

Scot McKay (00:01.931)

All right, gentlemen, how's it going? This is your main man, Scot McKay, coming at you with another episode of The Mountain Top Podcast (.com). Today we're going to talk about how to stop being "Gen-Eric" like I like to talk about a lot, but most specifically, how to be your outrageous self, how to be a little bit outrageous. And you know, before you say, Hey, you know, I'm gonna get fired for that, or women are gonna slap me, or I might even get arrested. Yeah, you know what, maybe. I don't know what my guest is gonna come up with, but

this is his topic, and I'm going to let him run with it. And I'm excited for it personally. His name is Dr. ... He's a doctor of this stuff. Dr. Dain Heer right here. Actually, he's not right here. He's down I-35, a little east of here in Houston. I'm here in San Antonio. A couple of Texans here gonna banter about this stuff. And he is an author, international speaker. He's the founder of International Being You Day, which actually just passed.

It's in June, the co-creator of Access Consciousness. And he also wrote another book besides Being You, Changing the World, called Return of the Gentleman. Dr. Dain Heer. Welcome to the show, man.

Dr. Dain Heer (01:13.23)

Scot, thanks for having me, brother.

Scot McKay (01:14.977)

Yeah, man, it's my pleasure. Your publicist talked a big game. You're very notable worldwide, having done this stuff successfully for a while. So I was excited to get to know you and excited to have you talk about this. So, first of all, talk to me about well, you know what, dealer's choice. Either book, Being You, Changing The World or Return Of The Gentleman. Actually, you know, talk about the latter one first because, you know, I think that's important, but it's not the main topic.

Dr. Dain Heer (01:44.12)

Well, here's the interesting part is they, you know, there's so much overlap in the idea of today's topic being outrageous. Also being you and how that changes things around you. And this idea of Return Of The Gentleman. Return Of The Gentleman was birthed from having a conversation with some young guys. They were in their twenties. And they said, you know, being around you, I realize that

Scot McKay (01:44.215)

So tell us about that book.

Dr. Dain Heer (02:11.404)

it's okay to be what I actually am. I don't have to put on some image for everybody else. And that was prior to the book, you know, prior to even thinking about a book. And so I started asking them some questions and I did some deep dive explorations with them and some other guys about what gentlemen needed to hear, what guys needed to hear about what is gonna what is gonna make things work for them. And so

after doing a lot of exploration with a lot of men around the world, I wrote that book. And it's really about being willing to and able, giving you the tools to start to be everything you actually are, not trying to be the image of either the good guy or the bad guy that you think you need to be to get either get laid or be successful at work or overcome the opposition that you have in this particular area. It's it's a totally different perspective on

showing up as you are and creating your life from there.

Scot McKay (03:13.633)

Yeah, I knew when you were going to be a guest on this show that you were gonna have a lot in

common in terms of your messaging with what we talk about around here. And that's certainly not coincidental, because there's a right way and a wrong way to go about this. And certainly being a jerk, thinking that's the way it's gonna be, you know, only jerks get women or whatever. Or being this Mr. Nice Guy who's manipulative or or who perhaps fears loss.

Anything that's coming from a fear-based place, that's not gonna work either. Yet there's this there's this sweet spot of being a good, decent man who does the right thing even when nobody else is looking, but also who does the hard things because he's got to and no one else is willing. And that's that's the gentleman. The gentleman is the guy who does right, the guy who respects women. And so I'm thrilled that you wrote that book. And it it seems from everything I've I've read and heard about it

that it's right on the money, and I agree with everything you just said about how men should be. To me, that's the essence of masculinity, frankly, is being this virtuous guy who's a provider, protector, presiding over his world, and I love it. Talk to me about the book we're basically launching this entire podcast episode from.

Dr. Dain Heer (04:24.888)

Well, that is, you know, that this is the thing. Everything that you just said, which is strangely so void, you know, our world seems to be, for the most part, devoid of these conversations where, you know, like you said, the essence of masculinity is to not only be honorable but powerful, but and also not needing to cut off your sexualness and your sexual desire and your willingness to have sex.

And your willingness to adore women and or men, what however you're wired, and and the ability, it's it's where you actually get to step up and be the power in whatever situation you're in. You get you get to be a source for something different, you know, and that's that's really what the the gift of this is. And and in this idea of Return Of The Gentleman, you know,

gentlemen existed long ago where they would open a door for a lady and they would they would be there to see whatever contribution they could be, but they also didn't take shit from anyone. You know, they weren't a doormat. And so, you know, I I think the the conversations that we're having really overlay really well. And so I guess for for for me, that book, The Return of the Gentlemen, is about the tools to get there. Some of it

actually a lot of it being awareness pointing you to it is not wrong to be your authentic self. And I think that's one of the the big things that people listening to this podcast or watching it have probably had as a theme in their lives where they desire something different. They desire to be something different. And but the idea is if I really be me, I'm probably gonna hurt people. I'm gonna be seen as a bad person. I'm gonna be judged. I'm gonna be separated from I'm gonna all these terrible things are gonna happen.

The actuality is the exact opposite. People are craving somebody authentic nowadays.

Scot McKay (06:20.118)

Yeah, we've opened.

Yeah, we've all been kind of brainwashed into thinking all masculinity is toxic. I think those voices have died down a little bit in recent years because it was just silly and people got the notion. But you know, the very title of your book, Being You Changing the World, implies that our authenticity in and of itself will cause us to have a greater impact on those around us, leave the world a better place. Am I onto something there?

Dr. Dain Heer (06:27.17)

Yeah.

