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## SPEAKERS

Edroy Odem, Preity Uupala, Scot McKay



Edroy Odem 00:04

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 00:17

How's it going? Gentlemen? Welcome again to get another episode of the world famous mountaintop podcast. My name is Scot McKay at Scot McKay on both Twitter and clubhouse real Scot McKay on Instagram, search Scot McKay on YouTube to find all the video content. The website as always his mouth top podcast calm. And the Facebook group is the mountaintop summit on Facebook. You guys know all that stuff. Some of you gotten on board. Some of you guys haven't yet I invite you to especially join us on clubhouse and the Facebook group where we're having a whole lot of fun with like minded guys like yourself, talking about women talking about being better men in general. It's good stuff. Join us, won't you today, I have a returning guest. And you guys absolutely raved about her when she was on the first time you guys loved her. She's been out galavanting doing all sorts of crazy stuff, and not so crazy stuff. Because she's kind of a worldly woman or Renaissance woman, if you will. And she had the great idea to talk to us about the topic of disor, which is how to have sexual conversations with women. And I have to tell you guys, it's not often you get a woman who's going to come along, not be offended, and talk frankly, about this particular topic. and dare I go ahead and spell it out.

give you guys some help in this area. So without anything further, my good friend preachy who Paula, who is part time India part time, Los Angeles, California a pretty Welcome back.



**Preity Uupala** 01:42

Howdy, Scott, thank you so much for having me back on the on your wonderful podcast on your show. It's such a pleasure to be back with you. And thank you for that beautiful introduction.



**Scot McKay** 01:53

Howdy. What are you an erstwhile Texan, and I never knew this. Howdy. You're about the first California I've ever gotten howdy buy. But I find it very charming just like the rest of you. And I'll tell you what, all kidding aside, it is pleasure to have you back. And we're going to talk today to these guys about how to talk about sex with women how to talk sexually with women. And you know what, I've got to tell you pretty I think these guys are either shaking in their boots. Yeah, there's that text and motif again, or they can't wait to hear this. And here's why I think that's how my audience might be split down the center with this. Guys, it seems pretty are either really, really scared to talk sexually with women, lest they be branded, some kind of creep, or some kind of predator, you know, the whole hashtag me to thing or they're just way too pushy. And the first line a woman is like, Hey, nice shoes like screw and women are like, and they walk away and guy is shrug turned to me and go see McKay, these women hate sex. They don't want to talk about that. And you and I were kind of laughing before we hit record on this particular show about how it's a lot like Goldilocks and the Three Bears. This one's too soft. This one's too hard. But wait, when women find one that's just right. And they kind of want to snuggle up to it. You know, the problem is they're just very few guys who understand that balance right there.



**Preity Uupala** 03:23

Yes, absolutely. What a great topic, very much the topic of the day today in the world that we live in. In today's current political and social climate. I think this is very important. And if we don't get this right, I think we may be staring down the barrel of uncertainty for the future of our planet. So it's important that men and women get together in a very organic fashion. And, you know, really honor and respect each other. And of course, sexuality, sensuality is very much a part of life and of the life and death cycle of life. So how did we get it so wrong? You know, we can blame the political climate maybe. But it is what it is. And I think we do I still have an opportunity to save humanity. It's a very important topic, I

am opening the Pandora's box. So I hope your wonderful audience will listen in and you know, take some tips and some nuggets of wisdom coming from a female perspective, because I think both men and women are not having these conversations. And I think there is a lot of miscommunication between the sexes or the genders. Men don't know what women want, and women don't know what men want. And it seems like neither is honoring the other with their basic needs these days. And they're both unfulfilled.



Scot McKay 04:52

Isn't that something? You and I were also laughing before we went official with this recording about how There could possibly be nearly 8 billion people on this planet, all products of sexual intercourse, when my goodness, talking to each other sexually, getting the ball rolling sexually just seems incredibly difficult. I mean, imagine if this were made easy for everybody how many billions of people we'd be overrun with write



Preity Uupala 05:19

it? Well, finally, I want to say we don't we already have a population over growth and an overpopulation problem at our hands right now, we probably don't want to exacerbate the situation. However, you know, at least from an Indian perspective, we can thank the Kama Sutra. And boy Was it easy. several decades ago, people didn't even do much talking. They just there was that natural connection, the chemistry was there and it was all sorted Wallah, we have 1.4 billion people now,



Scot McKay 05:51

someone from India, a woman told me years ago that for a country that invented the Kama Sutra, India itself is still incredibly repressed sexually as a society. Is that still true over there?



Preity Uupala 06:04

Absolutely not. And it's a shock that it was, I can understand an American person who never been to India, and it's read some article in some op ed somewhere saying that? No, absolutely not. It's, I mean, if you think that's repressive, go to the Middle East, or go to the other parts of the subcontinent where it's a crime, almost, you know, various expressions of sexuality and sensuality, and women are pretty much covered from head to toe. So India is incredibly open. And the Indian women, they are on fire, you know, they know who they are. They're hot, they're feisty, it's beautiful. However, I think what we also

have is a level of decency. And we have a lot of dignity, I would say that Indian women, particularly just the way that they carry themselves in the world, even in India, and also around the world, when where they move to, they just, there is such a thing as self respect of worth. There's a dignity there that I don't see, actually, in any other sort of cultures, you know, where, you know, it's really people that are just being a bit promiscuous. But we think, wow, you know, people are very sexy in this country. But, I mean, actually, what we call sexy is maybe somebody who is doesn't know where the boundary is, or, you know, they are countries where, now prostitution is kind of legal, those countries tend to be very popular among male tourists, we all know that, but doesn't mean that it's the it's the sexually enlightened place, it just means that prostitution is legal. So people can go there and get their needs met and not deal with not not be imprisoned for it. You know. So I think discernment about the these labels is important. But I can tell you, as an Indian who's been to 100 countries, it's incredibly sensual. And I mean, if you you've been to in the other color is sound, vibrancy dynamic. It's like, the life is very sexy there and everything is, you know, what is sex, it's life, you're alive. And people are very much in the present, you know, so that I don't even get that here in America. You know, I live in LA. And it's like, what are do people have a pulse here? I mean, what is going on? So I will be the ambassador for India as this incredibly erotic and central place. And I hope people get to experience that more.



