

Radical *Pleasure* Revolution

with Dr. Emma

Sexuality & Pleasure Activism

Season 1

Episode 03

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Transcript

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[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.

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[Episode Content]

Welcome back to episode three of the Radical Pleasure Revolution Podcast. I'm so excited. You're here again and hitting play yet again, hopefully. Or maybe this is your first episode you're tuning in.

But today we're talking about sexuality and pleasure activism. And I'm really excited for this topic. On last times episode two, we talked about the sexological perspective, which is something I was excited to share with you all and that we got to kind of lay that foundation of what is the sexological perspective.

It's something I'm going to be likely bringing up in all of the future episodes to come and using that perspective as I talk about these different types of topics related to sexuality liberation, and you know, the radical pleasure revolution which is what we're all here for.

Again, I am sitting in the nursery I am relaxing in this like softest chair like since we're talking about pleasure today. Let me just tell you about this chair that I got for this nursery. It is so like, it's like velvet, but not like that hard stiff velvet it's like this delicious, buttery, sensual velvet that I am just laying in. I'm naked. That's something that you know, people in my inner circle definitely know that about me.

I don't think I actually mentioned that on the meat cute episode one. But that is definitely a part of who I am. I love being naked. There's something so freeing and pleasurable about not being enclosed and just being exactly in my body. And there's also been something super empowering about embracing my own nakedness more especially as a plus sized person of just seeing my body with my eyes seeing my reflection without clothes on more and more has been so healing for me and I don't identify as somebody who probably love being like a nudist. I don't want to be naked all the time and not in all situations. And at the same time, I also love fashion. And I love my style. I love clothes that really express who I am, and make me feel really confident and powerful and sexy and beautiful. And unique when I wear them. I'm not like a fashionista or like a fashion expert or anything. But I do like have a pretty funky, powerful, fierce, you know, sexy style that I also enjoy.

But definitely sitting here in this chair, this delicious chair is like, so fun. And so we're going to be talking about pleasure. And sexuality activism today. And that's definitely a part of it, something that just came up for me, as we're sitting here recording. So, yeah, we're gonna really jump in and start with just a couple definitions.

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I think definitions can be kind of fun sometimes. But they also can set the stage. And just help us make sure we're on the same page a little bit around, like what do I mean when I say activism, and I think activism can take on so many different shapes and forms and flavors, and styles.

And just a very generic definition of activism that I got from Google, which, you know, Google is not the one who has the power to define such things, even especially something as important as activism. But for the sake of just kind of getting on the same page. Google said that activism is the policy or action of using vigorous campaigning and various forms to bring about political or social change.

And so yeah, there's this essence of change of revolution, politics, social, social politics, and human based politics, when I think about it, really, and really, my experience with activism of all kinds is that it's very broad. And there's so many different ways to do it.

There's so many, I almost think of it like a puzzle. And, you know, each puzzle piece has a different shape. But they're all needed to come together to form like the full picture of the puzzle. And that's kind of how I feel about activism. And everybody has our own strengths, and weaknesses or limitations, or what have you, that we need to play to and understand and extend respect.

And I think the diversity of our strengths is actually what makes the collective you know, pursuit of activism, so powerful. And there's like no one right way, right, which we'll get into in a little bit. I think sexuality activism is like the act of using multi dimensional intersectional approaches to really help individuals, communities and systems, even societies and cultures, embrace authentic sexuality.

I did verse expression of sexuality. And I think that, that requires that we have to address and break down all of the systems of oppression, in order to really foster like this embodied pleasure and self love and worth and sexual expression as well as a genuine appreciation for like the vast sexual diversity of humanity.

It's both that internal and the external, that internal of like, part of sexuality, activism and pleasure activism as well. Is this internal embodiment of pleasure and worth of like knowing. And it's not just a mental knowing, although I think that's a part of it. There's like, an emotional knowing a physical knowing a spiritual knowing, like, knowing that we can't even have words and quantify in our in ourselves, in our essence, that pleasure is our birthright that we are worthy that we, you know, deserve and are worthy of love and self love. And then there's this external component right? Of this like genuine appreciation and again, I think I touched on this during this psychological perspective episode, but a genuine appreciation for the vast diversity of human sexuality.

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And not just tolerance of diverse sexuality, not just acceptance, again, acceptance has like this tone of, of privilege of like, who gets to be on the side of I decide what's acceptable or not. But just, there's an element of I want us to go further and have just genuine appreciation for the vast diversity of sexual nature of humanity. And that is really like sexuality activism. And I think pleasure activism who, you know, there are some, some really strong leaders in this area that I want to name especially around pleasure activism, even though many of you have maybe heard of the book *Pleasure Activism*, written by one of my all time favorite queens, Adrienne Maree Brown.

