

Male Chastity

A Guide for
Keyholders

Lucy Fairbourne

FREE EXCERPT



velluminous

Published by Velluminous Press
www.velluminous.com

Copyright ©2007 Lucy Fairbourne

The author asserts the moral right to be
identified as the author of this work.

ISBN-13: 978-1-905605-14-9

ISBN-10: 1-905605-14-5

All Rights Reserved. No part of this publication may be reproduced,
stored in a retrieval system, or transmitted in any form or by any means,
electronic, mechanical, photocopying, recording or otherwise, without
the prior permission of the copyright owner.

cover design by Elspeth Fahey

Male Chastity

A Guide for
Keyholders

Lucy Fairbourne

Take Care, not Risks!

This book is for consenting adults who recognize that the adult activities they enjoy in private require correspondingly adult levels of responsibility and common sense.

As with any erotic activity that involves physical restraint, misuse of a chastity device can be dangerous. The author and publisher of this book accept no liability for the consequences of any such misuse.

If you are uncertain of how to use a chastity device (or anything else) safely, refrain from using it until you have clarified your questions and concerns with the supplier or manufacturer. If the supplier or manufacturer refuses to stand behind their product by providing information on its safe use, then choose an alternative device.

Be sensible. Be safe.

Male Chastity: the practice of securing a consenting adult male by means of a lockable chastity device such that the chastened male's sexual release can be achieved only with the keyholder's involvement and consent.

Keyholder: the one who holds the above male's key.

Contents

PART ONE INTRODUCTION AND ORIENTATION

Introduction	3
What is Male Chastity?	6
Why Male Chastity?	7
Why not Male Chastity?	10
What's in it for You?	11
What's in it for Him?	16
But a Nice Girl would Never do such a Thing	17
But surely He's already Chaste?	21

PART TWO PRACTICAL MATTERS

Before You Begin	25
Exercise One: Voluntary Chastity	26
Exercise Two: Chastity Diary	28
Choosing a Device	30
What Types of Device are Available?	31
Belt-Type Devices	31
Tube-Type Devices	32
Measuring for the Ring	32
Tube Attachment	33
Piercing Variants	33
Handcuff-based Variants	35
Making the Choice	36
Living with the Device	38
Health, Hygiene and Safety	40
Safe Duration of Chastity	43
Male Chastity and Sports	46

PART THREE EROTIC CHASTITY PLAY

Erotic Play	51
Fantasy and Reality	52
Locking the Device.	56
The Chastened Male	59
Male Libido and Sexual Behavior	59
Ejaculation Control	62
Holding the Key	64
Managing his Libido	64
Dicing with Domination	68
(Un)fair Exchange.	68
Reward and Punishment.	69
Re-Attachment	71

PART FOUR GOING FORWARD OR GOING BACK

What if He Changes his Mind?	75
The Compliant Man.	76
The Rebellious Man	77
What if You Change your Mind?	81
Beyond the Bedroom	85

PART FIVE APPENDICES

Appendix A: Online Resources	89
Information Portals and Forums	89
Selected Manufacturers (Tube-type)	89
Selected Manufacturers (Belt-type)	89
Appendix B: Measuring for a Ring	90
Fixed Rings versus Split Rings	91
Appendix C: Further Reading	92
Books and Websites about Female Domination	92
Books concerned with Educating the Male	93
Books about Sexual Fantasy	93

Preface

The male libido is very different from the female. It is almost entirely focused on the sex act—which, for a heterosexual male, generally means engaging in sexual intercourse with an agreeable female to the point of ejaculation.

Denied access to an agreeable female (or if she is temporarily unavailable), most males resort to masturbation and sexual fantasy as a ‘safety valve’ to release the tension caused by their biological drives.

From the point of view of the perpetuation of the species, such a highly-focused sex drive is natural and desirable; how else were men supposed to ‘Go Forth and Multiply’? Unfortunately, the tendency that worked so well when it came to spreading humanity across the face of the planet can turn out to be a problem in a modern loving relationship.

