place to start. Key skills to help us manage our inner world include: Diaphragm Breathing and Meditative Walking. More on this in a future column.

To further develop our outer resiliency developing and deepening trusting relationships with people who treat us with respect, sharing time with others that have high expectations of us and them of us are powerful places to help us deepen and widen our ability to thrive. Setting boundaries and expectations with others politely and clearly make a difference.

Resiliency is a life long process. A key to me is that we have to set boundaries and expectations of our self and with others. Being resilient offers up life as a life long adventure. It helps us stretch into life's BIGStuff moments and issues keeping us safer and happier and often offering us much better outcomes.

So until next time, Imagine Yourself with more [Resiliency for Life](#).