

Radical *Pleasure* Revolution

with Dr. Emma

The Power of Self Love

Season 1

Episode 06

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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]

Hello, again, sexy, fabulous listeners. Welcome back to the Radical Pleasure Revolution Podcast, or welcome for the first time if this is the first episode you're tuning into. We are on episode six of this first season.

Today we're gonna be diving into the power of self love. And really, you know, just thinking about this first season, how it's all about really understanding like I keep wanting to share with you all my ideas and how I work with myself and clients and sort of like what are the pillars and like the principles and the concepts that I use around sexuality liberation and how I really embody and bring and foster spaces for sexuality liberation to happen.

Yeah, that's what this first season is about. We've had some episodes, where you all got to know who am I this Emma Gone Rogue person. What is the sexological perspective, which is such an important Episode, Episode Two, definitely setting the foundation for this perspective that comes up throughout the rest of the season, and really understanding, you know, how do we embody the psychological perspective and how the psychological perspective really asks us over and over again. How does this thing related to sexuality liberation, or related to sex or pleasure or bodies or relationships or self love? How does that make us feel like that's, that's just a little nugget and token from that episode.

We also have talked about, you know, sexuality and pleasure activism and how that relates to sexuality liberation. We've talked about healing and prevention, which is a core huge part of this work. We talked about embodiment. Embodying the revolution, how important it is to embody that idea of sexuality liberation and, and really letting it blossom and become something so much more than just an idea.

But a way of being a practice something that lives and breathes through us, is so important. So those are just some of the nuggets, you can always check out other episodes if you haven't already. And, and maybe you know, that was just a little recap for you, if you've been with me this whole time so far for the season one. And today, we're really diving into the power of self love. And this is such an interesting topic for me. And one that I know can sometimes feel a little bit like self love and dreamy and, I don't know, almost fake, partly because of my own experience with self love.

And the journey I've been on because self love used to feel so far away, I used to even question people and others who were claiming that they'd figured this thing called self love out. And that they felt it and that they like really loved themselves. And I was like, bullshit, like, I don't know, I and that was a complete reflection and projection of my own experience. And not to say it was always wrong, but it definitely was more about me than anything else.

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Because I just felt like self love was something I could never have and it really was rooted in for me the size of my body. I just never felt like I could fully love myself even a lot of times would overcompensate in other parts of my personality. And my being you know, I tried to be, in a lot of ways I was and this is not to, like, downplay these other amazing qualities of me. But I had to be smart and funny and super kind and like super chill and cool. To really compensate for this, like self hatred I had for my body.

I never felt like my body was good enough, I felt like I always had to, like, fake it, that I felt confident and that I loved myself. Because I also very intuitively knew that people who don't love themselves can be they can be challenging to be around, it's hard to be around somebody, it's certainly hard to be in a relationship with somebody.

And it's certainly not super fun to be having sex with somebody who doesn't love themselves. And like, you know, in particular, who doesn't love their body and who's super, you know, just wound up in about that. So I knew that and so I always felt like, I just had to fake it till I make it and I tried so many things to love myself and but I just felt like I forever would be faking it. And then I was like, I even remember like distinctly having the spot of like, you know, I'm just always going to be on the journey, but I'll never actually love myself, I'll never actually feel that feeling that people talk about, I'll never truly have it. And that was really sad. That was a real bummer. And not that self love isn't always a journey, because I think there's absolutely truth in that. And I can say now like through embodying sexuality liberation and embodying this sexological perspective, with deep practice and intention and consciousness. That was my gateway to finally having it click and again, not that I'm perfect at it by any means not that it's not always going to be a journey for me an ever evolving journey.

But it was sexuality liberation, that was the gateway for me to self love. And I just feel like they're so connected and they're so just entangled, so to speak. Because I think sexuality liberation, not only does it invite self love, and ask us to love ourselves, I think one of the pillars of really pursuing that liberation is self love. And even and maybe even especially, you know, loving the part of ourselves that doesn't love us. Like, I think if you're hearing me talk and you're kind of like, sure, love all of yourself, blah, blah, blah, blah, blah.

But like, there are parts of me that I just don't love and I don't ever want to love and you know, aren't lovable or something or don't deserve love. Maybe because we all have shadows we all have, you know, parts of ourselves that are, you know, not super easy to love and not, you know, delightful and loving the part of us that doesn't love those parts is a huge part of it, in my experience as well as eventually loving those parts of ourselves that we think aren't lovable.

