Scot McKay (00:02)
All right, gentlemen, this is your main man Scot McKay coming at you again with another episode of The Big Show. Hey, you know what? It's a lot of times we go out there, we break up with a woman because it just didn't work, and we say, man I

don't want another woman like that ever. Okay. And then it becomes like what I've always said all nine times I've ever bought a black car in this life. That is gonna be my last black car ever. I do not want another black car. It's a hundred

degrees outside. You look at it and it scratches.

And it's dirty all the time. What do I do? I go out and I buy another black car. And then what do we do in our relationships? We go out and we get a different chick, and the relationship is the same bad relationship I had with that last one. What are we doing, men?

Well, you know, we've talked about this before, but I have a guest I think you're gonna like. First of all, she loves men, which is a great start

always. She works with guys, and she has a whole new set of takes.

on why we end up with the same relationship even though it's a different woman. Elena Sophia Ruiz is from San Diego, California, although she's not originally from San Diego, California, as you're gonna find out. And she has a conversation with men

that's ongoing to the point where she has a podcast where she continues this conversation on an ongoing basis called Intimate Conversations with Men dot com, by the way. And she is here to talk about the topic of du jour, which I've already described to you. Elena Sophia, welcome to the show.

Elena Sophia Ruiz (01:42)
Thank you, Scot. It's my honor and I'm very inspired to be here and doing what I love the most, having a conversation with the men. And let me tell you that you are everything that represents being a man. And I love that.

Scot McKay (01:56)
You just keep talking like that,

Elena Sophia Ruiz (01:57)
You

Scot McKay (01:59)
in that Sofia Vergara voice of yours, and you and I are gonna get along just fine. Which is weird because Sofia Vergara is from a completely different place than you are, yet you sound like her. Correct.

Elena Sophia Ruiz (02:11)
Correct, yes, I'm not

sure what happened there. And I love how you drag your R's and the Rrrrr

Scot McKay (02:20)
I think I'm the only BMX racing announcer in the whole country who can roll my Rs. Yes.

Elena Sophia Ruiz (02:25)
Yes, they have tried. Many

of them have tried and that's why they say Elena Sophia instead of Elena Ruiz. And it's okay. I'm okay with that. Yes.

Scot McKay (02:33)
Ruiz. Well,

I love I love the Mexicano, I guess, cultural twist of rolling R's for emphasis. You know, it's

Elena Sophia Ruiz (02:47)
Yeah.

Scot McKay (02:47)
not a double R, it can be just one R, but you know, like when introducing someone, it's almost like we do with L's in English.

Let's get ready to rumble! You know, I combined both the English and the Spanish there because when you wanna really emphasize that R word, you get under it with that machismo like that and I love it. Yeah.

Elena Sophia Ruiz (03:07)
Yeah,

and if one of those men in America can drag the Rs like that, like ready to rumble, they will actually brand that sound like if they invite, invented the arts, right? Isn't that funny?

Scot McKay (03:21)
Yes. I think it's an Andres Cantor thing. If you listen to

if you listen to Mexican football and listen to Andres Cantor, he does it a lot, you know, He's

Elena Sophia Ruiz (03:32)
Mm-hmm.

Scot McKay (03:32)
got that wonderful signature GOOOOOLLL! that's like often imitated,

never duplicated, right? Infamous around the world, yeah. Love it. I think it's great.

Elena Sophia Ruiz (03:39)
Correct. But

you know, it brings so much, just like you're doing your show, brings so much intensity and fire. And you know, we all these Latinas have so much, it's like we all eat that picante or hot sauce and then it's in our veins and we had so much passion, so much energy, so much intensity, guilty as charged. Yep.

Scot McKay (04:04)
Yes. Well, I'm sure you are. You

know, it's like a two for one this show. This is gonna be like how to attract and fire up Latinas instead of having

Elena Sophia Ruiz (04:14)

Well, that's

Scot McKay (04:15)
that same that same relationship you had with that last white chick you dated. You know what I mean? That's right. I

Elena Sophia Ruiz (04:20)
Yeah? Yeah.

Scot McKay (04:22)
I will say this at the risk of I mean, I don't know if this is gonna make you comfortable or uncomfortable. I have never had my brains kissed out like

when a Latina is kissing my brains out. I I will tell you that. Passion, like you said.

Elena Sophia Ruiz (04:37)
Well, I heard

some stuff, yeah, you just make me go to so many parts of my life and comments and stuff. Yeah, that's all. I'm

Scot McKay (04:51)
Yeah, guilty as charged, I figured. Yeah.

Elena Sophia Ruiz (04:54)
I'm not going to say names. I'm a lady and

Scot McKay (04:57)
I'll do that.

Elena Sophia Ruiz (04:58)
I love the gentlemen. uh But let me just tell you that we definitely, that like the flavor in our food is the flavor in our

veins and bodies. You know, uh some of us definitely are very present with everything. And that's what makes a difference sometimes. How can you ignore something like that? You are very similar to that. I'm sure you eat a lot of Mexican food probably, right?

Scot McKay (05:24)
How do you think I got this way? I think what you're talking about explains the English very well too. Ha. Yes. All

Elena Sophia Ruiz (05:30)
Exactly.

Scot McKay (05:33)
right. So we could talk more about this. As a matter of fact, guys are probably like, no, no. Change the whole topic of the show. Make it about this.

Elena Sophia Ruiz (05:39)
Yeah.

