

Radical *Pleasure* Revolution

with Dr. Emma

The Meet Cute

Season 1

Episode 01

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Transcript

Radical *Pleasure* Revolution

with Dr. Emma

[Intro]

Hello juicy listeners.

Welcome to the radical pleasure revolution Podcast. I am your fabulously delicious host, Dr. Emma, also known as Emma gone rogue on their social medias. I'm a clinical sexologist and sexual empowerment coach with a PhD in human sexuality and over 10 years of professional experience educating, advocating and creating deeply healing and radically empowering spaces for people's sexual liberation. It's truly my life's purpose and passion. This podcast is for you if you want to learn how to embrace your authentic sexuality, expand your pleasure potential, and unleash your power in the bedroom and beyond.

I'll be sharing revolutionary perspectives and conversations on topics including sex, sexuality, pleasure, bodies, relationships, self love, healing, empowerment, and more. All from a uniquely thought provoking intersectional sex illogical framework that I use professionally with clients and students, as well as in my personal life and relationships.

The thoughts and perspectives I share in this podcast are coming from my lived experiences as a white queer yet straight passing plus sized, sis privileged woman and non-binary fam, and a person who is a survivor with chronic mental and physical health challenges.

I navigate the world with a lot of privilege and varying degrees of marginalization. Being a part of the revolution in a radical way, is not something I take lightly, and I'm always seeking to do better and grow. So if I ever fucked up or say something harmful, I am genuinely open to your feedback, and learning how I and all of us can keep doing better.

I'm so excited to share, connect and truly expand with you all on this podcast. Be sure to check out the show notes for more information on how you can connect directly with me and my work. If you're interested in going even deeper. Each season is going to have its own flavor and style. So stick around and enjoy the ever evolving journey with me.

Let's do it.

Radical *Pleasure* Revolution

with Dr. Emma

[Episode Content]

Welcome, welcome fabulous listeners. This is the first ever episode of the radical pleasure revolution podcast. I'm so excited that you're here listening in with me.

I am definitely a little bit nervous This is the first time I've ever had my own podcast as the host and the creator and all of the things really on my plate so this is really exciting to have a place where I can really you know unleash my voice and share some of my ideas and perspectives and you know offerings in this platform in this way and so this first episode I'm calling the meet cute.

The first time I heard that was on the movie The holiday and it always just stuck with me and so in this episode I'm really wanting you all to get to know who I am, what this podcast is all about, why I'm doing this podcast. And maybe a little bit of the when and where. So the who, what, why, when, where of the radical pleasure revolution podcast and why you are going to be wanting to tune in and listen to me chat in different ways.

So I'll get into all those details and the first one that will just dive right in is the who. Who the fuck am I and why are you going to be wanting to listen to me.

I am you know, my government name is Dr. Emma Abata and I am also known as Emma Gone Rogue on the social medias. That's where a lot of people actually know me as Emma gone rogue.

That's actually kind of a funny story how that came about or an interesting story funny might not be quite the word for it. But I think what's funny is how many people actually think my name is Emma Rogue. It's definitely like a persona and like a part of me that I like to have and one that I'm embracing even more in my business. And in all sorts of things.

It actually came to be, gosh, how many years ago now, seven years ago now maybe. I was unfortunately, having to navigate a life threatening relationship, some domestic violence and stuff was going on and I had to go into hiding, like major hiding for a while.

I had to close all my social medias. My friends and most my family didn't know where I was just until things settled down and I could get a better footing on the situation and make sure my safety was prioritized. And you know, after that was kind of settled, and I was ready to come back to the internet and social media.

Radical *Treasure* Revolution

with Dr. Emma

It really, you know, there was a lot of wounding from that situation and I didn't really feel safe going with my government name, so to speak, on Facebook, that was the platform back then that was the only one that I was on at least. And so I came back on as Emma Gone Rogue and it felt so fitting to be Emma Gone Rogue. Because I felt like I had gone rogue and, and honestly, I feel like I have been going rogue my whole life.

You could probably confirm that with my parents that I've been a person who's been going rogue most of my life it's definitely a part of who I am. This was back in the day when Facebook allowed that stuff and they haven't made me change it yet. So I'm super into that and it just stuck and it kind of became a persona. There was a lot of rebirth that happened after that situation. Where I really came into a deeper understanding of the world and who I am and my place in it and my identities and systems of oppression.

