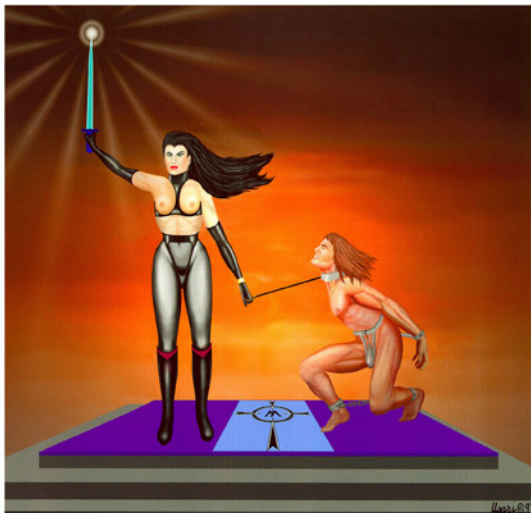


SEIZE THE POWER

Discovering the Priestess Within You



By
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INTRODUCTION

We welcome you to the Service of Mankind Church Religious Workbook series. In this manual we will explore a training program that will assist women to realize and develop a deeper understanding of the practice of female empowerment. By using structured elements of female domination, religious symbolism, and acts of universal significance, women can become active participants in awakening their erotic potential through the invocation of their Goddess consciousness. Our step-by-step learning process will increase self-awareness, develop spiritual consciousness, and help to manifest ritual experiences.

We at the Service of Mankind Church call women who are involved in the training process "Dakinis." Literally, "Dakini" means "Priestess in training"; thus, all women are required to undergo this education process before they can practice religious ritual here at the Service of Mankind Church and be awarded Priestess status. Our program involves a year-and-a-day commitment, after which the Dakini will be named Priestess in her own Service of Mankind Church Initiation Ritual, where the Darkside Goddess is invoked and a male is sacrificed in her honor.

In the following pages, we will provide women with the tools to attain the training needed to be named Priestess. The objective of this manual is to teach you our unique spiritual philosophy that, when incorporated into your lifestyle, heightens the meaning and relativity of the relations between men and women. We will instruct you towards realizing a new path of consciousness in defining your female power. Our instruction manual shapes and defines the sexually dominant/aggressive woman into a more spiritually centered, Goddess-empowered individual, who is aware of her purpose in ruling men.

The following Dakini/Priestess training program involves a commitment of a year and a day. We recommend that you read this manual from cover to cover before you decide whether to undertake this program. Even without committing to becoming a Priestess, you can certainly benefit from the information and detailed instruction provided for you. You may simply want to learn more about female empowerment and develop a better understanding of female domination as the Service of Mankind Church interprets it. Or you can commit your time to the year-and-a-day program and send us the Priestess Program Application (accompanying this book) to start your training process. During the year-and-a-day program, the worksheets in this book will assist you in keeping a journal as a record of your progress. We will check on you from time to time so we can keep you directed and focused on the spiritual experiences necessary to complete the program successfully.

At the end of your year-and-a-day program, you will send us your journal as evidence of your training. We will evaluate your work and then appropriately honor you with an Initiation Ritual. We welcome you to choose now your level of commitment so we can help you fulfill your spiritual potential. Your education process starts here, by sending in the program application.



1

ELEMENTS OF RITUAL MANIFESTATION

We at the Essemian Sanctuary of the Darkside Goddess define *ritual* as an enactment or staged play where you are the person in charge, directing all activity to produce a planned outcome. We will explain the ritual setup in future chapters, but all ritual that you will be doing involves the following elements: a story, two or more persons, props, and costuming. These scripted procedures are to be recorded in your journal, with a listing of persons present, what was worn, what props were used, and what intentions you had.

Scripting a Scenario

As a sexually dominant woman, you may have already enacted your own ritualistic scenarios, involving one or more partners. Think back on the planning you did for this scenario to work. You probably set up a time and place for the scene to happen. You also might have set the mood with music and put on a sexy outfit. Your purpose was to direct him to do exactly what you wanted sexually. This is not too far from what we at the Sanctuary would consider to be ritual practices. We organize, plan, and script this type of activity so many people can participate in our rituals. We encourage you to let your imagination run free and dream up a simple script that would involve your partner. The following scenario is an example of a simple ritual practice:

Elaine, after a long workday on her feet, arrives at home to collapse in her lounge chair. Her partner, seeing her exhaustion, tries to be helpful. Elaine, seizing the opportunity, enacts a short scenario. She announces to her partner that she is the Queen for an hour, who sits in her throne before her trustworthy servant. She demands a drink. Her servant sets up a drink on a tray and serves her on bended knee. She commands him (or her) to remove her shoes and massage her feet. He or she sits at Elaine's feet and massages them as she sips at her drink and relaxes for the rest of the hour.

This simple scene illustrates a successful female dominant ritual. Elaine created a story about a Queen, she used her lounge chair as a prop, her partner as a participant, and a foot massage as the purpose of the whole scene.

On the following worksheet, we want you to write out your own scenario using our simple guidelines.

Worksheet I: Writing Your Own Ritual

Write your own ritual, answering the following questions:

What is your story/fantasy?

Who is participating? What is their role/duty?

What props will you use?

How are you dressed?

What is your purpose?

Now summarize what you've learned from this worksheet in your journal.

Planning a Successful Ritual

As you can see from your own short scenario, it will take a fair amount of planning to create a ritual that involves more than two persons. The process becomes easier as you get more experienced with creating and organizing scenes. We at the Service of Mankind Church promote/encourage a ritual service once each month at the full moon. You can hold your own rituals as often as you wish, as long as you record in your personal log at least one ritual that you actually performed each month. By the end of your year-and-a-day program, you will have written in this log twelve performed rituals, with detailed descriptions of what took place, who was present, what was the purpose, what props were used, and what was worn.

In order to create new and more elaborate scenes, it is helpful to read about Goddess myths, religious history, commercial magazines of female domination, and anything else in this vein that inspires you. Use our list of suggested readings (at the end of the book) to acquire your reference material. By enacting a Goddess myth, there becomes a reason for your partner to worship, obey, and sacrifice to you. By reading out loud a legend or myth before a ritual scene, you are empowering yourself with that knowledge and educating your partner, using the power of the feminine aspect you are invoking.

A simple ritual, based upon the symbolism of goddess worship, could involve the following scene:

Mary calls her partner from her office to prepare for her ritual scene that evening. She tells her partner that she will be invoking Goddess energy tonight, and she wants him to worship at her temple and make the appropriate sacrifice. When Mary arrives home, her partner has prepared a bath for her and rubs down her body afterwards with scented oils. He makes the environment soft and sexy with flowers and lit candles. After dressing her in long, flowing robes, he lays her in bed and worships her body by kneeling between her legs to lick her to orgasm. Afterwards, he sacrifices his seed into a low bowl and offers his seed to her. She commands him to drink it as his dinner. He then serves her dinner in bed, where she luxuriates the rest of the evening.

This short scene illustrates how planning is essential for a successful ritual. Every activity is directed by Mary for Mary. Mary has taken the responsibility of giving her partner detailed instructions on how she wants her evening to be played out. Her *purpose* was sexual satisfaction. Her *story/fantasy* involved using her body as a Goddess Temple. Her *props* involved flowers, candles, and a bath with a scented oil rubdown. Her *costume* was a long, flowing robe for her. The finale was a prepared dinner or fast-delivery food. Every detail was arranged for a smooth, effortless evening. If Mary had children, she would have sent them to a sitter for the evening. The planning will become automatic as you repeat the basic format for ritual each time you enact one. Think of ritual as a formula that, when followed, will have a successful outcome.

Acquiring Appropriate Partners/Participants

The whole point of becoming a Priestess is to experience personal growth through the process of deeper involvement with spiritual activity. By actively participating in ritual practices, you are expanding the possibilities of enlightenment and power within yourself and with others. We encourage you to practice often with your partner, but the real work comes when you incorporate others into your rites. As with any activity, it is more fun when more people participate with you.

How do you find others to participate? Place an ad in your local paper. (Perhaps an adult-oriented publication will be more practical than the local daily paper, in terms of attracting people who are more likely to share your general erotic interests.) Do take precautions; get a Post Office box and use a fantasy name or nickname instead of your real one in the ads you place. Arrange for meetings/interviews at a public location. Do not give out your phone number or address until you feel comfortable with a person you meet in this way.

Once you have a Post Office box, the Service of Mankind Church can advertise your request for participants in the Service of Mankind Church newsletter. Members of the Service of Mankind Church who are in your area will respond and will want to help you establish your Priestess status. We consider our membership our family, but do be careful and interview each person thoroughly before you allow more personal contact with you and your friends. Consider the following example:

Judy, after six months of practicing rituals with her husband, decided to take the next step and advertise for additional participants. She obtained a Post Office box near her office and scoped out a coffee shop for interviews. In her local paper, she placed an ad in the "Personals" section:

Queen Hera seeks honorable knight to sacrifice to her and others in ancient practices. Write with address, phone, for prompt reply to: Hera, P.O. Box 999, Any City, State, 99999.

Judy reviewed the letters at the end of each week and sent a postcard to the persons she did not wish to meet, thanking them for their response, but informing them she was not interested in contacting them. She called and left a message with those she did want to interview. If she did not reach them personally, she left a time she would call back to arrange for a public interview.

At the coffee shop interview, she asked a prewritten set of questions. She supplied the prospective participant with a Service of Mankind Church pamphlet to help explain the Service of Mankind Church's philosophy toward men, as well as her spiritual intentions for the relationship. After many interviews one man is selected to attend a ritual meeting at her house during the next full moon. She requests that he bring some takeout food that he will serve at the ritual. As the evening approaches, Judy arranges for the kids to be at a neighbor's house and instructs her husband to fulfill her list of ritual preparations.

On the evening of the ritual, introductions are made and the food is put aside for afterwards. Judy has selected a Goddess-type garment to wear that makes her appear majestic. Her two men put on toga-type wraps to keep with the visual

theme. A chair is set up in the middle of the room as a throne. Many candles illumine the activities.

Judy, now calling herself Queen Hera, sits and reads aloud a legend of a Queen and her slaves. The two men kneel at the far end of the room. She commands the men to crawl to her on all fours. She produces two collars and secures them with padlocks around the neck of each man. She pronounces them "Slaves to Queen Hera!"

She demands the new slave to lay on his back beneath her feet and lick at her toes as she uses his body and head as a footrest. Her slave/husband stands behind her and massages warm oils into her shoulders. A tray is then brought out by the slave/husband to be placed on his back as he kneels on all fours to be used as a piece of furniture. Queen Hera places a bottle of red nail polish on the tray. She tells the new slave at her feet to sit up and paint her toenails red, and if he gets any polish on her feet, he will have to be punished. Afterwards Queen Hera demands to be fed. The new slave brings in the food and sets it on the back of the furniture/slave, so as to feed the Queen from the tray as he kneels in front of her.

The evening progresses in a light, easy, whimsical way, where very simple domination practices are utilized. The events will cement the relationship between the three participants and pave the way for future rites.



Now, on the following worksheet, we want you to write your own ad, using the example we gave you for reference.

Worksheet II: Writing a Personal Ad

Use the following questions to help organize your personal ad:

1. What is your goal for writing a personal ad?
2. What fictitious name will you use in your ad?
3. What kind of person do you want to attract?
 - a "servant" type
 - an "old world" gentleman
 - a "barbarian" type, seeking to be tamed

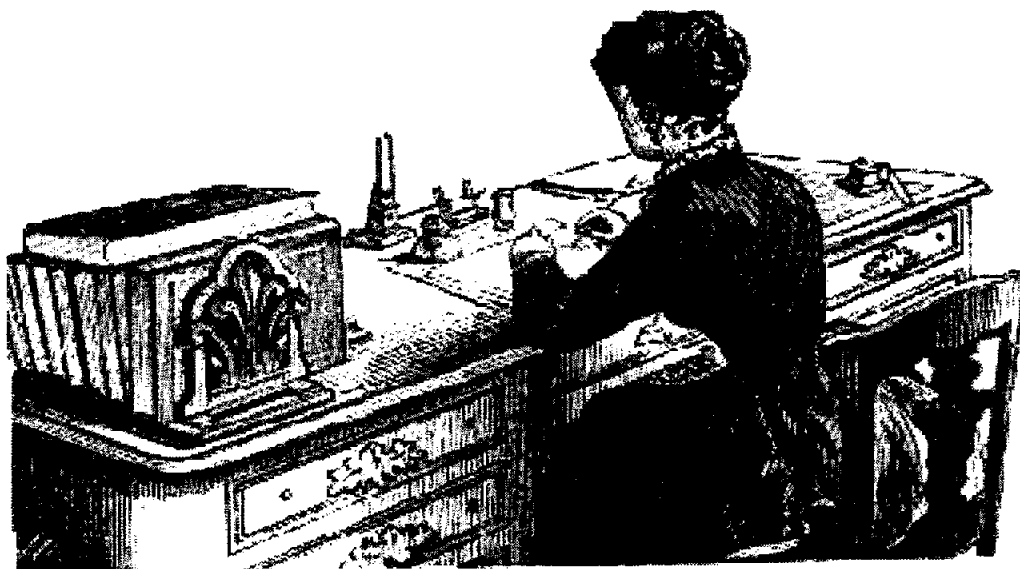
Now write your ad in the space below. (Most papers will not allow sexually explicit language in your ad, so adjust your ad accordingly.)

