Scot McKay (00:01)
All right, gentlemen, you know, we meet a chick, we really like her, she likes us back. Next thing you know, we're walking her down the aisle and we're married to her. How did we get into that relationship? How do we know it's the right relationship? Is that relationship built to last? You know, sometimes when you're the one in the relationship, it's hard to see that forest for the trees. And yet, all of us have been to that wedding where we look at the person next to us and say, I don't give them six months. And you know, it's shocking.

And a bit horrifying, how often we're usually correct about that. Well, my first time guest and new friend is Yosi Amram, and he is in the Bay Area of California, lives next to well, he lives in Santa Cruz, California. Lucky dog, in a nice surf town there. Beautiful place, beautiful part of the world. And he has written a book called

Spiritually Intelligent Leadership: How To Inspire By Being Inspired. And his soapbox nowadays, right this very moment as we talk, is long-term relationship satisfaction. So without anything further, Dr. Yosi Amram. Welcome, man.

Yosi Amram PhD (01:13)
Thank you, Scot. Thank you, brother. It's delightful to be here with you. I'm enjoying your smile and our little few-minute introduction. I think we're going to have fun.

Scot McKay (01:23)
Yeah, man, back at you. I'm really glad you're here. A lot of times when people hear you're a clinical psychologist, well, you know, I've heard from clinical psychologists that it's tough to go out on a date because women see see you as someone who can see through them as if you have x-ray glasses into their soul. And what if I look crazy or something like that? But I mean, you know, even having done what I've done for so

Yosi Amram PhD (01:43)
We're all crazy, it's okay.

Scot McKay (01:45)
long... We're all a little crazy, I guess, in some way. It's your job just to sort it out. Uh you

did some interesting research that I think is going to be the center of today's conversation. Although I think it would be great to have a clinical psychologist or clinical, even a psychiatrist come on and tell us about how true it is, whether people in the mental health profession could see right through you or not. But that would be a topic for another day. And I suspect I know the answer.

You did research with a hundred couples looking at what contributes to long-term relationship satisfaction, including factors such as attachment, which is, you know, a buzzword in this space, right? Attachment theory, emotional intelligence, and spiritual intelligence. I'm just gonna let you riff on that. What, first of all, inspired you? You know, you talk a lot of

about being inspired. What inspired you to do this research? And talk about some of the things you found. And as you spout off your findings, let's discuss each one of if you

don't mind. Yeah.

Yosi Amram PhD (02:53)
Okay, great. Great. So I

can talk about this for the rest of our uh you know podcast, but we'll try to keep it short. Uh yeah. Yeah,

all right.

Scot McKay (03:01)
Well, I'm hoping so. That way it's a lot less work for me as host, right? Yeah.

Yosi Amram PhD (03:06)
Okay. So just to reiterate the the research as you highlighted, so there were a hundred couples in it, 50 heterosexual couples, uh 50 same sex couples, 25 gay men, 25

Lesbian women, all above the age of 35, all together for four or more years. So I was really looking at what makes people in long-term relationships satisfied. Some people were together four years, some were 40 years, some were in their 40s, 50s, some were 70 plus. So I was really interested in this long-term satisfaction. And uh we looked, as you said, at attachment style.

And uh emotional intelligence and spiritual intelligence. And for each couple, we ask both people these questions about themselves and about their partner. So, for example, one question would be related to spiritual intelligence is uh I understand, respect, and support my part, my partner's purpose and work in the world, and then vice versa, my partner understands, respects, and supports my work in the world. So

We had these pairs of questions around all these topics and we had all this data and then we did all this sophisticated statistical analysis to see what predicts and then we asked them, of course, at the end, are they are how satisfied are they? And then we looked at which factors contributed. So first of all, say that all of them, attachment, emotional intelligence, and spiritual intelligence on their own predict satisfaction.

But then it's like you got to do some sophisticated statistics. I won't talk dirty, or I mean nerdy, ah in terms of same difference exactly. Yeah, nerd nerdy

Scot McKay (04:52)
Same difference. At least in your part of the world it is, out in Silicon Valley, yeah.

Yosi Amram PhD (04:58)
is is uh you know dirty and and sexy as well. But uh but you you have to do these statistics to understand which part contributes more above and beyond. And the bottom line was that as I said, all were important.

