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SPEAKERS

Alex Allman, Scot McKay



Scot McKay 00:02

Gentlemen, summer is upon us. The lockdown is winding down, people are getting out and socializing. And it really seems to a lot of people like this whole COVID-19 crisis is behind us. But let me tell you, this is no time to let your guard down. You've got to keep your immune system up. And you've got to keep yourself safe from getting sick and possibly going to the hospital because of COVID-19. Well, let me tell you something. I haven't told you this yet. But it's pretty much a conclusion at this point that both Emily and I back in mid January had the COVID-19 illness from the Coronavirus. The difference. Emily had severe respiratory issues and we almost rushed her to the hospital and somehow I was largely asymptomatic. So what was the difference? Well, the major one as it turns out, is I had been taken 5000 units of vitamin d3 every day for as long as I could remember. And studies have already started showing that vitamin d3 is indeed one of your best defenses against the symptoms caused by catching the coronavirus. And here's good news. The folks over at origin and mean have responded to that news by putting into production, the highest quality vitamin d3 supplement you're going to find anywhere. Yes 5000 units of all organic vitamin d3 in capsule form, you get 360 capsules in one jar at a great price. And when you go to mountain top podcast.com front slash origin, you can use the coupon code mountain tan to get an extra 10% off your order. And while you're there, of course check out all the other goodies that Jocko willing and his team over at origin main have, this is what I do guys, and it has kept me safe from being severely ill from this virus and it has a great shot of doing the same for you. It's all for you. At mountain top podcast.com front slash origin and now here's an excellent show on a truly fantastic topic with my good

longtime friend Alex Allman enjoy.



Alex Allman 02:19

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now your host Scot McKay.



Scot McKay 02:32

How's it going, gentlemen? Good to be back with you again. This is your main man Scot McKay with another big episode of the world famous mountaintop podcast. You can find me on Twitter at Scot McKay. Scot McKay on YouTube real Scot McKay on Instagram. The website is math top podcast.com and I invite you to join our quickly growing group of like minded men who are all about being big four and getting the greatest woman they've ever met into their life and doing more in terms of big events. Big things in their career and big visions for the future. That's all for you on Facebook at the mountain top summit. With me today is a returning guest and a guy I've known Wow, probably for about 14 years now. He's a good guy. He believes in being a man of principle and a man of character. And for years and years, he's taught men how to be better in the bedroom and really do the right thing by the women in their life. And nowadays, he's also focusing as we are on how to be a better man in general to make all that happen. And obviously, I'm talking about none other than Alex calm and Alex, how's it going, man? Hey, Scott, thanks for the



Alex Allman 03:39

warm introduction.



Scot McKay 03:42

Yeah, man, good to have you back. And I can't wait for this topic today. Because we've gone 200 and some odd episodes here, and it has never come up. I'm at a complete loss as to how it never came up. Because it's something that confuses the hell out of everybody, it seems and that's true. True love. What is it? I mean, kind of to spin this whole thing in the right direction from the outset here, Alex, it seems like everybody will say, hey, this person and I, we love each other, or we're in love. And you say, Yeah, well, what does that mean? And they kind of draw a blank like, Well, duh. And unlike, say Greek that has at least five words for love. Here in plain English, we may have the largest Dictionary of any spoken language in the world, yet we only have one word for love. So people love their

spouses. And then again, they also love the New York Yankees, or if you will, the Los Angeles Dodgers. And they also love pesto ravioli. I mean, love is such a nebulous concept of people, even as we so freely throw the term around relative to women and relationships. Hmm,



04:51

yeah, I mean, that's why I think it's important to tack the word true on top of it to indicate to people what we're talking about. And then we may not agree or understand what true love is, but at least you know what I'm talking about, you know, I'm not talking about. I truly love ravioli. Like I might actually say that which is troubling to me. But I think for me, the word love, like the word God is defined really differently inside different people's heads.



Scot McKay 05:21

That's a profound thought.



05:22

Yeah. Especially because people often say God is love, or, you know, love is my God. And there's a reason why they're interchangeably confused. And there are certainly people who believe in a God that is very, very specifically prescribed by their religion in terms of his qualities, what he likes what really pisses him off? What he says, you got to do what he says you can't do. Hey, Alex, what's this he stuff, right? And gotcha, who definitely are all about Earth Mother Goddess, and there's a lot of people who simply believe in in their god of convenience You know, God takes this thing very seriously that I think that the other political party does wrong and God hates that shit. And the stuff I do know God's totally down with that. So we begin to sort of self identify these terms and love is like that it's squishy. It's not well defined, don't have it super well articulated. But I think that there are obviously many different kinds of love. And the true love is its own thing. I very frequently quote, John Perry Barlow, who produced a bunch of Grateful Dead songs and wrote some co wrote a bunch of Grateful Dead songs. There's true love right there. Yeah. And he was just a great poet and a really interesting cat. And he said, the difference between love and true love is the difference between a very large number and infinity. And I think he's right on. And I think that's worth unpacking. And hopefully, you know, through the course of this podcast, I'm going to unpack that in a way that doesn't just make this concept of what True love could be kind of concrete for a man. But it's something to be aspire to Islam is beautiful and something that can really make your life exquisite in a way that nothing else

can. But also, the definition of true love that I offer up is a functional one, that there's a thing you can do there. The true love is something that you do, it can be done, and it can be real in your life. So that's what I'm hoping to kind of dig into with you today.



