

Radical *Presence* Revolution

with Dr. Emma

Healing for the Revolution

Season 1

Episode 04

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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. Fabulous listeners. We are officially on episode four of the Radical Pleasure Revolution Podcast. I am seriously so grateful to have you all here on this journey. Whether you are listening to this episode for the first time. Like this is your first episode you're tuning into. Or if you've been with me for the last few episodes, whatever has brought you here, I'm fucking celebrating it. I'm excited.

You're here I love I love it that you're interested in the same stuff that I'm geeking out on. And so yeah, I'm really, really glad that you're here. I also want to encourage you and remind you to just like trust that whatever you came here for, whatever reason you're tuning in, just trust that you're getting exactly what you need.

That whatever nuggets or aha moments or realizations, you're having big, small, whatever, that they're perfect, but they're just exactly what you came here for and just trust, trust the process, trust the ride with me. Sometimes I can go kind of deep. Sometimes I can be a little bit more technical or philosophical. That's the professor PhD in me sometimes. Sometimes I can get a little meta and woowoo. Just enjoy it all with me. And I'm really glad that you're tuning in.

Today we're going to be talking about healing and prevention for the revolution and why healing is such an important piece and prevention for sexuality liberation. And again, this whole podcast this radical pleasure revolution in this first season is really a journey of laying down some of that groundwork and the foundation and some understanding of like, what is sexuality liberation, what is it entails. How does this person Emma talk about it and transmit her wisdom and understanding of it and so that's why I'm here is to just start having these conversations and hopefully giving some wisdom and education and nuggets around sexuality liberation and why it is so important for humanity and for each of us individually and the collective.

It's not that I think sexuality liberation should be an afterthought or something that's like, you know, what we do after everything else is fixed, or, you know, it's like a bonus thing that only certain people actually get to work on. But it's, it's something I see as an essential part of humans, healing and growth and like the collective awakening and decolonization and everything,

I think it's so important to all of us, from womb to tomb, to embrace sexuality liberation. And so that's what we're here to do. And today, we're gonna be talking about a lot about healing, and why healing is so necessary for sexual liberation. And also prevention, because I think we're going to talk a lot about healing mostly, but also, you know, naming that, by prevention, preventing the things that cause us, the wounding, the traumas, the harm is incredibly important as well, like, you know, I don't want to just talk

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about or just address the side of like, oh, once all this stuff has happened to us that's harmed us, which I also will say is something I don't think is 100% preventable, I think part of this human existence is experiencing this duality, and this dichotomy, of pain and pleasure of harm, and love or justice. And I think there's no way to escape all of it. But I think especially when we're looking at, you know, the intersections of multiple oppressed identities, and we look at the bigger structures of oppression, there are so many things that can be prevented, that we should be fighting for, to be prevented.

I think that's something that majorly came out of Tarana Burke's Me Too movement, I've just really recognizing there is so much to be done here, to prevent so much of this specifically sexual harm, and sexual violence. And so while I'm going to mostly be talking about healing, I also want to name just the importance of prevention. And that it's a valid piece of all of this, that and at the same time, again, it's this multiplicity of, we can't prevent everything. Speaking from my own experience, I do not think everybody agrees with this or, feels this way, but there can also be some really profound, rich growth and opportunity, like growth opportunities, and lessons and deepening of who, again, from my experience of who I am, as I've navigated my own harm and my own experiences of abuse and wounding and conditioning. So there's, there's so many different sides and elements and pieces to all of this. And so healing, again, healing can come, our healing is so necessary and what we're healing is really, you know, the sex negative bias, the conditioning, the big T and little t traumas.

And, you know, frankly, I do think conditioning and sex negative bias in and of itself is a trauma on humanity on our human essence. And what I mean by big t little t traumas is like, pretty simple, you know, trauma is not a simple thing, but just thinking of like a big t trauma as like, you know, something very intense, very obvious, very clear, you know, whether that's a natural disaster, or an assault or, you know, an attack like a very intense, extreme form of violence.

And I think when we think about trauma, at least in the past, as a culture, we've kind of leaned on, really just calling the big t traumas traumas. And the more we're starting to study trauma, and I think, the ways we're expanding even the use of the word trauma, and I don't think that's everybody's word, and it doesn't have to be everybody's choice of word but little t traumas are happening to us all the time, just as we're navigating these systems of oppression as we're navigating our conditioning that's trying to strip us of our humanity of our authenticity and put us in these boxes to fit these binaries.