But spiritual intelligence was the biggest significant contributor. In particular, I developed 15 questions that looked at spiritual intelligence in the context of relationship, and that explains 66% of the variance of the outcome of satisfaction above and beyond anything else.

Scot McKay (05:35)
Sixty

six percent of it was spiritual.

Yosi Amram PhD (05:38)
Spiritual intelligence. Now, okay, so let me just clarify what is spiritual intelligence, because people confuse that and with religion and spirituality and spiritual experience and belief. So let me discern a few of these words. So first of all, we have spiritual belief system. You believe in God, you believe Jesus was the Messiah or whatever. You believe the Buddha was enlightened. That's a belief system. You believe in the immortality of the soul. That's fine.

Can help or not help, then you can have a spiritual experience. You could go to church on Sunday and you could pray and you could feel connected to a higher power. That's a spiritual experience. You can meditate, you can walk in the forest, you could feel one with nature, your ego dissolve, I'm one with everything, etc. That's called a samadhi experience or an awakening experience. Uh but what spiritual intelligence is like, how do you embody these realizations?

When you are in your relationship, in your team meeting at work, do you try and do the right thing or are you trying to be right? If you're trying to be right, it's really coming from your ego, the need to prove ourselves better than others. It's uh versus trying to do the right thing. So, you know, someone can have a great spiritual experience and then get on the freeway and act like a maniac and cut off people or whatever, or you could

Be uh kind and gracious and connected. Uh so spiritual intelligence is the ability to embody and draw on spiritual resources in daily life. So I'll draw an analogy to emotional intelligence. One of the first questions everybody asks is: how is spiritual intelligence related to emotional intelligence, which every

Scot McKay (07:30)
Man, you are

saving me all of my heavy lifting. You're anticipating my questions and answering

Yosi Amram PhD (07:35)
Okay.

Scot McKay (07:35)
them before I even have a chance to ask them. You are one serious clinical psychologist. You can see through me.

Yosi Amram PhD (07:40)
Yeah.

Scot McKay (07:41)
You can see the questions before I even ask them. That's right on the money so far. Keep going. Yeah.

Yosi Amram PhD (07:46)
Well, you're

seeing right through me right there with giving me all these compliments. I'm so I'm sorry to

Scot McKay (07:51)
Well no,

but you're you are following this conversation so logically in terms of what the heck we would be asking next. You're just checking all the boxes off. It's almost like you've done this before and been asked these questions before and know exactly how to anticipate them. No, that

is exactly what I was going to ask next. This sounds like a a a

more spiritual version of emotional intelligence. So how are they related? Go

for it, man. Absolutely. Yeah.

Yosi Amram PhD (08:17)

Yeah, well, let's start grain. So let's start with

what is emotional intelligence. Emotional intelligence is the ability to draw on emotional resources and information to manage emotions in ourselves and others. So, and up until the 1990, where the concept of emotional intelligence came, there was a dichotomy between emotion and reason. I said, Scot, do you know people in your life that are emotional? That would not be a compliment. These are people prone to drama.

And you know what have you. But if I say, Scot, do you know people that are emotionally intelligent? That's a slightly different slant. And that means you're bringing together emotion and reason, and you're drawing on your emotion in an intelligent way to help your functioning and well-being in daily life. By analogy, spiritual intelligence is the ability to draw on spiritual resources and qualities and embodying them in daily life to help your functioning and well-being.

So what are these spiritual resources you say? I'm anticipating your next question. Again. Okay, we'll go, we'll go. Go with your question.

Scot McKay (09:22)
Well, actually I had a different question before we get to that question. I'd

I'd like to take a stab at this, just to land the plane for guys, um, in case they're just casually listening. So emotional intelligence is the ability to regulate your emotions and to understand your emotions.

Instead of for example being alexithymic or, you know, like Tony Soprano was accused of being, right.

Yosi Amram PhD (09:49)
Uhhuh. Okay. You know the term. You know you know

the I the clinical terms, yeah.

Scot McKay (09:54)
So instead of saying to your kid, How dare you lose your temper, you idiot? Don't you know you're not supposed to call people names at school, you moron? You know, that would be the opposite of emotionally intelligent.

Whereas someone who's more emotionally intelligent is better, first of all, at what I love to talk about, and you can add your two cents here: the ability to read the room, to read people, read situations, and then calibrate your emotional response and then your behavioral response as you as you move through that situation. I see you

Yosi Amram PhD (10:30)
Uh-huh.