Scot McKay 07:28

Man, that was some deep hippie shit there from the Grateful Dead. Hmm. I don't know what fueled that level of insight, but I think there really is something profound there yet it still sounds exactly like something someone from 1969 would have said. But perhaps correctly, you know, the other thing you mentioned is this whole relationship between loving one's sexual partner, boyfriend, girlfriend, spouse, wife, if you will, and God and dare I say I believe some people make their relationship their God, they worship that relationship which I can't possibly recognize his true love



08:03

how twisted we might diverge there. I mean, I think that there's obviously there are ways of worshipping your relationship, your your god that are super dysfunctional and but I think there's a functional way. And I think that you can get incredible. I'm going to go so far as to say spiritual grace from loving your relationship and putting it at the center of your life, putting your heart at the center of your life.



Scot McKay 08:27

I think there might be a little bit of a semantic difference there for sure. Because whenever I hear someone say, I absolutely worship this person that feels misplaced to me. Yet, I do agree with you that there's definitely a spiritual element to being in relationship together. But in my mind that kind of harks back to the whole idea that is definitely prevalent within evangelical Christian circles for example, or even Catholic circles frankly, that a true marriage is try Yuh it's man wife and God, you know with God at the center And I can see how that would really allow for some deep spirituality in a relationship. But that's just one example. I'm not saying you have to be Judeo Christian in any way, shape or form to feel that within your relationship, right?



09:13

Well, yeah, definitely not. I'm not. So there's that. But more more to the point. I think that is a powerful way of approaching a workable relationship and family and I respect that

path. But it has nothing to do with what I'm hoping to unpack is true love, because in my view of it, and this is purely subjective, and really, you don't need to swallow this. But my spiritual view is that everything is fractals of everything. We're all as much a manifestation of God as the planet is or some books are or anything else, and that your woman is and that there's this possibility of worshipping your woman in a way that is not dysfunctional and doesn't disempower you Man



Scot McKay 10:01

well I think if we don't unpack this briefcase soon these guys are gonna start coming at us with torches and pitchforks. So go for it man.



10:07

The Coe recognition is that of course you are got to that your every atom in your body is God and that you are God geez God and that the warship of the external the worship of the internal or sometimes concurrent as you know humans are part animal and part divine that it's hard to grant yourself divinity particularly with yourself critical voice constantly meddling with you. And it's difficult to grant anybody else divinity but sometimes it's easier to do the trick on the person who you love than it is on yourself. And the healing switch the jujitsu there is that if you can forgive somebody else's flaws, it's easier to forgive your own flaws. And vice versa if you can forgive your own flaws becomes easier to forgive somebody else's flaws. But that's that's a loving path and it's a difficult path and you men beat ourselves up we beat ourselves up brother and figuring out how to use Love yourself and be glad that you're you. Just, you know, a lot of guys go around saying yeah, of course I love my job I love myself. But are you really glad you're you were Do you still harp on I wish I was a little bigger, a little stronger could do a few more reps in the gym was a little more handsome had a bigger COC or a bigger bank account? Or can you really unconditionally love yourself. And there are men who can unconditionally love themselves, it's very, very rare. And typically, they're unconditionally loving themselves while being very successful and having a lot of everything in life. And when you take it away, it's a little harder.



Scot McKay 11:35

Now to kind of elaborate on where you're coming from here. Obviously, your spirituality is a big part of what you're talking about here. What I hear you saying by way of clarity is kind of a nod to kind of giving a non mistake to your moment in your life and indeed, probably to yourself and other people. The Divine in me, acknowledges the divine in you,

and yet if you can acknowledge that within yourself if one can Can't acknowledge that within oneself as it were, it's harder to be able to acknowledge that within someone else. So all of this is pointing towards you got to love yourself before you can love someone else, at least in the true sense of the word. I'm on the right track there as far as you're concerned.



Alex Allman 12:15

Well, as far as I'm concerned, you hear that a lot. And yeah, and as far as I'm concerned, we I think we got really foofy and heady too quickly, and I'd like to kind of ratchet it back and dig in. Because I'm going to say that the opposite is true that sometimes you got to love somebody else to learn how to love yourself.



