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SPEAKERS

Edroy Odem, Helena Nista, Scot McKay



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, your host Scot McKay.



Scot McKay 00:18

Greetings, gentlemen, welcome to yet another episode of The World Famous mountaintop podcast. My name is Scot McKay at Scot McKay on both clubhouse and on Twitter real Scot McKay on Instagram. The YouTube goodies can be found by searching my name SEO T with one T. That's very important. Otherwise, you're going to get someone else SEO TMC KY on YouTube, and the website is mountaintop podcast, calm up, you'll visit. Got some new things up there for you. And gentlemen, if you haven't yet, joined our thriving Facebook group, you can find that at the mountain top summit on Facebook. Alright guys, here we go. Third time on the show hope it's a charm. As a matter of fact, the fourth time on the show is going to be the week following this show for our returning guests. None other than Alina Nisa from Down Under in Australia. And you guys just love her. It's always a treat to have her on. Hello, how's it going?



Helena Nista 01:08

I'm really, really good. It's such a joy to be here to be back.



Scot McKay 01:11

Yeah, you know what the guys love about you, I get this feedback about you and your work all the time. Not only



Helena Nista 01:16

are we



Scot McKay 01:18

well, you'll like it. It's all good. Not only are you undefendable. I mean, we can ask you any question about just about any area of human sexuality. You're very feminine, you're very personable and very likeable as you give very knowledgeable answers. You wrap all that up into a podcast episode, and it's always high quality content. So I'm really happy you're here and excited to see where this conversation goes. Because it all started when you This is all your fault. Okay. You posted a video, you posted this video on YouTube, with the very infamous title of big dick energy versus small dick energy. And I watched it. And it was amazing. And I knew right then and there, I had to have you on to talk about it. So I indeed watched your video on this. And guys, I'll link you to the video in the show notes. And it seems like you're talking rather figuratively about this topic. So tell us a little bit about how you define this big dick energy versus small dick energy. First of all,



Helena Nista 02:27

sure. Big big energy is an energy thing as a title indicates, it's not actually about having a sizeable percentage or not. So sizable one, in nothing to do with that. It basically describes a man who walks around is kind of knowing that he is a great lover, that he knows how to satisfies it, how to satisfy a lady. The name came from there from the fact that, you know, a man who would typically have a sizable sausage, would walk around with that kind of deeper, deep sense of self acceptance and self confidence and self reassurance that he's got. The nature gifted him in a way that he can be a gift to women. Now, the truth is, it's not actually about the size, it is purely the energy. So it is big energy is an energy of a guy who has that kind of deep knowing of himself. He is peaceful, he's grounded, he's not arrogant. It's not a being about being arrogant. He knows his value, and he knows that he brings value with him to to a woman.



Scot McKay 03:39

All right, so now you basically just presented to kind of contradictory ideas there, Elena. So we're gonna need to drill down on this No pun intended. Um, you said it has nothing to do with the size of a man's appendage. Yet this is how a man may act when he does have such a sizable appendage. Exactly. reconcile those two points?



Helena Nista 04:02

Well, first of all, because the size is relative. So a man can feel like he is well endowed, when he is actually smaller than a different guy who hasn't got any big energy because he just doesn't believe in himself or has got other sort of issues that hold him back from having that kind of confidence. And that kind of peaceful energy. So that's, so first of all, it's a relative thing. Some guys are bigger than others. Some guys would rather be small Cox have actually a lot of BD, and others who have a big one. Don't have any. So in that way, it can. It can maybe sound contradictory in that way. But that's why that's why I want to make this very, very, very clear

that it's not about the size. It's not like you have a maybe below average cock and hence you're not able to have a big energy. You absolutely can even women can walk around with a big energy, it is purely about deciding in yourself or recognizing in yourself that you have value that you are worthy of respect of other people that you bring value with you, that you can you make your partner very, very happy in the bedroom and outside the bedroom. And hence it's more about your awareness and deeper knowing of self plus a decision whether you're going to adopt a big energy or not.



