

# Radical *Pleasure* Revolution

with Dr. Emma

## The Pleasure of Emotional Power

Episode 11

Aired: Sept 8, 2021

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, hello radical pleasure babes.

I love how I have to sing that every time. It seems it's just more fun than radical pleasure babes or radical pleasure, babes. I just radical pleasure, babes.

Oh, we're back for another episode of the podcast, and a little bit bummed. We're going to be totally honest, we were gonna do this episode live on Instagram again this week. But Instagram is being weird, and is not letting me go live. It's not letting me post a stories. It's not letting me do anything.

Um, I hope Instagram did not, you know, put a little shadow ban on me, this happens a lot to us sex educators, and people who are, you know, working for liberation and freedom and sort of doing things outside the norm outside of what society is comfortable with.

We're pushing edges. And a lot of these platforms are very censoring. And I hope that's not the case, it might just be a weird tech glitch or app glitch. That's the hope. Because Yeah, we want to try out these Instagram lives for a podcast for a little bit. And see what interacting with you all live is like so that didn't get to happen this week.

But we're still here with an episode. I wanted to talk about emotions with you all today. And it's interesting, I think that sometimes people don't fully see why a sexual empowerment coach, or somebody who's talking about sex, love and relationships, why they would be invested in and an expert in. good at talking about emotions.

Emotions are such a huge part of our sex, love and relationships. They really, I think in surprising ways. This is like doing an emotional sort of expression work and integration and emotional healing, and emotional mastery, all of that stuff is very, very core to what I've learned, and as helped me and as something I do with a lot of my clients.

Because if we think about it, I think probably when we think about relationships, emotions, you know, can be very challenging for couples, or moresums to be navigating their own and each other's emotions.

And we can get into, I don't know, I think like patterns and ruts in relationships, where we're kind of walking on eggshells, we are nervous to say anything that might tip off our partner that might make them defensive that might trigger them that might make them shut down or make them get upset.

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And I work with a lot of couples who find themselves walking on eggshells with their partners and not fully expressing their own truth and their own, like full emotions.

How they're really feeling about things in the relationship, because they're afraid of how their partner will take it.

And they also a lot of times don't know how to express their emotions to their partners in a really grounded, clear, safe, integrated, just like emotionally intelligent way.

I am not sure some of you out there maybe have maybe haven't heard of like emotional intelligence, I think they call it like your EQ instead of your IQ. Do not quote me on that not really sure what's called your EQ. But emotional intelligence is a really important thing.

And it's a foundation of being able to build healthy relationships. And it's not just like new relationships that in my experience working with and even in my own relationships, it's not always the new ones that have a challenge with emotional stuff. I think in the newer relationships, things are fun and easy. And a lot of times the challenges of the longer term relationships haven't popped up yet.

But I think in your relationships to people put on like that chronically happy face. I know I did, when I was dating someone new, I just wanted to be chill and relaxed. And I didn't want to, you know, be dramatic or clingy or needy, or all of these kind of emotional states that I don't know that we don't want to be when we're trying to date and put our best foot forward.

And so I would kind of push all of the challenging emotions down at the beginning of my relationships, almost so that the person would like, I didn't want to risk them, not liking me and thinking like, oh, gosh, she like cries all the time. Or she got upset about this thing. Like, I don't want to be with a person who gets upset about X, Y, or Z.

And so I just would hang out, and only let myself really be in the more you know, what we would consider positive emotions. Although I think all emotions are great, they're like life force energy, they're, they're really good for us to express and to, you know, integrate, and to allow ourselves to, like sit in, I think avoiding our emotions is unhealthy.

It's like avoiding something essential in our body, I don't know, like, your breathing or something like that. And so, yeah, I think that was the case for me of just I didn't want, when I really, when I actually cared about the person, I was in a relationship where I like, wanted it to go somewhere, I didn't feel safe to always express my emotions.

