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Wed, 4/6 8:47AM 39:45

## SUMMARY KEYWORDS

mountaintop, world, ego, women, life, ayahuasca, feeling, people, benjamin, fear, talk, real, insecurity, medicine, experience, lived, anxiety, dimethyltryptamine, book, clarity

## SPEAKERS

Edroy Odem, Benjamin Bequer, Scot McKay

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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, Scott McKay.



Scot McKay 00:19

How's it going? Gentlemen, welcome again to yet another episode of The World Famous mountaintop podcast. My name is Scot McKay at Scot McKay on both Twitter. And on clubhouse you can also find us at real Scot McKay on Instagram, the website, as always, is mountaintop podcast.com. And if you aren't in the Facebook group just yet, find us at the mountaintop summit on Facebook, and join a group of guys that I am sure you're going to get along with and have good times with posting about anything and everything related to getting better with women and being a better man in general. Alright, guys, buckle up, because we're going to have a bit of a different show than you're probably used to today. Now in the past, we've talked about some things that may be classified as supernatural, or whatever. And this is going to be one of those shows that's a little bit off the beaten path. But you know, in a way, it's not supernatural. It's very natural. Something that has been passed down from tribal tradition for years and years, and recently has re entered the zeitgeist of human experience, in a pretty big way big enough that when this guy's publicist called me and asked me to consider having on the show, I kind of jumped on it. Because this guy, his name is Benjamin Becker with a QBEQ Yu er, he is the CO founding steward of becoming. And he's quite polymath, actually, he's studied and accomplished in lots of areas, but one of those areas that is very important to him, and maybe to some of you guys also is the area of psychedelics, no tropics, and especially Ayahuasca to enhance your experience as a man, and maybe give you some insight in how to do better, including in your love life with women. So without anything further, Benjamin welcome, man.



Benjamin Bequer 02:09

Thank you, brother. It's such an honor to be here. I'm super excited to engage with your

audience.



Scot McKay 02:15

Yeah, man. I mean, I have to tell you, having gotten to know you a little bit, before we hit record, you are a lot like the guys in this audience. You're definitely a masculine dude, you got a great woman in your life. You're good with the ladies. You're making your way in this world and kicking butt and taking names. And you're very curious about the world around you. Hmm,



Benjamin Bequer 02:38

yeah, super curious. I'm a serial entrepreneur by background, my first business I grew, I had 1800 employees, when I sold it kind of grew up in that world. And it's interesting, just I guess I'll riff a little bit based on how you introduced me, if anyone would have asked you what I was like, you know, 10 years ago, they would have said, I was overconfident, CEO alpha type. But I'll say that, underneath that, there was a kind of a perpetual insecurity. And I think it was driven by as a kid, when I was when I was in school, I really couldn't read I was severely dyslexic, and ADHD. And there was, I didn't know I had it. But there was this constant anxiety that I carried with me, it was almost I attributed to like, if you were born, and there was a fan going in this humming, and it was just going your whole life and all sudden, somebody turn the fan off, and you were like, Oh, shit, now I know what it is with silence sounds like that's how I felt with anxiety. And one of the ways that I I had this false sense of security is I was it drove me to be very successful and entrepreneur and create this external validation. And I got that external validation through work. And I also got it with women. And so I was I there was this insatiable need to conquest women. And I didn't really understand it. I didn't understand where this insecurity was coming from that I knew was in there. And from the outside looking in, you would say, Wow, this uber competent for the sock guy, he's getting all the women he's his business is massive. But underlying all that there was a real sense of insecurity until I started working with plant based medicines, specifically Ayahuasca. Was I able to like it's kind of like turning that fan off all of a sudden. Yeah, so and then my work with plant based medicine really kind of shattered, everything I knew I wanted, and, you know, led me to where I am today.



Scot McKay 04:33

Yeah, I mean, we're absolutely going to dive directly into the whole Ayahuasca experience, because I know I want to hear about it. I've heard about it, you know, kind of by proxy from a lot of different people, but never in the depth we're going to talk about today. But before we do, you mentioned a couple things that I believe would that I believe perked up the ears of some of these guys listening. First of all, you described this anxiety as a fan being you turned off in your brain. And as a former suffer of anxiety, I can relate to that. It's almost like something in my brain got disrupted. And I'm now obsessed with what's worrying me rather than going out and living my life, you know, a life lived in fear and worry is a life half lived, I'm sure you've heard that adage before. And it is, it's like somebody just flipped a switch in your brain. And now something's not functioning right in there. And you're worrying about things and you're concerned about things. And I don't think it's an uncommon experience, either for a guy like you or me to try to fill that up with something that takes our mind off of it. And for me, the anxiety kind of happened, first of all, being married to a crazy wife, and then becoming a

father. All during the pregnancy experience. I'm going through it with my wife, of course, she's carrying the baby. But I started being afraid of all sorts of things, all sorts of crazy things like you know, what if I don't live to see my child born, what if I die in a car fire or something before then, and it just started consuming me. And my journey of being free from that is different than obviously yours is going to be and maybe the subject of a different show, but I figured that was worth mentioning. And another thing in particular that you mentioned, I'm sure caught all these guys off guard, it isn't exactly the first time we've heard a story like this on the show. But you once again, talked about filling an empty life, or trying to appease anxiety, by succeeding with women, you know, by filling your life with more women. And I think the more common experience of most men out there would be, hey, I'm anxious, and depressed, and feeling bad about myself, because I have no women in my life. So a lot of these guys are probably saying, you know, you poor, poor deer, you have all these women coming over, and you know, helping assuage your anxiety. And I think that just sounds foreign to a lot of guys. So before we dive into the Ayahuasca, tell us a little bit about how your, I guess, misunderstanding about how women can create a more fulfilling life contributed to the anxiety, perhaps? Yeah,