Scot McKay (05:41)

So let's let's spice things up by keeping that conversation going even as we talk about this.

Elena Sophia Ruiz (05:46)
Mm-hmm.

Scot McKay (05:47)
Look, you created intimate conversations with men and you gave me a very interesting story about why you felt that was necessary and why you were called to it. So repeat

Elena Sophia Ruiz (05:55)
Mm-hmm.

Scot McKay (05:55)
that for these guys because I honestly really think it's gonna make them love your brains out. So go ahead.

Elena Sophia Ruiz (06:01)
Thank you. I'm going to start a little bit from the beginning just to give you a little bit of uh feedback of how this was uh something that it was in my mind when I was five, six years old. I remember listening to my grandfather ah speaking.

Scot McKay (06:16)
Did he roll his R's a lot?

Elena Sophia Ruiz (06:19)
Maybe a little bit. He was just going to these stories and I love listening to his voice.

And I grew up with that uh desire of uh listening to that wisdom and that leadership from men. Maybe because I'm a Latin woman. ah I'm not sure. Maybe because I'm a woman. That's it. That's simple.

Scot McKay (06:40)
Well, you also

already are talking like you had good examples of men in front of you when you were younger instead of toxic, dangerous examples.

Elena Sophia Ruiz (06:49)
Well, there is all kinds of examples, but you know, interesting that you said that um the most toxic dangers that could possibly ever be, I call him the teacher because believe it or not. So um there is a process we choose, you know, as our perceptions, we choose to uh give a label, we choose to give sense to every experience we have.

And I have chosen to give a balanced experience, which, know, the brand Elena Sophia Life Balance, which is my advisory brand for men specifically. One day, growing up, I thought I want to I want to work in the radio and have conversations with men for many years. As you know, 2026 is not a year for radio stations. We call them podcasts. So.

I decided that this is something that I wanted to do for so long, but what I want to talk about...

I was having a conversation with a client. He's a psychologist. And we were discussing the difference between a woman mind and a man mind. And he said to me, no matter how much you try to understand men, you will never understand men 100%. And I will never understand women 100%. And I thought, but I can try.

The thing is that,

Scot McKay (08:15)
I'm with you, by the way.

Elena Sophia Ruiz (08:18)
right? You know that I say that the short story of why I started this podcast is I got tired enough trying to figure this my own head out and I couldn't get to anywhere. So I started working on the men's, You know, having conversations with men to see.

Scot McKay (08:34)
Well, now hold on a second, because you bring a pretty good point up.

There are plenty of people who don't understand their own gender

Elena Sophia Ruiz (08:42)
Mm-hmm.

Scot McKay (08:42)
and what's driving their own needs and wants and fears and desires well enough, let alone trying to figure out the difference between their own male or female mind and that of the other gender. A hundred percent.

Elena Sophia Ruiz (08:54)
Mm-hmm.

Scot McKay (08:56)
I I agree.

Elena Sophia Ruiz (08:57)
I love that. I love what you say because we all are built very different. For instance, yes, it's like you

Scot McKay (09:04)
We're all individuals, regardless.

Elena Sophia Ruiz (09:07)
can say like cars or even like animals, right? Like a horse is built for specific things. A tiger is built for specific things. If you go in nature where they have animals like this in Africa, they're going to respect them. And even if you see them eating

a zebra or whatever they eat, you're going to respect because you know that is their nature. They are built for that. Yes.

Scot McKay (09:29)
we know what the zebra was built for. Dinner. Yeah.

Elena Sophia Ruiz (09:34)
Yes, and make more dinner. And you know, if you think about that, many times we judge ourselves so much as women and men because we're trying to be uh zebra or we're trying to be uh the nice

la la la land, or we're trying to be the lion, when in reality, that's not who we are. And I think if that's where the problem starts, if we understand who we are, how we operate, what is really important to us,

it takes a little bit of authenticity, right? It's difficult because we hide. We sometimes have to use things that are to protect ourselves. For instance, right now, and I feel really sorry for a lot of men, Scot.

I feel really sorry because this is not the time where men are having their momentum. That's precisely why I decided to make this my podcast about having conversations with men, giving a space where they can speak, where they can bring real things that are happening in the world. And I wanted to listen and

maybe offer some solutions or bring in individuals who bring solutions. I'm sure you have multiple individuals here in this space. And what I see is that we women have never been disempowered. We have been partners for men. I mean, if you go to the... I love speaking about the era of the cavemen and cavewomen. Men...

when hunting women were you know waiting in the cave and men wouldn't even get in the cave until women decide when they were ready once all that energy of hunting and killing was you know gone so we make decisions for for the tribe we make decisions for the community in this case for very very long time it was the grandmother

of the tribe who decided who was going to be the next leader because she saw who had that ability between the kids playing. She knew from a very, very, very early age. So we have a beautiful, beautiful place as women and being the first contact with with with humans. Right. We give birth to humans. We have the ability to grow and to lead and to guide and to advise to this man.

Yes, I understand there are some partnerships and partnerships have existed a long time. But what I ask myself, if as women we're trying to take away, we're trying to take over what is being a man or what things that men do, who's going to do the things that women does? And then we call this planet Mother oh Earth, but we need to be nurturing.

Who's gonna do that job as well as we do?

Scot McKay (12:41)
I want to

stop you right there because you're on one hell of a roll. And

Elena Sophia Ruiz (12:44)
Mm-hmm.