Scot McKay 12:29

Well, I think that's very fair. Because Yeah, may have sounded like we were getting kind of woowoo out there. But you also don't want to let the pendulum swing to the other side and get all jingoistic. In other words, we just start parroting the same old trite advice that people hand down when they really don't know what else to say. Go just do the right thing and love yourself and she'll love you to be yourself. All of this really shallow dating advice. It doesn't have any meaning whatsoever. So somewhere between that and getting super deep Like we're all, you know, tuning in and dropping out at a deadhead concert. There's this meaning that's going to be deep to the guys listening. And sure, I invite you to tell me where you think that diverges from the usual path of defining true love. Because that's what we're all here to do man is think and have our brains challenged a little bit. Because if any of these guys listening are like me, I have really evolved my idea about what true love really means. And most of it, even as I've been immersed in dating and relationship coaching for 15 years now Alex has really either been by osmosis or dumb realization or pure accident. I'm not sure I logically thought my way into any of it. So on that note, I want to hear lots more about what you have to say about loving someone else before you actually get to love yourself because I have a feeling there's a revelation or two to be had there.



13:54

Let's find out. Now. Now I have to stand and deliver. So you betcha,



Scot McKay 13:59

man got Man up.



14:00

So obviously, True Love isn't something you're gonna do with every woman you meet. No. And if you're married, and if you are in love with somebody and you want to make it into something that is epic and beautiful and life consuming, wildly passionate, and fun and trustable and loyal, and playful, and free with your your guard down, and you really just get to be yourselves and enjoy each other. Like if that sounds good, there's a methodology to it. And you just can't do it with everybody because there's a lot of messed up people out there. There's a lot of people who just aren't your type enough to make it worth doing the work. Because love is something you do. And it ain't easy. It requires you to face a lot of fears. And it's, it's dangerous. It's dangerous because when you throw your heart to somebody, as Michael dodgy said in one of his books, you know, if you throw your heart to somebody, you have to make sure they're gonna catch it. You know, you don't want to Do this with somebody who is going to leave you hanging there. And it's it's a big and deep practice. So obviously, infatuation is great, it's delicious. It's yummy. There's just something really fantastic about those early stages of novelty and getting to know somebody and finding all of their beautiful qualities that are so unexpected and so delightful. And she just, you know, she makes your deck hard and your heart sing and you're laughing every morning, you're getting to tickle fights, and it's beautiful. But how do you keep it? How do you make it durable? Because it won't be if you're just waiting to see if it's going to be and I think where so many people get this wrong, is that they feel like they were given this beautiful moment in time with a person and then when they really got to know them. They discovered that while they were more complicated than just those good qualities, and then you have to start participating in the partnership of life stuff together. Whether that's raising children paying taxes, paying rent, all the all the life stuff you got to do, there's a plumbing problem and the roof is leaking. And there's this partnership in life that's full of a lot of boring details, and other sides of us come out, and it's easy to lose track of that beautiful infatuation.



Scot McKay 16:18

I think I'm going to take the role of the pragmatic straight man and this dude, well, you're saying so many wonderful things. That to me makes so much sense. And what I want to do is I want to layer some very objective ideas onto this discussion just to see what you think. Fair enough. Sure. Okay. First of all, you talked about freedom. And I couldn't agree with you any more powerfully in that regard, that once you feel free with the person in your life, that's when you're free to feel love. There used to be an old cure song called love.

Love Song. And you know, basically not only dating myself, but talking straight up about the kind of kid I was. And the recurring theme of that song, if you're familiar with it is whenever I'm alone with you, you make me feel, and one of them is free again. And I've always resonated with that lyric. Because if you're in a relationship that makes you feel like a prisoner, or makes you feel constrained, or makes you feel like you have to fake it till you make it, or that you have to be someone you're not, I would be hard pressed to call that real love. Now, you also mentioned something about people being broken, and people having maybe some deficit in terms of where they are, psychologically, their personality, even dare I say, their morality, their ethics or their character. And certainly it's easier for two people who have an open heart, in the spiritual and in the emotional sense to relate to each other. And the only thing I could think of while you were talking the recurring theme that came to me again and again, Alex was the concept that there really are only two emotions. And you can agree or disagree, love and fear. And it would seem to me that the fear has to give way before the love can operate yet at the same time, and here we go into the deeper stuff again, despite what I just promised, it seems to me that vices, what perverts virtue, the virtue has to exist first, in order to be perverted by Vice. So it perhaps could be that love is what's designed to be there for us. And we let the fears come in one by one on so many different levels and bombard that ability to love until we're either jaded or it's clouded, or we don't recognize it. And I apologize if that sounds really freakin deep, but damn it, you started it. So, I mean, again, what we're talking about Hear in terms of true love is something that so few people can even wrap their heads around that I think it's probably going to be somewhat refreshing for these guys listening to hear us attempt to do so, whatever twists and turns, I'm gonna,