Scot McKay 05:27

Now before we dive into the main point there, which is obviously more important, as a bit of an aside, I've never heard anyone describe a woman as having big dick energy and how to be a compliment. At least not here in the United States. It's kind of like she's sort of a bull in a china shop and has a lot of masculine energy, and it's kind of a bush and people kind of don't look highly upon her. It's almost as if he's trying to be a man, instead of being a woman who's empowered and smart, intelligent in her own way. But anyway, like I said, that was an aside. So if I understand you correctly, based on the question I just asked you Halina, it's really kind of a two part answer, there's kind of two sides of this coin. First of all, you know, it does have a lot to do with a guy's perception of his ability to be a satisfactory individual. And as Freudian as it sounds, a lot of that may have to do with some latent or even blatant sexual feeling of we can satisfy a woman or not, because, you know, sexuality is kind of core to our purpose. And a lot of guys do derive a lot of their self esteem or even know their ego about it. And of course, we talked about ego recently on this show. But one thing you said that kind of came out of left field, and I wasn't really ready for it was this idea that a lot of it has to do with how men perceive their own penis size. And this is a huge issue for guys. Some guys are either average to slightly large and think they're just tiny or other guys may think, hey, you know what, man, I'm packing something really awesome here, when really, they're just average best. I think most men would fall on the former end of the spectrum instead of the latter. But it really is interesting, nonetheless, how men often wrap so much of their self esteem up in their ability to sexually satisfy a woman. Right?



Helena Nista 07:15

Exactly. And you really hit the nail on the head here with That's right. Fine, that's okay. That's absolutely fine with me.



Scot McKay 07:28

And you're such a good sport, right? Yeah. I didn't need to break your concentration, Allah Samuel Jackson. So completely go ahead. For sure. Okay.



Helena Nista 07:38

No problem. So this is actually why I made a video not so long, long ago, about an average or standard penis size, because so many men are confused about this. So many men watch porn that shows a gentleman with particularly large penises. And that's on purpose. That's, that's

because the porn stars are typically chosen for they are larger than average size. But if that's all you see, if you don't really compare yourself to your friends at work, which is we know that



Scot McKay 08:09

which we know.



Helena Nista 08:12

Especially so yeah, so that's why that's why so many men think that they are below average, and that they are small, and hence their confidence suffers. So even if they are perfectly average, which huge majority of men out there are absolutely in that average average size category, which is plenty satisfying to women. And then that then leads these mental thinking they are below average, they are too small, they won't be able to satisfy a lady and hence they do not sport BDE regardless of their actual size and abilities, and that's why it is more in the head than in the past.



Scot McKay 08:46

Got it. Now. You're expecting me to say no pun intended again, weren't you? But I didn't. I bypass it completely. There are only several unintended puns, allowable per episode we got next week, there are more to come there will save it all up for that. Alright. So, you know, just as a quick message to these guys out there, if you're watching porn and thinking yourself, hey, you know what, I'm not doing really all that badly down under. After all, you're probably doing a lot better than you think. If you watch porn and aren't getting an inferiority complex, correct? Exactly. Correct. So next question. All right. Big Dick. Energy is composed of what elements? I mean, you've mentioned a few of them kind of offhand, but I really want to clarify this. And then after you tell us what big dick energy looks like, how about we talk about what small dick energy looks like by comparison and what the components of that might be?



Helena Nista 09:42

Exactly. So I really see sort of two main components which the first one is that kind of peaceful, deep inner knowing that I am absolutely fine. There's nothing wrong with me I bring value I deserve respect I am a value brought and aware of the human being. And the other part of that is the sexual confidence, the fact that I can satisfy my woman, I know what to do in the bedroom, I am my size is enough to satisfy a lady. And hence, you know, regardless of the actual size, and so I am a I am I good love it. So these two sort of parts play play into this.



