



## Grace in Service

### By Linda "BootPig" Hall

In many conversations with other service people, and those that manage them, philosophy is often at the core. We talk about the motivations behind service, obedience in service, the greater meanings, and sometimes we forget those finishing touches. Perhaps it is that we seem shallow when we are working on something that we think isn't big enough to be important. To me, the overall aesthetic of service, is crucial to the entire experience. Grace, in service, is essential. Now, this isn't to say everyone should appear to be a supermodel cat-walking in Paris. I do hope that's not the goal as it is an outrageously flamboyant movement, but it is to say that those in service should strive to be as graceful as possible within their abilities.

I tend to watch others in service very closely. There is always a lesson to be learned. Remember, even with someone you can't stand, there is the lesson of knowing what you would NOT like to resemble. I think some of it is because I

was raised in the south, and attention was still paid to tone of voice, modulation, body carriage and movement.

About a year ago, I began studying the tea ceremony with a lovely monk, who was the biggest sadist on the planet apparently. I knew that it would be difficult, but I had no idea how difficult. Now I understand why it takes years and years of dedicated study to truly become a master of this art. He has taken great pride in correcting the smallest of hand movements, finger placement, and more. He will not tolerate my phrases being too quiet, or too loud. I feel like a bumbling hippopotamus under his scrutiny. His attention to detail, and demand for refinement has elevated my ability to be graceful outside of the tea room.

In terms of horsemanship, there are gaits, and there are collected gaits. How the animal moves. A collected gait is usually one that has the crowd in awe as

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## Being Transparent for Daddy

### By slaveboi carlie, US boy 2005

Most slaves are transparent to their owners. In other words there are no secrets, nothing kept, nothing hidden. I personally think this is a good idea in any relationship be it M/s, Daddy/boy, Spouse/Spouse or any other of the myriad of relationships.

Communication is the key to the success of any relationship if you really think about it. Now, having said that, i'll say that it is certainly easier said than done. Somewhere along the way i and many others have learned to "shield" loved ones from certain

things. Case in point: my own father collapsed at the bottom of his driveway in Oregon where he lives. His wife found him and got him inside and of course he refused to go to the hospital. Nothing like this had ever happened to him before, and as he got more gray in color and short of breath, my step-mother called and ambulance anyway. He was in intensive care for 5 days with oxygen levels so low he almost died. Seems my father didn't have a "cold" for the past three years or so, he had emphysema. We (the

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the training and connection of horse and rider is really brought to the forefront.

**Collection** is a natural attitude of mind and body of the horse. When at its leisure, the horse will move with its body naturally relaxed. When the horse senses a challenge of some sort, it will prepare itself for action both by greater arousal of attention, and also by collecting its body. That means to draw the body in upon itself so that it becomes like a giant spring whose stored energy can be reclaimed and directed against the outside world by releasing whatever has held it under compression. The largest organic spring in the horse's body, and therefore the easiest one to observe in action, is composed of the spine and the associated musculature that draws it together in much the same way that a bow is drawn by an archer.

When a strange horse comes upon the scene, when a horse catches the scent of a predator, or when a horse scents a potential mate, the attention of the horse is naturally aroused and its body prepares for action. It raises its head, arches its back, and in so doing brings its legs more under its body where they can maintain the bending of the spine by their contact with the earth. With each step forward this spring is released slightly and then immediately recompressed.

Collection of the horse's body has two readily apparent benefits. The first is that if danger suddenly appears the horse has a large store of energy ready for instantaneous release and so it is much easier for it to spring away from the danger than if it had been caught flat-footed. The second is that the horse is properly prepared to perform movements like the levade. The levade is superficially like the motion in which the horse rears up. A rearing horse is very dangerous for its rider because it is an unbalanced movement and the horse must either fall forward to the ground or fall over backwards on its rider. In the levade, however, the horse's rear legs are well under it, and it can safely support itself in an upright position for a time and then lower itself to the ground under control.

Through training, the horse learns to collect itself when requested to do so by the rider. The observer receives the impression of great strength held under perfect control. A horse doing a collected canter can, still under perfect control, move into an extended gallop like an arrow being released from a drawn bow.

Retrieved from "[http://en.wikipedia.org/wiki/Horse\\_collection](http://en.wikipedia.org/wiki/Horse_collection)"

Our current times reward fast, multitasking, people. The current times do not generally have an appreciation for the controlled movements required to generate the visual of gracefulness. A person that moves gracefully, might be perceived as slow. Blessedly, we are not required to adhere to current precepts and can choose to take the time to be graceful. We are also not required to limit our practice of this particular skill to behind closed doors. Grace can be practiced everywhere. Try walking gracefully to the checkout counter, knowing that your movements might allow 2 people to slip in line ahead of you. Great, grace AND patience practice!

Do you remember as a child, and perhaps like me, still as an adult, riding in a vehicle with the window down and your hand out the window, cutting through the air and figuring out which small adjustments would make your hand move in the wind? This is the visual I use when I think of being graceful and really working towards my best possible performance. I think of how my body is moving through the air, and make every effort to disturb the air as little as possible. This results in more compact, efficient movements. There are less extraneous hand movements. There is more attention to where my feet are, and where they are going. In essence, when I think of it, I move from my regular gait, into a collected gait.

### Walking:

Have you been to a mall lately and just watched people? It would seem that walking has been reduced to the lowest form of movement from Point A to Point B, with no thought whatsoever given to the body. I notice this especially among younger women that walk like linebackers. Huge plodding strides that move them forward quickly enough but do nothing to improve their appearance. Arms swinging about like power-walkers. This also forces the awful visual of an ass out of control swinging from side to side. Not the subtle hip action that people see as seductive. I see it at events with the forced, whole leg forward at once, knee damaging jackhammer stride of "Those who only wear heels at events".

My first request would be: Please stop doing that to yourself. If you are not accustomed to wearing them, then don't. You would be much more graceful looking

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in a shoe you can manage. Not to mention, a lot less fragile. The wobbly ankles I see, just make me cringe, waiting for an impending accident.

You can practice walking everywhere. That's the good news. Shorten your stride a bit or in many cases, shorten it A LOT! Keep your feet collected and well-placed. There is a reason that the song goes, "Put one foot in front of the other..." and not, "Put one foot as far as possible in front of the other". Find a sandy area and walk across it, without thinking about it as much as possible and look at your natural gait. How far apart are the steps? Are the left steps set widely apart from the right? Do the toes point in, or out?

Do it again, consciously thinking about being collected and graceful. Think about disturbing the air in your path as little as possible. Nothing else. No further knowledge on 'how' to do it. Look at the difference in the two paths already.

Try walking about your house on tiptoes if you want to strengthen muscles and work towards graceful movement in heels. Recognize that the higher the heel, the shorter the stride. You simply cannot have the same stride in fetish shoes that you have on the treadmill. Do put a book on your head, that isn't a silly exercise, it's a great way of testing your posture while walking, reminding you to keep your head up, and if your stride is too bouncy. Use whatever visual works for you. Walking on glass is a good one as well, you'll focus on careful, even placement of the feet.