Do you recall how your man behaved, back when he was courting you? Wasn’t he more attentive, more romantic, more concerned with pleasing you? Did he ever forget to call you, back then? Have you ever wondered where that attentiveness came from, or asked yourself where it went?

It came from his natural sexual tension, and it most likely left through that safety valve I mentioned before.

Without a doubt your man liked you; without a doubt he loved you; without a doubt he desired you. And that desire was based on sexual tension, on the physical rewards you could offer him—rewards that were temporarily denied, although he knew they were right there within his grasp, if only he could win you...

That’s what desire is.

Think back to the last time you and your man made love. Was he as passionate as he used to be in the early days? Did his interest wane as soon as he'd had his climax? Did he roll over and start snoring? Did his ability and inclination to please you fade as soon as his libido was satisfied?

That scenario might be all-too-common, but it's not inevitable. This book describes an alternative that can lead to a return to romance and a re-kindling of desire, and it involves taking physical control of your man's opportunities for sexual arousal and orgasm.

If you can manage this, you will have harnessed his libido, which is the most primal of the forces that drive him. You will be able to ramp him up and bring him back down, tease him and please him and delight him (but not necessarily to the extent he would like).

You will—quite literally—hold the key that can unlock his nature; that can help you understand him and help him understand you and your needs. You will find that he becomes eager—desperate, even—to fulfil your desires.

And just as importantly, with a man who is amenable to these ideas, you will find that you have fulfilled wishes he never knew he had, and satisfied his own deepest needs as well.

PART ONE
INTRODUCTION
AND
ORIENTATION

Introduction

You might have picked this book up for any number of reasons:

- You might have been given it by your husband or boyfriend.
- The cover, title or subject matter might have piqued your curiosity.
- You might have come across the idea of male chastity elsewhere, and be curious to learn more about how it can spice up your love life and help you get more from your relationship.

Speaking from experience, I am certain that the first reason is by far the likeliest: your attention has been drawn to this book by the man in your life. If so, he hopes to receive a gift from you. As you read the rest of this book, you will discover what that gift is, and what you might expect to receive in return.

Most of the time in a heterosexual relationship, the man is the one who wears the pants. Part of that may be due to biology, though it surely also goes back to the way most of us have been brought up, with boys encouraged to be decisive and daring and girls encouraged to be desired and demure.

Then there's the fact that men still tend to earn more than their female counterparts; that's likely to make him the main breadwinner, which in turn gives him a lot of influence over how the household income is spent.

He's also likely to be physically stronger, and a lot more bull-headed, than you are. Because women are

trained to a more nurturing role, there's an excellent chance that you're more aware of his needs than he is of yours (or your family's), and that he spends less time focusing on you and more on his other goals (such as his work).

Sounds great, doesn't it? He gets all the attention and has the interesting, lucrative career, while you get household chores, child-rearing—and to take care of him. As far as sex is concerned, he gets to initiate it whenever he wants; any time you don't happen to be in the mood, he can take care of himself.

So why is there such a high probability that he gave you this book? Why has the idea of male chastity—in which a man surrenders a great deal of power, including absolute control of his most intimate parts, to his wife or girlfriend—become increasingly popular in recent years?

Believe me, with the vast majority of straight couples who decide to experiment with male chastity, the idea didn't originate with the woman (though perhaps it should).

What you may not realize is that a surprisingly large number of apparently traditional men are submissive at heart. In particular, they are sexually submissive. When it comes to dealing with his own submissiveness, a man has three options:

- He can go through life silent and ashamed, keeping his submissive nature secret and never sharing this important aspect of his sexuality with his lover.
- He can, either to a greater or lesser extent, seek relief through internet pornography, masturbatory fantasy, on-line chat rooms, or even less savory options.

- He can come out to his wife or lover, trusting that she will appreciate his honesty, understand his submissiveness, accept him for who he really is, and perhaps even help him find what he needs.

If your man asked you to read this book, he has clearly chosen the third alternative. Good for him, and for you! The nature of your relationship is such that your man is able to trust you, without feeling he must conceal a crucial part of himself from you.

