

“Then you start to feel alive, your eyes twinkle. I call it Pussy Power”

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Sex coach Cora Emens shares her secrets

Cora Emens exudes sexual health and energy – you can feel it emanating from her through the computer screen as her image flickers to life on Skype. At her core, Emens is an educator: she graduated as a health science teacher and worked as a regatta sailing coach before moving into more erotic realms. She is a sexual pioneer, establishing new ways to express and understand sexuality from erotic performances in discotheques, to one-on-one Skype consultations. She worked for the first Dutch telephone sex line, and she introduced masturbation classes, erotic massage workshops, and the very profession of sex coach to the Netherlands. Most recently, she was the leading lady in *(S)he Comes!* (2014) written by fellow heavyweight Petra Joy. In it, Emens plays the central female role, pampered and preened by her younger male lover. Reframing the role an older woman plays on the sexual stage, Emens is a figure of empowerment, showing us that your sex appeal, far from diminishing, grows with age. For Emens, sex is as much a healing force as a pleasurable one, viewing it as essential to our physical, mental, and spiritual health. She considers it her role as an artist to communicate this to others – Ladybeard caught up with her, to see what we could learn from this tantric teacher.

LB How did you come to film with Petra Joy?

CE I sent in a clip I had made to the Petra Joy Awards in 2009. It was based on a memory with my husband where he came home one night and started whipping me with a rose. We made a very small clip and I won the Special Jury Award. I did it because nobody from Holland had entered, and because I thought it would be good for an older woman to show her sexuality. Then in 2013, we had the first Porna Awards at Dusk TV and Petra won first prize. I had been asking all the directors, “What about older women?” but they had never thought about it. Petra immediately said to me, “Do you want to be in my next movie? I want to do something about older women.” Of course I said yes. I had been in front of the camera before so I wasn’t shy, and I’m a sex coach so I’m definitely not shy about my sexuality, but it is still always exciting to be filmed.

What is the creative process behind the film – is it completely improvised?

All we knew before I entered the room was that I would come in with my prize from The Petra Joy Awards and we would start on the couch, and from there move to the bed. That was the only storyline we had. We did it with a younger guy – about 12 years younger – and we played with that dynamic. He pampered me: put me on a pedestal, and massaged my back and feet.

What is the difference between your film and mainstream ‘MILF’ (Mum I’d Like to Fuck) fantasy porn?

MILF porn is more about ‘using’ the woman, or them being a ‘cougar’ character. The woman takes the initiative and milks a lot of young men dry. Petra’s film shows natural sexuality – it shows real sex.



IMAGE FROM *(S)HE COMES!*, 2013, DIRECTED BY PETRA JOY, COURTESY OF THE FILMMAKER

Can you be a feminist and still like the cum shot, still like having cum on your face?

Totally. To me, cum on my face is just wonderful. It is a very nice feeling – similar to when I take a shower and I have water streaming over my face. Sperm is very, very good for your skin. There’s a lot of vitamin C in it, which is sour and opens your skin’s pores. It’s much better than any wrinkle cream you can get! I don’t think it’s degrading; it’s only degrading if we, as women, take it as such. If I see it in a porn movie, to me the woman’s reaction is the most important thing.

During the shooting of Petra’s film, you wore your grandmother’s and mother’s rings. Why was this?

My mother had hardly any sex, and if she had sex it was definitely not satisfying. It was the same for my grandmother. There was a lot of shame. I was never taught about sex from my mother. I felt by wearing those rings, because they are both not here anymore, that I was healing – for myself at least – the relationship and the upbringing I had. I healed that part in me.

How did you escape from this cycle of female sexual suppression?

By just jumping in! I’m a Leo, I like to control myself, and control my peers. When I left my parent’s house, I started having sex with a lot of people. I did erotic performances in discotheques, I did masturbation and erotic massage workshops – I was the first person to do these things in Holland. I introduced the sex coach profession to the country. I did the television series Sex Inspectors – that was fun! And I also worked with a youth programme called Spuiten & Slikken, ‘Spit and Swallow’, which is about sex and drugs.