Stop stomping! Practice moving silently and smoothly. Think of yourself as lighter than air, and attempt to move that way. There is no saving that "click click" of heels on tiles, but it should not sound like a herd of hooves coming through the room.

There are books and websites on walking and the anatomy and physiology of it. Do your research and you'll find more ways to refine your stride, but notice the improvement you made already by just being conscious of it.

As a small aside: Learn where to put your legs when sitting. I see people sitting with their legs splayed about in a most unattractive fashion, slouching deep into the chair or sofa they are sitting on. Some owners do not allow crossed legs, or legs entirely together, but that's your personal relationship. One could comply

with those rules and still not appear ungainly or ill-mannered.

For our service friends that may not walk as a part of their service, your hands and upper body often become a focus and grace can be worked on from this direction .

### Hands:

Deliver me from constant hand movements. Amen.

Sit on your hands if you must but stop using them all the time as an addition to your conversation. Much like silence is a lovely moment in a conversation, still hands are as well. Go back to our visual about disturbing the air as little as possible and think about all the hand waving, pointing, punctuations we do in the course of a day. I tend to think this is why so many dominants like body postures with the hands behind the back, they're tired of the constant movement too.

When you do need to use your hands, practice moving them fluidly. You can practice this in the bathtub or the pool. Just move your hands about underwater, seeing how the resistance and fluidity of the water changes the movements. The abrupt, jerky movements will stop. See your hands as an accent or nuance to your service, that are framing your current action. In tribal belly dancing, there is an arm/hand movement called "seaweed" that teaches you to allow these limbs to flow as if they were underwater.

To practice, one must be purposeful about the actions. Don't just grab a drink, or food, and be content with just setting it down somewhere. Set it down quietly, set it down without a ripple across the surface of the liquid. Move your hands slowly and gracefully so your movements don't register in someone's peripheral vision and they interrupt their conversation to focus on you. Notice whether your fingers are together, or splayed about willy-nilly. Play games like this and you'll find your gracefulness increasing.

This is just the beginning of gracefulness. You can find examples in etiquette books, or even movies. See "Remains of the Day" with Anthony Hopkins, or step back in time a bit with "My Fair Lady". Come to think of it, review Julia Roberts' "Pretty Woman" hooker stride vs. her going to the opera stride.

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Other areas to possibly look at:

1. Facial expressions and exuding a sense of peace and calm. I have a very intense look that often translates as troubled, when I'm merely very focused. I also have eyes that I often wish were NOT so expressive, they get me in trouble. Be careful that your smile makes it all the way to your eyes.
2. Voice: tone, modulation, inflection. That could be a whole series of articles on its own. You've probably heard the suggestion to record your voice and listen to how you speak. High pitched, squeaky voices can be very grating. Breathly "little girl" voices can result in being taken less seriously. One can research ways to improve speaking patterns, breathing, and use of tone.
3. Gracefulness in body positions – I can go into a kneel quite gracefully, but coming out of one with bad knees is rather awkward. I rarely kneel in public for this very reason. Practice often helps this, but sometimes you just have to make accommodations for aging or damaged body parts.

If you have exercises or visuals that have helped you increase your gracefulness, please share them by emailing me at [msolympusleather2003@cox.net](mailto:msolympusleather2003@cox.net) and I will post them in future issues.



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*She is the twisted mind behind the development of Simply Service.*

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*Upcoming Schedule:*

*Great Lakes Leather, Indianapolis  
August 26-28*

*GWNN Anniversary Bash, Austin  
September 16-18*

*SMOdyssey's Folsom Fringe, San Jose  
September 23-25*

*Bootblacking at Folsom Fair on Sunday, September 25*



## **Being Transparent for Daddy**

### **By slaveboi carlie, US boy 2005**

children) got a call after he was somewhat recovered and home from hospital. Why weren't we called right away? Because he didn't want to "worry" us. What if he hadn't pulled thru? I wouldn't have had the chance to say goodbye. This is an extreme example but i think it gets my point across.

Too often we don't tell the people we are in relationships with the whole truth or any truth to protect them so they don't worry about us. This is something i've been trying to work on the three years i've been with Sir. Part of it i think stems from having a slave heart and always wanting to please. If i'm unhappy about something i usually rationalize it down to the fact that i'm being selfish. If i'm having the feelings what about that is selfish?

Being a boy to Sir makes it even harder to be transparent as being a boy is a little bit different than being a slave. There are things that come up in life (such as money problems, work problems, family problems and the like) that i find it difficult to share with Sir. He always knows when something is bothering and when asked i usually reply with the standard "nothing is wrong, i'm just tired." The bottom line is that whether you are a slave, submissive, boy or girl you are in the relationship to serve. Not being completely honest about my feelings doesn't serve Sir nor does it serve myself. If i have a problem that i'm struggling with i should go to Daddy for advice cause that is what Daddies do!

More often that not the problem turns out to be much smaller than i expected and Sir isn't disappointed in me for troubling Him with my problems as i had convinced myself that He would be. He also wasn't bothered with having to listen to whine about things (something else i usually make up in my head) in fact, He is usually proud of me for being forthcoming and honest with Him about what is on my mind.

We should never be afraid or embarrassed to talk about what is on our mind with people who love us, regardless how ridiculous we may think it is. Most often just talking with a loved one about an issue makes it go away.



## Aromatherapy Uses in Service By Tante Jen

Over time, I've had several people ask me questions about essential oils and their uses. There are many places throughout the home that one may use essential oils to great benefit to everyone – as long as you remember some important facts and use both care and common sense.

### Basic Preparation

Before you do anything else (other than read this article), make sure you have some basic tools. The single most important thing you can have outside the oils themselves is a good, sturdy notebook and a pencil and quality eraser. Why a notebook? How else will you reproduce your results if you don't write them down? Whether a success or failure, you need to record record record or you run the risk of either repeating an abysmal failure OR not being able to replicate the Next Great Scent. Pencil and eraser should be obvious; it's always easier to erase than scribble through.

Next you will need small bottles; the smallest you can find in the beginning if you're planning on doing a lot of experimental blending. A large bowl and wooden spoon (which will need to be dedicated to this use only) and several pounds of Epsom salts, table salt and maybe even powdered milk will be needed if you plan to do bath salts. Pretty containers, such as bottles, jars and boxes with ribbands and bows are always nice if you decide to give these as gifts.

I did not get into the various possibilities of soapmaking. Making soap takes fat and lye and lye is, frankly, quite dangerous for the uninitiated to handle. You want to go that route, I would suggest learning from someone directly rather than attempting to learn by reading. See if you have a local chapter of the Society for Creative Anachronism, although do so at your own risk; that group can be quite addictive.

### General commentary about essential oils.

First off, essentials may be derived from plants, but this does not guarantee they are "harmless". Salicylic acid (aspirin) is contained in a relatively high concentration in white willow bark. Digitalis comes from purple foxglove. Deadly nightshade, amanita, jimson weed – all plants, all deadly; these are not things to be casually played with. Never make assumptions about botanicals considered harmless and common: chamomile, a relatively benign soporific often used in soothing teas and tisanes, can cause violent allergic reactions in person sensitive to ragweed.

