

Find Your Feminine Fire Episode 327

The Pleasure Rebellion:

Why Reclaiming Your Sexuality is a Radical Act of Power

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Amanda Testa: In a world where women's rights, bodily autonomy, and sexual empowerment are constantly under threat, reclaiming your pleasure isn't just about feeling good. It's a radical act of power. And in this week's episode, we're going to explore how the suppression of our sexuality is woven into larger cultural narratives, [00:01:00] why pleasure is the key to unlocking your deepest confidence and success, and what you can do to reconnect with your body and reclaim your birthright to joy, freedom, and fulfillment.

Welcome to the Find Your Feminine Fire podcast. I am your host, Amanda Testa. I'm fired up today. So I'm recording this episode. I apologize if there's background noise, but we do what we gotta do. Did you know that 39 percent of women, only 39 percent of women experience consistent pleasure during sex compared to 91 percent of men?

Did you know that women are burning out at record rates, struggling to ask for what they need, not just in the bedroom, but in their careers, their relationships and their lives. This is not a coincidence. This is by design. When we're talking about sexuality and reclaiming this big deeper part of who we are, it's not just about sex.

It's about freedom and the way we are conditioned to shrink. I want to share, a personal story about this because something that I realized I was raised in a very conservative environment, [00:02:00] and I remember feeling like being my full self was not really encouraged. I had a hard time containing myself, let's just say.

And I remember something my mom would always say would be, put a bow in, which meant put your hair up, put a bow in, look presentable, look nice. And we used to laugh because at all the pictures of my fancy events where I'm dressed up I had a tendency to sit with my legs apart, like slouch forward, not very ladylike.

And then my sister's all prim and proper sitting pop, sitting just so, and we laugh because my mom would put these pictures of us next to each other, on the mantle and here I am, somewhere in nature, just total no makeup, nothing. And my sister's dressed to a tee. That's just part of my personality.

I'm just not good at following the mold. And I think that many women can relate. However, one of the things I was very good at was Being a chameleon because I [00:03:00] knew there were certain instances where I had to show up a certain way. And so I would put on that mask I would do those things I would contort myself and bend to please others.

And I think I hear a lot from my clients that they do similar things, because often when it takes. What it takes to be really successful in this world is a bit of being a contortionist, right? You sometimes say yes. When you want to say no, you overachieve you take on more than your share so that you can be successful.

Often we're goal oriented people that want to do well. And this actually holds us back. I want to share a little bit about how we suppress our pleasure and why this happens. I mentioned earlier some of the stats around the orgasm gap, and I had a great podcast episode with Dr. Laurie Mintz , a while back on the podcast, I'll put a link to that episode too under the, in the show notes here but there were, there've been lots of studies around this.

And there was one study that, that, that found that 91 percent of men and 39 percent of women always or usually orgasm during sexual encounters. And in casual sex, this is even. [00:04:00] It's larger than in relational sex, but women were found to orgasm 32 percent as often as men in first time hookups and 72 percent as often in relationships.

So hopefully there's some help if you're with someone that's caring, one of the things that is interesting is that among a nationally representative us sample, 64 percent of women and 91 percent of men said they'd orgasmed at their most recent sexual encounter. And we talk about this as, this is obviously evidence that there is a problem.

And I think a lot of this stems from sex ed growing up. We didn't get the education that we needed. Most of the sex ed provided in the U. S. currently is just about the dangers of STIs, unwanted pregnancy. We don't talk about sexual pleasure, especially female pleasure. And even comprehensive sex ed classes generally only cover the uterus.

Vaginal canal, the ovaries. So they only talk about the internal genital anatomy and it doesn't cover the external genital anatomy. The vulva, the clitoris. There's so much [00:05:00] pleasure that we don't learn about. And it's like, as Peggy Orenstein says, they're a great researcher and they wrote a great book called girls and sex, but talking about, it's as if the vulva labia, let alone the clitoris doesn't exist.

Also, a problem with sex ed coming along is typically the girls and boys are separated. And this is hugely problematic for many reasons, especially for those that don't identify with the gender binary, but the boys learn about wet dreams, and erections, and ejaculations, and girls learn about periods.

These are not the same. The boys are discussing their sexual organs and their sexual pleasure and the girls do not learn about their full anatomy and hear nothing about sexual pleasure. And I remember when I first started doing this deeper work and really learning more about my anatomy, I was blown away, right?

