

## Buck Angel Redefining Gender

Michelle: Do you like to learn about random wild stuff? You know, the things you didn't think you needed to know about then realized you should? Then welcome to Nothing Off Limits, the podcast that gives you one place to go for something different. Impress your next party guest with your unusual body of knowledge, and if you dig the show, get more information at [ladyfoxentertainment.com](http://ladyfoxentertainment.com) and subscribe, rate, or review. Thanks.

Hey everybody, welcome to Nothing Off Limits. Our guest, Buck Angel, is going to educate us on and guide us toward greater awareness about what could be considered a confusing and still somewhat controversial topic in today's society: Transgender people. Let me introduce you to this amazing man. As an icon of popular culture and a visionary filmmaker, advocate, educator, and motivational speaker, Buck Angel's message of empowerment through self-acceptance and being sexually comfortable in your own skin has struck a passionate chord with folks all over the world. Buck is not only inspiring people to think outside the box, he is redefining gender and educating an entire generation on the fluidity of sexuality and identity politics, which we'll learn more about today.

Since Buck coined the phrase "it's not what's between your legs that defines you," the term has become an anthem for men and women everywhere who have been inspired by this message of self-acceptance. Buck has been all over the media. He's been featured on Joe Rogan Show, Howard Stern Show, Huffington Post, the Tyra Banks Show, Spike TV, the Women's Entertainment Network, Much Music, Sirius Radio, Dan Savage, Voice America Talk Radio Network, and many others. He's also been written about in the Village Voice, Rolling Stone, Time Out, Maxim, New York Times, and other publications around the world. He just finished worked on his groundbreaking documentary, Sexing the Trans Man, which has been shown worldwide. You can check out more about that at [sexingthetransman.com](http://sexingthetransman.com), S-E-X-I-N-G-T-H-E-T-R-A-N-S-M-A-N dot com. Also, please go to his websites, [buckangel.com](http://buckangel.com). You can find him on [Facebook.com/officialbuckangel](https://www.facebook.com/officialbuckangel), and of course, you can find on Wiki as well. Welcome Buck.

Buck: Wow. Was that all about me?

Michelle: I know. You sound so fantastic. It's unreal. I don't know how the hell you have time for all of this stuff.

Buck: We were having that discussion earlier on time. Actually, it's funny. As you get older, it seems like time is right now-

Michelle: It's compressed.

Buck: Yeah, it's crazy.

Michelle: Yes.

Buck: When you're a kid, your memory took forever for time to-

Michelle: Yeah. You're like, "When am I going to turn sixteen already?" I'm so excited to have you here today. I know that you are going to share some amazing information with all of us. I want to start by having you share with me and with the listeners your personal journey, so we can get a better idea of how you've become the man you are today.

Buck: Yeah. First off, thanks so much. It's really an honor to be on your show and to meet you. Your voice is, you know I love your voice so much. It's like it draws me in.

Michelle: I'll talk to you anytime Buck.

Buck: Thanks for having me on and letting your listeners, hopefully, learn something new or maybe they already know me. But, where I've come from is... My early life was that I was born female, and I was born in 1962, and I'm fifty-three years old. Back in the day, we didn't talk about trans, and we didn't talk about feeling like a man or a woman or how your gender was. It was, basically, you are a tomboy, and that's how I was raised as a Tomboy, which was totally great. I had a great childhood. My family was very middle-class America, you know, all the things you do as a kid back in the day, and all of that. I can tell you that everything was awesome because I was a little boy, and I was raised as Buck. You have the things that happen as a child, and you get into you know, all the normal child stuff.

The thing that happened to me was puberty. When puberty happened to me, my life ended.

Michelle: So do many people's lives.

Buck: Yeah. I always bring up puberty because that is something it doesn't matter what gender you are. It is a human thing that happens to everybody. I found that thing that I can relate to you as a person and not necessarily alienate myself as a transgender person from you. But I can say, "Me and you both have puberty, whether you're male or female, and we know what that meant." Somebody like me, it just takes it to a whole 'nother level because my body started to betray me. I was always thinking I was this little boy, and then all of a sudden, the boobs start to grow and menstruation starts to happen. Believe me, as a little guy-

Michelle: You were like, "What?"

Buck: To you.

