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Foot Worship

At the banquet of love the foot is not just a guest, it is an honored guest. Dr. William Rossi, The Sex Life of the Foot and Shoe

Luke 7:38 King James Bible

And stood at his feet behind him weeping, and began to wash his feet with tears, and did wipe them with the hairs of her head, and kissed his feet, and anointed them with the ointment.



We recommend doing the exercises on each other. Feel free to incorporate your D/s or other relationship as you feel is appropriate for you.

❖ Introduction

- ★ Who are we?
- ★ Who are you and how do you relate to feet?
- ★ Why are you here and what do you want to get out of this workshop?
- ★ This is a hands on workshop, so with permission, feel free to admire, look, touch and fondle your partner's feet.



Focus on footwear

- 👤 Notice your partner's shoes
 - 💡 How much foot do they expose?
 - 💡 Do they convey dominance and power, softness and submission, some combination?
- 👤 Stroke your partner's shoes/feet
 - 💡 Stroke over the leather or other foot material
 - Can you feel the foot through the shoe?
 - How does your partner respond to the touch?
 - 💡 Stroke over any exposed areas of the foot, especially along the edge of the shoe
- 👤 Getting them naked - What is the sexiest way to get the shoe off the foot?



❖ Foot Worship vs. Foot Fetish

- ★ Foot Worship
 - * Virtually unrecognized on the internet as distinct from foot fetish
 - * Even Wikipedia only references the term foot worship within the definition of foot fetish
 - * Worship is defined as 1) to honor or reverence, as a divine or supernatural power, 2) to regard with great or extravagant respect, honor or devotion, as to worship a lover's feet

- * Mark J's definition of foot worship from Different Loving
- * Foot worship may or may not have a sexual component
- ★ Foot Fetish
 - * Fetish is defined as 1) an object that is believed to have magical or spiritual powers, 2) an object of unreasonably excessive attention or reverence, 3) something, such as a material object or a nonsexual part of the body, that arouses sexual desire and may become necessary for sexual gratification
 - * A foot fetish is almost always considered to have a sexual component
- ★ Do you have to have a foot fetish to worship feet?



Foot Self-care

- 👉 Give each toe a light traction and circle three times in each direction
- 👉 Interlace your fingers and toes and circle the foot three times in each direction
- 👉 With forefinger press into the tissue between each pair of toes
- 👉 Use your thumb to massage the arch of your foot
- 👉 With legs stretched out in front of you
 - 👤 Pull the tops of your feet towards you and curl your toes tightly
 - 👤 Point your toes



- ❖ Foot Worship in the D/s setting
 - ★ The Dom's feet
 - * Directed or commanded solely for Dom's pleasure
 - * Given freely as a reward or for mutual enjoyment
 - ★ The submissive's feet
 - * Totally for the Dom's pleasure independent of sub's response to the attention
 - * As a reward or punishment for the submissive
 - ★ Observations
 - * Independent of gender of either party
 - * Not dependent on either party having a foot fetish



Foot Massage for your partner

- 👉 Hold the foot sandwiched in your hands and massage back and forth firm enough to avoid tickling
- 👉 Stretch the foot in a popsicle move
- 👉 Use your thumbs or knuckles to massage the sole of the foot
- 👉 Squeeze or hug the foot with your hands as gently or as firmly as desired
- 👉 Lightly brush the foot with your fingertips

- ❖ Types of Worship
 - ★ Veneration in religious ceremony
 - ★ Public or impersonal adoration
 - ★ Private adoration
- ❖ Methods of Worship
 - ★ Admiration
 - * Praise and appreciation
 - * Complements
 - ★ Sexual arousal
 - * Sexy shoes
 - * Sexy stockings and hosiery
 - * Tattoos
 - * Jewelry
 - * The naked foot
 - Painted toe nails and decorations
 - Clean
 - Dirty
 - Food and crushing
 - Intent
 - * Aroma
 - None
 - Perfumed
 - Natural
 - * The injured foot
 - Wounds and blood
 - Sprains and broken toes
 - Casts
 - * Attention to the foot and shoes
 - Shoe shopping
 - Foot jewelry
 - Boot blacking
 - Shoe maintenance



Foot Worship

Cup your partner's foot and admire it's beauty, curves and aroma
Follow along with the rituals of worship as feels appropriate to you

- ❖ Rituals of Worship
 - ★ Foot kissing
 - ★ Toe sucking
 - ★ Footsie
 - ★ Foot bathing
 - ★ Foot massage
 - ★ Pedicure
 - ★ Foot sex
 - ★ Stroking through soft leather shoes or boots

❖ Notable Foot Fetishists

- ★ Casanovas
- ★ George de Maurier, French writer, author of *Trilby* on which the film *Svengali* was based.
- ★ Johann Wolfgang von Goethe, poet, dramatist and novelist
- ★ Thomas Hardy, English novelist and poet. Wrote [*Far from the Madding Crowd*](#) (1874), [*The Mayor of Casterbridge*](#) (1886), [*Tess of the d'Urbervilles*](#) (1891), and [*Jude the Obscure*](#) (1895)
- ★ Elvis Presley
- ★ Andy Warhol
- ★ Elmer Batters, foot fetish photographer
- ★ Ovid, The Roman Poet
- ★ D. W. Griffith, film-making giant of Hollywood's earlier days. Ran a contest for best feet, legs and ankles. The winner is now forgotten but second place went to Joan Crawford

❖ Resources

- ★ *The Sex Life of the Foot and Shoe* by William A. Rossi, Saturday Review Press, E. P. Dutton & Co., Inc., New York, First Edition, 1976.
- ★ *Different Loving* by Gloria G. Brame, William D. Brame, and Jon Jacobs, Villard Books, New York, 1993.
- ★ *Masters and Johnson on Sex and Human Loving* by William H. Masters, Virginia E. Johnson and Robert C. Kolodny, Little, Brown and Company, Toronto Canada, 1986.
- ★ Elmer Batters, *From the tip of the toes to the top of the hose*, Edited by Eric Kroll, Taschen, 1995.
- ★ Elmer Batters, *Legs that Dance to Elmer's Tune*, Introduction by Dian Hanson, Taschen, 1997.
- ★ *Black Silk Stockings*, Vol 1 No 5, Batters Publications, Inc., 1958.
- ★ *Leg Show Magazine*

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