Scot McKay (10:31)
nodding your head. Yeah, I've been here before. Now.

What you're bringing to the table is so cool. I just want to geek out over it. And I mean, I'm sure you're all over this too. You literally wrote the book and have been studying this. When you say spiritual intelligence, what you're doing is you're commuting that whole concept to

not only what is my belief system, but how do I feel and how do I act based on that belief system? Am I merely being dogmatic and telling you, you know, God said it, I believe it, that settles it. You know, remember that silly misguided bumper sticker? Blind faith versus, you know what, I've thought out my

belief system. I know what I believe and I know why, and I can defend it.

And not only that, I live my life as if it's true. My life is an example of it because I have calibrated who I am by holding up to the light what it is I actually believe and making sure, because my character depends on it, that all of that is congruent. If you look as a note, and I'm gonna let you continue, but hopefully I'm just feeding, I'm fueling your conversation here, hopefully with good stuff.

Yosi Amram PhD (11:46)
Uh-huh, you

are, you are.

Scot McKay (11:48)
Because this

is how excited I am about it. I think it's a great groundbreaking thing that's going to change guys' lives, you know, as they listen to this show. Because it matters. Especially now that you've said 60 some odd percent of relationship satisfaction over time really hinges on this. And who knew all along? That's massive. So who are the religious people nobody can stand? They're the hypocrites. They're the people who say, here, do this because

Jesus said so. Those are the people you immediately just cringe at and you want them to lose. And it doesn't matter if they're Muslim, Christian, Jewish, you know, you are a man who's originally from Israel.

Yosi Amram PhD (12:32)
I am.

Scot McKay (12:32)
It must break your heart like mine to see the lack of emotional and spiritual intelligence around the whole conversation of what's happening in the Levant nowadays. Am I right? It's probably

Yosi Amram PhD (12:42)
Yeah, I couldn't agree

more. It is heartbreaking.

Scot McKay (12:43)
Heartbreaking. It's just people not thinking

or feeling or believing. They're just exerting. It's the

quest to

Yosi Amram PhD (12:50)
Uh-huh.

Scot McKay (12:50)
be right and to defeat someone. And that's not relationship satisfaction. So going back to your relationship satisfaction questions, and I promise I'll let you continue, but I am really excited about this topic. I am so glad you're here.

Yosi Amram PhD (13:02)
I can see, I can

see and I love it. uh

Scot McKay (13:05)
Imagine

a couple being asked, does my partner respect, support, you know, are they on Team Me? And then imagine them saying, Do I support, respect the others? I can only guess there was a little bit of a chasm. Is there such a thing as a small chasm? There was a little bit of a difference between the percentage of people who felt supported and respected versus those who said, Well, of course I support and respect the other person.

Did that enter into it? You know, did that really help focus? Hoo boy, we need to talk about spiritual intelligence here and living our dream living not only our belief system but also emotionally calibrating it all. I know that's a lot to ask, but I mean

Yosi Amram PhD (13:52)
Yeah, well that

you said a lot and I have a lot of thoughts about what you said. So first you made the distinction between...

Scot McKay (13:57)
Take it away, man.

Yosi Amram PhD (13:58)
You you made an important crucial distinction between the belief system, I I follow Jesus or whatever the teachings of Jesus, which are beautiful. You know, love your neighbor as yourself and and so on. All beautiful teachings, but you go back, it's all comes in from even you go back to the religion, the Bible, we're all created in the image and likeness of God.

But somehow if you're a Democrat, the Republican that is in the image and likeness of God is not that. Or if you are, you know, a Protestant and someone is a Catholic, or you're a Jew, or you this flavor of a Jew, you're a Reformed Jew, you're an Orthodox Jew, you know, and and it's it is heartbreaking, you know. I I I come from Israel, Israel is going through an election now, and the amount of animosity and mistrust is just

Heartbreaking there, and it's a country that's being attacked and and uh you know people want to destroy it and do away with it. But yeah, the division inside of it uh is is so difficult. So so the point is, and what you're talking about is really integrity and alignment. So, you know, and it's so crucial for men.

To be in our power and w as men and as human beings, we give away our power when we're not in integrity. If our words say say one thing and our actions say something else and our feelings say something else, then we're pulled in multiple directions. We don't have all the wood behind the same arrow. And so we're divided.

Scot McKay (15:35)
Let me stop

you real quick. That sentence was the most powerful sentence that has been uttered on this podcast for months.

