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SPEAKERS

Edroy Odem, Scot McKay, Jennifer Rhodes



Edroy Odem 00:05

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



Scot McKay 00:18

Greetings, gentlemen, welcome again to yet another episode of the world famous mountaintop podcast. My name is Scot McKay. You can find me on Twitter at Scot McKay also at Scot McKay on clubhouse real Scot McKay on Instagram, mountaintop podcast.com is the URL on the World Wide Web. You can look me up by name Scot McKay with one t on YouTube and find not only the video representations of these podcast episodes on the air, but some other good solid information for you there as well. And I also invite you to join us if you haven't already, gentlemen, you got to do it. Go to facebook and join the mountaintop summit. It is a truly unique group for real men of character. And it's not like those other men's groups you may have been a part of it's a lot of fun. So join those guys there jump in. We have a sense of humor. And we talk about all things mainly there on a regular basis. There are also Facebook Lives that I do with you guys. But enough about that for now I have a returning guest on this show. She is one of our few all time third time guests. Her name is Jennifer rose, but you can call her Dr. Jenny and she was living in New York City, New York City Last time we talked. And since then she has gone to spend a considerable amount of time in Argentina. And I bet you're about

to find out why, among other reasons why she why her heart is probably still in Argentina, even as we speak. She's also spent some time in Canada in the Great White North before returning here to upstate New York where she's currently hanging out with her rescue dog named Neptune and having a good old time. Hopefully staying warm up there. So that anything further Dr. Jenny, welcome back.



Jennifer Rhodes 01:55

Thank you for having me. I'm so excited to be back.



Scot McKay 01:58

Well, every time you come on the show, it's exciting.



Jennifer Rhodes 02:01

Oh, I'm good. I'm glad I'm hoping that we have like more excitement to unveil as we talk about Argentina. And the reason why



Scot McKay 02:08

well, you sound excited already.



Jennifer Rhodes 02:11

I am excited. It's a fun topic.



Scot McKay 02:14

Well, you know, the first time you were ever on was after you and I met in person at a speaking engagement we were both invited to be a part of and you're quite charming and precious and adorable. And we all love you already. But you were a guest on the show. And you talked about why women love to be seduced and it became our all time most downloaded episode. So to kind of follow that up on a similar related topic, but you know, decidedly different. We're going to call this episode The dance of attraction. And we're literally going to talk about the dance of attraction, because you're very much a dancing enthusiast. And in fact in many ways a dancing activists. So tell us a little bit about your dancing. I know you love Tango, I know you love bachata. How did you get into it? And

why is it so important to you?



Jennifer Rhodes 03:00

You know, it's really interesting because I was reflecting on my dance journey the other day, and it's really the only thing that has kind of helped me do my own healing work. But it started when I was 18. And for my birthday, my grandfather got me ballroom dance lessons. And I remember I was dancing with this like, gorgeous guy. And it's been like 25 and I was at and gorgeous man. And you know, when you do like ballroom dance lessons, you either have to learn learn the waltz or the dances that your grandparents did. Or you get to learn the Latin dances. And I immediately fell in love with all the Latin music. And that was also during the time I don't know if you remember, but Vanessa Williams in 98 had this like movie called dance with me. And so like dancing was just kind of like a big thing like back in the day. It was a good movie. It's a good movie with a good soundtrack



Scot McKay 03:55

is a good date movie



Jennifer Rhodes 03:56

is a great date movie. Yes. It's a love story with dancing involved with decent music. Perfect. So I immediately they train you for competition pretty darn quickly. And I win competition. I was so nervous. I was so young. And I was also nervous because my instructor was really attractive. And I could not remember anything on the dance floor. But I looked at the judge and just started smiling. And apparently just smiling on a dance floor was enough to win the competition because obviously we're entry level at this point. And I just kind of fell in love with social dancing and over the years, you know, whenever I got stressed, I would just go to go dance it out. And eventually I learned salsa. I learned bachata. We now have dabbled in Zumba, which is a fascinating dance from Africa, Angola.



Scot McKay 04:47

Is that the one that's allegedly the most sexual dance on earth?



Jennifer Rhodes 04:51

Okay, so we're gonna talk about this because the only dance that's supposed to be about

sex and seduction is Tango. And Kizomba is actually supposed to be a family dance, but it gets sexualized. Wow. So yeah, has that reputation, but the music and the history of the dance and the reason why you dance, it has nothing to do about sex.