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And it's interesting, because then as relationships progress, I think we eventually hit a point where you cannot keep going on with that facade. And this could be years into your relationship where you realize, like, Oh, my gosh, I have always stuffed down this thing that bothers me, or, you know, these emotions that I'm really experiencing, but I've just numbed out, I've put them in Pandora's box, I've put walls up around them.

And I haven't, I haven't been fully honest with myself or my partner. And I see this a ton in relationships. And then what happens is when it's like it's like building tension in, in a balloon, or like the pressure in a balloon is getting greater and greater. And then cracks start to happen, and like leaks start to happen. And we start, like, jabbing at our partner or, like releasing these emotions sort of unconsciously, and in and in pretty unhealthy ways in ways that aren't productive. They're not actually communicating the emotion to your partner, they're not, you're not taking responsibility for the emotion and for the fact that you've maybe like push them down. And so we start jabbing at our partner for the stupidest things for the trash or the dishes or how they told a story at dinner with our friends.

And you, when you start nitpicking at those little things, that's a really clear indicator that there's, there's some emotional stuff going on underneath, that would be good for you and your partner to learn how to navigate together. And I think it's really important that we learn how to express and integrate our emotions, and to have an empowered relationship with our emotions.

And, you know, what that has looked like for me in the past is, instead of like, spewing like it, rage and grief, and anger are all sacred, and like fear, all of that can be really sacred, and you can have a really empowered relationship to them. And you can let those emotions be seen. You can express those emotions to your partner. But there's a difference between like, throwing those emotions at your partner and like, being angry like towards them and at them and using the emotions to sort of like, tear them down or get back at them or you know, create a lot of drama and tension in your relationship.

There is a way to instead, build these patterns and build a way with your partner where you can create space together to like a safe space that you create together that you can communicate your emotions that you can relate to your emotions as sensations and, and speak to them and share them and release them in a way that's not so charged.

That's not personal, like you're not personally attacking your partner, because they have done something that has made you angry, or you've built up resentment, or whatever. You absolutely want to share that with your partner, but you don't want to throw it on them.

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You don't want to like shit all over your partner with your emotions, you want to share what your emotional experiences with them in a grounded way, in a way that they can receive it, they can hold space for it, they have to do their work, so they don't get triggered by your emotions and shut down or lash out to try to protect themselves.

But when you can really create a safe container, where you and your partner can bring any emotion to that space to be witnessed to be seen and to then navigate through it together.

Because it's not to say that, like you're having these emotions for no good reason. And all you got to do is name them and then move on and get over it. No, no, we're not. We're not talking about bypassing our emotions, we are talking about our emotions are these really, really intelligent, valuable signals that are telling us something.

Now, sometimes we're having emotions, and we're realizing when we get to the root of it, we're like, oh, this isn't really that there's a problem going on in my relationship. It's just maybe it's my inner child, or a shadow part of me, or some part of me like an old pattern that's coming up. And I'm feeling this way. And it's something that I just need to release and let go. And it's not actually indicating that anything's wrong with my relationship or with the situation right now. It's just like an old wound that I need to heal.

So it can be a really beautiful your emotions can signal to you that there are things in your past or things that you're still holding on to, or patterns or triggers or wounds that you need to heal and digest and process.

Or it could be signaling to you that there's something in your environment, your relationship, the context that you're in, that isn't working that you need to shift, you need to make a pivot, you and your partner need to do things differently.

Either way, those emotions can be such important. Like I want you when you feel emotions, instead of pushing them away and being afraid of them, or feeling like minimizing them or invalidating them, get closer to your emotions, step towards them. get curious, be compassionate with them. Be compassionate with the part of you that is deeply sad and grieving, and just needs to cry, be really compassionate with the part of you that is angry, your anger, your rage, is sacred.

It is it's an act of love, that's probably telling you like something is out of alignment, something is wrong. There are lots of things in this world and in our lives that very justifiably make us angry, and repressing that or pushing that away, is not serving us or anybody else.

