

Radical *Pleasure* Revolution

with Dr. Emma

The Sexological Perspective

Season 1

Episode 02

Aired: Sep 23, 2020

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]

Hello, fabulous listeners. Welcome back to episode two of the Radical Pleasure Revolution Podcast. I am seriously so excited that you clicked play and you're here again with me.

Today, we're going to be talking about the sexological perspective. And I'm going to do my best to not get too heavy and dense. Again, I was a professor of human sexuality. And I got my PhD in human sexuality. And so this topic in particular, I'm also a certified clinical sexologist where this framework, this perspective, the sexological perspective is something that I could probably spend hours, a full season really talking about. But I'm going to give you the little bite size of it today. Give you the foundation of it, the broader brushstroke. Because I think the sexological perspective is such a powerful perspective for people to develop and to learn about and understand. And if they choose to, to even embody it and apply it to their own life, and their own, just way of looking at the world and way of feeling about themselves and others and sexuality in general.

And so, yeah, I'm excited to dive into the sexological perspective with you all today. And yeah, I think it's a really windy day here in Fort Collins, you might, you might hear some wind in the background. I'm tucked away in what will eventually be the nursery for this baby that's coming. It's the quietest room in my house. So we're filming not filming, we're recording. But there's some beautiful nature that might get picked up that you might hear.

But other than that, we're gonna be focused on the sexological perspective today. And I think, yeah, there's a lot of a lot of great stuff I could talk about, but we're gonna try to, you know, again, just give you a taste and give you some useful tools that you can really start thinking about now and applying to you yourself.

So the sexological perspective is really a perspective and something I was deeply trained on in my Ph.D program for evaluating sexuality. And the basis of it, like the premise of it was to really evaluate and understand and embody, and really help people embrace sexuality without sex negative bias. It's a way of really seeing sexuality, as, you know, diverse and subjective and of course, consensual, I'm putting quotes up. You can't see the little quotes on my fingers. But seeing it as, quote, normal, which is a term that is slightly flawed, in my opinion.

But sexuality is this, you know, if I had a better word for it, I'm not great with words, people, but it is a normal thing, it is something that we all navigate even folks who are asexual, or have trauma around sexuality and feel really disconnected from it. That in that, in and of itself, is navigating sexuality, I think it's part of the human experience, however, we end up relating to it and embodying it and identifying with it. Again, that's my perspective of it. I also think, again, more finger quotes. It's also something that's healthy.

Radical *Presence* Revolution

with Dr. Emma

And, you know, I use finger quotes or that word, especially as a plus sized person, how much health has been, I don't know defined for me and defined in problematic ways and bought and sold. And capitalism has really, in my opinion, corrupted ideas of health, but just at the core principle of health, trying to feel beyond all of that other stuff around the word healthy sexuality is healthy, the way that we embrace sexuality.

And our ability and our intention to really embrace sexuality is healthy, it's good for our well being, it's good for our humanity, individually and collectively. And sexuality, I believe, again, from the sexological perspective is a core part of the human psyche and of human beings. It's a core essence of who we all are. In fact, it's how all living things come to be, you know, is through forms of sex, whether that's sex with others, or fertilization or even different species that fertilized themselves.

But sex is like a core of our existence, just if we look at it from that kind of nerdy science way of we're all here because of sex and sexuality. And I also think that individuals sexuality, and this is how the sexological perspective, from my perspective, from the way that I, you know, have learned it and teach it and help clients with it is that our sexuality is as unique as a fingerprint, like, nobody has the same sexuality as you. And the other beautiful part about it is that it's ever evolving, like sexuality is always evolving. It's fluid. And it's an internal and external experience at the same time. It's sexuality is not this thing that can be put in a box. And frankly, I don't think it should be, I think there's certainly benefits of trying to simplify and break different topics down to understanding sexuality and pieces of it.

I think it's both and of course, which is also part of the psychological perspective of like, embracing non binary understandings of the world, specifically, of sexuality and gender are experiences that sexuality is really taught me and the psychological perspective, really points to this, this truth that multiple truths exist at the same time that it's in so many cases, it's a both and at the same time of things being a both and it can also be non binary it can like, that's part of non binary, is that it can be all of these things.

It's there's multiplicity. There's duality going on. And there's so many truths that the sexological perspective, through sexuality and understanding sexuality, as it relates to humanity teaches us and it's, it's so vast and again, not trying to get too dense, too deep, too meta here with you all, but, those are some really core principles of the sexological perspective.

And again, really, at the simplest form of it is trying to navigate and understand and appreciate and evaluate sex and sexuality without sex negative bias which, who knows how, how actually possible that is, you know, in reality or in practice, because sex negative bias is deeply rooted in our culture in our history. And it's really based around fear of sex, fear that sex is harmful, it's sinful, it's wrong. Again, noticing, as I'm saying these things, notice how sex negative bias really depends on the binary of there

Radical *Pleasure* Revolution

with Dr. Emma

is a right way and there is a wrong way, which is rooted in so many systems of oppression and colonization, right.