Here I was a college educated, smart woman in my late thirties and had not learned about my anatomy. So this is something that I find just as important to teach because we just don't know what we don't know. And one of the interesting things about this is [00:06:00] how do women generally experience sexual pleasure?

External genital stimulation, right? So one of the things I love that Dr. Laurie Mintz talked about in her book, Becoming Clitorate is how typically clitoral stimulation is what leads to orgasm. And 96 percent of women need that to orgasm. And this is something that we never hear about in sex ed.

That's an organ they never really learned about in sex ed, maybe in some progressive schools, but it's rare. So all that we learn in sex ed is that sex involves the vaginal canal and that it's no surprise that women think they're abnormal or broken when they can't orgasm from intercourse. This helps explain why 70 percent of women fake orgasm with the main reason to avoid appearing abnormal, to please.

And it's really sad. It hurts because I know that there is angst beyond these statistics. These are the people I talk to my clients, that feel like they're broken or there's something wrong with them. And let me just tell you, there's nothing wrong with them. We could prevent so much pain [00:07:00] if we just had more basic information that we would share in sex ed.

I also want to talk about sexual shame and repression because this directly impacts our confidence, leadership, and success. We don't feel able to express ourselves in one area, we don't feel safe anywhere. I can't even tell you how many people come to me in sexless marriages, feeling disconnected, feeling burnt out, and suppressing our pleasure really fuels this because there is a way to come back together if there is the willingness and the desire.

Our culture is not made for us to thrive in our pleasure, right? It does everything in its power to keep us from that. So we really have to claim it as a right. Also, with the current backlash against sex ed, bodily autonomy, and reproductive rights, this plays into a deeper systematic control. So this isn't just about what happens in the bedroom, it's about how we show up in the world.

And, I want to just share something for those that are maybe thinking well sex ed, is it really a good thing? Yes. Because in Dutch schools, information on pleasure, [00:08:00] masturbation, the clitoris, and orgasm is taught commonly across the country. And so is information on abstinence, birth control, consent, communication, sexual decision making, and the difference between porn and real sex.

This is so important. And, as a result, the Dutch have lower pregnancy and STI rates and three times less sexual violence than the U. S. Lower pregnancy and STI rates, and three times less sexual violence than the U. S. Education does not hurt us. It helps us.

For centuries, women's pleasure has been controlled, feared, and weaponized. Not because it was dangerous, but because it was powerful. A woman who owns her pleasure is a woman who cannot be controlled. And this is why I'm so passionate about this work. I want to break this down a little bit. Number one, a lot of the challenge we have here is religious narratives.

The demonization of female desire. Once upon a time, pleasure was [00:09:00] sacred. In many ancient cultures, sexuality was deeply connected to spirituality. Goddesses of love, priestesses who use sexual rights for healing and celebrations of sensuality as a divine force. Then came repression. Organized religion really shifted the narrative.

Female sexuality became something to control, repress, and shame. And there's lots of great books out there about this. One that I read recently was the Immortality Key, which really dives a lot into this. There's a lot, to that, The Chalice and the Blade, there's so many great books. Then, of course, the Madonna horror complex was born.

Where women are either pure and virtuous, like the Madonna image. virginal, right? Or dangerous and sinful, a whore. There was no in between. So women are punished for desire while men are celebrated for it. This still plays out today in purity culture, slut shaming, and the idea that good girls don't prioritize pleasure, right?

This is why a lot of what I'm teaching is around burning that good girl narrative because it is holding us back from really enjoying our lives. And let [00:10:00] me tell you, there's There is something to being fully in your power, because if you are with a strong man, they love it and they will benefit,

I think that's the challenge out there is I love strong men that can hold strong women because we just help each other. We inspire each other. We bring out the best in each other. We don't hold each other back so we can fully both be our full selves in the world, which makes for a better relationship, happier children, We are both doing better work in the world, we're really living our dharma, and this is important because, I think people are afraid, but actually it benefits everyone.

When everyone is thriving, it benefits everyone, okay? And this is how it's still affecting us today, because so many women struggle to receive pleasure without guilt. And let me just ask you a question, when was the last time you really were able to lay back and enjoy something, without feeling like, oh no, I gotta give, or this is taking too long, or whatever thought's running through your head, right?

We often feel we're too much, too sexual, [00:11:00] too needy, too wild. When you think about sex in the world, often it's framed as something for men, not for women or gender expansive humans. And then we internalize it by feeling guilty prioritizing our partner's pleasure above our own. Also thinking, am I bad?