Scot McKay 08:34

I think that's fantastic. And you've given us a couple of really good springboards from which we can jump off into this conversation. And the first one is, you mentioned dignity. And the other thing you mentioned is sensuality. And I think you juxtapose those two thoughts very well within the context of guys either wanting the fast food version of sex by either being sex tourists, or just treating women more like slots, or expecting women to be slutty, as opposed to being just gracefully sensual. And what I think that is done is cheapen the whole experience of being sexual together. So what if that is indeed the starting point of talking about how to find the balance between being too pushy or being too scared to even talk about it? Let's raise sexuality and the discussion there are between men and women, the flirting, the banter, that mental foreplay, let's raise it to an art form again, let's talk about instead of women being slutty and putting themselves on kado sexual display to be used or taken advantage of. What if we as men learn to really enjoy that process of warming up sexually, getting to know each other, cultivating that sexual mystery and celebrating the fact that some people are female, some people are male and we are meant to turn each other on And heighten each other. And yes, that takes time. But the process is so much better to enjoy than I think most men in particular give themselves credit for. And indeed, pretty. There are a lot of women who have given into that sluttiness, that if they can, okay, well, I'm kind of lonely, I don't really value myself

much anyway. Why don't I just put myself out there and see what kind of guy Oh, give me some attention. And it's really turned into a sad state of affairs. And in many ways, I don't think we should be surprised that it's turned so ugly in terms of what should have been an art of sexual communication. What do you think?



Preity Uupala 10:36

Great point, I have my Five golden rules of the art of sexual conversation or the art of intimacy, I should say, I didn't know there were rules in art. These are my rules. These are the three t rules. But the first rule is, this isn't a game. Don't treat it as a game. It's not about scoring. What I've noticed out there is that there are a lot of men who run workshops they speak, they have written books on this. And it seems to me that they are focusing on how to get a girl to respond to you, to like you, to go out with you. And the final step would be to get her interested in you sexually. Be very, very careful about this, because now you're playing a dangerous game. And there's a very thin line here. Because most men, I think, generally need help with confidence, social skills, it's a good man who sees a good woman, and he just wants to get to know her. And he doesn't know, how is she beyond his league, you know, he doesn't obviously want to be rejected, how does he approach her with confidence, that's fine. Now the flip side of this is trying to preach that you can now get any woman you want, and that this is a game. And your job is see how many numbers you can get, or how, how much you can score. And it seems like it's almost going to the territory of trying to fool or trick a girl into liking you. And when you do that, you're a con artist, and it never works out. And I'm happy that your podcast is is not one such venue that does something like this. But there's a hell of a lot of this kind of workshops going around. And believe me, there's a lot of men who sign up for it. I think they're being led the wrong way. Because if you do succeed, even, and you're, you know, scoring and getting action, it ain't real, you're being disingenuous, she will figure it out, she will know you're being that she's being used in betrayed. And there is such a thing as karma.



Scot McKay 12:50

Well, I think it's fascinating, you would bring that up, that brings to mind two, well traveled themes around here. First of all, the whole idea of building compliance, as long advertised in the old school, pickup artists community versus having women be willing, you know, because a lot of guys are trying to get women to comply with them. And that's, and that feels a lot like coercion to me. Whereas if she was willing to do this, if she was willing to be sexual, she actually likes you and wanted this man, everything would be so much easier. And of course, the second part is we talk about being men of character around here. And

that is inherently going to make women feel more comfortable with our presence. So why would someone try to force or coerce or push an agenda at all, knowing that they're just gonna come off like a sleazy salesperson, and the person is going to natively push back from that? I mean, that's just not really very effective in any walk of life, let alone when you're trying to help a woman feel safe and comfortable in your presence enough to to want to be sexual with you. Right?

P

Preity Uupala 14:05

It seems counterproductive, right? You ultimately when the woman trusts you, she opens her heart and she opens the rest of herself, as well to you, and in trying to, I guess, win her or to kind of get her to like you. You're not building that trust. In fact, you're actually, you know, eventually she will find out you're kind of setting up all the blocks, where it's all again, it's all a ploy. And people feel very disheartened. I think when they find out you know, I have a lot of female friends who say things like, geez, I thought he was the one he was such a nice guy, such a gentleman, and look what a hole he turned out to be. You know, the first impression was a good one. But then he started all his mind games and trick playing. And at the end of it, she doesn't trust him and now she's shutting herself off. Not just from him, but other potential good men?



Scot McKay 15:03

Well, indeed, you know, I think he threw a lot of guys for a loop pretty when you said, this is not a game, because every guy has read the book that's literally called the game. And we're told this is a game. And indeed, I tell these guys all the time that one of the great ways to make a woman really feel good about you sexually and be turned on is to bring out that playful nature in her. And women are indeed very playful. They want to be that way. And when we can coax out that fun and that feminine joy from them, it renders itself as playfulness. And yet, when guys say, hey, this isn't a game, that means we shouldn't be playing. But I don't think that's what you meant. I think you were talking about mind games and trickery. And yet another major theme around here is, look, when you go talk to a woman, instead of treating it like a competition, just treat it like a conversation. There's no winning, there's no losing, there's no acceptance, there's no rejection at first, because you're just talking. And yet guys want to turn it into this athletic spectacle of winning and losing. And it's just not. So you don't have to overpower or subdue your competitor here. What you're doing is the opposite. You're trying to connect with someone, a female human being, you know, I'm talking to the men out there. Of course, that's who's listening to this show, man, we're trying to connect with a female human being who's designed to be began to our Yin, she's designed to be in partnership to us. And I agree with you 1,000% desperate guys screw it up. So I can't wait to hear your

second roll. Because so far, you're right on the money.