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And it's certainly not serving the revolution, the radical pleasure revolution, like your emotions are needed, they're WISE WISE signals that we need to be listening to. And so that's a big way that relationships are affected by emotions, and that really getting emotional mastery will greatly impact your relationship and support you there.

This is also the case like I don't know, I think this isn't just like a men thing either. I think a lot of times men have been socialized to really stuffed down and not express their emotions and people who are in partnerships with men, not all men of course, but especially sis men, it can be challenging, and they need help learning how to express these things.

But I also find and like I shared at the beginning. Women do this too when our own ways. We really do and we are people pleasers we're perfectionist we try to always like we're fine. We're okay, everything's good.

We just tried to put on this facade and we also have our work to do so I just want to say like if you're sitting out thinking like, Oh, this is all your masculine partners issues. Also very kindly and compassionately, be willing to pick up the mirror yourself and take a look at what areas in my life, am I not fully honest about my emotions,

I'm not fully sharing my emotions, or expressing them or I'm stuffing or numbing out. And here's the other thing about emotions, right? When I said numbing out, is when we start to numb out emotions, especially emotions that we're uncomfortable with, like, a lot of times, women don't feel like they're given permission to be angry, because we're called a bitch.

And so women, a lot of times have a hard time with anger. So they've been numbing out their anger, they've been pushing it down, they've been trying to be strong for everybody else, their kids, their family, their partners, their jobs, all the things, but when you can't just numb out certain emotions.

So when you start to get into a habit of pushing your emotions down, you are actually pushing down all of the good emotions as well. So you can't just like turn off sadness and anger and fear, but keep, you know, like joy and playfulness, and love and excitement, you can't like keep those ones on, it's like, when you turn down the volume, you're turning down the volume on all of them.

And I see so often to that women, and all folks who are having a hard time with their emotions, it's like their, their light is dimmed. They're a lightness is dampened. They, they're, they're just more hollow or depressed.

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And I've been there, I've been there too, in many ways. And I and I constantly have seasons, where I'm maybe more in a winter or in a darker place. And, you know, now instead of like pushing those seasons away and trying to ignore them, I, I really try to fully embrace them, and give myself permission to be sad sometimes to just feel off and feel funky. And to not feel happy.

Even if everything's okay, even if I know deep down, that I am so blessed. And I'm grateful for so many things. And life is really is fine. It's going well, it's going great. And I still just feel funky like leaning in and allowing that and allowing myself to just release it.

First of all, it feels so much better. I move through the season so much faster. But it also makes the sunny days the joyful seasons, the summers so much richer, too. Because I have learned and started building this, like this relationship to my own emotions, that is so much better.

And so it's something I really do work on with a lot of the couples and a lot of the people that I work with individually is helping them express their emotions so that they can navigate their relationship better.

This also super helpful with parenting. Oh my goodness, even with little Magick, like, he just started getting more emotional when he sees something he wants. And, you know, maybe he wants the scissors or the knife or something on the counter. And it's like, you can't have it. That's a no. And he gets he gets so mad and starts to cries.

And I just tell him I'm like, yeah, doesn't it suck when we can't get what we want? I know it's a real bummer. It's really frustrating. I've been there. I think I sometimes I like chuckle to myself.

When I really think about the times in my life when I've wanted something and I haven't been able to get it for whatever reason. It really is frustrating. And almost give yourself permission like a baby gives themselves. They don't hold their emotions, they don't stuff them.

This is something that we learn and that we get conditioned to do. It's like it's like being domesticated and civilized through our society. And in really problematic ways. We're not taught how to really meet our emotions in an empowered way. And we villainize certain emotions, and we kind of like over clinging to other emotions and so just letting him like validating his emotions.

I still say no, I still hold the boundary. You cannot stick your fingers in the outlet, you cannot have the knife. And I totally get that it's frustrating, especially because you don't really understand why you can't have it. And that's okay. You can be frustrated. And then we'll move on and it's okay.