I was also a little bit older at this point where my brain was more developed. Finally, so funny how that really makes a difference at least in my experience, that really made a difference of seeing the bigger picture of the world.

So yeah, Emma Gone Rogue was born. People love the name, I love the name and so that's a name you will see me going as. And yes my government name, some people might call it my professional name, is Dr. Emma Abata.

And, my identities that I want to share with you all and I think are super important and valid in informing my perspective and impacting my lived experiences as a human navigating this world and reality and cultures and societies.

My identities are that I am white, I am a queer, sis, privileged and passing woman non-binary femme, sex working survivor, plus size, US citizen, US born. I have PTSD. You know the common challenges that come with that of anxiety and depression are things I definitely navigate.

While identify for the most part, can be shaped shifting and evolving through time, but I mostly identify as able bodied. Although I also struggle with a chronic autoimmune condition that very much impacts my body, but also my mental health and my abilities in different ways in an interesting way. And that's definitely an identity I'm navigating all the time, and especially kind of currently.

Radical *Treasure* Revolution

with Dr. Emma

Let's see what other I'm at these, these aren't as much you know, socio political cultural identities, but I am a Taurus sun, I am an Aries moon and an Aquarius rising. I'm definitely into the planets and the stars and astrology and they're really connected. To my own sense of spirituality. And yeah, because I grew up in a very science based town, and in a town that had the most PhDs per capita. And science was something that felt really safe for me and something I absolutely stand by and respect. And what was birthed from that, as well as from my journey of sexuality. And healing from trauma was a cool sense of spirituality around the universe, and things that are bigger than me, that are going on and this concept of infinity, so those things will definitely come up.

I'm also currently a pregnant person first time, and I, you know, I can even feel the little baby in there moving around I'm, as of the time of this recording, late August of 2020. I'm six months pregnant. So that's definitely informing my lived experiences and perspectives right now. I am a blossoming a mother. And that's also informing my experiences, I'm married to my soulmate. Who is a wonderful man. I am straight passing since I am in a currently I, you know, straight opposite gender, so to speak, relationship, and marriage. And my partner was actually born in Nigeria and immigrated to the United States. And just this past March of 2020, became officially a US citizen, which is a big deal and has definitely also impacted my lived experiences.

And an element of that even just feeling more confident and safe, that I can have a podcast and share these ideas. Because I feel he's more protected now. Having that citizenship status. So I have family members, you know, I'm a sibling, I'm a sister, I'm a daughter, I have family, all over the country, you know, New Mexico and California and New York, Oklahoma, Colorado, North Carolina, Texas, and we have family also, primarily most of my partner's family. They live in Nigeria. So it's also something that we navigate and is an interesting part, and something that I think about a lot and I think it's just yeah, we're here, talking about who I am.

So yeah, I've also, you know, lived in a few different places in the United States. I've never lived outside of the US. In fact, I haven't traveled a ton out of the US. So naming that as something that for sure, affects my perspective. Unlike my partner and my husband, who's traveled all over the world. I've lived I was born in Savannah, Georgia, but really have no memories of that I grew up in a little town in northern New Mexico, called Los Alamos. Then I went to Fort Collins, Colorado for my undergrad years, I lived in Anchorage, Alaska, for brief time for when I was attending my Counseling Psychology master's program. And then it was during that where I left and had to navigate my relationship, challenges and issues.

Radical *Treasure* Revolution

with Dr. Emma

And then I moved to the Bay Area and primarily San Francisco while I was doing my PhD, and then, you know, move back to Fort Collins, Colorado, where I've been living for over 10 years and love it here. Of course, there are things I would change. I wish there was a bit more racial diversity like other parts of the country. And it's, and it's growing, it absolutely is growing, but other than that, I really, I really love Fort Collins, Colorado.

It's the right size for me. I don't have to deal with city traffic or city pollution or city challenges. And it's not so small like my town growing up. I've just got access to a lot of things and a lot more people. And so I enjoy that. Some of my educational background includes, you know, I did my undergrad in Fort Collins at Colorado State University. My undergrad was in Human Development and Family Studies, with an emphasis in human sexuality research. That was a Bachelors of Science. And I loved that program I learned about humans from womb to tomb, and all you know, all different aspects, you know, the bio, the psycho, the social, the political, the historical, the sexual. All of these different aspects that affect humans and their environments.