Scot McKay (12:45)
I couldn't agree more with everything you're talking about. You talked first about men having lost their momentum, and I think the way you described

Elena Sophia Ruiz (12:53)
Yeah.

Scot McKay (12:54)
it was a little different than men saw coming. They were probably rolling their eyes, going, Oh, here comes another gee, I'm sorry, about the toxic masculinity and believe all women and

Elena Sophia Ruiz (13:03)
No!

Scot McKay (13:04)
the political mumbo jumbo stuff, but you went all the way back to caveman days and

Elena Sophia Ruiz (13:07)
Yeah!

Scot McKay (13:08)
and basically intelligent design.

And what I want to add to what you were saying is first of all, in acknowledgement of it, I go on podcasts all the time and go, hey, you know what? What if I told you I thought femininity was the higher calling? And

Elena Sophia Ruiz (13:26)
Mm-hmm.

Scot McKay (13:27)
even if I have potentially adversarial female hosts, they'll stop and they'll take a breath and go, okay, I'm listening.

So everything femininity does, and what you're describing is the natural visceral archetypal nature of the masculine-feminine dance. That's what you're talking about. You're talking about masculine-feminine

Elena Sophia Ruiz (13:49)
correct?

Scot McKay (13:50)
energy as created, not as socially engineered into

Elena Sophia Ruiz (13:53)
Mm-hmm. Nope.

Scot McKay (13:55)
oblivion. Yeah, okay, so so far so good.

Elena Sophia Ruiz (13:58)
And the reason why I went that far is because we still use those bases for anything uh in society, right? Believe it or not.

Scot McKay (14:06)
Well, it's the most

baseline way to describe the reality of it and how far back it goes and how deeply ingrained into our mindsets and indeed

Elena Sophia Ruiz (14:10)
Correct? Mm-hmm. Mm-hmm. Mm-hmm.

Scot McKay (14:15)
our archetypes this is at the primal

Elena Sophia Ruiz (14:18)
Hmm?

Scot McKay (14:18)

level. Um, but indeed, the masculine feminine dance is such that I believe you're right. I think a lot of women feel like, all right, there have been some toxic men who have held us down, they've been more powerful, they've done all the leading, they've done all the decision making.

They've kept us at bay. Now I want to lead. I want to make decisions. I want to rule the world. I want to be the man of the house now. When in reality, if it isn't for selfish reasons, I think it's okay just to leave it at selfish. You know, everything

Elena Sophia Ruiz (14:53)
Mm-hmm.

Scot McKay (14:54)
descends, degenerates when people are all about themselves. When that toxicity is returned back to

its virtuous intended state. You know, it isn't

Elena Sophia Ruiz (15:06)
Mm-hmm.

Scot McKay (15:06)
corrupted anymore, it isn't perverted anymore. The sin is is repented from. What you have are men who want to provide, protect, and lead for the best interest of those they love, not because they want to spend all the money on hookers and blow and golf clubs.

Elena Sophia Ruiz (15:24)
No.

Scot McKay (15:25)
And why are we providing and protecting and presiding?

What is it we're trying to preserve and protect in the feminine? Well, the feminine is the higher calling because it brings everything you all women bring

everything

Elena Sophia Ruiz (15:40)
Mm-hmm.

Scot McKay (15:40)
we all live for on weekends. Fun, joy, play, comfort, hospitality, the party, everything that's enjoyable, everything that makes life play and not work. I mean, a lot of men are like allergic to play, 'cause that wouldn't be macho, right? I gotta be dead

Elena Sophia Ruiz (15:55)
You

Scot McKay (15:56)
serious, even on first dates. I can't, you know.

Elena Sophia Ruiz (15:58)
Even

those, even those like to play a little bit. I love playing with them.

Scot McKay (16:01)
Wrong.

Right, right, right, exactly. I mean, if you open us up, we we're we're all for it, but it's

Elena Sophia Ruiz (16:06)
Mm-hmm.

Scot McKay (16:07)
a mistake for a man to be so dead serious like that and try to try to hold a woman down and a big classic first date mistake. We talked about this at length on a recent show, Sophia, is is you know, they're trying to be right, the quest to be right and and the woman's wrong and my intellect is higher than yours, and I'm gonna disrespect your intelligence. That doesn't lead to second dates, that's toxic.

But this idea that women feel all of a sudden as if they're second class citizens because femininity is what drives them is so unfortunate and tragic, isn't it?

Elena Sophia Ruiz (16:42)
Yeah, it is so amazing, so powerful, so enriched just to be a woman and being in my femininity and be seen by a man and be led by a man and be guided by a man and having an intimate conversation with a man where he is taking over. He is... I love feeling protected. I love feeling safe with a man. I love being guided by a man.

I don't have a problem with that.

Scot McKay (17:11)
Then you don't have to worry about it. You're free to be who you are.

Elena Sophia Ruiz (17:14)
I know, I don't feel like nothing has been taken away from me. And I love being a woman who nurtures a woman who understand that. Like you said, if you speak of a higher level of something, they call it divinity. And the divinity, when you think about the divinity, you think of a female or a male energy. Just said it earlier, right?

I don't think that nothing was taken away from us. I think that there's different positions and different things and different jobs for different people. A woman gives birth, but the baby naturally is breastfed. And a man can't do that, the way that a woman can.

