



The Dominant's Handbook

An Intimate Guide To BDSM Play

Breaking Taboo

Before starting this exercise, please complete reading *Anal Pleasure and Health: A Guide for Men and Women* by Jack Morin, Ph.D.

What is a taboo? How do taboos affect us in our daily lives? What impact do taboos have on human development? Jack Morin defines taboo as “a form of psycho-social control more potent than even the most rigid moral code. . . . A taboo is a prohibition collectively shared by a society, with a force so strong that it is rarely questioned or even discussed. It just is.” (Morin, p.16.)

We have many taboos, myths, and social conditioning in our culture. Some of them are subtle; we do not realize how much they inhibit our sexual freedom. Many are based on moral codes that no longer apply in modern society.

There is a power in breaking taboo. Through the process, one can empower oneself, become sexually liberated, and broaden one's horizons in the freedom of sexual expression. Through the process of breaking taboos, one can discover freedom in gender expression, gender identity, sexual orientation, sadism, masochism, and many other areas.

There are several steps involved in breaking a taboo. The steps that I find helpful are as follows:

- Name the taboo. Giving the taboo a name also gives it substance. It ceases to be something vague and ambiguous.
- Research and learn factual information about the taboo.
- Discuss the taboo and question the taboo with trusted friend(s) and/or lover(s).
- Become familiar with the taboo and get to know the object of the taboo. For example, if you have an anal taboo, get to know your anus through touch and looking at your anus in a mirror.
- Reclaim your right to have mastery over your own life.
- Engage in an activity which will serve to break the taboo.

There is power in facing and overcoming fears. There is a power in naming, especially naming sexual acts and BDSM activities, owning different sets of names we use in role play, and naming ourselves. For example, think about the empowerment we achieve when a Domme calls her submissive a dirty slut.

Related to the power of naming is the power of reclaiming. In our modern society, we often get lost in the masses. We become invisible. We become a number. Through reclaiming our right to role play and take on new names for ourselves, we become thriving players rich with intense experiences. We get in touch with our bodies, our nature, and our full identity. Through the process, we become fully alive.

Reclaiming is a process of truly owning our identity. An example would be when a gay male refers to himself as a sissy, faggot, and/or a fairy. By owning the derogatory words that others use to dehumanize, we become empowered, and the words lose much of their power to hurt and harm.

A couple of years ago, I wrote a ritual for Samhain for the Radical Faeries and for Earth Spirit Alliance. The Pathway of Psychosexual Darkness touches on many of the myths, taboos, and social conditioning forces that affect many in our culture. This provides a good starting place for breaking taboo. I have included the Pathway of Psychosexual Darkness in the workbook.

The Pathway of Psychosexual Darkness is a starting place to break any taboos that are influencing your life negatively. There are many taboos that hold us back from living a full sexually expressive life. While the ritual addresses many modern-day taboos and archetypes, it by no means covers them all. You may discover a different set of archetypes and/or taboos during your journey. If so, address them when you reach the Realm of Transfiguration, which is at the end of the ritual.

In the workbook, I have included Identifying Taboo Evaluation. Read through the evaluation and check off areas that apply to you.