**Important Info** – never use anything but food or drug grade essential oils. Do not use synthetic "scent" oils; the smell is never quite "true" and will blend nor evaporate properly. Besides, the skin can and will absorb that which is placed on it, and why add even more possibly harmful chemical additives to your skin?

Intrigued by the thought of scenting your home with the wonderful smells of nature? Want to try some of these wonderful oils for yourself? The first recommendation would be to more fully educate yourself; I can only cover a small bit in this pa-

per. Put yourself in the hands of someone knowledgeable in the field, either locally, if possible, or if not, through the library and the Internet. Read everything you can about the oils and their effects, and don't be afraid to experiment.

Always use a reputable source for essentials. If the oils are legitimate, they will be marked as food grade or cosmetic grade oils. Make sure they are not adulterated with a carrier oil before purchase; I know that some oils sold by companies such as The Body Shoppe will cut their oils before sale. While they are attempting safeguards, you don't always know how the oil has been cut or with what. Don't purchase them for the purposes discussed herein. Good oils may be purchased at greengrocers such as Wild Oats and Whole Foods or online. Another way to tell if you're buying true essentials is by price: while some oils are relatively inexpensive, others such as sandalwood, jasmine and rose are very expensive: a half ounce of Jasmine Absolute is \$214.00. If a shop tries to sell you "jasmine oil" for \$6.00 per ounce, you know you're not getting a proper oil. Rose and sandalwood also fall into those price ranges. This is not to discourage anyone from dabbling in scents, just keep in mind what you're trying to accomplish and what you need to perform. Read and learn all you can about essential oils. The prices I've quoted herein come from a website with which I am very familiar and I trust; they are food grade 100% essential oils distilled from organic plants. Not everyone has to go to that length. Simply be aware.

### Let's Make Something!

Let's consider some of the fun things you can do around the house with essential oils. Before we consider blending, let's use only one oil. This is called a "single note". As a good beginning, lavender is a pleasant scent and the oil is easy to find. Aura Cacia is a very reputable company that sells essential oils online. One advantage to their product packaging (as well as their sister company, Frontier) is their small bottles come with a self-measuring top: no need for a calibrated eye dropper, simply lightly tap the bottom of the bottle for measured drops.

Lavender is quite lovely for a bath. Rather than adding the oil directly to the bathwater (because essentials don't blend with water) there are several different techniques you might try: the simple ones are diluting the lavender in a tablespoon or so of honey, a teaspoon of unscented bath oil, or for a Cleopatra luxury bath, some cream. Depending on how deep you like your bath, I would suggest using 4-6 drops for every ¼ cup of carrier you choose. Mix well and relax.

For an even more luxurious bath, you can make your own bath salts. In a large bowl, prepare a mixture of Epsom salts, sea salt and table salt and/or powdered milk; a good mix would be ¼ Epsom salts, ¼ sea salt and ½ table salt or milk. The milk is especially effective if you have dry skin. To a two-cup mixture add 25-40 drops of essential oil and mix

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## Aromatherapy Uses in Service

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well with a WOODEN spoon; do not use metal. At this time, if you like, you may also add a few drops of food colouring to give the salts a pleasant colour as well as aroma. Bottle these and let them stand for a week or ten days before using.

Ten to fifteen drops of lavender mixed into a tablespoon of carrier oil makes wonderfully relaxing massage oil.

To induce restful sleep, put a drop or two of lavender on a cotton ball and tuck it into the corner of your pillow case. Or perfume a room by adding a few drops of lavender to an aroma lamp or on a ring specially made for diffusing oils. The ring rests on the light bulb of a lamp located in the room you wish to scent.

### Someone Grab the Osterizer! A How-To on Blending Essentials

We've considered single note scents; let's move on to the more complex aspects of oil blending.

Unfortunately, when you first begin blending oils, be prepared for the disappointment of blending a perfume or bath blend that smells delightful, and disappears as soon as you put it on. Here is where the blending of oils comes into play. The best way I know to insure that scent blends will have staying power is to blend the essential oils the way a musical chord is composed, with high, middle and low notes that complement each other.

The depth or weight of a specific essential oil's aroma is based on the oil's volatility, or how fast it disappears relative to other oils. A quick way to experiment with this yourself is to take something highly absorbent, such as blotting paper, coffee filters or soft paper towels and drop two or three drops of different essential oils on each blotter. Try a range of oils: one or two citrus oils; a deep, woody oil like cedarwood, rosewood, or, best of all, Patchouli or Vetiver; and something in the middle, perhaps lavender or geranium. Put the blotters away for a few hours, and then smell them. The citrus oils are apt have almost disappeared, while the deeper base notes should be unchanged. Check after 24 hours, 48 hours, etc.

The simplest explanation of the terms "top", "middle" and "base" notes is how tenaciously the oil's scent lingers. Blending a small amount of a middle note will make a top note last longer. Rounding the blend off with just a single drop or so of a base note anchors it still more. Normally speaking, the lower notes will dominate a blend if used in equal amounts. For a basic place to begin, try blending three drops of your chosen top note, two drops of a middle note, and a single drop of a base note. Be sure and take careful notes; if it's a success, you will want to be able to replicate it.

If you like the 3 2 1 blend you just created (with a total of six drops of essential oils) put a 30-20-10 drop duplication of it away for a few day or a week. Let the scents meld together, and get comfortable. Sometimes they change, in ways you like. Sometimes one note has become too strong and you want to add a few drops of the others, or make a note to add less of that, the next time.

And now, if you need to mix your blend in bulk, you can mix by the teaspoon or tablespoon; or by the milliliter.

Here are some examples of common oils and their suggested note.

Top Notes	Middle Notes	Base Notes.
Anise	Anise	Balsam Peru
Basil	Basil	Bay
Bay	Bay	Benzoin
Bergamot	Cardamom	Calendula
Black Pepper	Cassia	Cassia
Cardamom	Chamomile	Cedarwood
Chamomile	Clary Sage	Cinnamon
Clary Sage	Clove	Cistus/rockrose/ Labdanum
Coriander	Fennel	Clove
Eucalyptus	Geranium	Cypress
Geranium	Ginger	Frankincense
Juniper Berry	Jasmine	Ginger
Lavender	Juniper Berry	Jasmine
Lemon	Lemongrass	Myrrh
Lemongrass	Lavender	Neroli
Lime	Marjoram	Oakmoss
Marigold/Tagetes	Neroli/Orange Blossom	Patchouli
Neroli	Nutmeg	
Peppermint	Palma Rosa	Peppermint
Petitgrain	Peppermint	Rose
Spearmint	Pine	RoseWood
Tangerine	Rose	Sandalwood
Tea Tree	Rosemary	TonkaBean
Verbena	Rosewood	Vanilla
---	Spikenard	Vetiver
---	TeaTree	YlangYlang
---	Thyme	---
---	YlangYlang	---

### Therapeutic Uses for Essential Oils

Pure essential oils have a wide range of therapeutic benefits. The method applied can affect the results you receive. First of all, please remember that almost no essential oil should be applied neat (undiluted) to the skin. "Normal dilution" is 2.5%, i.e., 15 drops of the essential oil or blend to one ounce of carrier oil. Always remember, less is more.

