

# Radical *Pleasure* Revolution

with Dr. Emma

## Body Liberation

Season 1

Episode 07

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Transcript

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with Dr. Emma

## [Intro]

Hello juicy listeners.

Welcome to the radical pleasure revolution Podcast. I am your fabulously delicious host, Dr. Emma, also known as Emma gone rogue on their social medias. I'm a clinical sexologist and sexual empowerment coach with a PhD in human sexuality and over 10 years of professional experience educating, advocating and creating deeply healing and radically empowering spaces for people's sexual liberation. It's truly my life's purpose and passion. This podcast is for you if you want to learn how to embrace your authentic sexuality, expand your pleasure potential, and unleash your power in the bedroom and beyond.

I'll be sharing revolutionary perspectives and conversations on topics including sex, sexuality, pleasure, bodies, relationships, self love, healing, empowerment, and more. All from a uniquely thought provoking intersectional sex illogical framework that I use professionally with clients and students, as well as in my personal life and relationships.

The thoughts and perspectives I share in this podcast are coming from my lived experiences as a white queer yet straight passing plus sized, sis privileged woman and non-binary fam, and a person who is a survivor with chronic mental and physical health challenges.

I navigate the world with a lot of privilege and varying degrees of marginalization. Being a part of the revolution in a radical way, is not something I take lightly, and I'm always seeking to do better and grow. So if I ever fucked up or say something harmful, I am genuinely open to your feedback, and learning how I and all of us can keep doing better.

I'm so excited to share, connect and truly expand with you all on this podcast. Be sure to check out the show notes for more information on how you can connect directly with me and my work. If you're interested in going even deeper. Each season is going to have its own flavor and style. So stick around and enjoy the ever evolving journey with me.

Let's do it.

# Radical *Pleasure* Revolution

with Dr. Emma

## [Episode Content]

Welcome back, fabulous listeners. We are on episode seven of the Radical Pleasure Revolution Podcast. Whether you're tuning in for the first time, or you've been with me for a few episodes or this whole season. I'm so glad you're here.

I seriously love that you're hitting play. And hanging out with me while I talk about all things radical pleasure, and sexuality liberation, and just really my take on it and how my thoughts about these things and how I work with people and work with myself a lot of this stuff I in fact, all of this stuff I do myself as well. And I love that you're here. And I'm glad you're back or are here for the first time. And this episode is going to be all about body liberation.

And this is a topic that's really near and dear to my heart. I've done a lot of personal work around body liberation and loving my body. Okay, it's still a journey and someplace or something that I'm definitely in a much happier, healthier, better place with. And I think it's really connected to all of the other topics we've been talking about as they relate to sexuality liberation.

That's really what this first season is about is me. You know talking about each episode is sort of like a different pillar or sub sect of how I work with people and myself my own journey around sexuality liberation. And you know, the episodes leading up to this episode, we've talked about who I am and why I'm, you know, creating a podcast and inviting people to listen in to these conversations and my background.

I've also had an episode about the psychological perspective, which is like the framework, the perspective, the lens, the ideology, that really is like the thread throughout all of these episodes as well. It's the perspective from which I'm speaking, the psychological perspective is what I was trained in as a clinical sexologist.

And something that I think for me, has just really spilled over and had a ripple effect in all areas of my life. And yeah, I speak to that throughout these episodes as well. We've also talked about sexuality and pleasure activism, we've talked about healing prevention. We've talked about embodiment, and this idea of embodying the revolution, we've talked about self love, and here we are today talking about, you know, body liberation, and I'm so excited that we're here to talk about this.

So, you know, let's, let's kind of dive into, there's a lot of different topics I want to cover today. So you know, hang with me, where we're going around, just gonna, gonna touch on a few things. So I'll try to make it as cohesive as possible for sure.

# Radical Pleasure Revolution

with Dr. Emma

But one thing I want to talk about first is really like the body as the whole body is like this sexual organ or this sexual, that's kind of a clinical way to say it, but like a sexual, a sexual vessel, maybe. And so often, I think we get focused on like, a few areas of the body being highly sexualized, our culture has done this, but you know, like the breasts, the nipples, our genitals, and even to an extent, like our mouth, those areas have been like highly sexualized. And I think, unfortunately, that's caused a lot of various kinds of issues and problems.

But one of the main ones I see is that it really, people forget and don't realize and don't maximize, and, you know, take advantage of without seeming so aggressive, but the fact that our whole body is a sexual vessel, a sexual organ. And that, you know, our elbow, our wrists are the front side of our shin, our bellies can be super sexualized, every single part of our body can be sexual and non sexual at the same time. And it really depends on like, the context.