When you give away your power, you've given away your integrity. Is that what you just said?

Yosi Amram PhD (15:52)
When you are out of integrity you've given away your power.

Scot McKay (15:56)
So it's the other way around.

Yosi Amram PhD (15:57)
Well, it goes both ways. But yeah, when you're out of integrity means that there are parts of you that are saying or believing or pulling in one thing and then an other parts are going elsewhere. So it means you're divided, you're not whole and not...

Scot McKay (16:11)
Well, you've just

taken a jackhammer to the whole foundation of how people are gonna respect you.

Yosi Amram PhD (16:17)
Exactly. And how you're gonna respect yourself because when you're out of integrity, when you look at the mirror, there's something phony in us, and we are I I have time and time at clients when I they say things like, Well, how do you feel about it? They say, I'm disgusted with myself. We don't own that up publicly as men because that's weak and we're supposed to be confident and strong, and so we're ashamed of our shame.

You know, which is a whole other problem that we have, but we have to man up to when we feel deficient and sh and ashamed. We have to be vulnerable. But the point is that we lose respect when we're out of integrity. We will lose respect with our leaders. And one of the key qualities of leaders that all the research shows that people look for is is leaders of integrity and people in corporations and nonprofits and

religious institutions and churches, uh in government, when we see a leader without integrity, we're like, how are we gonna trust them? We can't trust them.

Scot McKay (17:21)
There's too much of

a quest for power not doing the right thing. People want to be in charge. They want power and

Yosi Amram PhD (17:24)
Yeah. Yeah. They want control.

Scot McKay (17:29)
control. And that's why I've heard several people wisely observe nowadays that really our politicians are no longer our leaders, quote unquote. They're all just people who are going to conspire with voters to gain power, which is different.

Yosi Amram PhD (17:47)
Yeah.

Yeah. And as they say, uh power corrupts and absolutely power corrupts absolutely. And but all of that comes from from our egoic insecurity. The reason we want control, we want power, is otherwise we feel we don't trust that our needs will be met. And so if you trust yourself and you trust life and you trust reality, then you're less

In need of control. You you you of course you control yourself, you control your reactions, you you self-regulate, like we talked about, and you make choices, and then you're responsible. So you are empowered, and you have power, but not power over. So going back to relational satisfaction, one of the key things that kills relationships is when a couple gets in a power struggle. And whose way are we gonna do?

And who's who's who's on top, so to speak. Now I'm not talking about in the bedroom. Who's on top in the bedroom is a whole other thing, but who's on top in this relationship? But where there is power over, there's no love. And when there's love, then post both people are empowered and it's a win win. And you could feel it. Because if I love my partner, my sense of self and well being.

Is now expanded to include them, to include you. So your happiness is my happiness and your happiness uh and my happiness is yours. So it's not power over, it's not my needs over your needs, it's win-win. How do we find solutions that that both of our needs are met? So that's power

being empowered and powerful, but not power over.

Scot McKay (19:37)
So, in a relationship, if I'm going to say I respect my partner and I want to empower my partner and I want to see them succeed, that is backed up by a spiritual choice, which in turn is bolstered by the emotional intelligence that comes out of that life decision, that belief system, and that decision being made.

to be the person I I expect myself to be based on those factors that I've already

Yosi Amram PhD (20:09)
Yeah.

Scot McKay (20:09)
resolved allegedly in my soul.

Yosi Amram PhD (20:12)
Yeah, and I say, you know, be the love you wish to receive.

Scot McKay (20:16)
Deserve what you want, baby. That's my tagline. Yep.

Yosi Amram PhD (20:19)
Yeah. Okay.

Deserve what you want. But yeah. Yeah. So we're we're aligned on this point. Um

Scot McKay (20:27)
Oh yeah,

but I love how you're saying it because you're bringing it up in you know such erudite terms based on how you've studied couples. And gay, straight, lesbian, men, women, doesn't matter. This dynamic was uniformly present and and important throughout.

Yosi Amram PhD (20:49)
Yeah, so there's the research I did with the couple, but then there's the live research I do with couples that I counsel. And these issues are not just theoretical. And so

Scot McKay (20:59)
So we can't

blame I don't understand men or I don't understand women.

Yosi Amram PhD (21:04)
Well we can blame, but that puts us in victim mindset. So our our...