And it was a really great program. For me, it's set me up beautifully. I had known all along, I was going to be pursuing some sort of career in human sexuality. And it set me up really well, to just have this broad and deep foundation of understanding humans, again, from womb to tomb. I loved that program in a lot of ways. And then I went and pursued a master's in counseling psychology. I did not complete that degree, but got some really interesting perspectives of the psychology field while I was there, and some hands on practice with counseling skills, which was really useful.

But I didn't finish that program, again, due to some challenges with my relationship and needing to leave. And so I, you know, turned around and applied for a Ph. D. program in human sexuality in San Francisco and was accepted. And even some of my master's credits were able to transfer and I completed my PhD in human sexuality. My dissertation was on an intersectional sexillogical analysis of the post menopausal woman's sexual experience, compared to the aging Man. It was after my relationship, and as I was studying the sexillogical perspective, and getting my PhD, that I was really getting interested in this concept of intersectionality, and understanding all of these different things that impact us. Especially particularly impact our sexuality and how you really cannot understand sexuality without understanding intersectionality. And, honestly, it's hard to understand humans and the world without understanding intersectionality. So I, you know, dove into that with my dissertation, and I loved that.

After my PhD, I was certified through IPS of International Professional Surrogates Association, got a cert, got trained through them around surrogate partner therapy. Which is a fascinating field that I think is so valuable and important and needed.

Radical *Pleasure* Revolution

with Dr. Emma

I also then went and did a two year program at the Tantric Institute for integrated sexuality. That's founded by Layla Martin, and I did her sex, love and relationship, coaching certification. And I also double majored in women's empowerment and female sexuality. And that was a great program, especially to help me really expand my skills and bring them into an online coaching setting. Which was awesome. I also am a certified sex educator, a certified clinical sexologist. I was a professor of human sexuality at Colorado State University. I taught an upper division class to about 150 to 200 students that semester. That was awesome.

And yeah, and now I'm, I'm pursuing, my business as a sexual empowerment coach. And I have the School of Radical Pleasure is my current baby and I've developed the Queen Method through that. And different sexuality liberation practices and courses and coaching and all that good stuff.

So that's kind of my professional and educational background of who I am. I've had some interesting jobs outside of the human sexuality field as well. Growing up, I spent six years working at a pool first in the snack bar, flipping burgers and making nachos for people. And then, when I was old enough to get my lifeguard certification, I was a lifeguard for five years there. Loved that. Then I went and worked at a flower shop for a year and was a florist. Oh my gosh, that smells so good. And was just so lovely.

Like, working with flowers and giving people flowers most of the time, puts a smile on their face. There's certain occasions like funerals and stuff where it's a little different, but most of the time, flowers are like, they just make people happy and feel loved. And I really liked that job. Then I spent three years working at the Los Alamos National Laboratory doing nuclear counterterrorism work. I know, talk about left field, it was, you know, where I grew up. That was a lab that a lot of people's parents worked at and I had a network there. And I was smart enough to get a job and hold my own there for three years.

And yeah, I officially worked for the Department of Energy and the Department of Homeland Security, which looking back at like, wow, how interesting, especially considering my politics, just my feelings around all of that. But it was an interesting job. And it helped me pay for school, and whatnot. So then after that, I was a server and a bartender for a few years in grad school. And then actually, after that, bars stopped kind of working for me, especially with my trauma and my PTSD. And I didn't, I just didn't like the crowd. I didn't like, the way particularly drunk sis men would act around me.

And I just didn't, it wasn't working for my nervous system anymore. And so and I had discovered my passion and the healing, medicinal properties for me and my trauma with marijuana. And in the state of Colorado, we legalized it and so I became bud tender. And I worked at a dispensary for about a year, which was great. I got to work with medical patients as well as recreational customers. And I learned a lot about that industry and about the explosively growing products that you know, are coming into the industry and just how many different ways people can utilize marijuana and THC and CBD and all that good stuff.

Radical *Pleasure* Revolution

with Dr. Emma

It was really great. I even sometimes saw my students come into the shop. I did have a student turn in their paper while he came in and bought some weed from my dispensary, which was hilarious. I think that was not a common story for most of my colleagues. But yeah, I've done a lot of jobs.

And I think they just they give me a different perspective again, and it's part of who I am and where I've come from. So I've got several interests. I love sports. I loved playing sports. I was like the kid who you can never get to come inside, especially the summers or get out of the pool. I really am into astrology and nature. I am I'm into politics, and activism. That's a huge interest of mine. And yeah, and just having a good time and like connecting with people that's like an interest of mine is just really witnessing people and seeing people and learning about them. I think I love doing that I love just hanging out with people.