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The bitchy parts, the shadowy parts, the gluttonous parts, the lazy parts, the selfish and jealous and, you know, moody or cranky or judgmental. But like, all of those things make us human. And, like, they're all also connected to our sexuality, those pieces of ourselves show up in our sex, love and relationships, they show up in the way we can relate to an experience of pleasure, because if we expect ourselves to be perfect in order to experience pleasure, or express our sexuality or love our body, then we'll never get there.

And so like learning that truth and coming to that has been for me, and something that we navigate in coaching sessions and with clients is that understanding is like, loving it all. And I know it can sound really annoying. I've, at least my experience of hearing people talk about that a times has been really annoying, like, like love at all, like, whatever that sounds a little bit ridiculous or just out there or like fake a little bit.

But there's some truth to it as well. And, you know, everybody gets to have their own experience with it. And I imagine that people who experience self love beside myself, you know, would be speaking about it very differently. And I think that's also valid as well. This is just my, my experience with it, which has been very visceral and personal, and, you know, upfront for several years, and something I work with others and seeing their own lives. So, but it's not the only way. Certainly, I think that, you know, self love really includes body love, which can be freakin hard for all genders, all ages, all types of people. And of course, our intersecting identities affect that and how much our bodies are deemed lovable or not lovable. And it's a process and I think both it's an internal and an external one. We're going to be talking about body liberation in a future episode, because it's so important to sexuality liberation, and self love. I think that another part of sexuality liberation, being the gateway for me to learn and really embody self love was pleasure practices.

Because pleasure, like the feeling of pleasure, when you're really experiencing it, it's like the feeling of love a little bit. It's like they're cut of the same cloth, like, pleasure is love and embodied.

And not only that, but using pleasure practices, literally rewires our brain because pleasure is communicating to that nervous system that we talked about in the healing episode, and how much the nervous system is a huge part of our experience, especially with sex. And when we use pleasure practices, we are literally communicating love to the nervous system, and we are telling it you are loved, you are worthy of this deep rich divine magical sensation of love that we call pleasure.

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And it really it can literally rewire the brain it literally can build different neurons and neural connections and pathways in our brain that you know, stop firing the messages of, oh, you're ugly are awful. You're a terrible person. You're not good enough. You're not worthy. You're stupid. Nobody likes you those, for so many of us those neural pathways are deep and they've been firing for a long time and when we start doing intentional, conscious, you know embodied pleasure practices with and working with self love and sexuality liberation. We start literally building neurons and pathways that say, you are delicious, you are fucking divine you are, you know, a god a goddess, you know, royalty, you are amazing and like that pleasure just really roots it in deep.

It's a powerful process and, and it's how I finally was able to shift and stop having to fake it. Because I really started embodying my work and, and doing the practices and doing them myself and prioritizing that not just saying that like all these other elements of my life had to come first and then once I finally had time for pleasure practices and doing all this fun stuff that I you know, want to share with my clients, I had to do it myself first and, and it really has made my experience in my personal life so much better.

And also my experience, working with others and walking others through that so much richer and more in tuned and deeper. I think that self love through sexuality liberation also has come from the connection I get in relationships and in community. You know, sexuality liberation really does help relationships that builds a community of people who are also in the belief and on this path and doing this work. And that connection, in and of itself, fuels and fosters and births self love.

I think that self love is connected to healing, and empowerment, I think it's connected to shedding. Like our conditioning, especially for me, it was shedding like, the good girl conditioning, and the perfectionist because especially those two sort of identities and shadow conditions, were really keeping the I could never be perfect, I could never be good enough to suit to the good girl. And so there was always this looming self hatred.

And just almost like not enoughness it was not enoughness and a lot of ways. Yeah, and I think, to pursuing self love, through sexuality liberation and through other ways as well, but really pursuing self love, sort of, you know, slaps across the face a little bit and really challenges the white sis hat patriarchal capitalism and colonialism that thrives off of our self hatred and non enoughness it really it stands in opposition to that, and it says I will not, I will not do what you are literally, this the system that the system is designed to make me feel. I will do everything in my power to be something else, to love myself in the face of everything that you're telling me I'm not enough or not good enough for.

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It's really like a qualifying of life. And it really honestly at the end of the day too, in a more, I don't know, like personal micro level for me is how it's also impacted my experience of sex and, and the way that my clients talk about it impacting their sex life. When you love yourself, you can show up for sex and love and relationships, so much more deeply, so much more open to pleasure and surrender because you know, you're enough you know that how you show up is enough your body on like a cellular, energetic, emotional, spiritual, mental level, just opens it's not like contracted and numb.

