

## **The Limitless Life Experience Podcast**

### **The Convo About Sex with Kimra Luna**

#### **Transcript**

Because when I first signed up for it, I paid the person and she was like, do you know much about healing? And I was just like, I'm not going to Google it. I've heard that it's painful, but let's just do this. I was ready to heal.

Welcome to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth. I'm a mum of three multiple six figures, serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you and go from confusion to clarity when it comes to creating messaging that converts browsers into buyers so that you can build a business that makes a real difference in the world and helps you live a life without limitations. This is the Limitless Life Experience.

#### **Suzy:**

Hello you gorgeous human being is Suzy Ashworth here, and I want to welcome you to The Limitless Life Experience Podcast.

And I've got another convo. I am loving the conversations by the way. And I would love to know if you are feeling them too, because if so, we're going to try and get more of them in the diary. But I am loving the fact that we get to meander here, there, and everywhere. And in this conversation with sex and relationship coach Kimra Luna, we literally go everywhere. So if you are not familiar with Kim, a story, you are gonna literally hear everything, not quite from when she was born, but pretty darn close. And it is interesting and inspiring. And are you real look at what it takes to overcome adversity and really thrive.

So I am really keeping this intro short because this is a beautifully long conversation. So again, if you love it, then please do hit me up with a tag on the ground. Don't forget to let Kim and know too that you have been listening and leave us a review on iTunes. Thank you so much for listening. And I'll see you on the other side,

This gorgeous human being that goes by the name of Kimra Luna. You may be familiar with her... Actually, do you want me to call you her? Like your pronouns have recently changed? What do you prefer for this interview?

#### **Kimra:**

I prefer to go by, by they them, but most people still call me she her. So I'm kind of okay with whatever people want to go with. Um, so it, to me, it's all right, whatever you want to call me, basically.

**Suzy:**

I'm going to put my best intention into going with they add them. So you may be familiar with them from way back in 2013, 14, if you were never in the business space, because Kimra exploded onto the scene, but a hell of a lot has happened in the last six years. And I would love actually to talk about it all, because from what I have known from you from this side of the fence, you have always embodied a sense of limitlessness and rebelliousness, and always seemed like somebody who wasn't adhering to the rules. And I feel like you have done that again and again and again and again, and my listeners are all about what does it take? What does it mean to expand into limitlessness? So before we talk about how you work for who you are right now, so let's get back to the beginning and let me say once again, welcome.

**Kimra:**

Yeah. Thank you so much for having me. Um, there's a lot in the beginning, it's been a really interesting journey being in the online space. I actually started building communities even when I was in high school, online through AOL and things like that. Like I've always been kind of a community builder. That was something that's always been a little bit natural for me. Um, but with, um, like 2013, 2014, I did kind of explode on the scene. And I think part of it was, was because I didn't do things the way other people did, even the way I marketed my business was different.

Even the way I sold my programs and the payment plans with the different, like offering extended payment plans to make my programs more affordable, then everyone started copying it. I was just like, I was the first one doing it, why is everyone copying this now? But I've always just had this idea that I want to serve people, but I want to be able to serve as many as I can. And so I've always had like really low priced products and people have always asked me why. And everyone's like, why aren't you doing, you know, \$60,000 mastermind programs? I said, because I don't want to work with just rich people. I come from poverty, you know, like, like I connect more with people that come from that background and I want to support them and help them. And you know, I've always just kinda ran things differently. Like you said, I've kind of been that rebellious type of person and rebellion is actually one of my core values, like in my life and in my business, it's always, I've always just had that within me and I've never been able to help it. It's just how I am. And you know, when I started my, in the online space, you know, doing business coaching and things like that, I had had a pretty successful vegan mommy- it was kind of like a vegan recipe/homeschooling blog. And it was very successful. I had over a hundred thousand unique views a month with no traffic. And I had done that all just by building like Facebook communities and building up my Pinterest and my YouTube channel and things like that.

**Suzy:**

She didn't, you know, what you were doing, like, did you have a clear intention when you were building this community? I had no clue what I was doing. I was just helping people. I was just like, Oh, I'm going to create a Facebook group and start helping a bunch of people

and kept inviting people in. And then they kept inviting all their friends in and then it just like kept going and going. And apparently people just liked my blog post and then people would just share. And it just, it kind of just built on its own. I really didn't know that it was going to become like a thing. And then the blog actually did start making some money. I was promoting products, kind of like an affiliate, kind of like what influencers do now, but this was like way back then, you know? And so I had like these affiliate commissions, like promoting Vitamix blenders and things like that, and essential oils and just all sorts of, kind of random things.

And I started making some commissions and there were people who paid me to have ads on my blog and it just, people were like, wow, like, how did you have success with that? And so then I started teaching how I had success with that. And I, so then I started teaching business and marketing and I just became completely obsessed with everything, business marketing branding. But it was more about helping people be themselves. So they could build a business around who they were, their own passions, the things they cared about. And I had a lot of success with that. We grew set to seven figures within 18 months, which was money I had never, ever even imagined seeing. I just served a lot of people. And so it wasn't like, I'm going to be like a millionaire. I actually wanted the opposite of that.

I was like, I just want to make like \$3,000 a month so I can live like, you know, like I really didn't have any, I had, I wasn't setting intentions. Like I'm going to have these big, huge launches. I didn't really care about that. It was more like, I just want to help and serve as many people as possible. And because I had that intention, I ended up serving a lot of people and it even surprised me. I had the capacity to do that. I don't know if you can tell on video, but I'm a very small, like 95 pound person. Like I, like, I never knew I had this capacity. I was always very shy. I didn't have confidence growing up at all. And I have a friend, who I recently have been spending some time with, he's a friend from high school who I've known since like, I dunno, fourth, fifth grade. And he's like, I never even imagined you would be doing these sorts of things Kimra. He's like, it's not because I didn't believe in you he's like, because you just had no confidence whatsoever. You were just so kind of just down and depressed and you just, you didn't have this, so then it was kind of interesting.

**Suzy:**

Where did the belief... what happened to go forever down, not confident, depressed too. Actually, I want to help people and I feel at least confident enough to say I can help you. Where was the first kind of big switch for you?

**Kimra:**

It actually started when I was in high school. So I was raised in church. And in church you were taught that you serve people. Like I like, and I was just like, well, apparently that's what I'm supposed to do. I'm supposed to serve people and help people. Right. And I had actually told a girl that I wanted to serve people in India. I was like, I want to go to India and I want to help people. And for some reason I was just something that was like on my heart. And she thought that I was egotistical because I wanted to help people. Right. And it was very

strange. And she went around like gossiping about me, like Kimra is so egotistical. Like she wants to, like, she thinks she can change the world. And I was just like, um, what's wrong with thinking that, you know, like it was like, like I didn't quite understand it.

And I'd always been such an out of the box thinker. And I grew up in a small town in Nampa, Idaho. And when people in a small town think outside the box, or they want to do something different people don't like that, they feel kind of threatened by it in a sense. Right. And so I made the decision right after high school to move. So two weeks after high school, I moved to Seattle to move to a city. And that was when the confidence started rising. Another piece of that too, is I was also raised in a very abusive home. And so getting that first freedom away from my family, that was a huge core piece of it, because then I was able to actually start healing and processing and just build my own independence and discover who I was as a person.

And so moving to Seattle, starting to discover who I was, I was, you know, like booking punk shows. And then I had two friends who I actually moved to Seattle with Justin and Lisa. They were a couple at the time and Justin has passed away so sad. Um, but he was the first person who really genuinely believed in me. He was like, Kimra like, you can do whatever you want to do. If you want a book, like the biggest concerts in the world, you can do that. Like, he was the, really, the first person that started saying these sorts of words, like verbalising it to me. I never in my life heard someone verbalise Kimra, you can do it. And that was really the catalyst to so much change and so much healing for me. Um, I ended up moving to California and when I moved to California, I met my now soon to be ex-husband.

And when I met him, he was really into personal development and he showed me the movie, the secret came out. And so he showed me the movie, The Secret. And at this point in my life, I had severe anxiety. I had high blood pressure. I was only 20 years old and I had high blood pressure. They were putting me on blood pressure medications because my blood pressure was so high. Like my ears were hot all the time. And like, like I was having so much anxiety and he made me promise to read the book, the power of your subconscious mind. So I read this book and I was like, my mind was blown by reading this book about my mind. And I couldn't believe that I could start creating the life of my own dreams. And I actually ended up losing a lot of my friends because they didn't quite understand why I was going on this.

Like Kimra wants to change her mindset journey. You know, I didn't want to be a person who complained all the time. I wanted to have happiness in my life. And I never even really felt that. And a lot of the personal development sort of work, it would talk about like, having like a gratitude journal. And I had asked my ass, ex-husband what gratitude felt like. Wow. Because I had never felt it. I was, I spent my whole childhood being so abused and so neglected. I really didn't know what gratitude felt like I had to ask. I was like, what does it feel like to be grateful for something? What did he say? He told me, no, it was hard for him to explain, but basically it got down to the, like the feeling that you just, you appreciate something so deeply because it has helped you in some sort of way.