Dr. Dain Heer (06:32.775)
Right. Right.

Dr. Dain Heer (06:52.678)

Oh, absolutely. And now more than ever. You know, people crave it now more than ever, with of course the advent of AI and you know, so many points of view about that, but people can spot that from a mile off at this point. But even the people that are trying to do the the status quo, the repetition continuously, it's not generative. And when when if we're gonna actually create our lives and create something different, we're gonna have to

generate. We're gonna to be generative and creative, not duplicative. And so this idea of being you changing the world is the authenticity. And there was a they have done actually several studies and what they found is so they were looking at what is the most powerful vibration. And it was like, okay, you know, so they went through all the stuff, you know, the emotions, the fear, the hate, the love, the

Gratitude, et cetera. And gratitude was big, love was big, but authenticity beat it by a factor of like 50. That was actually the strongest thing, the strongest vibration that they found was authenticity. And that's really what this is about, because we live in a world in which most of us weren't taught be you, what's true for you. People didn't ask us questions. Hey,

What would you like? What's true for you? They sort of tried to put us in a box of what we were supposed to do, or we put ourselves in a box of what we were supposed to do because we didn't want to be those people. And in the case of we men, we didn't want to be those men. And so we're we've been left with trying to figure out our way in a world that doesn't seem to truly value us unless we value us. And then how do we get there? And that is more about answering that question.

Scot McKay (08:46.753)

Such an amazing paradox that we've all been trapped into believing in, isn't it? I mean, you know, the American dream is go to college, start at an entry level business position, claw your way up the corporate ladder. Maybe, I mean, you know, it sounds ridiculous to young people in this day and age, buy a house, go figure, have kids. What are you kidding me? Have a dog, and retire at age 65, which again, people are saying you gotta be kidding.

I'm never going to retire. You know, the company isn't loyal. I'm not loyal to it. There's no such thing as loyalty at all anymore. But that's what we were told to do. But that's not freedom by any stretch. Anytime we're doing what we're told to do, we may as well live in a totalitarian state. And then as it, as it pertains to women and attracting them, if women don't trust us, they don't feel safe with us. And if we're not,

having the audacity to be who we really are. We're trying to be someone else or, you know, and I mean that sounds like a caustic negative thing that I'm trying to to fake my way into being something I'm not. I think we all know that doesn't work. But when we've been duped into living our lives in this box and being the "Gen-Eric" guy I've talked about before, I named him "Gen-Eric", right? Yeah. You could steal it. And

Dr. Dain Heer (10:05.366)
I love that, by the way.

Scot McKay (10:09.995)

we show up in front of women and we wonder why women don't trust us. They're not interested. Because they don't know who we are, because we're not representing who we are. I would go so far to say, Dain that a lot of guys don't even know who they are because they haven't even workshopped their own identity yet vis-a-vis all of this mess we've allowed ourselves to get into.

Dr. Dain Heer (10:29.74)

Well, I'd say that's actually the biggest part of it. A woman can't trust you if you don't trust yourself. And you can't trust you if you don't have some sense of who you are. And the one of the elements I go into in both of those books is there's five elements of intimacy. There's honoring, trust, allowance, vulnerability, and gratitude. And trust is trusting that you will make

the best choice you can in every situation. Trusting that you will do your damn best. You're not going to be perfect. So you don't even try to require that of yourself. But you trust yourself to know that I will do the best damn job I can in every situation. And so you realize that it's impossible for somebody else to trust us if we don't trust ourselves. But we're also, once again, we're we're in this, we're in this catch-22 a lot of times.

Because the guys that are listening to this podcast, who desire to be better men, have also bought into...and not even cognitively, it's just part of the underlying hum of reality at this point. They bought into the idea that men are probably the problem, and it's probably our fault. You know that age-old philosophical question: if a tree falls in the forest and no one is around, is the man still wrong? Well, the answer is yes, you know?

Scot McKay (11:52.695)

Yeah exactly.

Dr. Dain Heer (11:54.966)

And so here we are, and we're and we're we're earnestly trying to do something different, but a lot of it is from the basis that we're trying to do something different based on somehow those of us, the 50% of us that are the seekers of the world, the people I would call the humanoids, the people who are looking to create a different conversation around this. Okay. There's about 50% of us as far as I've found. And we seem to be a bit of a different species. We're not wired like

the guy who wants to take a woman, take control of her life and control everything and and have 30 second sex that in which we are only fulfilled. We're not wired that way. We're wired in a different way. Okay. So it's almost like a different species. And so that 50% of us is is the, of the men on the planet are the ones looking and going, wow, I I seem to bring an element of wrongness to everything. I I I'm trying to be a better person.

But somehow I need to deal with this idea that somehow because I'm a man, I'm wrong. It's like, you're not wrong because you're a man. You're not wrong, period. That is a lie that we've all bought that we're trying to deal with. But you can't, if you start from a lie, there is nowhere greater that you can go. You've got to recognize the lie and debunk that first, and then start from, okay, if I'm not wrong, what would I choose? If I'm actually

I don't know, even maybe pretty cool. What would I choose? If I'm actually a good guy and a good person, what would I choose and where would that lead me? And how would I look at myself differently that I haven't been able to or willing to so far? Because nobody's ever told me that I may not be wrong.