Now summarize what you've learned from this worksheet in your journal.



Use these guidelines before submitting your ad to your local paper's personal department:

1. Open a P.O. box convenient to your area but not in your neighborhood.
2. Plan in advance a public meeting space for your interview. For example:
 - a park
 - a café
 - an office building lobby
 - a train station lobby
3. Try not to be sexually explicit in your ad or in the interview.
4. Explain clearly your spiritual intentions and goals during the interview.
5. During the interview, have them describe a scenario that involves being of service to you, to help you get insight into their personality. Have them follow up with a written example.
6. Be aware of their need to please you and serve you, rather than how attractive they are or aren't.
7. Do not invite anyone into your home until you are satisfied with their sincerity, honesty, and integrity.
8. Keep a file of possible future participants, if you have an abundance of responses to your ad.



This type of process can also be utilized to attract a primary partner. Alter the ad to be more explicit in your intention to attract a submissive man who will provide for you as well as being of service to you. For example:

Queen Bee seeks dedicated worker to inhabit her Queendom. Must be eager to please and follow Queen's direction to fulfill your potential. Write with qualifications to Ms. Bee.

Ms. Bee is seeking a man who is gainfully employed, is willing to make a commitment to live with her, and will make an effort at keeping her happy. Think of your own needs when writing your ad. What kind of a man "does it" for you? Make a list of desirable qualities and use it as a guideline in your interviews. Look for a person who will add a measure of security, stability, and well-being to your life—three important areas that hopefully he's already got covered.

Remember, whether you are choosing a mate or an additional slave for your harem, you are choosing someone who will be appropriate to your lifestyle—a lifestyle that will expand as you develop confidence, control, and power within yourself. You are looking for someone who will support your development and encourage and take delight in your progress. It is our opinion at the Service of Mankind Church that there are thousands of men who would be willing to help you achieve your personal growth. It is your responsibility to find them through advertising, to motivate their need to serve women such as yourself, and to utilize them to fulfill your goals.

Setting Goals

So far, we have covered a few basic elements of Ritual Manifestation:

1. Scripting a scenario
2. Planning a time and place, and preparing the environment
3. Acquiring appropriate partners or participants

Let us discuss next the element of setting goals for ourselves as a means of manifesting our needs and desires.

Goals can be short or long term. For example:

My goal for the next month involves having a garage sale to get rid of unwanted furniture and clothing.

This is a short-term goal that is easily achieved and productive when accomplished. Or, another example:

My goal for the next year involves investing 10% of my income in a mutual fund.

Again, not a difficult goal to achieve, and very productive.

In Ritual Manifestation, we can be just as productive in accomplishing personal growth goals that we can set monthly and yearly. For example:

During the next month, my goal will involve learning how to tie up a man ten different ways.

By reading books and magazines, and watching videos, you can become reasonably proficient at bondage, especially if you have a willing man to practice on.

My goal for the next year involves attracting at least three loyal slaves, whom I can include in my ritual practices.

Visualize the type of slave you desire. Make a list of the qualities you want in a slave. Improve your self-image so you feel confident of your appearance when you interview a potential slave. Learn the power of visual domination by looking at female domination magazines. Advertise in many different periodicals, including SM-specific ones.

Let us examine the word "visualize". Visualization is an important ingredient of manifestation. Many of us unconsciously visualize throughout the day to help us actualize our thought process, as in the following examples:

On the way downtown to shop, I visualized a parking spot close to Macy's. I found a parking spot within half a block.

All day I was in the mood for pizza. I visualized the pizza on the kitchen table when I arrive home. My teenaged kids ordered pizza for dinner. It arrived at the same time that I did.

I visualize my mother taking the kids for the weekend. When she calls that evening, I talk of how tired I've been, with no time for myself. She agrees to take the kids for the weekend.

All a coincidence, you say? No. Careful planning, visualization, and focused attention enabled each thought to become a reality. By purposefully visualizing every day as part of your ritual practices, you accelerate the probability of actualizing your short- and long-term goals. The energy you put into focused planning, preparation, and visualization results in a sharpened vision for your ideal lifestyle. What is your ideal lifestyle? What are your short- and long-term goals? Take the time to think about these questions.

Use the following example to illuminate your questions concerning setting goals and attaining an ideal lifestyle:

At age 25, Claire knew it was time to start a family. Since she was young, Claire had always made lists of goals she expected to achieve. She had wanted to travel to Europe, she had wanted a sports car, she had wanted two kids, a ranch home, and a dog, all before she turned 26.

Claire knew she was not a beautiful woman, so she had always exercised and maintained her tall figure to highlight her Amazonian proportions, giving her a

presence that men admired. After high school, Claire took a teller job at the local bank. In six years she had progressed to assistant manager. During her employment with the bank, Claire had taken two vacations to Europe with her coworkers and had borrowed and paid off a loan for her sports car. She planned on trading the car in for a more conservative model to match the next step in her life plan.

Claire figured that she would have to find an unusual man to complement her progressive and assertive ways. She started an advertising campaign to run her ad—"Amazon warrior seeks to tame a wild man for her purposes"—in three different papers for two consecutive weeks. She received twenty-five responses. She sent each a questionnaire and, based on the responses, interviewed six men. She hit it off with three of the men, especially Jim, who said he remembered her from high school. After questioning him more closely, Claire felt that Jim had potential, based on one of his statements: "Whenever I saw you in class, I wanted to fall to my knees. Your presence overwhelmed me." Claire did not remember Jim from school, for his looks were nondescript. Jim is presently employed as a construction worker, which keeps his body in powerfully impressive condition.

Claire analyzed the situation and decided that Jim was a good match for her, physically, financially, and mentally. She knew he had the right attitude when he stated to her after six months of dating, "Tell me what to do. I want you to be happy." Claire married him six months later, with the condition that she would make all the decisions in the partnership.

Write your goals and ideals on the following worksheet.

Worksheet III: Setting Goals

1. What are your dislikes about your life presently?
2. What are the things you like about your life presently?
3. Write a brief vision/visualization of a lifestyle that appeals to you.
4. Detail those activities that would be different from your present activities.
5. Make a list of the goals needed to achieve your ideal lifestyle.
6. What changes need to be made right now to put you on the path of attaining your goals?
7. What can you do today to realize one goal on your list?

Now summarize what you've learned from this worksheet in your journal.

You are well on your way to becoming a Priestess once you have taken control of your own life and surroundings. Through purposeful self-direction and self-control you develop an altered consciousness of purpose for life—a life of ruling and dominating men.

Women have an intrinsic level of superiority built into their feminine nature. Men respond naturally to the feminine aspects women provide in a relationship. Using your will, confidence, and feminine attributes, you can direct a man or a group of men to do anything you desire.

The image of a sexily clad woman who knows what she wants and how to get it is very stimulating to the majority of men on this planet. You as an aggressive woman realize the advantage you have over men by using this sexual lever.

As a Priestess, you take sexual control one step further, by developing a lifestyle plan for you and those surrounding you. You can become Queen of your universe by taking responsibility for your image, your financial future, and your lifestyle goals, as well as your sexual activity. Men will gravitate towards the source of power that can control them and their sex.

With our help you will be learning and incorporating into your life many methods and styles of sexual fetishes, visual domination, disciplined restraint, spiritually controlled endurance, and religiously symbolic humiliation—all the necessary ingredients to retain the control over the men we desire. In the following chapter we will outline the elements important for female domination.



2

ELEMENTS OF FEMALE DOMINATION

Developing Fantasy Concepts

The elements of female dominance and male submission become defined in the spiritual enactment of fantasy, to emphasize the power of Woman over Man. We have outlined in the previous chapter examples of ritual scripting. A fantasy is the basic foundation for a psychodramatic script. Your fantasy might incorporate a sexy story you have read or a hot movie you've rented. For the Priestess of the Service of Mankind Church, the dominance performed by the female in her fantasy enactment must be ritualized so that her actions become a legitimate expression of the power exchange of Goddess over God. A powerful exchange, expressed through fantasy, could be as follows: You've dreamed of becoming an Alien Princess from the planet Zig, here to capture males from this planet to take back home with you. You look forward to teasing, torturing, and tormenting them into submission. The spiritual slant to this fantasy would involve the overpowering of men to surrender to you, worship you in reverence, and follow your direction. The use of bondage and discipline implements adds to the sacred experience of all participants. For example:

Princess Xela from Zig enters a room full of men (realistically, for our scene, two men). She is dressed in a form-fitting, lycra jumpsuit, her boots are thigh-high, and she wears a mask. She holds a long leather horsewhip and carries a length of rope over her shoulder.

The men, involved in drinking and carousing, become quiet at her entrance. She verbally challenges the men to submit to her will and be taken to her planet. Their laughter ends abruptly as she wrestles a man to the floor and hog-ties his hands and feet. As the men run from her in astonishment, she manages to throw one more man on the floor and secure him.

Kneeling over the first man, Xela introduces herself and explains her mission of needing males to repopulate her planet. The man at her feet struggles. She lowers her crotch and smothers his face while convincing him that he has no choice but to submit to her plan. She slaps him about the face when allowing him to breathe, then continues to smother him until he agrees to accompany her.

Meanwhile, her other captive starts yelling for help. Xela flails him with her whip, telling him about how he will be beaten every day if he does not cooperate. He begs her to stop; she finally stops after his yelling subsides. She announces the need for a close inspection as she loosens and lowers both men's pants.

She spits on the first man's penis and works it up to an erection with her hand. She commands him to remain erect as she repeats her actions on the second man. Still uncooperative, he tries to avoid her manipulations. Xela takes a length of rope and wraps it around the penis and balls tightly, to create a ring that mercilessly keeps the penis erect. She holds on to the long end of the rope as she returns to the first man.

She tugs on the rope gently, causing the second man's cock and balls to jerk in her direction. Noticing that the first cock is limp, Xela whips the man's cock and balls as she again smothers him. He begs for her forgiveness, and she uses her hand to masturbate him to a screaming orgasm. She examines his puddle of production and comments on its amount.

Xela then starts tugging on the rope, hard, causing the second man to whimper and shake. She stands above him and massages his cock with the side of her boot. She teases and tortures him for over an hour, alternating between beating and caressing the man's cock. He is reduced to shaking and begging to come. Xela orders the man to orgasm now and threatens to repeat the process if he does not produce enough semen.

Afterwards, untying the two men, she reminds them of their agreement and demands that they announce out loud their commitment to Princess Xela and her mission for planet Zig.

Let us examine this fantasy more closely. Xela, as a dominant woman, has used her feminine attributes to gain the attention of a room full of men (two men). Her commanding voice stated her purpose and intention for male submission. Confidence and skill helped her to capture two men and secure them tightly. Her negotiation process, using sexual humiliation, cock-and-ball torture, as well as whipping, succeeded in committing the men to participate in her cause. Exerting sexual control over men effectively increases self-confidence, self-image, empowerment, and self-realization.

Xela had two props: some rope and a whip. She felt great about herself, so she entered the room with the knowledge that her outfit and appearance would attract a man's attention. Her costume supported her belief in herself as an overpowering, exotic alien. She planned out her strategy to cover every detail, including the verbal commitments at the end. Her purpose was to capture, and her intentions were for commitment. Xela succeeded in getting the two men to surrender to her and follow her directions.

Worksheet IV: Creating a Fantasy Ritual

Use the following pointers to create a fantasy ritual for yourself.

1. What is your intention, purpose?
 - Projection of authority over men
 - Teaching a lesson using punishment
 - Admiration by men using worship
 - Sexual power through control

2. What is your fantasy?
 - Controller of men through force
 - Relentless demanding owner of men
 - Alien torturess

3. What power figure will you invoke?
 - Queen
 - Empress
 - Princess
 - Xena
 - Vampira

(Worksheet IV cont.)