19:14

I'm gonna I'm gonna keep driving forward, go for like and land this in a way that makes it not so deep or Wui. But it's something that men can really get a grip on. We understand this idea of infatuation, and we understand that it goes away. And there's a level of entitlement, and even entitlement, there's just, I think that people have this belief around love and relationship that you find the one who is fantastic, and they're perfect, and they're wonderful. And then you don't think you're going to be good and you can tell if they're good because you're a crazy batter and you're attracted to her she doesn't disagree with you don't get into arguments and so that's how you know it's good. And then when things go the other way you realize what's not so good and maybe all these things that I thought about or in the Choose so wonderful on True, and you start resenting her, and then you know, she falls apart and you end up divorced or apart in some way. And she's feeling the same way. This works the same way. For women, we have this gauge on whether the relationship is working or not by looking at the relationship and seeing if it's working or not. That seems rational. That seems normal. But the problem is, it's

bullshit. The thing is the relationship is the thing you're building, doing. And so when you just sit there and you stare at it, it actually does kind of do this thing where it makes itself for a minute. And there is this sort of magical thing in the beginning, but then it's not going to build itself and then they just sit there and they watch as the wind comes and slowly blows their little thing apart. Because they're not building it. It's work of volition. You build love, you participate in love, you create the relationship from the ground up in the image that you want to see it in. And to do that, take something and it doesn't take your big plan and it doesn't take your checklist of qualities Did you think make a woman worth your attention? And when you start thinking that way, unfortunately, you become one of these bitter men going their own way guys, these MiG tau guys who throw their hands up and they're like, fuck it. My first girlfriend cheated on me when my best friend, my second girlfriend, I thought it was so great. And then she turned out to be a psycho. And then I married this woman that I thought was wonderful. And she divorced me fought me for the kids took half my money. Now I'm living in a shithole. She took my house, and women suck. They're horrible. And they have this this narrative around how terrible women are. And there's a reason they have this narrative, which is that women are humans. And humans are so screwed up. Men are screwed up. Women are screwed up. And you've just got to know you've got to know going in that when you are falling for somebody, of course they're going to end up in the end being like freaks because they're humans and all humans are freaks. You're a freak you listening to me right now when you know You know, you're a freak, you know, the crazy shit you think and the crazy shit you've done, and the crazy shit you'd like to do, and the stuff you're ashamed of, and the times you lost your temper when you probably shouldn't have because you're humiliated or because of whatever. So this is the way women are, too. They're a mess. They're a mess, and they're always be a mess, and you're never gonna find a woman who's not a mess because they're humans.



Scot McKay 22:23

Well, you're on one hell of a rant, but man, there's a lot to talk about here. Okay, obviously, you feel very deeply about this. And I'll tell you what, Alex, first of all, everything you're talking about with the MiG tau guys, that is a soapbox around here, and we've flogged the hell out of it. Okay, it's all about fear. It's all about I'm afraid of what women are going to do to me. So I'm running away instead of Manning up and running towards something, which is belief that I can be the man in a good relationship. The other thing that's going on here, is this idea of infatuation versus true love. Here's my quick take on that. I believe infatuation is what immature little boys confused for love gets us the small head thinking for the big head, oh my god, I would just love to have her. Your hormones your sex drive takes over and you for lack of a better way to put it. You think of an excuse to say you love this person. And what's happening there is in our immaturity, we're

thinking of a relationship as something that meets our needs. Something that makes us happy. And you have all this dating advice out there for women and men, neither genders, dating advice, marketing is innocent here that says, hey, look, here are these two little tricks you do and you get this person you want to do anything for you? You know, there's the marketing for women that says, Yeah, he'll give you his credit card, stop looking at porn, and he'll just worship you forever, as we were saying before, and you don't have to do anything. Whereas I think if you're in a mindset, where you know what love means, it involves some maturity involves some growth in wisdom and living life skills. which by definition is wisdom for men to say, hey, look, you know what? If I'm going to get into a relationship with a woman, just like you said so eloquently, Alex, she's a human being. She's not some princess on a pedestal, but she's not some heathen horrible witch on a broomstick either. She's a human being, she's got her imperfections. What can I do in this relationship to help meet her needs, because as a man, I know that when the masculine prepares the way for the feminine to work, its magic, my needs will get mad because I lead so it isn't so much. I need my needs met or I'm gonna saw my balls off on a silver platter and make sure only her needs are met. But by doing my part in the relationship, we will be better than the sum of our parts. We will have our needs met and indeed make the world a better place to there's a transcendence about it. That somehow makes us whole idea of my knees versus her needs. sort of kind of sounds silly. And you know, I were talking at the beginning before we hit record on this about the old offspring song from the 90s. called self esteem where, you know, one of the key lines in the song is, the more you suffer, the more it shows you really care, right? And we want a definition of having horrible self esteem, which means you don't love yourself, which means Okay, I'm supposed to get married. I'm supposed to let this bitch ruin my life, even though I deep down believe all the MiG tau guys, but, you know, that's what it's all about pain and suffering. And just consider for a second how many guys get married. And the bachelor party the night before is, Hey, this is the end of your life. You may as well have one more night of pleasure because you know what, when you get your balls cut off tomorrow, you're not going to have any more fun, any more pleasure. She's going to own you. And you're going to have a ball and chain around your ankle for the rest of your life. And that is not love. Right?



Alex Allman 25:59

No, that's Not love?



Scot McKay 26:00

No. And yeah, that's the prevailing wisdom, so much so that men get together and we laugh about it.