Scot McKay (13:39.22)

One thing that I think is worth noting, again, in this context, and we've talked about it before, is that the world in real life, human beings, men and women interacting with each other, you know, shoot, men interacting with each other, people, human humanoids, as you call them interacting with each other, we're far less sociopolitical than we are online, or that the online world would make it to be.

you know, back in the Kavanaugh days of him getting confirmed or not to be on the Supreme Court, it was popular to believe all women. Well now when you have a democratic summit and

Well, now when you have a Democratic Senate candidate who's being accused by women, suddenly we don't believe all women anymore. You know, there's this sociopolitical agenda surrounding how we as men are being positioned to think about ourselves and about women and about relationships. When in real life, men and women understand ourselves mostly, for the most part, to be in in collaboration, not.

Dr. Dain Heer (14:30.947)

Yeah.

Dr. Dain Heer (14:46.808)

Yeah.

Scot McKay (14:50.059)

In an adversarial relationship. And we like it that way. And we don't want to see everybody else or anybody else really as an enemy. We all just want to live our lives and get along. And so when we as men embrace virtuous masculinity, after literally years, a generation, not just a decade, but a generation of being told we're toxic for being men, for having XX chromosomes, you know.

There there was never anything to replace the toxicity with. We were just told, do better. Remember that? Yeah. What what the heck does that even mean? It means nothing other than feel guilt and shame and shut up. And people would even say, sit down, stay in your lane. You know, the future is female. Let the women be in charge. Which gave men no place and no identity. And when we're forced into that box, we're even discouraged from reconsidering

Dr. Dain Heer (15:31.725)

Totally.

Scot McKay (15:49.73)

being toxic. We're just well silenced. And that feels inherently abusive to masculinity. We're like, man, did I just get my balls cut off or what? And so this idea of virtuous masculinity. So this idea of virtuous masculinity providing, protecting, actually meaning to do well, using our strength to make a world a better place, is something that weirdly just hasn't even occurred to a whole lot of men,

and this isn't even age specific. I mean, a lot of guys older have had this whooped out of But certainly young guys without really feeling a masculine place in the world, just kind of existing as neuter people, it doesn't sit well with us in our soul, does it, Dain?

Dr. Dain Heer (16:37.194)

No, and and you know, I I just want to acknowledge every single point that you just made. It is yeah, it's it's exactly that. And and so here we are, and the interesting part also, a a furtherance of that is that the men that have been silenced in the name of

Scot McKay (16:47.189)

I knew we were gonna get along.

Dr. Dain Heer (17:05.15)

whatever all this is, world goodness, supposedly, creating a better world by all of everything that has been brought up as the replacement for men, supposedly. These are the men that truly have the capacity to make a difference. The ones who truly have the capacity to shape a world that is inclusive of all of us and contributing to all of us. And these are

especially the men that are have been silenced the most, which is why, of course, you and I, you know, I wrote the book while you and I are having the conversation, while you have these conversations, because of exactly that. Because the other guys that are doing, see, because there's so many concepts

to to talk about in my ADHD goes crazy at a moment like this.

Scot McKay (18:00.162)

We got time, man. Bust them all. We got it.

Dr. Dain Heer (18:02.646)

All right, let's do it. Okay. So so if you look at it, the guys once again, the guys that are listening to this show are willing to step back, shrink into the shadows, stand on the sidelines, because they don't want to be they're not into the fight. They're not in it for the fight. They're just, why can't we get along? Why can't we have something different? And yet they are simultaneously the guys that if they add their voice to any conversation, change the conversation for the greater.

And this, I think, is what both of us are trying to invite men to that are listening to this. Your voice actually does matter. You may not think so because you've lived in a world in which men are supposedly the problem. Sorry, they're not. And and and if see, if you could imagine a world in which if we went if we went totally toward the feminine, let's call it, it's not even feminine. The feminine and masculine is.

Is also so screwed up in this entire conversation. But if we had a woman in which w a woman, there's my ADHD connecting my sentences before I say them. If we had a world in which women were only, you know, the leaders, if we had a matriarchal society, it would look very not any different than the extent of intense patriarchy. They're no different because they're separate. There is

male and female being separate, there is masculine and feminine being separate, there is no inclusion of beings. It doesn't matter. It's exactly like you said, it doesn't matter whether we're male or female. Most of us just desire to get along successfully and create what we would like to create. And then you have this huge percentage of the population that just wants to shit all over all of it. And they, of course, are the loudest voices. They're the loudest voices online. They're the loudest voices

of the people in our lives. There are Karens everywhere. We gotta stop listening to the Karens of the world. We gotta stop listening to the Andrew Tates and acting as though those are the sources. Sorry, what did you say?

Scot McKay (20:04.299)

More online than in real life.

Scot McKay (20:11.021)

I said more online than in real life. I mean, I've heard that certain pockets like, you know, the Bay Area or New York City, maybe there are more in real life just like there are online. But for most of the world, everybody really just wants to get along. And that goes for gender, race, politics, all of it.

Dr. Dain Heer (20:13.534)

It's so much.

Dr. Dain Heer (20:29.678)

So true.

So true. Yeah, our online world has really given us a skewed version of what we believe the world is like, but then also what we think is the world we need to either avoid interacting with or fight against. But like you said, when you get in front of actual people, it's different. People don't have that need to fight and prove they're right.

And an in person conversation nearly as much as they do hidden behind a keyboard being anonymous with their screen, you know, their username.

Scot McKay (21:09.387)

Yeah, I mean, what the media tells us is built around the loudest people being the most negative and bad news selling. I mean, during the recent World Cup here in the United States, what made news, at least in some circles, was how people from other countries came here and said, Well, my goodness, Donald Trump isn't turning this place into a hellscape. This place is actually kind of cool.

