

Radical *Pleasure* Revolution

with Dr. Emma

The Recap & Wrap Up

Season 1

Episode 09

Aired: Nov 11, 2020

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]

We did it. We did it. Oh Yay. Yay. Yay

We made it everybody. It is the last episode of season one of the Radical Pleasure Revolution Podcast. This episode, we're really wrapping it up. Wrap it up, folks. We're wrapping it up. We're just gonna kind of do a little recap of where we've been, what we've done and maybe where we're going from here. And yeah, for the record, this whole season was recorded by me your host, Dr. Emma, Emma Gone Rogue.

And I was recording this whole season in my nursery and the delicious, silky, velvety, soft plushy chair, completely naked, a completely naked recorded podcast. I don't know how many podcast hosts tell you those behind the scenes details, but that's my style.

I think the fact that I've been naked this whole time really infuses this whole season with a delicious, radical pleasure essence for sure.

So I'm excited that we've made it to this episode, episode nine, the recap the wrap up. I'm here for it. I hope you enjoyed this journey, even if this is the first episode you're tuning into. This will give you an idea about what we did this whole season. And if you want to go back, which I know you do, I highly recommend it. And check out the more in depth version of all these topics.

And this season was really about again, I said this before every episode is about diving into what is sexuality liberation from my perspective and really talking about all things radical pleasure, and how are we approaching sexuality liberation from a really intersectional intentional revolutionary perspective and way of being and, you know, I'm only human but I definitely, definitely did my best and hope you enjoyed some of these perspectives that I shared this season.

You know, the first episode, Episode One, we talked a lot about me just to lay the foundation of like, Who am I? What is my background? What identities do I hold? What interests do I have. Kind of why I came here what my purpose for this podcast was. And I think that was in an important episode, because I think all of those things like background and identities especially really impact my perspective and my experience and the way I show up and talk on this podcast.

And I think it's important to name that, that everything that's shared on this podcast is from my perspective, and my experiences that are very much informed by my identities and my background. And where I've been in the world up into this point, and, you know, late August of 2020, and you know, my perspective and the way I talk about things, certainly not the only way at all. In fact, I think there's so

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much value in hearing other people's perspectives and takes on how this, you know, this all works and, and their thoughts on sexuality, liberation, and in future seasons, that is very much my intention is to bring people on to talk with me about that, and to share other diverse perspectives.

Because there's so much value and hearing how multiple people talk about this concept of sexuality liberation and radical pleasure. And the importance of it. So very much part of what this podcast is going to be about had to start somewhere and started with me, of course, and my idea is to lay the groundwork of it, the found work, the foundation of it, and groundwork making up words over here, for sure. So that's where we started with season one.

Episode Two, I laid the groundwork, the foundation and groundwork of the sexological perspective, which is the perspective that I was trained on through my PhD program and to become a clinical sexologist, specifically, the sexological perspective, really, at the core of it. I mean, it's a perspective of really appreciating sexuality, for being vast and diverse, and fluid and expansive and non binary. And really, so much bigger than what we often put sexuality in this very specific box, and very problematic and limiting box.

And it's so much more than that. And thank goodness that it is and I think an element of the psychological perspective, that I know, I actually don't think I specifically said in Episode Two, but the thing that we were trained to really constantly ask ourselves, you know, was how does this make the person feel? How does this aspect of their sexuality, this behavior, you know, any element of sexuality, how does it make you feel? And I think that's a really powerful way to approach it, you know, over research.

And it's not that we push those things aside, and completely disregard them not at all. They have their place, and they have a very valuable place in understanding and evaluating sexuality, and sex. And you know, another thing we named just how much the sexological perspective is so interdisciplinary and eclectic, we're looking at the biological perspective of sex. We're looking at the psychological perspective of sex, the history, the anthropology, the spirituality, all the sociology, all of it, and how every different part affects sex and sexuality.