The most popular or common way that the oils are usually administered therapeutically is through an Aromatherapy Massage. Blend your chosen blend or single oil into your

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choice of carrier oil. You don't need to be a trained massage therapist – warm hands and a gentle touch may not produce the deep muscle results that a trained Licensed Massage Therapist can produce, but long sweeping strokes can relax tensions and relieve anxiety. There are many introductory massage books on the market today, if this interests you, I would encourage you to browse through your neighborhood bookstore. Massage, however, is not the only method to receive the healing gifts of Aromatherapy. Please bear in mind that from a scientific standpoint the path the oils take to affect our bodies is through the olfactory system. It is by inhaling the aromatic chemicals that comprise these natural oils that they affect our central nervous system, and cross the "blood-brain" barrier. Many other methods of delivery that allow you to inhale the volatile aromatics will be at least as effective.

### APPENDIX I: CHARTS

Here are several charts that may be of use in your practicing with essential oils.

#### Measurements/conversions (Volume)

30 ml	1 fl oz	600 drops	2 tablespoonsful
15 ml	1/2 oz	300 drops	1 tablespoonful
5 ml	1/6 oz	100 drops	1 teaspoon
1 ml	1/30th oz	20 drops	1/5 teaspoon

### Common Ailments and Essential Oil Remedies

#### Aggression

Bergamot, Chamomile, Juniper, Lemon, Marjoram, Rosemary, Ylang-Ylang

#### Anger

Chamomile, Jasmine, Marjoram, Palmarosa, Rose, Rosemary, Ylang-Ylang

#### Anxiety

Neroli, Bergamot, Chamomile, Frankincense, Geranium (For Balance), Lavender, Orange, Patchouli, Rose (For Confidence), Sandalwood. Sweet Marjoram, Vetiver (For Grounding)

#### Disappointment

Bergamot, Cypress, Frankincense, Jasmine, Orange, Rose  
Fear Cedarwood, Fennel, Ginger, Patchouli, Sandalwood, Thyme

#### Grief

Bergamot, Chamomile, Jasmine, Marjoram, Neroli, Rose

#### Hysteria

Chamomile, Lavender, Neroli, Orange, Tea Tree

#### Impatience

Chamomile, Clary, Frankincense, Lavender

#### Indecision

Basil, Clary, Cypress, Jasmine, Patchouli, Peppermint

#### Jealousy

Jasmine, Rose

#### Loneliness

Benzoin, Marjoram

#### Fatigue(emotional and mental)

Basil, Clary, Cardamon, Cinnamon Leaf Or Bark, Clove Bud, Coriander, Eucalyptus Citriodora, Ginger, Grapefruit, Jasmine, Juniper, Orange, Palmarosa, Peppermint, Rosemary, Thyme, Vetiver, Ylangylang

#### Fatigue (physical)

Basil, Ginger, Lemon, Lavender, Orange, Peppermint, Rosemary

#### Nervousness

Chamomile, Clary, Coriander, Frankincense, Neroli, Orange, Vetiver

#### Panic

Chamomile, Clary, Geranium, Jasmine, Juniper, Lavender, Neroli, Ylangylang

#### Sadness

Benzoin, Jasmine, Rose, Rosewood

#### Shock

Lavender, Neroli, Rose, Teatree

#### Shyness

Black Pepper, Ginger, Jasmine, Patchouli, Peppermint, Rose, Neroli, Ylangylang

#### Stress

Bergamot, Atlas Cedarwood, Roman Chamomile, All Citrus Oils, Clary Sage, Frankincense, Geranium, Lavender, Sweet Marjoram, Melissa, Neroli, Patchouli, Petitgrain, Rose (Absolute And Otto), Rosemary, Sandalwood, Vetiver, Ylangylang.

#### Suspicion

Jasmine, Lavender

#### Tension

Chamomile, Clary, Cypress, Frankincense, Geranium, Jasmine, Lavender, Lemon, Marjoram, Neroli, Orange, Rose, Rosewood, Sandalwood, Ylangylang

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Common Carrier Oils:

### **Apricot Kernel Oil** *Prunus armeniaca*

Contains: minerals and vitamins, esp. Vit. A.. Rich in GLA (only effective if oil is taken internally.)

Uses: all skin, very rich and nourishing. helpful for prematurely aged, sensitive, inflamed, delicate or dry skin. Its light texture causes it to be readily absorbed by the skin. Can be used 100% strength but normally used at 10-50%.

### **Avocado Oil** *Persea americana*

Contains: vitamins A, B1, B2, Pantothenic acid, Vit. D, E, protein, lecithin, fatty acids

Uses: Very penetrating and a superb emollient. Nourishing for dry and dehydrated skin, eczema, solar keratosis, improves elasticity. Very thick heavy oil, best blended with others. Normally used at 10% dilution.

### **Cocoa Butter** *Theobroma cacao*

Rich and creamy and redolent of the chocolate that is its source, all natural Cocoa Butter is the ultimate skin conditioner for a pregnant tummy. Blend with a few drops of mandarin and Neroli for an absolutely wonderful "Belly Balm" for the mother to be or use it to help add body and thicken any balm, salve or cream.

### **Fractionated (Refined) Coconut** *Cocos nucifera*

Contains (unrefined) 50% lauric acid. Refined coconut oil is closest substance to human sub-cutaneous fat and more compatible with skin than vegetable oils.

Uses: dryness, itching, sensitive skin, tanning aid. Use as base or 10-50% additive. Adding to Sweet Almond Oil increases both shelf life and washability. Lack of rancidity makes it the ideal base for oil based perfumes.

### **Grapeseed Oil** *Vitis vinifera*

Contains: vitamins, minerals, protein, linoleic acid. Cholesterol free

Uses: all skin types, odorless, penetrating. very light oil. Slightly astringent, tightens and tones the skin. Does not aggravate acne. Use full strength.

### **Hazelnut Oil** *Corylus Avellana*

Contains: vitamins, minerals, proteins, oleic and linoleic acid

Uses: slightly astringent, toning, fast absorption. Useful as base for oily, combination skins, acne. Hazelnut oil penetrates the skin quickly. It has a mildly astringent action and thus is a base oil of choice for oily skin or skin with acne. Use 100% as base or in 10% dilution.

### **Jojoba Oil** *Simmondsia californica* (Wax) Organic, USA

Contains: protein, minerals, plant wax, myristic acid.

Uses: Mimics sebum, penetrates skin very rapidly, therefore

not always the best choice for massage, but excellent for nourishing all skin types. While it is called "oil", jojoba is actually a wax that is liquid at room temperature. Can help control acne and oily skin or scalp since excess sebum actually dissolves in jojoba.