Scot McKay (21:08)
Well

of course,

but I'm saying that is not the real deal. That is simply a blaming tactic,

Yosi Amram PhD (21:12)
It's not the real deal.

Scot McKay (21:13)
isn't it?

Yosi Amram PhD (21:14)
Yeah, well, that's an egoic blaming tactic that takes us uh out of responsibility and disempowers us. And when we disempower, then you know, then we're victims. So what good is that? Instead it's ...

Scot McKay (21:27)
How do

you feel about the "redpilled" community? The Men Going Their Own Way?

Yosi Amram PhD (21:31)
Well, I think I think it's kinda sad. I mean uh yeah, I mean it's sad because you know, we get isolated and what what what satisfaction is that?

Scot McKay (21:45)
Yeah, it's like Men Going Their Own Way said they were going their own way, but they're still here complaining about women and obsessing over women. And it's funny when you say, Hey, why don't you just skedaddle? You said you were going your own way, they just they get really upset and angry and vengeful. And it just

comes

Yosi Amram PhD (22:01)
Yeah.

Scot McKay (22:01)
off as anti-masculine to me to be a victim and to blame.

Yosi Amram PhD (22:06)
Yeah, yeah. So yeah, and but and that's the yin and the yang that we have within each of us, men and women alike. So we as men, you know, as a human being, I try and practice being assertive and and strong and shall I say penetrating in my words and my insight and my whatever. And

Scot McKay (22:28)
You bet. Yeah.

Yosi Amram PhD (22:29)
then also be receptive. So I could

be assertive of my needs and my truth as I see it, and receptive of my partner. So I don't understand my partner. Okay, I want to practice curiosity. Tell me more. You know, how do I receive them? And then when we create that masculine holding presence that's inviting, that creates the safety, then the woman unveils herself. She metaphorically and literally undresses in front of you.

You know, she undresses

Scot McKay (23:01)
Yes.

Yosi Amram PhD (23:02)
her soul, she undresses her body because you've we've created the safety, the holding, the containment that brings her in and holds her. And she feels held and safe and she opens up. And when she opens up, you know, we can receive her, but then also penetrate her.

Scot McKay (23:25)
I

I hesitate, to stop you, but I know this audience. And there's there's it's like a gold rush coming at us, everything you're saying, Yosi Amram.

Guys at a very visceral level would love to get women naked. Okay.

Yosi Amram PhD (23:44)
Uh-huh.

Scot McKay (23:45)
It is not this sinful, horrible thing against your character as a man to want to have a beautiful woman naked. And what most men don't realize is something that you just subtly refer to that women are are happy to get naked once you've enabled them to. And I think most men are trying to seduce physically.

When the seduction happens spiritually and emotionally, psychologically, mentally.

Yosi Amram PhD (24:11)
I'd call it the allurement

or the invitation to open up and reveal.

Scot McKay (24:16)
Yeah, okay, very, very well. Let's use your words. Okay. Um gu guys, the vernacular. Of course, you're right. I'm using the vernacular they're used to. Yeah, I I I can I can hear you on that. So I

Yosi Amram PhD (24:18)
Yeah. Yeah, yeah. Well, because seduction can sometimes have a a negative connotation like manipulative. Yeah, yeah. Yeah.

Scot McKay (24:30)
I'll meet you halfway and let's talk about it being the allure and the attraction.

Yosi Amram PhD (24:35)
Yeah.

Scot McKay (24:36)
Guys have a very hard time wrapping their head around

How easy it is to get women naked once you've made them feel safe, because the safety attracts them to you sexually and makes them want... makes them horny, which makes them want to show off. You've added a dimension here based on your research that I think really is cohesive to this whole, to this whole matter. It acts as like a glue that brings it together and

adds co and and and provides cohesion. And that's that you know when she feels safe, she feels like she can bear her soul to you. She can she can relax. You you used a beautiful word. You said unveiling which I mean brings up it conjures the imagery of of a bride.

Yosi Amram PhD (25:35)
Uh-huh.

Scot McKay (25:36)
you

know, being unveiled, which is probably where that tradition even came from, somewhere.

Yosi Amram PhD (25:39)
Uh-huh, uh huh. Yeah.

Scot McKay (25:41)
And we've been, you know, thinking about it from the top down instead of the bottom up. The the point isn't to get her naked, the point is to have her feel comfortable with you so that getting naked is her gift to you, not something you conjoled and manipulated out of her.