I'm hoping that travel will become more of an interest for me in the future. In the past, I was always honestly kind of nervous to travel, especially by myself. And now that I'm married to somebody who loves travel. Now, granted, we're currently still in a pandemic. So not a lot of traveling going on. But learning how to do travel my way, in a way that's not like exhausting and like, overwhelming doing too much stuff. But I love the idea of travel. So I'll say that's not a full interest just yet, but it's like, something I'm flirting with certainly is becoming a lover of travel.

So I also love New Mexican food. I'm all about the red and green chili, and the spice and the deliciousness in New Mexico. We have a type of food all of our own. It's not Mexican food. It's not Tex Mex. It's certainly not the crappy New Mexican, or Mexican food I can find in Colorado, no offense Colorado, but New Mexican food really is its own genre.

I will say that is an interest of mine, food in general is a pretty significant interest of mine. So yeah, and I think, Oh, another one is just like personal development. I love working on myself, I love challenging myself to grow and to heal and to observe my ego, which Holy moly, what a practice, who definitely have an ego, as we all do. And yeah, so those are some of my interests. And I think my purpose is very much connected to this podcast, which is, you know, one of my deep purposes, is to give people permission to be exactly who they are.

And one of the ways that I've found really does that, and that I'm really passionate about, is through sexuality liberation, because it's been my experience and something I've witnessed in a lot of people I've worked with, and helped is that when they can feel whole, and their sexuality, a part of them that historically, and obviously, currently, has been so oppressed, and repressed and suppressed, and shamed and judged and manipulated. That when, when we can unlock and heal, and unleash and empower one's true sexuality and their pleasure potential, and their bodies and all of that stuff, then it really has this beautiful domino effect.

Radical *Pleasure* Revolution

with Dr. Emma

In so many different areas of our lives, and certainly in my life, that's been my experience. And again, what I've witnessed and helped others do with themselves. And so, I know my purpose is around permission and using sexuality liberation to help people do that, and really ground into the truth of who the fuck they are, like, who they are here to be. I know that can kind of sound a little woowoo or something, but it's really true. So that's how I feel it's a big purpose of mine and to love people and to like to bring powerful change to the world that moves us forward as humanity not backwards and that's actually kind of a binary way to think of it and something I tried to justify, or move away from, but there's also this sense of like, yeah, just healing the world awakening the world to a more evolved more conscious sense of humanity.

So it's kind of connected to my purpose. So that was a long winded who the fuck is Emma Gone Rogue and why is she here telling me these things. But this is the Meet The Cute so I wanted to give you a nice deep dive into that. Just to get that out of the way, and on the table for us all to continue having these conversations, and you all kind of knowing where I'm coming from, because my perspective is just one perspective, just one of many.

And I think there are multiple truths going on. At the same time, I think. Yeah, I just I think it's important to know a little bit about who I am and where I've been and what I'm, where I'm coming from, to give you a sense of what I'm talking about, and why I'm talking about it the way I am.

So what I want this podcast to be is a place where I can share perspectives and education, on sex and sexuality and bodies and pleasure and relationships and self love, and, you know, human empowerment and consciousness and how they're all really connected.

And I really want to be able to share ideas, conversations, other people's perspectives, I think there's so much value in sharing multiple perspectives, especially ones that aren't always just like mine. I mean, obviously, I'm probably not going to have people who are, you know, way on a different side of the spectrum of me, but I think that there's such value in diverse perspectives and a lot of ways. And, you know, I'm really planning for this podcast to have different types of seasons.

So this first season is really going to be about me laying the groundwork of what is sexuality liberation, specifically, what I call the sexological perspective, and how that is connected to sexuality liberation. And just laying kind of the groundwork of my whole philosophy of sexuality liberation, and how I get people to experience that and to live that and to embody that for themselves. I also want other seasons to be conversations with other people around these topics. I want other seasons to be about really sharing other people's perspectives, whether that's through books, or conversations or interviews, or whatever.

Radical *Treasure* Revolution

with Dr. Emma

And so yeah, I'm excited to just see where this podcast goes, and how it evolves. And I also want this podcast to be a place where I can create a platform that challenges our beliefs around sexuality, especially in a sex negative culture, I want it to be a place where we can really together as a community develop a sex illogical lens. I don't want to imply that has to be the only lens, but just a lens that you can choose to use when you want to use it. And I also think this might be a place where we'll shed some tears, will crack up, sometimes your mind might get blown a little bit here or there.