Michelle: See, this is why I like you so much because you can understand my pain and horror once a month.

Buck: A lot of my lady friends are like, "You're the best man to have around."

Michelle: Yeah.

Buck: I get the period. I get the hot water bottle out.

Michelle: The Advil.

Buck: Let me stroke you a little bit and make you feel better. Puberty happened, and, obviously, if I told my whole story it would take us five hundred shows. Finally, I figured out that, you know, through a lot of pain, a lot of suicide attempts, a lot of drugs and alcohol, a lot of hating myself, a lot of cutting, a lot of destruction, I finally found that I could have, what we call back in the day, a sex change. That was twenty-one years ago-

Michelle: But I don't want to skim over that journey because you just mentioned some really intense reactions to this feeling of like you didn't feel comfortable in your own body.

Buck: Not at all. Remember what I said. I'm fifty-three years old. This is in late '70s, the '60s. In 1980 was when I was supposed to graduate from high school, but of course, I didn't graduate because I was a total mess. I was lost, and I hated school, and I hated being around everybody, and I was isolating myself. The only thing that really kept me focused was athletics of course. I was a big lesbian and a big dike, and even then, I couldn't even come out with my sexuality because back in the '70s and '80s we didn't talk about that either. And I was a professional athlete sponsored by Adidas, Nike, trying to make the Olympic team, but we didn't talk about-

Michelle: What was the event?

Buck: A 1500 meter run.

Michelle: Uh-huh.

Buck: Yeah. And so we didn't talk about that. We were shut down if we wanted to talk about our sexuality. That was one of the things the coach said. If you are a lesbian, keep it to yourself.

Michelle: I'm surprised it even came up.

Buck: I know because they knew everybody on the team was a lesbian.

Michelle: We're just not going to talk about it, so it was like a big let's just not even address it.

Buck: Also because Adidas and Nike and all these places would have dropped us.

Michelle: Interesting.

Buck: It wasn't like today where Adidas is proud sponsors of gay athletes. Back in the day, they dropped you like a heartbeat.

Michelle: Right. So much has changed, and I definitely want to dive into that whole topic later on.

Buck: Yes.

Michelle: This is amazing to me though that you were a very successful athlete, yet at the same time, you were doing drugs and drinking alcohol and all of this.

Buck: Yep. Totally. I would leave bottles of alcohol when I would do my fifteen-mile training runs. I would literally go and hide bottles of alcohol at certain points where I would stop and drink and keep going.

Michelle: How is that even possible?

Buck: I know. How is that possible? That's called alcoholism.

Michelle: Functioning.

Buck: Yes.

Michelle: But High-functioning.

Buck: Totally.

Michelle: Wow.

Buck: The thing that kept me smoking marijuana. Even though I have to tell you, I am an advocate for marijuana, but back in the day, I wasn't. I was just some user and a crazy person and just used a lot of drugs and alcohol to numb the pain of not knowing what I was feeling. When I went to a therapist, which my parents finally started sending me to a psychiatrist, not a therapist, the psychiatrist just said that I was just a gay woman and that I was having problems with my sexuality. I was like, "But I feel like a man," but they had no tools to say that. They just immediately equated me saying I feel like a man to being a lesbian.

Michelle: Interesting. Yeah. There was very little education or understanding.

Buck: Yeah.

Michelle: There still isn't now, which is why we're doing this today.

Buck: Yes. One hundred percent. Why you're great to have somebody like me on? If it's not me, somebody else. To get your listeners to understand this whole new transgender boom that's happening right now. A lot of people don't understand it because it's happening so fast, so they don't get a chance to listen to a person like myself.

Michelle: So one more thing about your journey, which you told me when we spoke offline, and it was about you getting into a modeling career.

Buck: Yeah, which is another weird thing. Just exactly what you hear in those stories of being found is exactly what happened to me. Some guy took photographs of me because my girlfriend was like, "Let him do it. Let him do it." I'm like, "Okay." Then my girlfriend secretly took them to a modeling agency, Elite Modeling Agency behind my back, and I got a call from Elite Modeling Agency-

Michelle: They are a top modeling agency.

