

Radical *Presence* Revolution

with Dr. Emma

Emotions as Sensations: Guided Practice

Episode 12

Aired: Sept 15, 2021

Transcript

Radical *Pleasure* Revolution

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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]

Yay. Welcome back radical pleasure, babes. We are here to talk about emotional power still. I'm still on this thing.

In fact, I was just on an amazing call with one of my coaches Julia Motherfucking. Wells.

And I was on her P school call. P school is her pussy based, pleasure-based business school.

And I was just on the group call it was amazing. There were like 111 of us so it was like magical numbers. And we just did what she calls a boss bitch baptism.

And it's an amazing process I highly recommend anybody and everybody try it out. Check it out.

She has an episode where she goes into her boss bitch baptism. Actually, I think it dropped this week. Her podcast is Wait What the fuck? You can search like wait WTF on I'm thinking all of the podcast platforms and her coach and her talk about her own boss bitch baptism.

It's this awesome process. She kind of created for her own up-leveling and basically, you declare what your intentions are. What your intentions for your boss bitch baptism say that five times fast.

You declare what your intentions are for your boss bitch baptism. And so yeah, you set your intentions, you really claim that and then it's this deep emotional process, which is why it's relating to our theme topic right now of emotional power.

The next step of once you've kind of claimed your intentions for your boss bitch baptism,

Then you Oh, then you let go you like you, you purge, you release, you write down your journal, you say it in front of peers, you say it in front of the mirror, whatever feels good for you, but you really like let go of the things that are no longer serving you.

The people pleasing, the perfectionism, the doubting yourself. The feeling unworthy The, the not showing up for what you want, whatever you want to leave behind whatever you know, is in the old version of you, the version of you who is not getting the things you want, or whatever it does, actually doesn't even have to be the version of you who's not getting the things you have just the version of you that you're ready to, you know, move on from like your caterpillar and you're stepping into your butterfly.

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And I think we go through these cycles many times at all different stages of life at every different level. And you really let go, you say the things that you're ready to let go. And I've done this process a couple times. And the same things show up show up at different levels in different areas of my life. But it's still so powerful to just let it go especially powerful in community and being witnessed, which we were doing on this call with over 100 boss ass pitches.

And then the final part of the process three part process intentions letting go last step is stepping into your next level like claiming what you're stepping into claiming you know the things of like I am stepping into more orgasms. I'm stepping into trusting myself trusting my partner I'm stepping into better communication and stepping into a loving my body at every size. I'm stepping into loving who I see in the mirror, not just what I see in the mirror. I'm stepping into speaking my mind showing up unapologetically I'm stepping into receiving pleasure receiving love receiving support.

All of these things, you can step into whatever the fuck you want to step into. But it's an amazing process. I just did it again, like I said, I've done this a couple times. It's really powerful. I cried a bunch.

I so ugly cried I then danced and self pleasure and, you know, brought in the magic. And it really is powerful to do these things in, in community, which is why I think group programs I think sometimes get, I don't know, they'll do they get like a bad rap, but they're like, first of all, they tend to be like a lower investment.

So maybe people think they're not as valuable. And while it may be, you don't get as much of like one on one personalized attention and support. The value of group experiences, is just unmatched. It's something that I've even found myself, when I'm in one on one containers, and I'm in between group programs or masterminds, or in between just like group spaces, especially this last year, when, you know, we were all going through the pandemic, and feeling pretty isolated.

I missed, I missed that community, I missed that group element. And I think it's, it's just worth saying and pointing out that if you haven't experienced, you know, powerful group settings, especially amongst, you know, like minded people who have similar values, who are willing to be human and imperfect. And, you know, who just like the vibe, because not all groups, not all group settings are done the same, and I get that.

But I think that, when they're done well, they're so powerful to have that community that what some people might call a sisterhood.

But it could be of all genders. And, and also, there's something to be said too, about, like affinity groups of surrounding yourself, with people that look like you, too, whether that's by age, or gender, or race, or ability or size.

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All of those things can be really powerful. And also, I think, you know, mixed spaces. Also have, you know, there are pros and cons, there's trade offs to everything, right. But I would just really encourage you, if you haven't done that, seek that out. You know, I'm currently coaching my group program right now the Queen Method Foundations, and I just love the group calls I love witnessing, how people show up and how they support each other and cheer each other on.

And you just you get to let yourself belong. I think a lot of us have wounding around belonging, and especially women and femmes there's like, like the claws come out and backstabbing bitches.

Lots of just, I think messages rooted in like the patriarchy of women competing against each other and tearing each other down.

That it can be so healing to be in spaces, where you get to heal those wounds of feeling like you're rejected on the playground, or you weren't invited to the birthday party or you weren't popular, or maybe you were but you also deep down felt really insecure, whatever, whatever the thing.

