



## Sexual Sovereignty

### Dr. Saida Désilets on How Women Claim Theirs and Men Learn to Honor It

#### *Finding the Culture-Altering Collaborative Way Forward in a Highly-Charged Moment in History*

Harvey Weinstein, Brett Ratner, Louis CK and James Toback did not respect it. And the women who are now coming forward about their sexual abuse at the hands of these men are only now truly claiming it. “It” is their **SEXUAL SOVEREIGNTY**—the *right* to control their own sexual and physical fate—not being subject to the demands, the whims, the control or the perversion of others.

“Do you realize that in no country in the world, nor even the United Nations Human Rights Charter, is there any stipulation that women have the rights to their own bodies,” says Dr. Saida Désilets, Ph.D.

A thought-leader and speaker on the growing edge of researching ways women can use their minds, bodies, and spirits to create richer lives through their sensual selves, Saida serves as a guide to women who believe in transformation as a lifelong path of learning, discovery, and walk to freedom.

But it was a violent rape that nearly cost Saida Désilets her life that put her on this path. Self-described as a “street-savvy, equipped with feisty farm-girl strength and the grace of a dancer,” she was by no means naïve. In fact, this French Canadian native was raised on a First Nation’s reservation in Manitoba where sexual abuse of children, teens and young women was common. Yet, despite seeing that openly, she never expected to be so violently attacked by a man she was actually dating. The shocking violation left her in such excruciating physical and emotional pain and damage that, upon waking up after emergency surgery, she was told she had only two weeks to live.

But live she did! “I chose to defy the surgeon’s diagnosis, and instead, chose to live. Life after rape, after near-death, takes on a different quality,” she says.” Either you become a shut-down, just-getting-by version of yourself or you suddenly feel like you’ve been given a new ticket on life. I felt the latter. My journey started in defiance. I defied death. I defied the badge of victim. And I claimed myself in ways I never knew possible.”

After two decades of work with women on their sexuality and sensuality, a PhD, two books--plus one more on the way, and the development of a proven psycho-sexual method that is now being used in female medicine, she has come to recognize “that this journey, this coming home to ourselves, is an act of rebellion. Rebellion because women must defy their conditioning, their wounds, and the inertia of social mandates.”

Saida points to a quote from Hamash Alidina: 'In a society that benefits from your self-doubt, liking yourself is a rebellious act.'

“That’s how the term **SEXUAL SOVEREIGNTY** emerged,” she says. “It’s the full ownership of ourselves and our body and our sensual/sexual nature. It is knowing that no person, institution, organization or government has the right to choose what we do with our pleasure, sensuality, sexuality and fertility. That is ours alone to choose.”

And now the quest is how to usher in a new path that brings men and women into right relation with each other...where **SEXUAL SOVEREIGNTY** is the cornerstone for both sexes, and is the foundation for building understanding, respect, compassion and strength. A world where physical or psychological oppression is no more. And #METOO isn’t necessary.

Saida speaks to all of this. Her vision is one of healing and growth for all. Most of all she wants women to feel at home in themselves, where they know they belong and that they matter—opening up new levels of freedom, joy, self-confidence and achievement.

Learn more at [DareYourDesire.com](http://DareYourDesire.com)



## **Dr. Saida Désilets** **Biography**



Dr. Saida Désilets wants to live in a world filled with audacious, sexually sovereign women, living life on their own terms.

As a thought-leader and body-philosopher, she has published several books: *The Emergence of the Sensual Woman*, and *The Illustrious Jade Egg* and had her innovative method featured in Dr. Christiane Northrup's bestselling books: *Women's Wisdom*, *Women's Bodies & The Secret Pleasures of Menopause*, as well as in Dr. Rachel Abrams books: *Multi-Orgasmic Woman & BodyWise*.

After two decades of dedicated, embodied professional practice, Saida is renowned for being the founder of the modern Jade Egg movement and visionary spokesperson for sexual sovereignty.

She is soon to publish her newest book on Desire, while contributing to the first-ever medical study on the Jade Egg and its impact on the vaginal micro-biome. Saida has created seven online courses to assist women to successfully embody their

sensuality, while enhancing their sexual health. She recently co-presented at AASECT's annual conference with Dr. Debra Wickman on Sexuality and Ageism, sharing their latest research findings on post-menopausal sexuality.

Recognizing the effectiveness of her method and desiring to create a professional industry standard, Saida launched her year-long Ambassador program for professional women who wish to bring her psycho-sexual method into their line of work. These Ambassadors are part of creative, collaborative global collective who are dedicated to the highest standard of information and education for women of all walks of life.

Seeing the need to counter the detrimental effects of apathy, she created The Daring Project—a growing online membership of women from around the world—for women who are curious about exploring what it means to claim themselves and be the force of nature they were born to be. This dynamic platform is assisting women to audaciously move from being a victim to confidently thriving in life.

When she's not dancing Cuban salsa or Zouk with her husband, you can find Saida leading Wilderness Safaris for women in South Africa or writing deliciously sensual poetry.



## **On Air Introduction**

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## **Questions for Dr. Saida Désilets**

1. Where did your own personal journey of reclamation start?
2. What are three things from your childhood that have impacted your life's work?
3. What do you perceive to be the greatest challenge women face right now?
4. You speak on Sexual Sovereignty, can you tell us what that means?
5. How did you develop your ideas on Sexual Sovereignty?
6. The recent #MeToo movement has stirred up a lot for millions of people, what do you feel is at the heart of this movement?
7. If you have a superpower, what would it be?
8. Your story from victim to thriving is powerful, what was the key element to your transformation?
9. If a woman wanted to claim her sexual sovereignty, how would she start?
10. You are married, does your husband support this work?
11. You are about to publish your newest book, this one is on Desire, can you give us a sneak-peek into it?
12. You are a PhD in transpersonal psychology specializing in the psycho-sexual wellbeing of women, can you share more about this work and why you feel it's crucial to the times we are facing?
13. You developed your own method of work that you are now teaching other professionals to use, what is the single most powerful premise from this method?
14. Some people say that the gap between men and women is growing, what are your thoughts on this?
15. Why do you consider sexual sovereignty a human birthright?
16. You have a growing, global community for women called the Daring Project, what is this all about?
17. It has been shared that a man's libido is innately brutal, what do you think?
18. You speak to socially mandated behaviors, can you share what this is and why you believe them to be harmful?
19. Do you have a simple tip that our listeners can put into practice right now?
20. Is sexual sovereignty something only for cultures who embrace sexuality? Why or why not?



## Learn More

### Website

- [DareYourDesire.com](http://DareYourDesire.com)

### Books

- [\*The Emergence of the Sensual Woman: Awakening Our Erotic Innocence\*](#) (on Amazon)
- Black and white trade paperback to be published by Jan 15.
- [\*The Illustrious Jade Egg\*](#) (a kindle book)

### Online Courses

- <http://saidadesilets.com/school>

### The Daring Project

- Online Membership Group
- [TheDaringProject.com](http://TheDaringProject.com)

### Social Networks

- FaceBook: <https://www.facebook.com/drsaidadesilets/>
- Instagram: <https://www.instagram.com/drsaidadesilets/>
- Twitter: <https://twitter.com/SaidaDesilets>
- LinkedIN: <https://www.linkedin.com/in/drsaidadesilets/>