Buck: A top modeling agency, and they were starting a new division, which was called New Faces, which is now a big part of the agency. They called me, and they said, "We want you to come in." I thought it was a joke. I'm like, "What?" My girlfriend at the time was like, "What?" I did it all for my girlfriend. I did it all for her. I had no desire to be a female model, but I was at the forefront of that whole androgyny movement in the mid-80s. They just wanted to make me a superstar. The thing that's so crazy is that I had every opportunity to become a supermodel. I would have been a supermodel if I would have been comfortable in my body like a lot of models are today.

Michelle: You worked it for a little while though.

Buck: Yeah.

Michelle: You did work.

Buck: I did. They took me to London. I was on the verge of becoming a very big fashion model, but drugs and alcohol. When I was in London, they drink. Let me tell you, they drink over there. I just got sucked into the alcoholic thing, and I wouldn't show up for my castings. I hated what I was doing. I didn't show up for a huge, big event in Paris, and they just cut me. That was it for me.

Michelle: They were like, "Where is our model?" You were like passed out somewhere.

Buck: Totally.

Michelle: I'm laughing, but it's actually terrible because this all then stems back to what you were getting to earlier, which is that all of this, these struggles, these challenges, yet you were so on the cusp of becoming huge. In whatever you took on, you were succeeding with it, but yet you were being held back because of your own discomfort within yourself. Was there something specific that made you make this decision? 'Okay, I need to become a man.'

Buck: Yeah. That's a great question because, really, it was leading up to it. What happened was I just couldn't function with my alcoholism anymore. I ended up coming back from Europe and ended up, literally, homeless because I didn't have ... My family disconnected from me because I was just a bad person, and it was the best thing they ever did. I didn't have any family. I didn't really have a lot of friends at this time because I was just closing doors left and right with my alcoholic behavior.

Michelle: Right.

Buck: I ended up coming back to Los Angeles with my suitcase having nowhere to live and going on people's couches until, finally, they were like, "Enough is enough." I ended up, literally, on the streets, homeless in West Hollywood prostituting as a little boy.

Michelle: Oh my God.

Buck: I became a crack addict, and I needed to figure out how to make money. It just sort of figured it out. That's what alcoholics and drug addicts are good at. They're figuring out how to find drugs and alcohol. This man pulls up, and he's like, "Hey." I'm like, "Hey," and then he's like, "Get in the car with me." I'm like, "Why?" He's like, "Because. How much?" I'm like, "How much for what?" He goes, "How much for a blow job?" I'm like, "Ohhhh." I was a little boy because I wear boy clothes and a baseball cap, and I was like, "Bam. Twenty bucks." There I was doing hand jobs and blow jobs for twenty bucks and buying crack and being homeless.

Michelle: My God.

Buck: It was crazy.

Michelle: From top athlete to top model to on the street.

Buck: Yes.

Michelle: Prostituting for crack.

Buck: For crack.

Michelle: Was it that part of your life where you're like, "Okay, I got to change"?

Buck: Yes. Then I went home with some man, which you never do, and I knew was doing a bad thing. I did it anyway, and he almost raped and killed me. Then I said, "Oh my God. I have to get out of this." I did. Luckily, he didn't rape and kill me, and I got out to the street. I called my ex-girlfriend at the time, and she basically just said, "If you do not get sober, I will never speak to you again." She was very instrumental in getting me sober. I got sober for two years, and that's when my head cleared. My head cleared and I saw a movie, a documentary of a transgender man, which is very rare back in that day. There was this woman who became a man. I was like, "Why is nobody telling me this?"

Michelle: Because at the time, you didn't have Google.

Buck: Nope. Exactly. There was no internet. There was nothing, and I had just started with a new therapist, and she said ... After a month of sitting in her office and never saying a word because I didn't know how to communicate, and I just felt so horrible about myself and so tired of people telling me that you're just a gay woman and not a man. Finally, I just said, after one month, I just started crying, and I said, "I feel like a man."

There was silence for like one minute, and she said to me, "You know what? I believe you." It was like, "What?"

Michelle: Oh.

Buck: What? She saved my life because from that moment on, she said, "We will figure out, me and you together, how you can become a man."

Michelle: That's amazing.

Buck: It was amazing.

Michelle: Wow. That just gave me chills because that was that one person to just show you full acceptance.