And so then I started making lists, okay. Like what has helped me, who has helped me. And so that started, you know, allowing me to be like, Oh, okay, this is what gratitude is. So some of the people who helped me along the way or helped me when I was like, you know, homeless and like needing a couch to crash on, like, like I was like, okay. I was definitely grateful for that because I would have been on the streets that night, you know? So there was definitely things and it started to finally click like, Oh, this is what gratitude feels like. Um, same thing. Like even when, you know, I started like meditating and things like that, I couldn't slow things down. I couldn't be calm. It was like, my nervous system was just so kind of screwed over. I couldn't be calm, but once I started doing so much personal development work, journaling, like freaking crazy, I'm like a journal junkie.

So I just journal, a journal, and journal, and journal. I'm like carrying notebooks with me everywhere I go went, I went to a friend's house. And they're like, why don't you have a pile of notebooks with you? I'm like, because I do, I'm like, I just always have notebooks with me cause I'm always journaling. And you know, like I, once I started getting so much self awareness, I started realizing that I actually, wasn't very confident in myself and I had a lot of insecurities and as I started healing those insecurities, I did start becoming a lot more confident in myself and people noticed it. They were like, wow, like you actually are confident in who you are. And like, yeah, I know what I believe. Like, I know, I know who I am. I know what I am like, this is me, you know, like take it or leave it, you know?

Like I really just, I started getting that confidence. And then when I had my, I was pregnant with my first son, what would we you at this point though? I was 22 when I got pregnant with my first son. And I had him when I was 23. So I'd only been kind of doing personal development for a few years at this point. And I was like with my, with my husband while he was like my boyfriend at the time and I get pregnant. And, you know, during that space of pregnancy, it was like a crash course in healing because I had had such a horrendous relationship with my mother who I actually, I don't speak to my mother. And I spoke to her in five years. Um, the relationship with my mother was so bad. I was like, how am I going to be able to be a good mother?

You know, my first thoughts was like, I'm having an abortion and I'm never having a baby. Like, that was where the first thing that came into my head, when I found out I was pregnant, I was just like, not gonna do this. Um, you know, but then, you know, my, you know, my husband just was like, no, like I would really love to have this baby. Like, we can do this. And I was like, we're poor, like, how are we going to do this? You know, he's like, well, you know, we're going to figure it out. Um, and so during that time, so I'm like, okay, then I get excited. I'm like, yes, I'm going to have this baby. It's going to be awesome. Okay. Mom. It's going to be so cool to be a mom. And like all this stuff. And I was like, and you know, it's better to have a baby maybe when you're young. Like, I kinda like had to convince myself, you know, like, like why having a baby was a good idea at this time. And then I started going hardcore into personal development. I started, you know, really working on healing that mother wound, because I wanted to be a great mother. And after the baby was born, my mother came to visit me. So I was living in California at the time. My mother came from Idaho to come and visit me. And it actually triggered me into a severe postpartum depression. I ended up hospitalised for three to four weeks. I mean, I can't remember how long it was. It

was such a blur. It was at least three to four weeks. I was hospitalized, and they diagnosed me with PTSD, anxiety, depression, ADHD, basically anything that ended with a D they diagnosed me as, which I laugh about it, but it's like, it was a horrifying at the time because I was like, Oh my God, like, I didn't realise like how severe my mental health issues were.

And at the time I was on what they call Medicaid here in the United States and they wouldn't send me to like a proper therapist. They would only send me to a psychiatrist who would give me medications, but they wouldn't actually send me to counseling. Like there was no resources to get counseling. I'm like, they don't have anything for postpartum depression around here, you know, like nothing at all. And because I was on welfare and I did not have any money and it was right when the economy crash, it was like 2009. So like no one had jobs. I had to self heal, basically. I went to the library and like got psychology books. I mean, I like checked out every book I could that had anything to do with the brain or psychology or mental health. And I just sort of going really hardcore into educating myself on these things while I was like journaling and healing and learning to process all this sort of stuff, learning to forgive, learning, to let go of things like learning to not let beliefs hold be back thing work.

### **Suzy:**

Do you think that it was that door opening into the secret and the power of your subconscious mind that enabled you to make the jump to say that I can get better myself? Absolutely. Absolutely. I needed to hear those things. I really didn't know that people were creating their own life. I always just thought like, Oh, those people they're just like lucky or something, you know, like, I really didn't think that, Oh, like I could actually have that until I saw that. And I was like, Oh, they're using their mind to create an amazing life for themselves. Um, and then when I had my second son, there was proof of it, when I had my second son, because I had the most magical birthing experience, like in the history of all time. So beautiful. Especially compared to my first birth, my husband, he was like, you actually want to have another baby because like the first birth was even traumatic for him.

So it was like really rough, but with this, and I think it's because I had so much fear of becoming a mother. I had so much fear of being like my own mother with my first son, but with my second birth, it's like that fear had been dissipated. And I, and I was able to just have this beautiful, powerful, incredible birthing experience where I was able to feel like a warrior. Like, I feel like I had climbed to the top of Mount Everest. I was like, nothing at homie back now, bitches that's really like, like how it felt like I'm in the hospital. I'm like, fuck. Yeah. You know, by my baby. Whoops. You know, but like I was like, yeah. You know, um, and it really, that also was a major healing experience for me. I needed that experience. I think it really, it like that experience was important to have, I think it was almost like a divine timing sort of thing.

I'm not, I'm not like religious or nothing, but I feel like it was like, there was some sort of perfect timing that I had with that baby, because with him, it was, it was just so magical and I had never experienced magic like that. I'd never experienced unconditional love like that. Like even with my first son, I didn't feel that same way because I was having so much of that depression and stuff like that. But with my second, it was like outburst of unconditional love.

And I finally was able to feel that and tap into that. And once I could do that, it was like, Oh, I can unconditionally love myself. I can unconditionally love people around me. Like I can unconditionally love the world instead of like, you know, as being raised like a punk rock or you hate everything, you know, type of, cause that's like part of like the mindset, you know,

**Suzy:**

I'm really curious. So there's two things that I want to ask you. First of all, do you feel that having that type of births set up a whole load of healing for you and your body? Like, I'm really curious about your relationship with your body coming from that background of abuse as well. So that's the first question. Okay.

**Kimra:**

So with that, I absolutely think so because I was able to be in tune with myself. It was also a completely natural birth. I was able to trust my body and I was able to let go and trust the practitioners who were helping me during the birth. I actually didn't meet with the doctors or any of the people at the hospital at all, because with my first birth, I had like a total horrible time at the hospital. And so I was just like, well, I'm just going to go, like, when it's like the baby's about to come, you know, type of thing. And so I did have a doula with me, um, who was a midwife, um, in training. And she kind of knew when it was it. When I was in labour, when I was hitting that transition, they call it transition time and she's like, yeah, you're in transition.

Like we need to go to the hospital. I get to the hospital. And I ended up manifesting this wonderful nurse who was pregnant herself, who was planning a natural birth, a home birth with the same midwife that my mother in law had with my husband. I mean, it was like, there's no way, this is a coincidence. Like I manifested this. Right. And so she was so excited. She was like, you're going to be the first natural birth I ever see. She's like, I don't, even though I work here in the hospital, I never get to see this sort of thing. And she was just so inspired by me, just from walking in the door and already being like in labor for so long, without any medication, like seeing her inspired by me, like inspired me more. And it like, it just, it became this magical experience, but I was able to finally trust my body.

I was molested when I was five years old, probably between the ages of five and seven. There was some continuous from an uncle that I had, who is actually now in prison for 30 counts of child pornography. So he finally got busted, which I'm really, really, really late, but he finally happened. And then, um, I was also raped when I was 20, right before I had met my husband. And my husband was really kind of like a safety for me. It was about three months before I met him that I was raped. And when I met my husband, um, he, you know, was like coming from the traditional type of family, you know, like both of his parents were like married, still. They had six kids, like, you know, the mom was just a stay at home mom her whole life. You know, like they never fought, like there was never screaming in their house. And I was just like, I am sticking to this guy like glue, you know, I was just like, this is going to be safe for me. It was a very like, and that's because people ask like, well, why are you getting divorced? I said, well, I was only married to him for safety. I wasn't actually

married to him for love, which is unfair to him. And you know, so I think that that's like, that's a whole other conversation, but a lot of people, they don't, they don't like, he knows that he was in my life for a certain reason. And I know he was in my life for a certain reason. He was able to be very patient with me while I was healing. Cause he's just a very patient, calm person. Like that's just his personality. And I really needed that as I was healing. I know if I would've gotten into a relationship with someone else who had maybe been super traumatized themselves as a kid or things like that, I don't think my current outcome would have been the same. So it really depends on like who that partner is. If you have someone who's actually supportive of you and actually cares about you and wants to see you heal, you know, um, it's, it's crucial to healing and I've actually had clients where they've had to break up or divorce the person they were with because the person was so unsupportive of their healing work. And I'm like, you can't heal when you have a person who's in your home who's constantly nagging you, constantly tearing you down. Like it's impossible. You just can't. And that was why I had moved away from my family at such a young age.

Like, I don't know what it was like intuitively, but I knew I had to get the hell away from them. I just didn't know it. Um, and that, that first step that was like my first step of self love to myself was moving away, getting away from the toxic experience. Right. And then after that I had to work on myself. I didn't even know it at the time I was 18 years old... You think I was like, Oh, I know I should just do this and start healing. I had no clue. I just, I just laughed. Cause I was just like, I have to get away from this experience. I cannot be around my mother. My oldest brother tried to kill me. He had broke my jaw, broke my ribs. Um, horrible stuff, like when I was in high school. And my mother just like, let him move back into the house after he did that to me, like, I was just like, you went to jail for trying to kill me, you know?