Scot McKay 05:09

Well, let's put a link in the show notes about it. So guys can go take a look. Okay, because that's fascinating to me.



Jennifer Rhodes 05:15

Yeah, I mean, kizomba has risen because the music is more urban. So it's hugely popular in Europe, it's hugely popular, and Montreal, Canada, it's beautiful connection, it's super intimate, like chest to chest. And it can be very sexy. But that's usually because the guy is kind of putting his sexual energy into the dance and not really respecting.



Scot McKay 05:38

Whether you like it or not as a woman. Right? Exactly. He's got a little freak into it, you know, which isn't really an okay, ratchet.



Jennifer Rhodes 05:46

So that sexiness is supposed to be a tango, which that that dance is, it's from the brothels. And it is all about the relationship between a pimp and a prostitute. And it's supposed to be like, very passionate and like, like, really, really intimate. And sometimes we don't get to see that because usually older people are dancing tango, and don't know, in North America, white people have forgotten what passion and sex is altogether. So it can be very boring for, you know, the younger generations, you



Scot McKay 06:15

know, thankfully, in Tango, the woman doesn't have to give the guy all her money at the end. So it really isn't a complete metaphor for a prostitute and a pimp, you



Jennifer Rhodes 06:23

know, so it's actually very indicative of the change of the power dynamics between men

and women, because women have slots to for more equality and Argentina. And so it's been an interesting if you look at the history of the way men were trained, and the dance itself and the music and how it's transformed over the years, it's probably the only place in social dancing, where you can safely explore the edges of what sex and seduction are supposed to be with their clothes on. Like that. It's really like it's set up to have the safety so that you can kind of deep dive into all of those dynamics. And so women are being taught to lead, and men are being taught to follow again, because that's historically the way men learn how to dance tango.



Scot McKay 07:12

Interesting, because, you know, that's one of the things I wanted to talk about, is how dancing in general, regardless of what type of dancing we're talking about here, is often seen as metaphoric for masculinity and femininity, which is why you have hence the title of the show the dance of attraction. And there's a lot to unpack with that particular thought. But you know, you kind of talked about how now women are being taught to lead and dancing. Yet I've noticed Jen, in my own travels with dancing, that women are very good at following a man's lead in dancing. And it often depends on how good the man is at leading that dancing. And so now you're saying the tables are starting to get turned on that perhaps because of social influence?



Jennifer Rhodes 07:57

Yes, I think specifically in Argentina, just because there's been just a history of gender equality, that the women in terms of Just Dance training, and it comes from the history of this being a dance that dance between prostitutes and their clients, is to get women to step into their power so that they could be an equal contributor to the arts of the dance together, that is supposed to be a conversation that either person can contribute to. And even though if she's following, and he's leading, she still can throw things into the dance. So it's a conversation. So it's not like this corpse. power dynamics that you sometimes see. Like maybe it's salsa dancing, where leading and following a two completely separate rules like Tango, there are really no rules, there's technique but you're allowed to do whatever it is you want to do. One of the reasons why it's a much more sexy dance, because it's like fully unleashing your creativity and your feelings, and the context of being connected to someone else.



Scot McKay 09:00

Well, when you get right down to it, dancing, and the enjoyment thereof, whatever

meaning you would derive from it, especially between a man and a woman, it's about that connection and about that emotion. And about that sexiness. So the leading in the following, probably come secondary to the enjoyment of the experience itself, right.



Jennifer Rhodes 09:21

It's secondary, and I think that thing that's always driven and drives all women crazy. So I have a group of friends that I met at like Miami Beach chocolate festival in 2016, all women, and we've gone through a phase and social dancing, and it doesn't matter which type of social dancing or men are learning social dancing from YouTube videos, because they want to emulate a dance instructor and they think that the dancing is that just learning some fancy stuff. And we all just crave, like, the sexy energy like we want the energy, we want the passion, and we want to play with that on a dance floor. We don't want you to be able to just do the moves completely separate from the emotions. It actually doesn't feel good. And so that's kind of the big, like disconnection going on with the amps training right now is that very few dance instructors, at least male dance instructors understand energy and connection. And whereas female dance instructors and women tend to get that piece more quickly. And if you put, you know, the emotionally disconnected and the emotionally connected together on the dance floor, it's a Hello boring dance. It's really not enjoyable.



