

Reading Submissive Body Language and Energy

Presented by Lady Solaris



What We Will Cover

- Biographical Information of Presenter
- Getting to know your sub's personality
- submissive muscles and neurological structure
- Your eyes: how to read Your sub through sight
- Your ears: how to read Your sub through sound
- Your hands: how to read Your sub through touch
- Your gut: how to read Your sub through instinct



Biography of Presenter

- Solaris is a lifestyle Domme with a 24/7 submissive (caelum)
- Solaris's collegiate studies have included coursework on:
 - Psychology: study of the mind
 - Sociology: study of human social interaction
 - Intra/inter-personal Communication
 - Human Sexuality
 - Kinesics: study of human body language



Getting to Know the sub

- **First meeting**

- **Learn about...**

- **Kinks they enjoy**

- **Kinks they do not enjoy but would like to try**

- **Kinks they never want to try**

- **Perhaps have them fill out a survey**

- **Health Issues**

- **A little bit of their background**

- **Like why they came into BDSM**

- **If they have a history of abuse towards them**

- **Etc.**



Getting to Know the sub

- Long-term D/s Relationships

- Before heavy play always make sure to ask the submissive how they are feeling mentally and physically

- If You do not want to ask, make sure to think ahead and think about how your sub will react to what you do



Getting to Know the sub

- **24/7 D/s Relationships**

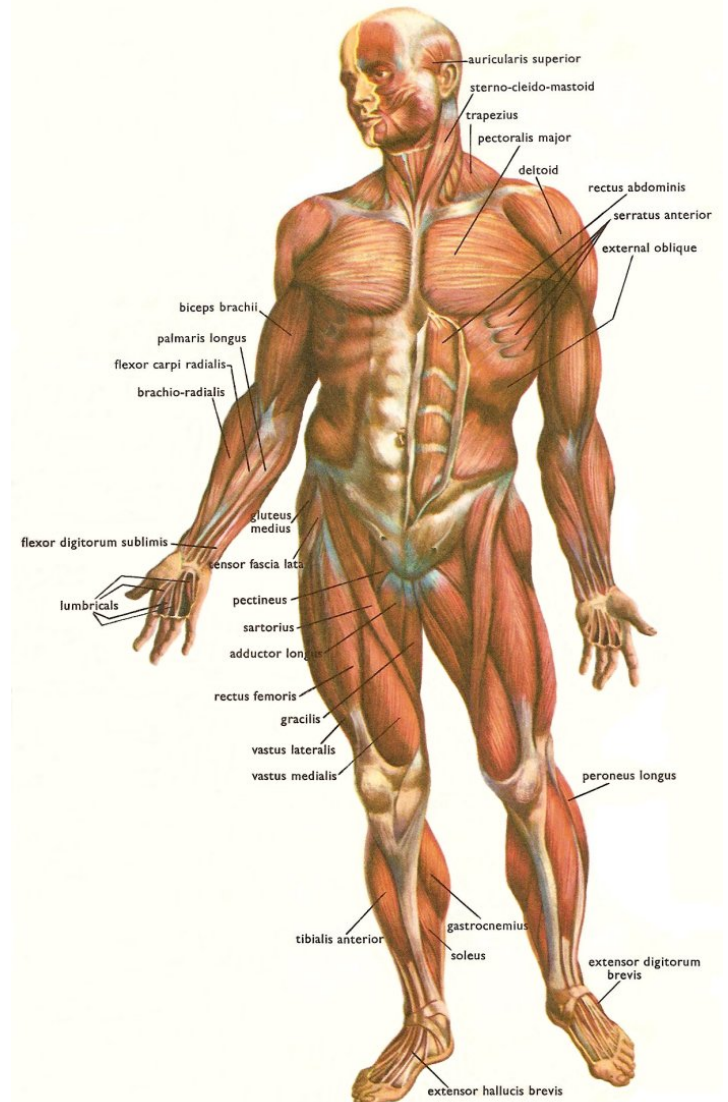
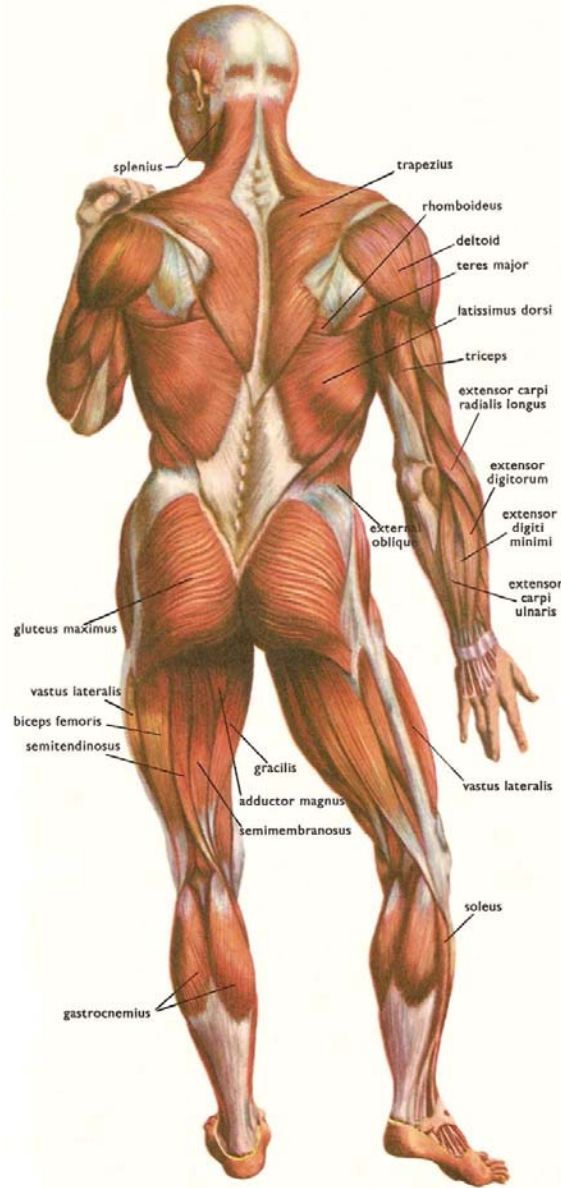
- Make sure You know the mental and physical situation of the sub by using