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And I don't, you know, I try. I even catch myself when he cries or he's upset about something. I have this pattern that I've really been working on and catching where I try to, I just automatically tell him like, oh, you're okay, you're okay, it's fine. Everything's fine.

And while that in the big picture might be true, and there's a part of that, that I totally do want to teach him that, like, you know, sometimes in the moment, or when you're really close to something, it doesn't feel okay. But when you zoom out, you see the bigger picture. Everything is is gonna be okay.

There's some truth in that. Absolutely. And also, I don't want to be sitting there telling him what you are feeling isn't true. I don't want to Gaslight him, I don't want to say, like, you are okay, when he is clearly like, yeah, maybe I'm fine. I'm not dying. But emotionally, I'm upset that I don't get that thing that I want, or I can't go with mommy, to the bathroom, or whatever.

And it's like that, it's like, I want to, I want him to have permission. And I want to validate that if something makes him upset. That's okay, like, that's valid. And so this comes into parenting to an event I have, I have friends with, you know, slightly older children than obviously an eight month old, you know, kids of all ages, elementary school, middle school, high school, etc.

And being able to teach their kids a new way to relate to their emotions, to slow down to breathe, to feel them as sensations, to create a space. And this is something I just realized they didn't mention when I was talking about the relationships. But actually, when you're like in the heat of an emotion, it's so empowering, to create a private space for yourself, where you know, you're going to go to your room, you're going to close the door, or you're going to go, you know, maybe if you live with people or you live in the dorms or something, you go into the shower.

So you need some space of like privacy. And in that privacy, you can release your emotions, and just let them out without having to worry that they're going to land on somebody else and harm other people. But you can just go scream, you can curse in a pillow, you can punch a pillow, you can just cry and cry and wail, you know, creating your own safe space to let those emotions out to let them have a voice to connect to their sensations. To let your body move with the emotions and teaching your children how to do that.

I have seen incredible results. And kids are better at this than adults, honestly, because they're not so far, they're not as deeply conditioned as adults are. And so they are so much more connected to their bodies, and to their sensations.

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And it can be really powerful to for your parenting when you have your own sense of your own emotional, sort of groundedness and centered feeling centered in your emotions. A you can hold space for your child's wild roller coaster emotions so much better.

But you can also teach your child how to relate to the things that they're feeling in powerful ways. And they can also learn how to express what they're feeling to you more clearly. They can they have less sleep challenges and digestion challenges and attention challenges and all that stuff.

So really, you know, emotional mastery can be really powerful for parenting and for children as well. And then another place that it shows up is it shows up in sex. Sex is a deeply emotional it can be I should say it can be a deeply emotional thing.

Sex is not just you know, the standard sexual script which we talked a lot about in season one and what I share a lot in my classes and you know, with my clients but just think we think sex is just like oh, you know, we kiss well, he you know, start touching, maybe there's a little foreplay, and then we have some kind of penetration.

And if a penis is involved when the penis ejaculates, then sex is done, and we wrap it up. And that's all. And really sex can be this emotional opening sex can be a place where we cry, where we feel deeply into ourselves, we where we can have like altered states.

And when we feel safe to allow all of our emotions in the bedroom, I find that you are able to open up so much more to your partners, your orgasms get stronger, you're like the pleasure that you experience in sex, when you're not afraid to let emotions out during sex.

It can be so magical can be so powerful. And when you're just holding, when you just feel like you have to have sex, and you just have to kind of keep, the only emotion you're allowed to be having during sex is like, the emotion of like, turn on or like, I'm having a good time.

Instead of like, sometimes sex and orgasms, especially if you if your body is being penetrated in any way, like letting somebody else's body inside of you. It can, it can be a big deal. It can be a spiritual, you know, existential experience.

