

# Radical *Pleasure* Revolution

with Dr. Emma

## Embody The Revolution

Season 1

Episode 05

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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 on episode five of the Radical Pleasure Revolution Podcast. I'm so excited you're joining us again or tuning in for the first time. Whatever it is, I am just a static, I'm giddy. I'm tickled that you're here. And listening to me talk about all things sexuality liberation, and radical pleasure and some things that just really turn me the fuck on and that I'm excited about and that I feel are part of my purpose in this world in this life, and what, what I meant to do so I'm really excited.

You're here. Today's episode, we're gonna be talking about embodiment, and embodying the revolution. And, you know, it's all connected to this idea of sexuality liberation, this first season is really my sort of foundation and wanting to explain to you all, and give you all a picture, ideally a revolutionary picture of what is sexuality liberation, and why it is such an important part of the revolution, and of each of our lives and why, you know, why it's worthy of our attention and the podcast, in and of itself. And so, the episodes leading up to this, you know, the first episode, I just introduced myself, who am I, why am I here talking about sexuality liberation and a radical pleasure revolution. And the second episode, we really dove into the sexological perspective, which is really the perspective and the framework and the embodiment. You see what I did there.

This whole of all of these episodes of this whole season, of how I talk about sexuality liberation, how I work with clients, coming from this perspective and this lens and this embodiment of the sexological perspective. Then we moved on to really talking about what is sexuality and pleasure activism, and how does that relate to sexuality liberation and the last episode, we talked about healing and prevention and why those are such important parts of our sexuality liberation, and of this radical pleasure revolution.

And so that's kind of what's been leading up to now, hopefully, you've listened to, some of those or all of those episodes. And if not, just, I hope you enjoy this episode. And you can always go back and check them out. And this season is designed to be pretty cohesive and together. And yeah, I imagine these episodes also can be juicy and intriguing and interesting all on their own.

So today, we're diving into embodying the revolution and what embodiment is. And I think, embodiment as a concept is coming more and more into the mainstream and the collective awareness. Although at the same time, I think, me saying that it's also just a reflection of my own experience of how much embodiment has come into my own life personally and professionally, really, the last 10 years.

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Because I also acknowledged that there are still many pockets and industries and you know, places around the world and in humanity, where embodiment is not at all, in the awareness, it's not at all mainstream, in a lot of ways. I just think that, at least from my perspective, it's starting to come to the surface in a lot of ways, which I think is really amazing. I think it's incredibly important, not just for sexuality liberation, but for a lot of things like people really embodying the things that they believe, their own work, their values, their healing, and really not just letting what we know about ourselves and about the world and about others, to stay in just the mind, I think the mind is a beautiful place, I think it's a powerful place.

And again, here's that psychological perspective, a bit of that, it's both the mind but also the rest of us, it's not to like shade the mind, or make intellectualizing things the enemy, but it's to invite something even more expansive, and deeper than that. Because I think that's where a lot of the magic happens is when we and at least for myself, and when I work with clients around us is, when we embody something, it becomes so much richer and so much more expansive, and integrated and transformative.

And so, you know, my experience with, you know, one of the experiences that really stands out for me, was being an academia, both as a student, and as, eventually a teacher and a professor. And I will say, this is the case through pretty much all of my academic upbringing from K through, really, I would say, the end of my undergrad. And because those were the most like formal public, academic institutions, and settings that I participated in my graduate school, education, and certifications have all been pretty, because of the topic of sexuality have all been relatively different and less industrialized in the sense of like, that they're just not run the same way.

You know, public universities and public schools in the US are run there, they were much more hands on much more experiential, much more open to inviting us to learn, you know, with our whole body and being and my experience in academia, so often was that I was asked to leave parts of my humanity at the door when I came into these academic and, quote professional spaces, where I wasn't allowed to be a sexual being in class.

I wasn't allowed to be emotional, I wasn't allowed to be a whole human, even parts of my femininity weren't allowed parts of my trauma weren't allowed. And so I had to come in to these academic spaces and just use my mind, just use logic and intellectualization. And really understanding things from almost like, if you could see me but from my head up, it was like I was just really, I was I felt like I was being asked in multiple in all of these spaces professional and academic to just be in my head, and put all the other parts of me aside.

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Because that got in the way of good business of good learning have, you know, and listen to all these sort of, you know, colonial white sis, patriarchal, capitalistic words, right? That, that made me feel that way. And it's been so powerful for my own experience as a student. And then when I was a professor, really encouraging my students to learn with their whole body, learn with their whole being, I really had that philosophy.