4. What are your props, instruments, implements of discipline?
 - For control: rope, shackles, handcuffs, gags, chastity devices
 - For discipline: whips, paddles, prods, leeches, collars, clamps

5. What kind of verbal commitment (verbal humiliation) will be involved?
 - A written statement to be read aloud
 - A written contract to be signed
 - A repetitive statement of commitment ("I will obey Madam")

6. What will you wear? Costume?
 - For authority: a uniform (medical or military)
 - For torture: an official robe with a mask (religious or medical)
 - For sexual power/control: a black outfit that reveals and/or frames the breasts and genitals

7. How will you set the scene?
 - For authority: Dressed as a warrior, you wrestle him to the ground, handcuff his arms and legs behind him, and force him to service you by sitting on his face.
 - For torture: Using only candlelight, you tie up your victim to a kitchen chair and painfully pinch his nipples if he answers your interrogation/statements wrong.
 - For sexual power/control: While seated in an armchair, clad only in a see-through black gown, you make him read to you from a sexually explicit novel as you use a dildo on yourself and casually caress his penis with your foot, not letting him climax until after a couple of your own orgasms.

(Worksheet IV cont.)

Take the time to prepare an outline of your scene using the space provided below.

Compare your scenario with Worksheet I. Do you see a change in your approach to ritual?
Is there a change in your purpose?

Now summarize what you've learned from this worksheet in your journal.

Developing Leadership

Becoming a Priestess of the Service of Mankind Church involves plenty of self-improvement work that emphasizes your creative abilities, leadership qualities, and organizational skills. You learn by doing our exercises, writing out your personal plans and scripts, and actively recruiting a support system (i.e., other men and women). You become more capable and confident with each ritual you develop and perform. Practicing techniques is a necessary method to gain strength and satisfaction in your abilities. We strongly recommend renting videos and studying the magazines identified with female domination. Emulating such images helps facilitate reprogramming yourself for a more powerful, sexy, dominant image.

Use a pillow or a piece of furniture to work out your rope-tying and whipping skills. Posture and perform before a full-length mirror to appraise and perfect your process of Priestess image development. Continuous communication with us at the Service of Mankind Church, as well as with supportive participants in your future plans, are imperative in order to achieve your ambitions for Priestess status. Feedback should be ongoing with your current partner(s) in order to immediately improve or correct a weak area in your plans. Remember that you cannot accomplish this process alone.

The Service of Mankind Church feels that women are not supported by society, thus lacking the tools to take responsibility for their sexual future. Male-dominated society assumes that women want nothing more from life than servicing male needs as a rewarding life purpose. We at the Service of Mankind Church offer you a chance to reject this programming and reteach yourself a method of structured sexual power, sexual fulfillment, and sexual freedom, therefore allowing yourself to push towards identification and satisfaction of your own needs. The leadership position of Priestess reflects the role model of a woman in control of her sexuality as well as her life.

As Priestess within your own group of devotees, your shared experiences provide the key to obtaining the enlightenment necessary to consider your special practices as sacred. Recognizing the spiritual legitimacy of your activities enables a deeper meaning to be applied to your purpose of ruling men. Once you have tasted enlightenment through completing this manual, practicing ritual, and obtaining devotees, you will be expected to teach and advise others of your knowledge and experiences. With each passing of this knowledge to others who desire to learn, you gain more power and strength within your own life and become of greater use to others. Read the following as an example.

Gretchen had always imagined herself as a homemaker, in charge of her home and family. Since she was young she had planned on obtaining a higher education in order to "catch" herself a well-educated, "good provider" type, potential-husband material to care for her and her planned family.

She spent her childhood making lists of things she wanted when she was older. Gretchen felt that she was one up on others with her life plans so structured. Somehow things would always work out exactly how she carefully planned them. She thought she must be psychic, but after years of success through planning, she decided she had a gift for control and therefore applied this knowledge to finding a husband.

At twenty-five, upon completing her master's degree, Gretchen made a list of the qualities she wanted in a man, what level of income he should be making, and what area she wanted to live in. A good provider for her should also be a family man with a nine-to-five job or a work-at-home position.

Gretchen joined the local civic groups and volunteered her services at cultural fund-raisers and raffles. She also joined a local political campaign, where she met her potential partner. John, a freelance writer, was a volunteer on the campaign staff. He had no clue that Gretchen had designs on him.

Gretchen made a discreet inquiry into his marital status and background and found all to her approval. She carefully calculated a plan to marry him within the year. Every time she attended her political activities, she made a purposeful effort to dress in a powerful, dramatic way. Gretchen, short and voluptuous with thick, wavy blond hair, dramatized her looks with all-black skirt suits and very tall black heels. She accentuated her features with penciled, arched eyebrows and red, outlined lips. Gretchen watched John react to different situations before deciding that he had potential. She felt that she needed a special man, able to cope with her type of structured control. Not every man recognizes the need for a woman to rule him.

Gretchen knew she was on the right track when she noticed John's eagerness to be helpful in carrying books and files, and politely opening doors for her and other women. Gretchen did not waste time in making her interest in John known to him. She felt strongly about identifying compatible interaction quickly, in order to move on to new prospects if an attraction didn't develop. She assertively invited him to dinner with the understanding that she would pay. Their mutual attraction over dinner gave Gretchen the green light to invite John to Sunday brunch at her apartment the following weekend. They agreed that she would purchase the necessities for him to prepare the meal for her.

Sunday arrived to a dominantly dressed Gretchen in a short black leather skirt, black satin midriff top, and shiny black stiletto booties. John was immediately put to work squeezing fresh orange juice and making omelettes and toast, while Gretchen perched provocatively on a stool, overseeing the preparations. She had previously set the table, so John just needed to serve her the food. She asked him to clean up afterwards and join her on the couch. She put a pillow on the floor and told John to sit at her feet and remove her booties so he could administer a foot massage. John happily complied, since Gretchen was wearing silky black stockings that showed bits of white leg when she moved.

After a satisfying amount of time and conversation, Gretchen lay back on the couch and told John to remove her panties and kiss her thighs. Eager to please, John caressed and kissed while murmuring his enjoyment of her demanding ways. Gretchen, pleased with John's efforts, encouraged him to worship her and bring her to orgasm with his mouth.

Afterwards, she explained her plan for inviting him next Saturday evening for a night over. They would order in food to be served by John, and the rest of the evening would be up to Gretchen. John then left, fully expecting a sexual encounter for himself next time.

Naturally, next Saturday arrived with Gretchen dressed only in a black bra, corset, and thigh-high boots. John delighted in serving Gretchen her food on a tray, with glasses of wine, candlelight, and flowers. John was hooked. Gretchen insisted on John providing many oral orgasms for herself, before informing him

that he was to sleep on the couch. She assured him that he would be rewarded in the morning for servicing her to her satisfaction.

The next morning, Gretchen insisted upon breakfast in bed, served to her on a tray. Next, a bath was drawn, and John bathed Gretchen to her specifications. For the rest of the day, Gretchen had plans to tease, torment, and tantalize John into a commitment for a relationship.

Dressed in a revealing satin gown, Gretchen spent a long time tying John spread-eagled to her four-poster bed, so he could not break free and escape. She talked about herself and her plans for him, keeping it light and amusing to get him to relax and trust her. She then rubbed her satin body over him, promising a sexual release for him if he followed her directions. John was worked up by that point and agreeable to anything for a release. Gretchen took her time and introduced some mild pinching, squeezing, and poking of John's nipples, cock, balls, and ass. Gretchen then sat on John's face and demanded oral satisfaction. Orgasms later, John was told that if he wanted to come, he would have to agree to Gretchen's way of doing things. John, sexually crazed and eager to please, begged Gretchen to fulfill his lifelong desire of having a woman exert her control over him. Gretchen couldn't be happier and proceeded to masturbate John to a slow, torturous orgasm. John thanked her over and over, promising to obey her every whim.

Eight months later, John agreed to marry Gretchen after many tests of devotion and sexual compatibility that Gretchen imposed upon him. John found himself addicted and dependent upon Gretchen's special kind of love. Gretchen was not only his intellectual match but also a sexually compelling woman who challenged his senses and logic. Her demanding ways kept him slightly off-balance and out of control, with a constant desire for more of the same treatment. Their experiences together enabled him to trust her judgment, and he desired to follow her fantasy.

They married within the year that they met, and moved into a house that Gretchen selected to start their family. John, a writer, was able to set up a home office and conduct business on his computer. Gretchen planned everything in their lives, including when to have their children. She strategized with John and helped him any way she could to manage his writing contracts and connections. She kept up her community contacts and organized a neighborhood barbecue to develop closer relations with her neighbors. A woman on their block appeared to be similarly in control of her own family situation. Gretchen and John grew closer to this woman and her husband through conversations over lunches and dinners.

After many in-depth discussions, Gretchen found the couple to be sympathetic to her radical views of ruling men. They wanted to learn more. They both were genuinely impressed with her control over John and her household, as well as her plans for their future. They all agreed to meet once a week for dinner, and afterwards Gretchen would teach Marcy how to dominate her husband Dave.

Gretchen started simply, showing Marcy how to sit back and dictate what was to be done. Planning ahead was imperative to an effortless evening. All dinners from then on were prepared and served by the men. Marcy was shown how to be sexually provocative through costuming and makeup. Many evenings were spent demonstrating bondage positions and rope-tying techniques, using the men as puppets to perfect their skills. Marcy was taught how to plan from start to finish an exciting evening that incorporated dramatic dressing up, dinner

prepared and served, sexual games and teasing, leading up to sexual gratification. Gretchen then introduced scenarios into their evenings, where each person was given a preplanned role to play in a short psychodrama. As the scenes became more elaborate with costuming and props, the men appeared ever more eager to grovel and serve their commanding wives. Gretchen felt that it was time to include others and put a personal ad in the local paper, seeking other couples. After careful interviewing, the chosen couple was invited to the monthly dinner party where all men present prepared and served dinner, after which the women dominated their men in a dramatic enactment. Soon Gretchen and John attracted three more couples to their group. Gretchen now has two children and continues to control her husband and their lifestyle, happily fulfilling her fantasies and desires through her ritualistic practices with her group of friends.

Let us take a closer look at this example to see how it might be applied to your own life. Gretchen realized at an early age that in order to attract a male appropriate to her fantasy lifestyle, she must first work on herself to create an intelligent, interesting, powerfully compelling persona. She completed her education and involved herself in current politics to gain community status and expose herself to eligible males. She carefully investigated the background of her chosen male. She observed and questioned before she decided to take action. There is no such thing as being too cautious. She made sure he was the type that would be receptive, not angry, to her control.

We at the Service of Mankind Church strongly recommend that you carefully investigate and observe closely, before you decide to impose your will upon a selected male. Not all men are inclined to agree with our point of view. Not all men want to be sexually dominated by a woman, no matter how exciting it appears to be. You cannot bully or force a man into wanting to participate in your lifestyle, or performing as your sexual puppet. It is necessary to find a person whom you observe as being a genuinely nice guy—one who is polite, gentlemanly, who puts your needs before his own. This type of male feels a natural attraction to a strong-willed woman who is in control of her own life. A male such as described will easily identify the value involved in experiencing the truly empowered female. He will feel relief to surrender aggressive male posturing and patriarchal role expectations in favor of the excitement of submission to an enlightened feminine power. Gretchen made a list of the qualities she desired in a mate:

Ideal Qualities in a Mate

Blond, blue eyes, not too tall, trim but not muscular, professional businessman, a sense of humor, good conversationalist, appreciation of good food, liberal politics.

Use the following worksheet to make your own list, and be realistic in your expectations. (If you already have a mate, make a list of the traits that you desire in an additional slave.) Be realistic in how he would fit into your present situation, such as “a nice guy who is a terrific cook.”

Worksheet V: Identifying Desirable Traits in a Partner (or Partners)

Under the following categories list the traits that you desire in a partner.

1. Physical appearance
2. Age
3. Psychological qualities
4. Education
5. Employment
6. Finances
7. Hobbies
8. Religion
9. Life experiences
10. Culture
11. Other

Now summarize what you've learned from this worksheet in your journal.

Once Gretchen eyed her man, she did her best to attract him. She wore outfits and groomed herself to reflect the desire to be in charge. She took control of all encounters and arranged all events. She gave it her best effort. If Gretchen felt a lack of mutual attraction, she would have cut her losses and moved on to another potential male who might respond more favorably to her demands.

John, harboring a similarly aligned fantasy, responded positively to Gretchen's cues for female supremacy. He signaled his eagerness to please even when no reward was in sight. John welcomed the demands of an apparently intelligent, provocative, and interesting woman. In addition, through her actions, Gretchen made herself trustworthy, competent, and dependable, all desirable traits to fall in love with. She made a point of doing what was planned, discussing future plans, and being punctual and prepared for all events.