You know, they got Buc-ee's and ranch dressing, and you know, I rented a car and got a four-wheel drive pickup truck, and the women are hot and the food is great and the people are cool and it's beautiful. It's like go figure. You know? I'm I'm a world traveler and virtually every place I've ever been, including North Korea, wasn't as bad as the news made it to be. Now that doesn't make me

Dr. Dain Heer (21:50.696)

Yeah. Yep.

Dr. Dain Heer (22:02.979)

Well

Scot McKay (22:05.547)

An apologist for a totalitarian regime. But I mean, I remember the first time I ever went to Czechoslovakia and the Soviet Union in early 1986. I had grown up thinking everything east of Vienna, Austria, is in black and white. It's like a black and white movie. And everybody's just miserable and walking the streets. And I got off the plane in Moscow.

Dr. Dain Heer (22:09.206)

Mm.

Scot McKay (22:35.531)

You know. And I started meeting kids my own age 'cause they wanted to buy my jeans, you know, 'cause it it it wasn't a really a great place. And to my amazement, they knew a lot more English than I knew Russian.

And they said, Well, I don't understand why your country is so scared of us and thinks we're the bad guys. You guys have actually dropped nuclear weapons on people before. You've used them. Imagine how we feel. And I was like, my goodness, I've never thought about that. Well, of course I'd never thought of that. Because I'm from America. Now, does that make me a Soviet apologist? Of course not. You know, you got a lot more people

Dr. Dain Heer (23:01.774)

Yeah.

Scot McKay (23:16.351)

emigrating to the United States from other countries than emigrating to Russia because even now I visited, you know, three and a half decades later and you still can't get it get good and you still can't get Italian food or a Chinese food or good Mexican food in Russia because nobody's emigrating there to cook it. But it all it all kind of underscores the point you're making. The media has driven a lot of this negativity towards men, which we've bought shockingly, even though we are men.

Dr. Dain Heer (23:27.622)

huh.

Okay.

Scot McKay (23:45.782)

We should know better because this is the life we live. This is the skin we live in. You're telling me I'm a terrible person. I should know better because after all, here I am. I'm right here. I'm me. I know I'm not a terrible person. But with that message being driven, driven, driven, what it's done is it's caused men to emasculate, be off in the distance. And what happens is when there's no man of the house, the government can step in. And this is how government gets more of a role in our lives. And that that's sounding

less and less like a tinfoil hat conspiracy. The more we move on into this, but that's what happened. So your outrageous self at the baseline level, Dain is really just daring to be a man again. Kinda. Is that is that the secret sauce here?

Dr. Dain Heer (24:15.566)

Mm-hmm.

Dr. Dain Heer (24:28.48)

Yep. Well, I it's the there's so many I mean we we could we could talk for hours and hours of you know about the different aspects of this and and deal. But that's a that's a yes. And yet it's it's what it actually is for us. And like you said, we as men, the interesting part is we as men, all of this stuff that is supposedly done

Scot McKay (24:39.597)

Well we'll have to have you back for sure.

Dr. Dain Heer (24:58.53)

as though it's done by men, we those of us that are having the conversation you and I are, that I would say is most of us, it's like all of this stuff is supposedly being done in our name. And it's like, you know, when when do we get to be not only cognizant and acknowledging that, okay, it's it's like you said, this is

I'm I'm not this terrible person. I am not this, but I'm still buying into it because I don't want to be this terrible person. I it maybe I'm lying to myself because here's this is the other part is if you're not willing to be the outrageous you, if you're what it means is you still have this hidden judgment that you might be wrong for what you're choosing. Now, and and then and then we have to have the conversation of.

Because there's a lot of people out there who will just do whatever the hell they want and go, well, of course I'm right because I'm doing this. But that's that other 50% of the population I'm talking about. Okay. The humanoid men of the world, the guys that will actually engage in these conversations, the guys that unfortunately have been most affected by the idea that men exist, therefore they are wrong, are the ones who not only have the ability to have a different voice and a different conversation and a different input.

But they're also the ones that that never want to have the freedom to not be checked because they don't want to do something wrong. They would rather live a small life of self-judgment than hurt somebody else by something they inadvertently or unintentionally said or did. And we need to recognize that within that point of view is a greatness and a strength because we have such a level of caring for others.

But if we don't have that same level of caring for us, if we're not willing to embrace our out-of-control nature as a gift, we are missing the boat because we're willing to diminish ourselves as though that will somehow make life better for another, or at least it won't diminish somebody else or hurt somebody else. And we keep walking around looking for, wow, how am I gonna hurt someone with what I choose?

Dr. Dain Heer (27:20.61)

How am I gonna hurt someone with my point of view? How am I gonna hurt someone with my lust? How

am I gonna hurt someone with my love? How am I gonna hurt someone with what is true for me that may not be true for them? I have an idea. Instead of doing any of that, I'll just do what everybody else wants, especially the women in my life, and then I won't hurt anybody. And then I may not be creating my life, I may not be happy. I may really want to die secretly inside, but at least I'm not a bad person anymore.

Scot McKay (27:46.741)

And what happens is when we do exactly what we think the women want us to do, they're suddenly not attracted to us anymore and put us in the friend zone.

Dr. Dain Heer (27:51.66)

It's so so true. So true. So let's talk about let's talk about that for a moment, okay? Because I did so much of this over the course of my life. Like if so much of of being the nice guy, the healer, the one who takes away all the problems, the one who makes everything better for everybody. And I think a lot of men can that are once again listening to this podcast can relate to that.

And what I recognized there's a way of being that is this outrageousness that we're talking about. And I have not yet found a way of putting it succinctly enough to at least in in my own world, to describe it to people. But it's like it's like if you're willing to be the person that doesn't allow people to conclude what you are.