So it was just such a toxic environment I was raised in, I had to escape it. And so I ended up with, you know, a husband who was very much the opposite of that. That was my safety, you know, and it was, it was, it was wonderful. Like I don't have any, you know, like, like hatred or resentment or anything like that towards my ex. A lot of people might think I would, but I don't because, you know, we were in each other's life for that specific reason. We still talk and you know, obviously we're raising kids together. So, you know, we want to make sure that, you know, we get along the best we can, you know, for the kids also as well, you know, and, and raise them. Well, luckily we have the same beliefs about parenting and personal development and things like that. So that makes it helpful, but it was definitely, it was difficult to make that decision to separate, you know, especially after you have three kids with a person, but we had gone to therapy, we had gone to coaching, we did all the things and actually having that coaching is what inspired me to get into what I'm getting into now, which is now helping people with their sex and relationships and helping them have healthy boundaries. I've always had people who have been in awe of my boundaries. Like they're like, how do you set boundaries? And, and it's funny because I actually have a friend Ruby Freeman where I'm in awe of her boundaries where I'm like, damn girl, like, you're so good at boundaries, you know? And, and I'm still like, Oh, I'm still working on mine, but I've always got a lot of people complimenting me on saying like, Kimra you just have such good boundaries.



Even with customers that's like, if you want to ask me questions, it's only on this day. And that's the only day I answer them because I can't just answer people's questions all day long every day, you know? And so make, I've always been pretty good at making those sort of boundaries, even with my clients and customers, because I've had, I mean, one of my programs had 1500 students in it. Like how the heck am I supposed to be able to answer all of the questions every day, all the time. So I had to learn how to structure things in a way that protected some of my energy, or most of my energy. And especially as being a mom and now as a single mom, that stuff is even more important to me... making things very clear about my energy. My kids even know like my kids, I'm just like, yo, like I need 20 minutes. Like you guys need to go play video games, just leave me the hell alone for 20 minutes because mama needs to take a break and I need to do my stuff and take care of myself. So I could feel a little bit better, raise my vibes a little bit and then I'll come and tend to you, and they know they're just like, alright. And they just wander off, you know, like

### **Suzy:**

This is very much related to self worth. So a lot of the time the clients that I work with, and sometimes even myself have trouble with boundaries because people are worried about how they're going to be perceived, worried that they are going to be perceived as not being good enough. And if I'm not giving all of the things, then people aren't going to get all of the results and they want to over-give to over compensate for this fear of not being good enough. When did you choose to move beyond that? Like how do you go? What was interesting is when you talk about your story, I know that so many people would say, wow, this person has been deeply victimised. And look at that background and see you as a victim. And I'm curious because when you speak it's with such power and when you talked about your birth, it's really like, I was a warrior. And as I say, everything that I've seen has been much this powerful, rebellious, human being. And I'm really curious as to do you ever relate to being a victim is that still part of you?

### **Kimra:**

Yeah, it absolutely is still part of me. I still have times where I am down or I'm doubting myself, um, even recently, like with my new podcast and new blog and things like that, it's like, Oh my gosh, like, am I ready to help people in this sort of capacity? You know, am I ready to serve in this type of way? And I have to just keep reminding myself, I have my inner wisdom. My ancestors have my back, my ancestors were healers. Like I know that I have this within me. It's even part of my DNA to serve people in this way. And so I do still have to self-talk myself out of that. You know, I talk myself out of things because I will go down a rabbit hole of self-loathing and things like that. I really don't think anyone ever arrives.

I'm still working on my mental health stuff. With COVID-19, um, panic attacks came back, that was something that I hadn't had in over a year and a half. And then I go to the Walmart and all of the shelves are bare and I just couldn't handle that. It looked like the apocalypse, you know, like I was just like, what is happening here? This is what it looks like in apocalypse movies, you know, like I, and so there was still those things. And so I've been working on like nervous system regulation. I have a few friends that are like practitioners that

help people in that type of space. So I've been working on that quite a lot. I'm working on my own breath work, working on my movement every single day. I have to do nervous system recalibrations because this whole COVID-19 thing has just flipped me out. Like it's been really rough. Then I've also been out protesting and doing that sort of work as well and doing advocacy work, um, you know, here in Idaho, which Idaho is a very, what they would call a racist place. And I was actually, I was assaulted by a white supremacist at a protest where I'm having to press charges and all of this stuff. And so my nervous system has been pretty much out of whack over the past... basically since like mid March of this year and now it's July, you know? So, I'm still having to do those things. I don't think anyone ever really completely arrives. And then we also have things from life that come at us, you know, like it, like, it's impossible for us to just be like this happy-go-lucky la di dah di dah, floating on a cloud a hundred percent of the time, because we live in a physical reality, you know, we're not just like these spiritual beings, they're just floating everywhere. Right. And if we were people would be like, are you on acid? You know, we'd be like, what is wrong with you? You know? Like, like you're not human. Cause I know people that are like that where they've been like, basically just doing Kundalini, awakenings over and over. And they're like so far in the clouds, I'm like, you aren't even here. Like you're not even present. Like, you know, and so there's this grounding, this that needs to happen. And like, I know like with my ancestry, it's, everything's connected to the earth, and mother earth, and this mothering and, and I've, I've always had a natural connection to that. I've always been like the person who's like, save the planet, save the animals. Like say like, you know, like I've always been that way. Like I don't really know how to help it.

And even with my ex husband, sometimes he just laughed. Cause he's just like, you can't help being an activist. It's so bizarre. He's like, I've never seen anybody like that. I'm like, it's just how I am. I don't know what to do, but it's like, I feel like I was put on this planet for a purpose to do these specific things.

Even the way that I was so different than all my family members and had so much self awareness at a young age. Like I know like when I was five was when I first discovered what the word abuse was and my mother had slapped me because I was begging her to take me to school. I was in kindergarten and I had to walk to school. It was maybe like four or five blocks away. But when you're five, you're not supposed to go by yourself. Right. So I'm like begging her to take me and she was sleeping and she just didn't want to take me. I was already ready, had my hair brushed. I used to have long hair. They used to call me Pocahontas because my hair was like all the way down to like my butt. And so they used to call me Pocahontas when I was young and you know, like I had my backpack on, I was ready to go and she just like slapped me. And I was just like, well, I'm going anyway. And I stormed out the door - but I'm five and I go to the neighbour's house because the neighbour kid was in my class. I go to my neighbor's house and I knock on the door and his mom is looking at me like what the heck is this little kid doing here. And I go in and I asked them, can you walk me to school? And she's like, yeah, we're almost ready. You know, come in, like, I'll walk you to school. And because I know you're not supposed to go by yourself. They teach you that at school, don't walk around by yourself. You know? So I got to listen to my teachers. Right. And so I go to this woman's house. And when I walk in, she sees that my face is like red. And so she asked me, Oh, like what happened to you? And I said, Oh no, it's

okay. Like I want to go to school. Like, you know, my mom, like she slapped me and she was, the woman was like, that's not okay. That's child abuse. And I was five. And I was just like, hell does that mean? You know? And it took me like kind of a few years for it to really click like what that meant.

But I knew that I was being treated differently than how other kids were being treated because this woman told me it was wrong. She straight up said, that's not, she's like, that's not okay. That's child abuse. And so I was kind of a little bit more aware than even my other siblings, when it came to that sense, I knew something wasn't right in our household. And so when I was throughout elementary school, whenever I would make friends and spend time at their house, I was like asking their parents to adopt me. Like I would, you know, like, can you like adopt me? And they're like, no, like you have parents, blah, blah. I said, no, but you need to adopt me. You know? Like, like I was always like trying to like get out of my house. Like I was like, I need to escape from this place.

And that's when I ended up like going to church quite a lot. So my family actually wasn't religious, but I ended up going to church a lot as an escapism. I did anything to escape, any after school activity ghere was like, I was like, I'm there. Like, I just don't want to be home. So it was really definitely an interesting thing that the issue then ended up with, with church though, is church was supposed to be my safety place. But then I was told you're not supposed to be lesbian. You're not supposed to be gay. You're not supposed to be like, basically different in any sort of way. And I'm sitting there like, but I want a pink Mohawk, you know, like, you know, and I'm just like, but I only like girls, you know, like, what am I supposed to do here? And, you know, I would pray to God every single night. Like, please make me straight. Like I don't, I'm not supposed to like girls, you know? And, and then eventually at the end of high school, I did start liking boys. But I still liked girls too. So I was like, well, then God didn't really fix me. So like I wanted to be fixed so bad, so I wouldn't burn in hell. So right after high school, I kinda just stopped the whole church thing. It was just like, God is going to help me at all. So I kind of gave that up. But it was really difficult because I was like, well, I'm gonna get caught for being a lesbian. Like everyone at my church is going to hate me and all this sort of stuff. And I had a girlfriend, a kind of girlfriend when I was like in eighth grade. And she was just like one of my friends and like, I stayed the night at her house and stuff, but like, we like held hands and like, we had kissed a few times and things like that, but I started freaking out. So I told everyone on my school bus that I hated her guts and I didn't wanna be friends with her anymore. And like, I was just like so mean because I like, I didn't want people to find out that I was a lesbian basically. And so I still had some of that, even trauma, like, Oh my gosh, I can't believe I was so mean to this girl.