Gretchen established her authority within the relationship early on by reasonably and logically creating situations for John to follow. After marriage, she remained consistent in her logic and created goals that were easily attainable for both of them. Her leadership potential proved itself when she expanded their social life by attracting other couples into their lifestyle. Gretchen allowed her own charisma and joy for life to reflect her successful marriage. She felt secure and comfortable in discussing her views and opinions with others, knowing that John supported whatever belief she espoused. Gretchen's confidence spread to her newfound friends and enabled them to realize their own erotic fantasies. Gretchen's personal power thus increased through her recognition of her own newly acquired group control abilities. So, by identifying her need for a dominant lifestyle, Gretchen fulfilled her inner drive by attracting a suitable mate, and surrounding herself with like-minded couples, influenced by her exotic ambitions.

Your time and energy invested now provide a foundation for your future success. Therefore it is important for you, as a Priestess in training, to approach this position as a life-enhancing growth process. Make a commitment to do the work necessary to realize your goals and desires. Your experiences during this growth are important to us in helping you to succeed with this program. Your feedback is necessary in order to correct or encourage your progress. So far you have been guided towards identification of some elements of female domination. All female domination contains the same basic elements. A Priestess translates these elements into exaggerated activities that exemplify a theatrical ritual. If you can objectify your daily activities, you can certainly identify elements of female domination in your own lifestyle.

Worksheet VI: Questionnaire for Defining Elements of Female Domination

Use the following questionnaire to help you to define elements of female domination. You will be submitting a copy of this questionnaire for our staff to read. Please make your statements short, one sentence if possible, so we can attain an overview of your current position.

Do you join groups? For example, civic, political, PTA, or neighborhood groups?

Do you wish to return to school? Why or why not?

Do you enjoy learning?

Do you enjoy teaching?

Do you actively give your advice to your friends or other people?

Do you seek advice from others?

Do your friends copy your style?

Do you emulate other people's style? For example, from what you see in movies or read in magazines?

Do you have children?

(Worksheet VI cont.)

Do you manage a household?

Are you single or married?

Do you hold a job that is satisfying to you?

Do you volunteer your services?

Do you manage other people in either of these positions?

Are you a problem solver, at home or at your job?

Are you an active person, on the go, out and about?

Do you like to work at home, on your own projects, by yourself?

Are you detail-oriented?

Do you like to focus on the big picture, and not get bogged down with details?

Do you enjoy challenges in new areas and in new ideas?

(Worksheet VI cont.)

Do you enjoy being the expert in one area?

Do you enjoy physical activity?

Do you enjoy having things done for you? Or do you prefer to do them yourself?

Do you like to come up with your own ideas?

Do you like someone to suggest ideas to you?

Do you enjoy your sex life? Do you have a current relationship?

Do you feel comfortable coaching your partner to fulfill your sexual desires?

Do you actively work on improving your sex life? Do you use ideas from books or movies?

Do you feel responsible for yourself and your sexual needs? In what way?

Do you organize your day?

Do you organize your family?

(Worksheet VI cont.)

Do you organize your job?

Do you organize people around you?

Do you want to be the authority in your family? Why?

Do you want to be the authority in your relationship? Why?

Are you an emotional person, or nonemotional?

Can you accomplish a task or project nonemotionally?

Can you work with others on a project as a team toward a similar goal?

Do you enjoy talking to others regarding personal issues?

Do you enjoy entertaining a group of people?

Do you debate with others about your opinions?

Do you keep your opinions to yourself? Are you secretive?

(Worksheet VI cont.)

Do you have confidence in your image?

Are you willing to change to create a more powerful you?

What changes are you willing to make?

Are you willing to take risks to achieve an end result?

Are you willing to move?

Are you willing to speak in public?

Are you willing to travel alone?

Are you motivated by sexual gratification?

Can you control another person's sexual gratification? How?

Do you feel sexually superior to men? How?

Are you willing to change to accommodate a more ideal lifestyle more fitting to your dominant nature?

(Worksheet VI cont.)

Are you willing to change to accommodate another partner?

Are you willing to change to accommodate more partners?

Are you willing to change to accommodate your own business?

What is an ideal lifestyle to you?

Do you have the following tools for dominance in your possession?

rope	black high heels or boots
collar	garter belt and black stockings
leash	black bra or corset
blindfold	black nylon or satin robe or gown
cock ring	leather or nylon gloves
cuffs (ankles, wrists)	mask
whip, paddle	chair with arms
male thong underwear	footstool
clothespins	candles with holders
lubrication gel	surgical rubber gloves
dildos	



3

CREATING YOUR OWN REALITY THROUGH VISUALIZATION

Many women reading this manual may wonder where they fit in. Maybe some of the examples given do not reflect your reality. We at the Service of Mankind Church want you to create your own reality. We are giving you the resources and the objectives as well as the strategies; it is up to you to actualize your plans. Schedule time each day to assess your dreams and fantasies. Turn off that judgmental critic inside of you. Imagine a future lifestyle that appeals to you, no matter how far out it appears to be. Translate this vision into lifestyle goals. What do you want out of life? The following list of goals is an example of possible activities.

- Take a class to become more assertive.
- Join a women's group for support and networking.
- Learn how to speak comfortably in public.
- Subscribe to magazines that deal with females in powerful situations (erotic or business world).
- Travel to another city alone.
- Visit an adult bookstore.
- Get a beauty makeover.
- Buy some sexy black underthings from a mail-order catalog.
- Learn to speak a foreign language.
- Take a management skills class.
- Buy a whip and learn how to use it.
- Take a computer class.
- Invite a male coworker or neighbor to lunch.
- See if you can develop a fetish for wearing leather, or shoes, or false eyelashes—a fetish can be anything you focus your sexual attention on.
- Join a gym.
- Practice walking in six-inch high heels.
- Get a tape recorder and practice speaking in a low, sexy voice. (You can also do this on your telephone answering machine.)
- Buy a push-up bra.
- Go to a party alone and talk about your accomplishments to anyone who will listen.
- Become really educated on investing.
- Join a group (SM-related or not).
- Talk to others at your bus stop; make new friends.
- Go to the movies alone.
- Join a dinner club.

- Take a break at the same coffee shop at the same time every day, and make it a point to talk to anyone who sits at the next table.
- Read a pornographic book.
- Rent a pornographic video.

Imagine yourself undertaking one of these goals. Envision yourself actively accomplishing that goal. Visualize that goal, such as buying a whip and using it. Visualize yourself purchasing that whip at a local store. In your mind, drive to that store, park, go in, look through a selection of leather as well as rubber whips, decide on one that suits you, pay for it, leave the store, take the whip home, and practice every day at home on a pillow until you feel confident using it. This visualization can be used to accomplish any goal.

In your mind, walk through the activity you wish to pursue. Project yourself doing that activity now as well as in the future. Consider any activity you accomplish as an addition to your portfolio of experiences. By expanding your knowledge and experiences you make yourself a more interesting and vibrant person—a person whose presence draws attention. Use the following example to illustrate this idea.

Julia, at age 49, realized that her life would go on, after her husband died of sudden heart failure. She had raised two children, now grown, organized a successful home craft business, and managed her late husband's small salary so that they were conservatively saving for the future. Although no one is prepared for a catastrophic event, Julia felt that she was a strong, motivated, single-minded individual who could direct herself and her family forward. She rallied her strength and courage to analyze her situation clearly and logically. Her grown children were no longer dependent on her. She owed very little on her mortgage, and her combined savings yielded some short-term security. She decided to continue working at her home business and, after an appropriate grieving period, to join some social groups.

Julia, reflecting on her good marriage, considered herself an attractive woman. Over the years she had let herself put on a few pounds, but her overall appearance in the mirror reflected a healthy, middle-aged, sexy female. Julia realistically valued her experience and confidence as motivating forces in terms of attracting a new man in her life. Her success at her home business was a direct result of her positive attitude and upbeat personality; she knew intuitively that this formula would work towards meeting her next mate.

Deciding what was good for Julia was never a problem in Julia's life. She meditated every morning, without fail, on her accomplishments, her goals, her future plans and daily schedule. Now that she was on her own, her decision-making process took an objective turn towards fulfillment sexually as well as financially. Her marriage, up until her husband's death, was an effortless partnership of two people in love with one another as friends, lovers, and soul mates. Julia knew what happiness was and now sought to duplicate that relationship in her next partnership. Wisely, she made a list of the desirable qualities she sought in a mate and detailed a parallel list of her own attributes. She then listed areas she needed to work on in order to upgrade her personality to fit with the times; after all, she had been out of circulation for twenty-five years. Her list read as follows:

Male Qualities

Over thirty years old, full head of hair, self-employed, maybe freelance worker, creative, good communication skills, healthy and fit, a problem solver, divorced OK, no children, nonsmoker, attracted to older women, no financial problems!

Julia's Qualities

Full figured, good legs, thick wavy hair with a streak of gray, intelligent, self-motivated, assertive, a problem solver, directed, a good cook, own home, no financial problems!

Things to Work On

Current fashions, upgrade wardrobe, throw out all underthings and replace with new sexy, lacy things. Buy a VCR and learn how to use it. Talk with her children about current phrases, fads, and technology. Take a computer course to help her business and to meet younger people. Join a business organization. Have a garage sale of all her husband's clothing.

Julia then quickly went about the business of upgrading her life to clear the way for a new relationship. Her daily meditations focused on the list of desirable qualities she sought in a man. She realized that a younger man as a partner would benefit her life in more than one way. Sex and sexuality played an important part in keeping Julia healthy and happy during her marriage. Julia always dictated when and how often she desired sex. Her husband enjoyed her demanding attitude and kinky sex games, which kept the relationship fresh and exciting. A younger man would certainly be open to exploring Julia's kinky streak as well as being capable of keeping up with her demanding sex schedule. Julia also figured on employing the younger man in her growing home business, thus retaining control of the financial aspects of the relationship. Julia then stated her needs clearly in an advertisement in the local personals.

Mature woman seeks younger man in thirties willing to explore a fulfilling female control relationship.

After seemingly hundreds of responses, Julia singled out one man whom she interviewed for a second time in a nearby coffee shop. She prepared a questionnaire to help expedite the interview process. Some of the questions she asked were

- Are you free to develop a relationship?
- When was your last relationship?
- Why did you break up?
- Are you currently gainfully employed?
- What is your education?
- Do you mind being bossed around by a woman?
- Are you sexually attracted to an older woman?
- Are you an open-minded, adventurous person?

Craig, at 34, was looking for a different relationship. His two degrees in Art helped him to become successful only in his developing jewelry business. His relationships so far included clingy, submissive women who eagerly gave up their life and career to settle in with him. He grew quickly tired with this type, since most pressured him to settle down and start a family, a lifestyle he did not relish acquiring. Since his last relationship, Craig was actively seeking a strong, assertive, independent woman who, as his intellectual peer, would add to his life and career, rather than drain and drag down his future.

Upon meeting Julia, Craig was not immediately attracted to her type; instead, he was drawn in by her confidence and control. He recognized her intelligence and was impressed with her structured questionnaire process. He realized that they shared the ambition to sell their creative product to the public.

So far in Craig's life he had been operating in his own self-interest, but Julia presented a big-picture aspect of collaborating creative forces to fulfill life and career expectations. Julia had the experience and know-how to launch his career and love life onto a new level. Her proposal challenged his ego to question the value of his previous relationships in favor of a new concept—"one hand helping the other," or "you do this for me and I will do that for you"—an equal-value exchange that had never occurred in his life or career before. This woman seemed to know what she was doing and appeared to be successful at it.

Julia's behavior inspired a trust in him that he had not felt towards other women before. Craig fancied himself a sensitive lover but always felt unappreciated by the young-girl types he ended up supporting. The idea of Julia controlling him sexually meant he could give up the tiresome posturing, of always being in charge, always making the decisions, always coming up with the solutions, endlessly keeping the relationship going through his own creative manipulations. Julia's radical lifestyle suggestions appealed to his anarchist nature, which leaned towards individuality. The concept of sharing responsibilities and giving up control financially and sexually, caused a flip-flop in his stomach—a clincher for him in cementing the partnership. It seemed right; he agreed to dating Julia for six months, four days a week, after which they would review their progress.

Julia instinctively felt that Craig had the potential to increase her business prospects as well as keep her sexually satisfied. His cooperative nature gave her the confidence to forge forward in her plans to combine their home businesses under one roof so as to pave the way for a nationwide sales circuit, all within ten months of their meeting. Julia gradually introduced her sexual kinkiness only after much discussion and rule setting. Their six-month review involved moving into her house and establishing work areas as well as "time alone" space. Her capacity for a rigorous sex schedule left Craig wanting nothing but more of the same.

