



Kimi Inch: The Conscious Kink Approach



Kink expert Kimi Inch (aka Mistress Nina Payne) has been involved in the BDSM lifestyle as a professional Dominatrix since 2002. She has lectured at Princeton University and featured in several media outlets like *The Wall Street Journal*, *Cosmo* magazine, and *New York Post*. Join her as we take a mindful look at our deepest desires in order to open ourselves more fully to self-knowledge and self love, and to explore the full spectrum of sexual expression.

TOP EMBODIMENT TIP: Keep being human and kinky.

Kink: The Unconventional in Sex

- Kink constitutes eroticism, not only sex, using creativity and imagination by stimulating the mind, the body, and soul.
- **Consent and trust** are needed to experiment with desire and vulnerability.

Role of the Dominatrix: The Clients' Fantasy

- Making clients' fantasy a reality and prepare a **safe space** for them to be themselves.
- The relation is constituted by **power dynamics**, with domination versus submission.
- Both parties need to **discuss turn-ons and turn-offs**, sometimes assisted by a checklist, and **prepare safe words**.

Therapeutic Modality: The Healing Power of Kink

- Kink helps one connect with one's partner through surrendering to the moment, their desires, and themselves.
- Kink is not about weakness in submissiveness, and cruelty in domination. When it is consensual, consent is power.
- Kink is a mutual agreement towards an adventure, like saying to each other, 'Let's dance!'

Conscious Kink: Kimi's Professional Service

- Spend ample time to build foundation with trust through honest communication in a safe place.
- Clients need to be willing to disclose sexual history, establish do's and don'ts, and determine safe words.
- Help clients stay grounded, attuned to themselves, and bring out their truths.

Trauma: Why Kink is Taboo

- Clients with sexual trauma repress their kinky wants, and often cannot dissociate consensual partners with perpetrators.
- With **conscious kink**, victims reclaim themselves through the healing process.
- An experienced dominatrix as therapist assists victims regain trust and restore human connection and intimacy.

Resources

- ❖ **Website:** kimiinch.com
- ❖ **Instagram:** [@kimiinch](https://www.instagram.com/kimiinch), **YouTube:** [DomiDollz](https://www.youtube.com/DomiDollz)
- ❖ **Reference:** Betty Martin's [The Wheel of Consent](#), [Kink Guidelines](#)



Kimi Inch





All Intimacy & Relationships Presentations are Proudly Sponsored by [Ilan Stephani](#)



Ilan Stephani is a cutting-edge somatic teacher, speaker, and coach. Her visionary research focuses on cultural taboos, embodiment tools, sexuality and collective trauma. She gained nation-wide attention with her bestselling book “*Skin and Games – What Sexwork Taught Me About Love*”.

Ilan offers **online trainings and in-person retreats** and her work has been described as an “Avantgarde Embodiment Training for Warriors“. She teaches in both German and English.

Currently she is dedicating an online training to **#LoveAndRage** - a somatic series of events teaching how to un-learn cultural confusion around anger, relationship, love and self-love. **#LoveAndRage** explores how to activate innate instincts and boundaries, and how this empowers human love beyond concepts and words. You are welcome to find out for yourself!

ILAN STEPHANI

Love and Rage Embodiment Training ilanstephani.com/loveandrage

Website ilanstephani.com Instagram [@ilianstephani](https://www.instagram.com/ilianstephani)

Facebook www.facebook.com/ilanstephani