

Radical *Pleasure* Revolution

with Dr. Emma

The Recap & Wrap Up

Episode 10

Aired: Sept 1, 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]

Hello, hello, Radical Pleasure Revolutionaries. We are bringing the Podcast back. Yay.

That is my first announcement. It's, you know, as you all know, from season one,

I was pregnant with my little Magick, who has since been born. Actually, I don't even know if you all know that my baby that I had on December 15. His name is Magick.

So I had a baby who was wanting so badly to come back to this Podcast.

Mom life wholly schmoly that was a thing talk about sleep deprivation, trying to find pleasure.

And the fourth trimester of parenthood. Thankfully, I had lots of support, which shout out to Gigi, my mom, Magick's Grandma, who has pretty much moved in with me to help take care of Magick.

And so there's like a level of pleasure tip right there of like, Holy moly, lean into support, support changes, everything. Support is in my world a form of pleasure. It's a form of getting your needs met making space for more pleasure.

Yeah, being supported. And everything that I do makes it less lonely.

You're not just trying to do it all by yourself. But also just feels good. I think that's also part of this, like, radical pleasure revolution that we're talking about of like, how do we learn in how do you receive more?

How do we kind of lean into that feminine side and not feminine as a gender thing. But like, how do we lean into that receptive energy and surrender and open up and let ourselves be supported is way easier said than done.

Even with, you know, all the support that I have, I catch myself often, like not fully accepting the support not fully allowing myself to just take the support. And that's an edge that I've been leaning in myself during this little off season from the podcast.

Yeah, so I wanted to just come on today and kick off this freakin podcast again, because it is time for the radical pleasure revolution podcast to continue.

And I wanted to give you a little update of what I've been up to what I've been doing.

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What the Radical Pleasure Revolution is, you know what our next steps are?

My goal, my dream, my vision for what this next season was going to be was, we were going to have Sinead, who is one of my longtime friends. She's been in my coaching program, she's been a one-on-one client of mine. She's awesome.

She is a wonderful mom herself, an amazing artist, human hilarious human being.

And she and I, my original vision was for she and I to do season two together, and sort of talk about all the work that we've done, and how that intersects with and relates to all the topics that we unpacked in season one.

But as we know, life, just you know, laughs at our plans.

She moved back to Long Island, New York, which is awesome. She got a house, she also had a baby.

And, you know, she had a baby right when the pandemic started. She has two kids, and you know, life was just, you know, not allowing us two moms to get together. And so those dreams and wishes for Sinead to be on the podcast, they will be in the future, I have no doubt that she will be on this podcast with us.

You all get to experience her magic sometime soon in the future, I hope.

I know, she'll be on we don't know how soon it is. I shouldn't say soon. But um, yeah, that was my original, my original plan.

And again, we're surrendering to what we need to get done. And so I was just, I was missing you all. And we needed to get back to these conversations back to this revolution, of really bringing pleasure into every area of our life, whether that's parenting or health, our business, our relationship, our sex life. Really anything our spirituality, pleasure can be such a medicine.

And so I on this break, I'm not even kidding you. I've had so many ideas so many times where I was like, Oh, I just thought I'd go record an episode and talk to you all again.

It just was taken, taken forever. Because, again, like I said, Parenthood, I had a really intense 43-hour birth, which there will be an episode of the birth story. At the very least, Brian and I, my husband, and I will share the story. I'm hoping that my mom, Gigi, Grandma will join us for that episode too because she was there.

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It's really interesting to hear the multiple perspectives of that birth story and so I had a 43 an hour birth. And then you know, the fourth trimester just was cool getting a good night's sleep.

Didn't happen for a while and you know, maybe like a good night's sleep.

Maybe still hasn't totally happened. There was mama bear hormones are wild.

I remember the first time Magick slept like seven hours straight. He had never slept more than like three or four hours. And he goes seven hours and the three of us for just like sitting watching the baby monitor. Be like, is he breathing?

What's going on. So even when the baby was sleeping, I was not always sleeping, which I don't understand how people fully follow that advice. When the baby sleeps, the mom sleeps, or the parents need to be sleeping.

I was like easier said than done. I wish I could just go to sleep every time that the baby was asleep. So sleep deprivation was a thing. I've also been dealing with an interesting sort of spiral, I have health issues, which, you know, I'm probably going to share more about on here and share with you all because you might resonate with it.

I think there's a little bit of an edge. For me, it's a little bit, I don't know, nerve-wracking or embarrassing, I have to face my own internalized shame and judgments and even like a little bit of my own ableism, around sharing my health issues.