Like, I don't even remember her name, you know? Like I couldn't believe it, but it's like, I reacted in such a different way because like, I just didn't, I just didn't want people to find out. I didn't want to make it so people didn't like me or didn't like accept me and that sort of thing. So it was, it was really, it was, it was bizarre to me, to like have to hide that much about myself because nowadays I see how kids are growing up now and they don't have to hide nothing. It's like, if they want to like run around... a boy, just running around, wearing a dress, people are like, okay, yeah, do you boo. It's such a different world that like, these kids are being raised in. And I find it really interesting cause I'm like, man, they have so much

freedom. Cause I was like, I couldn't be like that. I did dress like a boy. I do think that that was something that was really interesting. Cause people would say, Oh, are you a tomboy? I'm like, well, I don't play sports... But I dressed like a boy most of my life. I didn't really dress feminine until like the end of high school because all of the punk chicks, you know, were wearing mini skirts and fishnets and I'm like, Oh yeah, those look cool. So all of the mini skirts and fishnets, that's like basically all I owned after that point. But yeah, it was an interesting journey, like being raised in Idaho and going to church and things like that and, and figuring out my own identity has always been so important to me. I think it's partly because I'm an Aquarius. Like we, we have to know who we are. Like, it's like, it's a very deep drive to know who am I. Um, and I've been very blessed to, as I've been exploring it, been able to have even an audience online who comes along with me has been really powerful because it was really scary when I came out as queer, which, you know, my husband, he already knew, but like most people didn't know, like not even like my close friends. So it was three years ago. So it was like shortly after my separation. So people were like, Oh, so you only separated cause you're lesbian. I'm like, well, I'm not a lesbian. Like I'm attracted to all people, you know, any gender, any size shape, whatever you got, you know, like I track to do it all. Um, and so, um, so it was, it was just really an interesting time to, to be able to have that space, to even do that. And I did a presentation from the stage. So one of my friends asked me to do a speaking gig and gave me 20 minutes to be on this stage. And I was like, I don't want to use this time to come out of the closet as well. And so I invited my friend Frankie to come with me cause I was like, I need some moral support. Like, will you come with me? And she's like, Oh yeah, of course I will. You know, so I go do the speaking gig and of course it's like recorded and stuff. And I asked them like, if I can post it online, I ended up being my most viewed video I ever posted. And I was so nervous. I was shaking the whole time. I couldn't even memorise my presentation, which normally I can, I've done a lot of presentations. I can normally memorise at least a big chunk of it. I couldn't memorise any of this because I was like, so freaked out. And so I just read it out loud and I had actually read it in the Uber on the way there. Cause I was like, well, I'm going to practice it. I'm going to read it through like a few times. And the Uber driver was like, you have such a powerful story. Like this is going to be an awesome speech. I was like, Oh, all right, Uber driver's cheering me on, you know, like all the cheering on because I was totally freaked out. And then there was a few people in the audience who I knew and I was just like, you know what? I know they're going to be supportive of me. So that was really great. So I did this presentation and posted online. I did lose a lot of followers. I lost a few thousand people from my email list. I lost a few thousand followers on my Instagram and my Facebook.

**Suzy:**

How did that feel?

**Kimra:**

It was hurtful because I was like some of these people like, cause I can see inside my email being like how long they've been on my list. I'm like this person's been on my list for five years and they've opened hundreds of emails I've sent. And then all of a sudden, because like I'm queer, like they can't handle it anymore. So it was really hurtful. But I had to

remember, you know, I ended up getting thousands of emails from people saying like, Oh my gosh, thank you so much for sharing. Like I have a very similar story, like growing up in church and praying to be straight. Like there was a lot of people that resonated with the praying to be straight part because they were like so many queer people who are raised in church are like, please God just making me straight, because they don't want to go to hell. You know?

**Suzy:**

I think it's so interesting that your program was, it was Be Brand You, wasn't it?

**Kimra:**

Yeah. It was all about branding yourself. So this Be True Brand You was like, be yourself, be more of yourself. And in the program, I remember even in the first module of the program and I had so many of these questions and I told people, I said, I know it's a lot of questions, but these questions are going to help you identify what your values are, what you're passionate about, what you actually give a shit about. So you can build a business and a life around those things. And people would like send me voice messages on Facebook and they're crying because they're like, Oh my gosh, I never knew how much I cared about these certain things or those things. And I said, that is what this program was about to invoke that passion out of you so that you could create the life of your dreams, the business of your dreams so that you can, you know, work on those passion projects that you've always been wanting to work on, but actually make money with the passion project so it's not just sucking money out of you. Like, and it was, it's just something that I feel is like a gift of mine. Like it's natural for me to help bring those things out of people. Like I can't even help it. I'll talk to a person in person and I can't even help it. Like I'm just like sitting at the bar and a person starts telling me their whole entire life story and all these things they care about and just like, well, what is important to you? And they're just like, Oh this, and this, and this, and this. And I'm like, so why aren't you doing that? And they're like, I don't know why. And I'm like just do it!

**Suzy:**

Like when you share your story, you did this with the vegan blog, and then you did this with business, and now you're doing it now with sex and sexuality. And every iteration is just... I don't know whether it's you being more of you, but it's another facet of yourself.

**Kimra:**

It's a piece of me. I've told people all the time. I said, think about like Madonna in the eighties, she had all of these pieces of her, right? Like it's like, there was always this new transition. And it was like, well, she changes so much. She doesn't know who she is. I said, no, that bitch knows exactly who she is. That's why she's able to do that. That's why she's able to have that chameleon-like experience. And some people it's just not them. Me. I have a lot of interests. I have like all my punk rock interests. Like I have all my activism interests.

Like I have all my kids and raising them. I have my veganism interests. Like, I mean, I have so many interests, like arts, like I do collage, like digital collages. Like I'm a singer. I play guitar. Like, you know, like I have a lot and now I'm getting into roller skating. So I can like start doing tricks, like going on ramps. And I found all these cool skater babes that live here. And I was like, that's what I'm going to be. I'm going to do that. So I have all of these interests and they're all pieces of me. And they've just because it's really interesting because having an online audience has actually amplified who I am, because it's like who I am get spread, which is like, it's very bizarre. Sometimes. I'm like, why are people like Googling so much about me? Like, it's really, like, I still get tons of traffic to my website. I haven't even had a proper website in like three years. And I still get down to traffic. I'm like, who are these people Googling me? Like, like where are they finding me? You know? And so it's very, it's this bizarre thing where I'm just like, wow, like, like people are actually interested in the same things I'm interested in.

And so it makes me more inspired to share more about it because I'm like, Oh, there's people interested in it. I'm going to share more about it. And, and how this affected my life. And I have this blog post that's coming out on, like on all about self pleasure. And I ha and I got so deep into it. I had it like write a second blog post because I was like, okay, like, we'll do one. That's more like a, how to, and then a different one. That's like how it changed my life, you know? And I just started getting so deep because people, that are asking me all these questions, like, like how did you really transition into this woman who's like sexually empowered because in my marriage I wasn't sexually empowered. I wasn't at all. But then once we separated, I was, but it's because I was like doing a lot of this work.

I had sex coaches. I thought my body was broken. It wasn't that my body was broken. I just wasn't with a partner that I really wanted to be exploring these things with. And then once I started dating and getting into that, I was just like, Oh my gosh, I am actually super, sexually empowered. Like all of this personal development work has worked with my sexuality too. Like, this is amazing, you know, like it was kinda just like, Oh, so many light bulbs that went off. I was like, I was journaling like crazy because of it. I was like, Oh, I gotta write all this stuff down. Um, but it really was like all that personal development work, it works. I just wasn't with the right partner. My husband wasn't the right partner for that piece of me. And you know, now I'm very blessed that I have a partner that allows exploration and I can really just be myself.

And now I'm starting to get into more BDSM sort of stuff. And I have, you know, like my little spanking, like little paddles and things like that. And he's just like, you're going to be a dominatrix by the end of the year, I'm just like, I don't know about that because I'm very much more like a submissive kind of type when it comes to my sexuality. But he's just like, no, you're going to be dominating everyone. So I'm like, all right. I mean, I have friends who are dominatrices so I've been messaging them, like, you know, like, Hey, like how do I do this? And kind of channel that dominatrix goddess that's in me. We'll see what happens.

**Suzy:**

Why do you think that there is so much shame around our sexuality as women? Like why is it not okay to own our own, our sexuality?