If you leave them with a question, if you make them laugh, if you make them question, if you make them wonder, if you make them doubt, if you make them even, and I I'm gonna now I probably shouldn't say this, but and and I don't mean it in a way they might think, but if you make them even a little bit of afraid for what you might say next, it's like that is when you become a source and a person to be acknowledged and dealt with in their lives.

And when I say dealt with, what I mean is you now show up. You're no longer somebody who can fade into the wallpaper and disappear. And yet we keep trying not to do that, even though for most of us it's way more fun than when we're trying to do the yes, sir, yes, ma'am, no sir, no ma'am, you know, yes, sir, yes, sir, three bags full, like I'll do whatever you want. I will always cause the sorry, the ADHD is very strong.

The other thing that goes.

Scot McKay (29:51.243)

I could tell this is something you've set a mental trigger for in your life and is part of your frontier. It's I I'm appreciating that.

Dr. Dain Heer (29:55.798)

Well, yeah, and it and it's yeah, and it's part of the, it's part of the the thing I would like guys to get is let's stop being pussies and turning ourselves down. And when I say being, you know, when I say being a pussy, I realize, you know, there can be a charge on that also. And I hope people get what I mean by that. Let us be the gentlemen that inspire a different conversation, that open up the world for different choices, and that are there to

Create different possibilities because without you, they're not going to exist. With you, they might.

Scot McKay (30:30.733)

Okay, well you know what? Let me jump in here because you said you weren't sure exactly how to put it, but I think what you said was very articulate.

Dr. Dain Heer (30:38.84)

Thank you.

Scot McKay (30:40.339)

A man who you're referring to as is needing as as a man to be dealt with. You know, I think what you might be saying is something more in terms of... Dealt with Dealt with sounds kind of threatening, like he's a threat. You know, and we've heard terms like sexual threat. Yeah, which isn't a bad thing. It's it's means a woman's thinking, ooh, he and I man it might end up naked together. That's what that ooh, he and I might end up getting naked together, which is what sexual threat means.

Dr. Dain Heer (30:53.23)

Exactly. That's why I didn't want to say that.

Scot McKay (31:09.633)

But you know, he's a man to be reckoned with, he's a man to be considered, he's not "Gen-Eric" anymore, he doesn't fade into the background.

Dr. Dain Heer (31:12.332)

Reckon

Scot McKay (31:18.329)

And further, when you're talking about a man who stops being Mr. Nice Guy and trying not to offend the other people and trying not to walk on eggshells, what happens is as a man to be considered and as a man to be reckoned with, it's not like everything that comes out of his mouth is going to be subject to cancel culture. Sure, there may be people who disagree with you, but you're also going to find your tribe, you're going to find your coalition. Importantly.

You may be bracing yourself because you're told all women can't stand masculinity and you should shut up and they want to be in charge and all men are terrible and all women are always right. But as you're bracing yourself, a woman's gonna go, yes, exactly. That! Where have you been my whole life? You know, you talked about Ben, You know, you talked about men being pussies. I'll never forget the coaching call I had, and the guy was prompted to finally get a session with me after he was there with a woman watching a movie in the dark.

And the woman finally just rolled her eyes and said, Kiss me, you pussy.

Dr. Dain Heer (32:22.121)

Mm.

Scot McKay (32:24.491)

And he realized I was. I wasn't man enough... I was, I was scared. I I was chicken to kiss her. I was afraid she would slap me with rape allegations and it would get to my boss and I would be fired the next day. And she didn't have any of that in mind at all. Why? Because he wasn't willing to be his outrageous self and us and start thinking, hey, you know, maybe this woman might be interested in being kissed.

Now, how you go about that, whether you need to physically ask her or you read the room or whatever. I mean, that's the subject of multiple other podcasts we've done. But the point is, sensing that a woman might be sexually attracted, in us it feels outrageous to a lot of men. I mean, look at the terminology that has been weaponized over the years, since, say, third-wave feminism. The male gaze. My goodness.

Dr. Dain Heer (33:23.998)

Mm-hmm.

Scot McKay (33:24.873)

What is a heterosexual man to do other than look at an attractive woman? But if we notice she's there, suddenly we're this horrible, evil, terrible person by being heterosexual? No wonder so many men are going non-binary. It's given as the only option. We're not allowed to be attracted to women anymore. We wonder why the birth rate is going down, why people are having less sex, even though, importantly,

they're less religious. They have fewer religious reasons not to have sex, yet the fewer moral constraints, however you want to put it, and yet they're still having less sex. It's because it now feels outrageous to be a heterosexual man who's sexually attracted to a woman. Meanwhile, the women are out there going, Where did all the men go? How come women, How come men won't ask me out? Right? Yeah.

Dr. Dain Heer (34:18.208)

Exactly that. Exactly that. And and this is this is the element that or one of the elements I really would like men to get is the women are on their they they have their side where they're desiring us to be this too. We keep thinking just us and for us and for men and whatever. No, we are disrupting everything for everyone.

Scot McKay (34:38.635)

You bet.

Dr. Dain Heer (34:47.522)

When we go into this little hermit, you know, friend zone, only this little creature that we keep trying to make ourselves so we don't hurt anybody. Need to be willing.

Scot McKay (34:58.839)

Bringing it full circle to what you said before, here it is, gentlemen. You're going to disgust a certain cross-section of women by being authentically masculine. Fewer than you think. Wait for it. And you're going to disgust even more women by refusing to be a real man. Now, which one? Knowing that, knowing you're going to disgust somebody, you're going to piss somebody off.