She wrote a book and she really birthed this idea in a bigger way, it wasn't her original idea, especially black feminists before her have talked about these concepts. But she really put together a beautiful compilation of pleasure activism in her book. And she really talks about that. I also think that Sonya Renee Taylor, the author of *The Body Is Not an Apology: The Power of Radical Self-Love*.

She also, in my experience, those are the two people who really have brought pleasure activism to life for me, and there are people that I support and, you know, donate to and I think, you know, if you want to follow them, there's different ways to do that @adriennemareebrown that is her IG handle, you can follow her there. She also has an awesome podcast with her sister Autumn, which is called *How to Survive the End of the World*. You can find that on, I believe all the podcast platforms. And you can also donate to her, you can either donate to that podcast on Patreon, or you can donate to her and like her work, and support her, her efforts and whatnot, through the Allied media project. Those are some great places to check out.

And to look into and again, I think supporting these people who, who really brought pleasure activism to the present day and have really embodied it and shared work around it is important. And then Sonya Renee Taylor, and again, her IG handle is the same it's @sonyareneetaylor she has a Patreon as well that you can support her with.

I highly recommend that those two are like the Queen's of pleasure activism, in my opinion, and who've really given me a deeper understanding through their work of pleasure activism. And pleasure activism is really like a simplified sense of really like, bringing pleasure in an emotional, physical, mental and spiritual way, really allowing it and harnessing it and tapping into it in our own bodies and not allowing it you know, and this is easier said than done, especially depending on your intersecting identities, but not allowing the systems of oppression and letting our culture and our conditioning keep us from pleasure. Because so much of the world around us is trying to not allow us pleasure, as a form of control as a form of oppression, and seeking pleasure in all of these different dimensions.

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The physical, which is a lot of times I think the most obvious for people is when they hear the word pleasure. They think of it in a very physical base. And that is a beautiful realm to explore pleasure, but there's also emotional pleasure, you know, the pleasure you get from laughter or feeling love for someone, or really expressing your sadness and crying like there can be so much pleasure in that. Also mental pleasure, you know pleasure from engaging in something that's thought provoking or having a powerful and pleasurable mindset around your body, yourself or anything else. And then there's like spiritual components to pleasure as well of like, just like the connection to nature, or the universe, or whatever kind of spiritual connection you feel in your life, if you feel any.

But like the pleasure of feeling interconnected to something so much bigger, and so powerful, is pleasure is pleasurable, and is part of pleasure activism. I really think all of that is connected.

And I think that when we're talking about sexuality, and pleasure activism, we also have to acknowledge that there's a broad range of things that impact our ability to experience sexuality and pleasure with freedom with liberation.

And that includes, you know, things like body politics, and gender, politics and gender identities, our sexual orientation, you know, things like our neuro, and body abilities affect our sexuality and our sexual experiences, our class, our class status, our socioeconomic status, absolutely affects our sexuality and our pleasure, our age, our education, our culture, and socialization, religion, our relationship orientation, our relationship status.

You know, things like anti racism and immigration rights, those things and, and racism in general, and xenophobia absolutely impacts our sexuality, and our pleasure experiences transphobia overall colonialism and imperialism and like the history of those things, like even when we think about genetics, and epigenetics, and how things are passed on throughout history, all of that is affecting our sexuality and affecting our experiences of pleasure. And of course, the environment as well.

Do we have clean water do we have literally a comfortable, safe place to live and sleep and experience pleasure in our bodies, and on all of those things, so we really want to look at, and that's where like that intersectionalism comes in, is really understanding how much this is all interconnected, how much it truly impacts people, sexuality, and experiences of pleasure, and why they are so important to be fighting for.

From an activism standpoint, they're all connected. I think my studies of human sexuality, and especially the program I went through, really highlighted that for me, when I really started understanding how much of our world of our existence affects our sexuality affects our experiences of pleasure, the more I realized I was like, it's useless.

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I mean, useless might be a little extreme of a word, but it's, for me, I was unsatisfied by just telling people, you know, tips and tricks to experience more pleasure through sex or through oral sex or in, you know, relationships or, you know, blow job tips or whatever, without also addressing things like racism and sexism, and classism and ageism, because I was like, all of those things make you. We're not living in a vacuum that is void of those things. And I cannot treat people's sexual experiences, as if they're living in a vacuum that isn't being affected by these things that absolutely affect their bodies, their psyches, their sense of self.

