



# DSN

A Mental Guide For 24/7 Dominants & submissives

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Version 1.2

# DsN

Sex Is Mental



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# Preface

This guide outlines the framework for a 24/7  
Dominant/submissive dynamic based on  
the principles of BDSM and  
the ancient Occult Hermetic philosophy.

In sharing I hope we collectively gain  
a much deeper understanding of forgotten powers  
locked inside the mind.

This book is dedicated to the people who teach,  
inspire and continue to help me grow.

I am forever grateful.



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# Introduction

I would like to make it clear from the start that this guide is based on my opinions formed through experience over a number of years in the lifestyle and in no way speaks for the BDSM community as a whole.

‘DSN’ is an acronym for ‘Dominance, submission & Nurturing’. I have coined this term for simplicity sake as it combines two very different interests to make one. So it is by definition something different to BDSM and as such, I refer to it as ‘DSN’ throughout. This will be explained in detail further on.

Again, I think it’s important to stress that this is my own interpretation of a Dominant/submissive lifestyle and some elements may or may not resonate with you. If the framework or parts of it can help to improve your relationship, that’s great, if not, then, by all means, find what works for you.

This guide has been made more robust with the feedback of those in the community who have been kind enough to share their thoughts. I hope this guide offers a different perspective to those who are looking for one. Ultimately we are all free to express ourselves in whichever way works for us. Always remember, there is no one-way; choose what works for you.



# DSN Explained

## *“Sex Is Mental”*

DSN (Dominance, submission & Nurturing) provides a mental framework for a 24/7 Total Power Exchange alternative lifestyle for those seeking a deeper level of enlightenment. It is heavily rooted in the foundations of BDSM and the esoteric teachings of ‘The Seven Universal Laws’ extolled in the Hermetic manuscript known as ‘The Kybalion’.

DSN focuses on the complete nurturing and mental development of both Dominant and submissive in every aspect of their lives. DSN lays the foundations upon which a solid framework designed to nurture raw energy can evolve.

DSN is comprised of ‘Nine Core Principles of Nurturing’ that collectively combined, lay the foundations that can enhance the lifestyle of those who choose to adopt it. DSN aims to provide the mental dexterity needed to consciously ascend far beyond the realms of perceived limitations.

DSN embraces complete sexual and mental servitude of the submissive towards the Dominant. This level of trust is not to be given lightly and can take many years to develop. DSN addresses this from a holistic perspective based on commitment and consistency; trust is earned, not taken.





# DSN Contract

The DSN lifestyle is structured around contractual obligations negotiated at length between all parties involved (open, mono, poly, etc.) with a view to forming a binding agreement. This process can take place at whatever stage of the relationship is deemed suitable to the individuals. It can be used as an initial jumping off point or negotiated gradually as things evolve, or not at all.

Like any aspect of a Dominant/submissive relationship, DSN is based on consent. The contract shall become null and void upon the request of either party wishing to dissolve the agreement. This may be due to a breach of contract or they may have simply decided to move in different directions.

Ultimately the submissive has the final say on how they are dominated within their own reality, even if they choose to give up that power completely, it's still a decision - similarly, the Dominant is free to choose what they are prepared to tolerate within their own; thus the equilibrium of Polarity is reconciled. Having said that, I would be remiss if I did not mention that many happy and productive D/s relationship exist without any form of contract.

I'm not advocating that a contract is the best way, or in fact always required. It has however, proven to add a lot of value in my own life, although it is not essential for every DSN relationship I engage in.



# The Kybalion

*“The universe is mental - All is mind”*

The Kybalion is a manuscript based on the Occult Hermetic Philosophy published in 1908 by “the Three Initiates”.

This book is believed to be the teachings of ‘Hermes Trismegistus’, an amalgamation of the Greek god ‘Hermes’ and Egyptian god ‘Thoth’. The Kybalion extolls the principles of ‘The Seven Universal Laws’ that govern the existence of all things. It is said that once you understand and align yourself with these Universal Laws, you will experience complete transformation in every aspect of your life far beyond comprehension.

DSN strives to incorporate the Seven Hermetic Principles and commit them to consciousness so they can be applied over time. The scope of this book is not sufficient to cover such a vast topic but I feel it necessary to cover the basic principles and how they relate to DSN.





## 1. The Principle Of Mentalism (Immutable)

The law of Mentalism states that “The All is Mind - The Universe is Mental”. Everything that we see and touch in the physical world originated in the mental world. There is one entity, a universal consciousness referred to as ‘The All’ in which all things are created.

All energy comes from the mind of the ‘All’, including us. And as such, we also have the ability to create on a mental plane to a lesser degree. Our reality is a manifestation of our thoughts and feelings, brought to life by our internal energy.