Buck: Full acceptance that I never had, and she was a gay woman with no agenda, clearly no agenda, and she wanted to help me because that was her job as a therapist. She knew that. Fast forward to today. She now opened a gender center in Los Angeles because I changed her whole idea of what she wanted to do as a practice.

Michelle: Wow, that's amazing. You were meant to come together.

Buck: Yeah, we were meant to come together. We figured out through bookstores, because we didn't have the internet, and through certain avenues how to start my transition, which wasn't easy because I was in Los Angeles where nobody else existed here at the time. Both of my hormone doctor and my top surgeon, I was their first transgender operations.

Michelle: Wow. Wowies.

Buck: Yes.

Michelle: That had to be scary because then you probably felt like, "Ooh, I'm sort of a guinea pig."

Buck: Funny you say that because that's exactly what my testosterone doctor said when I walked in. Picture walking into this doctor's office, he's eighty years old, literally, with a cane. He says to me, "Well my friend, I have only had about thirty to forty years' experience with," transsexual is what we called it back in the day, "transsexual women, and I've never, ever experienced a transsexual man, but if you're willing to be my guinea pig"-

Michelle: Oh my God.

Buck: "We will get this going." I'm like-

Michelle: Oh, Jesus.

Buck: I thinking to myself, "I don't have a choice?"

Michelle: Yeah, because at the time, you had very few resources. It's not like you can look up five different surgeons. Oh my God. All right, you just actually mentioned something important. You said, "At the time, they called it transsexual." I want you to example the difference between transsexual and transgender. It's getting real confusing nowadays.

Buck: It's too bad that it's getting confusing because the more terminology we add to this concoction, for lack of a better word, to this whole thing that's happening, we are making people not understand it. Here's what I'm going to tell you. There's a difference between a transsexual person and a transgender person. We do need the terminology, the specific terminology because there is a difference. I am a transsexual person meaning that I was born female, and I always wanted to be male. I had a sex change from being a female to becoming a male. That's how I identify. Even though I still have a vagina, I identify. I've had legal sex change in the United States of America, and I live my life as a man. That is what a transsexual person is. They want to go from whatever gender they were born in to the gender that they feel like and live in that gender.

Michelle: This is like an official thing through the government, through your birth certificate and such.

Buck: Yes. Exactly. Now we have what we call transgender people, which transsexual can fit under the umbrella term of transgender, but I and my fellow transsexual people feel like we are not the same as a transgender person. A transgender person is this. Somebody who might be born in the body that they don't feel like but does not necessarily want to transition to become the gender that they feel like. They want to be and identify as a trans person or a transgender person and not necessarily as a man or a woman. It is such a gigantic umbrella term. It can be anyone who says, "Yeah, I'm a transgender person, and I feel like a man, and sometimes I just want to be a man," or it could be somebody who says, "I'm gender queer, and I don't want to necessarily fit in the binary," or "I can just always want to be playing with my binary," or "I want to specifically just be called a transgender person."

Michelle: I've heard that too. This is where it gets so confusing because there was another person that I spoke with on a different series that I work on. They said, "We don't even use the term transsexual anymore."

Buck: That's horrible because it's not true. You see what I mean? That's actually disrespectful to me because I am a transsexual person, so what you're doing is trying to wipe out my history. My history counts. Actually, my history, and I'm not tooting my own horn at all, but, obviously, not necessarily just me, but what about the elders of our community, the people that came before me? They are transsexual people, and they opened the doors to get to where we are today and why we are having these conversations.

Michelle: That's right.



Buck: If they erase and say that terminology doesn't exist is extremely disrespectful to me and my fellow transsexual people.

Michelle: What do you call yourself? Tranpa?

Buck: I'm Tranpa. Totally.

Michelle: When you said that to me, I loved it. I was like, "That is the best term I've ever heard."

Buck: I'm embracing it. I'm embracing my elder status because I am an elder, fifty-three again. With that said, I'm also embracing the fact that I am a transgender, transsexual person. It's very important that people understand that I don't necessarily call myself a trans person. I am a transsexual. I'm trans, but I consider myself a man. Tranpa just kind of plays off that whole-

Michelle: It's catchy.

Buck: I like to make people feel at ease, and let's laugh, and let's make it-

Michelle: Heck yeah.

Buck: When you laugh and you make fun, it just eases this intensity.

Michelle: Yeah. It doesn't have to be so serious.