These, you know, sexual binaries, gender binaries, racial binaries, socio economic binaries, everything, and just trying to fit in to our cultures and societies. And there's certain ways that creates these little t traumas, and trauma in general, big T, little t all of the above, really impacts the nervous system. And I think it's so important for us when we're seeking sexual liberation, and we're seeking, you know, body

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reclamation and pleasure and all these good things that we're here for the radical pleasure revolution to do is we have to understand how the nervous system is impacted by these things that we need healing from, and it's really our nervous system.

In a lot of ways, like the nervous system is like the physiological body component that we need to be looking at, and I think historically has sometimes been forgotten simply because we didn't fully, know from a science perspective, I think many indigenous cultures and historical cultures have always understood in different ways the nervous system and how it impacts, you know, our senses, our mind, our energy body. And now that, you know, we're bringing now that science, which is touted as the top, the highest thing, the thing that we're all supposed to be listening to, which again, that's no shade towards science, it's just, it has its limits as well. And it can be a little bit. I don't know, I don't think it has to be so hierarchical sometimes.

But when we really understand the nervous system, as an essential part of healing, we can approach healing in a more expansive and more holistic and more transformative and impactful way. Yeah, and so I think that's why, you know, really allowing our healing, to be informed by the nervous system and to be trauma informed. And to be also multi culturally informed is really important. And I think that across the board, our sexuality is judged. It's shamed. There's physical and emotional and spiritual and psychological assaults that happen, not just on our sexuality, but certainly on our sexuality and our whole being. And again, as I've as through the psychological perspective, that I've really tried to share throughout these episodes, we look at how the whole person feels about sexuality, and how the whole person, all of their identities, all of their experiences, ultimately have an effect on sexuality.

And so really looking at all of that, and how that's being affected by shame, or judgment, or wounding or conditioning or traumas is important when we want to address healing. And I think the way that I have been trained, and this is only one way, but this is one way that I have found to be really helpful when understanding, healing and when understanding sort of like the roots of most of our wounds.

Most of the things in us that would be benefited from healing is when we look at these three things, safety, love and belonging are like so often the roots of what needs healing in all of us. And it's these elements, you know, from the moment we were born to even our birth, potentially, to the moment we are born all throughout our lives, where there's different things that we navigate that challenge and make us not feel safe. They make us not feel loved, and they make us not feel like we belong. And those three things get really rooted in the primal brain.

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Like the very like, back base part of the brain that's been with us through many, many versions of evolution, and it's what controls the nervous system, it's what is really connected to this primal part of us it's like our survival our flight, fight, freeze and appease triggers and, and wiring that we have in our brain. And so it's so important that we feel safe, we feel loved, we feel like we belong, regardless of our authentic sexual expression, regardless of our body, regardless of our relationship, orientation, or status.

And those key things are so, so important. And I think that's also why it can be powerful to you know, sometimes in my deeper coaching containers, I really go into healing the inner child, to healing wounds from our caregivers, and families of origin, to healing wounding around body image, or a toxic and harmful relationships of all kinds, whether that's, you know, friendships, romantic relationships, family relationships, relationships with authority figures, etc. And not that we like dwell, dwell on these things from the past, but that we, you know, it can be really powerful to, you don't always have to figure out where these roots are coming from, especially when you can just understand that so often the root is something connected to safety, love and belonging.

But that we don't dwell on them necessarily, there can be incredible power in liberating some of those and unpacking some of that and letting it go and understanding it. And at the same time, you know, I think and what I do with my clients is also really going into the empowerment piece and like the, the real rediscovering and reclamation of the authentic whole self. And that is like a foundation of where we have really good sex and pleasure and relationships, and self love and body image that is it's built on that foundation of healing and empowerment through this rediscovery and this reclamation, and, and again, really understanding the nervous system.

And I think that, you know, part of what I do and how I do that is through things like breath work and meditation and pleasure practices. Because again, pleasure is one of the most powerful ways to communicate to the nervous system, that you are saying, you are loved and you belong.

Pleasure is like such a primal and physiological communicator, or way to translate and transmit to the body like to the tissues, to the nervous system to our energy body, that we are safe, that we're lovable, we're this magnificent, divine, while the being that belongs.