**Preity Uupala 16:40**

Absolutely. There's nothing sexier than a woman who wants to unleash her erotic nature and her sensuality on you from her. You know, it's her choice, and she goes wild. And women are playful, we are adventurous, we are very sexual. And we love sex, contrary to what some people might tell you, it's just that we need to feel safe and secure. And then I think we really let our guard down. And then we, you know, show you what mind blowing, sex can feel like. But the point is, men constantly do things where they that moment never even arises and they keep getting, she just keeps shutting down, I think one after the other. These are all these games that sort of show up. Now, the second point here would be, be honest, don't exaggerate things about yourself or make things up. Because, guess what we will find out, and we will be very disappointed. I think most women would like to give a man especially one that they're, you know, kind of attracted to the benefit of the doubt, we want to hear you out. And, and you know, look, I can be in a bar, maybe just having a drink, waiting to go into a meeting. And when a guy by himself comes up, I know, he likes me, I can tell he is attractive. He wants to strike up a conversation. He wants my business card. He wants my number, whatever we know, you know, and I know it's everyone's being very politically correct here. But when he's approaching me, I know what he wants. And it's how he goes about getting that. So you know, I might I might play along and be very businesslike with him. But the subtext is understood. And we do have a good memory. And trust me, when you're being dishonest or you've made something up, we will know. And we don't always call you out on your BS. But we do know deep down, okay, the guy's bragging this and that. I do have to say, and I can't believe that this happens. But don't brag about how many women you've been with or, you know, you're such a stud that everyone likes you and nobody wants to hear that I'm sure men hate hearing a woman go on about her sexual adventures. You know, women also don't want to hear because they want to feel special. I thought I had to make that point. Definitely on the first date or first conversation, don't bring it up. I would say try not to bring it up period. It's not pretty, you know, make the person feel like they're the only person in the room and that you only want to get to know her and be closer to her not 10 other women if if you have the opportunity to even if that's secretly what you want inside. Don't tell it out. Don't say that out too loud. Because it just, you know, again, we emotionally shut down.



**Scot McKay 19:32**

So here's the first thing I have to say in response to that. Guys, you don't have to try to be someone you're not. Women are incredibly forgiving. In terms of you being authentically

who you are. I think a lot of us have been told we need to be billionaires and have a go five airplane or else you know all the rock stars and famous, you know, European footballers are going to take all the women who attends and leave nothing for us that couldn't be further from the truth. And you also mentioned this idea that women know that we're actually attracted to them when we go up and we talk to them. And I can't help but underscore that with the point that that's okay. It's alright. They're heterosexual female human beings, you're a heterosexual male, they know that you're sexually interested. I found out over the years that women really just want you to know what you're doing to know how to dance the dance. Don't just dive right into something sexual the way you wouldn't just dive into a 10 courses, coffee a meal, enjoy the process, enjoy the flirtation, ramp it up, dial it up a little bit until the time is right. It's not that we have to hide our sexual interest in a woman or pretend it's not there. I mean, the jig is already up just like you said. It's that when a man knows what he's doing, and he knows how to bring out that playful, bring out that feminine energy, the woman will, for lack of a better word surrender to it, because it was done right. It was masterfully presented. Now see, you said earlier something that ruffled a lot of men's feathers. I'm sure even the good guys listening to this show. You said, and I paraphrase women love sex. We're all horny. And I think a lot of guys have a very difficult time believing that women want sex because they don't see a whole lot of women wanting sex from them. And I'd be remiss if I didn't really highlight what you said about that importance of making women feel comfortable and like they're not a piece of meat and that they're not a conquest, that they're not a goal to be scored in a football match. They're a human being who has needs. And when someone comes and does a decent job, not even a perfect job, but a decent job of attempting to meet those female needs. Instead of thinking like a guy, you know, and you said, Men will try to impress women with all their sexual conquests. Gentlemen, that's thinking like a guy that's not reading the room correctly. Women are a different room to be read differently. And once you know how to make them feel safe and comfortable, bring out that playfulness. Bring out that feminine energy in them. Then they start getting horny, and then they'll start showing you how horny they are when you succeeded at turning them on and making them feel comfortable. Am I onto something here?

P

Preity Uupala 22:27

You're on the money baby. A woman naturally wants to succumb she oh my god she she wants to surrender to this incredible Adonis. You know, that's just gonna, you know, the knight in shining armor is gonna whisk her off. I mean, trust me, these are we read this in fairy tales that this handsome big, strong Prince is going to come and take all our worries away. We honestly and maybe fairy tales have to be blamed, because now we're actually waiting for this Prince dude, who never shows up. But in all seriousness, a good woman, a real woman loves nothing more than to just fall into the warm arms of this incredible man.

So it's, it's really in our nature to do so. It's just that there's so many jerks out there, that we have to have our wall up. Yeah, that's the thing. And so which, you know, I kind of I circle back to, you know, another rule, which is, it's not about you. It ain't about you. Make it about her. ask her questions. When you know, especially the first time you lay eyes on a lady that you like, just be human, ask questions and be genuinely curious about what she has to say. Listen, ask her about her life, interests, her passion, without sounding like a creep. I know it's hard, but be interested. Listen, the biggest turnoff is a guy who only talks about himself. I know in the movies, it may work, Fabio gets all the chicks. But in real life, it doesn't work like that.



Scot McKay 24:03

I'm not even sure it works in the movies. I mean, if you watch the chick flicks, it's always the charming guy. Not the douche guy who everybody wants to get the woman and who dies at the end. Come on.