Buck: It doesn't have to be.

Michelle: Right. Hey everybody, we're going to take a quick break for a cool advert for Spartagen XT. If you go to [ladyfoxentertainment.com](http://ladyfoxentertainment.com) and go to the resources page, there's a lot more information there. Go check it out.

Guys, are you suffering with poor libido and sex drive? Do you find yourself limping through your day because of low energy? This lack of drive and energy could be a sign that you have less testosterone than you did in your twenties. Testosterone naturally declines with age, but getting older shouldn't mean you can't enjoy doing the things a man really loves to do, especially in the bedroom. Listen up, if you've been struggling with weak performance, there's something you could do about it right now, today, thanks to Spartagen XT.

Spartagen XT is an all-natural herbal supplement designed to support the production of free testosterone to help boost your sex drive, energy, and performance. Spartagen XT comes with a risk free ninety-day money back guarantee. That means you have nothing to lose and only a larger, fuller, more enjoyable sex life to gain. All right, log on today. Visit [www.spnol.com](http://www.spnol.com). That's S as in Sam, P as in Peter, N-O-L like Nothing Off Limits dot com to experience Spartagen. What are you waiting for? Get on there guys. Now, back to the show.

So this whole idea between the term transsexual, the term transgender, how everybody defines it, is this the distinction that you use to redefine gender when you do your motivational speaking engagements and such?

Buck: Exactly. I talk about all these new terminology, which it's always going to be. It's always going to be evolving from this point on. I don't believe we're ever going to find one specific thing, and that's what everyone ... There's always going to be the evolution of gender, the evolution of sexuality, the evolution of humans, and so with that, yes, I do use that. But really, what I want to say is that I'm not a transgender or a transsexual activist. I am a human rights activist. I believe what my ultimate goal is to bring us all together as humans and stop separating us because we have differences. Differences are beautiful and great.

Michelle: Yeah.

Buck: What they do is they divide us, right?

Michelle: Yes.

Buck: Divide us, which is such a dangerous, horrible thing because we are individuals. We might all have a different way of thinking, of being, and wanting to be. At the same time, I believe, really blanketly, that we all have the ultimate goal, which is to be happy and to live life as happy people.

Michelle: Absolutely. But I think divides are going to be here forever and ever and ever because it gets passed on from generation to generation. And it's not just within LGBT community. It's like race, culture. There's so many different ways that people automatically create divides that it's inevitable. It's just about acceptance. It's about knowledge, education, learning to have more of an open mind I think.

Buck: Right. Then that's why I believe that I'm more of a human rights activist because I want to bring us all together and find the commonality. It's fine. You're right. I don't think in my lifetime that we're going to have this peaceful world. Sadly, to say, I don't-

Michelle: I know. I would love for that to happen.

Buck: Yeah.

Michelle: What is your viewpoint and your opinion on all of the media that's happening right now? I even just saw an article today about something going on in Texas about the transgender bathrooms.

Buck: It's everywhere. Everyone's latching onto it in these particular states that decide that they want to alienate other groups of people because it's wrong, or these people are going to rape our children, or these people are molesters. How disrespectful, A, to even say those words connected to my community because what they're making up is lies and with no, zero evidence of any of this ever happening. They're doing what we call "fear based tactics."

Michelle: Yep.

Buck: That's exactly what-

Michelle: This is the crap that really stirs up war.

Buck: People forget history. Hitler did the same thing, and I always use this because Hitler, when you say, "Hitler," people just lose their minds on both sides. But really, think about it. It's exactly what happens when people want to gain control of the people. That's exactly what their fear based tactics of saying, "Transgender people are perverts, and now we're going to have men dressing as women." How disrespectful of you to think that it is just that. Being a transgender person is just dressing in clothes and going to the toilet. What are you talking about?

Michelle: Right.

Buck: Really, it just makes no sense. But that said, it's a scary thing that's being done because they're trying to come after and trying to alienate the rest of the world, the United States against us. But it's not going to work. People are coming to us, to our defense. The federal government has come to our defense.

Michelle: Good. Also, I think that there are some positive things happening on the flip side where you know, there have been a few shows that have come out. Transparent, great show on Amazon. There's some other ways that it's just being approached in a positive way to just kind of show people that these are human beings. This is not some weird freak of nature.