Scot McKay (18:04)
One thing that you said earlier that ties into that is you talked about women being nurturers but also being mentors and protecting

Elena Sophia Ruiz (18:13)
Definitely.

Scot McKay (18:14)
in a way and providing in a way. Inside that unit, inside that close-knit micro unit of the family, that is the woman.

I always think of the dad as protecting the perimeter on the outside and

Elena Sophia Ruiz (18:27)

Mm-hmm. Yeah.

Scot McKay (18:28)
bringing sustenance to fuel the whole family. But

Elena Sophia Ruiz (18:31)
Correct.

Scot McKay (18:32)
it is the woman who is the nurturer to the young children. You know, the rite

of passage is how you view women for men. I mean, you go from her being my mommy to a woman being my lover. That is the rite of passage for men in every

Elena Sophia Ruiz (18:47)
Mm-hmm.

Scot McKay (18:48)
culture, ultimately.

Elena Sophia Ruiz (18:49)
But don't forget about this. Not only the little ones, but when that man goes there to kill the dinosaurs and to kill those dragons and comes home, I want to be the one who cleans those wounds and to nurture that man as well. Because nurturing

Scot McKay (19:06)
Love it.

Elena Sophia Ruiz (19:07)
is not only with kids. So that man knows that he would do anything to bring uh

peace, to bring support, to protect that home like nothing else.

Scot McKay (19:20)
Now see you and I

are having the same conversation and continuing. We're "yes, and..."ing each other because that was the very next thing I was gonna say.

Elena Sophia Ruiz (19:26)
Mm-hmm.

Scot McKay (19:27)
Why would a woman... Why why would a ma... Let's put it this way. Why would a man want or need to do all that providing and protecting and fighting dinosaurs and saber-toothed tigers and taking bullets and

working in a coal mine, why would we do that? Well, because the reward of those feminine gifts heals us, recharges us, gives us pleasure. So we may fuel the family further down Maslow's hierarchy, you know, with sustenance, right?

Elena Sophia Ruiz (19:58)
Mm-hmm.

Scot McKay (19:59)
But the fuel we get in return recharges us, and that's exactly what you spoke of, and I love it. So let's get back to the main point here, Sophia.

Is this part of the reason why everybody seems to have a bad picker?

Part of it? Some of it?

Elena Sophia Ruiz (20:18)
Part of it is that we pick things the way we were built. So if I learn to um cut flowers, I'm going to grow up cutting flowers or liking flowers. Not everybody likes flowers. oh And that's true even in women. I heard women saying, I don't like flowers. I don't know why they're crazy.

Scot McKay (20:39)
Probably

Probably because they're allergic to them. They make you sneeze. Maybe.

Elena Sophia Ruiz (20:43)
I could sneeze,

but I still get the flowers. um There's some individuals who were born to be more into cars and manual working. And they love that, even men, right? So whether other men were born to make decisions. We like different things. And by that, we are attracted to different individuals. The uh most...

masculine, the men is, and this goes with even with hormones, right? I was having a conversation with Dr. John Gray at one time. And what he says is that in our bodies, the more feminine I behave, the more feminine hormones I, you know, create in my body. And I actually help my men to create more masculine hormones and therefore even our intimacy.

It's going to be more amazing because we are, you know, more connected with that. So that's the other thing. Fighting is not going to fix things. And we definitely depend one from the other, but there are things that are going to be easier for each one of us to do. Yes, we have things that occur when we grow up and we learned to like specific individuals. But at the end of the day, we look,

we don't like, we go to the next, but we don't really consciously see that the thing, the very thing that we didn't like before about this individual is there. It's just hiding. You know, it takes two years, 18 months to two years to actually all those love hormones run off and we actually start seeing people. This is why nobody should get married before two years, right? Because that's when we actually see the individual for what it is. Instead of being all like,

I like this, I like the candy. Blah, blah, blah. Why don't you just remove the candy for a moment and start looking really what is after the candy. And that will help.

Scot McKay (22:49)
Uh as

long as we can see the big picture, right?

Elena Sophia Ruiz (22:52)
We

all like the candy. I love candy.

Scot McKay (22:54)
I'm not gonna remove any candy anytime soon.

Elena Sophia Ruiz (22:57)
You

Scot McKay (22:58)
You say there's a connection between physical constitution and behavioral tendencies.

Elena Sophia Ruiz (23:04)
Correct.

Scot McKay (23:05)
First of all, what does that mean? And second of all, is this the kind of behavior you're talking about?

Elena Sophia Ruiz (23:09)
I'm sure we all, I'm sure your audience probably heard speaking about uh biotypes. I don't want to go over too much about what is the physical constitution, but more about the emotional constitution, how men see themselves, and perhaps what they're judging on themselves. uh Okay, well, you know,

Scot McKay (23:26)
Well you can mention both. You can so they know what you're talking about.

Elena Sophia Ruiz (23:30)
all right. So the first one.

is the choleric men, which is the more masculine. Those are men like, and I'm just going to mention uh names like uh Jeff Bezos. Raise your hand if you are extremely grateful for having deliveries at home, especially during 2020. We have to thank that to a man who, thank you. We have to thank that to a man who is unstoppable, who looks, focuses on results, and most likely, guess what?