Because of this, this self hatred or this, this not enoughness unworthiness. And frankly, I'm not trying to suggest that not enoughness and unworthiness and self hatred, that I'm completely void of them or that people who feel self love have to be completely void of those things.

I think actually, a lot of times that's not the case. That's certainly not been the case for me. It's not that I'm void of them it's that I embrace those parts of myself too. I love the parts of me that are numbed out and fear and shut down and shame and judgment. I love the parts of me that don't love me. That isn't accepted by society. I, I love the parts of me that don't feel enough. And I don't do that perfectly either.

Like, I'm not sitting here saying like, Oh, I just sit around loving all parts of myself good, bad and ugly. Perfectly all day. No, no, no, no, it's, it's a journey. It has seasons and different things come up. And it's a philosophy that, again, with consciousness, I try to embody and it really has changed my experience of sex or relationships of being open to pleasure of my orgasms, of connecting with another human of feeling my body of even my health.

You know, I know my body is healthier because I consciously and actively love it. And I try to, and I don't try or force myself or even expect myself to be perfect at it, which in and of itself is an act of self love. Is not expecting my self love to be perfect. And so, yeah, I just think that it's really in perfectly perfect journey. And it's full of so much. ups and downs and hard parts and moments of doubting that this fucking thing called self love is even real.

Yeah, I think I it's something to pursue and something I love holding space for. I love witnessing. I love navigating with others who are on that journey as well. And, you know, especially using sexuality liberation, as a way and as a part of that process.

Yeah, I also think that really like, you know, loving ourselves, loving our body. Loving pleasure, sex and sexuality unapologetically, in the face of specifically a sex negative culture is revolutionary, that is part of the radical pleasure revolution is, is self love is loving ourselves. And these, these sort of taboo, and sexy pieces of herself, in the face of sex negative culture is so powerful.

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And there's no right way to do that. I don't think that the way you love yourself at all has to look like the way I love myself. I don't think the way you love yourself, the journey of that has to be the same, I don't think it has to be the same flavor doesn't have to be the way I'm talking about it right now.

And I think that in and of itself is also part of self love. And like how that reflects into how we love others is your journey gets to be your journey. And the way I'm talking about it can sound you know ridiculous or off putting or like bullshit or it can sound exciting and like, Oh my gosh, that's exactly what I've been looking for. And all of its fine.

All of its great. All of it's part of, of what we're here doing as humans. Yeah, and I just think, I think how much we're able to love ourselves, can at times be a reflection of how we're able to love others and to love the collective and to love the planet. And I don't always think it's like, you know, sometimes I think there's like a saying something out there quote or something, where it's like how much you love yourself is like to the extent that you can love others.

And while I do feel there is some truth in that there's like, that is one perspective. I don't think that's the only perspective and I think that's not the only truth because I know for me, there were definitely times in my life where I did not love myself, and I definitely felt like I loved others more. I loved my partner more which created, you know, a lot of problems and was very problematic for my own relationship dynamics. But I have absolutely experienced loving other people more than myself.

And that can be a hard statement. I think for some people to swallow when you are not loving yourself is like, Oh, well, I can't love anybody else until I figure this bullshit self love thing out. And I don't think that's actually true. So I'm just I want to drop that little nugget or perspective or my own thoughts on that, that you don't have to love yourself to be able to love others.

Like if that message doesn't serve you put it aside, as with any message and, and there is some truth to it. And from a different angle, there is some truth to it that, you know, our self love is really reflective, and it can be a real foundation for things. I think both can be true. So those are my thoughts on self love and how it relates to sexuality liberation, radical pleasure, all the things we're talking about on this podcast.

Again, I hope you enjoyed. I hope you got something out of what I was saying any aha moments. Any realizations if you're in a feeling like self love, is never going to be for you. I just hope this was a little glimmer of hope that I've been there.

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I've totally felt that like hurt people probably like me saying right now and been like bullshit. Like, that shit is not real. And it's not attainable for me. And it just might be, you know, being open to it and pursuing it is so worthy of your time. And it's something I love helping people do as part of their journey to really reconnecting with their bodies, their sexuality, the truth of who they are, and feeling that liberation.

So, thanks for tuning in. Sending you all lots of love and all the forms, especially a healthy dose of self love. Go give yourself some pleasure practices. And I'll catch you on the next episode.

[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 our 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 of 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.

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Cheers!
Dr. Emma