Scot McKay 10:28

Well, I'll tell you what, when I first met Emily, she was interested in learning salsa dancing. And it wasn't something I was particularly into. And I would also say, I'm not gifted with the talent of learning dance moves very quickly, myself, it's just not my thing. Not that I'm completely utterly disinterested in it. It's not something that comes easy to me. So Emily was very keen on having me go to salsa dance lessons with her, because we met each other, and we adored each other immediately. So I knew that she liked dancing, and I was going to be her new dance partner. So I needed to go figure this out. And we went to several dance lessons together. And I was not doing very well, Jen. I mean, it was a struggle for me. I couldn't remember the moods, I couldn't get it, right. But it's like, every time I did get something, right, Emily, her face lit up. And she got this cute little seductive look on her face, just because I got something right. And so now that you're talking about how it's more about the energy and the feeling and the togetherness and the connection than it is the technique, that response which I found a little extreme with regard to how well I was actually dancing makes a lot more sense to me now all these years later, because for her, it wasn't whether I was getting the moves down or not. It was indeed the effort, my feeling towards her and what we were sharing whether it was well, for lack of a better word competent or not, right?



Jennifer Rhodes 11:57

Yeah, no, I think that's a beautiful example. Because I don't think most men understand that dancing for a woman is our way to get back in touch with our feminine energy. We live in a world we all have jobs, like we've been, like, forced to, like be in our masculine energy. Like, let loose. And so social dancing, and you know, salsa is usually where people start is usually a woman's way to try to like reconnect with her sexual energy. So like, it's vital for women to be dancing. So if you want to connect with women who are you know, right now, everyone's got back into dancing. Like as a man learning, you know, some basic, just, you just need some basics. And then you just need to go have fun, like, it's going to help you just, you know, move your energy and connect better with other people. It's we've gotten so devoid of joy, at this point, like we're working so hard, like at our healing, right now that we've forgotten how to have fun, like, it just really, we're not that complicated. We really do just want you to see if you can make a fool on the dance floor, because that just makes us happy. And we're moving. We're moving energy. And then later that night, we have a much better time together.



Scot McKay 13:10

Yeah. You know, it's funny, because we just had Valentine's Day. And I didn't publish this advice this year, because it would seem tone deaf piece of everything being locked down. But what I've talked about in previous years is doing Valentine's Day backwards because of the throngs of people out there, going out to dinner and going out to a bar or going dancing or whatever afterwards, you know, and I was saying that guys, by way of recommendation, take her dancing first. I mean, go 738 o'clock to the dance place, dance for about an hour and a half and then go get a late dinner somewhere. And maybe nightcap, because the crowds will not be there on Valentine's Day. You know, Valentine's Day was on a Sunday this year. But when Valentine's Day is on a Friday or Saturday, this is especially important, right? And it has turned out to be good advice that guys have thanked me for. But really, now that you mentioned it, opening up women to having a wonderful night by starting with the dancing makes perfect sense. And going back to what you said, may have been really good advice on a level that I hadn't even considered before. It's still talking to you today. Now that harks back to something you said a few minutes ago, towards the beginning of this show, about how you got into dancing to find yourself and to kind of set yourself on a journey spiritually. And now you're talking about how meaningful dancing is in general, especially to women. And the only thing I could think of while you were talking I thought several things which is why I'm bringing up somebody's thoughts right is that line that is a cliché at this point, the very meme worthy

saying dance like nobody's watching. And that really resonates with women because that idea of dancing like nobody's watching is like at its very essence the ultimate expression of joy, freedom, fun, play, all the things that really drive feminine energy. And this is why women in particular, love dancing, don't you think?

 Jennifer Rhodes 15:13

It's the only way for us to reconnect with our essence just like feminine energy, like there's no mistake that if you go, you know, everyone's on a spiritual journey now, like everyone's doing iwoca it's like, Okay, well, when you go to your shamanic, you know, ceremonies,

 Scot McKay 15:28

the dance of via wasco would be a separate show

 Jennifer Rhodes 15:30

you, like the shamans always have music, and they always have dance, music and dance has been part of our like culture, like since humans were born. It's just dance and music are important. It's because it helps move the energy and then reconnects us to like who we really are, and helps clear the our negative emotions and kind of like just puts us in a place of joy. So no, you're absolutely right. And women, you know, specifically, because of the way that we work nowadays don't have a lot of like, places to go to where we can move our hips, like we have to move our hips to get that energy going. Otherwise, we're just stuck in our heads. And then that's not fun for dating.