Yosi Amram PhD (26:00)
Yeah, exactly.

Scot McKay (26:00)
It's not about

trying to get laid. It's about this incredible gift of a woman responding to you sexually because you've turned her on emotionally and spiritually. And that that see, yeah, and now one more thing.

Yosi Amram PhD (26:11)
And opening up opening up her body, her heart, and her legs.

Scot McKay (26:17)
Well, yes. But see, here's

Yosi Amram PhD (26:19)
So

Scot McKay (26:19)

the problem where guys get crossed up.

Because of dogma, once again, interfering with that spiritual belief system, you know, do as I say, not as I do. Here's what it says that settles it,

Yosi Amram PhD (26:31)
For lack of integrity again.

Scot McKay (26:33)
right? It's hard for us to juxtapose sex and spirituality in a Judeo-Christian Muslim sense. But

Yosi Amram PhD (26:43)
Well,

I would argue the opposite, but I I'll I'll hear you huh.

Scot McKay (26:46)
Oh, y you and I both,

but go ahead, you talk about that. Let's hear your version of that and how you how you how you would have these guys hopefully reconcile that that concept.

Yosi Amram PhD (26:56)
Well, I'll I'll say a few things uh on what you said and and a bit rewinding and then I'll come back to that more explicitly. So uh we s we want to make love to someone, okay? Uh what what does it say in the Bible for people who know the Bible? Adam knew Eve. What does it mean to know someone in the biblical sense is to make love to them. So

You can't love someone if you don't know them. If I say, Scot, I love you, but I never met you and and whatever, it it falls flat, right? Because are you do I love my story about you or do I love the real you? So for love to penetrate us, to touch our soul, to touch our heart, we have to feel known and seen and understood. So to make love, we have to know the person, you know. So

So as you get to know someone at a deeper level, you're making love emotionally, you're making love spiritually, and then it could get consummated in the physical act. But all of that starts by this emotional psychological unveiling. Tell me your story, tell me who you are, let me receive you. And then they want to open up and reveal more and reveal more and until you're you're, you know.

Your I call it, you know, there's lovemaking and then there's soulmating. And soulmating is not just that you meet your one soulmate, but you start to take your two souls and create an authentic connection between them. And that requires being connected to ourselves. So not only are we inviting them to share and unveil.

We then also need to unveil us and be vulnerable and express and how we feel about what we're hearing. So then they feel received and reciprocated. I mean, the worst things that actually happen to babies is this thing called the still a face experiment. You know, a lot of babies, you know, if the mother is angry or the father is angry, it's very intimidating, etc., and the babies start crying.

But even worse, they've done these experiments, it's available on YouTube, is when a baby is trying to talk to the mother or interact or is crying, she's not getting mad, she's just

Flat. There's nobody there. That's the most upsetting. So when a woman opens up, reveals her secrets, etc., we're receptive, but we're also human beings and we react and we we we share who we are. So

there's a reciprocity and the back and forth of the flow. So that's that's how we start to mate soul to soul, and then we can mate body to body.

Spirituality and sexuality. When you think about it, sex is how we come life is made, where life life comes from. What is spirit? And spirituality is the animating breath of life. So uh when we're kissing, actually, one of the most erotic things, mouth-to-mouth kissing, we're breathing into each other. And you hear you get the pheromones and the smell, etc. How did

How did God, if we go back to the Bible for the people that are from the Judeo-Christian tradition, how did God breathe life into the first human being, Adam, which was both, by the way, male and female, side to side? It's misunderstood to be uh a named man as Adam, but in any way, God breathed into his nostrils. So God took his breath and breathed into the Adam and gave him the spirit of life.

So our breath is our spirit, our life force. And so when we make love and we, you know, bring new babies to the world, that is a spiritual action. We're enlivening them with spirit. And we make love and we kiss. We are, it's a spiritual thing. I like to tell my clients, sex is acronym for spiritual energy exchange.

Sex spiritual.

Scot McKay (31:21)
All right, I've

just met you, but I do love you, man. Okay? I I don't know you well enough to love you, but I I feel like I do. Dude

Yosi Amram PhD (31:24)
Okay, thank you. I love you. You're getting to know me. I'm unveiling. You've created the thing

and and and you're inviting me to share more. And I'm like, okay, I'm gonna

Scot McKay (31:34)
I I

Yosi Amram PhD (31:35)
undress here. I'm gonna tell s I don't tell this to everybody.