It's not easy to just really share those things in your body and your health is going on. I think in this culture, we've been taught that like, Oh, you know, medical stuff is private, and, you know, HIPAA and all that stuff.

And so, and I think, also, for me, my health issues are tied into the size of my body and my body image challenges that I've had to navigate and continue to navigate, especially postpartum.

And so, you know, there's all of these things that are coming up, as I think about sharing with you all, what I've really been going through since, you know, the last season wrapped up, and it's an edge that I'm both excited and terrifying to lean into. And to open up to you all more about.

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Yeah, it's, it's, it can be a tender spot, it can be a tender topic, to share about our health struggles, in a society, especially like a society that has such intense, like, systems of oppression around body sizes around, you know, ability and productivity, and like, even like desirability, and attraction, and how all of those things intersect.

And so, yeah, my brain just kind of goes off to all these places around, share it will be so great. And then No, don't you dare share it, it'll be so scary people will say, mean horrible things, the internet is full of trolls and nasty people. And, and one thing about this experiment that I really am actually excited about, and kind of, you know, leaning into my own edge of vulnerability and sharing more and more personal stuff, as well as the, you know, educational stuff.

And, you know, the radical pleasure revolution stuff is that there is a big part of me that actually believes when you allow your community to embrace you, and celebrate you, and have your back, when you actually do the work to sort of heal those community wounds.

And whether they're like, sisterhood wounds, or community wounds, or whatever, it can be a really beautiful and healing experience. And there's a part of you it's almost like that fire, that higher self or like that wise one, in me is like, actually, lean in, say the things be more you be more visible.

Be more vulnerable, like Rene Brown says, you know, that takes bravery and courage. And let your community show you that they love you, but they've got your back. And that's easier said than done. Like I feel a little nauseous. Even just saying all of this out loud. And thinking of the idea of being like, Oh my gosh, what am I really told them, the struggles that I've been having.

And part of that, too, is also like, I think sometimes we get this idea that if you you know are supposed to be a coach or counselor or therapist or a healer or somebody with a PhD, whatever that really even means. Like, you're supposed to have some like knowledge and, and that knowledge is supposed to make you perfect and like this idea of perfection is like, again, all the systems of oppression, like white supremacy is perfectionism and patriarchy is perfectionism.

You know all of those things and I have to not buy into that I have to allow my own humanity to come out and to be seen and to be witnessed.

And so I think that was also an edge that I was having to really confront. During this time off during this, like, since the end of the first season until now of can we show up for this podcast for the fucking radical pleasure revolution, way bigger than just this podcast but actually, like the mission and the work that I feel like I was brought into human form to do like my soul's calling.

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Can you allow yourself to do it and not be perfect? Not be flawless not being in perfect health? Not, you know, can you do it with spit up in your hair? And like, all the clothes that you know, haven't changed in a while and maybe haven't brushed your teeth or whatever?

And can you share the hard stuff? Can you share the things that aren't just, you know, these concepts. And so that was an edge that I was working through. Because again, there are so many times I wanted to record an episode, it was like, I didn't have the perfect condition or the right things written out to say to you all I was hesitating.

And so we're diving in this season, it's gonna be messy, it's gonna be rambley we're gonna have a lot of fun. It's going to be packed with so much value, and so much goodness that I really hope. And I believe, like in doing, like, doing this movement, this radical pleasure revolution movement, I believe in doing it justice.

We're just going to show up, we're going to trust that it's enough. We're gonna and again, there's like that enoughness we're going to trust that the people that you are listening, that whenever you tune in, you are getting exactly what you need. And it doesn't have to be all bells and whistles and you know, fluffy, perfect stuff.

It's like real life. Like, you know, all of a sudden, but this is us having to make them shout out this is us. So guys, shout out to any of you who watch This Is Us. That's another thing I was doing on the break was watching a lot of This Is Us.

I love that show. Highly recommend it, especially if you want to tap into your emotions.

So yeah, um, let's see, what else have I been up to?

Let me give you a little update about Magick. First off Magick is a frickin cutie. Oh my gosh. You can check out my Instagram I post pictures of him from time to time. He has a little cutie nugget.

He's got two teeth fully out right now and he bit me yesterday. Hilarious. I have like bite marks in my on my arm all day. His top teeth you they're coming in, which is also cute. The whole teething thing though not as cute. Eating is a bummer. Definitely messes with sleep, more stuff for sleep deprivation.