Julia's experiences in her marriage provided her with the competence and know-how to handle any man, including a man who was her junior. She calculatingly knew how to hook Craig sexually, and how to keep him hooked. Her big secret was to hold Craig's interest through continuous erotic tease techniques. Julia was well aware that a young girl is no competition for an ultra-feminine, shapely, oozingly sexual, deliberately demanding, mature woman.

Julia directed her femininity to effectively employ certain clothes and actions associated with an excitingly wicked woman. By exploiting sexual taboos and exaggerating incestual implications, Julia created an image and



environment of erotic intensity. Craig was unable to resist a curvy, flauntingly busty, exotically made-up female. Julia's motherly, controlling voice worked on his subconscious needs, while her womanly figure in low-cut blouses; long, leg-revealing skirts; and full, red, outlined lips, gripped his visual fetish fantasy. Craig felt hopelessly male when around Julia, helpless to control his sexual desires, yet eager to perform in order to please her.

Craig's need to please her overlapped into his creativity, resulting in a flurry of new jewelry designs. Julia had counted on this type of reaction, and purposefully maintained a high level of sexual frustration, balanced by sex overload. She attained this desired confusion by denying Craig any sexual release after multiple encounters, then deliberately milking Craig of his vitality. Julia, of course, thoroughly worked out the details of her well-planned life well in advance of taking action, so as to allow Craig to consent to her unusual lifestyle campaign. Craig, now completely lost in his hormonal daze, unquestioningly followed Julia's career and long-term decisions, just to be rewarded for his good behavior. He realized that her talents in taking control of his body and managing his creativity were unequaled; he had never been happier. He decided to propose marriage. Julia, equally delighted, accepted Craig's proposal.

Based on a story such as Julia's, it is a realistic expectation to desire, as a mature woman, a secure financial future, a stable relationship, and a good sex life. These things can only be provided by your intelligence, your insight, your experience, your hard work at acquiring the qualities that project an image of security, stability, authority, inner peace, and self-realized beauty—all attributes necessary to attract the things we desire most in life. How do we go about doing this?

Only you can effect a change in your life and future; we at Service of Mankind Church can only provide you with the tools and information to facilitate a change. Julia's story is yet another example of a ritualistic strategy that enabled Julia to master the singles game and meet her short- and long-term objectives. As we analyze Julia's story, we once again return to the components of ritual planning.

Julia's *fantasy/story* involved finding a mate. Her *purpose* was financial and sexual satisfaction. Her spiritual philosophy of ritualized meditation helped her to visualize her big-picture needs. Her *props* included the wardrobe of a sexually exciting, wicked woman, and a knowledge of sexual tease techniques. She elicited Craig's commitment after exerting effective negotiation skills in presenting an equal exchange proposal. Her use of the *mother/authority figure* as her power source defined the relationship by accessing feelings of trust, security, and specialness in each experience they shared. Her *intentions* for a life of financial security and sexual compatibility succeeded upon acceptance of the marriage proposal. Julia identified her needs and effectively fulfilled her visions.

There are significant advantages for being an older woman, like Julia. The older woman holds the benefit of experience, authority, and sexual confidence. These resources are highly valued in contributing towards a Priestess status. A Priestess of the Service of Mankind Church utilizes all inherent skills available to women in order to command, control, and dominate any man or group of men. Julia, in her need to ferret out an

appropriate partner, incorporated elements of female domination in her screening process right on through to the final stages of her realized goals.

Exercising a spiritual belief in her mental powers, Julia systematically practiced ritualized visualization. She set aside time each and every day strictly devoted toward meditation. Her explicitly detailed strategy empowered her decision-making process by providing a foundation of confidence. Julia was able to visualize the outcome, the end result, thus ensuring her triumph in achieving her target long before she even began her methodical venture.

Visualization is focused attention only on your own wants, needs, and desires. Deliberately mapping out a structured time each day for you to program your thoughts and to design your day enables you take charge of your time to effectively actualize your visions. Working in this way to fulfill your needs helps you to transform old negative patterns and perceptions into a positive "anything is possible" direction. Keep in mind, we are to be constantly evaluating our old way of thinking and consciously remaking ourselves to reflect a balanced, powerful, responsible, self-fulfilled WOMAN, who is accustomed to getting what she wants. The future reflects what you have done in the present. If you get the present in order, the future will follow accordingly. Visualization is the starting point for a more rewarding life. We all contain the infinite power of our minds to create ourselves as the centers of our Universe, of our own lives. The work it takes to create ourselves, transforms us, and we can only benefit from the ever-changing positive effects.

For the Service of Mankind Church, visualizing yourself as a Priestess, as a woman in charge of a group of men, is the aim of the Dakini training program.



Visualization

As you are reading this, sit comfortably and stop reading occasionally to imagine the visual setup.

You are seated in an elaborately ornate gold throne. You are wearing a gold lamé see-through gown with a high neckline. Your feet are clad in gold high-heeled strappy sandals. You are holding a wooden pointer in your right hand. The tip of the pointer contains a large crystal. To your left is a low table with a variety of items on its surface including a miniature Goddess statue, a knife, a paddle, two white candles burning brightly, and vanilla incense, which is also burning.

There is a group of ten men seated on the floor in front of you. They are focused upon you, your actions, your image, your words. As you sit on your throne, a white light column gently lowers from above your head and infuses your body with a powerful energy. You point your crystal wand at the men. A light beam from the crystal changes the men into chained slaves, eagerly waiting for your next orders. A chariot appears, and the men magically become bridled to the transport. One slave becomes a stepstool as you board the slave-driven coach. You are taken to a faraway land where all women rule, all men are slaves. You disembark at a deeply secluded retreat mansion, where naked slaves usher you into a great temple room. You relax on a reclining couch as slaves massage your body and feed you cheese and fruits. You demand this and that from your slaves. They jump to fulfill your orders, each vying for a touch or look from you.

You announce an event, a pastime for your pleasure. A slave must endure your torment, your torture. A slave must sacrifice himself for your entertainment. A low bench is brought forward. You grab a nearby slave and rope him helplessly onto the bench, face up. You pinch his nipples and slap his cock to excite him sexually. You take a nearby burning candle and slowly drip hot wax onto the slave's chest. Holding the candle a few feet above his cock and balls, you thoroughly encase his genitals in layers of hot wax. You command the slave to commit his pledge to you. You will not free him from the wax until he repeats the following:

You are the Goddess, I am your slave and servant. I will obey
and serve only you.

You then painfully pick off the wax with your fingernails, jabbing him at every opportunity. You challenge him to escape from his bondage; since he cannot, you cut him free using your knife. He owes his freedom to you, so you command him to crawl to you on the floor like a snake so that he may service you in gratitude. Kneeling above his prone body, you use his body parts to pleasure yourself.

Afterwards you return via your human transport to be seated by your slaves back in your gold throne. The magical light returns to the heavens, and you resume your status as Priestess. The men listen as you recount your tale of adventure.

Worksheet VII: Visualizing Your Goals through Rituals

Using the preceding visualization as an example, create your own, personal visualization of yourself as a woman in charge of a group of men. Write your visualization (approximately 500 to 1000 words) in the space below. Use additional paper if necessary. Be sure to include details.

Now summarize what you've learned from this worksheet in your journal.



4

PRACTICING FEMALE CONTROL

A female asserting her psychological abilities creates a powerful magnet in attracting men to her. Implied taboos in conjunction with suggested female sexual aggression tap into male sexual fixations. The psychological forces within the images of wickedness, dominance, femininity, and motherliness entrap a male in a world of exciting hormonal confusion, trustingly secure on the one hand, dangerously destructive on the other. The male is extremely sensitive to visual cues such as makeup, body language, clothing, and facial expressions. Exploiting these weaknesses gives women a lever in maintaining a level of sexual frustration. The torment of the sexual tease defines female supremacy, especially when counterbalanced with sexual overload through milking. Sacred rituals performed by the Service of Mankind Church incorporate both intense visual tease techniques and sacrificial milking as a means of exhibiting dominance over men!

Identifying Your Inherent Female Traits

As a Priestess of the Service of Mankind Church, all inherent female traits and attributes are to be identified through your own inner reflections so as to systematically empower those desirable traits that can be used to control men. Identification in this manner adds to your powerhouse of domination specialties, thus increasing your leadership and authority resources. What traits can you identify in yourself to utilize during domination and ritual?

Use the following questionnaire and discussion. Remember: all feminine, visual, auditory, and psychological traits can be used to your advantage.

Can you use your age to define your dominant status? Consider:

- As a mature woman, men respond to a mother figure.
- As a younger woman, men respond to the demanding little girl taboo.

Have you developed a dominant image through your fashion and makeup? Consider:

- The use of dramatic clothing creates a commanding image.
- The use of revealing clothing implies sexual aggression.
- The use of defined eye makeup and lipstick activates a male's wicked woman fantasies.

Accenting your desirable body parts adds to your confidence and generates a sexual fixation in the male. For example:

- Feet: polished toenails in high-heeled sandals.

- Legs: black stockings with the seam up the back, revealed under a slit skirt.
- Breasts: comforting, motherly, secure, reveal cleavage in large breasts. For small breasts, employ a young-girl, demanding, bratlike attitude.
- Hands: red painted nails denotes a dangerous attitude.
- Lips: red or outlined dark lips.
- Hair: long or short, have it styled! Gray hair adds to an authoritative look.

Have you developed a commanding tone of voice? Consider:

- Use a lower voice to demand attention, obedience.
- Use short, clipped words to command and demand. For example:

“Serve me a diet soda.”

“Rub my feet now.”

“Prepare my bath.”

“Crawl to me from over there.”

“Kiss my hand before leaving the room.”

- Use concise, intelligent language to get your point across, in addition to a strong, steady voice. Learn descriptive adjectives to focus attention on the job to be done. For example:

“Lick my satin-smooth thighs.”

“Use your muscular hands to knead my lower back.”

“Buy me a clinging top that will accentuate my hard nipples.”

There is no need to use pornographic language unless you desire to excite and/or frustrate, as in the sexual tease. (We will explain the tease technique later on.) By stating your needs logically and simply in a normal tone of voice, you create an atmosphere of authority.

Can you employ any psychological traits to dominate men? Consider:

- Wearing a dark, low-cut business suit, short neat hair, nude pantyhose, high pumps, and no jewelry, depicts an image of the no-nonsense, bossy woman.
- A woman with a more motherly look dresses to accentuate her breasts, uses floral print outfits that show off wider hips, hair pinned up or in a bun at the back of the neck, lower-heeled pumps, and controlling undergarments, such as girdles and support bras.

Get to know your personal attributes so you can emphasize, exaggerate, and exploit those portions of your appearance that invite sexual fixation in men.

Worksheet VIII: Defining Your Traits

What *physical* traits can you use to dominate men? Take the time to list them below. List only those traits you feel confident of.

What *psychological* traits can you use in domination and ritual? Use the following examples to help you isolate them; you may have more than one trait. Take the time to explain.

Boss/Bossy	Queenly/Royalty	Goddess	Mother/Motherly	Princess
Starlet	Alien	Nurse	Teacher	Dancer

Use the space below to elaborate on how you may actualize your fantasy figure(s). What props will you use? Clothes? Makeup? Tone of voice?

Now summarize what you've learned from this worksheet in your journal.

Using Your Female Traits

Now that you have acknowledged your physical and psychological traits, learn how to use them to your advantage. Magnify those peculiarities that can establish a personal style. Become trained in showing off your best features, and incorporate them into your self-defined style. Through careful programming of your actions and appearance, tableaux of unforgettable eroticism become embedded into the male subconscious that can be activated over and over each time you desire to control your male subject. Examples of this type of programming are as follows:

Hands/Nails

- Point with your long, red, polished nails when you make demands.
- Caress things as you touch them, to draw attention to your hands.
- Run your hands over your hips, cup your breasts; his eyes will be riveted to your motions.
- Use your nails to scratch him lightly, pinch his nipples, talk about the action as you approach the activity: "I am going to use my beautiful, long nails to stroke your soft, fleshy balls."

Legs/Feet

- Wear skirts that reveal lots of leg and thigh.
- Cross and uncross your legs during a conversation.
- Bend over to caress your calves and smooth your stockings to draw his attention to your legs.
- Dangle your shoe off your foot when you cross your legs.
- Use your foot to point when demanding.
- Tap your foot after a demand while waiting for him to follow through.
- Use a foot to caress and stroke his leg when seated in a restaurant.
- Tread your heels loudly when moving about the room.

Body

- Wear curve-accentuating clothing.
- A simple style is more authoritative in appearance.
- Stand straight, with both feet on the floor.
- Put both hands on your hips when making a demand or one hand on your hip while pointing with the other hand.
- Look directly at the male while speaking clearly and concisely.
- Caress your curves while waiting for a response.