- Discussions or
 - Journaling

submissive Muscle Systems

- What are muscles?
 - A body tissue consisting of long cells that contract when stimulated and produce motion

submissive Muscle Systems



submissive Muscle Systems

- Type of Muscle We are most concerned with
 - Skeletal muscle or "voluntary muscle"
 - Anchored by tendons to bone and is used to affect skeletal movement such as locomotion and in maintaining posture



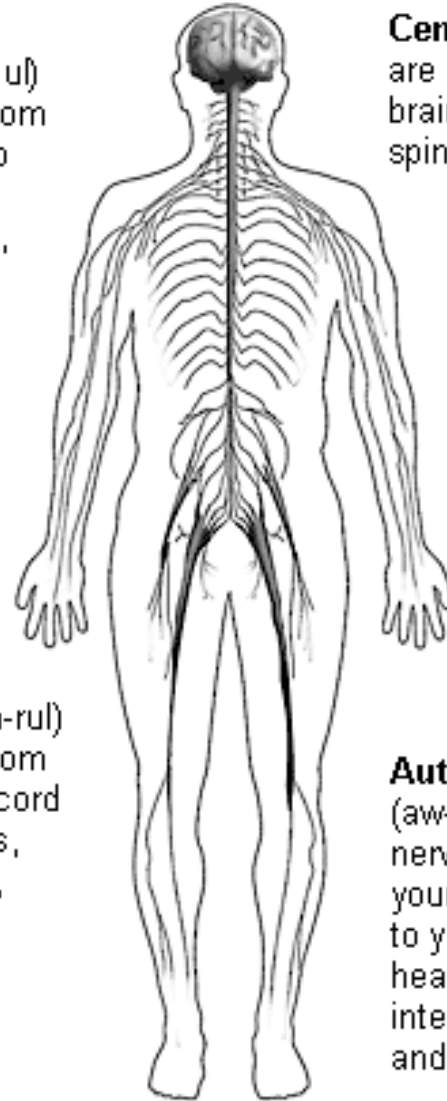
submissive Nervous System

- **What are nerves?**
 - A bundle of fibers that transmit electrical messages between the brain and areas of the body; these messages convey sensory or motor function information

submissive Nervous System



Cranial
(KRAY-nee-ul)
nerves go from
your brain to
your eyes,
mouth, ears,
and other
parts of
your head.



Central nerves
are in your
brain and
spinal cord.