And it's so essential, because we have to feel we have to feel safe, to really be exposed, you know, to be seen, to be authentic, to be wild, surrendered, vulnerable to be able to lose ourselves in pleasurable sensations. We need to feel like we're seen, we're loved and we belong to the people that we care about. I think there's even this element, especially in sexuality. This is a little bit more graphic. But I think, you know, there's fluids involved in sex and pleasure exchange, there's fluids, and smells and sounds and facial expressions and body contortions

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And there's going to be changes throughout the lifespan as well. It's going to look different. There's going to be different textures and, and frankly, there's just going to be differences, no two bodies, and no two sexual expressions look the same. And so feeling that we can be authentic and exposing that and embodying that sexuality. And that pleasure, really awesome. authentically is so key.

And, and one of the things that we do in sexuality liberation and, and in the coaching that I do it with my clients and in our deeper containers, and it's, it's just juicy and delicious and it's so amazing to see and to witness and to hold space for somebody to come to those places where they truly feel they have the agency, and the worthiness and the empowerment to express their fullness as a sexual being.

And there's a lot of, you know, shadow and ego integration that goes into that as well like, the human body, you know, beauty can be such a unique word, but I think, I don't think we don't have to be so obsessed with beauty. I don't think everything has to be beautiful. And yet at the same time, I also think that you can find beauty in almost anything you can find beauty in sort of like the grossness of our human bodies, and like, you know, the weirdness and the strangeness of our desires, or our sounds or the way we want to be touched and, and I think embracing all of it and not bypassing it is also so important for our healing.

I think when we can embrace our, you know, and this is something as a plus sized person, I was doing some major shadow integration, especially around my sexuality, and my body and how my body, you know, has made me feel not super sexy, and not desirable, which absolutely affects, you know, your sexual experiences, right? And so how could I embrace like the size of my body the stretch marks, the dimples, the different hairs that you know, that were here there.

How could I embrace my body in its fullness, how could I embrace my genitals, my fluids, my smell, my taste, and really own those things, and, and really facing that shadow, and facing and embodying those things with full permission. And it's when I think that I could really embody my own shame and my own disgust of myself and my own judgment of myself. Really, with presence and fullness, and, you know, blending it with pleasure, that I was able to integrate my shadows.

And, you know, of course, it's not perfect, it's not like this linear process, where it's like, oh, I do this thing, and then I get to this result. And then we're done. And then we put a pretty bow on my healing, and congratulations, I feel great about my body. And everything about my sexuality. It's fluid, and it's ever changing. And it's cyclical, and it has seasons and certain challenges.

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And shadows come back up again, in different layers and in different ways. But it's one of the ways that of healing of you know, Shadow integration, and noticing how much my ego is invested in this image of who I am and this image of my sexuality, and my sexiness and my beauty and my body. And really just like, looking at that with, with acceptance with curiosity. And it's not trying to fight those things. Like fighting those things, makes their roots and makes, you know, the defense mechanism, parts of our shadows and ego just dig in deeper, but when I just accept them as part of who I am, and embody them and embrace them, and even dare I say, blend them with pleasure. That's when they really soften that's when they integrate, that's when I can even see them as assets and see them as power.

When we start to see and feel how our shadows work for us it can be with again, with consciousness and integration can be our strengths can be part of our power and our strength. So yeah, I just wanted to touch on and give you all some of my thoughts and experiences.

Myself and my clients around the importance of healing and why we healing is a big piece. And so often I think like those, and again, no shade to Cosmo, but those cosmopolitan tips of like, oh how to spice up your sex life, it's like without the actual foundation of healing, and true embodied empowerment, not just the idea of empowerment, not just the idea, that I should love my body that I should embrace my sexuality, that I should, you know, say these things, but a true embodiment of it with our whole our whole bodies, our voice, our heart, our minds, our you know, our genitals or pleasure centers, etc, that without that foundation, again, without that larger understanding of prevention as well, and of the fact that we don't live in a vacuum, and that there are so many things like education and access to resources, like, you know, literal resources, like sexual health resources, or therapy, coaching, etc, is so essential.

And it really requires this full, holistic approach. At least that's my perspective of it. That's my, my way of looking at it and how I work with others. So yeah, I just wanted to share again, my thoughts on healing and prevention and how they are deeply connected to sexuality liberation, and the radical pleasure revolution that we're all here for.

All right, everybody. I hope you enjoyed this episode. Again, I'd love to hear your comments or your thoughts, whether that's on the social medias, or anywhere that you can reach out through the website or anything else. I'd love to hear from you all and how this stuff is landing. So take care everyone gets your healing on, get your empowerment on. It's so worth the endeavor.

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[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