Body Language

Emasculating, frustrating control and power over the male results from the feigning of nonchalance and casual indifference in your body language. Consider:

- When sitting, stretch your arms back over your head, shake your breasts, and cross your legs.
- Adjust your undergarments while looking directly at the male.
- Try to sit across from the male, so he can peek up your legs when you cross them, or down your blouse when you lean forward to touch him.
- Touch his legs often as a punctuation to your conversation. Move your whole body into the casual touch, as if you are coming closer each time.
- Jump up to tower over him when he is seated, and push him back down if he tries to stand. Continue your conversation leaning over him, breasts dangling in his face, with one hand on his shoulder.
- If standing face to face, grab his chin and direct your conversation into his eyes, or lean over him and grab his face to tilt up towards yours. Say something like "Now, John, look at me when I talk to you!"
- Ask him to kiss a body part: "Now, John, it would really please me if you would lean over and kiss my knee." Caress your leg and slowly raise your skirt and point your finger at your knee. Touch his face lightly, and say afterward, "What a wonderful man; I plan on rewarding you later."



Voice/Intonation/Language

All Priestesses at the Service of Mankind Church require a proficiency in voice and speech control. Train yourself to talk slowly; enunciate each and every word. Lower your voice to a seductive pitch. Your voice is a hypnotic tool, used to mesmerize your subject into submission. Remember that your body will be a visual distraction, so you will have to repeat your statements and commands over and over again to get results. Try to retain the same phrasing and tone of voice when repeating your demand. Use colorful language to emphasize your distracting actions. For example, while adjusting your undergarments, say: "My breasts are bulging in this new Wonderbra. Will you adjust my straps for a more flattering look?"

Make statements in the form of factual comments:

- You have done a good job preparing my bath.
- I am thrilled watching you clean my leather boots.
- You turn me on when you whimper.
- I enjoy having you serve me dinner.

or instructional demands:

- Slave, clean up this spill.
- Boy, make me a drink.
- Dennis, clean out the fridge.
- John, I need you to bring in the groceries.
- Pet, I want you to stop at the Post Office on the way home.
- Slave, you will not have an orgasm until I allow it next Wednesday.

Modulate your voice to heighten the drama during an activity. Use a monotone when instructing your slaves, thus focusing attention upon what is to be done. A clipped, even speech pattern clearly creates a dictatorial atmosphere. Never raise your voice or yell your commands. Always appear in control of yourself and your voice. Refrain from talking too much; stick to the commands or instructions when addressing your slave. When directing a group, keep it simple and brief.

We recommend that you stop your work at this point to review your voice and speech patterns in front of a mirror, using the following worksheet. Review your voice for emotional inflections or high-pitched, questioning sentence structures. Eliminate through reprogramming any voice or speech pattern that does not sound imperious. Remember: Using our voice and wording in a commanding, authoritative manner increases men's emotional need to make us happy.

Worksheet IX: Improving Your Voice and Speech

For each of the following situations, write your commanding orders as you would say them (in your own words):

- Ordering your partner to bring you a drink
- Ordering him to fix you dinner (to your specifications)
- Ordering him to draw you a bath
- Ordering him to give you a foot massage or body massage
- Demanding that he become a footstool
- Demanding that he lick your crotch to your satisfaction
- Commanding him to bring you a punishment implement
- Commanding him to give you a preselected gift

How do you perceive the difference between ordering, demanding, and commanding?

Record the words you have written above on tape. Play back the tape, paying attention to the words only, not your intonation.

Do you see any ways to improve your words?

Could you use fewer words?

(Worksheet IX cont.)

Could you make more definitive statements?

Could you use more precise language?

Play back the tape a second time, but now listen only to your voice intonation, not the words.

How would you describe your voice?

Do you see any ways you can improve your intonation?

Does your voice sound authoritative?

Are you speaking slowly enough?

Are you speaking with a precise cadence?

Is your voice low in pitch?

Do you lower your voice at the end of sentences?

Repeat this exercise until you are happy with the results—until you feel your voice reflects your image of yourself.

What would you do differently if you were to order, demand, command a group of men to obey you?

Now summarize what you've learned from this worksheet in your journal.

Female Domination Sexual Techniques

Sexual Denial—The Tease Technique

Every part of a woman's body is designed to attract and conquer the male. Once the male is lured and under female influence, we suggest regulating the sex act by employing the sexual tease technique we've mentioned earlier.

Teasing, used in its extreme form, causes frustration in the male brain, triggering constant sexually stimulating fixations. Those stimulations, combined with sexual denial, produce an addiction to the sadomasochistic relationship that attracted the male in the first place. The male craves you and desires to have sex with you; by immersing him in all that is female but denying any sexual release, you've entrapped him in a cycle of perpetual need. He is caught in his dependency on you for his sexual thrill as well as relief from his intolerable frustration. There is no greater thrill for him than to serve the sexually dominant woman, since he realizes he cannot escape when his genitals betray him; they are to be used against him as a convenient tool for control.

This advanced stage of sexual activity is to be used only after thoroughly investigating the male of your choice. You must have evidence of his submissive nature and his desire to please you before you start this type of program. Not all men can cooperate with you in this activity; it takes a very special man who is attracted to the exotic, demanding ways of a sexually confident woman. Be sure to examine his personality carefully and discuss your intentions in detail, up front, before you involve yourself sexually.

We at the Service of Mankind Church require all male members to state their feelings of submission to women in writing during the application process. We recommend that you undergo a similar process in your pursuit of appropriate partners. Written concession to the female supremacy cause can be used over and over again in moments of difficulty during the discipline process. Interrogation and brainwashing techniques, which will be discussed later, are also utilized during this ongoing method of male subjugation. Female sexuality is the most powerful instrument of control we can use over men to get what we as women need and to keep that which we have acquired. Get to know every facet of your feminine power and refine that knowledge to incontestable potency. Qualification for Priestess status arrives when rule over men is achieved naturally, effortlessly, and efficiently.

Sexual Overload—The Milking Process

Sexual denial characterizes the psychological power play of the tease technique; sexual overload depicts the physical phase of the technique. Both are to be used to bring about the sexual torment needed to enthrall and possess the male of your choice. The sexual overload phase applies the milking procedure, which restricts the orgasmic release to complete female control. Milking enables the female to take full regimentation of the sexual program. A system of augmented training starts with an understanding of the resolution. By clearly explaining your goal in short, concise sentences, you facilitate cooperation through comprehension. For example:

"Now David, I am putting you on a strict schedule of sexual release once each week. You will be servicing me as often as I need you, so when your special day arrives each week, you will be rewarded for your good service."

The milking should be done as a reward for good behavior, but withholding it can also be used as a deterrent to unfocused attentions. For example:

"You've done so well this week, Jim, that today I'm allowing you three orgasms during the next few hours we're together."

Or

"Now, Jim, you've serviced me very poorly this week. You'll just have to wait until your next review before I'll allow you any sexual relief."

If he has difficulty accepting your ruling, remind the male of his agreement:

"Jim, you know it is in your best interest to cooperate with me. We've both agreed that sex is so much better when it is done my way."

The actual milking process requires you to set up a sensory overload situation, where extended or prolonged foreplay results in explosive orgasmic ecstasy for the male. For the first orgasm, sexually ride the male for at least 30 minutes before allowing ejaculation. Then, about 1 hour later, tease him all over again and masturbate him for another half-hour before you permit ejaculation. Stopping and starting is the best technique for maximum torment. After another hour, tease him some more. If there is a response (a hard penis), then proceed to use a vibrator on his penis to achieve climax once again. Talk to him the whole time, praising and encouraging him. For example:

"John, you've been so good this week. I really appreciate your attentions. Today is your special time for me to reward you."

After the second climax, say something like this:

"Now, John, you know I have to get every single sperm out of your balls, so we'll have to try one more time to get you to come."

Of course, you are to enjoy the time together. If you feel turned on by the activities, then by all means go ahead and have an orgasm. But remember that this is training time, devoted to making your male attentive and responsive to your needs. So all attention is focused upon training him to hold back his climax until you are ready to reward him with one.

Be sure to always follow through with your promises of reward. If Wednesday night is designated special time, then be consistent each and every week to allow for that time together. The male needs to look forward to a dependable schedule in order to function without resentments. If he unintentionally climaxes while servicing you, let it go. Do not

punish him for any unintentional mistakes. In response to this situation, say something like this:

"Brad, I know it's very exciting to service my sexual needs. You know how much it pleases me to keep you sexually frustrated. I know you'll do better next time and hold back."

If the male purposefully masturbates or climaxes without your permission, ignoring his schedule, then there is reason to punish. Only review punishments or rewards during the scheduled time together. Stick to the arranged training but, as punishment, do not allow any release until the following week. For example:

"Now, Ken, I am very disappointed in your selfish behavior this week. We have agreed that I am in control of your sexuality. You have chosen to be trained my way, so instead of a few hours of pleasure, I am going to spend the next few hours teaching you restraint. Next week we will resume your milking."

Then, as promised, return to the chosen schedule. Always be sure to compliment him for following your instructions:

"Ken, your punishment has made your sperm even more precious to me. Your special day provides me with plenty of time to show you how valuable you are in my life. Having a unique man such as yourself to control and manipulate thrills me to no end. I really value all the knowledge you've acquired about my particular desires. I'm happy with your progress in my training program."

Through the reinforcement of repetitive statements and actions, you are well on your way to the next step in this system of augmented training. Be sure to tell him that you are happy with him after he has successfully pleased you. Tell him often and at odd moments how hot and sexy he is to you.

Interrogation and Brainwashing

Statements such as these lead us to the interrogation and brainwashing segment of this training process. These techniques, when used during the sexual denial stage as part of the tease, effectively entangle your man into absolute feminine enslavement. These techniques also indoctrinate a level of discipline during the preliminary lessons of sexual control. Any written statements used during the investigation portion of your dating period can be used at this time against the male. Any memory of testimonies of love and faithfulness are to be used now. Any past concessions of wrongs against former girlfriends or any women in general are to be used now. Any type of behavior modification is to be implemented at this stage of the training. Always remember that your man wants to please you and make you happy. That knowledge is your supreme power and the basis for these complicated techniques. Male subjugation requires unending management of mental, physical, and sexual functions. By using these

techniques, combined with the practices described in this workbook, you can systematically rule your chosen slave's life.

The following scenario exemplifies the interrogation and brainwashing techniques:

Barbara, after a short dating term, moved her slave Bob into her apartment to gain better control over his life. Her plans for him included a long-term commitment from him, a better-paying career advancement for him, and a larger apartment so she could take on one more slave.

Her training process for him started with an overview of the situation to improve his comprehension of his position: "Now, Bob, I want to discuss my plans with you so you will understand what I expect from you. You did agree during our initial negotiations that I am in control of your life and sexuality, is this true? What I plan is for your own good and the good of our future together.

"I know you want to devote your life to serving me and servicing my sexual needs, isn't that right? You have enormous potential at work as well as at home with me. It would please me greatly to see you advance yourself in your career. I'd be thrilled to no end to be able to boss about a big, strong, important businessman.

"I am going to seek a larger apartment that will reflect your imminent success as well as my need for one more live-in slave. Bob, this is very important to me, so I'm going to discuss it once again when I milk your cock later tonight."

Barbara set up the scene for dominating Bob by dressing in provocative, low-cut clothing with thigh-high boots and leather gloves. She walked about the apartment after dinner, giving Bob a visual thrill. She took her time and applied extra makeup, demanded a drink, and generally bossed Bob around before ushering him into the bedroom.

She tied him with rope to the vanity chair with his legs spread and arms together behind him. Striding back and forth, she would suddenly lurch forward, jerk his head up, and question him on the earlier discussion, one hand on his chin, the other stroking his cock.

"Bob, you are my slave boy, aren't you? My boy has the special purpose of satisfying my hungry crotch. Isn't that why your cock is so hard? Well, I want you to control yourself while I question you regarding our earlier discussion." (Barbara continues to stroke Bob's hard cock, but does not allow him to peak.)

"What do I want you to do in your career? That's right, I want you to get a promotion. Yes, I know that requires studies and taking a test. I will help you to study. I will be very proud of you when you earn a promotion. What else do I have planned for us? A larger apartment! Good boy, you were listening well. Why do I want a larger apartment? For another slave! Good boy! Yes, now my boy deserves a reward. I am going to release you. You will lie on your back on the bed so I can mount you. You will not come until I say you can, do you understand?"

Barbara repeated the interrogation and brainwashing scene at least twice a week, with physical and visual variations to keep things exciting. Barbara helped Bob fulfill her goals by allowing time for him to study and prepare for his tests. She made it her business to know everything about his job and learned his new material so she could quiz him. She set up an altar on a dresser in their bedroom. On the dresser she put a picture of them together, two white candles, and

incense. A bowl of money was put in front of the picture, and apartment ads were cut out of the newspaper and placed there also.