My bad for wanting this or doing this, or actually even in a loving relationship where you're consenting adults, feeling a lot of shame or guilt afterwards, feeling bad, feeling embarrassed. So it's a problem, we have this issue where girls are taught to say yes, conditioned to take care of everyone else.

And this has everything to do with sex. Okay. I'm coming back to the point. If we were taught to ignore our needs in daily life, how can we suddenly demand them in bed? If we were trained to be quiet and small and self sacrificing, how can we suddenly take up space in our desires, right? And we feel like our pleasure is an extra, not a necessity, which it is.[00:12:00]

The media doesn't help us at all, I just went down a rabbit hole. If you saw my Facebook group the other day, I have a Find Your Feminine Fire Facebook group. And I went down this rabbit hole following this plastic surgeon that does labiaplasties. And that just set me off because that's the problem.

The media is It is misinforming us about what quote unquote normal is because there is no quote unquote normal there is such a range of diversity of what our anatomy looks like of what a normal vulva looks like and we don't even know what that looks like because if you're watching porn to get your sex ed or if you've seen pictures in magazines those are typically photoshopped or the models themselves have nine times out of ten had surgery so look Like the quote unquote media thinks we should look, right?

Look at the Kardashians. I mean, that's the farthest thing from normal that you can see because they're so surgically enhanced. And then these young girls now at 11 are wanting labiaplasties and wanting plastic surgery and buying thousands of dollars of skincare because of this horrible media feeding machine.

It makes me [00:13:00] insane. Okay.

And the media's version of female sexuality is designed for the male gaze. If you are watching these things, you'll see performance. That rather than something that women genuinely enjoy. So it's no wonder if we struggle because what we see out there is not real. And this is why I work with so many women who have that narrative of performance,

they worry about how they look during sex versus how they feel how they're sounding if they're looking Okay, having shame about their body feeling numb disconnected just getting through it Faking it and then this is and this is hard, right? Especially if that's something you've done for a while and you want to shift it You're like, well, I've been faking orgasms for 20 years.

What do I do now? Guess what? There is a proven plan about it. So just stay with me. If you're feeling like, Oh, this is not fun to listen to because there is a change that we can do in this. And I do see this in my business every day, [00:14:00] brilliant, high performing women who have extremely successful careers, C level executives, people that are managing so many things, but still struggle to ask for what they need.

When it comes to the bedroom, because here's what we were taught that power and pleasure don't mix because we were conditioned to equate success with doing rather than receiving because we learned that sex was about performance, not embodiment and because pleasure and power were always seen as separate.

But the truth is, as you have heard me talk so much about this past year, because I'm really fired up about this, your sexual energy is your creative energy. It's our life force energy. Our ability to receive pleasure is directly connected to our ability to receive abundance and our wholeness. Our confidence, our success, our relationships depend on integrating all of us, right?

We have to view all of us as essential, all the parts of us as essential to the whole. If this is resonating with you and you've ever wondered why huh, no wonder I feel disconnected. This is your sign. [00:15:00] You can DM me or reach out. Because let me tell you, a turned on woman is a powerful woman and the world needs more of us fully awake, fully alive and fully embodied now more than ever.

So how do we do this? Number one, Step one is we have to be aware. We have to see the messages, the conditioning that we received coming along and noticing where we've been taught to suppress our own pleasure. Just take a little survey of your life as it is now, right? Where do you put everyone's needs above your own?

Where do you struggle to receive? Where might you think, okay, once I do all these things, then I can relax and enjoy a cup of coffee. Or once I X, Y, Z, then it's just being aware.

Step two is. Reconnecting to your body. This is why pleasure starts with you first, because even starting small steps to reconnect to your pleasure [00:16:00] without pressure are huge. This is why I'm always talking and singing the praises of sensual self care and adding in more joy and pleasure to your life.

Because every little bit counts. Every little bit counts, even right now, looking around your space, thinking, Huh, what can I do to make my experience a little bit more enjoyable now? This morning I was doing some cleaning and one of the things I love to do to make it feel more fun to me is I listen to a nice audio book.

I have a nice beverage going. I really enjoy cleaning when it's that kind of vibe, right? Just when I have time, when I'm not rushed and I love that. So typically there's days of the week where I leave space for myself to just get organized. If you're listening and you're like I'm so busy, I have to do it whenever I can do it, I get it. And that's okay too. So just thinking whatever you're, whatever you have to do, how can you make it more fun?