Scot McKay (31:38)
My my favorite

shows are when my own knowledge and my own geekery towards this craft that I've been at for more than two decades gets expanded. And not by some some douchebag who's trying to insult my intelligence, but I feel like I am sitting here being expanded and being and and growing right before my guest's very eyes. And I I I don't really feel ashamed.

Or embarrassed that I didn't know this already, because I think it's so groundbreaking and such a testament to the quality of the work that you focused on for so long that I feel like that. I do want to add one thing. You're talking about it being Judeo-Christian in the Bible, and I respect that. But you don't even need the Torah. Sociologically, we've proven you don't even need to have ever known even about the Torah, let alone read it, to

experience and understand what you're talking about in terms of men and women breathing each other in. The ancient Hawaiians have a word in their vocabulary for that that phenomenon. And I don't think

that I don't think they had the Torah out in the islands, you know? Yeah, but they have a word for breathing

in her breath when you're kissing her. And I just think that's so sexy. I love the fact they have that word, you know.

Yosi Amram PhD (33:02)
Yeah,

yeah. Okay. So I

Scot McKay (33:03)
It's probably a bunch

of vowels with an H and a P in it, you know. But I mean fantastic stuff. All right. What's the practical way for a man who's excited about this conversation as I am and possibly even myself?

to put all this in in action or to improve upon it as a man, what practical steps can we take now that we know this information? Give us a few.

Yosi Amram PhD (33:32)
Well, I would say first of all think of love in as not just as an emotion but as a practice. And uh that means, you know, just like if you wanna become more healthy physically, you don't just read a book and hear a talk about health. You go to the gym, you work out, you get on the trail, you have different muscle groups. You have your upper body strength, triceps, biceps, whatever. You have your core, you have your legs, you have your... So you

you go and you practice different exercises to develop different muscle groups. Same thing with spiritual intelligence. We have these 22 qualities. I rifled quickly some of them. And so you can't just say, okay, I'm gonna read Yosi's book and that's it. You should read Yosi's book, but but but but anyway, putting aside my

Scot McKay (34:19)
You should read Yosi's book, yeah. He's Yosi by the way, yeah.

Yosi Amram PhD (34:24)
yeah, uh besides putting that aside, you have to understand that.

You have to practice it. So I say, okay, most most of us, the Surgeon General says it recommends 150 minutes a week of aerobic and you know, twice a week, 30 minutes of resistance, strength training. It's, you know, whatever it is, 200 uh minutes or more a week of physical exercise. Why not spend three to five minutes a day to exercise your heart?

Not as just as a physical muscle, but as a love muscle, as a spiritual muscle. And so

Scot McKay (35:01)
I think lots of guys

are exercising their love muscle more than three to five minutes a day, but I'm just saying. Maybe not their heart.

Yosi Amram PhD (35:06)
Yeah, yeah. Okay.

They're still they're on muscle. Yeah, okay. Now I got you blushing. I like it.

Scot McKay (35:16)
That's the lighting. I I love it.

Um, give us one more practical way. If a guy's in a relationship or he meets a woman, what questions should I ask myself? What should I bear in mind to help me get on the right path immediately in my budding relationship or even my extant relationship with this woman?

Yosi Amram PhD (35:39)
Well, I think we have intuition and I think one thing is trust your intuition...

Scot McKay (35:43)
Well one would hope.

Yosi Amram PhD (35:44)
Yeah, I think one of the spiritual intelligence capacities is we trust our intuition. And secondly, we have this thing called higher self and we can connect to our higher self and and ask for guidance. And you could feel when there is here something that asks us and I'm go I'm talking beyond just sexual chemistry and attraction that can get us sidetracked.

And I have fallen into that trap so many times myself in in my adult life, uh, where, you know, I get allured by the the sexual attraction energy. But when I slow down and listen more deeply to my intuition, then I could feel whether there is a heart resonance or a spiritual resonance or something more more substantive. And that has...

Scot McKay (36:34)
Or if she's a crazy lady and I'd better run.