He's been probably labeled as narcissist, et cetera, et cetera. But I asked myself, let's just go to another guy, which I love better. um Steve Jobs, whoever likes uh music and your phones, whoever likes all this, a computer in your hand, it was an idea from a man who was unstoppable and who had no empathy probably to be with his family. We owe it to Lisa Nicole, his daughter,

that probably struggle. But men like that are not for a home. They're men that belong to the world. And they're not narcissists. The men like that are the biggest leaders in the world. Every single country that is considered successful is going to have a men like that guide it, a group of men and the leader. So we need men like that to get shit

done. And pardon me, I don't know if I can use those kinds of words, but.

Scot McKay (25:01)
You could even say mierda if you want.

Elena Sophia Ruiz (25:05)
Don't edit it. oh But you know,

Scot McKay (25:06)
I won't. I wouldn't do that to you. you know what? I want to add something here. You're on a roll, but

I want to add something. Whenever I hear someone criticize, say, the President of the United States, uh bipartisan, okay. It doesn't matter who they're criticizing for being a narcissist.

Elena Sophia Ruiz (25:18)
Mm-hmm.

Scot McKay (25:21)
They're all narcissists. They have to

Elena Sophia Ruiz (25:22)
Of course, they have to be like narcissists.

Scot McKay (25:24)
be or else they would wither in a pile in a fetal position at the foot of their bed every night. It's too

Elena Sophia Ruiz (25:29)
Mm-hmm.

Scot McKay (25:29)
much. Unless you're a narcissist.

Yeah.

Elena Sophia Ruiz (25:32)
that

narcissists is protecting us all. If I have a husband who is a choleric and who is going to judge himself why I cannot be empathetic like my neighbor with my kids, why I don't have all this because he was not born to be that or do that. This is where I'm going to go back. This is where we women use our intelligence and our nurturing self to

and help that man to go into that thing that he was not, it's not because he was, he chooses not to do it. It's because his focus is on things that are bigger than just a family. And those things affect everybody sometimes. Yes. Yes.

Scot McKay (26:12)
Hold on. You see,

here's the twist, the plot twist these guys aren't seeing coming, which is why

Elena Sophia Ruiz (26:20)
Mm-hmm.

Scot McKay (26:21)
I knew you were gonna be a great guest.

Elena Sophia Ruiz (26:23)
Thank you.

Scot McKay (26:25)
Different chick, same bad relationship. And you're talking from a woman's perspective.

Elena Sophia Ruiz (26:30)
Correct?

Scot McKay (26:31)
What you're saying is maybe you're attracting a man would be attracting the same chick for a reason. And it's not that we need to attract a different chick. We need to understand our tendencies and why we're attracting this same chick better so we can get along with that chick better. Wow. I mean, is

Elena Sophia Ruiz (26:51)
Bravo.

Scot McKay (26:54)
that is that a pattern interrupt?

Elena Sophia Ruiz (26:57)
Yep. And believe it or not, specifically choleric men, because they are so misunderstood, they have the highest number of divorces. Think about that.

Scot McKay (27:04)
And I have a lot of those guys too. A lot of those guys are listening to this show.

Elena Sophia Ruiz (27:09)
And I'm going to talk to them. I'm going to talk to them right now. I have.

Scot McKay (27:12)
Who who are they

attracting and who do they what do they need to understand better and how can they help this woman understand them better? I'm excited. Go for it.

Elena Sophia Ruiz (27:16)
Okay. I love this. Thank you for asking me. Most of my

clients are choleric and I love them. And I look at them and I say, when I meet a new choleric and I said, you're a choleric. And I have met amazing individuals who are choleric. I say, what do do for a living? And they're to say it. I lead or guide or I'm in charge CEO. And I said, because you're a choleric, but you are so misunderstood. You're labeled as

one of the most narcissist people that I ever met. I'm sure they call you that. And I'm sure people don't appreciate what you do. They say to you, but you don't love me. And you say, what did they mean? I would do everything for them. I break my legs every day working. I provide everything.

Scot McKay (28:02)
And let me guess,

that criticism pisses that kind of guy off more.

Elena Sophia Ruiz (28:06)
Actually no. When

Scot McKay (28:07)
No?

Elena Sophia Ruiz (28:07)
I'm trying to explain they're listening and I said you know why? Because that woman is looking for a connection and you provide and the woman that you want, the woman that you find fascinating which are you know the one with more nurturing, softer woman, those women are amazing about

you know, having a family, about being the perfect mom, about taking care, but they need from you a little bit of softness, but you're not born with that. You let the woman help you to grow that inside of you. So.

Scot McKay (28:44)
Well,

hold on a second. What I'm saying is I I don't think men are pissed off in the way you thought I said they were. I think they're the most frustrated when people call them narcissists and and don't approve of

Elena Sophia Ruiz (28:54)
Yeah, they're confused.

Scot McKay (28:58)
what they're doing. They're like, what is wrong with you? I've given you everything. I've done everything. I'm all powerful and that isn't enough for you. That's

Elena Sophia Ruiz (29:05)
Mm-hmm.

Scot McKay (29:05)
when they get frustrated.

Elena Sophia Ruiz (29:07)
And you know what they call them for that? When they did everything in their mind, they do everything to save the day for their families, for their community, for their world.

Scot McKay (29:14)
And they're still a narcissist.

Elena Sophia Ruiz (29:16)
And they call them narcissists. Why? Because you don't have the ability to connect with me because you're so selfish and thinking only about the results that you need to get. But those results are going to give us funds. Those results are going

Scot McKay (29:28)
Boom.