 Scot McKay 16:12

I bet a lot of guys listening to this show are going Hey, I know someplace you can move your hips. Right? But getting to that place involves, oh, I may be doing the dance first, doesn't it?

 Jennifer Rhodes 16:22

Yes, we should start the dance first. Have some fun, don't make it but here's the thing, right? Like I remember when women learn Tango and they learn in North America right through their trains. And it's very intellectual. And the people that they're like training with and and like a class like are just learning how to do the steps. And it's like, very disconnected. So they they actually tell women don't go to Buenos RS for Tango too soon,

and your Tango training because you won't be able to handle the dynamic, you won't be able to handle the energy because that energy doesn't exist in North America so much. And you're like this is weird, until as a woman you like up and leave North America and go to one as ours and dance one Tonga with an Argentine man who might just do the basic stuff, the entire, like 12 and a half minutes, but it is like you just went to heaven. And you fell in love and a 12 and a half minute dance.



Scot McKay 17:18

Kind of like when you've been eating sushi in Texas your whole life. And then you go to Japan and eat the real stuff and go oh my god, right?



Jennifer Rhodes 17:25

Yeah, yeah. Because they feel they have access to their emotions, and they feel so if that's all women want, that's emotional intimacy in a dance context. So the Yeah, I was like, you learn, you learn. There are lots of rules and bazaars around Tango and one of them don't accept coffee after like two in the morning. Because that is code word for going to a love hotel to have sex. Like there's a lot of like,



Scot McKay 17:48

I'll keep that in mind.



Jennifer Rhodes 17:52

Yeah, so men, like men have to learn a lot of rules and Tango, because there's so much emotional intimacy, when you get



Scot McKay 17:58

that level wanna see, look, I'll tell you what, as an old married guy, I'm not gonna have coffee after two o'clock in the morning, Wherever I am, because I'll just be up all night. And it'll screw up my whole rhythm and has nothing to do with a love hotel at this point. And



Jennifer Rhodes 18:09

well, yeah, except, you know, in Argentina, they have to eat in the morning and then go to work at Chad. I haven't quite figured that was true.



Scot McKay 18:15

The club's open after sunrise even Yeah, all over the Latin America. Very, very true. All right. So here's the bottom line here, relative to what we've been talking about for the last seven or eight minutes. Women love dancing. Yeah, I have met exactly one woman in my entire life, who said to me, I'm not really so into dancing. I almost asked her to marry me right then and there. But that's a different story. Mostly because most men don't love dancing. And yet, I bet a lot of us are wrestling with that dichotomy, even as we're listening to this show, or hosting this show, because I got to raise my hand say I resemble that remark. I've never been particularly drawn to being a dancer. But I know at the gut level guys who do take to dancing and like it reap tremendous rewards in terms of relating to women. And yet, you know, if you go back to the men's dating advice from 1015 years ago, which we talked about frequently on this show, it was really all about how to trick women into bed and how to get some how to get laid, not your bedpost, all that pickup stuff. And really this dance of attraction was talked about circumstantially, perhaps kind of esoterically as if it really was nothing more than a metaphor in that context. So really, that dance of attraction with air quotes around it meant How do I trick women into bed for these guys, no matter what they were told. Meanwhile, women really do love this concept of a man coaxing out their feminine energy, and really igniting that femininity, as I like to say, so that they're more amenable to their feminine energy, combining with a man's energy and really creating something special and so many men miss out on That too. And I guess that probably has a lot to do with what men are missing out on, by not being interested in dancing, am I onto something there,



Jennifer Rhodes 20:09

you're totally onto something. So all the pickup artists stuff that was related to dance that we, you know, was talked about, like years ago missed the entire point completely because that was written by a man and you don't know the secrets of the divine feminine energy, like women and And truth be told that historically, and hip movement was taken out of like a dance like Tango, specifically, because they were worried women were going to get too much power, because when women start moving their heads, and they get really happy, like, you know, we create things and with our joy and our excitement, and it can be a little overwhelming if you don't know how to like, you know, channel that energy. So like, historically, and politically, hip movements specifically was taken away from women and women right now need a place to reclaim it. So if you want to show up like