And yeah, he's standing he's walking. He's not he's not walking without support. Oh my gosh, he's only eight months old. But he's walking super fast. With support. He's crawling at least. He definitely gets more feisty and emotional now when he wants something he's so determined and like he, he has such a strong will.

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Like when he wants something and if he can't have it. Man, he's in a space where he lets you know, not for like a long time. He's not like a cry/fussy baby. But he's like an expressive baby.

Definitely gets that for me. I was a stubborn, willful like ballbusting baby myself. So the line is like how do you one thing we're looking at is like how do we allow these beautiful human qualities and not like diminish his spirit or like crush him? But also keep him safe and alive. Like Sorry, I know you really want the knife but you really can't have it.

So it's something my mom actually used to say about me. She'd be like, Oh gosh, there are moments where I just try to remind myself like these qualities will be great in Emma, when she's a grown woman, and when they're in a baby or in a child, it's like, oh, it's hard.

And, you know, that is something to I'm thinking about with parenting, like, how do we do parenting differently? How do we really honor my child's humanity because I think children so often, that's another area of like, there's this major power dynamic going on between parent and child.

And that power dynamic gets abused so much, I think in our culture, and who it's, it's really interesting and challenging to navigate and to unpack that and to, you know, really try to do parenting a little differently. And also do parenting with pleasure with enoughness.

Another piece of parenting that's coming out now that I'm thinking now that I'm reflecting on what I've been doing, is how the identity of motherhood and identity of being a mom has also, like shifted and attempted to change my identity around like, my sexual identity, and my sexuality.

And I've definitely had moments where I felt like, when I'm in the identity of Mother, I feel very desexualize, which is interesting, it's not even necessarily that, you know, Brian is, is doing anything or doing anything different. It's my own internalized beliefs around like mothers and how they're supposed to be, you know, these like nurturing people and like, sexuality, makes them I don't know, not as motherly and not as not as good and, and not as nurturing or something like that.

And so it's been this interesting process to, to really, notice those things coming up and trying to affect my own identity, and my own experience of pleasure and sexuality and my body of like, No, your body is not for your own pleasure anymore, your body is to feed your baby, you know, your, your body is to hold your baby and child and you know, my body is also totally different.

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Like, it's a completely different size and shape now. And that has been also a total, kind of like mind fuck around my sexuality and my sexual expression. Also having, you know, either my mom or my mother in law, in our home has also had an interesting impact on my sexual experiences, my sexuality, my sexual expression.

And so all of these interesting things are going on. And one thing that I think is important to name, and to sort of, like touch on too, is like, some of the work that I've done is like, not making a story around this not making any of this wrong, not like freaking out and being like, oh, oh, something's wrong, because I'm starting to like, feel desexualized now that I'm a mother, or, you know, like, because sex with my partner, it looks different when we have people living in our house versus when we don't.

I could spin out and start making a story like, Oh, we have relationship problems, or, oh, I'm having, you know, issues around sex and sexuality. And that actually, in my experience, and this has taken some time and some work, but it's just really letting all of it be okay like full permission for me to have these questions for me to have these fears and these feelings, and to not make them wrong.

They're just simply a season. They're just simply a part of the constant evolution of our relationships with our body with our partners, with ourselves, our sexuality, of the constant evolution of our sexual expression and all the things.

It doesn't mean anything's broken. It doesn't mean anything's wrong. And I think that right there that now, like applying that to your own situations, trying that on and seeing how that feels of like, making myself wrong for something that's just totally fucking human.

And, and normal, like, so much of what people experience in sexuality is so much more normal again, whatever that really means normal than they think. And they this, like, chasing normalcy creates so many issues for people, instead of surrendering to the season that you're in, and in your relationship and your sexuality and your parenting and whatever.

And just surrender to it, learn from it, see what, see what it has for you see what it's trying to show you. And, you know, come back to the core principles of pleasure of radical self-love, and you know, and, of like the present moment, and your healing and your empowerment and that will, I think, help support you through it.

And that's not to like to minimize or bypass genuine issues that absolutely come up. But also, when you have genuine issues that you want to work on, or you want to shift or you want to change or whatever, you can hold that truth, you can hold that desire for something to share for something to improve, for something to change.

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And at the same time, here's the sexological perspective, at the same time, you can also hold the truth that you're not broken, that nothing's wrong with you that you're worthy that you're enough, even in this current state that you're maybe not like super happy with.