Scot McKay 10:22

So the words I would use to describe the elements you just described would include swagger, okay, confidence that really enables us to inspire confidence in other people. In other words, not only do we have a sense of our own competence, but other people pick up on that. And perhaps we're a little bit better a leader because of it, or a lot bit. There's a quiet confidence to

this big dick energy. I'm not trying to prove anything to you. I'm not trying to show off. I'm not saying hey, look at me. I'm convinced that my actions will speak more broadly and loudly and definitively than any of my words, or any of my flailing of my arms are sounding of sirens to try to get attention. Absolutely. There's also this element that you're describing that, to me sounds a lot like being over oneself. I know I'm impressive. I don't have anything to prove to you. If you don't like me, okay, you have that prerogative, I'm not going to get all butthurt I'm undefendable basically, so this quiet, masculine resolve that I am competent, I know what I'm doing. I have the ability to freakin make something happen and come through in the clutch and succeed together conspire to give this big dick energy but again, it's not arrogant. It's not like I drive a four by four pickup truck with 38 inch, you know, tires and a lift kit. And you know, the balls hanging from the bumper, you know, like Kenny powers. I don't have to do those things. There's no need to prove anything to anybody else.

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Helena Nista 12:00

Right, exactly. It's not about being a dick. It's not about you know, exactly, trying to and pushing, improving, you know, you know, inside of yourself, that you're absolutely fine. And that sort of radiates from you.



Scot McKay 12:15

Okay, so what does small dick energy look like, by comparison,

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Helena Nista 12:18

is basically a lack of a big energy. Where a man is uncertain of himself, when he kinda has that kind of constructed small energy, it can almost feel like Don't look at me, I'm not that great. I am, you know, these, these men can apologize a lot for themselves, you know, explain themselves a lot, and to make up for their perceived, maybe flaws. And so, yeah, they don't, they don't radiate a sense of self acceptance and self love.



Scot McKay 12:52

Okay, I think that's fair enough, you're kind of saying these Shy Guys who are sort of shrinking violets and wallflowers and, and, boy, those are two terms we generally use for women, right? They don't embrace their masculine energy, thereby. Exactly. That's kind of what they're talking about.

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Helena Nista 13:07

Yeah, and they really want others, maybe they want others to reassure them. And that's why they are the way they are, they are, you know, apologizing and explaining, etc. And the sad thing is that there's a lot of guys out there like that, who, for whatever reasons, feel like there's something missing in them. And then they they are not as good as the other guy that they see, you know, around somewhere. So a lot of people lack self love and self acceptance. And this is

particularly strongly seen when you compare this kind of BDE energy versus lack of the the that's why when somebody comes across, and they have BDE, it almost shocks us into into paying attention because it feels charismatic, because so many people walk around without it. Whereas they could perfectly fine, cultivate and develop it in themselves.



Scot McKay 13:59

A lot of acronyms for this BD E, S, D, big D, energy. That's just beautiful. I'm glad you mentioned those other elements, because those are kind of along the lines was the first thoughts that I wrote down in preparation for the show. A guy with small dick energy is generally someone who's insecure. And that may manifest itself not necessarily with just fading off into the distance and not saying anything. But sometimes the opposite maybe of trying too hard to impress other people, being an approval seeker, losing your cool and kind of acting like an immature, petulant child, when someone doesn't approve of you or when someone picks on you. Kind of like the kid who just explodes into an angry frenzy whenever he's bullied or picked on at school and therefore that just increases the amount of bullying that's destined to happen to this person. That would be small dick energy, being butthurt being easily offended and you disrespected me. This is when other men will look Get that guy go, man, this guy's got the small dick energy thing working. And along with that, I would say it's amazing how, how it's usually men who judge other men in this regard, isn't it? Yeah, this is the kind of phraseology that men use many times to insult other men. Like, you know, dude, you got small Duke Energy or, you know, they'll whisper to each other. You know, this guy's got a small deck. When they're acting this way, you know what I mean?



Helena Nista 15:28

Yeah, exactly. Exactly. Not very nice, kind of compassionate.



Scot McKay 15:32

It's either an outward expression of an internal sense of inadequacy, or an outward expression of an internal sense of inadequacy.