Dr. Dain Heer (35:13.336)

Mm.

Dr. Dain Heer (35:20.908)

Mm-hmm.

Scot McKay (35:28.871)

And you're gonna make someone else happy. The only option seems to be, Dain, to be who you wanna be, who you feel like you really are. Because the inauthenticity is gonna stick it to you no matter what. And I think for most men, they're gonna choose, I think I wanna be a guy who's attractive to women.

Dr. Dain Heer (35:44.078)

Exactly.

Dr. Dain Heer (35:49.528)

Yep. There you go. Yeah. And here's the other part. Well, let me just say yes to everything that you just said. And and if we can you can recognize you're gonna piss somebody off. Who would you rather piss off? You know, do you do you want to piss off the women that hate men? Here's the weird part.

Scot McKay (35:51.713)

Just saying.

Scot McKay (36:10.453)

Exactly.

Dr. Dain Heer (36:17.452)

There's a huge percentage of women that hate men, that don't actually like them but they believe they need them for certain things like babies and money and life and whatever. There's also a huge

Scot McKay (36:28.545)

Yes, I can't stand all men. They're all liars. They're all terrible. Can you find me a good husband? No. And now there are a bunch of men who can't stand women who are out there trying to get laid and they're wondering why this woman won't help them close the deal. Well, hello.

Dr. Dain Heer (36:32.364)

Yeah, exactly.

Yep, exactly other side. Totally.

Exactly. Yep. That was the other side I was gonna mention. You know, and it and it's helpful if you can see that because if you can look from your own side and go, okay, am I somebody who actually hates men or hates women, depending on whether you're a woman or a man, or am I not, then if you're not, if you're a guy who really likes women, what you want to ask for is a woman who really likes men.

Scot McKay (37:04.962)

Why not?

Dr. Dain Heer (37:05.91)

Yeah, because they're out there and they're wondering where all the men have gone.

Scot McKay (37:11.041)

You know, this isn't even new. This has been going on for a generation and a half at least now. My online dating profile in the year 2004 read as follows: I believe men are men and women are women. And that's the way it should be. If you agree, read on. And I kid you not, I had nothing but feminine, sweet, adorable creatures who loved men show up in my inbox and respond to my emails.

Dr. Dain Heer (37:16.105)

At least

Scot McKay (37:40.63)

It was great. They're like, I I am I am so glad you wrote that. And I got even braver. And I said, if you like to get kissed correctly and get kissed often, you're in the right place. You know, drawing from Gone with the Wind, right? Rhett Butler said that. Another movie that you'll never see anymore because it's been canceled, but for different reasons. and I had women no, but I had women write me and go, I k when can I get kissed correctly and kissed often? I can't wait.

Dr. Dain Heer (37:51.243)

Yeah.

Dr. Dain Heer (37:55.416)

That

Dr. Dain Heer (38:00.583)

Right, exactly. Okay. So Scot, that right there.

Scot McKay (38:09.835)

When do we start? I'm like, wow, really? How come these women don't think they're gonna look like sluts by saying this? Well, because you, my friend, I'm saying, you know, this is the little angel and the little devil talking on each in each shoulder, you know. I could do the Kathleen Madigan and have us talk to each other. So funny. Kathleen Madigan is like the female Ron White. If you guys have never watched her do stand-up, give her a chance, even though she's a female comedian. Very funny. And the little angel and the little devil, you know, it's like.

Dr. Dain Heer (38:10.968)
Totally.

Dr. Dain Heer (38:26.262)
I don't.

Scot McKay (38:39.755)
Well, you know, women who have lots of sex are sluts. So slut shame 'em. Yeah, but if I slut shame a bunch of women, then they're not going to want to have sex with me because they're going to feel so shamed. You know, it's like it's like, hey, how about this? Women are sexual human beings just like you and they have a right to a sex life. Maybe don't judge them for it and see what happens. Wow. What an amazing revelation with real results. Yeah.

Dr. Dain Heer (38:58.83)
yeah. Yeah.

Well, here I want to say that what you put on the dating profile is the outrageousness we're talking about. And exactly what you just said right here that makes so much sense. Exactly. Like be anything you actually are. That's outrageous. Like that's it. Boom. But the other the other thing that you just said, maybe this. Women are sexual beings also. Maybe don't judge them for it and see what's up for each person. That it

Scot McKay (39:14.827)
The bar has been set so low for what's outrageous. Go ahead.

Scot McKay (39:22.916)
Imagine that. Yes.

Dr. Dain Heer (39:36.524)
That should not be outrageous, but in today's day and age, that's there it is. You know, it's the simplest. Yeah.

Scot McKay (39:42.209)
Because we've been brainwashed by the media. It all points to don't get married, don't make babies, don't start a family, don't be the man of the house, neuter everything down and turn everything feminine and get rid of masculine power.

Dr. Dain Heer (39:58.702)
And there's the other side that is about everything is about getting married and falling in love and having babies and having kids that is the fulfillment of your entire existence and reality. And so anytime we go to if we can acknowledge media, but we've got to also acknowledge that people are aligning and agreeing with this shit over and over and over and then perpetrating it on other people.

Like and you mentioned online is a great way of sending the point of view that you just bought from somebody out to the masses, you know, but we've got to recognize that that it's there's the one side which we can look at, but then there's also simultaneously the other side that is as much of a trap that is

also being perpetrated simultaneously. And we've got to recognize, that's a trap, that's a trap. Okay, not actually true for me.