### **Macadamia Nut Oil** *Macadami integrifolia, tetraphylla, or ternifolia*, cold pressed from Australia

Contains: Palmitoleic acid, 60% oleic acid, omega 3 and omega 6 fatty acids, very stable

Uses: All skin types. Contains the highest level of palmitoleic acid of any plant oil. This is found in human sebum among the young, but the level dramatically drops in mature skin. Macadamia Oil penetrates the skin very quickly.

## APPENDIX II: RECIPES

### RECIPES FOR HOME USE

#### To Please the Senses:

##### *Perfume:*

Up to 20 drops of essential oil to 1/3 ounce of carrier oil. There are two types of carrier oils that work well for perfumes, jojoba oil and fractionated coconut oil. These carrier oils have a long shelf life and are nearly odorless.

##### *Body Mist Spray:*

Add 8-12 drops of essential oil or essential oil blend to a one ounce, *glass*, and fine mist spray bottle. Fill the remainder of the bottle with *distilled water*. Shake the bottle well before each use. Be sure to check the safety precautions about the essential oils. Do not use a plastic bottle. Essential oils will erode the plastic.

##### *Bath Oil:*

Add 5-7 drops of essential oils or essential oil blend to one ounce of carrier oil. Pour a small amount of the blend into a tub of running water. Stir the water and oil together before getting in the tub. Be sure to check the safety precautions about the essential oils added to the carrier oil.

##### *Shower Gel, Lotion, Toners, or Shampoo:*

Essential oils can be added to any unscented base product. Add essential oils or blend one drop at a time. Essential oils are very potent and a little bit goes a long way. Be sure to check the essential oil safety precautions about the essential oils. Dr. Bronner makes a very nice plain castile liquid soap. The Body Shoppe also carries "blanks" of shower gel, lotion, etc.

#### For Skin Care:

##### *Facial Steam:*

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for skin care, part of a deep cleansing routine: 5 or 6 drops in a pint of warm water or in facial steamer.

#### Facial Masque:

add 3 to 5 drops to moistened clay, honey, mashed avocado, egg white, etc.

#### Facial Oil Blend:

use up to 15 drops of Essential Oil to your chosen carrier oil, or unscented cream or lotion.

#### Dry Brushing:

To stimulate the skin, and the lymphatic system all over the body use a natural bristle bath brush with two or three drops of a stimulating essential oil (rosemary or pink grapefruit are good choices if not contraindicated) to the bristles and brush your skin, from the toes up to the heart, from the fingers to the heart, always working from the extremities toward the heart. Brush lightly but cover your whole body. This is effective either before or after your morning shower. I would omit the face and neck from this process.

#### For sinus or bronchial problems:

I prefer to use:

#### Inhalation:

add 5 to 7 drops to a bowl of steaming hot water, put a 'towel tent' over the head to capture the steam. Close your eyes and inhale until water cools or until you stop smelling the oil. Repeat, if necessary, every four or five hours.

#### Inhalation, portable:

You can add 1-2 drops of an essential oil to kosher or rock salt (a good sel gross such as *La Baleine* is best) in a small glass bottle. Cap tightly. The salt will absorb the oil and allow the fragrance to circulate freely. Sniff like an old fashioned inhaler.

#### Humidifier:

(cool mist). Add from 3 to 9 drops of your chosen EO to the water of the humidifier. Run overnight, or add the essential oils two or three times a day, if running continuously. Please note, the essential oils can conceivably damage a humidifier. I've never had this happen, but it is a slight risk. This is an effective method if using the essential oils with a sick child, since there is not risk of danger from hot water, etc.

EFFECTIVE OILS: camphor, eucalyptus, peppermint, spearmint

#### Household Use:

##### Laundry:

Essential Oils may be added to the washing machine, or a few drops put on a cotton cloth and added to the dryer. If using in the washer, the warnings above about possible damage to plastic or hard rubber parts would apply.

- Adding a teaspoon of Lemon Oil to the washer will remove greasy/oily smells.

- Research indicates that adding Eucalyptus Globulous to the washing machine MAY kill dust mites in bedding.
- Lavender EO in the dryer can scent bed linens
- To really preserve the scent of EO's used in the dryer, add them and run on a 'no heat' cycle for a few minutes at the end of the drying cycle.

#### General Cleaning:

Use Lemon or Grapefruit EO, possibly with a touch of Tea Tree oil added, in the water you clean with. Wipe down kitchen counters and your bathroom with these cleansing, germicidal oils. I find that Lemon Oil in water does a wonderful job cleaning the bathroom mirror, as well as all the fixtures.

Add 6-10 drops of an essential oil or essential oil blend to an aromatherapy diffuser.

Add 30-50 drops of an essential oil or essential oil blend to an 8 oz. spray bottle. Fill the remainder of the bottle with distilled water. Most spray bottles of this size will be plastic. Plastic spray bottles can be used for this application. However, remember the oils will erode the plastic bottle in time. Be sure to check the essential oil safety precautions about the essential oils. Some sources recommend adding more essential oils, however, the 30-50 drops should be sufficient.

#### Washing Dishes:

Lemon Oil is a great grease cutter; I add a few drops to the dish pan.

And while we are in the kitchen:

#### Flavoring:

Either add a drop or two of a citrus, spice, or floral EO to a cup of honey, mix well and let stand, OR put a couple of drops of the same EO on a scrap of paper towel, lay on top of a jar of sugar, seal tightly and let stand for a week. Add the flavour of the fresh plant to sugar for tea, baking, etc.

**Tante Jen has STILL been involved in the scene since Jesus was a Corporal but has, in a fit of insanity and adoration of her Partner, pulled up stakes and left Nashville, TN for the lovely temperate climes of Detroit, MI. She still avers that the best advice for a servant is: Don't Panic. The second best is: if he can do it better than you can, let him**

*Tante Jen has studied cooking and formal table service techniques in schools in Dallas, Texas and Charlotte, North Carolina. She estimates she has polished over 5,000 pieces of silver during her lifetime, most of them some hideously ornate pattern such as Francis I or Burgundy. She misses the days when slaves got together to compare ironing techniques and how to clean efficiently rather than whose M hits the hardest and where the next party will be.*



## Working with Speech Protocols

### By slave a

There are a lot of differing opinions and styles of speech protocols. There are equally as many purposes for them. They can range from total silence to formal speech, from completely subjective to completely objective. Speech protocols have the power to change not only how others perceive us but also how we perceive the entire world.

The first skill I learned was to avoid the command form. The command form is usually structured with an implied you. "Take out the garbage" is a command. What few people realize is that "Please take out the garbage" is also a command; it's just wearing a tuxedo. Even "Let's go get ice cream" is a command for it uses the command form of "let us" though the implied you in that example is vague. We can't really be sure whom we are commanding to allow both of us the trip to the ice cream shop.

So how to avoid these becomes the question. There are many ways to communicate without using the command form. For instance, one could ask a question. "Master, are you willing to take out the garbage this morning?" or the more direct, "Master, can you take the garbage out this morning?" Of course, if "Master" is a sadist he may well say "yes" and then stand there smirking, waiting to see how you will perform the next step. If you are open to a bit of horseplay correction, that can be an invitation to simply concede and rowdily say, "then do it!" and get your cuff on the head and carry on, the cuff being reward for mindfulness. If it is a serious test, and further mindfulness is required, a statement usually works. "If you did so I would greatly appreciate it." If then equations are often a very simple way to express oneself without being demanding.