**Kimra:**

Partly we're all raised around religion and religion has kind of shaped society. There's a lot of stuff. And, and I was talking about this with a few of my clients the other day because like at church we're told that if we even dress sexy, we are causing men to sin by lusting towards us. And so if we're showing our shoulders, like, I mean, he was showing our neck, like if we're wearing clothes that fit form fitting to our body, we are automatically told that we're doing something wrong just by the way we dress. We haven't even touched a person and we're already being told this. Like I remember being, um, in high school, I had never had sex at all, but I was shamed because I wanted to wear mini skirts. I was shamed because I wore tight clothes, punk, rockers wear tight clothes.... that's just the way we dress. We wear skin tight jeans. Like, that's the look, you know? And I was told that, you know, like I shouldn't dress that way. And I'm like, but why? And they're like, all because it's going to make boys look at you. And I'm like, so like, what's I have to do anything. Well, you're making them sin. Like I'm making them sin, right? So it's like, it's automatic. Like I'm doing something wrong. I'm doing something dirty with my own body already. And even if I haven't even touched a person, I'm already doing something wrong. And so that's, and that automatically starts. And then that leads into rape culture where they're like, Oh, well, what were you wearing that term? What were you wearing stems from religion, period. And people don't want to talk about this. There's a lot of coaches who don't want to talk about this, there're therapists who don't want to talk about this? I went through six therapists because they kept dismissing me when I kept bringing up religious shame. And I was like, this stems through all of society, all of society, all religions, trash, talk our bodies and say, we're not supposed to experience our bodies in a certain way. And if you're not doing that with your husband or your spouse, then you're dirty in some sort of way, or something is wrong with you. Like you, you're going to go straight to hell. You're a sinner. Making it, making it out. So our bodies are just dirty and bad, which, I mean, all this affects us, especially when we're taught it when we're very young, right? Like between the ages of one and seven, your brain is literally just a sponge. And you're hearing these messages repetitively in a church culture, in a church community, it's going to affect you.

And nowadays it's not even in the church. It's outside of the church. It's through media, it's through TV shows, it's through everything, you know? So it started off as like, Oh, that's what you're learning inside of church culture. But now it's like throughout all of culture where we're not supposed to express our bodies, girls are still being called a slut, even though they're like, not even behaving in that way, just because of the way they dress. But I'm like so what if they were behaving in a slutty kind of way? That's their own body, let them do what they want to do with their body. And there's just been so much shame around it. I mean, why do you think so many people are against birth control pills? They try to make it out like, Oh, like that's like having an abortion. I'm like, actually it's preventing abortions. It's only stemmed from women not be able to sexually express themselves. And guess what? All the people who are against birth control pills are religious people.

**Suzy:**

You know, what's really interesting. So I've got two daughters. I'm one, seven and one four. And I have like a high level of awareness of how much I don't want to fuck my children up. I also know that because I'm going through my own shit. And as adults, we all go through our and shit. It doesn't matter how evolved you are. At one point in your life, your kid is going to turn around to you and saying, this is your fault. Like, I'm also accepting of that. But it's so interesting around the sexual piece, because this is the age where she's starting to have awareness around her body. And this is the age where there's been abuse in my family. And I'm really conscious of not wanting to put that kind of... the world is a scary place and men are not good. And it can be women who are not good. It can be, you know, it can be across the board. I'm really aware of not wanting to put that onto her. And at the same time, I feel super uncomfortable now with her as a tall, so looking older than seven, seven year old... she still wants to run around naked. I know that when I say you can't do that, we need to go and put your pants on now, underlying that is... you can't fully express yourself. You can't allow your body to be unsure because that is wrong. And I'm really curious of how do you get the balance of allowing your children to be free and expressive when you fucking scared that you don't know the guy on the beach, you know, do you know what I mean? Like how do you balance that?

**Kimra:**

Yeah. It's been something I've been navigating a lot. Recently. My oldest son is now 11 and he's navigating some of his feelings towards wanting to look at photos. And he actually asked me and my husband specifically, how do I not be a pervert? Wow. Because he fell. I was like, really? How did you even learn that word? But he asked us specifically that word. And he said, because I want to look at girls, but I don't want to be a pervert. And I was like, wow, what is going on? You know? And so, you know, we had to kind of explain to him like, it's okay to look, but if you're just staring at them and saying things to them and you know, cat calling them (I had to show them a video on catcalling) you know, like these are the things women don't want you to do that it's very inappropriate. It makes them feel uncomfortable. And so if you are doing something to make someone uncomfortable, that's why we don't do it. And that's very similar with the nudity.

So with my eight year old, he was the nudist of all nudists... like this kid, he would just be naked a hundred percent of the time. Like still, he walks through the house naked. I'm like, where in your underwear? What is going on here, you know? And so he's like the nudist child and with him, I've, I've sat down and I've explained it to him. I said, you know, it's okay for there to be nudity around, you know, immediate family members. But if any of them is uncomfortable, then it isn't. Okay. Right. And so his older brother has been more, he's more like the pruder kid. Like he's always had his clothes on, never gets dressed in front of people. He was like that even when he was like four or five years old, he didn't want to dress a lot of people. And I was like, I don't know why he doesn't want the other kids. Yeah. So I don't know. Some kids are just different in that way. But with my eight year old, I had to explain to him. I said, your older brother is not comfortable with you running around naked. So therefore, now we have to wear clothes in the house. I said, when you were younger, he



didn't mind. But now that he's getting older, he started to feel uncomfortable with it. Just the same as he would be uncomfortable if I ran around naked, right?

**Suzy:**

Yeah. Do you walk around your housemate?

**Kimra:**

I walk around in my underwear. I'm not naked, but I do walk around on my underwear. Cause I'm like, you know what, it's the same as like a bikini, right? Like if we went to the beach, like it's covering the same body parts as a bikini is. So I do walk around in my underwear, but I definitely don't walk around completely naked because my oldest son, he is not comfortable with that. But my middle son he's like, whatever. He's, he's like, he's just so whimsical. I was like, eh, you know, type of kid and just he's he just liked that. And so I had to explain to him, we don't do things that make other people really uncomfortable. The same thing with my oldest son, I told him, you don't just stare at a woman's boobs. That's going to make her uncomfortable. You know? Like, like you might glance for a second and appreciate, Oh, I like those boobs.

But then you look away, you don't make a person uncomfortable. The same thing with the nudity, don't go around, making other people uncomfortable. And it is weird that in our society, people are so uncomfortable with nudity, right? Like there was the woman in Portland who was posing nude at a protest recently it was like just a few days ago. And people were just freaking out about this. Like it's all over the news because she was naked at a protest. And the cops were shooting rubber bullets at her while she's standing there naked. And so she was using her body as a form of protest, which 's something that has happened throughout time, there was lot of women who used it as that. But it's really just an interesting thing on how our bodies are perceived by people. And there's still a lot of work as a society, as a whole that we need to do. Like, I still don't understand why people freak out of someone's topless. I'm like, boobs are just boobs. I mean, most of us were breastfed. Like who cares? Boobs are boobs, you know. So in some communities, people are just like, Oh yeah, whatever. But then other groups of people are just like, Oh, never show your boob. If someone sees a nipple, like, Oh, like, I don't know what's going to happen. You know? Like, I even like when people were breastfeeding, like there's people that make comments like, Oh, like, you know, what are teenage boys going to think? I said, they're probably gonna think, Oh, there's a baby that's eating. And they might giggle a little bit because it's a boob, but they're 13. Who cares what they think about it?

**Suzy:**

That's what I think is so interesting about this subject. So I'm going to come back to the breastfeeding, but my four year old still wants to walk around naked. And my seven year old doesn't want to have to walk around naked and she will be quite vocal about it and be like, that's disgusting, put your clothes on. And I'm like, you can't say to her, that's disgusting. Put your clothes on it. Especially as like half an hour ago, you were the person that was walking

around naked. So there's this whole thing about the way that the body is used as a weapon - for you or against you - and them learning and doing that to each other at a really young age, which I find just tough to navigate.

Because I don't want to tell my four year old that she has to put clothes on because I don't want to have her thinking that she does need to put her clothes on at four, because she's four. And I want her to be able to run around the house, doing whatever she wants. But I really hear you when you say it's about that respect of boundaries that you are instilling within your children. And so therefore one of them feels uncomfortable then respectfully being respectful of that is important.

**Kimra:**

It's respecting the space, you know, cause our home is like our own sacred space and you know, just like in my home, I don't allow meat in my home. That is too. That is a thing where if someone comes over, that's just a rule. It's always been a rule in my home. People respect it, you know? And I feel like anything with it's like nudity and things like that. Just like, you know, it's not like, Oh my gosh, just like turn on things on TV that makes someone uncomfortable. Like I remember I was in my, even in my car. I, um, I was listening to Eminem and someone got in my car and I asked them, is it okay if I listen to Eminem because Eminem has a lot of vulgar things and you know, kind of aggressive sort of things in his music. And I was like, you know, like, he's, he's kind of like vulgar and things like that. Is it okay? And they were like, Oh yeah, that's fine. Because I want to respect people's space. I want to respect their ears, what they're seeing, what they're feeling like. And so it's, it's turning into more of this consensual society where we're asking these things now. And it's been surprising to me because I have gotten people's cars and they've had music on that made me feel really uncomfortable. And I never said anything about it. And so now I'm just like, Oh, like when someone gets in my car, like maybe I should ask them if that's okay that I'm listening to something where there's a lot of cussing and it's very vulgar, you know? So it's, it's all about teaching this consent as well. And so I've told my eight year old.

I said, you can ask your brother like, Hey, is it okay if I walk around naked? If he says, yes, then that's fine. But if he says, no, then you gotta wear underwear, at least. It's just a consensual thing. Cause I don't care. He runs around naked. And my five year old is like, he's autistic. He doesn't care what anybody does, you know? But like my 11 year old, he's starting to develop and have his opinions about things and this sort of stuff. And he's just really uncomfortable with it. And so I'm just like, you know, like if your brother's uncomfortable, he's uncomfortable. Just like if he was poking you and just like hoping you said, Hey, stop, he would just have to stop. Like, because that's not consensual for you to do that. You know?