Yosi Amram PhD (36:36)
Yeah, exactly. I might get some good sex but for for a short time, but then it's gonna be a big headache. So um yeah, so so follow that and then be curious. Be curious to understand her, who she is, what what what's important to her, what are her values, and what is she looking for? You have to understand, are you on the same page of

what does a good relationship mean? Some people are like, hey, I want to spend the rest of my life traveling. Great. Uh I want to spend the rest of my life playing golf. Okay, how those two how are those two things gonna exactly come together? Or so you know what what gives her life meaning? What is she passionate about? So ask, yeah.

Scot McKay (37:29)
Yeah, we have talked about on this show the importance of being curious, the importance of asking her questions, letting her talk, rather than endlessly bragging about your stuff, you know.

Yosi Amram PhD (37:39)
Totally.

Scot McKay (37:40)
That's not very measured, that's that's not very calibrated, and you're not inviting her spirituality to meet yours at that point. I think it it's

It goes almost without saying at this point that, like, you know, everything we've ever been taught that's

the right thing to do when meeting a woman, it is basically grounded in the foundation of what you laid out here for us today, which I think makes this show all the more important. His name is Dr. Yosi Amram. He's a clinical psychologist, and he is the author of Spiritually Intelligent Leadership: How to Inspire by Being Inspired. And when you go to

mountaintoppodcast.com/amazon you'll find his book right there at the top of my Amazon storefront if you're listening to this show within a couple weeks of it being released. Also, when you go to mountaintoppodcast.com/yosi Y-O-S-I. We've never had a Yosi on the show before, go figure. You're going to be magically teleported to yosiamram.net. Yosi, what are the guys going to find when they get there?

Yosi Amram PhD (38:48)
Well, they'll find some of my work. Wha one of the websites that I have is about this work of SI relationship, SI short for spiritual intelligence. So si-relationship.com

Scot McKay (39:02)
We'll link to that in the show notes too. All right. Okay.

Yosi Amram PhD (39:03)
Yeah. But and then there

are other projects like one that you and I kind of touched on, truemasculinity.org is a is a nonprofit, another conference that I organize around gender and gendering love that looked at uh gender roles and masculinity, femininity, what is true masculinity, what is true femininity, what is fluidity, uh how do we so...

From yosiamram.net is what I'm trying to say. Is there's it's kind of your portal dashboard to several of my uh work initiatives. There's my psychologist, clinical psychologist. If anybody wants to do couples coaching, counseling with me, uh they can find me through there.

Scot McKay (39:51)
Good stuff.

Good stuff. You know, and I want to let these guys know that I just invited you to The Masculinity Coalition as well. And you graciously accepted, which is my invitation only coalition of men who stand for virtuous masculinity. And I mean, you know, we got a seat in the bus just for you, buddy. You're right there. You you belong. What a great show. What a fantastic show. Gentlemen, if you got something out of this show, tell a friend.

This

is the kind of message that transcends the need for me to build the audience of this show. Go tell a friend about this. I don't do that often on this show. I should do it more often, but this is an essential conversation. This brings together so much of what men just struggle with without ever finding the roadmap to even getting there. So, Yosi Amram, thank you so much for coming on. I sure hope you'll come back.

Yosi Amram PhD (40:46)
I'm honored, delighted, Scot, and we had fun, like I predicted.

Scot McKay (40:49)
Yeah, man, time flew. Yeah.

Yeah. Gentlemen, if you want to talk to Yosi, you know how to get a hold of him. Uh bring your uh bring your spouse along. Do couples coaching with him if you want to. Uh gentlemen, if you want to get on that path of getting the right woman in your life, you can give me a call, as always, uh using the button and the link found at mountaintoppodcast.com.

That upper right hand corner at mountaintoppodcast.com nowadays is now a golden button. It's kind of like America's Got Talent. It's like the golden buzzer. Um, it sends you not directly to the finals, but it does send you to a little website I put together that's a reality inventory, which really helps you get grounded in in where you are right now. Do I need to throw the whole baby out with the bathwater and reinvent myself? Or do I just need to kind of make a few of

Adjustments. I don't want to overreact or underreact. Man, what a great tool to help you guys get there. And you can, of course, get on my phone or my Zoom for 30 minutes to talk about where you are right now, where you want to be with women. All of that and more is there for you at mountaintoppodcast.com. As always, please do business with our three longtime sponsors, all three of which are committed to your overall health and well-being as a man.

Jocko Willink's Company Origin in Maine, Hero Soap, and The Keyport. And when you do business with any of those guys, please use the coupon code "mountain10" to let them know you heard it from me that they should go there and enjoy all those great products. 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.