Buck: No. But the thing is we also have to remember that all of these things that are happening that we see, and we live in Los Angeles and New York and San Francisco and Seattle. "We" live in a bubble.

Michelle: Right.

Buck: We live in a bubble of acceptance and people willing to share. The rest of the United States is not like that.

Michelle: That's true.

Buck: Clearly because Trump is where Trump is for a reason. It's not a joke.

Michelle: Yeah. Again, and I think, it goes back to that conversation of these divides that'll never go away even within the US, but we are fortunate to be in big cities that have much more diversity.

Buck: Hopefully, that will create change, and hopefully, that can make it to the people in middle America who are getting the wrong message.

Michelle: So let's talk about those people in middle America or even people who might be living in a big city but are just unaware or disconnected from this whole topic. If they're curious, if they meet someone who explains that they're a transgender person, what kind of questions should they ask? What's off limits?

Buck: Pretty much everything is off limits because you don't necessarily meet a transgender person and say, "Now I need to ask." The best thing to do when you meet a transgender person and if you're curious about them being transgender is to say, "Wow, I'm really interested in your story." Just like that. Then not, "What do you have in your pants?" I'm the guy that has no problem answering any question-

Michelle: You're rare.

Buck: I'm extremely rare, especially because I talk about sex. I talk about sex and myself and trans people, and I also talk about my genitals a lot. Most trans people are not me. I'm a rarity. That said, it is best to just be as positive and-

Michelle: Natural.

Buck: Natural. Like, "I'd love to hear your story." Not, "How do you have sex? What's in your pants? Why does your voice sound like that? Your hand's a little big. Why do you have that? You look small." Whatever. Understand that just be sympathetic and compassionate and willing to just not-

Michelle: So the reason why I'm asking that is because I think some people, they would make the assumption that because you are transgender that that means you're just automatically open like a book, and you're going to say anything and share anything. That's not necessarily the case, so you can't make that assumption that you could just ask anything and not offend someone.

Buck: But you wouldn't do that anywhere to anybody. You just treat-

Michelle: Well we hope.

Buck: Yeah. Right on. Just don't do it to anybody. If you're interested in people, have a conversation about like, "Tell me your history, and tell me where you come from."

Michelle: Why do you think that some of the folks from the transgender community aren't as forthcoming like you are?

Buck: I think for a lot of reasons. One, because I think that most people don't feel the need to be an activist, and most people don't feel a need to continue to make change in the world, and most people have different stories than I. For myself, I came from such a horrible, horrible place being a transsexual person changed my life physically as well as mentally as well as just daily. For me, I feel the need to share my story. I feel the need to be as open as possible to continue to make change, to continue to make it so that nobody ever has to go through what I have. But not everybody is that way. Not just trans people. Everybody for whatever reason. If they get sober, they might just

want to be secretly that and not ever have to talk about it. For me, it's just been my passion because sex changed my life when I was just always so disconnected with my body. When I became myself and I became sexually active with my body, I was like, "Wait a minute. I have to share this."

Michelle: So let's get into that. I'm assuming this is all about the fluidity of sexuality.

Buck: Mm-hmm (affirmative). What happened for me was that I just was always shut down sexually because I wasn't comfortable with my vagina, and I wasn't comfortable being in a female body sexually. I would have to get drunk and stoned and wasted to have sex. I don't even remember if I enjoyed it or not. All I know is I transitioned. I got my male body, and I was disconnected, still, from my vagina until one day during masturbation because testosterone heightens your libido considerably. Not in all of us but a lot of us. I was just doing that, and next thing you know, I'm having orgasms, and I'm like penetrating myself when I never had penetrated myself before. I was having orgasms, and I'm like, "What?" Why did nobody tell me how easy this is?

Michelle: A whole new world opened up.

Buck: A whole new world all for me, and I was like, "I'm not getting rid of my vagina. I love my vagina." I just remember being like, "Wow." How many other guys are being so disconnected with themselves because they're scared? That's sort of really-

Michelle: When you talk about this, when you teach about this, what do you focus on, and how do you help people to get to that idea of fluidity with sexuality?

Buck: What I focus on first and foremost is learning to love yourself, and that means masturbating. I'm huge on masturbating, and I'm huge on sex. I'm sure you've heard this before. You cannot find love or have somebody love you until you love yourself.