Helena Nista 15:42

That's right. Awesome. That's right. And what bugs me about this is that so many people, so many of my clients and other people that come to me or send me questions, they just feel like, I just don't have this. So I can't have it in like, I can't develop it. Because this is just who I am. A lot of people write to me, or whenever I work with clients, that issue comes up as well. A lot of people say that they just don't have it, it's just not who they are. So they cannot create it, it's just not going to happen for them. And what I really don't like about this is that this is absolutely false. Your personality, who you are, is just a set of habits, you've been repeating habits of thought habits, habits of behavior, habits of feelings, and emotions. This is who we are, this is what our personalities are, we can shape DOS, we can cultivate qualities that we want to see in ourselves or that we appreciate and admire in others, we absolutely can become sort of more a fuller expression of who we truly want to be. And so this idea that this is not who

I am, so I could never be this, I could never have a big energy because I just this is not who I am, is absolutely false. And particularly if you feel frustrated, in yourself, or you know, because if you don't have PDA, and you're perfectly happy with your life, there's nothing, you know, nothing you need to do. It's not like everybody needs to have a have a BD to absolutely don't. But if you feel like you don't have it, and hence you feel frustrated with yourself, or your life isn't as fulfilling as you would like it to be, or your romantic life isn't quite where you want it to be. And you feel like having a BD would help. But unfortunately, you have it. So tough luck. No, I want to say I want to say to you now you can actually cultivate it, anybody can cultivate it and create it in themselves.



Scot McKay 17:30

How would you describe the relationship between big dick energy and small dick energy compared to what is commonly known as short man syndrome, or Napoleon Complex? Because that's something a lot of guys who feel they're shorter than average suffer from. And yet, there's also a deal where when guys are rather tall, that can contribute to their swagger in a number of ways also, now, kind of to load the question up front for you. I think there are some key differences. But I would love to hear your thought on this.



Helena Nista 18:08

There's definitely definitely sort of similarities between them. But I feel like the height is more in your face. So it almost IT guy who is who isn't very tall will almost try to like overcompensate with his other qualities. And I had an experience with somebody like that Not so long ago, when he, to be honest, just gave me a huge headache. Because he was trying to overcompensate for his lack of height, by being really full on energetically by talking nonstop by telling me all of his stories, bragging about all of these different aspects of his life. And to be honest, I didn't have a problem with his height at all. I just found his personality so full on and he's attempt to convince me how great he was. I'm assuming because he felt that I might concentrate too much on his height. And so the whole experience was absolutely not what I wanted it to be or what he wanted it to be. Because it was just way too tiring. And way too full on way my face way too in my face. I don't see like a guy with a small dick energy would probably be as full on because he's insecurity is not so much in your face. So that would be probably the main difference. But yeah, I haven't really thought about this before. I'm curious what you have in mind.



Scot McKay 19:38

Well, I'm not a very tall guy myself. I'm not a very tall guy myself. So I've been on this journey personally in life. You said something that I think is extremely key. And any guy who's listening who has either average height or shorter than average and feels kind of insecure or uptight about it. I hope they heard what you just said because you spoke For a lot of women, maybe not all but a lot when you said it, it wasn't so much the guy's height that bother you. It was how he felt about his height that was so bothersome. Exactly. So if the guy could get over not being so tall himself, then it's far more likely, women won't see it as a problem either. I've been telling these guys this for years, and some guys just won't believe it, they'll go find peer reviewed studies, even they say, oh, height is the number one thing women look for when

they're looking for a guy. And yet in the real world, you can take your peer reviewed, study and shove it because it just hasn't been true after I saw the light here and realize that if I act like a masculine big for men, women are going to be okay with that and be attracted to it. And you know, I've been asked in interviews before, do you think you'd be better with women if you were six foot six foot two? And the answer is I have no idea because I never have been. And I've never really given it much thought. So I've never had time really to lament that last level of expertise had I've been taller, you know what I mean? Exactly. Now, after all these years of coaching, I've also encountered men who are very tall. And surprisingly, to some shorter guys, they are either self conscious of their height, because they feel like they're too tall, and they have to kind of crouch down to be on the same level as everybody else. So they don't stick out in public. Or perhaps contrary to that. They go through life with tall guy syndrome, which is, hey, I'm going to get what I want by manhandling everybody, intimidating them lacking self awareness. So I'm elbowing normal height people at parties and stuff like that, and really not giving a rat's ass about it, because hey, I'm the tall guy deal with it. And yet, I've noticed that when guys who are you know, six to 636465 Kind of get this real true big dick energy of being over themselves. They take everybody as they come, they respect everybody, and they become just more likeable people. So you can actually have tall guy syndrome and small dick energy at the same time, which is perhaps ironic. And yet, maybe perhaps the non ironic part of this, ergo, the expected part is usually when guys have that Napoleon Complex, who are a little on the short side, they're also coming off as having small dick energy, which is unfortunate. Yet when a guy can have big dick energy as a small man, or you know, at least an undersized guy. It's amazing how people forget he's short. And the examples are bound, you know, in both celebrity and politics. I mean, Ross Perot ran for president did quite well, and was a multimillionaire, and he was only about five, four. So there are lots of examples of guys who have big dick energy, even though, you know, they're not very tall guys, they got over the short man syndrome or never suffered from it at all. So a lot of this is about stopping the act of being our own worst enemy, and embracing the kind of guy who's really going to be more attractive, you know,