and, you know, really be on the insider knowledge right now, I don't see how you're going to do that without understanding some basic dance, because that's where women are kind of reclaiming their femininity, and kind of and, and we're dying a little bit on the dance floor, honestly, because we need men who understand this piece, to respect that that's what we're doing and to show up in their masculine energy so that we can be balanced, and then have a good time together, you know, because a lot of the younger men are very into their feminine energy. And it's like throwing things off on the dance floor. Like, when I dance, I want to be in my feminine energy, like, I don't want to be thrown into my masculine energy. So if you're a man doing a body roll in the middle of some central batata song that was not called for a body roll, like, I'm gonna walk off the dance floor at this point, like it really like we're all little medically imbalanced. But historically, like this is where men and women that's is where men and women actually could, quote, unquote, do some dating and a safe place. For Tango, like men were trained for years, childhood trained for years, completely not allowed to touch a woman unless they've had seven years of Tango training, because you would get one shot at trying to impress a woman to get married. And this was at the turn of the 20th century, not even that long ago. And because of this, the only place that you guys could meet and dates and kind of get to know each other. So dancing is just vitally important. Historically, it's important for a body. And women are really missing men who like, just appreciate that and are willing to try like, we don't need you to be Fred Astaire.



22:35

That's so true, you



22:35

just need to show up.



Scot McKay 22:37

Well, that was my example. I mean, I'm a terrible dancer. And Emily was still impressed enough to marry me, just for trying so much to talk about there. First of all, I'm fascinated by women's movements, you know, the kinesiology aspect of this being so powerful, especially in their hips, and it reminds me of the work of Rob Brennan and James Knight who are on my team, of course, talking to men about how their movement is so critical to sexual attraction and women. This is really a human thing at the baseline visceral primal level, because every guy knows, when a woman knows how to move her hips, she's got our attention. It's not fair. It's like, you know, one of God's dirty little tricks, as I like to call it.

And yet, women love to in this, they're looking for an outlet. And another thing that your commentary brought to mind here, Jen, is that it seems like in cultures where there's some oppression dogmatically by the religious leaders, or by the prevailing tenets of faith that perhaps are rather puritanical, it seems like women find a way to break the rules a little bit and shake their hips. So like, in a deeply Catholic world, especially in years past, like Latin America, all these central dances come about, you know, nobody's ever watched Footloose knows that particularly dogmatic Christian traditions tend to ban dancing, because it's seen as leading towards sexual sin too easily. So obviously, there's something to this or nobody would have noticed the connection, you know, even the most dogmatic people who want to take it out of society, as noted in movies, such as Footloose, that's the whole story of the movie, and you're just not going to suppress it. I mean, suppressing dance movements. And the music that drives it is a lot like trying to suppress heterosexuality and procreation is very core, like good luck with that, because it's what makes sure that the human race keeps going after the next 100 years, which we've talked about. Yeah,



Jennifer Rhodes 24:40

it's really fascinating because Argentina tried really hard to suppress it. And then the French were like, this is the tango is the best thing ever, but you're going to we're going to change it because it's not central enough. So it was the French and not the art and science who kind of gave it sexiness that we know today and then Argentine when it became popular You know, it's like, wait, that's ours, and they took it back. Right? Thank you. We've tried really, really hard to suppress it.



Scot McKay 25:07

Every culture has dance. Every culture has dance. And every culture style dance, though wildly variable seems to be sensual. And you know, like you, Jenny, we're well traveled around here, we've been to a lot of places and seen a whole lot of dancing. And the dancing always seems to feature the women, no matter where you go, I remember even in a place that is still kind of widely viewed as sexually repressed, like Cambodia, we went to a show where the women came out and did the traditional Cambodian dancing, and it was very sensual, very alluring. And I'm especially reminded of how in the Middle East, you can have very conservative traditions of Islam. And yet, the women are belly dancing. And this is like, perfectly allowable, even though the women are going around in his job by day. And it really kind of flusters the western mind, trying to wrap our heads around that and figure out what's going on there. But I think essentially, you just explained it perfectly. I think that's exactly what's going on, is women just have to have an outlet for being feminine. And really, whether we see it as sensual, sexual or indifferent, is really up to the

receiver. But the women are going to dance because it serves their own joy.