The ball is now in your court. How will you respond? Will you go along with everything he wants, or will you decide it's all too yucky and pretend you lost the book?

Or will you read the rest of the book, waiting until you've had the chance to absorb its contents before responding?

The ideal from his point of view, of course, would be for his admission to trigger a matching revelation from you: that you've been wishing to dominate him sexually for the longest time, but were too embarrassed.

The thing is, things seldom happen that way—so don't worry if that's not how they're working out for you. The reason is simple: the submissive kink is much, much more widespread in men than the dominant kink is in women. (In fact, fetishes and sexual kinks of any kind seem to be more common in men than in women).

None of that is to discount the possibility that you are a dominant woman who has picked up this book with a view to introducing its ideas to your submissive male partner. If that's you, then you'll find plenty of guidance in the pages to come.

If, on the other hand, the concepts of sexual dominance and submission are new—or at least, not entirely

familiar—to you, and if you’re reading this book at the request of your man, then you can safely assume he’s hoping that you’ll discover and nurture a seed of dominance within yourself, and that you might eventually decide to act on the information contained within.

And if you are a man—if you hope to persuade your wife or girlfriend to take control of your chastity—then you’d be well-advised to hand this book straight over to your better half. The most you’ll get from reading any further is a hard-on. Do yourself a favor and wait until it’s the proper time for you to learn what your lover has in store for you.

What is Male Chastity?

Male chastity means different things to different people. Strictly defined, it refers to any male abstinence from sexual activity. For example, monks, priests and various other holy men practice male chastity (or at least, they’re supposed to), generally in the service of their God.

Within a heterosexual relationship, the term refers to the case where the man refrains from any kind of sexual gratification unless granted permission by his wife or girlfriend. This type of chaste male abstains in the service of his Goddess rather than of his God. He does so in the knowledge that his sexual sacrifice will ultimately enhance the couple’s pleasure.

In some cases, the man remains chaste voluntarily and without any kind of enforcement. He simply promises to refrain from sexual stimulation or enjoyment unless his lover summons him to the bedroom (or otherwise grants permission for his abstinence to end).

In recent years, another type of male chastity has be-

come increasingly popular, in which the man's penis is locked into a specially-made device (typically this is a tube or cage) and kept there for periods of up to several days, or even longer, at a time.

The device is generally too small to allow a full erection, and once locked up, the man cannot remove it or touch himself in any way, giving the person who controls the key (the so-called keyholder) an unprecedented level of erotic power.

Some couples use male chastity as a means to empower the woman in many or all areas of the relationship. For others, it simply brings a little extra spice into the bedroom. And of course, there's a whole spectrum of desires, fantasies and practices in between.

This book is about male chastity within a long-term relationship between a woman and a man who know and trust one another. It is aimed at couples who want to rev up their sex life, who are prepared to experiment with new ideas, who are responsible and caring enough to take one another's well-being seriously, and who perhaps wish to go further than occasional bedroom play.

Why Male Chastity?

If you've never come across the idea of male chastity before, you're probably wondering what all the fuss is about. Your natural questions might include: *'Why on earth would he want me to lock his penis up so that he can't even touch it?'* and *'Why would I want to deny him access to his own body?'*

In one sense, the answer is self-evident: if your man has agreed (or more likely, asked) to be so locked up, then he must want to at least try it. Some deep, dark part

of his male psyche craves to be controlled by you, to be entirely at your mercy.

Another answer comes from the ideas of philosophers like Jean-Paul Sartre, who taught us the value of embracing desire without necessarily acting on it. According to this philosophy, the journey is more important than the destination; the means are more important than the end. Delaying gratification allows more time to linger over the whole experience, and makes the ultimate climax all the more explosive when it comes. By locking up your man's penis and taking control of his release, you are helping him to delay his sexual gratification—something he might not be able to manage on his own.

Another possible origin can be found in the idea of the male making a sacrifice for the female—a concept that is hardly new, at least in stories. How many myths, legends and folk tales include a hero who is motivated toward self-sacrifice on behalf of the woman he desires, and who thus endures all kinds of difficulties and hardships at her behest?