And if you're holding on and locking up all of these emotions, you're not going to be able to feel the full extent of that pleasure of, of your orgasm of that connection with that other person or with yourself.

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And yeah, I really encourage my clients and myself and it's hard. This is a hard vulnerable edge to lean into, to be willing to open up and cry during sex or after, or to scream and growl and roar. Or to shake or any any of these, like emotional body expression kind of things, takes a lot of vulnerability. It takes bravery, it takes courage, it takes practice.

And it can seriously shift people's sex, life sex, all of a sudden, just gets blown wide open. It's so much more than just what we see in porn, or what we see in the movies or what we read in erotic literature or anything like that.

Sex really can be so much more pleasure can be so much more. Also, you can have anger, orgasms, you can have cry orgasms, you can have feargasm. And it's those can be incredibly satisfying. And what that really is like an angergasm when you let yourself fully lean in, and you let the sensations of the anger, move through your body, with presence with consciousness with your breath, with love and compassion.

And you just let your emotion and the sensations of that emotion move through your body. You'll feel these waves the waves, you know of the sensations of the emotion. And you release that you let it out like an orgasm.

And it can feel so incredibly pleasurable it can feel so powerful to have angergasms and sadnessgasms, crygasm, I mean, all of these things you really can, especially when you start relating to your emotions as sensations. And that can be really challenging at first like don't beat yourself up.

If you're like, wait, my sadness, I'm supposed to relate to it as sensations like I don't feel it. I just, I just kind of start welling up and cry. Or you know, when I'm angry. I don't feel it. I don't know what you're talking about. So yeah, that's totally okay. If you're right there that's really common. And just keep getting curious. Just keep leaning in. When you feel an emotion, let yourself breathe. Breathe into it. Get curious about it. See if you feel like a pit welling up in your throat.

Maybe you feel it in your eyes. Maybe you feel it and your stomach, maybe you feel like clenching your fists like it doesn't and maybe you feel nothing. And that's totally normal to just keep going keep getting curious and really start to explore how emotions have sensations and see where that leads you.

It's a, it really will change the game. And so yeah, I just think emotions are such a huge part of our human experience. So of course, they're a huge part of sex, love and relationships. They're, they're something that is just like a foundational piece of all of it, of our relationship to ourselves and our own health, our own self love.

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It's foundational in our platonic and romantic and any kind of relationship we have. It's, it's part of parenting, it's part of our families, our family dynamics, whether you have kids or not, you know, with your own parents, your own family. These things are huge, and they're really important.

And yeah, it's just something that comes up a lot. And so I actually created a masterclass, called Emotional Power: Expression, Integration and Mastery, and it's a 90 minute masterclass, that gives you tools like actual tools that you can use for yourself, you and your partner can use you can teach your kid these tools, anything you want.

These tools are incredible at really helping you create that safe space to, you know, get, get intimate with your own emotions connect to your own emotions, get clarity around your own emotions, release them in a safe private space.

It really teaches you and gives you tools to help you relate to your emotions, as sensations. It helps you express your emotions so that you can complete stress and trauma cycles. Because life is hard life is throwing things at you. And if you aren't having emotional reactions, it's a good sign that you are numbing out you are bypassing and numbing out to big things that are going on because this world is a wild fucking place, and relationships in general.

Even if the world wasn't a fucking dumpster fire, just being a human relating to other humans. Emotions are a big deal and so learning how to express them and complete the stress cycles of everyday life. Learning how to this masterclass teaches you how to bring pleasure into your emotions, how you can actually use pleasure to help you integrate and digest your emotions and have a better relationship with your emotions so they don't feel so charged or scary or hard to access pleasure is such an anecdote and such a such a powerful tool when dealing with emotions and helps you.

This masterclass will help you name your emotions will help you get the wisdom that your emotions are trying to communicate to you. And it will just teach you like how to be in right relationship with your emotion. So your emotions don't have power over you. But you actually feel empowered by your emotions, like your your emotions are on your side.