Jennifer Rhodes 26:24

It serves their own joy, but it's so you know that I'm now a yoga teacher, and tantric lineage. And that part of the body holds our emotions. So we're in a epidemic of anxiety and depression, it's because we're not dancing, honestly. And like it's the, it's still the first thing I recommend whether or not to a male or female client, it's because you have to move your hips to balance your emotions, you can't do it like in any other way. And I think that we've tried to do it a different exercise routines, and like now that we're fit so much, and unzoom, like our hips actually get locked in our hip flexors are really tight. Yes, like, and we end up having problems with our emotions, when that happens, like dance is really like a super fun way to stay balanced.



Scot McKay 27:09

And that's exactly what Rob and James talk about, because the naturals are hip flexors, or hips being too tight. So I mean, you're absolutely onto something there. I mean, there are actual health benefits above and beyond knowing how to dance and how to be central and how to be attractive by literally loosening up, which is what a lot of us need to do. Now, I want to backtrack a little bit because I don't want it to sound to these guys listening like I wasn't paying attention to the last 20 minutes. Yes, women express their joy and find their joy and even find themselves as you so eloquently mentioned earlier, through dancing, but it is also very central and very alluring to us as guys and women know what they're doing. So I want to fully acknowledge that. And I'd say you've done a great job of describing to these guys what they're missing out on if they just completely ignore the whole realm of dance relative to getting high quality and very feminine women into their life. But I'd say that guys are probably also wondering about the practicals Jen. Yeah, first of all, let's talk specifically about the effect being a dancer has on women. Is it the same or at least relative in terms of its value to attracting women and getting a good woman into life is say, being funny making women laugh or learning how to play a guitar or being in a band? Is it something that when guys take this up? They automatically have another feather in their cap? arrow in their quiver, if you will, in terms of being attracted to women? I mean, I know your answer. But I want to go on record with this.



Jennifer Rhodes 28:37

I think that we're about to enter into a kind of a new paradigm for dating and relationships. And if you have zero creative outlet, you're just you're you're going to be

behind so whether it's dancing, or music or something that's related to that sacral, chakra creativity, we all need it. And I think women are going to start to prioritize it a little bit because we need to have more fun in life. Like we don't need to be taking life too seriously.



Scot McKay 29:02

I would offer that this is a rediscovering not a discovery. I think post modern civilization has beaten that out of us, I think, passed before we all got so tied up in working so much and having our nose buried in our smartphones and politics and you know, way too much information overload. And way too much media were kind of like everybody's living vicariously through their televisions instead of going out and living on our own. We've forgotten what it means to go out there and feel alive. In years past this whole idea of connecting centrally in the real world, I think was readily apparent. So I would call it a rediscover



Jennifer Rhodes 29:42

I No no, I think that's actually beautifully stated. I think we're going back. We're going back to basics and we're going to have some frickin fun and to relax. I just, you know, I can't I had to stop seeing clinical clients because I can't like listen to the stories anymore like my body physically cannot see people's emotions anymore unless you are doing something fun to try to balance out your need to talk about things like so, you're going to go learn to dance great. If you're going to go to a music lesson, fantastic. If you decide you want to paint, I don't really care what it is, as a woman and as a professional right now, pick something, because you're going to need, you need some hobbies to like learn to balance emotions, because it's not her job to fix your emotions. And I think that's the paradigm shift that is about to happen, like we're tired. So if you're gonna show up in the dance floor, with the expectation that you're going to try to woo us with some choreographed nonsense.



Scot McKay 30:44

Like a Napoleon Dynamite thing, huh?



Jennifer Rhodes 30:46

Yeah, we're gonna have the skill to just go dance with other women because we've learned how to lead but that's not what we want. Right? We want to have fun with a man

like when we want to feel like a woman. And so like the dance floor is just like a great place to have that experience.



Scot McKay 31:02

I think all these people trying to date and relate without masculine feminine polarity, or like people just bought a racecar and trying to figure out how to drive it when they don't know what fuel is. Exactly. You know, you have to fill this tank with something. All right, so practically speaking, ballroom swing dancing, salsa, bachata Tango. It seems like all of these have some validity in terms of meeting women relating better to women, but I am having a feeling that you're going to recommend Tango.



Jennifer Rhodes 31:30

So here's the way that I kind of work with people. I say, have a night, listen to some music and pick the music that you actually like. Because you're never going to be able to learn the technique of any dance enough unless you actually enjoy the music. So I don't really care where you start, people start because their friend brings them to a salsa club. If you hate salsa music, don't do salsa lessons. There's like 40 different options right now.



Scot McKay 31:55

Country line dancing.



Jennifer Rhodes 31:57

I love country line dancing.



