

Using Animal Spirits In Our Lifestyle

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We involved in the BDSM lifestyle are so careful to stay within our community standards that it has become somewhat of a hindrance in exploring deeper, darker realms of ourselves. We avoid activities that seem uncomfortable or heretical. I am not referring to blatant illegal activities we should stay away from, but to those activities which even we in our community might be uncomfortable with. Acceptance of other's kinks is one of the first guidelines you learn when entering the public BDSM arena. One of these uncomfortable activities consists of our animalistic nature expressed in our scenes. It has been referred to as our beast. Our deeper, primal instincts to lose all self control and let our base instincts run free. We have entire workshops devoted to controlling the beast, staying within the acceptable perimeters of our community and safety. All these are very good to educate and maintain individual and community control, but what about accessing that energy in a scene? Instead of denying the beast its freedom, let it out with controlled measures. Using our fellow creatures to assist us in guiding and discovering our baser instincts can move our BDSM beyond the mundane and into the shadow realm.

If we review some of the popular works of our lifestyle, we will find numerous occasions where the individual person is replaced by an animal persona. One of our community's most popular movies, "The Story of O" has O masked as an owl at the completion of her training. Her human nature has been replaced by her animalistic traits of her totem animal, the Owl. She is wise, serene and observant. She moves through the crowd seeming to be above all those still garbed in their human skin. She has become something deeper, something darker. No human can touch her, reach her spirit. Many perverts fantasize about the pony scenes in "The Beauty" series by Anne Rice. The luster of the pony's manes, the taste of the bridle in their mouths. All these images stir our deeper, forgotten erotic fantasies. Moving beyond our BDSM erotica, we can conjure up societal dreams of creatures encountering humans in an erotic exchange. Who can forget the movies "Cat People" or "Lady Hawke"? The ancient mythology of many civilizations are peppered with examples of animal spirits.

Animals have been used in rituals and worshipped for thousands of years. The Egyptians are among the best known for their animal worship. In current times we have forgotten the power our fellow creatures have when working with us. The power to transform, guide, protect and assist. It is time we as a culture reacquainted ourselves with our fellow animals and how we can create a bond between them and us to benefit both.

In our lifestyle, we can especially benefit from the association with a spirit animal by allowing it to assist us in the release of our beast. Arousal of the body, mind and soul should release our inner primal urges, and the extreme activities we participate in within our play should do so even more. By discovering what animal is with us at a particular time in our life or associated with a certain play partner, we can better understand how to approach them and bring out these urges. Now I am not referring to all out primal caveman urges where killing and maiming was a sign of territorial defense, but more so of a controlled release of our inner instincts we tend to keep under such good control in our daily culture.

Totems are only one form of animal guide. It is generally used by a large group, family or clan. A modern day example would be the Geico lizard or Tony the Tiger. These animals represent the spirit of their company. Sport mascots are another. Freud often considered the totem as associated with the father figure of the group it was associated with. As the animal embodied all the strengths of the family, it was linked to the masculine protector of the family. Other forms are spirit guides. These animals can be linked to a specific problem, person or issue you are trying to deal with. By presenting themselves to you, the animal is giving you insight on what you may need to deal with the issue. Shadow guides are often animals you fear, have had a bad experience with or find unattractive. These animals appear to you to force you to deal with them and the fears they represent to you. Whatever form the animal takes with you, welcome it with friendliness and an openness to see where it takes you.

What you enjoy doing in a scene or lifestyle context can lend a clue to your animal totem. Think of what types of interactions you enjoy most. If you lean towards sensual play such as soft floggers, erotic teasing, or light impact you may have a rabbit, deer or woodchuck totem. If danger scenarios are your thing, the snake or lion spirit could be influencing you. Fire, temperature and wax play are governed by the lizard family, including dragons. Suspension, sensory deprivation uses bird and underground animals. Even if you are just now delving into a particular type of activity heed the wisdom of those creatures associated with that type of play.

Discovering which animals are in your sphere at this time in your life can be discovered through rituals, mediation and self-reflection. I have attached a worksheet of questions for you to use in this self discovery. One set is specific to our lifestyle. Use these questions in your journey on the road to discovering your animal spirits.