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Helena Nista 23:07

exactly. That is such an excellent point. It is really what life is what we make it. And the way that other people will perceive us is mainly through our own lens. Because how we feel about ourselves radiate others, you know, to others through our actions, our words, our the way that we hold our bodies, the way that we speak about ourselves, and the way that we express ourselves or show it shy away from expressing ourselves. And so most of the society, most of the people that we speak to, don't have enough awareness to really see what's behind those action to actions and words to really see who you are as a human being. And they will just take your own actions and words and the way you hold yourself as a man, as this is who he is. And the truth is, these are your perceptions that you have created about yourself, regardless of how valid or true they are, and that you are now showing or giving others as your personality as who you are as a person. And it is actually not that hard to change any of the aspects of yourself that you're not happy with, or that you feel like aren't really true to your fullest expression of your humanity or masculinity etc.



Scot McKay 24:23

Well, I want to hear more about that. But before we do, I want to go ahead and make another point. That is, again, kind of a minor aside. I think sometimes the trappings we surround

ourselves with in life can either contribute to the sense of people finding us to have big dick energy or small dick energy. And I think sometimes it's very confusing to figure out what those are and what those aren't. For example, I grew up on the east coast in the United States during the 80s when there weren't a whole lot of full size pickup trucks on the road unless there was a need for one in a person's life. And whenever a small guy drove A full size pickup truck. He was laughed at for having small dick energy or, or overcompensating, which is a word you use. And yet now that I live here in Texas, I live in suburbia, and there's a full size pickup truck in every driveway, regardless of the dude's height who lives there. So I think how this manifests itself in terms of how you look and how you're perceived has sort of a societal element to it as well, that we need to have some self awareness about, right?

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Helena Nista 25:26

Yeah, absolutely. Yeah, exactly. And it can, you know, it can what might be needed as maybe to see a therapist, or a counselor or a coach, or somebody who can help you see you from like, with other people's eyes, because that can be the trickiest thing of all to actually recognize where you might be cutting yourself short, when it comes to your personality and your your self expression. We don't see ourselves the way that other people see us or that, you know, we might not see where we are insecure, or anxious, etc. So that's where somebody else's help can be really helpful here, or somebody else's insight. But once we know, or once we start to recognize, oh, I act this way, or I kind of shrink around certain people, or I never speak up for myself in this kind of situations, you know, why am I not more assertive in times that call for it, etc, that's when we can start working on it, that's when we can start turning that around. But you need to have the awareness first. Without it, you won't be able to shift anything.



Scot McKay 26:28

I think we know when we lack that kind of assertive power and confidence as a man, but whether we feel like we want to do anything about it has a lot to do with our confidence to be more courageous to do something about it. So it's kind of like, you know, if I'm going to do something about it, I know what I got to do. But it's simple, but not easy. It's easier said than done to take the first couple steps. So what I might recommend to men as they start off with small baby steps is it more be a little more assertive in places where it can be a little safer to be assertive, like when correcting an order that you made, while ordering a sandwich or something like that, instead of standing up to this guy who is a big bully. And that feeling like it would be a little bit more difficult for you to do right now. Or just having a conversation with a woman without a fear that she's gonna reject you for whatever reason, for no good reason. And just see how those go. And maybe you'll build your confidence and your big dick energy and your swagger reservoir to have the confidence to start asking for phone numbers and take women out on dates with great expectations instead of negative ones, right?