Many people may find it difficult to take control of their lives, especially when it comes to dealing with the stigma still attached to a BDSM lifestyle. DSN looks to harness the power of the mind in order to create the reality in which we choose to exist. This is the premise upon which DSN was conceived.

## 2. The Principle Of Correspondence (Immutable)

The second of the seven principles state that “As above, so below; as below, so above”. This means that what happens in the physical plane, also takes place on a mental and spiritual plane, as they are all one in the same, but operate at different frequencies.



Adherence to the 'Law of Correspondence' enables us to develop a deeper understanding of how our actions can cause ripple affects on different planes. For example, a verbal fight that took place in the physical realm can often impact us mentally and spiritually also. This can go on to affect others within our social circle and wider still as ripples overlap.

According to the teachings of the Kybalion, the difference between mind and spirit can be summed up like this; Spirit is the essence of desire and emotion, whereas the mind is the place where desires are realised and a plan of action formulated.

In DSN, and life as a whole, an awareness of this principle enables us to consciously observe the inner workings of our being so that we can make more informed decisions, instead of reacting purely on instinct, often void of intellect.

### **3. The Principle of Vibration (Immutable)**

The third principle states that "Nothing rests; everything moves; everything vibrates". This tells us that the entire universe and everything beyond vibrates. Today, Science has confirmed that we and everything else in existence, is pure energy vibrating at different frequencies.

This forms the basis for the 'Law of Attraction'. Everything we experience in the physical realm vibrates at a different frequency in



the mental and spiritual realm. Our thoughts are energy, this energy vibrates, and other people can often sense this.

DSN looks to harness the power of this principle in order to better control what energy we choose to emit. Love and hate each has their own rate of vibration but they are on the same spectrum, hence the saying, “There’s is a thin line between love and hate”

Learn how to control your vibrations and you’ll master the power of thought.

#### **4. The Principle of Polarity (Mutable)**

The fourth of the seven principles stat that “Everything is dual, everything has poles; everything has its pair of opposites; opposites are identical in nature, but different in degree”.

This means that every truth is in fact, a half truth. What may appear as complete opposites, are in fact the same in principle, but at different ends of the spectrum. Hot and cold, wet and dry, light and dark, good and evil; these may seem to be opposites, but in truth, they are simply varying degrees of the same thing. Our perspective is what differentiates them.

DSN embraces this principle because we can transform our thoughts from hate to love or fear to courage by consciously raising our vibrations through meditation.



## 5. The Principle of Rhythm (Mutable)

The fifth law states that “Everything flows, out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything”

DSN embraces this principle because an awareness of this law enables us to transcend the backward swing of emotion if it is deemed undesirable. This is the motion that causes ‘sub drop’ *(a submissive’s sudden or gradual emotional decline after having experienced an extreme high.)*

As this law is mutable, we can transcend it by using the power of thought. In time, with perseverance, the affect of the backwards swing can be reduced; thus allowing for increased periods of balance and harmony.

## 6. The Principle of Cause and Effect (Mutable)

The sixth principle states that “Every cause has its effect; every effect has its cause.” What this means is that everything that happens in the physical world, has its origins in the spiritual and mental world. This is a fundamental mindset within the DSN framework. Every thought, action, word, glance or stare has an affect on some level. As everything is mental, learning to master our mind will enable us to produce more favourable outcomes.



## 7. The Principle of Gender (Mutable)

The last principle states that “Gender is in everything; everything has its masculine and feminine principles”. This can be referred to as Yin and Yang or positive and minus. Neither is inherently good or bad, nor can one exist without the other. The positive spark needs the creative attraction of the minus to incubate and create.

This principle is of vital importance, as a Dominant cannot dominate without a sub. The Dominants power is subject to the consent of the submissive, even in a ‘Total Power Exchange’ dynamic. At some level, the submissive always has a choice, even if they have decided to relinquish it. DSN believes that Dominant and submissive are in fact equal but serve in different capacities. As such, one cannot exist without the other.

The principle of gender is not to be confused with ‘male’ or ‘female’ as this concept relates specifically to the physical sex of beings. Gender refers to ‘masculine’ and feminine energy in general across the physical, mental and spiritual planes.



As stated previously, DSN is very much my own interpretation of a D/s lifestyle and the inclusion of the Seven Universal Principles serve to highlight that distinction. These principles can be applied to any area of life as it pertains to all things. I have chosen to incorporate these principles into my D/s dynamic because I believe in the wisdom of the teachings.

Each of us must make up our own minds through independent research and not accept anything at face value. Always remember, there is no one-way.