So it's this weird thing. And there's a lot of conversations in like parenting groups about this. And because some families are very much open about their nudity. Like the moms, the dads, everyone's running around all the time, you know, and other families it's like, everyone's completely clothed. Like you would never see your parents naked. And my kids, I'm sure they've seen me naked before. Like maybe just on accident and things like that. But you

know, like, I'm just like, yeah, if I have to go into the kitchen and I'm just in my underwear, I'm not gonna like put on pants just to like, go grab something out of the kitchen. I'm like, it's too much work for me. But I don't feel, I don't feel comfortable walking around naked in front of my kids because I don't want them. I don't want them to feel uncomfortable.

**Suzy:**

Okay. Yeah, no, I get that - my husband wouldn't walk around naked. He would like to go to the bathroom. I walk around naked. I don't mind. And my kids don't mind either. It's like, mommy is sacred mommy so she can do whatever she wants, but with each other, they can be a bit funny.

Now I want to talk about the breastfeeding because again, our breasts, when it comes to our kids, it's not a sexual thing. And so this conversation where we sexualize breastfeeding and make it wrong is one thing. And then right next to it is why are we making the sexualization of breasts wrong? And then next about you've also got things like page three, where we say you're objectifying, women's breasts. And that is, that is wrong. So it's like this whole, I mean, it's so big and layered and complex this conversation.

**Kimra:**

Absolutely it is. And when I had my first son, he was like maybe six, 10 weeks old, like not super old, just newborn. And we went to Disneyland and I was breastfeeding. Cause it was a hot day. I was like, obviously this baby is wanting to chug this milk, you know? So I was just walking around, you know, breastfeeding him, walking, you know, I'm walking to, you know, Pirates of the Caribbean ride. And here I am just breastfeeding him and stuff. And all of the Americans were giving me a dirty look. Like all of them, they were just like giving me dirty looks. But people from other countries were walking up to me- barely even spoke English, and were like oh what a cute baby. And then some of them even said, I didn't know, Americans breastfed. Yeah. They're like, they were shocked. This woman from India. I remember specifically because you know, she's wearing her Sari, and so it was all of her family, you know, they're all dressed up and like traditional Indian attire, and the woman, she didn't speak English, but one of the, one of her kids did. And so it was like translating back and forth with me and this woman. And I'm just sitting there like breastfeeding the baby. And she's like, you know, that's so healthy for your baby. I'm so glad you're doing this. Like, you know, telling me all these things, and I'm just like, what do all these other countries think about Americans? Like we don't feed our babies right? They just don't think we breastfeed at all. Um, because it's just seen as like, and even breastfeeding is even seen as dirty. Like there are women who literally think it's dirty to breastfeed your baby. I'm like your boobs make milk. Like even when you're pregnant, there's already milk coming in. You know? So like, like we're supposed to do this, and it's even taught. And again, that all stems back to like, our body is like, it's supposed to be just like hidden. It's not supposed to be expressed. It's not supposed to be out there. There's even stigmas around, you know, especially women who work in sex work like strippers, even, you know, all they're doing is showcasing their body. Right. And they're moving their body in these sexual ways. But Oh my God, that's horrible and dirty and disgusting and all this stuff.

And I'm just like, what are you talking about? These are like goddesses up here. You know, for one they're extremely brave. I'm like, Whoa, you're real brave being up here on this stage. But two it's just like, it's beautiful. The form of a human is so beautiful yet we are taught it isn't. And then all of the fat shaming stuff that goes on. I mean, there's shaming for everything... body hair shaming... I mean, everything. Someone finds a way to shame it. And I tell them all the time, I say this all stems back from the way we're raised, the households we come from. And sometimes just people not even talking to us about these things.

You know, like I've explained to my kids, why there's some people who are overweight versus not overweight. Some people, it's genetics. Some people's just the food. They eat. Some people just, if they exercise, maybe they could lose weight, but maybe they just don't even want to. So who cares - let them do. That's their body, whatever they're going to do with it, let them do what they want to do with it. You know? Hopefully they're healthy and that's great, you know? Sometimes we just have to explain it to people, right? It's like, sometimes we do need to explain these and we cannot, we can't assume our kids just understand what that is there. They might be shaming someone. And they just think it's funny cause their friends are saying it or something like that, but they don't even know they're doing it. They're just like, Oh, we're just kids. And just having fun, you know? And they don't even realise that they're shaming someone.

I feel parents are really the ones who like, if you have kids that are growing up, bullying people are shaming people it's because the parents didn't tell the kids straight up. You're not supposed to talk to someone that way, you know, like it's really that simple. And people are like, Oh, like when we're parents, they don't really listen to us. I said, they absolutely do. Pete kids do listen to their parents. It might not look like it on the surface because they're like being a bunch of little punks or something. But like they do listen. Like those things do get inside of their brain. Oh, you're not supposed to do that. You're not supposed to talk to someone that way. And especially with body shame and things like that I feel like there's still more conversations that are developing around it. Especially in the parenting communities of like how to talk to our kids about these things. Because I remember like in school it's like I wanted to shave my armpits because I was like, all the other girls are doing that. So I have to do that, you know, or they're going to make fun of me. Right. And then I asked my mom for a razor and she didn't want to give me a razor because she said only sluts shave their armpits. That's how my mom told me. I went to the Petrol station down the street and I stole shaving cream and a razor when I was in eighth grade. So that I shaved my armpits because my mom told me that only sluts do that. I'm like, what are you talking about? Like, I'm not even thinking about being with other people around this time, you know, maybe having a crush here and there or something, but like, I just didn't want to get made fun of, you know, so even like my parents were instilling all these shameful things inside of me, but obviously she probably had that all instilled inside of her too. Right. It's just, it just keeps getting passed down from generations and generations. It's just consistently passed down.

There was a lot of shame, especially around breast in my family. My mother had very large breasts and she was, my mom was kind of hyperly sexual, which actually made me closed down sexually because I was like, I don't want to be like that because I didn't like my mom

very much. So like, I kind of like went the opposite way, like, Oh, I'm just going to be so modest and be completely covered. And you know, like it was, it was really interesting to have a mother who was like hyperly sexual in that way. Like my mom was known as a sexual person in my town. So it was, it was kinda difficult, you know, the teenage boys would look at my mom and stuff like that.

And I'd be like, so embarrassed. Like, why are you looking at my mom? So it was, it was really, it was just, it was difficult navigating that as a kid and especially cause my mom had super large breasts, but then I didn't get any breast at all. And I was even made fun of in my own home of like, Oh, you have zits, but no tits. Like they even said that to me because I had acne, but no boobs, like who made up that phrase? Like, what are you talking about? And even after breastfeeding my kids for eight years, I still never got boobs. Like I'm just flat. Like that's just the way they are. And I don't feel any shame around that because I was like, no, what these boobs, they did their job and they're fabulous, you know? And now I got them pierced with like beautiful jewellery on it, which matches all my other jewellery.

I got all my jewellery to match and you know, like, I'm just like, yeah, my boobs are awesome, you know? But like I had to get to that point. I was so shamed around my breasts growing up and just my body in general, my mom told me like, you know, touching yourself was wrong and touching myself was dirty. Like that's just really dirty. Like you don't touch yourself. Like that's for like, when you're married and your husband does that.

I was just like, okay, but I've already been touching myself. So now I'm bad and dirty and gross or something. So it's just, there was a lot of shame from my own mother. And then there was shame from my church and it's like, this shame just compiles from other kids at school. They thought that it was weird because like I knew like what condoms and things were because I have brothers who are much older than me. Like one brother is eight years older, one, six years older. And people thought that I was like having sex because I knew what condoms were. And I was just like, well, I know what they were because my brothers were talking about them. Because they're old much older than me. They were already like, you know, 17 years, 18 years old when I was only 10. So I knew these things, at a very young age and my mom was very open about a lot of sexual stuff, but then she also shamed you for having any of those desires. It felt like just being in like this bipolar space, like, wait, am I allowed to be sexual? Or am I not? Like it was so conflicting my whole entire life. And then once I moved out of the home and I moved to Seattle and I started learning more about people and especially around like queer people and I sort of learning more, I was like, Oh, this is like an exploratory thing is like what sex is and I can start doing. But it was definitely, I was definitely not raised in a home where it was okay to be sexual at all. You were basically just shamed for it completely.

### **Suzy:**

So what I'm hearing is, after you separated from your ex husband, you went on this whole journey of sexual exploration. And I'm curious for the people who are listening and who are ready to open themselves up, they probably had their children. Maybe they had a sexual past, or maybe they didn't. But how do you now at this age, 35, 40, 45, 50... how do you step

into sexual liberation? Whether you're in a partnership, or outside of a partnership? Let's talk about in a partnership first and then outside.