Elena Sophia Ruiz (29:28)
to give packages in our homes. And those resources and those things

are going to get us to Mars one day because Elon Musk is also a choleric.

Scot McKay (29:39)
Yep. I I agree absolutely with what you're saying. And I think if more people saw this from your perspective, you know, when I say this, I'm talking about the human condition writ large, how we are. I think people would

Elena Sophia Ruiz (29:52)
Correct. Built.

Scot McKay (29:54)
understand each other and get along better. But alas,

Elena Sophia Ruiz (29:56)
Yep.

Scot McKay (29:57)
not everybody is a choleric and they're going to misunderstand each other. So tell us the tell us the other types too and how they fit into this puzzle.

Elena Sophia Ruiz (30:04)
Well,

the one that I'm speaking about the choleric are the men with really long big hands, a wide forehead and a triangle kind of pointy little chin. Yeah.

Scot McKay (30:16)
That rules me out.

Elena Sophia Ruiz (30:19)
Wide backs, tight little, tight little, butt. Very

Scot McKay (30:20)
Just when I was starting to feel good about this, you know, I could be this guy.

Elena Sophia Ruiz (30:24)
masculine stuff. Nothing. Those are, I'm going to give you an example. Let's say that there's two contenders and uh a boxing ring. Okay.

Let's say that one uh coach, they have multiple coaches. One is the choleric. The choleric is going to, you know, it's going to see you and it's your coach. It's going to see you that somebody punch you down and is, and he's going to say, get up, keep fighting. That's our choleric men. The men that is going to not stop at nothing. And that's what makes him a narcissist. When I really want a man like that.

to be with my family and defend the family and protect me. That's what I want. Because those men have the ability to protect more than just one home. And any woman who, if any woman listening, or if you're any men with those characteristics, please send this message to your woman. She can make a difference. She can be nurturing. She can help you. She can be your partner in creating that amazing change to this world.

Scot McKay (31:27)
Guys like that rip themselves off by not seeing that. Yeah.

Elena Sophia Ruiz (31:30)
Correct? So

stop thinking why you're different and just let the woman guide you into this. You will be safe, trust me.

Scot McKay (31:40)
Well, want to clarify I don't think every guy listening to this, and indeed not every guy hosting it either, is

Elena Sophia Ruiz (31:45)
No.

Scot McKay (31:46)
a choleric. So what are the other types?

Elena Sophia Ruiz (31:48)
The other one, will be a beautiful sanguine. Square face, square hands, uh hug the fingers, same size between the shoulders and the hips. If there's a variation of this, maybe it's because they have a subdominant and a different biology. But these are the men that question and judge themselves because they don't find that point where they grow up.

They're like big kids for the rest of their life. They're informal. These are the men who are going to get the boat out of the water because with the charisma, they can sell sand, guess where? In the beach. Those men can sell anything. Those men actually are the ones with, if any business is struggling, that man is going to do whatever it takes.

with their strength there, that will be, that man would not be uh the coach for that contender. He will be the contender because they have so much physical strength. That's the man that is going to be working 12, 15 hours, 20 hours at work until stuff is done. Those are very manual, very, very hairy individuals. Those are the men with square teeth.

These men judge themselves a lot because they see and they think why I'm still, know, why I connect with people so easily and I share things of me that I shouldn't share because they have an amazing ability to connect with other individuals. They don't need to grow up. Everybody needs a friend like that who's going to make them feel better. Those men change lives just by meeting someone at the gas station.

That by meeting someone at the store and they say the right thing because they are very present every time when they have a conversation, they change people's lives and they have a ripple effect that they will never know how far they get. That's the man who's going to be the father for your kids, but he's going to be really judging himself about why I'm not really, why I still feel like I need to get attention from people. They grow up like that sometimes.

Scot McKay (34:09)
Okay, now you're equating how people are to what they physically look like, correct? And there's science behind this.

Elena Sophia Ruiz (34:15)
Correct, correct, correct.

Scot McKay (34:19)
Okay.

That guy you just described, what

Elena Sophia Ruiz (34:24)
Mm-hmm.

Scot McKay (34:25)
woman is he picking over and over?

Elena Sophia Ruiz (34:27)
The woman is speaking over and over, is going to be the opposite of them most likely, which is going to be a woman who is very intellectual. That man that I just described has really good digestion, really good stomach versus the woman will have... lives in the intellect. That woman will be extremely attracted to that individual because of the light and the shine and

All of those things. The really skinny, which I call melancholic uh men or women, or, you know, they attract each other mostly opposites.

Scot McKay (35:04)
Now these

aren't terms you're making up though, these are established over like years, millennia actually.

Elena Sophia Ruiz (35:08)
Absolutely. Yep.

Yes, that was created by the Greek many, many hundreds of years ago. I actually use this um work to work with clients. In one session, I can discover most things that you can imagine because it's very um precise, I guess.

Scot McKay (35:27)
But it's

not like it's not like the Chinese zodiac or anything. There's science behind this. Okay.

Elena Sophia Ruiz (35:31)
No, no, no, no, no.

This is biology. This is biology. can tell you, for instance, one thing that I can throw there that is going to be interesting is those men, the square ones, produce an immense amount of gas. And they know what I'm talking about, meaning they wake up with gas in the morning. So that's very precise. That is biology. And they have thick thighs. I mean,

This is not astrology. This is biology. This is how you're built. This is your body. Right.