26:07

Yeah, I, you know, marriage exists as a parallel thing that you can do, you can not do. If you go into it feeling like it's cutting your balls off, it's probably a bad idea for you to do it, obviously. And there's this other possibility. I was actually talking to a rabbi about it once of all people who had done a bunch of weddings and met him at a wedding and I started talking to him about it. I was pretty young at the time. And I told him I didn't particularly believe in marriage is an institution, I felt like no marriage is legal thing and has nothing to do with love and confronted my idealism around it. And he said, Well, that's one way to look at it. But, you know, marriage has a legal component and a spiritual component if you're doing it in a religious purview. And that ultimately, we tell ourselves that you hear this all the time that you choose your friends, but you're stuck with your family, but it's not true



Scot McKay 27:02

now and you can choose who you fall in love with to,



27:04

well, when you get married, that person becomes your nearest relative, you choose your nearest living relative. And there is something profound to that, that we, as a society have decided to do, we can declare that so marriages, there's a possibility for it to be beautiful. But I digress because I really do want to talk about this idea of love as something that you built, as opposed to something that we enjoy. You know, I enjoyed it when I was in love with her and then I wasn't in love with her anymore, and I didn't enjoy that. And I don't insist By the way, the true love needs to last forever. But I think if you're doing true love when the time comes to complete that relationship, you're gonna stay friends for sure, because there's no space in my definition of love for you not to so a lot of definitions of love, and I don't share as negative opinion of infatuation as you do. I think infatuation is beautiful and fun and ridiculous and wonderful and it's a great part of life and there's a way to stay infatuated with The woman who you're married to for a life Hold



Scot McKay 28:03

on, I'm talking about infatuation as a replacement for love, maybe I could have found a better word. But Emily and I, for example, are very deeply in love. And I believe it's true. And we were talking just the other night about how it's been 14 years in the quote, unquote, honeymoon phase hasn't left yet. So the chemistry, the warm fuzzies the last

impulse, whatever you want to call it semantically is still there. We still have the giggle pillow fights warm fuzzies. I can't wait to draw your cute little brains out later. All that still going on for us? Yeah, exactly. That's not necessarily separated from true love. It's a wonderful component of it that I think is more likely to have sticking power, if the love is true. But when I'm talking about infatuation, I'm talking about an immature desire to possess someone else for your own purposes sexually, which is going to fade because I think as soon as you bet The same check 10 times, if it's all about sex, you're going to want some strange, unless you don't think you have any other options, and you have a fear of loss, there's that word again, fear. And you're trying to salvage something that you know, isn't forever and you don't want to let it go. Because that's when your brain gets teased into thinking. I have to keep this because it's the only real thing I'm ever going to get. And that's a very selfish, immature way to look at it. Hopefully that is a more descriptive way to describe the cocktail of emotions I was getting at.



29:30

Yeah, sure, man. I think we we generally agree. Absolutely. Yeah, that is a semantically loaded term. Yeah, my defensive infatuation is abstracted from whether you're somebody who's infatuated with low self esteem and that you're going to need to take what you can get, and the possibility of infatuation from high self esteem and the enjoyment of each other and, and ultimately what what you and Emily have built, right I mean, you're experiencing true love and the nature



Scot McKay 29:59

I think I think that's fair enough. Yeah, I want you to land your plane by all means, because I am an I am an aviation fan above all else here. But let me tell you what, since you brought up my relationship, the key to it is first of all authenticity. And we do feel absolutely comfortable with each other. Because we get each other. I fell in love with someone who was one of me, and I just never get sick of it. Because I like myself. And by the way, the ramifications on parenthood are massive. They're and I've talked about them on the show. But just to reiterate, in case someone's dropping in here for the first time, when you marry someone you like, and you like yourself. It's amazing how almost foolproof it is that you'll actually like your kids. Because there is nothing sadder than parents who don't like their kids yet. society doesn't let them admit that Hmm, that's awful. And I never wanted to be in that boat and thank God I'm not right. But anyway, yeah, final approach



30:56

lander playing. Yeah, that's a that's a deep tangent. So So



Scot McKay 31:01

this is a five episode topic is why? Go for it, man. I've said my piece I got nothing else.