Michelle: That's right.

Buck: Again, that also is with sex. If you don't know your body sexually, nobody else is going to be able to please you sexually because you don't even know how to please yourself. What I talk about is that. Learning to reconnect with your new body sexually because it will open doors for you to feel much more confident. People who are sexually confident are also very confident people.

Michelle: Yes.

Buck: They are.

Michelle: Yes.

Buck: You can tell when someone-

Michelle: You actually feel that energy when someone walks in a room.

Buck: Always. Always, and I equate a lot of myself being such a confident person because of my sexual confidence. So it's what I talk about. My film series, Sexing the Trans Man, talks about that too and interviews trans men about the evolution of their body and feeling comfortable and how. I have them do sex on camera for me. It's such an amazing thing because what it does is it's not just about me now. It's about look at all these different representations of trans men, and one of them can be you. And look, they're totally feeling confident in their body. When you see somebody that you can relate to being sexually confident, it just does something to you. It's like, "Why can't I do this too?"

Michelle: Absolutely. I love this work that you're doing. You're, obviously, proving that it's okay to explore your body in this way through your work, right?

Buck: Yes. A hundred percent because it is, it is, sex is a great thing. I'm not saying that everyone should have sex because some people just don't feel comfortable having sex, and they don't want to, and that's okay. But I think I'm just speaking to learn to love your body however that is, but sex, to me, was the way I did it.

Michelle: Is there anything else that you focus on when you teach?

Buck: Well, I focus on, really, positivity. I like to focus on positivity and understanding that stop being a victim. Trans people are victims. They love to be victims. They love to say, "My life sucked. I never got to be this." It's easy to fall into that victim mentality. It is. We all do it. I do it sometimes. It's this easy thing to do.

Michelle: We all do it, trans or not.

Buck: Trans or not, and so what I do is I say, "Stop victimizing yourself, and be a survivor." That's what you are. You're a survivor. I talk about, first off, how to stop feeling negative in a daily basis because what you put out comes back to you. I'm this kind of guy who believes in positive energy, working through the things, speaking, making dialogue, conversation, even if you don't like it. Do things that are difficult for yourself because when you do the difficult things, the other things just come to you.

Michelle: The difficult things are what make you grow and expand.

Buck: Yes.

Michelle: I love what you're doing. You're sharing such amazing messages with people out there. What else is coming up for you?

Buck: Oh my gosh, I travel. It's weird. I have to tell you. It's weird because I never in a million years thought I would be this guy ever, ever, ever when I started doing my pornography, which is really what put me out in the world and got my name recognition. I never thought that I would be speaking at universities all over the world, that people would bring me in to be a motivational speaker, that so many people, not the LGBT community, but outside of the LGBT community, are my fan

base and my listeners and my sort of motivators and my friends. It's like, "Wow. I have nothing to complain about. Really, I just don't." It's the weirdest thing.

What's happening is in two weeks I'm going to Tel Aviv to speak at a film festival where they're giving me an award for my film work, and I'm speaking at the big university in Tel Aviv. I just did a interview yesterday with the biggest Israeli newspaper, and they gave me what's called like the middle section of the paper, which is the biggest-

Michelle: Ooh.

Buck: I know.

Michelle: You're the centerfold.

Buck: Yes. In the biggest paper in all of Israeli-

Michelle: That's amazing.

Buck: It's crazy, right?

Michelle: That is so cool.

Buck: It is amazing and liberal, and I'll be there for gay pride. I hear it's one of the most amazing gay prides in the world.

Michelle: That's awesome.

Buck: Yes.

Michelle: Tell us, briefly, about your porn career.

Buck: My porn career started because I did see a representation of myself in porn. I saw trans women, and what I saw was trans women being called she-male, chicks with dicks, trannies. There's nothing wrong with that. That's all marketing, and that's all particularly, specifically porn. What I didn't see was empowerment from the trans women at that time. I saw one, her name is Gia Darling, and she's amazing. She was the only trans woman that had her own production company and really had a vision of creating a positive environment for trans women.