I've been given the feedback multiple times that I'll just be talking about some of these things. Like it's just the weather and people are like, you know, jaws to the floor. And like, how is she just saying that. And so, you know, stick around and be prepared for those moments. Even if the tone of my voice is not suggesting that anything mind blowing is going on.

I know that these conversations and these ideas can have that effect on people and they had that effect on me as well, once upon a time. So that's what this space is about. And the why of the podcast, again, is very much connected to my purpose of sexuality liberation. I want this podcast to be an accessible space for me to help offer this to the world in my way to the people who are meant to get it from me in some form of helping people have sexual liberation and deepen their perspectives and their healing around sexuality and sex and their bodies and relationships.

Again, I want to challenge the status quo I want to offer something different in the field. We have such an overtly sex negative culture. Another reason why I want this podcast is to be an opportunity for me and for the community to really give you permission, give you like, endless permission slips, to be exactly who you are to be authentic, to heal, to be imperfect, to be human, to be empowered. And I really think all of those things. And a lot of ways are connected to decolonization, a topic and a philosophy a goal that I'm really passionate about is really creating a more human centered, non binary world that is not harmful to the planet to humans to different populations, based on socially constructed bullshit, frankly.

And so really allowing diversity and the vastness of humanity to be appreciated, not just tolerated, not just accepted, but to truly appreciate it, I think it is part of the why of why I want this, this podcast to be a thing and why I hope you all join me and show up.

I think I'm planning on dropping these episodes on Wednesdays, but that could always change, you know, don't hold me to that don't hold me to anything. I really want the freedom for this to evolve and change. And I know, you know, three years from now, five years from now 10 years from now I'm gonna listen back on some of these episodes and just laugh at myself because I think about some of the perspectives I had just three years ago, they shift dramatically.

Radical *Pleasure* Revolution

with Dr. Emma

So we are where we are today and I'm planning on dropping episodes on Wednesdays it's not going to be a continuous thing where every single Wednesday from the rest of time there will be an episode but it'll be seasonal. I really value pleasure and doing things my way and yeah, I'm not like a continuous just keep Go Go going kind of person.

And where I mean you're gonna be able to find this podcast on all the major podcast platforms that I can get it on to that's my intention and you know, eventually this might be on YouTube as well there might be a video component in future seasons, but for now, it's going to be a podcast and you should be able to access it on all the major podcast forms.

So yeah, that is the who, what, why, when, where of the Radical Pleasure Revolution Podcast and me Dr. Emma or Emma Gone Rogue. I yes, I went by Dr. Emma. That's what my students called me. I preferred it over using a last name or anything else but yeah, Dr. Emma, Emma Gone Rogue, Emma, whatever, that's who I am. I'm all of the above and so much more. And I'm so glad y'all got to meet me a little bit and understand what this podcast is going to be about.

And yeah and how I work what I offer how I'm changing the world and a part of the you know, revolution that is all around us. We just have to, to jump in and commit and be ready and do it. So I'm here for it. I'm here for you all. I would love to hear how this episode landed on you. Any questions you have, anything like that I'm so open. You can always reach out to me on the social medias. You can find me on Instagram, Facebook. Those will be in the show notes and my website as well emmagonerogue.com so looking forward to getting to know you all more.

Thank you, Thank you magical beings for tuning in and being a part of the radical pleasure revolution with me. It's truly a collective movement we're part of, be sure to rate, subscribe, leave a review and share. It really helps the movement grow and I so appreciate it.

And finally, just a reminder to check out the show notes for any links referenced in this episode, as well as info on how you can connect with me and my work if you're interested in going deeper, or wanting my personalized and professional support around sex, love and relationships. I work one on one with individuals, couples and moresums as well as offer transformational group coaching programs and educational DIY courses. So don't be shy. I'm so committed to your healing, empowerment and liberation, and I'm only a couple clicks away.

Until next time, xo xo

Radical *Pleasure* Revolution

with Dr. Emma

☆☆ If you are interested in going a little deeper, check out my [WORK WITH ME PAGE](#)

☆☆ Come join me in my FREE private Facebook group, [Radical Pleasure Revolution - The Queens' Lounge!](#) Exclusively for justice-driven womxn and femmes.

☆☆ Find me on [Instagram](#)



Cheers!
Dr. Emma