

At My Feet: Foot Worship Training

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Introduction



You worship me, and women like me, from head to toe. Being underfoot is a classical symbol of dominance and worshipful submission. Kneel at my feet and learn what I can and will do to you.

This curriculum is designed to inspire a new foot fetish, or strengthen an existing one. You are programmed and conditioned to connect worship of feet, and my feet in particular, with sexual pleasure. This curriculum focuses on foot worship in a dominance/submission dynamic and will instruct you to envision submissive actions and scenarios.

While this programme focuses on foot worship, these suggestions are applicable to a vast array of body worship situations.

Notes on programming/conditioning:

Conditioning is a normal component of any dominant and submissive relationship. This conditioning exists on the part of the dominant, anticipating the pleasure of control and the service given by the submissive, by you. The submissive receives more direct programming.

Fetishes are typically a case of annexing the genitals to some other part of the body, for example seeing serving my feet and serving my pussy as similar activities, all under my control and for our mutual enjoyment. Programming you repeatedly with the image of my feet along with your orgasm or edging.

The programming and conditioning from these files work together to create a more pleasant experience and build a true foot fetish thought process within you.

I believe that all body worship is similar, able to bring pleasure to both submissive and dominant. I simply select an area and direct you there. Foot fetish worship is unique in that trampling upon you, placing you under my feet as a footrest, or directing you to worship can all mix unique utility with light humiliation or feelings of being put in your submissive place.

Prerequisites

There are no prerequisites for this program. However, femdom is built on trust. Before embarking on this course of study, you must know that I am someone worth training under; someone you can trust to have your best interests at heart. Therefore, you should be familiar with me, my methods, style, and intentions.

This curriculum follows up from the Basic Braining content and benefits from the concepts contained therein. At the very least, you should have familiarized yourself with me and my work in general. Peruse my website at www.MsAlder.com for details.

Recordings

This programme will be highly personalized by you to address your own goals and circumstances. Therefore, unlike my other curricula, there are few required recordings and no fixed listening schedule for you to follow.

Required Recordings

Worship Induction

13:56 min

Worship of my form sends you deep into blissful, submissive trance. No matter where on my body you are performing the tactile function of worship, you are part of a larger pleasure system.

Worship My Feet Call and Response

6:55 min

It feels so good to learn a new fetish, a new way of giving and receiving pleasure; or to deepen an existing fetish. Repeat after me, perhaps while masturbating yourself to climax, and engrain my words and your submissive love of my feet. It is designed to be listened to on loop.

Boots 1: Step Down

20:15 min

Learn to worship my trappings as you would my body. I will train you with a new fetish, a new trigger for obedience and desire. My boots are a dark, shiny surface, perfect for you to lose your mind to. Above you, encouraging you to your knees, allowing your lips and tongue to convey with action what fails you in words. Be under my heel, enjoy it, and return for more again and again.

Admit It

24:41 min – Extra Credit

This interrogation contains light humiliation elements and an abundance of trampling. Your cock will be captured underfoot and your mind along with it until everything within you spurts out for my examination. You will be made to admit your foot fetish as I use it against you in a degrading spiral of helpless climax. Dominant tone, direct and uncompromising teasing, controlling commands to stimulate, and then refrain from stimulation no matter how hard you get. You only get pleasure when you can finally admit what you are...

Surrender to My Feet HFO

16:19 min

You long to worship my feet, cum for them, and lose yourself to your fetish desire. I push you onto the ground beneath me. My feet slide over you, between your legs, and a luxurious foot job brings you to the point of release and inescapable pleasure. A foot fetish file which encourages hands free orgasm but allows masturbation. Worship my feet, cum for them, and lose yourself to an ever growing obsession.

Foot Temple HFO

75:01 min

You are taken down and controlled by my feet then put through a long and detailed sensitivity torment session where my feet bring you to heel and then leave you breathless. I melt your mind in waves of confusion, fractionation, and a vivid hands-free orgasm delivered by my feet, voice, and will. This file will program you with a foot fetish and a love of worshiping my feet in particular as I anchor searing pleasure to images of my feet. Stare at the included images of my feet, internalize them, then lay back and prepare your mind for me to take it.

Schedule

File 1: Boots 1: Step Down

File 2: Admit It

File 3: Surrender to My Feet HFO

File 4: Foot Temple HFO

Use Worship Induction as your induction. Listen to each file consecutively until you feel you have internalized its lessons. Try to listen at least once a day until you are ready to move on to the next track. The files increase in intensity of content and effect as you progress through your training.

Use the Call and Response at least once a day, and in particular you should perform its call and response when masturbating for the duration of this programme. You may also use the file at any time after completion of this programme to refresh your training.

Assignments

Assignments are required. You should do each of these things at least once, possibly more often if you like. This curriculum contains 3 assignments. Doing them at various points in your training might produce different and interesting results.

Assignment 1: Experiment

While on your knees, visualize, imagine, picture a scenario where you are offered the opportunity to worship my breasts, envision in great detail every component of the fantasy, satisfy yourself if you are able, remember as much as you can.

The next day, kneel and attempt to visualize the same scenario, identical in every detail, but you are performing your acts of submissive worship upon my feet and toes instead. Licking, kissing, sucking, being commanded and directed. Notice any difference, are these equally pleasurable activities? Do you enjoy my feet even more?

Be aware that this heightened arousal comes from ongoing training and will grow with time.

Assignment 2: Devotion

Starting one morning when you wish to attempt this assignment, queue up and gaze at the included foot photos, while refraining from touching yourself in any way. You may set up a slideshow, or just stare and imagine. Glance at them periodically throughout the day if you safely can.

The arousal awakened in you will make you wish to touch, wish to stimulate. Play any of the assigned audio files in the background when you can safely do so, fill a day to the brim with arousal, obsessing over my feet, never touching yourself. At the end of the day, masturbate to climax while listening to a foot file such as the call and response. This hard orgasm after a long edged waiting period will assist you in achieving the proper state of desire.

Assignment 3: Conditioning

Edge yourself until you are near to climax. Think of my feet stepping on you, pressing wherever you would like, in particular allowing you to lick my toes, feel the distributed pressure of my heels, and invite memory of precisely how this feels. Climax while thinking of my feet, and thanking me for the pressure, the pleasure, the insistent and rising fetish. Bask in the post climactic glow and cement all of the foot themed training deeper.

Photos

Additional images of my feet for your worship are available in my Patreon Student Folder.



