

# How Rituals Can Enhance Your BDSM Scenes



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Whether you are kinky only in the bedroom or participating in D/s as a lifestyle, developing rituals for your BDSM play is an intimate and powerful way to connect. Using rituals will [strengthen your roles](#), build dynamic scenes, and amplify your playtime to create the ideal atmosphere for BDSM activities.

## What are Rituals?

Rituals used in BDSM situations are meditative, focused activities or set of behaviors meant to connect you with a specific feeling. That feeling can be anything from relaxation, anticipation, or excitement. Rituals are also used to deepen the mindset of submission and subservience. It's about setting the stage for the next interaction. Rituals are useful in BDSM to separate our everyday life and transition into a mindful focus. That focus could be your Dominant, playtime, your submission, or any other mood that your dynamic has developed. They can also signal fun, playful exchanges, and intimate bonding moments.

Anyone can benefit from rituals in playtime; Dominants feel empowered, submissives get help focusing on their mindset, and couples build intimacy and variety in their BDSM play.

The mental image that the word "rituals" conjures up is one of a slow, methodical, dull, or old-fashioned set of behaviors, and you may have heard that having rituals is an activity reserved for more "serious 24/7 Masters and slaves." Nothing could be further from reality. Rituals that you develop do not have to feel dry and boring. Sometimes, when others share rituals they have, you may realize, "That's a ritual? I do that too!" The best rituals are brief yet powerful behaviors that pack a big emotional impact.

A few examples of brief rituals with a high emotional impact:

- Kneeling and reciting [a mantra](#)
- Kissing your partner's feet
- Offering the tool of your punishment with reverence

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In these examples, the point is to create a feeling in you, the submissive, or an atmosphere in which power exchange can happen. How do you feel when you kneel with purpose?

## Types of BDSM Rituals

Since BDSM rituals are personal to the relationship and the people in it, they can be for any purpose or situation. The point with any ritual is they are repeatable and memorable; they don't have to be time-consuming, detailed activities. While your imagination only limits the variety, the more popular ones can fall under four categories.

### Verbal Rituals

In verbal rituals, the trigger to begin the ritual is often a command or a phrase that has to be said, responded to, or repeated. Verbal rituals will provide ways to respond to requests, directions, or commands during play to keep your head focused and to engage in the exchange.

Ideas include:

- Having a [formulaic response to a question](#)
- Reciting a mantra on command
- Asking for another strike of something you usually don't enjoy
- A set way to confirm consent for what is about to happen, "I have entered into the dungeon willingly and submit to your authority completely, Sir."
- Adding a gratitude ritual after playtime, to [thank the Dominant](#) for the experience

### Meditative Rituals

Performing meditative rituals creates a relaxing, focused atmosphere and calms your mind to be receptive to other things. They can also be used to build anticipation and excitement for what is about to occur.

Mediation can involve a lot of different things, for example:

- [Learning submissive positions](#)
- Kneeling at the foot of the bed, or in front of your Dominant in quiet contemplation
- Wearing a hood before an intense scene to heighten anticipation and anxiety of the pain you're about to experience
- Standing in a corner to reflect on being bad before getting punished

## **Transitional Rituals**

A transitional ritual is a behavior or action that helps you shift your mood to move from one mindset to another. Before play, this could look like this:

- Preparing for play, such as bathing and dressing or undressing for play
- Putting on a play-specific collar
- Laying out the tools and toys in a presentable manner and setting up the play space
- Kissing the first tool/toy before play begins
- Asking for permission to enter the play space

It can work in reverse as well, to return to the mindset after play:

- Ceremonially removing the play collar
- Cleaning up the play space
- Performing your aftercare in a set way

## **Reactionary Rituals**

Reactionary rituals are just like they sound. They are actions performed in response to something, such as a verbal command, a snap of the fingers, or being released from bondage.