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Helena Nista 27:37

Yeah, absolutely. That's yeah, that's a great way to start those kinds of pressure, smaller stakes situations that will can lead to more courage and more ability to Yeah, to be more assertive.



Scot McKay 27:48

So there's an elephant in the room here Halina, penis size has to matter in life, or else there wouldn't be this polarization of energy, depending on it. I mean, you've very graciously said that, hey, you know, if you don't have the largest dependence in the world, you can still satisfy a woman. But, you know, the whole idea of having a big large penis is so ingrained in our culture, that guys will spend 1000s of dollars in hopes that they can just get a half inch or an inch more in size or girth. And it almost seems to me almost no, I'm not ready to make a definitive call on this right now in public on this podcast, because frankly, I've seen evidence to the contrary. But it seems almost as if penis size is more important to us as men than it is to the women we're trying to satisfy. Which at baseline means it is still important, even if it is important, mostly to us. So without perhaps denigrating the guys who have smaller than average penises and saying, you know, women really are addicted to big penises and become almost drunk sexually with a guy who has a large penis. Is it that the larger penis is making the man more sexually confidence, and therefore he's the better lover because it's in his brain, not in the woman's perception. Yeah,



Helena Nista 29:07

yeah, absolutely. This whole idea that a great car is something that every single woman would want and desire. And that would just be enough to make her life a paradise. That is a very, very faulty idea. That's absolutely incorrect. First of all, we all have different needs and desires when it comes to sex. Some women have very sort of short vaginal canals and for such women, a big cock is actually can be a nightmare. Because it can be painful or tricky to accommodate him.



Scot McKay 29:41

You can be too big as a man, can't you?




Helena Nista 29:43


Absolutely. Absolutely. Exactly. At the same time, there is a percentage of women have that have a fairly long budget or canals. They those women want a bigger guy. But that's not all the women that's not every single woman out there. And so equating the big qog are with absolute female sexual satisfaction is incorrect. You know, because that's not even what women most desire or what is most satisfying to women. It's not about penetration. Penetration is a big part of it. But what really does it for majority of women is the clitoris plus, you know, beautiful full body stimulation and you know, touching different parts of the body. But you know, if you really want her to be orgasmic like crazy in your in your arms, you need to pay a lot of attention to a clitoris. Instead of pounding hair, like a porn star,





Scot McKay 30:35


I think you could have reasonably just simplified that thought to paying more attention to her period, because that's what most guys fail right there. As soon as you start paying attention to a woman sexual pleasure, you're going to be a great lover no matter what.

 Helena Nista 30:50
Exactly. Absolutely.

 Scot McKay 30:53
Here's a weird, objective sex question that I don't think I've ever heard asked anywhere else. And I'm on the edge of my seat, waiting for your answer. Would women who are small down there and some women do have what guys would typically call a coin slot pussy right? Would women who are small down there likely have had small penises were they born men? And the reason I ask is look at the societal focus on small vaginas, you know, tight vaginal canals for women that turned men on versus the idea of a large penis penetrating? Where it seems like it's gotta be genetic, whether you're small down there or large down there. So all these women with the desirable female parts, if they have brothers, are those guys? Probably a little smaller than average. I think that's an interesting question.

 Helena Nista 31:48
Yeah, but I don't feel like there is a correlation there because it is not just about the genes. It's not just genetic, there's so many things that will make Poussey small and tight. And one of them you know, it's actually muscle tension. You know, if she's quite tense, you know, if maybe there can be trauma in her past that you know, holds those muscles kind of more contracted. Look, when we talk about a typo see, basically, especially in a sexual scenario, it's a procedure that is engorged when a man is penetrating a woman. And you know, that's, that's the healthy situation, when he's penetrating hair. And he feels that he's she's just so tight. And there is such so much friction and so much pleasure and happening there. It is, because she's engorged, meaning she's having a female erection, her pussy, there's a lot of erectile tissue there. And while she's aroused, a lot of blood rushes in there. And so the different parts will become sort of swollen, and an anguish because of that, and this will give her pussy, this feeling of being tight. Yeah, and small,

 Scot McKay 32:59
or some women have physically smaller Volvos than others. And it seems like many times guys find that particularly attractive. I mean, it's a subjective thing for guys. It's a matter of case, but I'm just saying,

 Helena Nista 33:10
Yeah, exactly. So we are all different opposites are different, vaginas are different. The reason why I also also mentioned that unhealthy situation where there's a lot of tension in her pussy, he is because that also can feel for him. Like it's nice because she feels tight. But for her, that is not going to be a great situation, because there's just a lot of tension being held in her pussy. And that can be caused by mainly past trauma, where the body where she's basically

penetrated in an uncomfortable or painful way. And over time, those muscles just start to contract to, I guess, protect her from, from the discomfort of penetration. So she's not going to rehab I have a great time during sex.