You know, I give this example when I'm talking to my students about the fact that our whole bodies are both sexual and non sexual at the same time, and it depends on context, you know, the intention or energy and consent.

And I think that, for example, you could be in a doctor's office, and for me, I go in and have to get a pelvic exam and my legs can be spread open and the doctor can have their fingers inside of me checking the inside of my vagina and vaginal canal and feeling for ovaries and stuff. And this doctor can be looking at my vulva, can be inserting their fingers inside of my vagina. And that's not a sexual experience. And yet that same exact act, and that same exact body part in a very different context, like in my own bedroom with a consenting sexual partner can be a very sexual experience, right?

Same thing goes for the intention or the energy, there are times where I'm completely naked with my husband and but the intention and the energy is not that we're being sexual, you know, maybe it's before bed or maybe he's, I don't know, popping a pimple, or cutting my toenails or something. And yet, sometimes my toes can be very sexy, you know, if the intention and the energy are there, that's our intention to be sexual, but it doesn't have to be.

And then of course, consent, and I think it's also important to name here for me that consent I think needs to be talked about and named. And, you know, my thought on this too, is like how people's bodies especially women and femmes bodies, and non binary and trans bodies of all kinds can be sexualized without our consent, and all bodies, children's bodies etc. can be sexualized without our consent, for example, just like walking down the street and getting cat called or whistled at, or people making comments on social media pictures.

# Radical *Pleasure* Revolution

with Dr. Emma

We're not asking for, we're not trying to be, we're not asking to be sexualized. But people typically see men feeling very entitled to sexualizing bodies do this without our consent. So consent is also an important part of, of this and I also a name on our thing around consent to is, for me, sex inherently includes consent, like sex without consent is rape, or assault, or coercion or it's something else just like swimming, without breathing or floating is no longer swimming, that's drowning, that's a different thing altogether.

And so when I think it's super important to talk about consent and something, you know, I do talk about and will be brought up for sure, throughout the seasons of this podcast, it's also a belief of mine that sex inherently includes consent because, without consent, it's no longer sex and something else. And so I just want to name that since we're on this topic right now.

But back again, back to bodies of just like our whole body is the sexual thing. And like I can, I have experienced incredible pleasure and even orgasms from parts of my body that are not you know, the typical go-to spots from my shins from, you know, BMI, having my belly kissed and crests and having the crease of my like, my thigh or like my hip, uh, you know, being licked and sucked on that. Mm hmm. There's some delicious spots that if you're willing to find them, and if you're willing to play with them, it's worth it, you're worth the journey.

And I'm going to talk about a little later to like different exercises that you can do to, to explore your body and its pleasure potential. So I think that's, that's a really fun thing as well. I also think it's important that people know their genitals. You know, even though I don't think we need to obsess about genitals, I think our culture is kind of oddly obsessed with genitals, even though people's genitals really aren't your business. Especially if, if you think somebody has a different gender besides being cisgender, their genitals are definitely not your business.

That's something that's super personal and private. But, you know, genitals are not binary, they're not either penises or vulvas. But they're a vast array, of types, there are different sizes and shapes, there's genitals, that are combinations of and have, you know, various characteristics between penises and vaginas. And, you know, it's just like our biological sex is not binary, either. It's not like that. It's either xx or xy. It's not just male or female.

# Radical *Pleasure* Revolution

with Dr. Emma

And so often we're taught that and it's important to acknowledge that there are, there are biological sexes and chromosomal sexes that go beyond the binary and it's important to name that and, and for you to know that science actually does show that even though our science books and scientific culture, so often doesn't do a great job of actually educating people about that, but it's true. And, you know, I don't think that when, when our genitals don't necessarily fit into the cisgender binary, I don't think they need to be modified unless there's truly life threatening or severe situations, we need to be allowing genitals to be diverse.

They come even ones that are more in the cisgender categories. You know, they come in different shapes and sizes, and it's okay to have big inner lips or small ones. It's okay to have different colors. It's okay to have, you know, a curve in your shaft or a different size, penis.

All of that is normal and beautiful and awesome. I also think it's important to say that like, penises are inherently masculine genitals. Lots of women have penises. Lots of men have vulva's and their vulva is can be very masculine in essence and lots of women can have penises that are very feminine.

Somebody who is this privileged in passing, I also don't want to be, like flippant with this because I know a lot of folks in the trans community and on the gender spectrum have a lot of feelings about their genitals and how it relates to their gender. And you know, I'm not wanting to speak on that, but people can have a lot of hard dysmorphic challenging relationship to their genitals and sis people can have challenging relationships to their genitals as well.