Preity Uupala 24:15

True. But you know, you know where I'm going with this. So pop culture has taught us that women love the bad guy. You know, again, it's all comic stories, fairytale stuff, makes us have a very idealistic view of the real world out there. And even men have come to believe that they need to be this bobbio dude, and women are like, Where's Mr. Fabio? But honestly, women are looking for connection. And mind blowing sex comes with sincere connection. And you know, very, very few women actually think about sex like a man, which can be it's not always the case. But it can be because a man can be emotionally detached and To be intimate with someone and worse, I would say they can be intimate with someone they can even stand. Men have no issue with that. But women do, you know, inherently they do is very, very few women who would like just say, Okay, I don't like him constantly, but I'm gonna go ahead and be intimate anyway. And I'm really emotionally completely detached with this guy. That's very few women. And if you find one like that run, she's not she doesn't have the emotional capacity for empathy, compassion and nurturing, which I know all of you guys desire. So it's a kind of a double edged sword because you finally meet someone who you kind of think, oh, she's promiscuous, or is she is she'll go for it. But But be careful, because you might, you know, you might get your five seconds of whatever.



Scot McKay 25:51

Five seconds, huh? man that's taken to pump chump ness to an



Preity Uupala 25:56

extreme, but but she ain't gonna be there for the long run. And you're not gonna get that incredible, deep, fulfilling, beautiful, amazing relationship that I know, both men and women desire. So, you know, make it about her. And be careful. Be discerning. Just because it's easily available doesn't mean it's right for you.



Scot McKay 26:18

So that's like rule number three and a half. Watch out for the grudge sex opportunities. Yeah, gotcha. You know, what you're talking about in terms of being honest and talking about her is straight out of Dale Carnegie, this is not an original thought. But it's one that a lot of us need to hear. I've actually been in conferences speaking on the stage where I've said, I believe Dale Carnegie's *How to Win Friends and Influence People* is the greatest dating volume of all time. Because men of women really aren't separate foreign species from one another, you know, men are from Earth, and women are from Earth. And the more we realize we're more alike than not except for how masculine and feminine energy catalyze each other. I think the better we're going to get along. One of the things you kind of touched upon here is this idea of just being normal. Now, I think you scared a lot of guys, when you said women are looking for their tall knight in shining armor, prince charming guy. I don't know pretty, I don't think you were trying to tell guys, they needed to be extraordinarily exceptionally handsome to get a woman, they just kind of have to sweep a woman off of her feet, you know, proverbially, we have to be charming. We don't have to be devastatingly tall or handsome. We just have to do this, right. And then the next thing, you know, the woman starts feeling a certain way. And it's all about how you make a woman feel. And you know, by talking to her about her, instead of bragging and doing those things that don't really work well, in any social situation. Voila, the next thing you know, we're talking. And we're getting along. And you know, for me, the first concept of having a conversation that turns sexual is hey, you know what you like each other. I'm actually enjoying this conversation with this person. And as like I've always said, you really only need two factors. In order to make people want to get with each other sexually. First of all, they have to like each other, which you've alluded to. Second of all, the masculinity has to catalyze the femininity. If you have both of those things going on. You're turned on to each other. The rest really you just keep doing what you're doing without turning creepy or weird or non standard or violent or something. Don't fumble the football. You know, there's a game scoring analogy again, unfortunately, but you know what I mean? And you'll get there, you'll cross the finish line, you'll be good. Right?



Preity Uupala 28:30

Absolutely. You hit the nail on the head. Luckily for you guys. And this is a kind of a little unfair, men are visual creatures. Women are a we are very sensitive to what we hear how we are touched what we feel how the person behaves. So you know, even if you're not tall, dark and handsome, but you make her feel so special. You're a wonderful human being you make her laugh, you make her feel secure and safe. Guess what? She likes you and at the same time, you could be a Fabio was a jerk. And trust me at the end of the day, you ain't going to get far because trust me, nobody wants to put up with that. It's interesting. It all brings us back to you know, just be a good human being. But taking that to the next level, literally would be the golden rule number four, which is know her level, gauge where she's at, read the room, read the room. Different women have different levels of comfort, when it comes to talking about sexuality, and even being intimate. And the beautiful thing is she will direct you. If a woman wants you, you will know you don't have to do much guesswork. She will let you know that she's attracted. She will let you know that she's interested. Even on the first date. If she's ready to be intimate with you, you will know you know she will be very forthright about that much of the game. Playing I see going on is men trying to get something from a woman when a she's not ready yet to give it to them. And number two, she actually doesn't want to ever give it to them. But they keep trying to elicit this from her. And it's counterproductive, it becomes very obvious. And you really turn off the person, you're now you're just being an aggressive jerk.



Scot McKay 30:27

Okay, so here's something I have to add to that, coming from the perspective of the men listening. Women are often very subtle about this, they're not going to throw themselves at us, at least not typically. And what happens is, sometimes we either lack experience, or we lack the self confidence such that when these subtle signals are indeed being rendered, we don't trust what we're seeing. We don't believe what we're seeing. We think maybe she's just being nice, or she couldn't have possibly meant that. But my wife Emily has said this on the record. And I of course, agree with her that women do not send sexual signals by accident. If you think you saw sexual signal, women in general, way too protective of their own sexuality, these to be all the jerks and creeps out there to do that by accident, your eyes are not deceiving you. Would you go along with that?



Preity Uupala 31:16

Absolutely. You know, that is so true. And I think the answer or the antidote to this would be pay attention. Observe. Yes, I agree with you. Women are not everyone, but most of them. They are subtle to the point where guys get a little confused. They think they're getting mixed signals. But like you mentioned, if you see a girl telling you that she wants

something, she wants it, because she wouldn't just give you those false signals. It's not the female way, I think we know that if we give away the wrong signal to the wrong person. We could be attacked physically, mentally, emotionally, in every way. So yes, that's very true. But what I will say is yes, the antidote to that is just the more observant and trust me the signals I think will get louder. And I think this is for women out there, they should also not play with fire. I think some, it's a very small amount, they like to be a bit of a tease. It's fun, you get a bit of a power trip, to kind of have a guy go, you know, on his knees for you. And then just to feel sorry, next, you know, it's not nice. It's not kind. I think it's a bit harsh to do that to a guy and very few women do it. But I think 85% of women, I think don't do that, you know, they're not a tease.