Every other day, standing in front of the dresser with Bob, Barbara ritualistically lit the candles and the incense. Together they focused upon success and prosperity. She visualized with him a promotion, a bigger apartment, and a compatible live-in slave. They discussed the details of accomplishing these goals and described what their success would be.

During their lovemaking, Barbara directed the sexual energy so that at the moment of climax for either of them, their joint vision for success was foremost in their minds. Barbara encouraged and praised Bob for his continuous efforts and rewarded him at least twice a week with a sexual release.

Bob, feeling like a superman, plugged forward with self-confidence and motivation. He sought Barbara's approval and pride, so he kept her informed of office politics as well as his thoughts and opinions. Bob, respecting Barbara as a dominant woman, as well as a logical thinking partner, trusted her decision making and did his damndest to cooperate with her exciting demands. Her teamwork attitude, a familiar office mode, made his accomplishments life-empowering sources of spiritual connectedness. Every achievement seemed to bring them closer together mentally, in their increased knowledge of the potential of sexual magic. Bob forged forward in life, knowing he was supported in his direction emotionally and physically. He felt justified in his hard work with the balance of emotional acceptance and sexual fulfillment. His goals were never so clear or well defined. His life since meeting Barbara seemed easy and effortless.

Let us now analyze how these techniques can work for you. Understanding men's basic nature to please us as women helps to reinforce our power over them in any life situation. Barbara plugs into Bob's need for direction by reproducing a familiar environment: a teamwork attitude. All men are taught as youngsters to cooperate as part of a team effort—for example, team sports, or the debate team. As adults, the job market encourages men to become part of a company, a business, or a government institution, all group oriented. Men are also encouraged to join a political organization, a religious congregation, as well as sports-related social groups. Being part of a team effort is a natural route to accomplishing a successful life and career for many men. Realizing these psychological cues helps us as women to draft a personal plan that can utilize the skills and talents that men are taught in life.

Archetypes of Female Authority

Our dreams and desires can be attained through our calculated application of psychologically enhanced, sexual dramatizations with men. Men feel validated and self-connected by the acceptance and praise of a respected partner and/or authority figure. Designating yourself as that figure, and living up to your expectation of all that the role entails, empowers yourself and the relationship with a built-in, autocratic influence.

At the Service of Mankind Church, Priestesses use the image of Goddesses as power symbols during ritual enactments. The absolute image of the Goddess activates men's subconscious desire to respect, honor, and obey. Such an authority figure, when invoked,

triggers those automatic reactions of servitude already fixed in men's minds. Now you as women know the secret combination to unlock that which lies dormant in men's bodies.

The Service of Mankind Church has provided a list of suggested readings (at the end of this book) to further your knowledge of women's traditions and the Goddess experience. There is a wide spectrum of Goddess archetypes in Herstory and Mythology that you as a Dakini can embrace and celebrate in your newly awakened Goddess heritage.

Many myths contain a remarkable parallel to life and family situations that we as women feel singularly affected by; thus, this material can be used during your ritual formulation process. The image of the Goddess represents the universal symbol of feminine power. By invoking and imitating that image, we pack an Amazonian punch of credibility in the process of discovering the power to act in changing the conditions of our lives and living a new reality of expanded Goddess consciousness.

Now use the worksheet on the following page to further explore a female authority figure that interests you.



Worksheet X: Emulating a Female Authority Figure

Pick an authority figure you most admire and study up on her life and motives. She might be a political figure, a religious figure, or a powerful influence in your life.

How might you emulate her in your life?

How might you invoke her image to enhance your power?

What makes her powerful?

Use the space below to describe *your* personal image of authority.

Now summarize what you've learned from this worksheet in your journal.

Male Behavior Problems

Once it is uncovered, your message of spiritual consciousness helps others to understand your place as the creatress of life force, ruler of men. You, the leader of self-change, can now facilitate insight in those around you. This point particularly applies to those of us who are already involved in a relationship and/or marriage that has not yet realized the benefits of a female supremacist regime. The art of changing another's consciousness is a demanding one, requiring a long and disciplined effort. Consider your future with an unenlightened male. Is he worth the effort it takes to change him? If you have a partner who is unaffected by your dominance, or is a passive/aggressive male, answer the following questions:

- Is this man aggressive all the time?
- Does this man refuse to relinquish power in the bedroom?
- Does this man tell you how to control him?
- Does he boast of his submission?
- Does he claim to be the best masochist any woman ever met?
- Does he offer suggestions on how to dominate him?
- Does he offer to teach you the techniques of domination?
- Does he second-guess your actions (making you doubt yourself)?
- Does he boast of his past experiences?
- Does he accuse you of dominating him the wrong way?
- Does he tell you that you don't have the right look?
- Does he not follow directions because he's not in the mood?
- Does he ignore commands and go in his own direction?
- Is he sloppy or rushed when getting things done?
- Does he refuse to follow your instructions to the letter?

All of these traits point to a partner who needs reprogramming and serious training in order to satisfy your need for a supportive life mate. You must decide for yourself whether this man is worth rehabilitating to your way of thinking. How much work are you willing to undertake to enlighten his consciousness?

Ask yourself if he is deliberately undermining your progress by

- not respecting your lengthy learning process?
- expressing anger at your demands?
- not cooperating with your need to practice?
- trying to overpower your dominance with physical force?
- making sarcastic remarks during your domination scene?
- not allowing time to be involved with your rituals?
- ignoring your questioning him for feedback?
- not being willing to participate on any level in your direction?

The above attitudes indicate a personality that is not receptive to your control. If he is not polite or a gentleman or even a nice guy at this stage of your relationship, it might be very difficult to change his existing bad habits. Think long and hard whether this man is adding to the success of your newfound powers over men. Breaking loose and moving on may be the only option you have to fully attain your potential as a self-empowered female. Only you can make this difficult analysis of your situation. Be clear and non-emotional about your priorities and needs in life. Evaluate the big picture; look forward. How will your newfound powers improve your future? Does this man fit into that future?

The Service of Mankind Church has witnessed over the years an enormous influx of submissive males willing and able to champion any woman in her dreams of reigning mankind. Many seemingly appropriate mates simply lack the direction and skills needed to satisfy your desires. These desires may be difficult to decipher now that the rules have changed for them, so patient training and concise instruction is vital for them to get it. Mild behavior problems, such as the following, can be corrected and redirected.

Does he argue with your instructions?

Establish your dominance in a clear, monotone voice. State what you want accomplished two or three times over. For example:

You: Bill, right now I want you to go downstairs and do the laundry. While you are waiting, I want you to rake up the dead leaves in the yard.

Him: But, Molly, I said I was going to watch the game this afternoon!

You: Bill, right now I want you to go downstairs and do the laundry. While you are waiting, I want you to rake up the dead leaves in the yard.

Him: Yeah, but I really want to watch this game!

You: Bill, right now I want you to go downstairs and do the laundry. While you are waiting (etc., etc., etc.).

Him: Yeah, all right . . .

You: I really appreciate your cooperation. I expect the laundry to take one hour. You can watch your game after that.

Be sure to kiss him, and tell him what a good slave, servant, or boy he is and that you will remember his correct attitude on his special day. Be sure to remember your promise on his special day.

Does he try to escape from your bondage?

During your sessions with him, practice making his bondage inescapable. Use metal handcuffs or cuffs with chain and locking devices. Do not say anything if he tries to escape; just lock him up tight and leave the room for 15 minutes. If he begs or complains, say this:

You: Now, slave, if you keep trying to escape, I'll have to lock you up tight in a very uncomfortable position. I'll have to leave you that way, all cramped up, for as long as it takes you to learn to stop struggling. I want you to cooperate to make it easier for both of us.

Reward him for not struggling only after he has one cooperative evening with you:

You: You've been such a good boy during our time together! I've decided to award you one extra orgasm this week. One extra special evening, just for you.

Is he unenthusiastic during sex?

Sex is your event. If he displays boredom or is listless anytime during your demanding sex schedule, tie him down, face up, in a spread-eagle position. Squat over him and lower your crotch onto his face. Suffocate him, using your crotch, until he licks you to your satisfaction. You may use the following example as a guide:

Him: I can't breathe, get off my face.

You: I'm going to sit on your face until you lick me right. Now stick out that tongue!

Him: I can't lick with you in my face!

You: You try and do the best you can.

Tie up his cock and balls and attach a leash that you can hold onto while he is engaged in licking you. If he struggles or tries to bite you, jerk hard on the leash and in a commanding voice, say this:

You: No biting! Easy now, I'll give you enough air to breathe when you do things correctly.

Does he make jokes during your domination scene or ritual?

Making jokes is not acceptable during your session. Carry a wooden school ruler with you and use it to rap the back of his fingers. For example:

You: I don't appreciate your jokes. Each comment will get you a punishment rap with my ruler. Now put out your hands with your palms down.

If he whisks his hands away or makes a fist before you can hit his fingers, hold his wrist and hit one hand at a time on the knuckles.

Does he stand and stare at you instead of rushing to satisfy your demand?

If there are any delays in following your orders, award demerits or black stars for each second that he does not hop to your orders. For example:

You: Don't just stand there, do what I've said! You've just earned two black stars for dragging your feet.

Make each demerit two strokes with a paddle or cane. On his weekly special day, review your written list of demerits and award them at this time. Make sure you remind him what each demerit was for:

You: Before your special day orgasm, I'm going to review your behavior sheet for this week. On Tuesday, you earned four black stars for failing to take out the garbage when I asked you. I repeated myself three times before you obeyed me. I'll be using the cane. Bend over the bed to receive your eight punishment strokes.

Keep a black book to record the black stars, as well as the circumstances. This can also work for keeping track of extra orgasms for that week. A weekly tally, written on a blackboard in the kitchen, serves as a visual reminder to an especially active male. This visual aid gives men a weeklong thrill in anticipation of the atonement day.

Does he talk and talk and talk during your scene?

If he talks during your sessions, or begs, complains, or whines during punishment, gag him. Shove your underwear in his mouth or, better yet, use silver electrical tape over his mouth and wrap a scarf over the tape. Knot it around the back of his head to secure it in place. Tie his hands behind him so he cannot remove the gag. If he fights you or spits out the gag, bind him to a chair before you gag him and leave the room for a while. When you return, you might say something like this:

You: I do not want to hear you or fight with you at all when I'm trying to focus on my pleasures. I'm awarding you ten black stars for not cooperating immediately and for spitting out the gag. This will apply to your next special day.

Continue with your plans for a session as if nothing had transpired. Move forward nonemotionally to attain your sexual fulfillment for that day. Tell him something like the following example:

You: You are here for me to use for my sexual gratification. I will get my satisfaction from you no matter how you behave, so you had best be still and accept your place in this relationship.

You must be firm, direct, and logical all the time. Be sure to think things through beforehand. *Your* attitude must change *now*, for him to change his bad behavior over time. He *will* do what *you* want when he realizes that you mean business and will not back down or change your direction because of his belly-aching. It is now up to you to tell him every day that you are now in charge of the relationship and that you are now making the decisions about the future you have together.



5

INCORPORATING RITUAL EVERY DAY

We at the Service of Mankind Church recommend that you reaffirm your plans for dominance every single night in a ritual you perform with your partner. Set up a ritual altar with candles, incense, and a photo of you in a sexy fetish outfit, right in your bedroom on a dresser. Every night, in front of the altar, light the candles and incense and pronounce a dedication of purpose. A life of domination over all men as well as your special slave. Have him repeat an affirmation of submission to you, and you respond with an affirmation of your dominance over him, such as this:

You: My control over you grows stronger every day.

Him: I am a slave to you each and every day of my life.

You: My personal power increases every day. I am happy with the plans I've made for us.