And so the psychological perspective really tries to queer all of that it really tries to, to challenge that and challenge the fear that we have of sex, and pleasure, and our bodies and expressions of sexuality.

And there's another element of this sex negative bias that the psychological perspective really tries to look at is misinformation. There's so much misinformation about sexuality. And granted information itself is a very fluid thing, our understanding is always changing. And yet at the same time, sex tends to be an area, especially in our culture in the US, where we don't update and we don't pursue research and deeper understanding is, there's no funding for that kind of stuff. Unless pharmaceuticals can make money off of it, so to speak, or different entertainment industries or even media, you know, we sell sex like crazy yet, I shouldn't say crazy, that's not the right. Ablest language there, but we sell sex like, wildfire, we sell it, like, it's our damn job here, and, you know, hello, capitalism, but there's so much misinformation about what sexuality really is, especially when it's embodied in humans. Like sex has been taken out of context, and capitalized and, you know, purified and distorted.

And it's very much connected to also like, how it's been used as propaganda and how propaganda has been used in a sex negative way to control our sexuality, to convince us and keep us in boxes that help systems of power, maintain themselves. And there's so much oppression that happens from sex, negative bias and sex negative culture, and the control of our sexuality.

And so the sexological perspective really tries to cut through that, not ignore it, not bypass it, but to see it, to name it, to acknowledge it, and to also go beyond it and, and really question some of that stuff. And, you know, I think sexology is in a very basic, and I think this is also a limited definition of sexology.

But like, what is sexology? Like, I am a clinical sexologist, when I say that to people, so often they're like, what, that's a thing, like, are you just making up a word? They've heard a lot of the other ologies, biology, psychology, you know, stuff like that, but sexology you know, what is that and a very limited definition of this is just that it's the scientific study of human sexuality.

And I'll go into how it's more than just science but, at its core, a big piece of it is the scientific study of humans sexuality. And it's a very interdisciplinary study. It's very collective and eclectic, because we derive ideas and styles and flavors from a diverse range of sources to really get a fuller picture as full of the picture as science will allow us, of this concept of this thing, this human thing called human sexuality.

Radical Pleasure Revolution

with Dr. Emma

And we look at biology, how biology affects human sexuality, we look at physiology. Psychology impacts that sociology and history and anthropology and theology and all sorts of different angles, and aspects of science that we can possibly use and how that how that perspective of science looks at and understands and studies and sees sexuality, we try as sexologist, and in the field of sexology, we really try to look at all of it.

And that's, it's a daunting task, right? But it's a very interesting one. And it's an it's a very valuable one as well, I think because it really does help embrace, to the best of our, again, we're limited humans, and science is limited, but to the best of our ability, like the true diversity, that is sexuality.

And frankly, you know, what I was alluding to just a moment ago of, of the scientific element of sexology being limited is that there are certain elements of sexuality and humanity that simply cannot be quantifiable, that the language and the tool that is science, while incredibly important and valid. Hear me when I say that is still limited, like we can't, there are elements of an orgasm that can never be quantifiable, and researchable, there are elements of who were sexually attracted to, that we cannot put into numbers or even into words. There are pieces of our sexuality, that when you're really embodying sexuality, and deeply embracing it, that are just so much deeper, then and so much further beyond what science can offer us.

And again, that's not a it's not a criticism, necessarily of science. That's not saying like, oh, sciences, like, you know, small, smaller. I was trying to think of a way to say this, but like, it's not useless or, you know, unimportant. It's an element of it's that both and ness going on here that there is another and science and so many things beyond that, that our minds and then you know that humanity has yet to even fully come to consciousness around even.

Again, I'll try to keep it not so meta, but you know, really understanding sexuality has like a core part of who we are and that sexual energy in and of itself is life force energy.

And I want to really invite listeners who, for whatever reason, don't resonate with the terms sexuality, sexual or erotic to see if there's some gems in the context of what I'm saying for you anyway. Because there's a lot of reasons you know, folks who are asexual might really not like the language I'm using. And you've probably if that's you, you may have already tuned out anyway, but maybe not. And I just want to I also want all of us to just think about like, not everybody is resonating with this language that I'm choosing to use but that there's gems in the context as well and in the bigger picture and like, while I'm saying the word like erotic energy, like the erotic is life force energy, like, you know, someone who really understands that and has written a lot about that Audra. Audra Lord, like and even Esther parral, and stuff like that, but really seeing our sexual energy as creative energy like it creates human life.