And they've got your back. They're there to like fuel your life, and just help you get done what you're meant to do in this world. So it's a beautiful, beautiful masterclass, it's amazing.

It is the second class in the School of Radical Pleasure, which is so exciting that the School of Radical Pleasure is getting more and more classes for you all.

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So definitely check this out. If any of this resonated with you. This is like a no brainer to go check this out. And it will be on my website. It's in the show notes.

For a time being it'll be on my Instagram bio link. But it will always be in the show notes of this episode. So you can definitely go grab it there whenever you listen to this. This can also be like a great thing to do with your partner. This or with yourself like this can be something for whether you're single or in a relationship.

You can do it on your own. You could do it with somebody. I think sometimes having somebody to witness you can be really powerful. I don't think everybody is always ready to be witnessed in their emotional journey right away, because it's a very vulnerable and it's very deep. It's very intense.

A lot of a lot of sounds and movements and feelings and stuff comes out of us like, like a volcano. And so both can be really good. And you can kind of just decide what, what's best for you.

But I really think this masterclass will totally change the game. For you, it has, for me, it's been one of the most powerful things. For me, even like, right now, in my life, I'm going through some hard things and having to surrender.

I'm feeling like feelings of like failure and shame and frustration, and fear around just the direction of certain things of my health of, of how I'm going to keep being a parent of how I'm going to manage a business and you can hear even the laughing, that's like an emotion trying to come in and, and make it not seem as bad.

But as I've been navigating all of this stuff, I've been so freaking grateful that I have these tools, and that I know how to relate to my emotions, in such an empowered way. Because I'm currently in one of those seasons, if you're familiar with the Tarot, it's like a tower moment is happening for me, and being able to ride those waves and to not be afraid of all of these hard emotions that are coming up for me.

But instead, like embracing them, and feeling into them, and there's, there's what used to be like terror where I'd like cling on to things, it's so much easier for me to just be like, okay, all of these things are coming up, it's okay, feel them on the other side of them is so much more freedom, so much more clarity, like, let let things die to make space for rebirth.

And having this emotional power, and emotional mastery and being able to express it all digested integrated, has been a game changer for me right now. I'm so glad I have these things. And I want other people to know these things to truly like having emotional power is huge.

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It's one of the reasons why I chose it as the second class to release for the School of Radical Pleasure because it's just a foundational piece that every single person of any age of any relationship status of any gender can really, really benefit from.

And so I'm really excited that it's out there in the world now for you all, to enjoy to learn with me to embrace a new way of being in your emotions, so that you can be in more integrity, you can be in a higher emotional intelligence.

And just overall, you start to just ride the emotional waves of life. With so much more ease. I'm not gonna sit here and tell you that it's like always kind of be easy and fun and awesome. But part of it is actually the bigger part of it sometimes is, when it's hard and challenging and scary, you have tools, it's like, instead of feeling like you're floating down a raging river and trying to swim up it with just a life jacket or something.

You actually have like a raft and paddles and a light and all of these things that help you go down those turbulent waters so much faster with so much more confidence was so much more ease.

And yeah, that's what we need in the world if the world wasn't so emotionally fucked up. Imagine our leaders weren't so emotionally fucked up. Imagine if our parents weren't so emotionally fucked up. Imagine if our teachers and our bosses and all of these people could have better emotional groundedness and clarity and mastery and intelligence and expression.

I just the whole world would be different. So that's why it's part of the Radical Pleasure Revolution. That's why we're talking about it. Definitely go check it out. It's a 90 minute class. Right now the price is \$69 It's amazing. It's a no brainer. It'll change everything for you. It's changed everything for me.

[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.

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I work one on one with individuals, couples, and moresomes as well as offering 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, xoxo

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☆☆ If you are interested in going a little deeper, check out my [WORK WITH ME PAGE](#)

☆☆ Find me on [Instagram](#)



*Cheers!*  
*Dr. Emma*