Scot McKay 32:44

Okay, so a couple things here. First of all, you're telling guys to trust you, you're saying trust me a lot. I think a lot of guys need to trust themselves. Hey, guys, you know what, you were literally born to attract women. That's what men do. Give yourself a little credit for this going well for you when you're doing this correctly. way we're talking about here. Okay, that's the first thing. Second of all, I think you're touching upon why strip clubs can be so harmful. I'm not a fan of strip clubs. I personally never been to one, which a lot of people can't believe. But I really just think that going to a strip club is like giving your power away. As a guy. You know, we talk a lot about sexual trafficking and women who are sex workers being forced and coerced, I get that. Okay. But if your frame of reference with regard to female sexuality is a woman who is stripping, trying to have sexual power over you and throwing herself at her audience, even just for show, then it would be very easy to think, okay, those are the kind of signals I'm looking for in real life. But it's not it's just a show. The vast vast majority of women out there aren't teasing you by stripping before you they're on a completely different wavelength, which, you know, hint hint, is not that of a stripper. So I wanted to make that point. One thing I also want to say in response to everything, this is going to be kind of an overarching theme with regard to the four roles you presented thus far, and I can't wait here, the fifth one, by the way, so hopefully, this doesn't derail you much. But guys, it seems like if you talk in terms of sensuality instead of sexuality, talk about the surroundings, talk about how she makes you feel. Talk about fun, luxurious, interesting, even intimate thoughts that's going to Boomerang back to you as sexuality from women. So you want a prime example of a good plan for moving away from thinking like a guy and thinking that women process sexuality like a guy. There's a huge hint for you think in terms of bubble baths and champagne, and romance, doing things with a woman that men and women uniquely do together. You know, I've defined foretaste As any interaction between a man and a woman, that would feel really awkward between two heterosexual dudes well, romance is any activity uniquely shared between a man and a woman that two dudes who are heterosexual would never partake

in, you know, I'm not taking a long walk on the beach with my buddies. But if I go for a long walk on a beach with a woman, because the beach is there and avails itself to us, that would be a great way to get women in a mood to feel a little more frisky towards us. But most guys are too busy trying to move to the deed and score that goal, that they don't even miss these obvious opportunities to be a little more sensual to be a little more romantic. And even if they do pray to you, a lot of those guys don't trust it's gonna work. Like oh, that's a stupid, that's fluffy stuff. Yeah, it is. It's fluffy stuff. Women love fluffy stuff, you do the fluffy dance, you get to do the wild thing you don't. And you don't, it's probably pretty simple. And either you're going to play along, or you're going to not try to invent your own rules, pretend the rules that you know, for example, you're putting in place don't mean anything. And guys, you'll keep getting what you always got, which is a big, fat, nothing, you know.



Preity Uupala 36:07

And just to add to that, I guess the way to get around to all of that is gauging her level of openness. ask leading questions, you know, start innocent and subtle and see how open she is about certain other issues, and then even kind of in the issues to do with the heart and emotions and even relationships. And she will reveal to you where she's at. If she doesn't want to talk too much about it. If she's being very secretive, then don't push it. You know, there is she's just not ready to share that info about her just yet. Because if you do push it, then you know she you know, she's going to shut down completely. I would say as a general rule, not to bring up your ex.



Scot McKay 36:54

That's not a very sexual conversation



Preity Uupala 36:55

or your divorce or or any of that on the first date. Any bummer.



Scot McKay 37:00

Anything that's negative,



Preity Uupala 37:02

for sure. But you, buzzkill. You'd be surprised. First day two people first thing each other

talks about is, oh, I've been single for three years, I broke up five years ago, I just signed my divorce papers. I mean, this is like the least sexy thing it also



Scot McKay 37:17

exactly mental foreplay, is it?



Preity Uupala 37:19

No. And they're both saying we kind of failed at the our last endeavor. And this is let's have another go at it. And there is a time and place for that. I think it's important to be honest. You also don't want to, you know, be dishonest about things and then lead the person on and then they find out that things were a little a little messier than they appear to be timing cadence. Just get to know her as a person and a human being first first date, pay attention to her personality traits. And you'll actually know if there is genuine chemistry or not. And I have to say my fifth golden rule is a very, I would say not that relevant to the other four. It's kind of a little out there. But it is so important. And I can't believe that I have to say this. But guys, seriously, dick pics are a big No, no. Even if she says it's



Scot McKay 38:15

okay to send it to her.



Preity Uupala 38:17

So you may think it's cute, but it's not. So I will qualify. Great point. By the way. If we want to see a pic, we will ask for it. And you can oblige. If we don't ask for it. We don't want to see it. It's juvenile. It's what 15 year old boys do. The men don't press Send.



Scot McKay 38:39

Now here's the thing. Most guys who are okay with sending such pics are very proud of themselves physically, which theoretically should be a plus for us. Yet every time I've ever heard a story of a guy sending a dick pic when it was either unsolicited or she barely said okay to it or it just was frankly bad timing. It never ended well ever. And to your point when women first person asked me for a dick pic. It was kind of a turnoff. It felt kind of sweaty. So you know if I'm a guy I'm not gonna hold my breath waiting for women to request take pics for me. I mean, for goodness sake, you know, get on zoom get naked for

each other have her do a little striptease. Do that little dance work up to it don't just hit her with a dick pic. And better yet, why don't you warm up the sexuality in real life. So do sir in the best way possible. We got a whole show on that one. By the way, guys. It was very very heavily downloaded my buddy Jennifer Rhodes was the co host go look it up. It's like Episode 95 and figure out how to warm this up. Women are not microwaves, their crock pots, you got to warm them up a little mental foreplay. And I have to tell you pretty that was a very, very objective fifth rule. It was a narrowly focused very specific rule. So Guess what's left is to give these guys some functional practical examples, don't you think?