# The Nine Core Principles of Nurturing

1. Mental Mastery
2. Sexual Transmutation
3. Physical Health
4. The Visual
5. Behaviour
6. Life Balance
7. Rituals & Duties
8. Discipline
9. Contract Negotiation

# 1. Mental Mastery

## *“All Is Mind”*

DSN looks to ensure the mental well-being of both submissive and Dominant regarding all life-related matters. Mental Mastery deals with sexual blockages, triggers, relationship baggage, anxieties, general insecurities and any other issues that may affect the emotional mind state. The mental practice of consciously shifting one's focus from undesired emotions to desired emotions is a fundamental principle of Mind Mastery.

Positive and negative emotions are determined by one's perspective; does 'darkness' really exist? At what point does it become light? We know that certain animals see in the 'dark', clearly, there is a presence of light that human eyes are unable to detect; and thus, perspective can be transmuted.

If required, DSN encourages enlisting the support of mental health practitioners, ideally with an understanding of the Hermetic principles to help a submissive or Dominant who may have suffered emotional turmoil in previous relationships.

As sex, and indeed the very nature of our existence is mental, DSN looks to address this area first and foremost so that the nurturing of a healthy mind can bring forth an abundance of lustful pleasures.



## 2. Sexual Transmutation

Sexual desire is arguably the most powerful force of nature. With the right training and mentorship the initiated can master the ability to mentally transmute sexual energy in to all areas of life. (*Explained here*).

The overall development and growth of the submissive is the core responsibility bequeathed to the Dominant and underpins the key values of DSN. This can include anything from the study of the esoteric teachings of the Kybalion, Tantric sex and yoga, to vanilla sex and intense BDSM sessions.

This will take the form of a sexual development plan or diary that will identify areas of growth and chart progress on a long-term basis. This will naturally evolve over time as they become more advanced. DSN makes no hierarchical distinction between 'giving' and 'receiving' pleasure as they are considered two ends of the same spectrum as demonstrated by the 'Law of Polarity'.

I fully acknowledge that there are many who do not see sexual development as a major part of their relationship and I can respect that. This guide is written for those who want to experience a deep sexual awakening on the physical, mental and spiritual plane.



# 3. Physical Health

As DSN encompasses mind, body and spirit; physical fitness and health is a requirement of the initiated.

This relates to physical exercise, eating well and living a healthy lifestyle. The Dominant and submissive are both required to receive regular medical health checks to ensure optimal health at all times, as their well-being is intimately connected on all levels.

The law of 'Cause and Effect' is clearly manifested in the physical realm as well as the mental.



## 4. The Visual

Appearance and dress code are key elements of DSN, which is determined at the behest of the Dominant. However, both submissive and Dominant are required to present themselves in a suitable fashion at all times unless otherwise agreed.

Styling can be negotiated with the Dominant but once agreed, it is contractually binding and failure to comply may result in chastisement of varying degrees. Clothing, shoes and accessories that adorn the body as well as general maintenance pertaining to hair, nails and makeup, etc. all fall under this remit.

Piercings, Tattoos and symbols of ownership are of huge importance, especially the wearing of a collar, which in itself can bear the weight of significance akin to that of a matrimonial band. DSN fully supports symbols of branding of both submissive and Dominant as a physical manifestation of their commitment and servitude to each other.



## 5. Behaviour

DSN is a behavioural discipline based on an agreed code of conduct for the mutual betterment of both Dominant and submissive.

This requires guidance from the Dominant on etiquette deemed befitting of a dutiful submissive; this may very well deviate from what is considered socially acceptable to the uninitiated, thus patience and support is required in order to aid mental transmutation. Learning to unlearn a lifetime of programmed behaviour now embedded deep in the psyche is no small feat. The application of the Hermetic principles offer a wealth and depth of knowledge seldom found in your average 'How to' guide.

The scope of this book does not permit one to elaborate in full detail, however, if for example the submissive displays undesired behavioural traits, the Dominant can teach the submissive how to adjust the frequency of their mental state through conscious awareness. This will nurture the desired polar opposite emotion, so fear becomes courage, shy becomes bold and so on.

The hallmark of an adept Dominant is knowing what form of corrective discipline to use and when to use it. The mind is mightier than the rod.





## 6. Life Balance

DSN operates on a mental level beyond the realms of those who exist in the monotonous Orwellian dystopia, paddling ever faster, yet remaining still. Through mental fortitude, we are able to prioritise our time and ensure that a productive life balance is achieved.

DSN is ever present, yet elusive; woven seamlessly into the very fabric of our existing lifestyles through meticulous craftsmanship and careful consideration.

With clearly defined limits and boundaries, one can fully embrace DSN as a way of life with the ability to co-exist in perfect harmony on many levels.



## 7. Rituals & Duties

Daily rituals and duties form the fabric that holds the relationship together. These rituals strengthen the bond and help the Dominant and submissive enter the right mind space after a busy day.