You're still enough. And so taking those little tokens and, and wisdom and messages, if they serve you if they feel good, take them if they don't obviously leave them. And that's the case. For anything that happens in this podcast, take what you want, leave the rest.

And just, you know, the center pleasure center your humanity. So I'm trying to think if there's any other updates for you all, personal life-wise.

Again, here I am. I'm like avoiding some of the health stuff that I told you about.

But yeah, I think that's enough for the personal stuff for now.

Business-wise, it was wonderful. We ran a 30-day pleasure challenge in January, which was awesome. It was every day, there was like a quick one to five minutes, like activity that I shared with you all to inspire you to get into pleasure. And it was a variety of things like a breast massage, or go and take some deep breaths out in nature. Or, you know, wear your favorite lipstick.

Give yourself or a partner a face caress. And there was just such a variety of things from nourishing pleasure to sensual pleasure, to erotic pleasure. Share it on that challenge. And it was awesome and juicy. It was exactly what I needed to kick off the new year.

It's exactly what I needed with a freaking newborn like he was born on December 15. So it was like, well, I needed it. So we ran that pleasure challenge. It's amazing. And we're probably going to run it again. So keep your eyes out for that.

Then what did we do? Oh, then for February, we sold an amazing ebook called *Couples Practices For Better Sex and Deeper Intimacy*, which you can always buy on my website, which is also actually currently included in a special couples bundle.

That is on sale right now as well. That is also on my website.

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And I will share more about the bundle here in a minute. But we sold this ebook and they were like 29 amazing practices they were the practices that I use with my couple clients to take them through a journey that completely transforms their intimacy, through communication, building trust, doing things like erotic mapping, and really tapping back into the present moment and our pleasure and our senses, a lot of the concepts that Masters and Johnson developed in their sensitive focus.

These are also practices that I've learned from both my VITA Sex Love and Relationship Coaching certification, in addition to the surrogate partner therapy, training that I did as well.

And so, these practices were amazing. People loved the book for Valentine's Day, it was a great gift for their hubbies that was, you know, great for date night. And those practices done in sequence, literally, I've seen time and time and time again, completely transformed the way couples approach sex, approach pleasure, approach intimacy, their bodies, connecting, communicating all that stuff. Really amazing.

Um, and then, let's see, March, I'm not sure what we did in March, maybe we were just kind of transitioning, kind of connecting back. That's right. In March, I was still kind of realizing like, Oh, I coming back from pregnancy, so soon, was feeling a little bit challenging.

So we kind of just slowed down connected with community. And then we launched the Queen Method Foundational Group coaching program, which is a phenomenal 16 week program where you learn the eight foundational life principles as the Queen method.

This is all about like healing, and empowerment, through pleasure through radical self love, through embodiment, through breath work, stuff like that.

And that's currently going on, we've got a lovely cohort, who's working their way through the Queen method journey, and Queening the fuck up. And so that was an amazing group coaching offer that we have going on. And now here we are, in August, and I released, we opened doors officially to the School of Radical Pleasure.

So the School of Radical Pleasure is open. And the first class that we were teaching, was the Couples Connection Practices for Deeper Intimacy Masterclass,

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Different than the ebook, in that the E book is a lot more focused on you know, building a foundation for eroticism, for intimacy for pleasure exchange, whereas the masterclass is really a beautiful, it's 11 simple, but profound practices that really help you connect to your partner.

So this is like laying the foundation of a partnership, these practices included, like, I think, actually, it was a fears, desires, loves practice, which I actually share with you in season one of the podcast, so if you wanted to, like go check that practice out, you can in either the masterclass, which I highly recommend, or on season one, I think it was in the relationship episode.

I'm not totally sure, but I'm pretty sure in the relationship episode of season one I shared that practice but 11 practices the first practice was fears, desires loves. The second practice is a safety and security ritual. The third practice is an eye gazing exercise. The fourth practice is a heart breathing exercise. The fifth practice is a spooning breathwork exercise. The sixth practice is what do you love about me? practice which I love.

Seventh is May I/will you which is also amazing, May I/will you will change your freaking life. I love, love, love teaching this practice to clients because when they start implementing it in their relationship, they're like holy shit.

It can be as simple as asking, may I or will you, and then following the pleasure and following your own pleasure. You're not there to give and like, like to push or, or to force your partner into pleasure everybody takes care of their own pleasure.

And they can ask you, will you, it's amazing practice, get the masterclass totally will change, that practice alone will totally change everything.