And part of how I brought that into the classroom, when I was at university was really starting each class with an embodiment exercise, whether that was dancing, or meditation or breath work, we did different, like hand caresses on themselves, everything was always optional to always full consent there. That was a huge, that was a huge part of it. Another element to was I told my students, and I reminded them over and over, that they are humans first. They're people first, and students, somewhere after that, and that their lives outside of my classroom, I took is very important that I didn't expect them to walk into my classroom, and cut off, all of those other things cut off the fight they had just had with a partner or a roommate, cut off the fact that they had a family member who is sick, cut off their financial struggles, you know, and leave those at the door, I totally wanted to honor all of that.

And that if that was getting in the way of them being present, and being able to be embodied in my classroom, that that was okay that they could take days off, they could come in late, they could just, you know, sit in the back and, you know, soak up what they were able to, but not worry about the rest. And that that was okay. I also wanted them to feel like all of their identities and their lived experiences were allowed in the room, and they could relate to the content in that way, and with their whole bodies, their whole beings. And not just the way I wanted them to learn the material or the way I learned the material.

And you know, of course, I'm sure it was never perfect at that. But that was always my intention and what I tried to really foster, and I thought it was so powerful in it, it really translates into even the work I do with my clients, and how we pursue sexuality liberation, is the wholeness of them is welcome. And it's actually the disconnecting the disembodiment of our humanity, of our authenticity of our wholeness that is part of the problem to begin with, and why it's so important to address it when we're really working on you know, sexuality liberation, and having a radical pleasure revolution is how do you embody revolution?

How do you embody all of the things, all the values of the revolution, all the beliefs, all of the theories that you stand by? How do you really bring them into your life into both practice and also into your body, like into your energy body, into your heart, into your soul, into sensations into the way that you naturally flow and operate? And again, I'm not trying to also suggest that there's like a perfect way to do this or that anybody perfectly embodies anything or does anything perfectly, because perfect is

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pretty far from human. And yet at the same time, I think, you know, humans in the world and everything is there's an element of it. That's also perfect, right?

But really, this concept of being deeper than just the mind and just intellectualization and that's been a journey for me, in a lot of different ways of, you know, learning about sexuality, especially when I was still an undergrad, while there were components that I had embodied because of my own experience, and because of my natural sort of connection to the topic and my, you know, feeling that I was meant to be in this field of human sexuality and here to work with people and teach people and be a part of the sexuality liberation and radical pleasure revolution.

But really, a lot of those, a lot of it and because so much of it came in so quickly, it was ideas, I hadn't fully embodied all of my work, and I'm not gonna sit here and pretend like I fully have either it's, it's a journey, and it's ever evolving. And I'm constantly learning things and, you know, trying to integrate them and embody them as part of the work. But when it was just in my mind, when they were just concepts, there was this disconnect.

And you can tell there's a real quality, a real essence, when you can feel that in yourself and in others, when it's not fully embodied, it's not fully integrated into who that person is, they might be able to talk about it and present about it, and even teach about it. I know a lot of really brilliant people who do brilliant work, but their work is so much rooted just in their mind and in their intellectualization of it. And it's not deeper.

And part of like, what embodiment is and how we do it, it's really relating to different concepts or whatever we're trying to embody, like sexuality liberation, it's relating to that with consciousness, with moment to moment presence, which takes a lot. It's really relating to what it is you're trying to do, or what it is you are believing or speaking of, with your emotions, with the sensations in your body, with your energy, like literally the energy field around you, that you produce, and the energy coursing through your veins.

It's like how do you relate to these things with your soul, your spirit, if that's a concept to you connect with. And also, it's about like, really relating with wholeness with like, acceptance of even, you know, embodying like, the challenging parts, because like, embodiment isn't always, you know, roses and rainbows and butterflies. I know I've said that before with things but it's accepting what is, it's accepting how it feels in your body, how, how does it feel and even a step further, which isn't always possible, but it can be powerful if it's available to you.

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But even just loving like loving how, how this feels in your body, loving how it feels in your body to, you know, embody self love, or embody pleasure or embody your shadows. An accepting and loving that with wholeness, I think is a big part of it. I think that we can embody a little, a lot of parts of ourselves and one of the pieces that we really, you know, we I try to work with clients on embodying all the parts of themselves. And one that really stands out is when we embody our shadows, the parts of us we don't like maybe the jealous part of us, or the part of us that's disgusted by our body, or our sexuality, or embodying, like, like our inner bitch, or energy, or judgmental witch or something.

