

## Why we do what we do?

In an open house in 2005, slave nadine presented a list of some of what SM practitioners get out of their activities. That list was expanded by Master Bert in his opening presentation to the AASECT - APEX open house in May 2009.

While the activities make look the same, our inner journeys can be quite different – between individuals, and between occasions. Kinksters have reported they like to use BDSM in order to:

- Fly using the body's endorphins – the natural high of runners, on steroids
- Get a release from stress
- Have foreplay for sex
- Have an orgasm, with or without genital contact
- Perform a Ritualistic Rights of Passage for inner strength and validation
- Extreme sports – like mountain climbing and sky diving, a chance to proves oneself by facing our own fears and moving through that fear.
- Go on a spiritual journey – we use the same body-stress methods used by most so-called primitive cultures. For some of us, this can be direct connection to the divine.
- Go to an inner place of peace where our ego can shut off and its voice is quiet
- Heal / rewrite the past – we can experience what we say as previous abuse, with a different outcome. For some this is to be in control. For others, it is to replay the past with a different ending, including the ability to say “no”.
- Experience a deep connecting with our partner
- Provide service, to give of oneself to one's partner
- Reduce drama in our lives – by being obedient to another, or responsible for another, the attack/defense that can occur in a relationship can be limited, and both parties are attentive to what is needed as opposed to concentrating of what each wants for themselves.