And that's why I think it's so interconnected and so intersectional when you really start looking at the truth of it and so I think it's so important that you know, from a broader perspective, we're looking at things like decriminalization, demarginalization, destigmatization, and eventually moving to true empowerment and liberation. And that process of decriminalizing, demarginalizing and destigmatizing really requires a lot of healing, requires reparations requires, you know, a lot of shifts to happen. And I don't necessarily think it's so linear that like, we have to do all of that, before we get to empowerment and liberation.

I think this is likely going to be an always evolving thing. And I think multiple things can be happening at once, that's kind of part of that psychological perspective as well, of really holding multiple truths at the same time. But we really have no choice but to advocate for all of those identities, all of those factors that impact the human and humanity and actively centering those who are most oppressed and marginalized.

When we center those at the fringes at the furthest fringes of society, when they become taken care of when they become protected and liberated and healed, and safe. Everyone else gets included in that everybody else gets covered under that umbrella, so to speak.

And so yeah, we're really sexuality activism really is looking at how everything impacts sexuality and pleasure experiences. Because sexuality bodies love, connection, pleasure, intimacy, and relationships are such a core part of the human experience and of ourselves. And again, that's touching on that sexological perspective of like, it's such a core of humanity. And it's really, I think it's just important to also acknowledged, again, that sexuality and pleasure activism are not binary, there's no singular one right way to approach activism and advocacy. We want to actually avoid and even be conscious of our binary thinking and philosophies that like this is always the right way to do it. And that is always the wrong way.

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And to really challenge that and appreciate the nuances, even though they can be challenging and uncomfortable, but holding multiple truths, and understanding that things can be both good and problematic, or harmful or bad at the same time. And that we are constantly playing with something so much more complex than just, you know, black and white, right and wrong binary thinking and ideas. And so, I also think it requires this multi-dimensional approach to really address and, you know, take down such complex, deep rooted, sex, negative, multilayered systems that are affecting our sexuality and our pleasure.

And it's so important that we really focus on like accessible intersectional education and community building and policy changing and, you know, physical protest and media influence and intentional power, and music and art, and, you know, all of these things come together, like that puzzle I was describing, and, really the destination of all of this, which is ironic, because I also have a feeling about being goal oriented and focusing on destinations too fiercely, but we're really seeking freedom empowerment, like safety and, and the agency and right to co-create communities and authentic happiness that suits us through pleasure and sexuality as much as anything else. And yeah, I just think that it's it can be a really beautiful process to understand that and I think part of pleasure activism, too, as I just talked a little bit about, you know, this goal of freedom and empowerment and liberation and everything.

But there's an element to, we have to also choose and experience those things along the way, in different ways, like being journey and experience oriented, and learning how to be fulfilled and satisfied. Along the way to that reality, that world where we have that level of vast freedom, and not waiting, not waiting for that goal or that destination before we allow ourselves pleasure. And you know, that's even a very basic principle when I'm working with clients around orgasmic expansion and pleasure expansion, is how do you let go of this goal of orgasm during sex.

And honestly, it's that fixation on, we have to get to climax or I have to get to climax that makes the whole process of sex and pleasure exchange so much less rich, and juicy and desirable.

And so teaching people and helping people really embody this idea, this philosophy of being journey and experience oriented rather than goal or outcome or destination oriented, is so powerful and absolutely a part of pleasure activism, of really enjoying, enjoying the process, and that I think, also gets applied to the activism.

How do we enjoy the process? How do we make it sustainable? How do we make it so irresistible and so desirable that everyone wants to be a part of sexuality and pleasure activism?

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That definitely is a premise, an idea that I've heard Adrienne Maree Brown talk about so much is, is how do we make this work? How do we make liberation and anti-racism and, you know, environmentalism, how do we make that irresistible for ourselves and for others, so that we all want to participate and we all bring our unique strengths and humanity to the process.

It really is a both and it's not to say like, just give up on the goal and just focus on the now I think there's a way to hold both, and a really grounded and bodied and conscious way and I think it really challenges our cultural bias towards achievement, you know, and goals and production that we've been given and, you know, really forced upon by the white sis patriarchal capitalism all around us that's colonized us and benefits certain groups, over others and yet at the same time, I think all of humanity get poisoned in different ways. Absolutely.

But all of humanity gets dehumanized by that colonial perspective in that colonial process and practice of the white says head patriarchal capitalism, I really think it's, it's harmful and a problem.

Another thing I wanted to touch on was just like, again, emphasize that pleasure is your birthright. And that's such a radical and revolutionary idea. And it's something that is inside of us at all times. We just have to be willing to find it and choose it and not in a dismissing or bypassing way. I hope I'm also making this very clear, we have to absolutely address the things around us that are not pleasurable, that are dehumanizing that are harmful and not bypass them and just oh just go to the love and light

No, fuck that shit. Like really? Hear me when I say we're not bypassing any of that. It's a a thing where it's like in the face of all of that, can I also find pleasure inside of me find pleasure in my experience, and choose it and focus on it for my own self preservation.