And really like becoming that person feeling. Where do I feel that disgust for my body or that disgust for my sexuality? Where do I feel in my body? What sensations are there? How like, what shape What color? What temperature? What texture? Do I notice what qualities do I notice in my body about that? How does that make me feel? What emotions What memories? What stories? Does that bring up when I really embrace and become this thing or this emotion, you know, we can also, it's so powerful to embody our emotions, of like, really embodying your anger, feeling anger consciously with presence, with intention with acceptance in your body, that is how you integrate it, you know, embodying pleasure that is like one of the most powerful ways to help people move towards orgasm is really embody your pleasure, bring consciousness to it, bring acceptance and love to it, just follow it with curiosity, feel until it becomes pleasure.

And, you know, to kind of put it simply, it's like, you know, walk the walk, don't just talk the talk. And I hope that's, I wonder if that's slightly ablest. But, you know, I think the concept there, is one culturally, we can understand, but really, you know, don't just have it, in your mind really do it. And that's a question and really ask ourselves across the board, but especially in sexuality liberation, since that's what we're here to talk about, is do you do the work?

Like, do you really do the work like so often professionals will speak of things and we'll, we'll talk about things but when you really look intimately into their lives and into their, into their beings. They're not doing what they preach, they don't practice what they preach, and practicing what you preach is a deep process of embodiment, at least in my experience, and the way I'm wanting to talk about it today for sure.

And yeah, I just think it's such a powerful way to integrate sexuality liberation, to integrate all these ideas that we have, like, I want to love my body, I want to love my body, I want to love my sexuality. I want to love my genitals or I want to love the way I look, or have sex or over experience pleasure exchange.

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But that can be a very intellectual concept. Until we really embody it until we really integrate it and bring it down and practice with it. And it's more important that we feel liberated, then just understanding what liberation is and believing it. I think that embodiment really does bring wholeness and alignment into our lives and into our sex lives and our relationships, and our pleasure exchange, and our masturbation or our ability to live centrally and to love ourselves and our bodies.

I really think it's such a critical component. And, and learning how to get intimate, like I said, really like feeling the sensations of these things, learning with not just your mind, but how is your body reacting to these things? How is your nervous system reacting? How are your sensations reacting, how is your energy and your soul reacting? It really can be transformative to your relationships, to the way you know, raise a family, or the way you pursue your work life, your priorities, your finances, your orgasms, all of the things how you treat your body.

Really embodiment has that transformative power. And that's why in the coaching that I do with clients and in my teachings, I really emphasize how embodying sexuality liberation is a huge key and we use things like breath work, pleasure practices, meditations, dancing, swamping, you know, sex magic, and really taking aligned action and, and being in alignment with our behavior so that we are practicing what we're preaching. I feel like for myself to practice what I preach, I do the pleasure practices that I asked my clients to do. I continue to do them I stretch into that I felt what it feels like to not just understand these concepts, but then to have to digest them to bring them down and to try to integrate them and live into them. And I'm not perfect at it I don't think anybody is and it's always a journey.

And there's so much permission, there's so much permission around embodiment to, to really, you know, allow this to be a messy, nonlinear, non binary ever evolving, you know, full of pleasure. And there will be other things that it's full of as well, but to just allowing all of that to be true and part of, of the process of embodying the revolution.

So those are my thoughts on embodiment and the importance of that, for sexuality liberation, and radical pleasure and really transforming and healing and empowering ourselves and our lives in the bedroom and beyond. I think it's a really powerful thing I would love to hear again, your thoughts or how this episode landed for you. What areas of your life are you working on embodying and bringing more embodiment into it and really challenging as well noticing where we over intellectualize again, this is no shade, to intellectualization. Intellectualizing is a beautiful thing, it's a very important thing, using our mind and its full capacity is his brilliance.

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So it's no shade to that, but noticing where we are overwhelmingly, only in a realm of the mind and of intellectualizing something, and asking ourselves, how can I embody this more? How can I bring more embodiment into this and especially inviting you to ask yourself that about your own sexuality, your own pleasure, your own sex life, your own relationships, your own body and self love? So I would love to hear how this lands on folks definitely let me know be in community with me and go out there and embody the revolution.

All right. Love, y'all.

## [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 moresomes 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*