Rituals are specific to the dynamic of the relationship. For example, the submissive may present themselves to their Dominant at a certain time of the day for the placement of a collar and to verbally reaffirm ownership, e.g. “You are my Dom and I submit to you completely”. These words can signal a trigger that places both Dominant and submissive in the desired mental space. They may also choose to meditate whilst being inside each other to reconnect spiritually, or they may simply chose to embrace as they snuggle up on the couch to watch a movie. The only limitation is the mind.

Duties are comprised of tasks considered necessary for the development and/or pleasure of all parties. For example; house chores, working out, meditation, edge play, erotic hypnosis and studying esoteric philosophies could all be worthwhile endeavours. Rituals and duties should be a carefully curated medley that will undoubtedly leave one exposed as they experience growth beyond their imagination.

Constant evolution can weigh heavy on the mind, but it can also liberate the soul.



## 8. Discipline

DSN is heavily focused on mental transmutation, which is the practice of altering one's mental frequency and subsequent behaviour through the power of conscious thought.

Guidance, meditation and nurturing are the tools used to accomplish this lifelong discipline under the watchful eye of a benevolent Dom. As such, serious physical punishment using floggers, paddles, belts and other devices do not form part of DSN. This is not to be confused with inflicting pain for pleasure in the sadomasochistic sense, which DSN fully embraces.

In order for Dominant and submissive to function at a higher level of consciousness, learning needs to be at the core of any disciplinary action. Discipline is never to be meted out through anger as this will not produce the desired response in the submissive. Mental transmutation must be willingly engaged in order for genuine change to occur at the deepest level.

The Dominant is also subject to self-disciplinary action if they are found to fall short of their emotional and contractual obligations to their submissive. To atone for any misgivings, the Dominant should make every effort to regulate their behaviour depending on the nature of the breach.

This should be carried out with a full heart, void of ego or hubris; for it is in the moulding of the steel, that blades are forged.



## 9. Contract Negotiation

The intimate ritual of negotiating the laws and behaviour that govern a 24/7 Total Power Exchange dynamic is far-reaching and ever evolving. With an infinite level of complexity, we dissect and unravel hardwired evolutionary instincts.

The contract negotiation process should be used as a way to ensure your desires are communicated clearly, rather than a mere formality. Dominant and submissive honestly expressing their innermost wants and desires as they embark upon the task of shaping the reality in which they choose to exist. Knowing that once agreed they will have taken a sacred vow of commitment and servitude to each other.

DSN encourages the review of contractual obligations on a semi-regular basis as agreed by both Dominant and submissive. A contract is a living document, and as such it will naturally evolve as new levels of enlightenment are achieved. A keen awareness of this will guide both Dominant and submissive in good stead.

They will have outlined an audacious blueprint for a journey of self-realisation beyond the comprehension of most. The feeling of devilish isolation and social exclusion due to one's desires serve as fuel for the initiated as they are bound by ever-deepening ties of primal instinct.



The contract lays the foundation upon which the rules of submission and ownership are etched. The intricate process of negotiation is to be venerated; anything less would be irresponsible given the implications of such an agreement.



# Summary

DSN attempts to provide a framework that can be taken as a whole, dissected or completely rejected. It is very much down to personal preference and as I have come across very few guides on 24/7 Dominant/submissive relationships, I have decided to add my own thoughts and views to the public arena.

I welcome all opinions as they help me to refine, amend or enforce my own. As I've stated previously there is no 'one way' but there are some basic principles that most in the lifestyle would agree to.

If you are interested in getting in to this lifestyle or are indeed a participant, this guide may have given you some food for thought but in all truth, this book was written for those who vibrate on a similar frequency to myself and have been looking for some guidance along the way.

I hope you have enjoyed your journey so far and I wish you all the best on your path of discovery, if indeed that is your desire.





# The DSN Symbol

The DSN symbol represents the union of BDSM and the Occult Hermetic philosophy.

The 'Triskelion' (The circular symbol at the centre) is one of the most commonly used symbols of the BDSM community. The three divisions of the symbol represent the various threesomes of BDSM.

*1: B&D, D&S, and S&M.*

*2: Safe, Sane, and Consensual practice.*

*3: Tops, Bottoms, and Switches.*

The eye at the centre of the symbol is specific to DSN as it represents the minds 'Third Eye of Consciousness'.

Directly below the Triskelion is the staff of Hermes, known as 'CADUCEUS'. The two serpents entwined around the staff represent positive and negative energy - (Not to be confused with Good and Bad). However, this design is specific to DSN as the white-on-black (or black-on-white) snake represents Dominance and the red snake represents submission.

The sword symbolises discipline, whereas the wings represent enlightenment and the ability to travel between different mental planes.





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