For the preservation of, of these ideas and of this, this belief of pleasure activism, and it doesn't have to take money. I think sometimes two people feel like pleasure requires a common income, of course that makes many things a lot more accessible and easy.

I think the really powerful and beautiful thing about pleasure is that it truly is, inside of all of us. And again, on that physical, emotional, mental and spiritual levels. And we have to practice finding it and choosing it and noticing and appreciating it and, and expanding it as best we can.

And I think that pleasure can come from a lot of interesting sources, as well. Some of them, a little bit, taboo at time, and others not as much. But I think that we get pleasure from food, and enjoying eating food is such a pleasurable experience, I think music and art and creating things can be so pleasurable. I think of nature, being in nature, feeling the wind, smelling the rain, listening to the ocean waves. All of that can feel and be so pleasurable.

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Noticing the pleasure in our spirituality and our connection to something bigger than us. The pleasure of our relationships, the pleasure of connecting with somebody else, the pleasure of having that bond, like your person, and you know, even like the pleasure of an inside joke, because somebody just gets it because they've been there with you, they did it with you.

There is pleasure in masturbation and self-touch and solo sex. And there's so much pleasure to be found in you know, sex with others and pleasure exchange with others and playing with that erotic energy with another person or multiple people.

There's even pleasure to be found in certain drugs and certain you know, plant medicines. I think, decriminalizing those can be so valuable and important and offer people access to different dimensions of pleasure and their sexuality.

I've had very interesting experiences with some of it with different types of hallucinogens and, and experiencing sex and pleasure with the support and added, ingredients of different substances. And it really can expand your experience you know, I've felt my gender completely shifting in the moment in real time and feeling other people's gender and essence and who they are come out and different senses.

I've had an experience where I can't remember what the word it was, but it was something like Star or something. And every time I said the word star, it tasted like peanut butter. And it was like the most delightful experience or, you know, marijuana in you know, again, being in Colorado, there's a lot of access to that and in legal ways, and the effects that marijuana can have on pleasure and just my body, relaxing and feeling enjoyable sensations so much more richly. And deeply and I'm, I really am a strong advocate for decriminalizing drugs and allowing people to have these really expansive and, you know, soul shifting experiences. They can be life changing and incredibly pleasurable.

And I know Adrienne Maree Brown also talks about that a lot in pleasure activism, and in her work, and I just couldn't agree more. I would love to sit around with her and smoke or do something smokeable and have a conversation with her about it. It's definitely a fantasy of mine, for sure.

So I want to leave you all today with a little tool called the 5% pleasure rule or pleasure principle. And basically, it's this idea that whenever you're doing literally anything, could be washing the dishes, it could be picking your kids up from school, it could be while you're sitting at your desk, you know, working on some project, it could be it literally doing anything. You want to ask yourself, how can I make this experience 5% just 5% more pleasurable.

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And a key way to do that is to really think about your senses. You know, your five senses. Is there something that I could, you know, is there something more beautiful? Like, could I decorate my office a little bit more? Could I put some twinkle lights up? Or some beautiful art, some colorful art? Or anything like pictures of my family? Or my favorite sports team or whatever? How can I beautify and visually stimulate myself in my office? Or, you know, maybe it's Can I put my favorite music on like my favorite playlist? On the drive? Or while I'm waiting for my kids to come out? To pick them up. Or can I light like a yummy candle, or incense or something that smells really good while I do the dishes? Or maybe, you know, can I put on a fuzzy robe or just have like a soft blanket in my lap that I can caress while I you know, do this work? Or can I sip on my favorite hot cocoa or have my favorite snack, you know, taste.

So really indulging one or multiple of your senses and just adding again, it's nothing huge, it's nothing major. Because if it becomes too big, then we don't want to do it. But just adding 5% more pleasure to anything that you're doing. And really, really bringing that in as a practice to embracing more pleasure. And, and again, it will start to translate into sexuality as well of starting to let yourself feel more authentic pleasure in your sexual exchanges or in your sexual experiences with yourself. And I think that can be so powerful.

So that is what I have for us today about sexuality and pleasure activism. I hope you enjoyed some of these thoughts, and really can take home with you this idea that sexuality and pleasure are your birthright. And just let that sink in and feel that in your bones and let that be how you carry yourself in the world. And that's, that's a start.

So I'm so excited that you all got to hear and share this with me. And I'm looking forward for the next episode coming up. Talk to you later.

[ENDING]

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 us movement grow and I so appreciate it. And finally, just a reminder to check out the show notes for any links referenced to 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 Morrisons 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

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☆☆ 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