Scot McKay 31:58

Hey, we're here in Texas, it's a thing



Jennifer Rhodes 32:00

that you got to start where you actually enjoy that music. Otherwise, you won't be motivated to learn the basics. Tango specifically is considered the most intellectual and difficult to learn about the social dances. So



Scot McKay 32:14

two guys just said screw it too hard.



Jennifer Rhodes 32:19

I have a client who's like super like really loves history or wants to study I will throw them into Tango first. But usually you got to go do other things before you can get into the tango party. It's actually it is difficult to learn on the leader side because it takes a very high level of body awareness and mindfulness skills. Like usually meditators do really well, with Tango. So if you're just starting, then we usually do something easier, like bachata salsa, something that's just more fun. swing dancing is great. We kind of go in that direction first.



Scot McKay 32:54

Yeah, sure. All of those, like the shot is known as being very sexually appealing. But I know guys who've done swing and ballroom and country and of course salsa, and done very well with women simply because they showed up and appeal to that woman's sense of wanting to dance and be feminine. So sure, I think that's a good word. I think to kind of tie up the loose ends before we close out the show. Dr. Jenny, let's go ahead and throw on the table is dancing sexual, because I think a lot of times, guys are told by women. You know, dancing and sex are not the same thing. Dancing is not a metaphor for sex. So don't get upset if I go dancing with someone else. And guys are kind of left wondering. Yeah, you know what, I don't know if I believe it. It's kind of like the foot massage conversation from Pulp Fiction. It's just a foot massage. But you know, we all kind of know it isn't. So when we take a woman out dancing, and some other guy says, may I cut in and he's this really good dancer and our girlfriend looks like she's really enjoying it. I mean, should we be worried about that? Or is there really nothing to that sexually because it feels a little bit like a kick in the crotch to guys when someone comes and takes our dance partner away? And you know they're better at it? Or should we just work on it? Yeah, so



Jennifer Rhodes 34:09

here's the thing that I would encourage everyone when things open up COVID style you can go to and watch Tango without participating part of Tango culture is actually sitting drinking some wine hanging out. It's very social beside the dancing. And the reason why I say you know, you know, maybe go with like a friend who's a girl or something like that just observe the social dynamics is that there are rules and Tango that don't exist and other social dances that I think are helpful for this particular reason. And the rules are, if

you show up with someone, everyone else respects that relationship and will not ask the woman to dance unless she gets a signal which is nonverbal, that it's okay. Similarly, if you leave with someone from a tangle Malanga, everyone assumes that you're having sex and relationships. And the next time you go to them, the longer you're not going to be asked to dance as a woman. But there is respect for if you're showing up as a couple, and those rules don't necessarily exist and salsa bachata kind of go social dances. So you and your partner have to decide ahead of time, like what do you want your rules to be? decide what you want your rules to be, and then we don't have to deal with the insecurity.



Scot McKay 35:26

Haha. But at the baseline, a foot massage is not just a foot massage, I think a lot of guys finally feel validated for feeling that way.



Jennifer Rhodes 35:33

For women. In that moment, she doesn't necessarily like you're playing with sexual energy. Exactly. There's no denying that. But it doesn't mean that because he dances better that she's going to go home with him. Because women compartmentalize that. So like, we're much better at playing with sexual energy. And at the end of like that dance, cutting it off, like we have that skill. And I don't think you know, until you get further enough in your dance training as a man, I don't think like learn how to like turn that on and off in the same way.



Scot McKay 36:03

Yeah, okay, so kind of delaying the playing here. When women say to a guy who doesn't know how to dance, don't worry about this, because dancing is not a metaphor for sex. It's kind of like, she's appeasing him a little bit or helping him feel better about it. because deep down, she knows he doesn't get it anyway. Like, it's all philosophical. To him, there's nothing he's feeling because he don't know how to dance, he has never really experienced this. So you know, I would almost kind of like, say it's sort of something men are told to make them feel better, hoping they'll believe it when they're not dancers. So of course, the magic elixir for not having this for not being in this position anymore is quite frankly, got learn how to dance a little bit.