Radical *Pleasure* Revolution

with Dr. Emma

It creates orgasms. It creates love, it creates intense intensity and passion. People can tap into and different cultures do this, you know more specifically than I'd say in the US.

Certainly, but there are lots of cultures and indigenous peoples around the world who really understand this principle that our sexual energy that the erotic is this life force energy that helps us connect to our ideas, emotions, art, our purpose in the world movements, identities, our wants and desires.

Like it's, it's an energy source. Even when you think about the energy centers of the body or the chakras of the body, you know, the route is right there in, in a hub of pleasure in our genitals, and again, not that our genitals are the center of sexuality. Don't think I'm making that assumption because the whole body the whole being is a sexual organ and palette.

I think we're highly obsessed with genitals and somewhat in a relatively problematic way as well. But that there is also this connection, there's that and there's this connection of like that root Energy Center, that root chakra that's like, connected to this sexual energy, this life force energy, and how our roots as people are, are connected there.

This sexological perspective really dives into that. And it's really about helping people and, and what I do as a sexologist as a sexual empowerment coach, with my clients and into my programs is really helping people heal and reclaim and empower and liberate their sexuality and their sexual energy and this like life force part of themselves.

And I and the sexological perspective really sees that, that work and that journey, of really embracing our authentic sexuality, and our relationship to our unique sexuality as something that's so again, to use some binary language here, but it's so good for us. It's, it's so healing for us, and not for everybody.

Like, again, this, this isn't for everybody. I don't think anything is for every single person. But I do think that so many people will resonate with that understanding and will, will connect to that, and that's a journey to have ups and downs.

And it looks different for everyone. But it's, it's something that's so, so valid, I think there's an element of sexuality that's connected to our wholeness of humanity. And because it can be such a source of personal power, and, and a way for folks a one way for folks to connect to pleasure, and it can have such a domino effect on pleasure as well.

When we're allowed to derive pleasure, sexually. I think it can also, especially with the right kind of, you know, growth and learning and somebody holding the space for this because I didn't automatically connect these two but, but when I really allowed myself to embrace pleasure in sexuality, I started to

Radical *Pleasure* Revolution

with Dr. Emma

allow myself to embrace pleasure, everywhere. Outside of that as well in just my day-to-day and how I moved my body, how I ate food, how I listened to music, to the smells. I was smelling the textures and sensations I was touching and just living with a deeper sense of joy.

And it's always a work in progress. I'm not gonna sit here and pretend like oh, Emma's life is roses, and butterflies and rainbows all the time, full of pleasure every day. I do it's, it's a conscious choice. It's a conscious practice. And for me, one that was born of the sexological perspective, and that can be so rooted and grounded in my own sexuality and in my own sexual practices.

And my own sexual expression is how it's connected for me. And it really does, does go everywhere. And it has this ripple effect into other parts of our life. So at least that's been my experience and, and what I've witnessed in a lot of others and the people I've worked with, and so there are definitely different perspectives on the sexological perspective as well, and how they're all connected.

But they're so I think that's part of the sexological perspective, is embracing different perspectives, embracing different ways of transmitting this idea and of talking about sexuality and how it connects to, to all of life. Yeah, so that's, you know, that's the little nugget of the sexological perspective that I wanted to share with you all today, and give you because I think it's gonna lay it's a perspective, that's really laying the foundation of all these other topics that we're going to talk about in this first season, that are really connected to sexuality liberation.

And so that's why, you know, this is the second episode of this season is to really give you and I know, it's a little bit more nerdy and theoretical. So definitely keep tuning in, keep coming back. For more episodes, but this episode, really, this concept of the sexological perspective, and you starting to digest it, and think about it and understand it, and, you know, maybe even embody it, but choose to use it with consciousness is what is going to help lay the foundation in the understanding and you'll see, I will address it throughout this season.

And through all of my work on this podcast and with my clients and in my groups and all the things that the sexological perspective is like this undercurrent. It's the lens in which I approach sexuality. It's a very, again, intersectional diverse non binary, fluid ever evolving. beyond its science and beyond, and it's something I want to invite others into, and it's something that I think, is revolutionary.

I think it's radical, I think it invites more pleasure into the world and into individuals. And so yeah, that's what this episode was all about. for you all.

Radical *Pleasure* Revolution

with Dr. Emma

I look forward to hearing people's reactions and thoughts and questions, I'm sure. There's got to be some questions since this was just a little dip you toe in the whole pool. That could be how I talk about the sexological perspective. But yeah, I would love to hear reactions and how this episode and this concept lands on you and maybe how you're using it in your own life or how you're trying it on.

It's a really powerful perspective and something that I'm super passionate about and I think, is so connected to sexuality, liberation and how we can move forward in sex education, sex therapy, sexuality, activism, and, and so much more. So, thank you all for tuning in. I look forward to seeing you all on the next episode as well.

Talk to y'all later.

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