And really seeing sex is like this core, this core component of humanity and of human beings. Even folks who aren't having any sex, identify as asexual, etc etc that is a thing that we're all navigating and life itself is derived life itself starts with sex all life has this like energy to it. It's sexual energy really is life force energy from the psychological perspective. And so yeah, I think getting to the heart of it is more than just the research, it's how does it make you feel?

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And that's a question that we in our training had to really answer and really go into, we had an eight straight days intensive called the SAR, which is sexual attitude restructuring training. So our SAR training was really intense, and that we were just overwhelmed is one word and like, bombarded and like, we were pretty much just thrust into a huge expansive pool of all things sexuality. And we were constantly asked to reflect and feel in our bodies. And in our beings, like, how does this thing make you feel? How does it make you feel? How does open relationships make you feel? How does anal sex make you feel? How does group sex make you feel? How does kink and BDSM make you feel? How does erection challenges make you feel? How do you know? Older people having sex make you feel? How do younger children exploring sex make you feel? And that was like the question we came back to over and over again, that really highlights the sexological perspective.

And really looking at sex, like, I think, the way I started teaching human sexuality, and I actually hadn't experienced this in any of my classes, and in my formal classes, but instead of talking about sex, like, this is male sexuality, and this is female sexuality, which is binary sexuality. Like really looking at sexuality, you know, in these duality binary kind of ways, which I think there's, there's use for that, because our world is so conditioned with the binary. And those binary identities absolutely affect and impact how we feel about sex. So I would teach a class on binary sexuality. And then I would teach a class called non binary sexuality, where we actually look at how there's no, there's no, one way for certain people to feel about sex, like, there are lots of, for example, women who have high sex drives, and do not need to be in a relationship or have emotional feelings, or anything like that to be into sex. And there are plenty of people who identify as men who do need emotional connection and do want to pursue relationships, and feel best having sex in relationships.

That's just one example of how binary sexuality will try to tell you that this is how men do it. And this is how women do it, or this is how this group, this is how straight people do it. And this is how, you know, queer folks do it or, you know, they'll try to split things into a binary.

And again, it's not that that doesn't have an effect on sexuality and our experience of sex and pleasure exchange. It does. And the truth of sex is so much more expansive than that. Whereas everybody, and anybody could find themselves in any category, at any given time. And frankly, we're also evolving, there's different periods of your life where you might fall over here, in this area and feeling this way about sex, and then that changes and that evolves.

And so that's really, my understanding and how I would teach about sexuality is like that. It's non binary, non binary, and that comes from the psychological perspective for sure.

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We also talked about sexuality and pleasure activism this season, episode three. And really the heart of that was just how powerful it is and how much it's connected to our sexuality liberation and our overall liberation from systems of oppression, frankly, and calling it colonization is that we make sex and pleasure a priority.

It's fucking revolutionary, and that sex and pleasure and sexual expression shame free, is a human right? It really is a human right. And the importance of it being shamed free and non judgmental, and having spaces for this part of our humanity, this, again, our core part of our humanity, to not only be tolerated and accepted, but truly appreciated and celebrated.

Yeah, and really addressing from an intersectional approach, the systems of oppression that keep people from having access to pleasure, from having access to their bodies not being harmed, to having access to expressing their sexuality, and access, you know, I think it can go beyond even access. But really, that's the heart of sexuality and pleasure activism that we talked about in Episode Three.

And then in Episode Four, we talked about healing, and prevention. And, you know, healing is such an important component for me, I feel like healing, plus empowerment, equals liberation, like, ended it, put it down into like a formula that really is like two core components. And I think those two components come with other things like embodiment, and all sorts of stuff, obviously. But, but very simplified, healing is so important and healing, you know, the root of so much healing is making sure that we feel safe, that we feel loved, and we feel that we belong, and those three things, and belong like that, that has to do, I think with like being accepted, being respected, being allowed to stay in the pack. And those three things really are core to humans, and like our nervous system, and how we can relate and function is heavily based on how safe how loved and how belonging, we feel.