Reactionary rituals could be:

- Bowing or kneeling when you enter the play space
- Presenting your wrists to be bound when your Dominant picks up some cuffs
- Counting the strikes when you are spanked
- Assuming submissive positions on cue

Another form of reactionary ritual is call and response. These are great and pulling your mind into the proper emotion even if you don't feel it. Call and response rituals like:

- "Who owns you?"
- "You own me, Master, body, and soul."
- "Why are you here?"
- "To provide you with pleasure, Master, always, and in all ways."

Or:

- "Answer me."
- "Sir, yes, Sir."

## In Closing

I hope I've encouraged some of you to try adding rituals to your BDSM scenes. As you can see, they don't have to be stuffy, dry actions that you do without thinking. The best rituals invoke a feeling, and then that feeling provides the perfect moment to connect in play. Have a conversation with your Dominant today and see if you can decide on a small ritual to try.

What rituals do you have for your BDSM playtime? Mention @subguide on Twitter and let us know!

## About

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# CREATE A BDSM PLAYTIME RITUAL

## in 7 Easy Steps

Rituals are a great way to invoke powerful feelings with small, focused behaviors. Build rituals that you enjoy doing and where you want a deeper connection to your Dominant or the mindset you crave during play. Following these steps will help you begin developing your powerful moments in the playroom.

If you need ideas there are great suggestions in our article, [How Rituals Can Enhance Your BDSM Scenes](#). You may also want to use the bonus brainstorming worksheets provided to help you pinpoint a ritual to try. If you can't come up with one on your own or just feel overwhelmed, a good one to start with would be preparing for play in a very methodical way.

### 1: DECIDE ON ONE SPECIFIC PURPOSE

Focus on the physical and emotional connection you want to develop before, during, and after play. Do you want a deep subservience, anticipation, relaxation, and intimacy, or even depending on the scene, a sense of fear? Rituals that you build can create an emotional atmosphere for any play you're looking to do.

### 2: BRAINSTORM AND RESEARCH IDEAS

Whether you have little or no knowledge of rituals, gathering more information will help you develop your BDSM ritual. You can use any method for brainstorming that works for you. Explore your favorite BDSM related groups and forums as well as search engines to find out more ideas and suggestions that other people have come up with.

### 3: SELECT AN ACTION OR SET OF STEPS

This ritual should be small, easy to do, and enjoyable to both of you. Don't give it too many steps or you'll forget everything you needed to do. Write down what you will do as well as the feeling or emotion that it should create. You may need to consciously keep that thought in mind when performing the ritual the first few times.

### 4: TRY OUT IN ISOLATION

Once you've decided on a set of behaviors for your ritual, it is time to test it out. After you perform the ritual the first time, take a few moments to reflect on how well it worked. Think about how you felt while you did the ritual's steps and if it was easy or hard to get to the intended emotion. Write about it if it will help you. Your ritual might not hit the mark right away, and that's okay. This is the time to find out if you might need to adjust something about it. Use this practice to learn the ritual well enough that it becomes second nature.

### 5: PRACTICE YOUR RITUAL DURING PLAY

The most important step in the process is to practice using the ritual in play. Focus on the feeling you want to create and the ritual's purpose each time you do it. When you first start using rituals, you will have to accept a bit of work to make them effective. You're building the connection between the actions or behaviors and the feeling it evokes. Repeatedly doing this will create that link in your brain, and you'll not need to focus so intently. Doing the ritual will cause the feeling. Again, if you find that something just isn't working, alter it and try again.

### 6: ASSESS IF THE RITUAL IS WORKING AS INTENDED

Performing this simple review will help you link the behaviors with the feeling and aid you in seeing moments for improvement or opportunities for change. Here are a few questions to ask: Does the ritual create the feeling you intended? Does it focus your attention correctly? If the ritual has multiple steps, are they easy to remember? Should you tweak it or change it to make it more effective? Should you stop using it and find another ritual to try?

### 7: REFINE YOUR RITUAL AS YOUR DYNAMIC AND NEEDS EVOLVE

If you continue a ritual for some time, make sure you're checking in with your Dominant to see if it is still useful and creating the intended feeling. It's okay to change or remove rituals that are no longer working. A relationship is dynamic after all, and your rituals might need to grow and shift with you also.