And so that's something to explore when we're exploring body liberation. And, really accepting and loving and appreciating our bodies, and freeing our bodies from internal suppression and harm and judgment as well as external systems of oppression, that's really kind of the most, I don't know, like, basic way I could explain body liberation. And I'm also not like, the expert on these things as well. It's just an area that I've, I've had a lot of personal interest in and very much connects to sexuality liberation, and so it's important to not reduce people to their genitals, or their bodies.

But some ways that you can be exploring your body and specifically, your genitals, for example, is doing what's called a sexological exam. And a sexological exam can be done by yourself. And in fact, I recommend doing it by yourself first. But it can also be done with a partner or a group of people if you'd like, but basically, you want to get in a comfortable private setting, you want to have a hand mirror, some lubes, potentially a spec, a speculum could be optional. And really anything you want to provide different sensations to your genitals. With good lighting, you really just look, you look at your genitals.

# Radical *Pleasure* Revolution

with Dr. Emma

And this is especially important for folks who have vulvas and internal genitalia. Because we don't always see all of our parts, it's not quite as easy as when you have external genitalia or a penis that's really out there. And so it can be really powerful to look to really look, it's shocking how many people especially with vulvas, as internal genitalia haven't actually looked at their genitals and looked at the colors, the different textures, looked at the lips and the clitoral head, and, you know, the vaginal opening, and their anus and perennials.

And that can be a really powerful experience to do for sure, with yourself and with partners, if you want. And it can be really educational as well and just help people get not so like afraid of what's down there. And really familiar with each other's bodies and with your own body.

So if you want to experience you know, and go into the more pleasure potential of your genitals, you can also stimulate your genitals and look and see the difference between when your genitals are not aroused and not stimulated versus when they are that can be also another really interesting experience for you, you can take before and after pictures.

Of course, a lot of times people want those to be private. So keeping those in a private place, but they can be really informative for you. And a way for you to really connect to your body and your genitals and how they are in their natural and aroused state versus their aroused excited state. And it can just destigmatize how you feel about your body and your genitals.

Because so many of us have a lot of feelings about these things. So, yeah, I think I think that's a great the psychological exam is a wonderful tool to use. It's also nice to do things like pleasure mapping, where you can do this again with yourself or with a partner, but you go over the whole body, the whole body you explore and I honestly I encourage people to save their genitals to the end, just because those can, again, we're so conditioned to like, pleasure means our genitals, especially sexual pleasure and to try to kind of break that habit.

But really explore the whole body. You know what pleasure from head to toe? Like, what pleasure do I get from my hair, and my scalp. And as you're, as you're doing the pleasure map, either with yourself, or with somebody else, you can use the pleasure scale, where zero is no pleasure at all. And 10 is like, this is orgasmic pleasure, like I'm having an orgasm from this type of touch or stimulation.

# Radical *Pleasure* Revolution

with Dr. Emma

And so as you do the pleasure mapping, you can communicate to yourself or to your partner. What pleasure you are on this pleasure scale. It's like, you know, this feels like a three when people tickle and scratch my hair. And my scalp or that sensation of stroking your finger over my lips is like, oh, a four, four and a half. And you work your way down your ear lobes, your neck, your shoulders, your arms, the crease of your elbow, your fingers, your chest, your back, your sides, your belly, your hips, your legs, your thighs, your knees, your feet, all of it.

And you really just notice, and it can be good information for you. But also really good information for your partners, they can start to learn like oh, where some of your hot spots are, and different ways to touch them. You know, trying light pressure, firmer pressure, more massage pressure, like scratching, you know, tickling pressure, which are two different things, but all different types of touch. You can even with a partner, you can even they can use their mouth, they can use their tongue, how does it feel to rub your earlobe versus stuck on your ear lobe, different things like that. So that's a really yummy exercise to do with yourself or others.

And especially when you're doing it with yourself, I think it's such a beautiful way to also reconnect with your body and warm up your whole body for self pleasure, and really trying different types of touches, really, including your full body, and especially when you start moving towards the genitals to include the groin and the anus and try different strokes and toys and pressures and sensations and all the fun things.

So your body is a freaking amusement park. And there's so often we just pick one ride to go on over and over and truly, it's not that it always loses the fun. But there's so much more fun to be had, especially if you are feeling you know, a little bit bored with the way that you're relating to your body and how your sexual experiences and pleasure exchange is going.