I just want to encourage you to seek out community find it. It's okay to like pay for it. It doesn't mean it's any less real because you're in a paid program. In fact, sometimes those paid spaces, they're so much better managed, because they have the resources and the intention and, and things in place that like hold a strong container and hold strong boundaries that support the group cohesion that support the group, to be able to show up with vulnerability with courage, with compassion with realness, that sometimes when just left awake to our own devices.

Like finding groups, when there's not like kind of a clear leader, or like a clear intention being said, Sometimes I get gets messy and not always not saying it always does. But I just don't want you to think like, Oh, well, if you're in a group program, you're just like, you know, paying for us. It's not real. It's real. It's super real. And in fact, it can be even better in its own way, too.

So get yourselves in a community that is part of the radical pleasure revolution. There's so much pleasure to be had in groups.

And so that's why I originally brought this all up. It was top of mind. I literally just finished it. We poured water on us, I like splashed water. I mean, some people jumped into pools, some people jumped into the beach, the lake. Some people covered themselves in champagne.

But it was top of mind. And it was an emotional experience. And one thing I was feeling during this baptism, Wow, I can't say it anymore. This boss bitch baptism, there we go. We may just need maybe I just need to say it with, like a weird accent.

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But, um, yeah, while I was doing it, there was moments where I could feel myself, you know, people were sharing what they were letting go of. And they were writing it in the comments.

And I could tell I was feeling a little bit numb, like I was trying to, I don't know, hold myself, detach myself, not get too vulnerable, not lean in too much.

And I just noticed that didn't make myself wrong. So that's an important part to point out, didn't make myself wrong. But I felt that and I let myself really just lean in, lean into the emotional experience slowly. And as I started to feel like my own emotions coming up as I was, you know, letting the bubbles of like, what do I need to let go of.

Letting go of, you know, not trusting myself and doubting myself and, and feeling like, you know, I'm annoying people by having a business and making offers or that nobody wants, you know, the unique medicine and magic that I have to offer.

And as I was feeling into that, I could start to feel the emotions and I felt a lot of it in the back of my throat. And so one thing that I want to encourage you is to start to notice your emotions as sensations start to notice the sensations that you feel in your body when you're when you're in an emotional state.

And also, it's totally normal and Okay, if you're kind of like, numbed out, shut down, disconnected, that's all normal. Don't make yourself wrong for that. I think everyone's been there at some point or another and a lot of us are there in a lot of ways.

So numbness, numbness is okay to just keep getting curious just keep getting you know, closer to, to the numbness, except the numbness. Let it be okay. Don't make stories about it. But just get curious about the numbness.

And also if you are noticing sensations to start to not make stories about this emotional state, but just to get present with the sensations like feel like I was feeling that build up in the back of my throat and I could tell I needed to cry.

Like I needed to and I kind of you can hear me as I clear my throat I needed to, like release some energy that was moving through my throat. And when you're able to connect to the sensations when you just having that little nugget of like, Oh yeah, I'm feeling an emotion. Let me get curious about what's going on in my body. Let me get curious about what sensations might be moving around.

A lot of people feel like a pit in their stomach, a pit in their throat they can feel.

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I also was feeling like tenderness in my heart. It was kind of like a gentle contraction or tightness. But it was also a tender in my heart.

And you can start to just notice those sensations. And see how they're moving. You can bring breath to those sensations. So you can take a deep breath into those sensations. You can see how that affects them and see if that makes them move or release.

I invite you to also like bring sounding to your emotion. So letting yourself actually like, cry, and, or just make sounds make weird sounds like that's beautiful, that's totally part of the process.

This will also liberate you in the bedroom when you can feel into your sensations in the present moment. Bring your breath and allow things to sound.

Those are three key components to amazing pleasure and orgasms in the bedroom.

Which is also why I talk about emotional power. They're so connected. And so as you're feeling your emotions, you can sound them you can even literally move your body, like move the emotion out or like, let your body intuitively move as if it were trying to express that emotion.

And don't let your cute little brain come in here and try to like, make stuff up about you know how weird you are. You're doing this wrong, you're moving wrong, you're sounding wrong, you're breathing wrong to say hey, cute little brain I see you, keep going get present and get back to your breath, get back to the emotions just move and sound.

And it can be such a beautiful powerful way to relate to your emotions when we can use these tools these embodiment pieces. And so as I was doing this boss bitch baptism, there we go, I got it!

As I was doing that I could feel you know, this part of me that wanted to shut down and it was resistance. I know this in myself, for me, it was just resistance. Which I was like, Okay, let's lean in, let's feel and I just leaned into the cry and it just burst. You know, I was like ugly cry.

I just like sobbed and I had snot and tears. And I just let it out and I moved my body and I self soothe like I was stroking my face. I was stroking my hair.