There's a trust walk in there, there's a face crass practice and affirmations shower, which is really the affirmation shower you can do with yourself in the mirror.

But also doing it with a partner is such a rich way to really kind of like fill up your love tank, like the good tank, like obviously, in relationships, there are challenges.

But if you're spending more time than not in like the good, connected, you know, yummy. I like you, I love you zone, that that is where we want to be an affirmation showers are such a great way to do that.

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And then the last practice is a wild freedom practice, which is like a really playful, silly practice that really helps you and your partner kind of cut through the shame like they're honestly, even in long-term relationships. There is so much shame and when couples really start to look at what am I hiding? What am I afraid to really like, express or do and this really comes up in sex because a lot of us are trying to be perfect.

We're trying to, like, we're trying to like follow this standard sexual script that we're all brainwashed and conditioned with. And we're not actually tapping into like our wild, free sexual selves, which is where the best orgasms happen, people.

That's where all the good stuff happens. So the wild freedom practice is really fun and playful and silly. And it will help you have better orgasms as well. So definitely check out the masterclass.

Yeah, that you can find the link in the show notes. It will be there right now, for the month of August 2021. It is 50% off. So if you get it by August 31, you're saving big bucks.

And it is bundled right now. I bundle it with the e-book with the 29 sexual and erotic practices, which together that is like such a juicy gift.

You can get the bundle which is also discounted right now as well. Which, same link, same link as the one in the show notes.

So yeah, that's what I've been up to. And I'm so glad to be back. And I'm really excited we're going to be doing, we're going to be doing this podcast, at least for the foreseeable future.

We're gonna be doing most of the episodes live on my Instagram. My Instagram is @emma_gone_rogue. Also link in the show notes. But we will be doing these podcast episodes live on Instagram, on Thursdays at 1pm Pacific 4pm. Eastern.

I'm the live episodes, if we are being really honest because I do have a baby here. I might be a few minutes late, but that's okay. We're all good with that, I hope. But yeah, I would love to invite you all to follow me there, join these lives so that we can interact, you can ask questions, we can get have a lot of fun doing this.

So that is sort of what I've been up to what we're moving forward in.

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Again, check out the masterclass. It really is such a beautiful way. Again, this is for couples who are in a rut, absolutely like these practices can really help you reconnect and reestablish that foundation of connection of trust and vulnerability, of intimacy with each other.

This is also great for new couples who want to just start their relationship off right, doing things that will set them up for the long run.

This is great for couples who have been in the game awhile and they just know that we constantly have to do the work to keep that spark going.

It's like a garden. Your relationship is a garden and this masterclass is a beautiful fertilizer with sunshine and fresh rain. And for those of you that have been in a relationship for a long time, you know that you gotta maintain it. You gotta maintain the garden. Otherwise, the weeds and pests and all the shit will take over. And so this masterclass great for that.

This is also if you don't have a partner. Or you have a partner like, my partner will not do any of these practices. A: Question that story you are telling yourself a little bit. Because I have managed to get my husband to do them. Who, yeah know he was a college football player, one of the most, like yeah know, not emotional connecty kind of spiritual people out there. He also was, yeah know, into video games and he's from Nigeria. I'm telling you this man is not the type of person that you think would ever do these practices and he has done them.

And part of it is because, and this is the advice I'm telling you, if you are in that situation where you are afraid your partner will not be into these practices, but you are kind of like, I would like to do that, listen, get the masterclass, learn these practices and as you step into that energy, there is an amazing things that happens where you can invite your partner in as like this initiatrix.

These practices will help you do that. It is well worth, if you are interested in them to get them and to learn them yourself and to just see if your partner will be magnetized into them because that has been my experience. I have seen that happen with other clients as well.

And of course if you need support, if like that is an issue get on my wait list. That link will also be in the show notes so you can have support reconnecting with your babes.

And if you're single too, this is a great thing to get for when that special someone shows up, again then you can start your relationship off right. So I really fill this is like for any body how feels called to it regardless of their relationship situation, it is for you. You are being called to it for a reason.

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Check it out for sure. So yeah, I'm excited to be back with you all. That's all I've got for this like welcome back, we're coming back, we're coming back wild.

And yeah, we're coming back as a totally new person. Like the pre-mom Emma, unfortunately, she died. I'll never be a not mom again. And so we've got some new energy, some new wisdom in the house.

And I'm excited to be on this journey with you all.

All right. I love you, radical pleasure revolutionaries.

[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](#)

☆☆ Find me on [Instagram](#)



Cheers!
Dr. Emma