Scot McKay 33:54

I think that's a valid point. And I appreciate you making that. We're about to the end of our time here. So just a couple quick thoughts. First of all, gentlemen, the size of your penis doesn't have much to do with how tall or how short you are. It's a lot like women in breasts. Women who are rather petite can have large boobies, it can happen. A lot of times women might be surprised when they get naked with a guy who isn't so tall because he's actually rather well endowed down there. And sometimes the opposite is true as well. And man, I would love for all women to know that I know this isn't a women's show, but I want to encourage some guys with that. So you know some guys who feel a little shorter than average may have reason to feel sexual confidence where even a tall guy wouldn't simply because of the aforementioned reason of men tend to really place a premium on penis size. So that could contribute to a guy who wasn't so tall having BDE energy more readily than perhaps some other guy have average or taller height. The other thing I want to mention before we close is listen Oh you guys up Just put the kibosh once and for all on feeling insecure or, or having shot in Freud towards other men who are better with women than you are right now. Because, quote, unquote, they must have a big deck or something. Women have no idea what you're packing, when you go up and introduce yourself to them when you talk to them, and when you go on the first date with them. So whether she's attracted to you or not enough to go out with you, and start digging on you has nothing to do with your penis size, because you haven't gotten naked with her yet. So I felt like that was something that needed to be said here or else I would have left it on the table. So if you have any comment on that, go for it Halina. Otherwise, I'm gonna send these guys to your YouTube channel.



Helena Nista 35:42

Yeah, great point. And I love it how you really brought it home here. That's really what matters. Yeah. And for a woman she's gonna pay particular attention to your aspect of your personality or your kind of you're warm, are you protective, caring, sunny, etc. It's she's not gonna reject or accept you based on your cock size. So forget about that.



Scot McKay 36:05

Generally the truth, generally the truth for sure, yeah,



Helena Nista 36:08

yeah, exactly. And yeah, and be the most wonderful, expansive version of yourself you can be and you'll be much more successful with the ladies.



Scot McKay 36:17



Scott McKay 30:17

Right on good stuff. Her name is Alina Nice. She's originally from Poland. But now she lives down under on the Gold Coast of Australia. You can find her on YouTube by going to a special URL that I've set up, which is mountaintop podcast, conference slash nice da and I S T A. Okay. And guys, go check out her YouTube videos. She's very friendly and pretty and personable you're going to love you're going to love the advice she gives you. You've already figured out she's very man friendly. She just loves guys as much as we love women and wonderful things in general are happening there at the YouTube channel of Helene and Easter for you guys. Thank you so much Selena for joining us. And once you come back for next week. Also, we got another topic. That's pretty fresh stuff for these guys.



Helena Nista 37:01

Fantastic. Thank you so much for having me, Scott.



Scot McKay 37:03

Yeah, and guys, go ahead and head on over to mountaintoppodcast.com Hey, sign up for my free daily newsletter. In it you'll find philosophy advice on how to be better with women be a better man. And you can also get a chance to sign up and talk to me for free for 25 minutes or more if you need to about where you are right now and what it's going to take here in the year 2022 To get the right woman in your life. Guys, a lot of you have some bad bitter feelings towards women that really don't have to stay that way. We get you in front of some women who like you for who you are. You change that energy from negative to positive and watch positive things happen in your life, especially with women rather than negative. It all starts when we talk free for 25 minutes. Also be sure to visit our wonderful generous sponsors origin in Maine and heroes so use the coupon code mountain 10 with either of those sponsors and you can find the links to both on mountain top podcast calm as well. 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



Edroy Odem 38:19

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