A thing that really affects our experience of pleasure, our experience of our own bodies, during sex and during pleasure exchange is our body image. And body image is like the subjective picture, or mental image, or perception and feelings that we have about our aesthetics, and our sexual attractiveness of our own body. And that really impacts sexuality. At the core of it, it really determines how dissociated and disconnected from our body we are versus how embodied and in our bodies and connected to our bodies we are.

And there's a lot of areas of the body any part of the body can be a source of shame and disconnection. Like for example, I don't love my second toe. I've noticed there's shame there that I've had to work on to allow myself to have other people touch it and like look at it and everything but there's other areas that are super common for people, you know, our penis or vulva, our breasts or butt or stomach.

# Radical *Pleasure* Revolution

with Dr. Emma

You know how many muscles or fat we have in different parts of our body. If we have disabilities, or the hair on our bodies, the skin color of our bodies, the hair texture of our bodies can all be sources of shame and judgment. And those also come as a result of larger systems of oppression of, you know, sizes, and racism and ableism and ageism, you know, our bodies, smooth and young and taut or are they looser and wrinkly, can get, you know, really shamed.

And so, it's important to acknowledge those things and to be willing, to address them. I think there's a lot of ways we can address our body image. I know for me, it was a real journey. Let me just start there, like my own. My own feelings about my body were really rough. It was like, one of if not the biggest hang up I had around sex and relationships. For me personally. I felt like I had to compensate in a lot of areas. And I felt like I was a frickin catch when it came to everything except for my body. I felt like I was really funny, which I am really funny. I say that, because I have been given feedback as well as I just know, I'm hilarious.

I know I as funny, I knew I was smart, like, in lots of kinds of smart now just like one kind of smart but like, I can keep up and, and I know that my brain is really enjoyable for myself and others, and my intellect and my ability to understand people, you know, not just book smart, but even just the energy and dynamics and just understanding humans. I was also really an am really kind and nice and like I genuinely my default is usually seeing the very best in people.

Which makes people feel really good when they know that I'm, I'm looking at them and I'm seeing their king or queen or royalty inside of them. I yeah, I was a catch And I always felt like the one thing holding me back, the one thing that was going to keep me from being loved was my body that partners would be super into me, except for my body like that, if they could change one thing about me. And that, of course, is a reflection of me if I could change one thing about me it would have been my body. And I was afraid that people were going to be embarrassed to date me, to have sex with me that, that they'd be super attracted to me until I took my clothes off. And they saw that I was you know, thicker and had a belly and my boobs weren't like very big, especially for being a bigger person. I had smaller boobs and they weren't like these big round, juicy melons or anything.

And yeah, I just I had so much fear and hatred around my body. And it really, it not only disconnected me during sex where, you know, my nervous system was activated. And I felt disconnected from my body in a lot of ways, which didn't help with pleasure. I felt like I was like observing myself instead of, you know, being in my body. I was just observing like, oh, like, I wonder how like my rolls feel or my butt feels. Or if they like notice, notice my stomach or my breasts if they're turned off.

# Radical *Pleasure* Revolution

with Dr. Emma

And that's no way to like be enjoying sex and enjoying pleasure and having orgasms. It also pushed me to have sex. I didn't want it because this insecure part of me that was so afraid that my body was unlovable and undesirable and unattractive and unfuckable I ended up finding myself having sexual experiences and having sex with people I didn't actually want to have sex with but because the part of me that was so insecure and thought my body was never good enough. That part of me got validated by people, particularly men, but really anybody relatively appropriate sexualizing my body felt like validation, which was like, also confusing and problematic, and not great.

And yeah, it was just how my body image my negative body image really affected my sexuality and affected how I navigated relationships. And I also would stay in, you know, unhealthy relationships because I was afraid that I would never be able to convince somebody else, to be attracted to my body to love my body to want to have sex with me. And so I stayed in abusive, unhealthy relationships at times, because I was afraid that no one else would find me attractive and even considered dating me.

I also felt like I had to convince people to like, fall for me, like I had to be this perfect person. So that they would just be so attracted to my personality, and every other part of me that they could finally like, overlook the body part is so messed up is a real bummer.

And, we all have our own, we all have our own stuff, people of all sizes of all genders, of all sexual orientations, all different abilities, all different races, ages experience these things. And, and it's like a lot harder. And there's so many more intersecting factors to navigate for folks who are living with at the intersections of oppressed and marginalized identities. When we have a very white, thin, Eurocentric standard for beauty, a very young, able bodied, standard for beauty. When there's certain body types, like, you know, muscular or, you know, having curves in the right places, you can't be too thin and shapeless, and you can't be too full and plump.