**Preity Uupala** 40:05

Yes. And remember, there are several ways that we can ask for a dick pic. It does happen. Some people are into it, that's totally okay. And when that subtle message comes across, we will be, we shall be expecting, you know, and you have to deliver. And I guess the same with sexting too. Not everyone's into it, very delicate, you could, especially when you just met someone, and you start going there, it can take people by surprise. And if they don't feel the same way, again, you'll come off in the wrong way. And you could have lost out on a beautiful friendship or business relationship, or even an actual relationship that never ever got started. Because you creped out the person too much?



**Scot McKay** 40:48

Well, the point that comes up there is, a lot of times when there's physical separation, like you know, you have someone who's a few states away, and you're flirting with them online, or you start texting with or you're on the phone with them late at night. That degree of separation creates a little perception of safety, where we can be sexual with each other and kind of play in the sandbox a little. Because, you know, either we're not really going to meet or there is no physical threat because we're really not in the same room with each other. No one's gonna get raped here. And so a lot of the really hot flirtation can start and women buy into it. And the next thing you know, you're sexting and talking about unbelievably horny things together. That's a real turnoff for everybody. The caveat I've got to throw down there is when you do actually physically meet, you're going to have to cash that check, or else you're going to be a wuss. Women are not going to flirt with you like that. If they don't plan on following through with it in real life, but you're still gonna have to take their hand and lead. That's been my experience. And again, sensuality boomeranging to you as sexuality. You call a woman late at night when she's all snuggled up in her bed and ask her what she's wearing. And she giggles it's so easy to turn that sexual and she'll have a great time and I wish you were here. What would you do to me if

you were here, all of that is big fun, because it's naughty, and it's playful. And naughtiness is one step away from horniness. If you find yourself with a woman doing something you probably shouldn't be doing. All right. She's gonna start feeling a little naughty, not may not be something you would get arrested for doing, etc, etc. But just, you know, you're out a little too late at night, etc, etc. You should have been home by now. The babysitter's calling and you're not answering that sort of thing is naughty. Okay? And that is a situation that's rife for turning into playful horniness, playfulness, naughtiness. sensuality are like the three legged stool of making women horny. And you know, you kind of surround the whole thing with we're in a safe place. We're in a sandbox where we can play together. So practical examples. Let's say you're out with a woman at dinner time. And you clearly like each other. She's batting her eyelashes at you guys. I've told you time and again, when a woman is acting feminine towards you. femininity and masculinity are the catalysts of sexual attraction. There's something going on there. She's not leaving, you still have her attention. She's acting feminine. And she starts talking. And you're not listening to her. And she goes, aren't you listening to me? And you say something like, No, I was distracted. She was distracted, distracted by what? While I was watching your lips move, but I wasn't listening to what was coming out of them. Because why would you be watching my lips? Oh, I don't think I know you well enough to give you that answer just yet. Keep talking. This time. I promise. I'll listen. And she'll giggle and she'll go. No. Now you've got to tell me Well, maybe it's because I want to kiss them. But like I said, Keep talking. So go Oh, no, you can't just drop that on the table. Now I got to know more about this kissing that's gonna take place. And then the next thing you know that flirtation is turning sexual. you've dialed up the flirtation, you're dancing that dance. The woman may have always known you wanted to kiss her. But now you're doing it right. You're making this fun. You're picking up her female energy. I've been on dates pretty where it got to the point where I said, Okay, this is a great conversation, but I have a much more important question asking, and she'll go, what's the question? Do you think you're woman enough to handle this question? If I ask it? She'll go, I think so. They say you sure you are? Yes, I When was the last time a man gave you the kind of multiple orgasms you know you deserve. And I'll look dead in the eye. And you can watch the little bubble of nitrogen copper spy. She either answers it in a way that would be favorable and a lot of fun for me to hear or she'll say something that kind of pushes back. Well, you know what? You're right. We don't know each other well enough for me to answer that question yet. But you can tell by the tone of her voice and by once again reading the room, that she's not running away, she just needs to be warmed up a little bit more. But guys will not stand in the gap. They'll pick up the stakes and run away at the first sign of being rebuffed. Like, I want to kiss this woman, I get us into a nice romantic situation, we square off with each other and I kiss her, she gives me the cheek and says, you know, I'm not ready for this. They take that as a no instead of a not yet. And as long as you're not pushy. As long as you don't lay hands on her and try to do something rapey, you'll come off more like a man by giving her that

room. And then you just keep bringing out the playful bringing up the fun helping her feel safe and comfortable. A lot of times what a woman needs to know is that it was our right for her to say now that you're okay with that. And then the next thing you know, five minutes later, she goes, you know about that kiss, I think I'm ready now. It's just almost predictable. But when you get into a situation where you're warming up that playfulness, and it feels a little bit naughty, and you're kind of playing keep away with phrasing, like I don't know, if I should tell you, I don't know if you can handle it. I don't know, if we know each other well enough, then she knows where this is heading and the tantalization is just way too much wait for it fun. And it's playful. And the next thing you know, woman saying I don't know why I'm doing this, you've had such an effect of her man. She's giggling and you're giving her those multiple orgasms that you referenced earlier in the evening. I know I make this sound really, really simple. Okay, simple. It is when you understand women, but it's not always easy. That's why pretty i'd coach guys on how to warm up women how to talk how to phrase things, what kind of motifs to use. Because once men master this, women are like, wow, this guy knows what he's doing. Even the sound of your voice, the timbre of your voice, the pitch of your voice, the resonance of it. All of that conspires together in the best way possible, when you're talking to women to get the right result. But it's examples like the ones I've just given that if I'm not mistaken, pretty kind of embody those rules. You were suggesting? No.