**Kimra:**

So in a partnership, it really begins with communication. A lot of people, um, are, even if they've been married for 20 years are uncomfortable asking for what they desire in the bedroom. Um, and it, so it does take a lot of that communication at first. For myself, when I was still married, we were trying to do all of these things. We had sex coaches and therapists and all of this stuff. And we tried out all different sorts of things. None of it really, really worked for us. And it was mainly because I just didn't have desire towards him. So it's very difficult when you don't have desire towards them. So sometimes, depending on the couple, you have to increase the desire, just in general to have, um, so there's a few ways. One way is, you know, literally saying what is something that you've always fantasised doing and just making a game out of it. Like no shaming, no judgment, just making a game out of like, what is something you've always desired to do? Where do you want to be touched on your body? Do you just want a massage, like making it nonjudgmental of just touch and play with each other, because it doesn't have to be just sex. And I think people, they always think that talking about sexual liberation is just the act of sex, but no, just touch is part of it. Because a lot of times, people who even have sex consistently, still often lack intimacy. They often lack the actual touch and just feeling each other and holding each other and caressing each other. So it doesn't even need to start with just like, Oh, I really want to do some super crazy kinky thing or whatever, you know, like it really just starts with like, how do you even want to be touched? What is something you've desired like that we can explore?

**Suzy:**

Do people ever say to you? I don't know. I don't know what I want..

**Kimra:**

Yes. And so there is a thing that you can Google called the Want Will Won't list. And it's this big list of things where you can check off the things you don't ever want to do in the bedroom. The things that you might want to explore, the curious things, and then the things you really want in the bedroom. And it's this big gigantic checklist, it's like where you just like Google it... Want Will Won't list. And it really significantly helped me because after my separation, I did not know what I wanted. I was like, what do I want?

And I did end up starting to look at pornography. That was one thing I started doing because I didn't look at that during my marriage. And then I was like, you know what? I need to see like, what is going on in the world, I guess when it comes to sex. And so I did start exploring that just for myself to see what was going on.

**Suzy:**

Is that allowed? I'm really even curious about that. Like, I thought that pornography was wrong?

**Kimra:**

Yeah. It was definitely taught to me that you're not supposed to look at it. That's like evil. Like they're exploiting all these women, but there are places where you can find ethically sourced porn. Like even if you just Google ethically sourced porn, like you'll find websites on it. An app that worked really really well for me was an erotica app called Dipsea. And they're very inclusive. So they have all the genders and all that sort of stuff in there, and all the sexualities and stuff and it's audio erotica. And when you listen to it, you can actually do it from like an analytical perspective of just like, Oh, do I want to try that? Write it down. Do I want this thing? Write it down. You know, sometimes we really just don't know because we're not like... it's not common for people to just be like, Oh, I'm I had sex with my husband last night and we did this, this and this, you know, like people don't just go around posting that all over the internet, you know? So like, we don't really have a lot of ideas if we've maybe been stagnant or kind of just repetitive in our, in our sex lives, which a lot of couples, they do. It's kind of just like the same thing, but the wham, bam, thank you Ma'am, and then it's done, you know, like, and that's how most couples are. There's not a lot of exploration.

One thing that one of my, um, sex coaches had taught me was to set up like a sex date, like where you actually sit down and you're like, this date is specifically for like maybe one particular partner to explore the things they want to explore. And then the next week, the date is for the other person to explore the things that they want to explore. And working on consent, working on it, there's a thing also called, the Wheel of Consent. Another thing that you can Google and there's some books on it and stuff, and it's like, basically like, or do you want me to touch you here? Do you want me to touch you there? Yes or no. And, and you're answering questions and it takes some time and a lot of people are like, Oh, there's like so much work, you know, but it's worth it. It's worth it to do the work, to rekindle that sexual connection in a relationship. And sometimes it does take looking at some pornography. Sometimes toys can also be very helpful as well. There's a lot of women who have been married a long time who have actually never had an orgasm because there hasn't been enough foreplay in those experiences. Only 20% of women have orgasms from penetration alone. So only 20%. Yeah. So 80% of women need foreplay of some sort.

It takes a bit because if you think about just like our Yoni area, we also have blood rushing to that area, just like a man does when he gets an erection. And if there's not enough blood rushing to that area, it doesn't have that same sensitivity sometimes. And sometimes we need it to get more sensitive. So then it can feel more of those sensations and more and more of that pleasure. And the clitoris literally has no other purpose besides pleasure. There's no other purpose. So I think it's kind of hilarious that in all of these, you know, especially like in the Bible and things like that, it's like, Oh, you know, like we're only meant to just like procreate. That's like the only reason you're supposed to have sex when it's like, well, actually I'm pretty sure God gave us this thing called a clitoris that's only meant for pleasure. So take that Bible. So like even understanding our own anatomy can help you have more orgasms. Like, cause some women had never looked down there. They never

actually just get a mirror and actually look like what is going on here? Where do I actually like to be touched?

So moving on to being like a solo person, like not having a partner, not partnered, for myself after my separation, I did a 14 day self-pleasure challenge where I spent like an hour, hour and a half, like doing this. It wasn't like a, like a, Oh, like I just try something real quick with a vibrator for like five minutes. It was like, no, like I'm really gonna explore what actually gives me pleasure. And I was exploring my whole body, touching certain parts. Apparently my knees are like a huge thing. I don't know what it is on my knee. I love my knees being, I don't know what it is. I've got a weird knee thing. But yeah, it was just exploring myself. I'm like, do I really like my feet being touched in massage, and it turned out not so much. So if a guy likes my feet, cool, do whatever you want my feet, but it's not something I'm like, Oh my God, rubbing my feet is a big turn on. To somebody else, it might be the biggest turn on ever. For other people. It's like, Oh, like here on my neck, like, so it's really just like touching your body, exploring your body and doing it in a completely nonjudgmental way where you're like, I don't judge myself. I'm just figuring out what I like. Some people it's the nipple stimulation, to me I'm like, don't touch my nipples. Like it irritates me more than it would turn me on. Right. So it's just learning those little pieces about yourself. And then you go out and you're able to date, you communicate these things with people and actually tell them things.

And so I had went on a date with a person and we did the Want Will Won't list on the date. The first date we had were like at like this vegan restaurant in Manhattan and we're doing this Want Will Won't list. And then we like exchanged it. So I was like, just print it out and bring it. And then we'll like, do it, like while we're on the date. And so we fill up this thing and it actually takes quite a while. It takes about half an hour to fill it out really. And then we like swapped it and it was like really great. Cause I was like, wow, we're like really compatible in a lot of ways. Like, we actually like a lot of things. And I was like, Oh yeah, I really want to explore that. You know? And on some of the things I wrote, like, yes, please, you know, like on certain things, I really like, you know, and he was like, it was really cute when you put like, yes, please. And it was just, it was really fun. And people were like, you did that on like a first date. I said, yes, it broke the ice. And like, we didn't have sex like on the first date, but it let us know like kind of like what to expect. So it actually kind of gave us a little bit of excitement for each other, for like future dates. And the reason why, and actually the reason why we didn't have sex on the first day is cause I was waiting for STD test to come back because I always get STD tested between any partner that I have, which most people don't do. But I do because I'm like a germaphobe. So I do it on a little bit extra in that way. I'm like, I don't care if I'm using condoms, I'm still getting STD tested, you know? I'm a little bit that way. I'm a little bit extra that way, I guess, compared to most people, but, you know, so I was waiting for those results to come back and stuff that, and um, and anyways, you know, like we ended up having a really great like sexual experience with this guy. We weren't planning from the beginning to have a serious relationship, um, because I wasn't really looking for that in this particular person, but I was like, yeah, I would love to do some like exploration and things like that. And people are actually very open to it. Like when you're saying, I want to explore, they're like, okay, like, let's try this. You know, like I've never had anybody. It's like, no way I don't want to explore sexual things with you. I've never had someone be like, no, you like, why not? Because they're probably curious to, you know, if someone was like, no,



then that means, okay, you're very closed off sexually. You're probably not going to be good partner for me anyway, like you need to go to a sex therapist or something, you know. So I just found it really, it was, it was really interesting being, especially like single and like dating and doing all this exploration work. It was really fun for me. There were definite things where I was like, that's an absolute no, which was good to put on the list of like, not doing that ever again.

And then there were things that I was like, wow, I didn't realised I really liked that. And one thing that I realized I am kind of obsessed with is sexting and dirty talk. Those are like, favorites turned me on more than anything. I can have an orgasm just from sexting and not even having touch, no touch, even happening. I'm like, so turned on from sexting. I don't know what it is. I'm just like, this is like so incredible. And then dirty talk on top of that. It's just like, I can orgasm way faster and way bigger if the partner is utilising dirty talk during it, I don't know what it is, but something, I dunno, something that hearing it, like seeing it and reading it. I don't know what it is that some sort of auditory visual thing, but it works for me.

And so I did a workshop. I did a workshop on that. So if anybody wants it, go to my website and find the workshop, but it's only, it's only 30 bucks and people love it. But I did a workshop all on sexting and dirty talk because a lot of people don't even know how to get into that.

**Suzy:**

Yeah. I feel awkward just thinking about that actually, yeah I feel a little bit awkward, so maybe I need the workshop.

**Kimra:**

Yeah, it's really just fun. And it's flirty, even if you've been with your partner a long time, and then you send them like a sexy thing, like it gives them this anticipation for when they come home and this eager anticipation to have their way with your body in some sort of way. They're like thinking about it while they're at work. And they're like, Oh my gosh. It's just another piece of like bringing more intimacy in and saying like, Hey, I can't wait for you to come home from work so we can do this. And they're like, wait, what? Yeah, I'm excited to come home from work today. You know, it's something that you can do to really keep that fire going in a relationship.