If then equations can be used when discussing likes, dislikes and limits. If the slave prefers the "limitless" approach to power exchange they come in very handy. When one says, "If you were to hold me under water for more than three minutes I would probably die, Sir" the Master can then make the decision if dead is how he wants you. He has been informed, not prohibited. "Historically, if I am called cum slut then I will bristle and shut down emotionally." Again, he has been informed not prohibited. I find them extremely useful for both the conveyance of information and for humor.

Another example I often use is driving in the car. The slave is driving and talking and about to miss the desired exit. "Get off the highway at the next exit" is how he can inform the slave what to do. It's direct. It's dominant. It's sexy.

The Master is driving and talking and about to miss the desired exit. "Master, if the restaurant you chose is the desired destination, then I have found this exit to be the quickest route." This avoids many slave faux pas. First of all the slave didn't command. It also cleverly avoids assumption. Perhaps the Master wished to go to a jewelry store first and buy the slave a diamond collar... we wouldn't want to pre-

vent THAT from happening by being assumptive now would we? So the clause, "if the restaurant you chose is the desired destination" covers the slave's butt just in case it wasn't. I cannot stress how useful the if then equation has been for me in communicating with just about everyone.

If we wish to enlist the support of others in this training all we have to do is ask everyone in our lives to say "yes Ma'am" or "yes Sir" every time we use the command form. It becomes very uncomfortable to hear that all the time and we find out just how damned bossy we are. Sucks, but it works.

Speech restriction is another hot topic among leather folks. Some hugely disapprove of it and others find it very useful and hot. Speech restriction is a spectacular exercise in the getting to know you phase of a relationship. We are often unaware of how much we communicate with body language and facial expression or how often those conflict with what we are saying with words.

For instance, I scowl when I think. I knit my eyebrows together and drag them down. The corners of my lips curl into a frown and I look grossly unhappy. No one would ever guess from looking at me when I think that I am blissfully happy.

The way we carry ourselves can also be misleading. Many people think good posture means throw your chest out. They're wrong. Some body types appear to be challenging when in a military position, especially busty women with big rib cages. I am one of those. The slave who trained me was constantly placing her hand on my solar plexus and directing me to collapse there. One can still hold the shoulders down and the lower back straight without leading with an arrogant chest. Body language is a separate field of training but I was taught to communicate in four separate styles with my body utilizing a different part of the body for the tool, the head and chest, the belly, the ass and the feet.

The skills I have already covered are often used to maintain an already established power exchange agreement. There is a training technique, however, that can launch a slave into an entirely new way of thinking that may soften that slave up for the lifetime of following and obeying to come.

It is used primarily as an exercise for me but occasionally Master will just launch an SM session on me that includes only this requirement. One night he took me to a lovely restaurant and requested that I tell him all about my own astrological chart without ever making reference to myself. I lasted three hours.

I am not to refer to myself AT ALL. This does not mean I replace I, me, mine with this girl or slave. That's a simple replacement exercise and as the slave who trained me says

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## Working with Speech Protocols

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"Any monkey can replace the red block with the blue one". I cannot make a self reference.

So if Master asks, "What did you think of the party, slave?"

I can respond, "Some people might have thought it too smoky and loud but others may have found it very exciting. The prevalence of nudity could have been offputting, but hell, sometimes it is fun to just let it all hang out"

There are two reasons for exercising this ability. One is to learn to be objective. Most people out there have only thought their own thoughts for their entire lives. This type of thinking is not conducive to service. I was taught to present at least two opinions on a matter. By learning to think of at least two different points of view on any topic, from politics to laundry soap, I found I was much more open to suggestion, and to learning how Master thinks as well as others I find myself serving.

You may notice he asked a specific question and received a vague answer. We are both aware that I am trained to think and to speak in this manner.

If Master has put me in what we call "high protocol" which includes not making a reference to myself, and then asks me a pointed question he is exercising me, like making a horse jump hurdles.

If he has forgotten he can't get a straight answer out of me and I respond in that manner he will usually laugh and say "relieved" or "low protocol" and get his answer.

We reserve high protocol for events, private dinner parties, exercising if I have been out of practice etc.

The interesting point I have discovered though, is that usually all the opinions expressed were "mine" to some degree. What I had done in the past with the presentation of my opinions was to express the "one" that seemed to be the most useful in getting me what I wanted in that moment.

If I particularly like going to that dungeon, for instance, I might say "it was grand!" to try to get him to keep taking me there, even though the smoke DID bother me and some of the nudity was a little weird.

I think most of us have a multitude of reactions to ideas, events, people, but only express the one that is useful at the time. We can call it opportunistic opinionation.

So there are many aspects of speech training and many uses. I am very fortunate to have been exposed to them and to have them ready should I need them to communicate. Not all communication results from the dreaded "we have to talk", in fact, if you have said "we have to talk" communication has failed.

*slave a is an owned 24/7 slave to Master Scott in Phoenix, Arizona. They have been together for twenty years and practicing Sm on and off for the duration, but only became interested in D/s ten years ago. Five years ago, they changed their orientation to Master/slave. They have done presentations on protocol in the Southwest and are members of SASM, GWNN, MAsT, and Apex.*

**Please remember that feedback and comments on all articles are welcomed at [msolympusleather2003@cox.net](mailto:msolympusleather2003@cox.net). Your comments will be forwarded to the author if you request it.**



# Rule of St Benedict Notes for use in Master/slave or Service Relationships

## By slave jean

**[Note from Editor: slave jean wrote to me this month about an exercise she had done, she wrote** "Two years ago at the International Master-slave contest in Texas, i heard one of the speakers, Jack McGeorge, give a presentation on Obedience, Discipline, Punishment, and Reconciliation. One of his reference texts was The Rule of St. Benedict. Specifically, he used it to define "obedience." I had the text from my earlier days as a liturgist for the Catholic Church. I took it out when I got home and made the substitutions, as I wrote out on the top of the page. At that time I "translated" the entire book - 70 pages - into a "reader" for Master/slaves." I found the effort involved in such a project amazing, as well as understanding that I've drawn many of my service lessons from sources far outside the recognized BDSM references. I invited her to share it here]

Vintage Spiritual Classics, 1981

### A. Introduction by Thomas Moore –

*In this introduction, I have not changed the words from the text except to insert and substitute [servant] for "monk" ; [Service] for "monastic; [One we Serve] for "abbot"; and [family] for "monastery."*

"Part one of the monk's fantasy is the decision not to live as everyone else lives."

In the statements below, much can be said about the choice to live in service energy:

"In our day of existential self-discovery, individualism, and literalization of freedom, it may seem odd to reflect on one's culture, decide to live an examined and thoughtful life, and then choose a strict rule of conduct and attitude. *The Rule of St Benedict* is full of sentiments and statements bound to offend modern sensibilities – corporal punishment, ownership in common, humility, . . . submission of the will in obedience."