31:08

Yeah, no, no worries brother, your show I, you're clear by the tower for final approach. So there's this possibility of being intentional about your relationship. And when you find somebody who your maybe begins with infatuation in the in the good sense and the timing is right for you, what you begin to discover is that most of the time, your checklist of she has to be this, this and this. And this for me to fall in love with her is far less important than you've arrived at a time in your life where the timing is right. And you're prepared to create the kind of commitment that it takes to build love and that the timing is right for her and that she's reached that place of maturity to and that she's willing to make that kind of effort and not to passively observe the relationship and how well you're getting along as a meter to whether or not you were the right person. And whether there was this mystical thing called compatibility, which helps make no mistake, as you just mentioned, compatibility helps. But there's no such thing as perfect compatibility. And it just won't get you there. It won't get you across the finish line. At the end of the day, the volitional thing that has to be done is an act of surrender. It's this, this intentional act of loving somebody and wanting to create this idea, this epic, true love and going from a very big number. Things are great. It's a very big number to infinity. And to get to infinity is to drop everything. And my observation on this is that when you're 50% in on a relationship, you can take it or leave it, you feel like the relationship is good, it's fun, but you're not consumed by it. It's easy for it not to affect your self esteem. It's easy to be cool. You guys fight a lot. It's fun. Maybe we become friends with benefits. And that's an easy relationship and it's stable and it's smooth. But as you begin to invest more of your heart, more of your emotions into the relationship. What happens is it begins to become dangerous becomes emotionally dangerous. This person now has the capacity to hurt you emotionally, when you're like 80% in and now when they disagree with something you say at a party, you're like, Whoa, what was that about? How can you disagree with me in front of people and embarrass me like suddenly things, there are things that you wouldn't have taken so seriously, if you were only 50%, in that when you're 80%, in suddenly hurt suddenly cuts a bit because you've invested yourself emotionally in this person. And then you start to fight. And now it starts to feel a little bit uncomfortable, because you're really

invested and you want them to be a certain way and they're not being that way. And that begins to hurt now, you fall in love more deeply, and maybe you've made some commitments, you moved in together and you're 90% invested in this person. And at 90% shit gets incendiary. The fights become dirty. stuff is awful. You blow up at each other. There are long silences, but also when it's good, it's passionate and good. Because at 90% You're so invested, you want things to work so much that It really is painful when it feels like it might not work. And the more invested you get, the more you open your heart to somebody, the more it exposes you to the possibility of getting hurt worse, and that's why nobody goes to infinity are very few people do. And I believe you did, Scott. I mean, I really do you describe your relationship and I know that you did. And this idea that when you get further and further invested with somebody, it becomes increasingly painful. And so people they turn back and they begin to resent and they're like, maybe she wasn't I thought she was maybe he wasn't who I thought he was. But there's this possibility of going all in of being blindfolded at the poker table. No idea what's in their hand, no idea what's in your hand, no idea what's in the pot in the middle, but just going all in just pushing every chip in the middle and leaving nothing burning the boats, no turning back, just giving everything to this relationship and surrendering to it and saying, I'm in with this woman I'm down to ride no matter what I'm going to take this as far as it goes. I accept her for everything for every flaw. I'm going to show her everything every one of my flaws I'm all in and I'm not flying with a safety net anymore.



Scot McKay 35:05

I would use the analogy of it being like bungee jumping. I mean, there's this big adrenaline rush to be had. But as long as you're standing with reservations up there on the platform, looking down, being scared out of your shorts, you're never going to jump. But when you jump, man, you're 100%. All in. And that's where the thrill is.



Alex Allman 35:23

Yeah, brother. Yeah. Right.



Scot McKay 35:25

But the cord might snap and you might die too.



35:28

There's there's an additional level, because there's no cord. It's not going to snap your

blindfold and you don't know how high up you are. yet. In fact, nobody's told you whether or not there's a line attached to you or whether you're an inch off the ground or 1000 feet. It's that deep. But when you make this move at like 90%, things are incendiary at 95% the relationships on fire you're you're in love, you hate each other. You're in love with each other. You hate each other. It's so incendiary, and plenty of marriages never, you know, never break 70% that's the secret makes them work. You know, it's like we tolerate each other nicely. We don't expect too much isn't that sadly getting passionate with somebody and you're at this 95 place, things get crazy. And it's like, you know, crossing the the sound barriers stuffs breaking up. And you know how that crazy violent emotions that come up when you're so bananas about somebody and everything is so sensitive and so fresh. And that's why it's so shocking when you get to 100. When you go all in when you take this incredible leap of faith, faith in love, faith and possibility, faith in giving everything. It's calm. There's suddenly peace, and everything just works. I agree. And there's no more fighting because you're not faking it. You're not pretending you're not managing. You're not managing her, you're not managing yourself. Whatever she does, however disappointing or crazy. It's okay because I'm all in. This is my lot in life, and I'm going to walk this have the strength and integrity. And the same happens in reverse. When when the two of you make this leap together, a woman will make this leap with a man very naturally, much more naturally than men make the leap. There is something that feels right and good about surrendering to love to a woman that men are not as easily wired with.



Scot McKay 37:17

Its femininity.



37:18

Yeah, yeah. And when you when you get to this place, where you can drop over the edge in in a, you know, a faith fall a trust fall, where you just fall backwards into each other's arms. With total faith, something magical happens when you give somebody that level of trust. When you give somebody that level of surrender, and they give it to you and you you can really be your surrendered freest self with them and accept their surrender for yourself No matter what, without reservation. It's so calm and so beautiful. But it takes something and it does take exactly what you've said. It takes the conquest of fear that you've got to conquer that internal fear and get to the other side. died. Now something magical happens in this place. The first magical thing that happens is what happens if they don't you jump and they don't? And the answer is you step out of that a man have so much power and integrity that other women who are switched on. See you glow in the dark, and

they find you It's incredible. And when we are with a woman who just can't handle that, she explodes. She literally can't handle it. She leaves quickly.