And again, you can't really talk about healing without also addressing the front end of harm, addressing the systems of oppression that create a lack of safety, love and belonging to begin with, that create violence and oppression. And both sides are very important. And I think something that we touched on in that episode, Episode Four was also that I don't think it's, and this is just my perspective, you know, I don't think like there is a purpose to navigating hardship, and harm and pain, I think there's a reason it's an element of our existence on this planet.

And in this reality, and it's like, it's like part of the contrast, I think, and there can be some benefit and beauty and silver lining to it. And that's been my experience. And again, this does not always feel that way, especially when you're in the heat of it and or right after it and grieving it. But a lot of the my own experiences with harm and wounding, there have been really powerful lessons and truths and my own proof of my own strength. And abilities and divinity have come from that as well.

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And so yeah, I think that's all part of it. It's all there. And we talked about it a lot in Episode Four.

And Episode Five, we talked about this idea of embodying the revolution, and what embodiment really is and how do we bring these concepts of revolution of sexuality, liberation. All of these concepts, we're talking about pleasure, activism, etc. How we bring those deeper than just the mind just intellectualizing them and understanding them from like a verbal and knowledge based knowing, mind base knowing but bringing them into our bodies, bringing them literally into our bodies as sensations. As into our energy body, into our spirituality and into our, into our broader and deeper way of being does.

It's a daily practice and do our values do our beliefs are they reflected in all areas of our lives and how we show up to our job and how we vote and how we eat and how, how we relate to others, and parent and all these things like embodiment is just this daily practice. And I think it's embodiment can be so important, especially in the learning and healing, and professional spaces in general, where we allow our existence as humans to be more body based to be more human centered, which requires things to be slower, sorry, white, sis, head, patriarchal capitalism, like life needs to be slower.

We need to have seasons, you know, we need to have end seasons, both like macro and micro, like, you know, the sun rises, and then the sun sets and in a 24 hour period, and how do we honor that, as humans in our lives. And again, how all of this affects sexuality, especially because this affects our nervous system. And our nervous system, as we talked about, too, is so connected to our experience of sex.

And so really being, you know, an operating in a way that is more aware of the nervous system, and more trauma informed, I think can be so powerful. And this can be brought into so many aspects of our world.

An example that's just coming to mind is the Allied media conference, which is hosted by Allied media project, who I know Adrian Marie Brown is a big part of and they're big advocates, you could say, of emergent strategy, which was also one of Adrian's books, and the way that they run their conference is so it embodies their beliefs and their values of being body based and human centered and radical.

And they sent her the most marginalized people of the community they have, they're so accessible and like, and of course, they're not perfect, they're always evolving and emerging. But they're so accessible. They really, again, they center, their most marginalized, they have spaciousness in between, you know, conference sessions, they include art and music and dancing and food, and, you know, prayer and spirituality and astrology, like they, they bring in so much stuff that really makes it feel like the whole human is invited here we really thought about.

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And again, it's not me, it feels like because I've been a participant of it feels like they, they really understand that the whole human is coming to the conference. And they're designing the conference that way. It's a really beautiful thing. So that just came up when I was thinking about really embodying these things and how important it is for sexuality, liberation and radical pleasure and, and the revolution in general.

Then we got to Episode Six, I think, was the self love episode. Yeah, and just talked all things self love, really, about how loving our whole selves are good or bad or ugly. It's challenging. It's self love is a practice more than a destination. I think that was like the heart of the episode is that it's a practice and, and it's so worthy of our efforts. And it's so beautiful when we can really again, embody self love. And when we can do practices and healing modalities that really invite self love to be deeper than just this idea.

Really let it be in our body and our bones and our way of being and the way we talk to ourselves, allowing ourselves to really rewire our brains with pleasure. And I know that was one of the things that came up as well as pleasure being like, the physical embodiment of love, and how pleasure it just communicates love to ourselves and to each other. And it's so yummy. Yeah.