Scot McKay (36:02)
Am I that guy?

Elena Sophia Ruiz (36:05)
I don't know what you're...

Scot McKay (36:05)
'Cause I don't think I am. I'm

not particularly gaseous. And my legs are built from bicycling and soccer. No, I don't think I'm a melancholy at all. I'm I'm I'm not at all that guy. No. No.

Elena Sophia Ruiz (36:14)
Maybe you're different kind of guy. No, you're not a melancholic. No, no.

Let's talk about the melancholic and what the melancholic men charge. The melancholic men are that men that when growing up and he was a teenager, everybody was growing fat in different places, you

know, and the melancholic just continues to be thin, thin, thin until the 20s. And that's when he starts growing a little

uh belly and the stomach, but they are you know, like a little rectangular if you just take the ones that I spoke about really rectangular they usually have longer hands and they have a lot of You know stuff in their joints and you can see all the arteries and everything in their hands a little longer thinner fingers uh long faces and uh They're usually quiet. They're thinking inside of them and they judge themselves by saying,

uh Why I cannot just connect with people like others? Why they spend a lot of time in that beautiful intellect. Those are the geniuses in the world. Those are the men who bring the strategy. Those are the men that execute every single important mission in this world, probably was overseen in every single angle by those melancholic men.

And those melancholy men are attracted by the sanguine women, the one with the square face, the square hands. I don't want to say like who, but you're speaking with one. And the reason why they like it is because they have so much energy. Same thing, right? Attract opposites. And they want to be like that. They're very attracted. They live into intellect. They have terrible digestion, most likely colitis or something in the stomach.

And they're vegetarians or vegans or those individuals who are a very young age learn that they have to be very careful with what they eat, that's going to be a little beautiful melancholic. Like I said, thin and uh older, they just grow the little tummy, just like they ate a little uh watermelon and that's um it. A lot of the judgment is not making decisions. They think about a decision all the time.

They make every single, because they're very strategic, they think about everything that can possibly go wrong. This is why you want one of those when you're doing an important mission, right? To check at every single angle. Those are the ones who make an scrutinizing um report of what car they want to buy. And as soon as they buy the car, they doubt it if they bought the right car. Perhaps.

That's the way they actually behave themselves with relationships, right?

Scot McKay (39:05)
How will they understand

the woman they're attracting better?

Elena Sophia Ruiz (39:07)
First of all, learn to be less in your intellect. Learn to be outside of yourself. We love you. I'm extremely attracted to those men, by the way, right? They are perceived as shy and introverted. So when you, if you perceive you are that, just think about being a little more less afraid and a little more audacious.

or whatever word you want to use. I think audacious, it's a big word for me.

Scot McKay (39:39)
Are they the ones who would

insult the woman's intellect because they're so smart, or is that a different guy?

Elena Sophia Ruiz (39:44)
No,

they will not say things. They will not say things. are introverted. They think about it, but they don't say it.

The ones who insult are the cholerics. The cholerics say what they think, not just men, not just women, men and women.

Scot McKay (39:57)
I tell you what, so far,

Sophia, I am incredibly confused about my own personal identity more than ever. Uh what's the fourth one? Maybe that'll solve it.

Elena Sophia Ruiz (40:08)
Well, the next one is the phlegmatic. The beautiful phlegmatics are the ones who have the men have a very nice, nice skin. You know, that's the number one because they're water. They have uh longer arms and thinner legs. can gain. They smell a carb and they gain weight. They don't have a lot of definition in the muscles. But remember one thing, Scot.

Sometimes you might have a combination. You have a basis in the behavior, but your body might have a combination of another one and even your behavior, but the basis is always the same. These individuals operate at the core from emotions, which means they are extremely empathic. They are the non-certified therapists in the world. They have a lot of white, big eyes, a little bit. I have a lot of phlegmatic. Yeah.

People just come to them and if you go in the bus or you go in again, somewhere in a ride in the train or in the airplane, everybody wants a friend like that because they tell them their whole, entire life. Those individuals make you feel safe. They give the best hugs that woman can probably desire. So those are my beautiful phlegmatic.

Scot McKay (41:31)
I feel more like a renaissance man and a master of all things more than I've ever felt. It's all because of you. I feel like I'm all those people and none of them at the same time.

Elena Sophia Ruiz (41:43)
Of course, I would like to see the whole thing in order to give you a more precise answer. Yes. I always like

Scot McKay (41:47)
I bet you would.

Elena Sophia Ruiz (41:51)
to see the whole thing. Um, but you know, men like this will judge themselves a lot because they want to be like more leaders or more aggressive, I guess. But sometimes

it doesn't matter which category you fit or which box you fell into. The important thing is conquer yourself, know yourself, know your abilities, know what you're good at. And when you do that, you're going to see exactly what woman goes with your beautiful self. But get to know yourself, get to really what you like. A lot of the times we want things. I remember speaking with a client who said,

I want to have a girlfriend who looks like this because I deserve it. But that's not what he wanted. That's what he saw. That's what he was fashionable. And sometimes we just do what is fashionable, not what we really want. And we betraying ourselves because we are trying to please what is fashionable. But we like different things. Dare to do what you want. Dare to be different.