All types of things are really, you know, the intersect, and it's important to acknowledge that, that people are multiple things that people are navigating. And it's not just, you know, one type of person that struggles, for sure, and that it's different for everybody. And I think that there's a lot of ways that we can enhance our body image and work on it. And I think one for me was really starting to surround myself with images and messages, while images that looked like me. So starting to follow plus size, women accounts and plus size fashion, just like looking at models who were wearing clothes that were actually meant to fit my body, and just following real people on social media that had bodies that looked like mine.

# Radical *Pressure* Revolution

with Dr. Emma

And in addition to following bodies that look like mine, also following diverse bodies. Because I think there's a real beauty and just surrounding yourself because so often, the image of bodies that we are overwhelmingly given is such a narrow and narrow piece of what bodies actually look like. And so surrounding yourself with diversity so that your brain starts to appreciate the vast diversity, it can also start to help you appreciate how your body changes and evolves and how you to are on that spectrum of diversity.

And that's a beautiful thing that no other body looks like yours. I think social media was a great place for that. For me. I think another thing that we can do is start being really highly critical of diet culture and how like coded the body oppressive, quote, health concerns are and really challenging diet culture and the medical field to freakin step up.

Like oh my gosh, it drives me crazy. Even just recently I was getting my, my pregnant belly measured because they measure your belly and they tell you before they even start, this is not a science. But you know, your belly should be about the same number of centimeters as you are weeks pregnant. And I'm thinking to myself, well, that's gonna be super flawed because I had a belly before I got pregnant. And so like, mine is gonna be off. And sure enough, it was off. And it's like, and there were some comments made about it. And it's just like, come on medical field.

And I also had an experience where I had, I had been training for 5k's and running a lot. And I developed a knee, some knee pain. So I went in to see the doctor about it. And I saw an orthopedic doctor, and the doctor was over 45 minutes late to my appointment, I was sitting on a cold metal table for 45 minutes waiting for him. And he came in a bigger man himself, for sure. He touched my knee for less than 30 seconds doing, you know, little extra, you know, little tests.

To evaluate the knee, he didn't have X rays, or MRI. And after 30 seconds of palpating, my knee asking me maybe two questions. He told me my problem was that I needed to lose weight. And I almost burst into tears. And I was like, actually, something's wrong with my knee. And it hurts and I am, I'm trying to lose weight I was running. I mean, that's what I was doing. When I got this injury. And I was so frustrated by that experience.

Another experience when I was trying to get my thyroid condition I have hashimotos, when I was trying to get that diagnosed, I went to over I went to at least five doctors, maybe six. And the first few doctors I went to they ran tons of tests, you know, everything came back normal, my TSH was fine, all sorts of stuff. But my hair was falling out, I had dramatically gained a lot of weight in a short period of time, I was fatigued and sleeping all the time, my mood and depression, for the first time ever was a thing. My nails were brittle. And I have a family history of hashimotos and hypothyroidism. And these doctors were running tests, and they couldn't find anything and they just told me you just need to lose weight.

# Radical *Pleasure* Revolution

with Dr. Emma

And I was furious because it wasn't until I asked for certain different tests that they weren't running. They didn't diagnose me and they just kept telling me it was my weight. And so like, this is me like pleading to the medical field to fucking stop up and like, and the culture at large all of us being critical of diet culture and you know, the very body oppressive health concerns that people have.

And honestly, I can't tell you how harmful diets have been to me to my metabolism, my mental health, my gut bacteria, they've, wrecked havoc on me and I will never be the same because of the stupid diets that I've been on because medical professionals and myself. The times in my life where I just wanted to be thinner. It's fucked me up. And it's like, oh, that is not body liberation. And, you know, it took really working with a health and body based coach for me for over a year for me to really get to a different place.

With loving my body, listening to my body, honoring my body, trusting my body. All of that is part of body liberation. And, and frankly, you know, I think body liberation also is so much more expansive than just body positivity and health at every size.

It's really it's political. It's intersectional. And we need to be eradicating like harm and violence and control that is done to bodies. And that means thinking about immigrants who are put into cages, prisoners who are in cages. We need to be thinking about environmental activism and who has access to clean water and air. Police Brutality the way police treat black and brown bodies violently how, you know, LGBTQ and non binary bodies are treated with violence. How sex workers bodies are treated, how women and femme bodies are treated, how children's bodies are treated like children.

## [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

# Radical *Pleasure* Revolution

with Dr. Emma

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☆☆ 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*