Preity Uupala 47:16

Yes, absolutely. And remember, work your way slowly up to that level, like you have to again, be observant, know, she's where she's at. And depending on what she's giving back to you. Then you you continue. When you started saying, you know you're going to look her dead center in her eyes and then ask her, when was the last time someone gave you those earthshattering? multiple orgasms are multiple orgasms, I should say,



Scot McKay 47:45

well, your words were better than mine. I like your version better.



Preity Uupala 47:48

Not Not everybody. I wasn't expecting that. And not it might take a lot of women by surprise. So it's, you know, I thought you were gonna say something a lot more mundane than that to



Scot McKay 47:58

the Oh, no, I had long pass got the mundane. By the time I got to that point. Let me be clear. When Dan was five minutes before,



Preity Uupala 48:05

yeah. And then, you know, again, it's all comes down to it. We don't know where she's at. And I have to say, yes, playfulness should be the absolute foundation of a good relationship. Have fun, you know, enjoy good humor, and be light about it. And when you're you're giggling you're laughing. You're you're sharing humor, you know that, you know, she's comfortable. She's relaxed. And I think patience really pays, you will know when to go for the kill.



Scot McKay 48:34

Going for the kill. After everything we've been through. You got to talk to guys about going for the kill. Come on Friday. I



Preity Uupala 48:39

don't know. But you know what I mean? You know what I mean? It's important Timing is everything should be impeccable. And the beautiful thing is, especially with women, I think they're very good at a wedding. You know, if you pay attention, and you listen, she's telling you, I'm warming up to you. I don't know yet. I'm not quite ready yet. And again, yes, rejection. Don't take it personally. Just because she's saying not yet. Doesn't mean, not ever.



Scot McKay 49:09

Another thing that I would add there that you just alluded to, that has to be said, is when you start slut shaming women, if you ever make them feel like they should be guilty, or feel bad or dirty. Well, dirty is an interesting term because it's fun to feel dirty sometimes. But that's all contextual. And the timing has everything to do with that. But what I'm meaning to say here is, if you make a woman feel shameful, over being sexual, she's gonna slam the door on you speak, it's gonna get turned off, Cold Shower right away. You've got to help a woman feel comfortable and celebrated for being sexual with you. So many guys talk themselves out of the bedroom, in situations that are turning sexual with women, because deep down they feel disdain for female sexuality. You know, it's the whole

Madonna whose complex thing, rearing its ugly head. So I think that's a very, very good point that you alluded to. That very much needed to be said. And guys, pepper your conversation with celebration for sexuality welcoming her sexuality instead of making her feel shameful for it. Last question before we wrap up, pretty a lot of guys really do believe women don't like sex, and that women are just waiting to club us over the head for even trying to be sexual that you know everything that we see in popular culture about women being sexy, it's all a big lie, sexist for men, men get lucky men score quote unquote, like you alluded to earlier, are women put out or women give it up? You know, even the terminologies we've talked about on this show before, is skewed in that direction. What would you say to guys who have seen with their own eyes a pattern that just really looks like women don't like sex. You already mentioned that. When men make women feel comfortable with sexuality, they see more sexuality in women. And perhaps it is as easy as men stopping thinking about themselves so much in their own wants and needs and being a little more generous and helping women feel more comfortable and welcomed. But I would also love to have some deeper thoughts from you about how guys can turn the corner and start seeing more sexuality and women maybe where they've not seen a whole lot before.

P

Preity Uupala 51:17

Yeah, how that's the million dollar question. And it's important to point out that I think media and pop culture and just society in general, I think has done all of us a huge disservice by some of the double standards that they've set up for us now. So you know, a man who's got a lot of flings and is, is just a player is known as just someone who's smooth, you know, and suave and good with the ladies, but a woman who is maybe sexually liberal, she is going out having fun. She's obviously seen as a promiscuous woman, and that's shunned upon, sadly, by women more than even by men. And you're right, you should not be punishing a woman for opening herself up to you by shaming her in any way. Because, you know, women have enough self doubt and issues of fear and shame, am I good enough, and so on, you know, we have to deal with enough. And the last thing we want is somebody that we've opened up to and be naked, in front of on every level, we don't want him to sort of shut the door on us. It's really traumatic, I think it takes it will take a woman a long time, I think to even heal herself sexually from that sort of stuff. So be mindful of that. I think, again, you know, society hasn't done a very good job at letting men know how sexual women really are. In fact, I would go as far as to say that we actually love it more than men. I think, for men, it's a physical lead. I think for women, it's an emotional want, I would say and I think it's all about semantics. I think for us, it could be intimacy, or this sexual bond sexual connection with for guys, it's just sex. But obviously, there's the beautiful thin line, the middle ground where you both need, I would say, you know, for men, be yourself be your beautiful, authentic, elevated self put

the right vibes out there. And I think be discerning, I think what's going on is men good men meeting the wrong women, which is only validating some of these myths that they hear about. And then that kind of makes them even more skeptical, to real love connection and a great sexuality. So be careful. Don't be impatient. Don't go there. Just because it's available, find something that is worth keeping. Find someone that you can't not be with, right. And she's going to open up like a flower. And, you know, you'll also realize, Wow, she loves sex. She loves intimacy. She's very sensual. She's comfortable in her own skin. She loves herself. She loves her own body and she loves your body too. It's a dance that you have to play. Don't rush into it. I think Only fools rush in, especially in this area. sexual chemistry is organic. It's either there or not. You cannot manufacture it and you cannot force it. It has to be effortless. So all I would say is be the most essential and erotic version of yourself and see what comes back at you.