Visualize together, at least once a week, by talking out your schedule for future goals as well as intentions for the relationship. When you make love, visualize your ideas out loud, minutes before you orgasm:

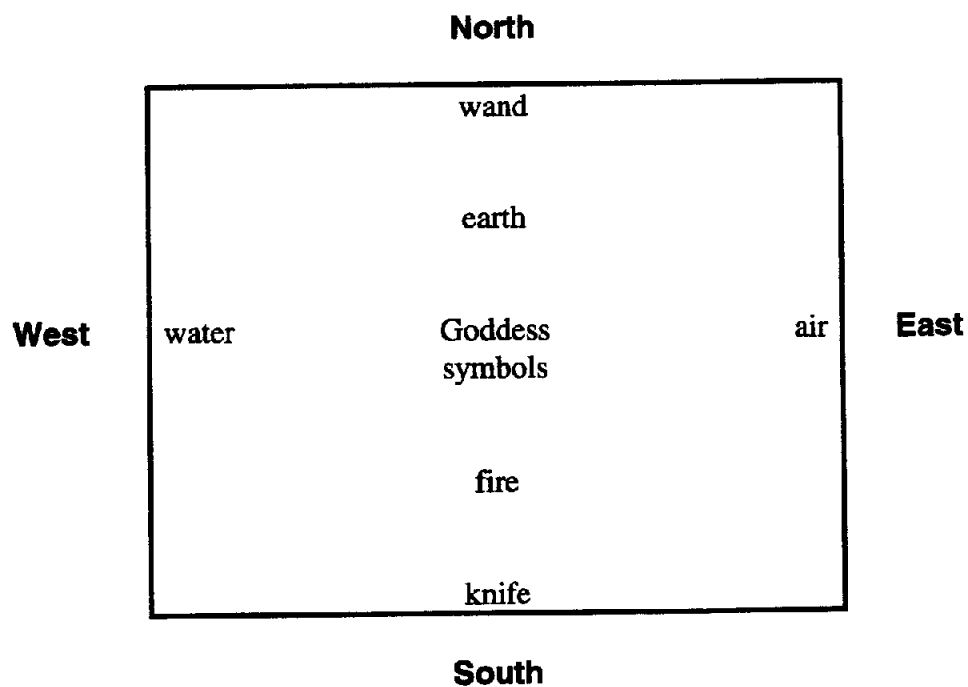
You: Good boy! I'm going to have a nice, big orgasm, because of all your efforts. Our plans for looking at real estate really have me excited. I can't wait to buy some new furniture with you. I can picture you now, in our new home, naked underneath a see-through apron, serving me dinner.

Write scripts for the time you spend together. Make long lists together, project plans, dream, enjoy life. You are a team, a partnership towards providing a road map for future matriarchal generations. You are a role model for a lifestyle of female control.

Set up a personal altar even if you do not currently have a partner to share in your future plans. To start with, it is important to establish a rhythm of work, a regular pattern of practice that you perform every day no matter what circumstances arise. This makes you continually aware that ritual is a part of life, work that strengthens determination and increases your power of visualization and concentration. The best exercise for regular use, if possible, at the same time each morning or just before retiring at night, is simple ceremony, performed in front of your altar.

The forces of nature are always helpful when performing your ritual, so assemble your altar pieces from items found around your home or from your garden. Set up your altar using the following figure as a guideline.

The Arrangement of the Sacred Elements on Your Altar



earth = stones or soil, cookies, bread, grain

air = incense burned

water = cup of water or wine

fire = lit candle

Goddess symbols = picture, photo, or statue of your archetype; also photo of yourself

wand = branch or twig from tree

knife = two-edged knife

Use a low dresser in your bedroom or a small, low table set aside in your living room for your altar. Be consistent: set up your altar in the same above pattern every time you choose to practice ritual. Your throne or chair can be set in front or to one side of your altar. Choose to wear a ceremonial gown or special costume when doing your work. To begin your practice, dress, light your candles and incense, pick up your knife, and point it toward the four directions as your words consecrate your sacred space:

Pointing to the north: "Within my sacred space the presence of the goddess of the north protects me."

Pointing to the west: "Within my sacred space the presence of the goddess of the west protects me."

Pointing to the south: "Within my sacred space the presence of the goddess of the south protects me."

Pointing to the east: "Within my sacred space the presence of the goddess of the east protects me."

Put your knife back in its ritual altar place and pick up your wand. Pointing it in a counterclockwise circular motion, trace a circle around the outside of your sacred space. The space around your body is the most common ground to sanctify. Repeat the words:

"Within this circle I am totally and completely apart from the outside world. Here I will glorify the goddess within me and evoke the powers of the feminine divinity to accomplish my task. Blessed be."

At this time you can sit in your chair and meditate, read, or reflect upon the plans you have for the future. Now is the time to make decisions for your life direction. Write your thoughts down in a diary that can be kept on your altar. Spend a minimum of five minutes, but no more than thirty minutes, on your ritual time. At the conclusion of your special time, stand and, pointing your wand in a clockwise circular motion, say:

"My rite draws to its end. May the goddess be with me as I depart. The circle is broken."

This is only an example of the type of ritual ceremony you can do. We would like you to make up your own words as you gain experience and spend time in discovering the power of the Goddess within you. The following worksheet will assist you in incorporating ritual into your everyday life.

Worksheet XI: Incorporating Ritual Every Day

List any activities (of any type) that you do every day.

Which of the activities you have listed help you achieve your ideal lifestyle?

What goals would motivate your ritual lifestyle every day?

Where would you set up your altar in your house for your ritual lifestyle?

What items would you place on your altar for your ritual lifestyle?

What would your ritual look like for your ritual lifestyle?

Write some affirmations that seem appropriate to your goals for your ritual lifestyle.

Write a script of how to accomplish your goals for your ritual lifestyle.

Write a brief paragraph of how you would visualize accomplishing your goals for your ritual lifestyle.

Now summarize what you've learned from this worksheet in your journal.





6

CREATING A LIFETIME OF SACRED CONSCIOUSNESS

There is no greater magic than that which happens naturally in humans. The practice of working that magic to your benefit is closely connected with your chosen lifestyle of visualization, meditation, ritual, and sacred practices. The connection lies deep within ourselves, where it has always been, waiting for our discovery of a balance between the genders that will assure us of a meaningful existence for ourselves and our partners.

We at the Service of Mankind Church feel that it is up to women to tap into those forces and tides that underlie our complex human natures. Our sudden deep awareness that we are perfectly capable of causing change, is a life-transforming acknowledgment. When we take responsibility for changing our future, and thus our past, we positively affect ourselves as well as those around us. This is the moment a Dakini recognizes herself as THE PRIESTESS, a woman no longer guided by an outer set of rules, but a self-motivated magician, working the energy she harnesses from within herself.

THE PRIESTESS, through ritual, opens the way to an understanding of the divine consciousness so that she can repeatedly experience what is considered beyond reality. THE PRIESTESS transcends reality through her systematic use of men for her strength, power, warmth, and security. Supremacy becomes compounded as you, in your role as THE PRIESTESS, pass this sacred knowledge on to other women, who in turn will pass this lifestyle on to their daughters. That is the inspiration of working toward a new world, one totally different from today, one that will be vastly better. You can make the difference.

Visualization

We will conclude this book with a visualization. Imagine yourself as THE PRIESTESS. Focus upon the feelings, the powers, the ease and efficiency of a woman in charge. You can do it, and you will . . .

You THE PRIESTESS enter a darkened room, filled with people you know and love. Women appear on either side of you to clothe you in silky garments. They encourage you down a candlelit path that leads up to a throne. Your feet tread upon hundreds of living, naked, male bodies positioned to form a luxurious carpet. The roped limbs of ten men support your body as you seat yourself upon your human throne. The backs of two men form an altar table complete with burning candles and incense. You proclaim protection of the sacred space by consecrating the area with a wave of your hand. You command the women in the room to all join hands in order to form a circle surrounding the men on the floor. All wait in silence as you summon the powers of the Goddess to speak through you.

"We are all here today to celebrate our status as superior women, rulers of men. We can prove our strength by using these men beneath our feet to do our bidding. It's within our rights, our power, to make these men crawl, to make these men suffer, to make these men atone, to make them beg forgiveness for their lopsided existence in our society. Our collective consciousness amplifies our need and desire for complete and total control over men. Let us focus on the empowering light of the Goddess as we direct ourselves toward subjugation of the male species."

You encourage all to breathe deeply with you as all hands are raised to the skies. A white light descends from above and engulfs the women with goddess energy. You urge the empowered women to demonstrate their jurisdiction. You lead the celebration by seizing the first man in front of you to torment and torture. The other women follow suit until all the men are occupied in some form of submission. You announce that all the world will someday exist in this moment, where men are forced to grovel to the whim of women. The torments last late into the night. You end the evening with the men serving all the women a well-prepared meal.

May the Goddess enlighten your path to a greater consciousness.



EPILOGUE

Upon finishing this book, you the reader may find yourself an active participant in your life growth process, doing what you have learned in this book as well as what comes naturally to you as a woman. As a self-realized dominant woman, you may choose to enter into the Dakini training program. All Priestesses need Dakini training, but not all Dakinis need to be Priestesses. If you choose to end your studies with us now, we wish you endless happiness and continuous empowerment.

If you choose to become a Service of Mankind Church Priestess, you will begin your ascent to the Inner Circle of religious knowledge and practices. After the Service of Mankind Church honors you with an Initiation Ritual, you will then be recognized as a Priestess of the First Circle. The learning-by-doing exercises of the year-and-a-day program give you as Priestess the experience necessary to perform monthly services required at the Service of Mankind Church's local chapter Sanctuary. Priestesses of the First Circle are called upon to guide other women through their year-and-a-day program, as well as facilitate church services.

Upon completion of your second year, you are then recognized as a Priestess of the Second Circle, a religious agent of the Service of Mankind Church, Essemian Sanctuary of the Darkside Goddess. In the second-year program, you will be taught to perform marriage ceremonies as an ordained Minister of the Service of Mankind Church's local chapter Sanctuary. You will officiate ceremonies, conduct local chapter business, and manage fellow members.

The Inner Circle is attained through your concerted efforts toward fulfillment of the Service of Mankind Church's spiritually directed Goddess consciousness. Writing, lecturing, missionary travel, and instigating organizational directives warrants Inner Circle appointment.

We as women must all join hands now, if we are to move forward in our quest for supremacy . . . Come with us to discover your future.

TAKING ACTION CHECKLIST

- ☐ Choose a date to start the program, allowing at least one month's notice for our recording time.
- ☐ Complete and mail the program application.
- ☐ Decide upon a plan or goal for your future. Write it down on paper *now*.
- ☐ Decide upon a monthly contact date with the Service of Mankind Church. We can talk on the phone, or send you e-mail or regular mail.
- ☐ Review your time schedule daily to provide for systematic ritual/meditation every single day.
- ☐ Separate an area in your home for an altar and chair for ritual practice. Use a dresser in your bedroom as an altar or a buffet table in the dining room. Make a throne from a used, high-back armchair that you can find reasonably priced at a flea market. Recover the seat with a rich fabric or use a velvet pillow to sit on.
- ☐ Search out your area for a metaphysical store and stock up on incense and ritual candles.
- ☐ Each month, provide yourself with a costume allowance. Shop at thrift stores and secondhand shops to expand your purchasing possibilities. If you sew, make a caftan, low-cut, in a sexy fabric, to slip into before you do a ritual.
- ☐ Investigate local papers for advertising rates in the personals.
- ☐ Restructure your schedule to allow time for reading educational material from our reading list. For additional reading material, visit the Service of Mankind Church's web site (www.darkside-goddess.org).
- ☐ Evaluate your current situation. Eliminate all that does not fit into your new program. Take control of your time, your partner, your family, your lifestyle, and your future.
- ☐ Plan now to make improvements in your wardrobe, your appearance, your speech, your voice, your mannerisms, your reactions. Think powerful, superior, commanding, authoritative. Think Goddess.

YOU ARE THE GODDESS.

SUGGESTED READING

We recommend the following books to increase your knowledge of spiritual practices.

Spiritual Background

Creative Visualization, by Shakti Gawain

The Women's Spirituality Book, by Diane Stein

Mother Wit: A Feminist Guide to Psychic Development, by Diane Mariechild

Spiral Dance, by Starhawk

Dreaming the Dark, by Starhawk

The Chalice and the Blade, by Riane Eisler

Women's Rituals, by Barbara Walker

Women's Mysteries, Ancient and Modern, by M. Ester Harding

The Holy Book of Women's Mysteries, Parts I and II, by Z. Budapest

Positive Magic: Occult Self-Help, by Marion Weinstein

The Woman's Encyclopedia of Myths and Secrets, by Barbara Walker

Mysteries of the Dark Moon, by Demetra George

The Tree of Ecstasy, by Dolores Ashcroft-Nowicki

Erotic Education

SM 101, by Jay Wiseman

Masochism: A Jungian View, by Lyn Cowan

Erotic Power, by Gini Graham Scott

Training and Education of a Husband, Vol. I and II, by Patricia de Gifford

Dom Periodicals and References

Other World Kingdom News

Other World Kingdom videos

For Other World Kingdom material, visit SMC's Online Shopping Mall at members.aol.com/owknews/Owk_Index.htm.

ABOUT THE AUTHOR



Priestess Sarakira has been a member of the Service of Mankind Church since 1983. She received her commission as Priestess after her year-and-a-day program in 1988. She has since been appointed as one of the board of directors of the Service of Mankind Church and has been officiating ritual services and conducting church functions.