So then in Episode Seven, we talked about body liberation, and how much you know, our body and our experience of our body and how safe and respected and good we feel about our body affects and impacts our experience of sex and sexuality and relationships. And how, you know, expansive body liberation really is it's a very political, expansive thing, and concept and pursuit to really truly get body liberation.

It's so much more than just body positivity or health at every size. It's really expansive, and political and unnecessary. And it's an internal and external thing, like the external part is that political peace in a lot of ways, I think the internals political as well. But the external is like addressing the systems of oppression that are affecting bodies and harming bodies and bringing violence and control and dehumanization, two bodies and the internalization are the internal part is how we feel about our bodies, the things from those systems that we've internalized, and continue to give to ourselves and tell about ourselves.

We also had some yummy, sexy pleasure practices that I shared in that episode, Episode Seven, so make sure you check it out, you know about pleasure mapping and genitals and the whole body being sexual organ and stuff like that.

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And then episode eight, our last episode, you know, really talking about the pillars or the components, in a very simplified way of sexuality liberation was relationships and talking about how to have revolutionary relationships that are really conscious relationships.

And, you know, different relationship orientations and structures and the importance of just really customizing your relationships. Being really honest and communicative about your relationships, what you need, what you want, what's going on for you. Sharing and connecting in verbal and nonverbal touch based ways, being really pleasure centered and experience and journey oriented. And the sex that you're having in relationships, and with your relationship with yourself, frankly, not going just for orgasms, or climax, but enjoying the journey and following pleasure.

Really looking at different types of relationships, acknowledging that there are seasons, and relationships are always evolving, and there's ups and downs and things to navigate. And really, that like relationships can be such an invitation to heal our stuff, and to have our stuff reflected back to us. In relationships, I think so often too.

As I'm working with couples, their problems, they're like they're holding up mirrors towards each other. And so often that can be so hard for them to slow down because they're just stuck with, you know, pain and hurt and frustration and defensiveness but really slowing down and always asking yourself like, what is the mirror in this relationship? What mirror is other person holding up for me? That I'm not acknowledging? I think that's a huge thing in relationships. And being able to do that in relationships is revolutionary.

Yeah, and I think it also helps us see ourselves more fully and I think it helps us see the other person more fully and honoring that they are just as complex and messy and multi dimensional as we are. So yeah, that was episode eight.

And really the core of this season and here we are wrapping it up. I love sharing these thoughts with you all and getting to talk about these ideas and how I work with clients in my coaching practice, and in my group programs and how I teach and in my classes, about these things that really invite you, you know, into deeper, deeper levels of sexuality liberation. It's been a lot of fun. I enjoyed it, I hope you all enjoyed it.

Again, in future seasons, nothing is set in stone, I'm really letting this podcast, like, take on a life of its own and be its own entity, be its own living, breathing thing, you know, from being birthed through me, of course, but I foresee future seasons, having, you know, maybe some of my clients come on and share with you all their experience with this work and working with me and how their perspective of it kind of from that client perspective,

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I could see us having some seasons where we talk about, you know, all sorts of books and resources and reading that has helped me come to these perspectives. And as a way as well to bring the other perspectives that are out there, I could see a future season or seasons where there's guests and people coming on and having conversations with me about all this fun stuff.

Really, the sky's the limit, and I'm open to your suggestions. I would love, love love for you, if you have ideas for things that you want to, you know, make sure to let me know, whether that's in the social medias or email or in the comments. However, you can let me know what you want and what you want for future seasons, what would turn you the fuck on and keep you coming back to listen for more.

I'd love to know I'm open for it. Let's co-create this together and follow the pleasure. So I'm so glad you tuned in for this season, the first ever season of the radical pleasure revolution. I had a great time again. I hope you all did too. And you know for my pleasure to yours. Until next season.

[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.
- ☆☆ Find me on [Instagram](#)



Cheers!
Dr. Emma