And all of those individuals have something to refine and something to work and dare to find someone who is absolutely different from who you are because that individual, that woman is going to help you

complete the parts that you are not that strong about. You know, like if you need to be... Men,

some also need to be nurturing, right? But not to the degree if you have a woman who's feminine, she's going to provide that and she can help you because men who actually hold there and work hard, sometimes they don't see themselves what they need, right? They have they they they work too much. Sometimes they going, like I said, kill the dragons and kill the dinosaurs. But they need someone at home to come to hug them, to love them. And

there are women like that, have conversation, ask your woman to give you space. Men need that little space for cognitive energy Build your caveman at home and ask your woman, when I come from work, I need 15 minutes to rebuild who I am. It doesn't matter who the woman is and tell her after those 15 minutes, you'll have me all.

Because you know you need that. You know you need that space. Understand that some of us need more space than others.

Scot McKay (44:27)
Yeah, I um I think that is a wonderful culmination of this entire conversation. Not to be underestimated, you mentioned about men, I guess sort of relaxing into this woman who's at home for them and letting them be that woman. And I think that's the

Elena Sophia Ruiz (44:46)
Mm-hmm. Mm-hmm.

Scot McKay (44:48)
part that a lot of guys really miss.

Elena Sophia Ruiz (44:51)
Mm-hmm.

Scot McKay (44:51)
And

you know, if you're gonna be that guy, you you have to you have to allow the woman to bring what she's gonna bring. And the other part

Elena Sophia Ruiz (45:01)
Mm-hmm.

Scot McKay (45:01)
that you said right before that was this societal --you alluded to this-- the societal expectation that a certain kind of woman is a 10. She's a supermodel, she's hot. But when we're honest with ourselves, that's not really the kind of woman we're really attracted to.

Elena Sophia Ruiz (45:19)
Mm-mm.

Mm-mm.

Scot McKay (45:20)
And

the funny thing is, I know this might be a little visceral for you, but like you know, Rasheed Wallace once

said in the NBA, ball don't lie. You know, there's a truth that's unsaid that might be overlooked. If you go look at the at the most searched porn actresses on like Pornhub, they

Elena Sophia Ruiz (45:38)
Mm-hmm.

Scot McKay (45:38)
look all different sorts of different ways. Because

Elena Sophia Ruiz (45:42)
Mm-hmm.

Scot McKay (45:43)
what men are attracted to varies in reality.

Elena Sophia Ruiz (45:47)
Mm-hmm.

Scot McKay (45:47)
By man.

And that's just physicality. But you know, I think it's fair game here because you're talking about physicality as it relates to who we are personally.

Elena Sophia Ruiz (45:55)
Correct?

Scot McKay (45:56)
I think this has been a fantastic conversation. And by far, to reiterate, the most powerful takeaway is you're thinking if I'm talking about different chick, same relationship, that's somehow going to be a bad thing when maybe it's just a misunderstood thing. And I love that about you, and I think this has been

A fantastic show. Sophia, I want to send guys to your website, and that is uh actually intimateconversationswithmen.com. But what happens is if you go to mountaintoppodcast.com /sophia S O P H I A. Right. So not Vergera, the S O F I A, the S O P

Elena Sophia Ruiz (46:33)
I hate.

Scot McKay (46:38)
H I A, which isn't very Mexicana, but yeah, that's kind of pocha.

for someone from Mexico.

Elena Sophia Ruiz (46:44)
I picked my name because I changed my name multiple times. That's a whole podcast.

Scot McKay (46:48)
Oh, okay. Well, okay. If it is self

if it is self described, then good for you. S-O-P-H-I-A. And when they get there, they'll be able to check in with you, see what you do for a living. And also, of course, check out your podcast, Intimate Conversations with Men. Elena Sophia Ruiz. Thank you so much for joining. Ruiz.

Elena Sophia Ruiz (47:10)
RRRR

Scot McKay (47:12)
You want to hear that again? Gotcha. Um

I thank you so much for coming on. I'm so glad we were introduced to each other. This has been such a fantastic show and we always look for those unique ones. And

Elena Sophia Ruiz (47:24)
Mm-hmm.

Scot McKay (47:24)
boy did you bring the noise today. I love it. Thank you so much. I hope you'll come back.

Elena Sophia Ruiz (47:29)
Thank you. Sure. Invite me and I'll be back. We can talk more about that. Those men and those women. Guys,

Scot McKay (47:35)
Yeah, let's talk about those guys. They need some talking about.

Elena Sophia Ruiz (47:39)
Guys, how you can initiate the conversation and tell the women what you need from us. Just do it.

Scot McKay (47:46)
And they'll actually,

actually a lot of women are looking for that and they're confused because they didn't find it. Yeah, I agree. I think that's that's that's another huge takeaway from this show. Yeah. Thank you for

Elena Sophia Ruiz (47:54)
Dear to us. That's

when you can do your feminine ask and receive. We are ready to do

Scot McKay (47:59)
Thank you for reminding us of that. Gentlemen, if you go

to mountaintoppodcast.com, download your free copy of Flip The Switch: 5 Things You Can Do Right Now To Be Better With Women. Talk to me on the phone. Let's get the right woman in your life, guys. It's been too long. Enough of this.

Elena Sophia Ruiz (48:17)
Yeah.

Scot McKay (48:17)
Get

good and angry at your status quo and let's change it. Mountaintoppodcast.com is where it's at. And while you're there, please visit our three main sponsors: Jocko Willink's, Company, Origin in Maine, Hero, Soap, and The Keyport. And when you do, use the coupon code "mountain10" to get an extra

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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.