"Living under monastic [service] rule . . . is both difficult and liberating. There is no doubt that a *monastic* [service] rule can stir up masochistic responses in some people, so that they feel constantly under the eye of the superior. . . Sado-masochistic authorities and masochistic subordinates appear here

and there . . . people living under the monastic rule generally have a good sense of humor and a lusty love of life."

**\*\*endnote**

"Modern culture is dedicated to the freedom and fulfillment of the individual. . . . But society in a larger sense does not share the values of deep altruism and self-denial one finds detailed in *The Rule*."

Regarding community living, and the absolute need to speak from the heart and reflect on what life brings while living the "rule":

"By living regularly (another "rule" word) from a deep place, by speaking for what we know is in our hearts, and by responding to the needs we see around us, we would find ourselves in a real family, a true neighborhood, and possibly in a city or town with genuine community spirit."

*Thomas Moore speaking on "Obedience"*

The Rule has a lot to say about obedience and authority. It makes three points that are essential . . . about obedience.

- 1) The Abbot [the One we Serve] speaks for god. His authority is not personal, and he is obeyed not as a person is obeyed, but as the representative of a far deeper and more subtle authority.
- 2) The Abbot's [One who we Serve] concern is care of the spirit. Social organization and smooth running of the [family] are not the goals of this kind of obedience. It is possible to listen to the voice, the interpretations, and even the will of another and hear a message from a mysterious and profound place. The challenge for the Abbot [One we Serve] is to exercise authority in such a way that it is not

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personal and not political in the usual sense.

- 3) Benedict recommends mutual obedience.

“Obedience literally means ‘to hear’.” Another person may intuit or perceive things about ourselves of which we are ignorant. . . . Sometimes the very sound of these words may signal greater import as they resound with unusual force and meaning.

*Thomas Moore speaking on “Humility”*

- 1) “Modern psychology, in particular, favors independence over dependence, confidence over feelings of inferiority, avoidance of pain, and a strong will. The Rule says just the opposite: submit to authority, feel your inferiority, embrace suffering, and have no will of your own.”
- 2) There are ways to feel our existential inferiority – which is different from pathological emotions related to confusion over power and self-worth. In this context, we are in fact quite inferior. We make mistakes, misspeak and misjudge, fail, fall down, and fall apart. If we habitually disown the natural inferiority of the spirit, then we will be condemned to bounce back and forth between pride and self-effacement. It makes psychological sense to affirm an accurate view of ourselves.
- 3) Benedict recommends confessing to our failures. The humility he requires is genuine, and those monasteries [families] in which humility is truly lived are places full of humor and vitality, while those that give only lip service to humility can be dull places made rigid by pride. This humility resurrects a comic sense of life.

*Thomas Moore speaking on “Contemplation”*

- 1) The emphasis in *The Rule* on contemplative practices gives it its exceptional value and, of course, over the centuries has inspired many reformers,

organizations, and individuals to create fresh ways of being contemplative [in deep spirit while active in present life]. *The Rule* refers to the chanting of psalms as the Opus Dei, or Works of God [an artful reading], and for the monk [servant] it is certainly true that common prayer [gathering and sharing], carried out in a spirit of contemplation [interiority] and with beauty, is his or her central work. The followers of Benedict’s *Rule* have become leaders in the areas of liturgical music, ritual, and sacred art, the importance of which seems not clear to people at large. Yet this focus is more directly aimed at caring for the spirit than are the pursuit of theology and philosophy [of service] or the development of social activities [done without interior understanding and growth]

- 2) Benedict’s attention to reading adds another dimension to the contemplative [interior] life. In modern life we read mainly for information or entertainment, and writing about books tends to be critical rather than appreciative and exploratory. We have yet to rediscover the monastic [familial] practice of contemplative [interior appreciative] reading which is carried out with care, attention to beauty and form, and a meditative attitude.
- 3) The combination of being aware of the divine presence everywhere, chanting the Divine Office [an artful reading] with special care to its art, praying [to be worthy to serve] briefly but devotionally, reading contemplatively [with interior appreciation], and treating manual labor for the community as a part of spiritual [developmental] practice – all these five daily [practices] give life a special quality, a tranquility and calm that are difficult or im-

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possible to find in the non-monastic [non-service] world. It seems true that ours is still an age of anxiety, not a psychological problem but an existential condition created by the busy, productive, and unthoughtful style of modern work, play and home life.

- 4) The monastic [service] rule addresses this fundamental problem with simple but effective means that together relieve this anxiety. Monks [servants] often refer to “the world” as a place distinct from the monastery [family], and it is true that the monastic [service] style, inspired by the basic rule, creates a structure for living that is in many ways different from that of the world at large. The music, reading, prayer [interior and exterior sharing], and common life create an alternative culture in which the soul [service spirit] is the center of attention.

*Thomas Moore speaking on “The Monastic Spirit in the Modern World”*

- 1) Though ancient and, if taken literally, somewhat out of date, The Rule of St. Benedict is as fresh and relevant today as it ever was. The anxiety of worldly life has certainly increased, and today people admit that they need a way out of the tempo and busyness of life. As an actual life structure, monasticism [service] is not as popular as it once was, perhaps, but it has as much importance as ever. The mere presence of a monastery [family dedicated to service] inspires the rest of the world, for it remembers, keeps us all mindful, of alternative ways of living that are more contemplative than active. Even today, lay people [everyday people] at-

tach themselves to monasteries [service families] to keep that special spirit alive in themselves. Another way to seed ordinary life with the monastic [service] spirit might be to read this rule not for its historical importance or as a literal guide for monks, but to inspire anyone in the direction of contemplation [service and thoughtful gathering and sharing]. In the midst of our busy lives we can practice the spirit of the rule.

- 2) In our families and cities we are members of a community, and there we could deepen our sense of ownership by taking more responsibility for the things and activities in our common life. The monastic [service] spirit could transform our understanding of politics, for example. We could pray [gather and share] with reasonable attention and with beauty and care, and we could read contemplatively [aware of the artful beauty] and generally comport ourselves more thoughtfully. We could cultivate silence and beauty in all aspects of our lives, from home to work to public places. We could commit ourselves to stability and faithfulness in our homes and towns as a way of countering the modern tendency to be distant, unattached, and inconstant. We could live more simply and humbly without losing any of our sophistication. With nothing harsh or burdensome, we would all let this rule give ordinary life a dimension of common service and emotional tranquility that it usu-

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ally lacks.

- 3) The monk [servant] is not an anachronism, nor is *The Rule of St. Benedict* antique and irrelevant. It is modern life, rather, that is not in accord with the fundamental needs of the human heart. From the viewpoint of the human soul, our modern style of living is the irrelevancy. By not enjoying a genuine common life and by not giving ourselves a degree of contemplation [gathering and sharing and service] we wound our need for emotional quiet and for meaning. And so it is appropriate to return to this ancient sketch of an alternative life, to reread it and discuss it, and , with imagination and reflection, bring its spirit into the workplace, the home, and the city, where it could transform a culture of anxiety into a community of peace and mutual regard.