Jennifer Rhodes 36:46

Yeah, basically, I mean, and the other thing is, is like, don't get into that insecure mindset,

because that is negative energy that you just brought to the party. And that negative energy late because women now will we have no problem teaching you in a social like that I have done that many times. And the guy friends have brought like men with them that don't dance and like if they have good energy, and are just open to learning, like we'll teach you and then we'll have fun. And you don't need to know everything if you have like, positive attitude. But if you're going to go into that insecure place, it's almost better for you not to show up, because then you're gonna have a bad experience. Yeah. So I mean, I think that the importance of mindsets and not getting into the insecure place and just trying to be open, because even if you go and you don't dance, you just watch, you're going to learn something about the interaction between men and women by watching. You don't learn something about the human body by watching, you know, learn something about what women like, via watching. I think the biggest problem is just mindset and just feeling like you can't do something. And it's an opportunity to face fear and just try something new. And women are usually pretty if you're a like a nice person with good energy women will teach you. And that moment, you don't know what's gonna come out of that. I think they just adamant No, I'm not going to learn to dance. It's the problem. Yeah,



Scot McKay 38:07

if there's anything we've established here is, as a woman, you've returned to this show, and very, very effectively delivered the message to these guys that, hey, look, you need to acknowledge the importance of dance to most women, and how powerful a force of sensual connection between masculinity and femininity, it really is. And you know, you should go out there and give it a try, even if you don't like the dancing per se, because you don't particularly relate to that source of feminine energy as a man. And you don't really understand that whole idea of dancing like nobody's watching you at least like women and turning women on. And that is its own reward, of course. Hence, this whole idea of that metaphor to begin with, that's the dance of attraction. Because it really is men and women getting together. So I think you've done a great job explaining all of this. And I want to give guys a chance to purchase a very interesting book, you've written Gen called Love Letters to my soul, which involves the very, very fascinating study of something called twin flame activation. Not dancing, per se, but you know, you talk about dancing in your work quite a bit. And obviously very important to you, which is why we had you on the show to talk about it. And I want to point guys to a URL where they can get your book on Amazon and that's mountain top podcast.com front slash soul. So ul, let's do it that way. And guys, I will also put that at the top of the queue on my Amazon influencer storefront, so you can get Dr. Jenny's book, as well as books from all of our other guests when you're up for some new reading material. Meanwhile, thank you so much, Dr. Jennifer Rhodes for coming on the show for a third time. And it's been a fascinating

conversation and one that you know, we'd never had on this show before and when some ways I didn't expect which happens from time to time on this show. And I think it's a great thing. Shown guys are gonna love it. And we already know guys love you. So thank you once again for joining us today.



Jennifer Rhodes 40:04

Thank you for having me. It was so much fun.



Scot McKay 40:07

Yeah, it was wasn't it. And guys go to bounce top podcast.com is our sponsors origin in Maine which is Jocko willings company and get yourself a couple pairs of the greatest jeans I've ever worn and there are lots of men all across the fruited plain who agree with me on that. Also, the supplements from origin labs are absolutely the highest quality ones you will ever have in your entire life. They have a d3 spray, which is great for keeping COVID-19 away from your life. Plus, they have the best protein powder you have ever had in your entire life. Good stuff. Meanwhile, over at heroes soap.com By the way, both heroes soap and origin you can access directly from mountaintop podcast.com. And you'll want to use Mountain 10 as your coupon code whichever of our two sponsors you choose to work with. But when you go to hero soap nowadays, they now have new fragrances, new types of body wash, which of course I highly recommend some great new fragrances and scents to go along with that. They also now have pet wash. So hey, all of the healthy benefits all of the clean benefits from heroes so you can now pass on to man's best friend. And it's great stuff, no parabens, nothing that's going to hurt your pet your dog, your hamster, your cat I guess whatever. But I think most of us are probably dog people around here. And you can find out more by visiting heroes soap from the link over at mountaintop podcast. com. Last but not least, of course guys, I'm available to you to talk for 20 minutes free about where you are in your life what you got going on right now maybe we can set up a program to help you get from where you are right now to where you want to be with the women in your life. I know that man, we're already two months into 2021 the vaccines are out. We're going to be out socializing again and probably dancing with women again, before we know it at least hopefully I'm being optimistic on that front. So now's the time to get on my calendar talk to me guys, you can click the big red button in the corner, the top right hand corner that is mountaintop podcast.com and get on my schedule and we can talk you'll talk to me directly and we'll come up with a plan of action. And I'll tell you what, guys, I guarantee some results just from talking to me for 20 minutes I'll give you at least something actionable that you can use in your daily life that and a whole lot of other benefits are there for you at mountaintop podcast.com including

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