I was tickling my palms. That's something that I really like to do. And I just fully leaned in to the emotion and to the sensations. And, and honestly, there's so much pleasure in that. Like, I love crying now not in like a not in like I don't know, maybe like a dark, heavy way.

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Not that that's bad, but like, I love to cry when I give myself permission. It literally feel so good. It's like, like we talked about last week it's like a crygasm. It really is. It's like it's energy moving through you and it can feel so good. There have been times less often but probably because I'm still allowing myself to embrace anger.

But there have also been times with anger where when I've really just let myself get angry not at anybody, I'm in my own safe space. Again, I teach you how to do this in my Emotional Power Masterclass, but when I really just let myself go there and punch a pillow or scream or like curse like just saying fuck you like, Ah, it feels good.

It feels so good. And so there's truly pleasure to be had in your emotions. One of my teachers mama Gina she talked about how you know as humans we are like a keyboard and our emotions are like all of the keys on the keyboard.

And so often society and conditioning and religion and whatever, what have you tells us to just stay in like, be happy, be you know, be strong, be brave, you know these like certain emotions.

We, we try to push down the sadness or the anger or the fear, or the jealousy or any of those more challenging emotions that, you know, society has dubbed as like negative emotions, air quotes here negative emotions.

But when we push that down, we're not allowing ourselves to play the full keyboard. Like imagine, if musicians, and if the music was only three notes now, not that some great songs, I am sure some beautiful music could be made with three notes, I'm sure of it.

But imagine how much we would be missing out of when we realized like, holy shit, there's 88 keys, there's 88 keys that we could be playing and let yourself play the deep notes.

You know, let yourself play the high notes. When we let our emotion and, and again, when I'm saying the notes, I'm talking about emotions, right. Let yourself, like give yourself the gift of a full keyboard. Don't limit yourself to three warring keys for the rest of your life.

It's, it's not, it's not beautiful. It's not where the magic is. It's not where the symphonies are. Your life is meant to be a symphony, not a three-note jingle. And again, no shade to the three-note songs out there. But your life is meant to be so much more than that.

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And I believe in bracing our emotions, not making our emotions wrong, not stuffing them down, getting into right relationship with our emotions, learning how to express them in ways that serve us and also serve those around us. Learning how to integrate our emotions are so important for us.

And so today, I just wanted to take a little bit of time I chatted way more than I thought I was going to surprise, surprise. I could talk forever it's so true.

But today I, yeah, I wanted to walk you through a practice of like, how to kind of tap in and maybe lean into your emotions, and feel the pleasure of the emotion.

So if you're listening to this, and you're like, Oh, I am not in a place where I can do this right now. Cool, you can put this on pause, you can come back, you can listen to it one time through if you want and then come back and do it.

But I wanted to kind of try something out for the podcast and like demo or give you a little practice to try to tap into.

So one thing I like to do, I like to close my eyes, closing your eyes does not work for everybody. And that's okay, do what works for you, as always, but I like to close my eyes. You can soften your gaze, whatever you do, kind of find a fixed point if you're keeping your eyes open. Just kind of lower your eyes find a fixed point that you can kind of zone out on and not feel too distracted so that you can maybe come more into your body.

Once I've kind of done that, I like to take a few deep breaths. I always like to notice the sensations of my inhale and my exhale. Noticing the sensations of my breath helps my mind and my attention come into my body and into what I'm feeling as sensations.

So just take a moment with some deeper breaths, not pushing the breath not forcing the breath but just deepening gently.

You can relax your jaw. You can take a couple sighs like I just did.

And then I want to invite you to just start to kind of call in an emotional state, maybe it's been an emotion that's been coming up a lot for you lately. Maybe it's an emotion, you know, you need to work on, like work on expressing or feeling or allowing or giving yourself permission.

Maybe for this time through, it's just a simple emotion, it could, you could also just go with like an easier emotion for you.

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I think sometimes using a memory or kind of thinking of an actual situation that gives you this emotional charge can help call it in, for example, I, I have been lately faced with some old thoughts and voices, about my body not being attractive. And when I think about those voices, and when I kind of remember that it brings up sadness, it brings up a lot of pain and humiliation and feeling like I'm not good enough. I'm not lovable.

And so that that can I just say that as an example that can help you stir up and tap into genuine emotions, whatever memory and be gentle, you don't need to go into really intense things just go gentle.

Unless, again, unless you feel like you want to go hardcore, that is totally up to you.

As you start to feel that emotional state, start to notice it in your body. if you can notice the sensations sometimes speaking them out loud or saying them in your mind can help.

Like I feel like kind of tense bubbles in my throat and I feel like a heavy darkness in my heart feels to me like clenching, tightness in my solar plexus.

Just take a deep breath into those sensations. Breathe into whatever you're feeling. See if it changes the sensation if the sensation moves. If it expands, if it dissipates, maybe it does nothing at all.