Then step three is speaking your desires, giving yourself permission to want what you want, to want what you want, to ask what you need, and you can start small, [00:17:00] right? Just start, tuning into what your needs are on a regular basis. This is what I love about, taking the time to journal or connect with yourself or just spending a few minutes to tune in and what is it that I need right now?

And again, it can be simple things like maybe I need to drink some water. Maybe I need to go take a walk or get some movement. Maybe I need to, be a little more present with my family tonight. Maybe I want to actually forget all the work I was going to do and make some homemade Valentine's with my kid, whatever it is, right?

I say that because this is February 10th. And then step four is integrating this because when we bring pleasure into every area of our lives, when we reconnect this wholeness of who we are, it transforms our leadership. Our relationships, our ability to make money. I had just been leading an amazing group of incredible women through my program turned on wealth.

Which is all around manifesting and using our sexual energy and our power to bring what we want into our lives. And it's incredible the things that are already happening in this group. Like getting [00:18:00] 30,000 clients. Getting incredible opportunities to collaborate with top notch people in their industry.

Tripling their income. Realizing that they can make time for themselves and saying no to things that they had committed to that were above their capacity. These are these are big huge things. When we reclaim our pleasure, it is not selfish, it is not selfish. When we are deeply connected to our body, our pleasure, our desires, we are unstoppable, right?

We don't just blindly follow along. We don't shrink to make other people comfortable. We don't settle for less than we know that we deserve and that we are worthy of, which is everything that we want. And I mentioned this because it can feel hard when things are challenging to feel like what can I do?

I'm just one person. What can I do? You have a huge amount of power, especially as a woman, because especially if you have a family, because you really lead the ship in regards to a lot of areas. And typically our energetic state affects everyone around us. [00:19:00] And when we can show up with capacity, we have a better care for ourselves, we're better able to care for those around us, and we're better able to contribute to our community,

to fight back against oppression, to stand up when we see something that's inappropriate, to have time and space to volunteer for causes that are important to you, and to realize that we have more power than we think we do. I was just listening to a book from my book club that was taking place like when the Korean war was starting.

And it just reminded me that every generation has this fear of some kind of political implosion. It's nothing new, this work that, that I teach, I'm standing on the shoulders of giants that have been doing this work for a very long time. And I realize that this is just going to never go away.

We always have to do this and it's a gift to be able to do it right? If we have the privilege to be able to do this work. It does change how you show up in the world because you can't reconnect to yourself and your wholeness and realize like we're a part of everything. [00:20:00] We're a part of nature, we're a part of this world.

We are all connected and we have to. Do something, right? We have to do something.

I know that this can feel overwhelming at times But we can break it down into simple steps I'm gonna give you a couple journaling prompts to take home with you And I want you to play along with these and let me know how it goes for you. Okay? So number one, where do I struggle to receive?

Maybe it's around receiving help, love, touch, compliments, money, whatever it is Pleasure isn't just sexual, it's about reciprocity in all areas of life. Okay,

number two, I want you just to notice where are you keeping yourself from letting in pleasure or letting in something good or letting in a pleasant sensation, a pleasant [00:21:00] feeling, and throughout your day, periodically tune in. What could I do to make what I'm doing now a little more enjoyable?

And then tuning in where? Might I find space in my day to check into what I want and just make a list? What do I want? And let this be a practice of tuning into your own intuition, right? Because our desires are this compass that leads us back to ourselves and to what we want.

Finally just notice how things might shift when you do those things, because when we are in a more relaxed and pleasurable state, our nervous system relaxes. When our nervous system is relaxed, we make better, more aligned decisions. We are responsive. When we make better decisions, money and opportunity flow more easily.[00:22:00]

This is why I turned on Women Make More Money, not because of some mystical concept, because pleasure activates your creative power and magnetism. And it's about creating from overflow, not overwhelm, not exhaustion.

So just pick something small from today's episode. Let it be easy. Maybe it's answering one of the journaling prompts. Maybe it's doing some more, some assessment of where you are. Maybe it's tuning in to some things you want and just really tuning in if you are ready to reclaim your pleasure Power your magnetism.

This is your sign. Let's go deeper together You can DM me, you can send me a message on Instagram at @abtesta, where we dive into this work deeply. I have a couple of spots opening up in March for one on one mentorship, which is rare. So if this is something where you're feeling like, yes, I want Amanda by my side to take me [00:23:00] deeply into this healing and expansion of my power reach out to me.

Your pleasure is your power. Your body is a temple of creation and you are worthy of feeling fully, deeply alive. Thank you so much for listening to this episode. I will look forward to seeing you next week.