Not actually true. If I were just being a person, I guess that wouldn't actually be true at all. Okay. And how many other traps are there? And not it when I say trap, I just mean that that if we if we take this, we can acknowledge. Here's let's do this, okay? What's true for us makes us lighter. A lie makes us heavier. Anything that's true for us, it makes you lighter, it makes you go, God, that feels right.

Like when you like if you wanna if you haven't been kissed often and kissed correctly, come on over. Like that makes people feel lighter 'cause like, hell yeah, that, that, yes, that, whatever that

Scot McKay (41:32.319)

And when a woman responds powerfully to it, your first thought is where has this been all my years? What took me so freaking long to get to this? That wasn't so hard.

Dr. Dain Heer (41:37.685)

Exactly.

What took me so long? What took me so long to say what's true for me, you know? And what took me so long to actually get in touch with what's true for me, which I hope people are at least exploring, you know, as you and I are talking, because that's what this is all about. It's not what's true for Scot and true for Dain, it's what's true for you that you're willing to be outrageous enough to put into the world, because then you'll find your tribe. Whoever that tribe is, whatever way. What's that?

Scot McKay (41:45.493)

I know, right?

Scot McKay (42:07.063)

Boom, there's the mic drop. You know, I I said, boom, that there's the mic drop. I mean, I I trust guys weren't tuning into this episode thinking where we're gonna be like, all right, you wanna be outrageous? Here's how you build a Molotov cocktail and deploy it. You know, we're not about that. This is simply about showing up in your authentic self and being a man and instead of cringing, straightening up and saying, Who's in, who's out? And

Dr. Dain Heer (42:22.923)

Okay.

Dr. Dain Heer (42:34.316)

Yep. And not having a point of view about who's in and who's out, 'cause that is not up to you. That is up to them. We gotta let other people choose, but we gotta be willing to choose too.

Scot McKay (42:44.969)

In closing here, before I send these guys to your website, Dain, this has been a fantastic conversation. Yes, you are so coming back. I'm I'm gonna coerce you if you're not willing, but you already said you are, so

Dr. Dain Heer (42:56.107)

I'm I am willing also I'm also willing to be coerced, so you know.

Scot McKay (43:00.169)

All right, well, it could be fun. I have a special message for you guys who are the naysayers. And no matter what positivity I bring to the possibilities of you getting better with women, you say, yeah, but I am not six feet tall, don't have six fat six-pack abs, and I'm not making six figures. And this only works for

guys who aren't like me. Yeah. Welcome to exactly what we're talking about here.

This is the exact same kind of drivel you've allowed yourself to believe that is the true toxicity that's keeping you from being your authentic self. I've seen guys who are by no means, in no way, shape, nor form anything society has told you women should be attracted to, own who they are a thousand percent, and they get more women than most other guys. Because that's how important this is. Now.

Dr. Dain Heer (43:37.707)
Yep.

Dr. Dain Heer (43:53.763)
That

So true.

Scot McKay (43:56.898)
You I mean, you can't authentically dislike women. You can't authentically never take a shower. You know, there's a little bit of room reading that goes along with this and a whole lot of common sense. But there are my there are multitudes of you gentlemen out there who are doing nothing because you're like, But there are multitudes of you gentlemen out there who are doing nothing because you're like, it'll work for everybody else, but not me. Because I've been told I'm not the right kind of guy.

Dr. Dain Heer (44:03.8)
Yeah.

Scot McKay (44:25.781)
You've been controlled. You've been manipulated. That's all there is to it. The outrageous move for you guys would be to show up in your authentic self and give it a shot and stop cringing. Kind of look out into the world and go, wow. That worked out kind of well. It didn't work out any worse than the other plan did, for sure. Isn't go ahead.

Dr. Dain Heer (44:26.094)
Yeah.

Dr. Dain Heer (44:41.784)
Yeah.

Dr. Dain Heer (44:45.878)
Right. Well here's here's here's the weird part. Well, most people are are more comfortable with the failure they know than the success they don't. They'd rather have the comfort, you know. Yeah, it's a habit and people love their habits and then they can complain about it. They complain about why this didn't work, and then they can have that as part of their life story and people love their stories. And i can I tell a really quick story? It's in the reverse side, but

Scot McKay (44:55.473)
that is so true. It's a comfort zone. It's a habit.

Dr. Dain Heer (45:15.668)
I think it may make a point, which is there my business partner, his name is Gary Douglas, and he founded this work called Access Consciousness that I've been doing for the last 26 years now. And we were doing a class on sex and relationship, and there was a lady who got up to the microphone to ask a question, and she was about, I'm gonna say probably about 285 pounds. And she was like, nobody will ever want me.

And blah blah blah, this very thing that you're talking about that so many of us guys do. And by the way, the other thing is no matter how a guy looks or how much of a six pack or how much of anything, he's still 99% of them, if they're humanoid, they have all those insecurities that you have. You just think you have a better reason for it. Okay.

Scot McKay (46:02.261)

Yeah, well no, they have a reason they feel is a better reason than yours. Yeah, it's whack a mole, yeah.

Dr. Dain Heer (46:05.706)

Exactly. Exactly. So, and none of this shit is real. We are we are making it up in our heads, and and that that is one of the things that I actually help people get over. But and I'm sure you do also. That's a story for another time. But so this lady was she was saying that nobody would ever date her, and he went, Are you kidding? And Gary said to her, he's like, Look, there is an ass for every seat. Okay. There are people that like bigger people, there are people that like smaller people. There's somebody who likes

what you are. And she was like... Some asses. Exactly! True story. There's an ass for double seats sometimes. And and he said, let have you looked at your cleavage? And she was like, no, what are you talking about? And she had this amazing cleavage. She had these really big boobs. And within a few minutes of talking to her about she didn't have to buy all this crap. He was like, look, what if you just go through the world being you?

