

## Bonds of Power: Power Exchange with Rope

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You have come to me to submit yourself to my will, and I will use my wicked mind and simple ties to bind your spirit to mind, my desires to yours. Have you always longed to say those words, but aren't sure how to use your rope bondage skills (or don't have any) to create dynamic tension in your Dominant/Submissive relationship dynamics? Whether you are looking to explore D/s in your ropework for the first time, or are passionate about power exchange but hoping to explore some beginning rope, this intensive will give you a chance to explore and sample rope and power through body positions, movement, hands-on exercises, conversation, and demonstration.

\*A bit about the presenters, and the approach to today's workshop.

\*Lee's 4 Simple Rules for Dominance:

- Prep for success
- Think of Yule Brenner
- Keep your Comfort (or an appearance thereof)
- Keep your Cool (or an appearance thereof)

\*Prep for Success

- pros and cons of various ropes and other bondage tools.
- knives vs. marlin spikes vs. safety shears
- blindfolds, chopsticks, bamboo poles, enemas, wax, clips, clamps and other toys
- body signs- nerves, physiology, check for circulation
- communication, safeword/knowledge systems
- health and body prep (theirs and yours): water, food, medication, mental health
- space prep, tools handy, time cleared, backup plans
- keep a surprise in your back pocket

\*General Concept ties:

- Rope movement without ties
- One column ties
- Two column ties
- Texas handcuffs
- Shinju

\*Think of Yule Brenner

- Head never over yours unless you specifically put it there or it is understood
- The power of the foot in various cultures
- Understanding when to talk and when to be silent
- Getting inside the head, twisting their desires
- Beauty and manipulation of your look/attitude
- The art of reducing what they take in

\*What do we have on hand: Clothing as bondage

- The psychology of their clothing vs. your clothing (disgust, treat, threat)
- Nylons and Stockings (gags, hoods, bindings, arm sleeves, mitts)
- High heel, boot and shoe bondage
- Other clothes: Sweaty socks, shoes, underwear, belts, shirts, jeans

\*Keep your Comfort (or an appearance thereof)

- What are you wearing?
- Move your bottom, do not move yourself unless you CHOOSE to
- Other motion awareness
- Props for the Top: Chairs, stools, glasses, water, massage

\*Keep your Cool (or appearance thereof)

- Don't cut rope unless you HAVE to
- Maintain composure in the face of fuckupedness
- It's not their fault they can't hold a pose, or is it (the psychology of destroying ego)
- I meant to do that- running with what comes
- Maintaining role if it is important, breaking role and being human if it is important
- Claiming your BS and other courtesies of Dominance and Nobles Oblige

\*Where from here? (websites and books to spend days being inspired)

[www.PassionAndSoul.com](http://www.PassionAndSoul.com)

[www.beknotty.com](http://www.beknotty.com)

[www.knottyboys.com](http://www.knottyboys.com)

[www.fetishjapan.com](http://www.fetishjapan.com)

[www.twistedmonk.com](http://www.twistedmonk.com)

[www.bossbondage.com](http://www.bossbondage.com)

[ds-arts.com/](http://ds-arts.com/)

[www.ropemarks.com](http://www.ropemarks.com)

[www.ropefashions.com](http://www.ropefashions.com)

[www.japanbondage.de](http://www.japanbondage.de)

[www.tinyurl.com/leevideos](http://www.tinyurl.com/leevideos)

[www.kinkacademy.com](http://www.kinkacademy.com)

Shibari You Can Use; More Shibari You Can Use – Lee Harrington

Complete Shibari – Douglas Kent

Rope for Sex Volume 1 – Chanta Rose

Showing You the Ropes; Back on the Ropes – Two Knotty Boys

The Seductive Art of Japanese Bondage – Midori

The Erotic Bondage Handbook – Jay Wiseman