Peripheral
(puh-RIF-uh-rul)
nerves go from
your spinal cord
to your arms,
hands, legs,
and feet.

Autonomic
(aw-toh-NOM-ik)
nerves go from
your spinal cord
to your lungs,
heart, stomach,
intestines, bladder,
and sex organs.


submissive Muscle & Nervous System

- Why am I telling You this?
 - Muscles and nerves are involved in body movement and body language
 - When You know what these are and how they work together they will make it easier for You to read Your sub



Reading a sub


- Reading Your sub involves:
 - Patience
 - Focus
 - Practice



Reading a sub through sight

- I want Y/you to look around the room at everyone else and when Y/you see a very clear behavior being portrayed by an individual I would like Y/you to raise Y/your hand and identify the person and the behavior your see them portraying

-Let's see if you got it right!



Reading a sub through sight

- So what are You looking for?
 - Muscle movement
 - Spasms
 - Twitches
 - Lack of movement
 - Skin Sensitivity
 - Facial Expressions
 - Look of skin
 - Bruising
 - Redness
 - Lack of Color



Reading a sub through sight

- Area of the body I look at the most to let Me know how My sub feels...
 - Face and Feet

Reading a sub through sight

EXAMPLE:

- Tell-tale signs Your sub is **uncomfortable**:
 - Rocking back and forth
 - Shaking their head
 - Squirming around
 - Arching their back
 - Fidgeting

Reading a sub through sight

EXAMPLE:

- Tell-tale signs Your sub is **comfortable**:
 - Rocking back and forth
 - Shaking their head
 - Squirming around
 - Arching their back
 - Fidgeting

Reading a sub through sight

- To practice this on Your own watch TV with no sound on and try and interpret what is going on by watching body language



Reading a sub through sound

- Close Y/your eyes and listen to these two sounds and see what emotions Y/you think they refer to



Reading a sub through sound

- Reading through sound requires audible feedback from the submissive
 - This could be
 - Talking
 - Words
 - Noises
 - And even when the sub decides when and when not to make sound

Reading a sub through sound

- What are You listening for?
 - Breathing
 - Moaning
 - Panting
 - Crying
 - Mumbling
 - Talking
 - Tonality
 - Volume
 - Lack of sound



Reading a sub through sound

- To practice this on Your own, watch TV with Your eyes closed and imagine what body language/emotion would go along with the dialog/noises



Reading a sub through touch

- Have You ever touched Your sub with a cold instrument and felt goose bumps appear on their body?
- This is reading Your sub through touch

Reading a sub through touch

- What are You feeling for?
 - Warmth and coldness of skin
 - Raised or indented skin
 - Tender areas
 - Pulse
 - Sensitivity

Reading a sub through touch

- Try this...
 - Randomly without anyone chatting I want Y/you to pick whether Y/you want to touch or be touched
 - Now I want Y/you to close your eyes if you are someone who wants to be touched; those who want to touch, choose someone close to Y/you and lightly lay Y/your hand on them


Reading a sub through touch

- Touch is one of the most awesome senses and it is one of the senses W/we play with a lot in BDSM
- After analysis of sight and sound regarding the state of the sub, You must be willing to touch them




Reading a sub through touch

- Touch can...
 - Give the submissive support through hard play
 - Let the Dom/me know if the sub is hot or cold
 - Let the Dom/me know if the area S/He has played on is done (or if it could use some more)
 - And it can create a connection between the Top and bottom that will help in reading a sub in many other ways




Reading a sub with Your gut

- You must listen to Your instinct
 - What is instinct?
 - Behavior that is mediated by reactions below the conscious level
- Instinct uses all of the previous knowledge you have of how to interpret what people are thinking, how they are acting, and what they are feeling



Reading a sub with Your gut

- How to use your instinct
 - Try and be very perceptive of the environment around You while You are playing
 - Try to recall similar situations You've been in and utilize them during the present
 - If You feel that something is wrong, out-of-place, or if You have no reason other than Your intuition is telling You to do the opposite; follow your gut!



Reading a sub with Your gut

- Instinct is something that is very particular to each individual and it is something that cannot necessarily be taught
- It becomes easier to utilize the more You play and the more You put Yourself in different situations

Practice Time!





Wrap Up

- **You must utilize**
 - Your skills
 - Your previous situational knowledge
 - Your senses
 - And Your intuition
- **Through practice and Dom/me-sub communication you can become very good about reading your submissive**



Any
Questions?