Scot McKay (46:36.577)

Some asses require two seats, but we digress.

Dr. Dain Heer (47:04.77)

And actually start enjoying your body. You created it this way for a reason. Why don't you stop using it as source of judgment and see who might be attracted to you? So... he c

Scot McKay (47:16.105)

Or if she doesn't like her weight, do something about it. Because she doesn't like it.

Dr. Dain Heer (47:19.68)

That was the other, that was the other option, but she actually didn't have a problem with her weight, which is interesting. And we were in the same town a month later. It actually happened to be Houston, which is interesting, before I lived here. And she came to the class and she went, my God, you are a wizard. And my friend Gary's like, What you talking about? She said, I have had more sex in the last month than I had in my first 35 years. She's like, I walk down the street and I have people.

Throwing phone numbers out of their car to see if I will have sex with them. She's like, I never, she's like, and Gary's like, well, what'd you do? She went, I just changed my friggin' point of view. I stopped acting like I couldn't get sex and I started asking for it. I'm getting it all the time now. Now that sounds like such a simplistic story. And it is, you know, if there's a testimonial on a website, you know, they they give you the the big story, you know, the thing that really worked, but

I've seen that and versions of that thousands of times by people simply changing their point of view and starting to look from a different place, but nobody's ever told them they could.

Scot McKay (48:29.675)

It all starts with a "yes, and..." instead of a "yeah, but...". Always. I think it's brilliant. I love the story. And the reason why I love that story is because I can just feel the wheels turning inside guys' minds about everything that's wrong with that story. She shouldn't be out there begging for sex. She's like a slut. Or she didn't she it was all about the sex. See, it was all about the sex. She's deciding who she's having

sex with and who she's not, or you know, well, yeah, because

Dr. Dain Heer (48:33.056)
Yep, absolutely.

Dr. Dain Heer (48:44.062)
Yeah.

Twelve.

Scot McKay (48:59.443)
even women who are threes out of 10 can get laid, and I still can't, even though I'm practically perfect, and women still can't stand me. It's always a a no but, or yeah, well, it works for someone else and not me. It's all about the mindset. The number one differentiator between men who are successful with women and men who aren't is they believe they should be successful with women. It's confidence.

Right up there in the rear view mirror in second place nowadays is actually liking women. Okay. That that has that needs to be said more than ever. But I love the story. I love the work. I love what you're doing. And guys, first of all, you can get Dr. Dain Heer's books, Being You, Changing the World, and Return of the Gentleman, when you go to my Amazon influencer page at mountaintoppodcast.com/amazon. And at the top of the page

you'll see both of Dr. Dain Heer's books if you're listening or watching this podcast within just a few days or a week or so of its release. Also, when you go to mountaintoppodcast.com/dain D-A-I-N. Guess what? You're the first Dain we've ever had on the show, D-A-I-N. And sweet. Yes. Yeah, yeah, absolutely. And yeah, I I love how you were able to get your domain too. That was well done. Dr. Dain Heer

Dr. Dain Heer (50:09.677)
Yes.

Success.

Dr. Dain Heer (50:23.128)
Thank you very much.

Scot McKay (50:23.263)
is the domain, but when you go to mountaintoppodcast.com/dain D A I N, you will go to that website and what will they find there, Dain?

Dr. Dain Heer (50:32.712)
There is so much to contribute to you wherever the heck you are in your journey, whatever you want to change. The thing is, the the so I do something called access consciousness. And basically it's a set of tools, techniques, and and ancient wisdom that allows you to start creating the miraculous life that you always knew should be possible that you haven't been able to create yet. It's tools that work in the trenches of life, and there are

So many things. And there are so many things that are are free. My gift to you. There's one called Waking Up Miraculously, for example. Start every day with it. I have people telling me, I start, I do this every day. I haven't had a bad day since I started using this. And and it's it's that sort of stuff. It's it's along the lines of the conversations that we've had. And but it it's about you getting in touch with

the ease of actually living your best life rather than trying to create something somebody else out there has has no idea about you, but you keep trying to emulate. That's

Scot McKay (51:37.421)

We're followers and then we wonder why it's so complicated. Right? Sounds great. When you go to mountaintoppodcast.com/dain, that's what you'll find. Dr. Dain Heer. What a great conversation, man. And yes, you're absolutely welcome to come back. I fully expect you will. And we'll have more great conversations along these lines. Thank you so much for being here today, man.

Dr. Dain Heer (51:40.194)

Right? That it's time to be a leader in your own life.

Dr. Dain Heer (52:01.23)

Appreciate it, Scot. Thank you so much.

Scot McKay (52:03.667)

Absolutely. And guys, if you haven't visited Origin in Maine, Jocko Willink's company recently, or the guys at Hero Soap, or the guys at the Heap, or the guys at the Keyport, use the coupon code "mountain10" to get 10% off when you partake of anything from our three longtime sponsors. And check it out, guys. If you haven't gotten your hands on Flip The Switch:

Five Ways To Get Better With Women Right Now, you can get that for free when you go to mountaintoppodcast.com. And when you sign up for my free newsletter, which is fluff free every day, helps you be better as a man, get better with the women, that's what you'll get instantaneously. Instant access when you sign up. A lot of that stuff is there for you and more when you go to mountaintoppodcast.com. And until I talk to you again real soon, this is Scot McKay from X & Y Communications

In San Antonio, Texas. Be good out there.