Here's a well-known example: for the most chivalrous and adventurous of King Arthur's knights, putting life and limb on the line in the service of some fair damsel was almost a lifestyle choice ... and when the maiden rewarded the knight with her favor to wear during a joust, how proudly he would display it as he strove to make her his Queen of Love and Beauty in the lists!

In one sense, a man locked in chastity is sacrificing his chance for sexual pleasure. In another sense, his sexual

pleasure is simply deferred and thus heightened; his commitment to his keyholder is certainly deepened. When a man's sexual release is delayed, he becomes more and more aroused. The more you tease him and deny him release, the hornier he gets (and the more eager to please you).

So it's hardly surprising that a man should become more attentive as his keyholder ramps him from arousal to frustration and back; his options for achieving sexual satisfaction have been taken (literally) out of his hands and narrowed down to the will of a single person.

By becoming your man's keyholder, you accept his sacrifice and repay him with a unique and extraordinary gift. What else will you demand in return for that gift? Be certain that he is eager to know, and to respond. The answer a man receives to this urgent question will be different for every woman and between every couple; we'll examine some possibilities shortly.

For now, let's just recall that nature has endowed the female with the ability to enjoy many more orgasms than the male—and that male chastity does nothing to change that. Quite the opposite, in fact. You will have plenty of opportunities to confirm this for yourself as you gradually learn to harness (and fulfil) his sex drive in the service of your own.

You should never feel any sense of selfishness or guilt in doing any of this. Male chastity might seem cruel and unusual, but it's no more than what your man has asked for, or willingly agreed to. Any demands you make of him, and any denials you impose on him, are part of his submissive fantasy. And in compensation, his sexual release (when you eventually permit it) will be like nothing he has ever experienced before.

So rather than depriving him of liberty and treating him cruelly, you are providing something that he wants and needs: the feeling of being controlled, teased, aroused and frustrated by the device, and by you. If that leads him to pay you more attention and to find new ways to please you, so much the better. Your pleasure will become his pleasure as he strives to serve, and to deserve your gift of holding (and eventually using) his key.

As a couple, you may discover that male chastity brings a new closeness and a re-kindling of desire that you had perhaps thought left behind with your dating/courtship days. You will certainly experience a profound shift in the power and pleasure dynamic of your sexual relationship.

Why not Male Chastity?

Male chastity is not for every couple. It's quite possible that, once you're done reading this book, you'll set it aside with the words, 'Thanks, but no thanks.'

Every monogamous relationship includes two people, either of whom is free to introduce new ideas, and either of whom is free to turn these ideas down. We've seen that the subject of male chastity is more likely to be brought up by the man; if this is the case then it can be hard for his lover to understand why he would desire something so seemingly perverse. Despite all advice to the contrary, the idea of locking him up may make her feel cruel or mean—or it might simply leave her cold.

Equally, if the idea comes from the woman, it can be hard for her male lover to imagine the benefits—unless he's open-minded and trusting enough to try.

For the man, male chastity brings some inconvenience, for example personal hygiene may require more time and care. He may also need to sit down while visiting the bathroom.

For the woman, male chastity brings extra responsibilities. An important aspect of her man's bodily well-being—one that was previously his own private business—is now under her direct control.

If any or all of the above aspects of male chastity are more than you're prepared to deal with, or at least come to terms with, then it's probably not something that you're going to enjoy. If your man is still dead-set on bringing this kind of erotic play into your sex life, then you might wish to consider playing occasional chastity games with him, while avoiding keeping him locked up long term.

Whatever you do, don't let him bully you. The whole idea of male chastity is for him to sacrifice and serve, not for you to get pushed around.

What's in it for You?

In two words: perpetual courtship.

Before we get into the details of what that means, let's consider what you have at the moment. In other words, what's *not* in it for you right now:

- Do you spend a lot more time and effort pleasing him, than he spends pleasing you?
- Who is more aware of, and attentive to, the other's needs—you or him?
- Do you receive oral sex as frequently and enthusiastically as you would like?