I didn't see that. It didn't exist for trans men. I was like, "Wow. I have an opportunity right now to do something" because I was making fetish movies with my wife at the time that was a professional dominatrix. I just saw this opening, and I'm like, "Wait a minute. Why don't I be Buck Angel, the man with the pussy?" I remember my friend at the time, he was like, "Oh my God. Dude, that's a most brilliant idea. You're gonna change the world." I'm like, "By making porn, the last thing I'm going to do is change the world." That's the exact-

Michelle: You know what? Out of his mouth into the universe, right? What is that phrase? Out of your mouth and to the gods or whatever. It's like you are changing the world.

Buck: Like I said, I just never thought I would be this guy. I started doing it. It was difficult. Nobody wanted anything to do with me, and my adult industry peers didn't want anything to do with me. Everyone thought-

Michelle: Why is that?

Buck: They thought I was really disgusting and weird and gross. Yeah. It was shocking.

Michelle: That is shocking because that's the whole idea is this openness about sexuality in porn. It's so over-the-top. It's like how could they think yours is different or bad?

Buck: Because here's the misconception that we all have, including myself, that the adult industry is about being progressive, open-minded.

Michelle: Right.

Buck: No, it isn't. That has nothing to do with the porn industry. The porn industry is mainstream, run by white men who only want to make money. That's what the. People just have this thing. Oh, porn is great. Nope. Not my experience. Now, in 2016, it's a whole different ballgame because we have queer porn now. We have people producing their own porn. We have the internet. We have all these ways that people can produce and make what they want to see. When I started in 2001, that didn't exist.

Michelle: Wow. You've seen so many changes over the years.

Buck: I'm seriously Tranpa. It's crazy, and that's why I have a huge amount of gratitude for what I am because now, it's like I keep telling these young kids, "Calm yourself down. You can take your time to do this, and it's not going anywhere. You have so much opportunity to really work on yourself and to make your transition a really positive thing. Back in my day, we didn't have" ... It sounds just like a grandpa.

Michelle: Back in my day. This is important stuff, this message that you're imparting, not only amongst your own community, the youngsters, and their own experiences, but also just on the general public and gaining a greater awareness, like we said at the top of the show. Is there any final messages that you'd like to leave the listeners with about what you're doing, the empowerment that you're trying to provide to everyone?

Buck: Yeah. When I do my talks, when I do my inspirational talks or whatever, I always like to say at the end of my talk, "If there's one thing that you could leave today with from hearing me speak is to de-program yourself because you have been programmed." We've all been programmed from the minute we were born to say, "This is what is a man. This is what is a woman. This is what is gay. This is what is straight. This is what I have to do to be this kind of person. This is how I have to walk. This is how I have to talk." It's all bullshit. It's all programming. You decide how you want to be.



With that, I'm a big believer of what you put out comes back to you. So make sure that you are living a life of gratitude and acceptance and understanding and always willing to learn and have dialogue. If you don't understand something, ask, but stop making assumptions about people and realize that it's your own ego. Ego plays a huge part in why you feel certain ways about certain things that are negative. Let your ego go and learn and be a grateful person, and I guarantee you your world will be a whole different place.

Michelle: Well that's an inspiring message to me for sure, and I'm sure to the listeners. And that's the whole point of Nothing Off Limits is to get this kind of eye-opening experience. Like, "Hey, wake up."

Buck: Wake up.

Michelle: Wake up. Buck, you're amazing. Everybody out there listening, please, if you haven't already throughout the show, please go to [buckangel.com](http://buckangel.com), check out [sexingthetransman.com](http://sexingthetransman.com), find him on Facebook. Are you on Twitter and all of that as well?

Buck: Twitter is [@BuckAngel](https://twitter.com/BuckAngel) at Twitter.

Michelle: Buck Angel everywhere. Just search on Buck Angel, and you will find him. Buck, I can't wait to have lunch, or we'll go for dinner or do something next time you're not traveling to Tel Aviv and shit like that.

Buck: Right on.

Michelle: Thank you so much for all of your time.

Have a great topic you'd like to hear discussed on an upcoming episode of Nothing Off Limits? Email us at [ideas@ladyfoxentertainment.com](mailto:ideas@ladyfoxentertainment.com). In the meantime, please subscribe, rate the show, and go to [ladyfoxentertainment.com](http://ladyfoxentertainment.com) to sign up for our email list and to check out our resources page. Thanks so much for listening. Talk to you next time.