Scot McKay 38:26

Yeah, well, I'm not sure you get to that 90 500% level with someone unless you don't have the lights on.



38:31

I agree. But you know, there are very attractive, very crazy people out there who, who really do love you. They love you with everything they've got, but they've got some fundamental issues that you know may be genetic or terrible things that happened during their childhood. And maybe maybe you end up in it fully surrendered with that person and your life is pretty dramatic as consequence.



Scot McKay 38:53

Don't get me started on that one. You're talking about the history of my first marriage.



38:58

More often than not, they can't handle it and but other women who are ready for that kind of huge thing having done that turns you into a more powerful version of yourself because you you face your worst fears in this powerful way and you become emotionally available and calm and cool and emotions don't feel weird squishy to they just feel natural and okay and not a big deal. You become a different man in this process. And that's the secret sauce now if she jumps in with you, which is what we hope happens. Is there a possibility that later in life, you guys change in such a way that it doesn't make sense for you to play the surrender game anymore? That does happen, but when those relationships complete, she remains your best friend for life. Again, something I've just seen over and over again. Yeah, my wife's my



Scot McKay 39:43

best friend. Yeah, yeah friend I've ever had Plus, I won't go ravish her in the bedroom. Plus, I want to ignite her femininity and build a legacy with her. As you were talking I had a strange thought just came to mind. For those of you guys who are fans of the show, man

Men from about 10 years ago, you'll probably remember this because it was a decent sized plot complication. But for those of you who've never seen this show, it's a bunch of Madison Avenue advertising guys, throughout the 60s, and they land the Jaguar account back when Jaguar was starting to sell cars as a luxury brand in the United States pretty much as a national brand. And they were racking their brains trying to come up with a tagline for their new Jaguar campaign, or else they were going to fear losing the business. And the tagline that one of the cub copywriter guys came up with was so brilliant and so perfect. That made the lead character who was the boss man, you know, Don Draper who is known for being the genius in this regard, yet his brain was absolutely blank on this and made him audibly gasp, lean back in his chair and close his eyes because he knew that was it. And the tagline was, remember for a luxury car that was known for its beauty, more than its say technical expertise like, say a German car. And the tagline was finally something beautiful that you can actually own. And that line resonated so brilliantly with nearly every guy who was focused on making more money and posing and having more style and all in the name of getting the girl because it seized upon all the bullshit we've been talking about for the last 45 minutes. It really does. You know, men think, here is this beautiful woman. I don't want any other guy to have her. I want to possess her. Yet the more you try to possess another human being for whatever selfish reason, the more they run away from you. And what I talk about with guys, is women are safety seeking creatures. A big part of the masculine mystique, what makes us attractive as masculine beings to women is that ability to provide a safe space for their femininity to thrive, and that sexuality, the masculinity and femininity catalyzing each other. And when a woman feels chosen by you, that's different than you trying to possess her. You had options. You made a choice of your own free will. There's that freedom again, fearlessly to say, You're the one I want to be with. And imagine for a second how amazing it is for a woman to surrender, as you said, to someone who's chosen her freely rather than someone who's trying to possess her selfishly. That is the power of true love. If you want me to boil it all down.



42:49

Yeah, this idea of choosing her is super targeted to what I'm talking about, and it's it's choosing her not as best you could do or I think this is the one but this radical sense of choice this I'm cutting other paths out of my life. I don't need them anymore. Yeah, it's



Scot McKay 43:09

even a little bit metaphysical and spiritual. Like you



43:12

said, That's right, we're riding down the path to hell and, and I got one person to be my co pilot. It's, you know, it's, it's, it's a really radical, radical choice.



Scot McKay 43:22

I love this conversation. By the way, if it seems like you know, after all this time and squirting around and a bunch of different directions, we sort of kind of arrived at the same place. And the beauty of that is you deeply love the woman in your life, and I deeply love the woman in my life, and we're both respectively deeply loved in return.



43:38

So I knew we were gonna get to the same place once.



Alex Allman 43:42

I knew that already.



Scot McKay 43:46

I think the only thing left to do for these guys, hopefully, if we haven't scrambled their brain, like so many eggs by now is to send them to your website and you have a fantastic program called power switch. And I want to send guys to mountain top podcast comm front slash switch SW I tch To find out more and what are they going to find when they go to that website? Alex,



44:09

what they're going to find there is a program that you and I discussed beforehand what feels like it's a good bull's eye for the men in your podcast, though, maybe not that directly related to exactly what we're talking about. And it does. There's a mechanism, there's a mechanism by which a man becomes powerfully attractive to women. And it's not like one of these I don't know, any woman anywhere, anytime, just see these three magic things.



Scot McKay 44:38

God, I hope it's not that after all.