Scot McKay 54:32

I think all that's very well said. And as much as guys bristle when they hear just be yourself. I think you've qualified it in kind of being vulnerable in the good way, the brave way. Be free to be heterosexual to be male, without pushing without feeling as if you have to impose yourself on a woman. I love what you said about meeting a woman halfway. Yeah, you got your needs. You're very visual. You're very horny for her. You want to get after it. But you also realize that her sexuality functions in a different way that's very complimentary to how yours functions as a man. And so if we respect that we give dignity to that, right? So cheapening it, we will be responded to by women. If you pardon my passive voice there, it was for a fact, we will be responded to by women with just a wealth of feminine gifts bestowed upon us that are sensual, sexual. I mean, she will screw our brains out, give us the best blow job we've ever had. make lots of noises, do lots of cute things, and then bake his cookies afterwards. Because we did this right. Because we cultivated the sensuality we made her feel like the queen of sex. Not like a sex object. We gave her dignity, we gave her respect, we honored her we loved her body, we appreciated every curve, we appreciated every nuance of her sexual personality. And women will just explode in sexual gratitude. Almost. Because all of a sudden, you're giving each other a gift instead of taking something or being taken by someone. So I loved what you said about that. And at this point, we've gone way too long prey to hoopla. What a great show. We love having you one. Everything you said is right on point. And I want to thank guys too, mountaintop podcast.com front slash experience where they will experience your website which is appropriately enough called the pre t experience. What will they find when they get there pretty.



Preity Uupala 56:36

Oh, thank you. By the way, I just wanted to add, I think asking for cookies at the end is asking for too much. So don't count on the cookies all the time.



Scot McKay 56:44

No, no, I didn't ask for any cookies just baked in the Verona court.



Preity Uupala 56:48

Not every woman bakes either. But well, maybe



Scot McKay 56:51

she'll make you some soup or she'll go makes you a martini. She'll do something nice for you clean your house. But it's amazing what women will do for you and gratitude of you taking care of them. Oh, but make no mistake. I didn't ask for any cookies. The cookies came. I'm on keto. For God's sake. The last thing I need is cookies. She baked them anyway cuz she adores me. Oh, yeah. That's Yeah, I'm not joking.



Preity Uupala 57:12

Wonderful. No, no, it's a beautiful thing. When people come together and they we understand human potential and the capacity of, of the human heart.



Scot McKay 57:22

Hold on. Okay, if he gives me the best blow job I've ever had, I'm washing and detailing her car and backing me out for I will show my appreciation to I will bake her my version of the proverbial cookies also. So this is not a gender specific thing. It is mutual respect, appreciation and gratitude. And sexuality is really only one component of it. But by all means, tell us what we're gonna see when we go to your website. I know it's



Preity Uupala 57:47

Yeah, I lost my train of thought there. And that never.



Scot McKay 57:51

That's the effect I have on women.



Preity Uupala 57:55

No, it's all it's all wonderful. You know, the human capacity to share and bestow love and receive love is is enormous. And we're just scratching the surface. So the pre t experience. It's the website for my online TV show, which is called the pre t experience. And there I have insightful, engaging, inspiring conversations with thought leaders and legends in the areas of politics, business, culture, spirituality, and sport, and cricket, and it will all kinds of sport. But if you're a cricket buff, you must check out the pretty experiences the go to place for updates in the international game of cricket. But there's so much more. And so please check it out. Engage with me ask me questions. There's articles, all my media engagements and global outlets around the world TV, radio, podcasts and so on all my pieces and so much more and just getting started with the content. But I just love hearing from usually it's it's women as well as men, but in this instance, I'd love to hear from men out there your views Do you agree? Do you disagree? Your experiences and so on? I think that would be an amazing interaction.



Scot McKay 59:13

I got 5050 odds ready? Some smartass who listen to this show is gonna write you because you just asked for questions from the audience going so pretty. What was the last time a man gave you the kind of orgasms you know? 5050 odds?



Preity Uupala 59:27

The answer to that is Honey, I don't kiss until and a good woman will not kiss Intel. Like I said Indian women. They're dignified. They're decent. We don't kiss Intel. Hello.



Scot McKay 59:39

Why do you say smartass? What I meant to say was dumb ass. Yes. After all, under such circumstances, said dumb ass will have fallen far short of earning the answer he was looking for fair enough. The pretty experience is a great website mountain. Top podcast.com front slash experience and you will see all things pretty and pretty is one of them. And I have also set up at mountaintop podcast calm some show notes. You can see what it looks like you will not be disappointed if you follow her on Twitter you'll see lots of

pictures of what pretty looks like and lots of talk about cricket. I enjoy following pretty on Twitter. She's a lot of fun. Pretty simple. Thank you for returning to our show what a great conversation and it took some turns I think guys were not expecting but that happens all the time around here and this was certainly no exception. Thank you so much for joining us. We hope you come back.



Preity Uupala 1:00:34

Thank you for having me, Scott. Wonderful to be on your show again. Amazing to connect with you Namaste everyone and hope to be back soon.



Scot McKay 1:00:43

Well we very much appreciate having you on here and our audience loves you as well. Guys if you have not visited mountaintop podcast calm lately, sign up to talk to me for free for 25 minutes about where you are right now where do you want to be the button is at the top right hand corner it's big and red. If you're looking up mountain top podcast on a mobile device, that red button will be front and center at the top of the page 25 minutes or possibly even longer is yours for free. The first time you talk to me you'll find out exactly who you expect me to be I'm a normal guy. And if you want to get better at talking to women in general talking to them about sex if you've had a dry spell in your life where really you're not inspiring women sexually. Hey, I hope you're inspired by this show and that you'll call me and we'll put a plan of action in place to get you from point A to point B and while you're at Mountain Top podcast.com please be sure to sign up for our newsletter comes at you every day fluff free gentlemen all good advice all the time on how to get better with women how to be a better man etc etc. You can also visit our sponsors both heroes soap and our good friends at origin in Maine both of those sponsors support this show very well and they will support you in your efforts to be more manly, be dressed better smell better be cleaner be healthier all that good stuff. mountaintop podcast calm front slash origin and or mountaintop podcast calm front slash heroes soap use Mountain 10 is a coupon code and you'll take 10% off your order with either of our find sponsors 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.



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