Also, don't worry if you're not feeling any sensations. Maybe the emotion you really want to work on is just a little bit blocked and you're not connecting to it. That's okay. Don't make it mean that you're broken or that something's wrong or you're not doing it right.

Just have so much compassion for yourself. And so much curiosity.

What's here for me today. And now I want to give you permission to like lean in to the emotion. If you're breathing and it's stirring up, if you're having the experience where you almost feel like a balloon, that's blowing up, and if somebody doesn't like, let some air out somewhere, it's just gonna pop and explode, I want to invite you to lean in, let it out, like, just feel it just cry or scream or laugh hysterically. Just let the emotion out.

Maybe it's an orgasm, maybe it's an angergasm maybe it's a fear orgasm.

But go for it, lean into it, like, like you are throwing gas on a fire.

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And just go and go and go. If you want to keep going, you can always put this on pause. I highly recommend also putting on some music, you know, like music, whether you're, if it's angry, like putting on angry and tense music, if it's sad, you can put on sad, you know, emotional music, if it's pleasure putting on sexy music, whatever music helps you express that. Do it.

Even if you come back to this, or you try this on your own. Try it with music. And I will say something that feels really good when you've let yourself have an emotional release when you've like leaned in and you really felt it and let it out. It's so good to come back into pleasure.

And that can be a lot of different things. I default to just like self-stroking, just like caressing my skin that always feels really good to me. Some people need a firmer touch, like massaging your palm or massage in your own feet.

You can also get a soft blanket and just snuggle with a soft blanket for a moment. You can dance if that brings you pleasure. You can literally self-pleasure. I am here for that if you want to bring in some erotic energy.

If a hot cup of tea would feel pleasurable and soothing, a hot shower or bath, maybe go smoke a blunt.

It's so beautiful to give your gift. You give yourself the gift of feeling the emotion and then taking care of your nervous system. soothing yourself titrating with pleasure.

So give yourself some pleasure. Just for a moment.

Doesn't have to be any more than a minute or five minutes It can be as long as you want. Come back to pleasure. Blend pleasure with the emotion you can blend pleasure with sadness with anger with fear with jealousy with disgust with joy with a lightness.

Blended blended, it is the medicine. Once you self-soothe, again, you take all the time you need doing that.

Plenty of self soothed giving your body the gift of some pleasure, whatever kind of pleasure.

Then you can slowly open your eyes. You can take a few soothing slow breaths

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And you can like celebrate yourself, no matter what your experience was trying to tap into your emotions, just them, trying out that practice, celebrate the shit out of yourself for trying it. Maybe celebrate yourself for whatever you experienced, maybe you just had an amazing cry that you weren't giving yourself for a long time.

Maybe you just screamed Fuck you, and that you had been bottling up for far too long. Celebrate that shit.

Your emotions are powerful, your emotions are connected to your pleasure. Your emotions really are like, like the water like the life force, like the blood in the veins of so much that's going on for you. And so when you have an empowered connection to your emotions, your life just changes.

Like I said earlier, you get to live with all 88 keys of the keyboard. And your life becomes a fucking concert, a symphony, a multi night rave, whatever you want it to be.

And so I just wanted to take a moment for this episode and for today, to just give us all a little taste something we can come back to over and over again, if this resonated, if this helped you to happen to an emotion, do it again.

If you want more of this, of course, check out the Emotional Power Masterclass, the links are always down below in the show notes.

So you can get it there. It's also on my website, and the School of Radical Pleasure. This is one of the juicy topics that we talk about there.

So yeah, I just wanted to give that to you. And it was perfect that I just personally also had such an emotional release and experience right before this. And I was like, oh, oh, I know, there was a version of me before I knew what to do with my emotions where I would have just held on to the emotion, I would have shoved it down, I would have just kept a smile on and you know, I would have stayed in my head and just checked off, you know the things that I wanted to do.

But when you can really lean in and feel your experiences, even the hard ones. There is pleasure there and just feeling things and when you can feel your emotions more deeply. I promise you, you can feel your orgasms more deeply. You can feel love for yourself, for your partner for your friends and family and community more deeply.

So it is so worth your while to learn how to have an empowered in bodied relationship with your emotions.

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So that's what we're doing here today at the Radical Pleasure Revolution. I hope you all loved it. Thank you all for those of you who tuned in live. Momo shout out to you. I've see oh my gosh, there's comments here.

Yes, thank you for being here. Momo. And for those of you who tuned in for that practice and those of you listening to the podcast, I hope you enjoy this episode. Of course. You can reach out to me if you have questions, or if you want to share your experience.

I love that and I hope you all have an emotionally vibrant, delicious rest of your day or evening.

[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 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](#)

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Cheers!
Dr. Emma