44:40

Yeah, it's not that there is however, something that is there are multiple character traits. And I know this is the kind of thing that you talk about, that are durably attractive to women. And that will make women drop what they're doing, take notice and want to be with you. And that's true with you. Already in relationship for the long term, or you're single, that there are these traits that specifically attract women in a durable way, obviously, you know, being tall and handsome, that's attractive, but it's really hard to fake it. If you don't got it, and there are other and then there there are personality traits that are very favorable. And that, you know, all the dating advice out there are much of the dating advice out there is around adopting these personality traits that are similar to the personality traits of high status men. And then women think you're cooler than you are and then they want to be with you. And that, under the best of circumstances, is only good for short term attraction. And when you're faking it, it's good for fake short term attraction. So there's something about that that's appalling and incredibly true. And appalling to women so appalling to women that I believe that it's the source of the hashtag me to movement. I think women felt so left. So let down by men who had been working so hard to trick them into bed with all of this crazy stuff and thousands of guys approaching them with a different way of thinking their way into attraction that, you know, yeah. When the Harvey Weinstein thing happened, they were like, why not just blame it on all men? There were just so few good men around at that point that they were running into regularly that I think something broken women because of that. And the fact of the matter is there are character traits. I know that, you know, I'm preaching to your choir that are durably attractive, that are unthinkable because they're traits that you cultivate, not pretend to have you cultivate them. Things like self trust, you know, things like freedom. And when you begin to cultivate these things, women notice they notice and they build her desire to, you know, create something really powerful with you. And you know, sexually and emotionally and of course, it's the it's the sexual part. I think most men interested in the beginning and this is a program that a lot of men in sexless marriages have, have found extremely helpful and single men who are, you know, struggling with dating, but it's, you know, for me this program is really more about creating yourself as the kind of man who a woman wants to take the big plunge with. That's, you know, my intention behind it. It's commonly called deserving what you want around here. Exactly. And so what I've done is created a program of insights. And sometimes that's enough, and exercises to help unpack these traits in yourself. My goal is kind of, you know, to make it like a software download to get it in there, but you got to do it, and it works for an awful

lot of men. And I would encourage you guys to go check that out. I kind of want to build a special page for you because there's this other sexual communication thing that we also spoke about that's more germane to a guy who's married and has difficulty talking about difficult subjects like what I really want sexually and I'm afraid if I told her she think I was a freak, stuff like that, that is really powerful. We'll see they'll go to that page there'll be something fantastic there for them right on hopefully



Scot McKay 48:09

we can do kind of a split screen thing for them since we're recording this ahead of time. But yeah, all of that is incredibly intriguing and of course, Alex for years and years you've always presented yourself to be a guy who means well and wants the best for both men and women and that's why I'm a big fan of you and your work and always happen so yeah, man call the power switch. Also, sexual communication hopefully will give guys a shot at getting both of those into their life and guys, you can go to mountain top podcast conference, I switch and get you some Alex Allman Always a pleasure, man. What a great conversation, some deep stuff, some fun stuff, some thought provoking stuff. Surely, I don't know whether we got closer to truly defining true love or not, but I since we did, and I think that's a good thing. And we'll let the guys decide for themselves. Thanks so much.



49:00

Thanks, Scott, I really appreciate the opportunity to kind of preach a bit. I wish we'd had a little more time to dig into some of the tactics for doing that stuff. But maybe that's for a future conversation.



Scot McKay 49:11

Sounds like a whole program like a whole coaching program, like a whole group mastermind thing.



49:15

So it's a book I'm working on. Actually, I think this is a this this one's a book



Scot McKay 49:19

right on. And guys, if you have not been to mountaintop podcast calm lately, go there and

sign up for 25 minutes to talk to me for free. We can talk about where you are in your relationships with women right now, whether you're looking for the right woman in your life, or whether you think you do have the right woman in your life and you want to go from good to great either way. And you can get on my calendar in real time by clicking the red button in the right hand corner, and we'll talk for 25 minutes for free, you'll find that I'm exactly the guy you think I'm going to be. I don't play a fictional character of any kind on this show. I'm really who you think I'm going to be. So absolutely sign up for a call with me and we'll talk and also be sure to visit Our sponsors who generously support this show, chief among them right now I got to give a shout out to Oregon in Maine, who as of the recording of this show has their lines back up and running. They're making their incredibly popular stylish and durable jeans and those amazing boots that everybody needs a pair of everybody wants a pair of, they have a little bit of a backlog. So you need to get your order in with them get your name on the dotted line so they can start hand making your jeans and your boots for you. And while you're there, visit all of the Jacko fuel products on the origin lab side of the house. I've been incredibly pleased with all of the supplements, all of the protein powders that they have the mulk choco fuel, which is fantastic for pre workout, and I have never felt better having taken supplements. So they have a vanilla laced krill oil that will give you all those omega three benefits without the nasty burps at the end. All kinds of great stuff over there. And so I encourage you to go to mountaintop podcast.com front slash origin and take a good solid look and order everything you need and you can use the coupon code Mountain 10 with your order to get 10% off all thanks to Jocko Willink and all the good folks over there at origin main and until I talk to you again real soon This is Scott McKay from x&y communications in San Antonio Texas be good out there.



Alex Allman 51:30

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