*\*\* Thomas Moore is using the terms sadistic and masochistic here in the pathological sense of non-consensual behavior arising from power and interior illness. Historically, as we find in some modern day relationships of consensual erotic S/M, some monks abused their positions of power or submissiveness.*

***Jean** has lived as slave to Tom for 8 years. They own a home in AZ and both hold professional occupations. While she realized over the course of their first 3 years that those days were the pre-requisite for becoming comfortable with the idea of a Master/slave/service-based relationship; it was the next 5 years that confirmed her desire to embrace service within the guardianship of one man, to the decisions, pathways, play, and ideas he endeavors and anoints*



## Our Readers Write!

As a suggestion from one of our readers, we're adding this column. The idea is to post a question or thought each month, and with any luck, readers will be encouraged to drop us an email. Responses will be posted in the following months along with new questions.

The hope is that this will encourage more readers to try their hand at contributing to the newsletter, as this is by and for all service-oriented people. Please feel free to contribute responses or new questions. Please mark your subject line "READERS WRITE!" so we get to those responses quickly! All orientations and identifications are welcome to respond, so let's hear from the Top types too!

Responses can be sent to:

[msolympusleather2003@cox.net](mailto:msolympusleather2003@cox.net)

We can't wait to hear your thoughts too!

My thanks to Lauren in Colorado for contributing this month's question...

"What do we do as servants when we perceive that the Master/ Owner is not doing his or her job? (Notice I said \*we perceive\*) Just because we think he's not doing his job, that doesn't necessarily mean that's the case. But my question is about how to deal with that perception. We always want to think that the Master is omniscient but what happens when the reality of the fact that Masters are human too creeps into the illusion?"



## Consideration 101

By sazmira

[Note from Editor: Recently a friend of mine wrote the following in a personal correspondence to me. I thought it addressed an important thought that is often overlooked and asked if I could use it here, and she agreed]

I was talking to my friend about many things that baffle me in the kink world. The comment was made:

"For many people, consideration on any level is a learned skill."

When I really thought about it, I realized that almost everything that baffles me about submissives and the behavior I read about in regards to submissive behavior comes back to what I view as poor manners but is more descriptively defined as "lack of consideration."

For instance, I view taking orders or requests as the one of the simplest things in the world. Sure, the order itself can be hard as hell but it's not really rocket science. It's a simple thing, they tell you what to do and you either do it or you don't. Simple.

Often we try to make things more complicated than they need to be. Here's a simple scenario I've actually seen played out in many variations over the years.

He's outside working in the yard, you're inside cleaning the house. He calls you out there and says, "make me a sandwich." It's a simple request.

"What kind of sandwich? We've got ham, and baloney, and turkey."

"I don't care."

"Do you want cheese?"

"Sure."

"Mayo or mustard?"

"Either. Whatever. I don't care."

So you go to the kitchen to make a sandwich. You put it on a pretty plate with a nice linen napkin. You think he'd very much appreciate the bread being toasted, it holds the mayo better that way. The sandwich looks lonely sitting on the plate by itself so you add a pickle and some chips. It fills the plate out nicely, and makes a lovely picture. Then you think, "Wouldn't it be nice to

take a blanket out for him to sit on? Maybe I'll join him and we can have a picnic." So you toss together a plain bologna sandwich for yourself, throw it on the plate and grab a blanket. You just *know* he'll love it.

Twenty minutes later, after making sure everything is perfect, you take the plate to him, and start spreading out the blanket. You're smiling broadly, eagerly awaiting his response.

"What's all this?"

"It's the sandwich you wanted. I just thought it would be fun to have an impromptu picnic so I just grabbed a couple of other things."

He looks at the pretty plate, the pretty linen napkin, the toasted bread, the potato chips and pickle and just sighs while looking slightly irritated.

"What's that?"

"That's my sandwich. I wanted to get this to you as quickly as I could, because I knew you'd be hungry, so I just threw mine together."

He now looks highly irritated as he grabs your plain sandwich off your plate, and stalks off to do more yard work.

You are now in emotional upheaval because you did what he wanted, you even tried to make it special for him, but he wasn't happy. You were only trying to please him. What went wrong? Why is he being so difficult? You dropped everything you were doing to run outside and help him and this is the thanks you get? Bad Dom, bad.

Well, not really. Actually the more appropriate remark would be "self centered sub, self centered". I'm continually amazed at how many people do not see how behavior like this is self centered and inconsiderate behavior. You might *think* you were focused on pleasing him but what you were actually doing was pleasing yourself, and that was your sole focus. You were anticipating that highly valued "good girl".

Being considerate and focusing on the needs of your partner often isn't showy. It usually doesn't get noticed. Sometimes, it doesn't even require a simple "thank you".

In the above scenario, the sub has been nothing but a pain in the posterior. The first mistake was asking a million questions to clarify the order – particularly after he said he didn't care what was on the sandwich. Then she took twenty minutes to fix a sandwich (while he waited) when it should have taken two. She added to the order, thereby making it impossible to eat one handed. If he'd wanted a meal, he likely would have come inside. Then she added the pretty napkins and plates because she thought it looked better, but they

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## Consideration 101

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were totally impractical for the situation. And last, and most certainly not least, she made the whole thing into something *for her* all the while completely disregarding both his orders and his needs.

He said, "a sandwich". He didn't say "a meal". He didn't say potato chips and a pickle and so on and so forth. And he most certainly didn't want to turn a simple sandwich into a Couples Picnic Event.

Here's the most likely appropriate and considerate action to have taken in this scenario:

"Make me a sandwich."

You go into the house, make whatever sandwich he normally eats or whatever happens to be available. Then you wrap it in a napkin or paper towel, and grab a drink. Take it to him quickly without wandering aimlessly around for no apparent reason. Ask him if he wants the drink. If he says "no", take it back to the kitchen or drink it yourself. (See you can add to an order and *not* be a pain in the posterior in the process.) Task accomplished with a minimum of muss and fuss.

Pay attention to if he wants to talk or if he wants to get back to work. If he stands there and eats, it's likely he wants conversation while he eats. If he turns to go back to work or looks impatient, then leave.

If he doesn't say thank you for the food, if he doesn't want to talk, if he just wants you to leave, don't pout over it. Don't think he no longer loves you or is irritated about something. He's busy. He doesn't have time to protect your interests or serve your needs.

There are lots of clues to tell you what actions to take in almost any given simple situation. Truth be told, most situations, when boiled down to their most purified form, are simple situations

**Sazmira** is a 34 year old service-oriented wildchild, beloved pet of sadists, adored friend, and general free spirit with a huge heart and a bent towards slavery even if she won't admit it.

### *Little Thoughts...*

"Everybody can be great... because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love." Martin Luther King Jr.

"To aim at excellence, our reputation, and friends, and all must be ventured; to aim at the average we run no risk and provide little service." Oliver Goldsmith

"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor." Vince Lombardi

"Don't be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves." Dale Carnegie



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Thank you again for all of your support and encouragement. Please do consider writing and sharing your lives and experiences with all of us.

Much love and respect,

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