You give hands-on masturbation classes. Why is this hands-on, experiential part so important to sex education – rather than, say, just reading about sex and watching videos?

You can read about sex of course in books, but it’s totally different when you get touched – it’s important to feel that difference for yourself. And then in groups, it’s very important that you talk with other people, and you hear their stories and you realise that you’re not alone. A lot of what you’re going through, and your insecurities are basically because of the society that you live in, and not particularly personal. Of course when you do the masturbation classes at first you’re giggly and nervous but then it becomes as normal as going to the sauna. And you hear other women, you encourage each other, you look at how other women are doing, which is very liberating – all the shame goes out of the door. That is the beautiful part of the workshops.

What does a typical masturbation class entail?

First you get to know each other. Then you take off your clothes quite early on in the workshop so that everyone gets used to being naked, and there is no shame. We do breathing exercises, we do movement exercises, and we do exercises with sound so your inhibitions about making noises go away. Freeing the voice also helps you to better communicate with your partner about what you want – how you feel. Sound is a vibrating energy that helps to express and also helps to make experiences stronger. They say “fake it until you make it”, and it definitely works that way with sound.

You once said, “as long as sexuality in any society is suppressed it will cause the downfall of that society.” Can you expand on the relationship between sex and society?

Anything that suppresses or is suppressed in society will stop that society from functioning. It’s in our nature to be sexual and if you’re going to forbid that then in the end people will have to do something to break free. Human nature cannot be endlessly suppressed – that is what I believe.

What about your own sex life, would you say you are polyamorous?

No actually – my partner and I have had a lot of sex with other people, but I don’t want to call it polyamorous. We don’t fall in love with other people; they are our friends, our lovers. We stay as a couple and our emotional investment is mostly in each other.

Do you think monogamy comes naturally to people?

No, not at all – not for men or women. So it’s stupid to try to live that way. I’ve never been monogamous. I had one monogamous relationship which was my first, and he was so jealous that after that I said “never, ever again.”

And you don’t get jealous?

Sure, sometimes but I also get jealous of other things. For example my husband is a performer and he performs with young girls. I’m older – I did a lot of performances before but I don’t anymore. And then I see him being very successful with all these young girls... so jealousy is... if somebody tells me, “I’m not jealous”, I don’t believe it. It is how you deal with jealousy that is important. I think we all have those feelings, but it doesn’t consume me.

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You’ve been a sex coach since the 80s. How have attitudes toward sex changed since then?

It’s kind of weird – we are the baby boomers, my generation, and we have enjoyed a lot of sex. We are the most ‘free’ age that there is. My younger clients are much more afraid. I can understand it because all the pornography that came out in the 80s scared me at times. I love ‘free’ sex but it became so commercial and out of sync with reality that I understand why young people would say, “If that is sex, forget it. I’m not interested.” They’re fed up. They also have a different mind set about it. For me sex was a way of breaking free, experiencing everything that was possible. Now people are more prudish.

What personal tips do you have for us to make our own sex lives better?

Firstly I would recommend that you masturbate, or have sex, at least two/three times a week. Make sure you have a good session with yourself at least once a week. Get to know yourself better, because sex changes, it changes throughout your whole life. When you masturbate, take your time; don’t immediately go in with your hand between your legs. Take care of yourself, massage yourself, give yourself attention and try different strokes so that you can explain what you like to your partner later. Also don’t make sex separate from your life. Most of the time feeling really sexy and aroused is not something that is in our daily routine. But sexual energy is basically our core energy, so you can use it throughout the day. So when you’re sitting down, squeeze your PC [Pubococcygeus] muscles – your pussy muscles. When you tighten them and you let go, you will feel a kind of tingle going through your spine. And that is something you can do a couple of times a day. You can do it when you’re waiting in line or on the bus, or when you’re tired – when you’re drifting off, just do that a couple of times and you wake up! Then you start to feel alive, and your eyes start to twinkle. I call it Pussy Power.

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