And I think because I've also always had somewhat long distance relationships, like people I've dated have traveled a lot. And so I think that's a piece of it too, because when I was first with my husband, I was traveling a lot. I was on tour with bands. And so I think I got used to to this kind of like texting mode from a very young age. Another thing too is a lot of my friends because I'm an Idaho and a lot of my friends like were like on Myspace. And so then they were at a distance as well. So I got so used to like distance, like talking to people and flirting with people that I just like became a thing for me, I guess. And so I love sexting. If someone wants a sex with me, I'm just like, yes, let's do it. It makes me so happy. I just, I love it so much. And that's why I did a workshop on it. Cause I was like, you know what,

that's the funnest thing for me. It's my favorite thing about sex and relationships. It's sexting and it's a tease. I think it's like, I don't know. I just love that piece of it. Like, you can just tease your partner. They're not even there. And you could still tease them.

**Suzy:**

It's like modern day burlesque.

**Kimra:**

Yeah. It's wonderful. And even like sending like, like sexy selfies, they don't have to be a nude. Everybody thinks like I don't want to send my husband a nude, like one of his friends at work see it or something. And I get that, but you can create, you can take pictures of sexy stuff. I said, go on Instagram and look at the models and look at how they're posing and take some photos like that and then send it to your spouse or your boyfriend or whoever... send it over, and they're like, Whoa, Hey, like what's on your mind today. You know? And that right there starts those conversations. You know, it's typically not super hard to get, especially if your partner is a man, it's typically not super hard to get them to be like, Whoa, what's going on here.

It could be a little bit more difficult - sexting with women find is a little bit more difficult because it's sexuality depends so much on mood. You know, it's always like, it's typically what you'll see is the woman's like, Oh, I'm not in the mood. I'm not in the mood. I have a headache, you know? Like it's always like, like that sort of thing. And so I find with women sexting is a little bit more difficult. when I'm trying to initiate that sort of thing with a woman, than it is a man with a man, I'm just like, Hey baby, what's up? And it's just like the whole flood gates start opening. But like with women it's a little bit more complex.

**Suzy:**

Women are complicated.

**Kimra:**

Yeah they're like are you actually flirting with me? Like, I don't know. It's like they're questioning it. You know? It's like, no, like you're hot. Like I'm flirting with you. Yes. Like I literally have to say that, like, why do I have to say this? With a guy, they know. It's a little bit different. And I think that's one thing that is interesting about myself, even as like a relationship and dating and sex coach, and that sort of thing is, I have a lot of perspectives just because of how I've dated and who I've dated and my own sexuality. And there's not a lot of, you know, LGBTQ sex coaches and dating coaches out there and think that that's just a different perspective I bring to the table as well when working with people.

And so it's, it's been, it's been an interesting journey for sure. And most of my work currently is around shame, because I found with doing lots and lots of market research and lots and lots of calls with clients, everything just boiled down to shame. That was always like the core

thing that was causing issues. Like even this fear of sexting, even sometimes it's like shame. Like it's like, Oh, that's like dirty to say something like that to someone, you know, like there's, it all boils down to all of this shame. And so I'm like, alright, Shame Dismantling Mage is what I'm going to call myself because that's what we're doing. And it's been exciting. It's been exciting work. It's been wonderful to see what's happened with a lot of my clients. Currently every single one of my clients has actually experienced like sexual assault in some way. And so really helping them tap into their bodies is always the first step. There's one, cause someone had asked me on a podcast the other day they had asked me, you know, like, well, if someone is like a zero out of 10 on like how they feel like their sexuality is, and they're at a complete zero, like what can I do? I was like, just touch themselves, you know, like get lotion and massage your hands, and pretend you're a Buddhist monk. And, and look at every single little crevice, every single little piece, all of the little lines, like really just admire your hand, massage them and take it slow and just slow down.

My program is called 30 days of slowing the F down. And part of it is like touching ourselves and, and just feeling safe, touching our own body. It starts making it so we can allow other people in when it comes to touching our body and start feeling safe with other partners. And so it all starts with ourselves. You can sexually heal on touching yourselves and exploring yourselves, exploring your own body, even if it's just, when you're in the shower, taking double the time on washing your body, taking double the time on washing your hair and massaging your scalp. There's little things that people can do that really start, start healing their own senses because really if you've had sexual trauma and you're like at a complete zero, you don't feel sexual at all. Like a lot of that is, it's just, it's all stored in our body. There's a really incredible book called the body, keeps the score. It's one of my favorite books. It's basically my Bible. I listen to it on repeat with my on audible. It's just like always on. And it talks about how our body just holds things in and we need to feel and touch, and that helps release those things. Also when it comes to Mauri shamans in New Zealand, they actually use pain for healing and they put your body into a state of pain so that you can release the healing. And I've been really interesting and studying how pain and like BDSM connects with healing. I have friends who are dominatrixes and a few I'm going to interview on my podcast because like, because pain and pleasure, there's a real fine line. Even in our brain, you know, where someone's like ouch, that kind of hurts, but I kinda like it, you know?

**Suzy:**

It's that fear and excitement thing as well.

**Kimra:**

Yeah. It's, it's really interesting. And they're still doing so many studies on it. So I'm like reading every new article that comes out. I have pain and pleasure on like the Google notifications, you know, cause I'm like, I want to read every article like on it, you know? And it's definitely an interesting topic on like, cause people, they, they get so weirded out by like this BDSM stuff. And I'm like, even the act of the spanking can be healing, the act of pinching a person or scratching a person there can be healing within that. I had a Mauri womb healing when I lived in New York city, I was having a bunch of just crazy, ridiculous

health issues. They couldn't find anything wrong with me. I went to every doctor, there was nothing wrong.

But I'm like, why am I having all these crazy issues? You know? And really ridiculous symptoms. And so I went to a Mauri shaman who put me into excruciating pain for three hours. Throughout my whole body, he was like rubbing rocks all over me and, you know, hitting me with all these sticks and all, I mean, it was great. It was way worse than childbirth. Like it was very painful. And afterwards I was completely healed from everything that was going on with my body. I was like, this is a legit miracle. And then when I started studying pain and like how the body holds things in and I was like oh, that pain allowed me to release it. It let it out of my cells. And that's the beliefs of Mauri shamans.

**Suzy:**

Yeah. It's interesting because whilst I don't work with pain, I absolutely believe that when you are looking to make a transformation, you do it on the conscious and subconscious, the physical and the energetic plane. And when you have all of those four together, that is when you are able to truly release, which creates a space for you to step into something.

**Kimra:**

Absolutely. And it was like, I needed that physical thing. And when it happened, when I first signed up for it and I paid the person and she was like, do you know much about Mauri healing? And I was just like, I'm not gonna Google it. I've heard that it's painful, but let's just do this thing. Like I was ready to heal. And when I went to her, I mean, it was just such this miraculous experience that happened.

And it made me start getting so much curious about pain and then about BDSM and like how that involves healing and people that I've spoken to who are dominatrix most of the time, they actually aren't doing anything sexual with their clients, which I have found to be shocking because you would think, Oh, they are a sex worker, but oftentimes they're not having sex. So it's really just like, there is arousal as part of it often for people, but oftentimes the pain is super healing. It's so interesting and there's so much more I'm studying on it cause I'm still pretty new to a lot of the BDSM stuff. Like I just got a paddle, you know, so I'm still pretty new to this sort of stuff. But I'm learning and I'm exploring and I'm going to keep on learning and exploring and, and maybe in a year I'll be a dominatrix who knows? but

**Suzy:**

We'll keep our eyes peeled. I literally could speak to you all afternoon. But I have one more question for you before we wrap this up, which is what does limitless mean to you?

**Kimra:**

To me, it means having this sense of freedom where you can explore anything you're curious about. I do believe that humans are meant to be curious. And we have this curiosity

in us from obviously very, very young age, you know, one and two years old. We're very curious. And having that freedom to explore that curiosity, whether it is in the sexual sense, or whether it's just learning and things you want to educate yourself on, keeping being curious is what limitlessness is to me. And I've always for myself, kept exploring my curiosity is when I'm curious about something, I study it, I go like, kind of extreme full on to studying it. But that's what works for me. But I really feel like when you are practicing your curiosity and being part of curiosity, that's when you're living a limitless life.

**Suzy:**

Beautiful, where can people find you?

**Kimra:**

My website is kimraluna.com, another great place is my YouTube channel, same name Kimra Luna. You can find me there. And my Instagram is the best place to reach out to me personally, I get way too bombarded on other platforms. If you have any questions for me, or want to learn to work with me, I do have a free community where we talk all about sex, love, relationships, kink self-love healing, and that's called the cosmic connection coven. And you can find that on my w the link to join that on my website, it's a private discord community. You could use a pen name. So if you want to ask them sexual questions tied to your real name, like it is on Facebook. And so I'm, I created a kind of a safe space there for people to, to ask all the questions about all of this stuff that I love talking about. I could talk about it forever. So definitely hit me up kimraluna.com. That's the best place to find everything about me. Perfect. Thank you so much for your time, so appreciated and until the next time.

**Kimra:**

Yes. Thank you for having me. This was wonderful.

**Suzy:**

You are so welcome. My lovelies, I hope that you loved that. And please remember as always...

Faith + Action = Miracles