



Top Space

First, my “disclaimers”. I have noted some very good input by some very knowledgeable people, but have not read all the comments, so I may repeat something someone has said. Also my comments are my opinion based on my experiences and are not intended to imply what anyone else says or does (or has done) is in anyway wrong.

For this discussion I will use “Top” and “bottom” as all inclusive, rather than Dom, sub, slave, etc.

“Top Space” definitely does exist, as does “Top Frenzy”, and “Top Drop”. “Top Space” does not happen in all play. It also varies with each individual and with the same people under different circumstances. “Top Drop” also varies widely when it does happen depending on the particular circumstances the Top experienced and is experiencing. “Top Space” and “Top Drop” can be brief or actually last for several days. “Top Frenzy” also can take different forms, both in play and as an extreme desire to play (like being out of control horny) to the point of using bad judgment in who and what play you become involved in. In play the Top can get into their own space so deep they lose awareness of what is happening with the bottom.

On one occasion I had to step into a scene and let the Top know the bottom was in subspace and we needed to take her down (I was DM’ing so had the right to do so). Afterward Lady Beth and I compared notes and both saw the same five things/signal/ mistakes the Top made. This is very rare but can happen. Based on my experience it is more likely to happen if the Top is playing entirely for themselves with the bottom’s desires secondary to their's.

“Top Space”, “Top Frenzy”, “Top Drop”, “sub space”, “sub frenzy”, “sub drop” are all mental, physical, and emotional reactions triggered by the chemical cocktail our bodies produce when exposed to various stimulus. The chemicals are: BDSM related natural body chemicals: (Wikipeda Definitions)

A Pheromone is a chemical signal that triggers a natural response in another member of the same species. There are alarm pheromones, food trail pheromones, sex pheromones, and many others that affect behavior or physiology.

Adrenaline is naturally produced in high-stress or physically exhilarating situations. ... Epinephrine (also referred to as adrenaline) is a hormone and neurotransmitter. Epinephrine increases the "fight or flight" response of the sympathetic division of the autonomic nervous system.

Endorphins are endogenous opioid polypeptide compounds. They are produced by the pituitary gland and the hypothalamus in vertebrates during strenuous exercise, excitement, pain and orgasm, and they resemble the opiates in their abilities to produce analgesia and a sense of well-being. Endorphins work as "natural pain relievers", whose effects may be enhanced by other medications. My Note: or the other natural body chemicals we make your body produce.

The first time I felt “Top Space” I did not know what it was and did not know I had it until after the scene when I was on the way home and drove right past the I285/I20 interchange and kept going right around I285. The next week at the smoking table at 1763 I asked how we (the Top) get it? I understood what we were doing to the bottom caused their body to produce certain natural chemicals that (done right for them at the time) puts them into subspace. But I really did not know what generated the “high” for us. One very experienced gentleman smiled (as did most of the folks around the table), and said, “I have been doing this a long time and I still do not know, but I can tell you that you can not explain it to anyone who has not felt it”. The next time I experienced it, I felt it during a scene. It came on so hard and fast that I ended the play out of concern that I might lose focus or some level of control.

After I took the bottom down and sat her down I realized she was in subspace and needed some aftercare, which I was somewhat uncomfortable doing since she was in a committed relationship with someone else, and I had not negotiated what I considered to be intimate aftercare. My first experience with “Top Drop” happened the next afternoon and it was intense and unpleasant. I seemed to bounce from bliss to depression. Both, at almost the same time. I learned several lessons from this experience. I would focus and control my space, and always include aftercare in the negotiations because I needed it to complete the scene for me. Now, I simply do not let myself “go” until after the scene is done and the bottom is taken care of.

For me, the first key to achieving “Top Space” is for the Top and bottom to thoroughly negotiate the play. If this is done and the Top continually reads the bottom and totally focuses on them in play, they can create an “energy bubble” around them that the Top absorbs. Doing all these things also helps assure the Top can make the scene flow from “warm up” to “intense” play. “Top Space” and “sub space” can both be much stronger in public play because the focus is generally more on these aspects of play and BDSM rather than sex. It also requires the Top to work at focusing on the bottom and tune out everything else around them. Focusing totally on the bottom means just that. The Top should not acknowledge anyone around them or make eye contact with anyone around them. This keeps the energy flow within their “bubble” and helps the

Top and bottom get where they want to be without trying to force it. I become more focused as the scene progresses and the energy grows. My senses, including my peripheral vision, seem to become extraordinary to the point I usually know exactly where the bottom is all the time and everything that is going on around the scene, including who is available to step in if I signal them to help take the bottom down and assist with the aftercare if needed.

Experience, and advice/input from experienced lifestylers does help identify and manage/control these reactions to “what it is that we do”.

Sir James