B

Benjamin Bequer 07:18

I think that, you know, all fear and insecurity comes from not feeling safe in the world. And typically, in my experience, at least for me, personally, and I think for a lot of people, not feeling safe in the world stems from childhood, something happened in your childhood. And so for me, it was when I left the comfort of my home and loving family, and went out in the world. In my world at that point was school, it was very traumatic, because I literally couldn't read. And so I just, I just didn't feel safe. And so the way I felt safe, and I was really good at hiding that fact, right? Like I made it through school by cheating and all these other things. But that not feeling safe. The way I expressed it was through external validation. If I looked good to the outside world, I would feel better about myself. But it was a false sense of security. And so that expresses itself through, you know, entrepreneurial endeavors and the conquest of women. And I was, you know, I was the guy with the locker room talk, like, Look at this girl I hooked up with, but nothing could fill that, that internal void. And it took me really my whole life to figure that out. And to really dissect it and that the the work with a medicine kind of helped me get there is really helped me dissect it. But you know, I think we live in a in a, in a very materialistic world. That is very superficial. And I, I found that if I fed that superficiality, it helped me feel better temporarily. But it didn't say she ate that hole in me, ever.



Scot McKay 08:55

Now, this is a very interesting conversation. Because a lot of us, depending on our background, are tuned up inside our minds to see this leading to a religious conversion experience. You're just talking like that guy who's about to talk about how he came to Jesus or found Allah. And yet, we're gonna be talking about something completely different, or is it so different this Ayahuasca experience, because I have heard people say, it is a very enlightening experience, perhaps a religious experience for many. So I'm gonna let you just riff on your own story here. How did you discover ayahuasca and what transformative meaning Did it have for you? Yeah,

B

Benjamin Bequer 09:37

I think, too, I'll answer I'll talk to the first point you made about you know, the religious piece.

I'm not religious in any kind of dogmatic way. But I would characterize myself as very spiritual. But I wasn't spiritual for most of my life. And this feeling of that I go back to of not feeling safe in the world as a child, as I grew up, I didn't have I didn't have this belief in a higher power or something greater than ourselves this force, whether you call it spirit, or God, or whatever you call it. And so how could anyone feel truly safe in the world if they don't feel the world is benevolent that the world is working for them? And so, you know, now when I have a challenge or an obstacle come to me, I say, Okay, what is this here to teach me what is what is the universe? However you want to describe that spirit, the universe? How is it serving me because I today I believe that the universe is benevolent and working for us. And so that when something happens, there's a problem or something challenging comes up, I immediately say, okay, spirit wants me to grow. How is this What am I meant to learn through this experience? And so my, that anxiety that it carried with me, my whole life is gone. Because now I'm like, Okay, this this thing that would have like, rocked my world, I would have been pissed off cussing, you know, upset, not sleeping. Now I say, Okay, this is here to teach me something. So I can be a better person. How is that and so just that reframing has been so powerful for me. And the way I got there was, was through plant based medicine, my you know, our egos, and our internal defense mechanisms, often resist things and suppress things. And then one of the things that medicine does when I refer to Ayahuasca as medicine, because they help get past that ego, that that bouncer if you will, that that that wall that you create, to protect yourself. And when you're protecting yourself, we're protecting ourselves from feeling something, but when you move past that with psychedelics, where it just takes you there allowed me to feel have a lived experience, that there was something bigger than me out there working with me and CO creating with me.



Scot McKay 11:53

You know, Benjamin, one of the things you said right there at the end was something that was already on my mind, this idea of being part of something bigger, you talked about how when you were younger, you basically, to kind of paraphrase it, you felt all alone in the world, you know, you went to school, and you're struggling with being dyslexic. And that felt lonely. And it seems like this fear of loneliness. And you know, you already kind of alluded to how fear rules a lot of people's lives. And I agree with that. And this fear of loneliness just seems to be one of those key fears, everybody's wanting to get into a relationship so that they don't die alone, or, you know, it's really lonely to be agnostic or atheist, because, you know, there's nothing bigger than me. And everybody's trying to be a part of something and trying to be a part of something bigger can not only mean community amongst other humans, but kind of trying to sort out what the universe is, and, and how that Cosmos that's bigger than us kind of fits in. And it's interesting to me always to, you know, as I traveled the world, to realize that, regardless of our upbringing, be it Judeo Christian, as many of us have experienced here in the west or Buddhist or, you know, maybe if you grew up in a home where nobody went to church or gave a rat's ass about it anyway, as you go around the world, and you realize how people experience reality and, and find a way to be a part of something bigger. It manifests itself in so many fascinating curious ways. You know, like, you go to India and you realize, hey, you know, this chakra thing, it feels like there might be some truth to it. Or, you know, you get on an airliner and they do Tai Chi, as you lean into Beijing Capital airport, you're like, man, you know what, I don't feel so worn out after this flight anymore. That kind of works. And it really challenges your preconceived dogmatic notions to, to use a word you've already dropped. And this Ayahuasca experience, the psychedelic experience, is one that really a lot of people are discovering, like we mentioned before, yet it's not anything new is it lots of people have been opening their eyes

to, I don't know, closer relationship to their reality through it. So I'd love to hear probably, first of all, Benjamin, tell us what Ayahuasca is, and what this collection of psychedelics are that you're referring to. So we have a baseline understanding of that, and then tell us how you journeyed into that and what it did for you. I'll just let you riff on all of that.

B

Benjamin Bequer 14:21

Sure. So I'll speak to Ayahuasca specifically since it's been our most powerful teacher, but it's an indigenous plant that has been around for centuries. And it's really simple. It's a vine, a leaf and waters that your current a leaf is the Ayahuasca vine and water that are brewed over many days, and they create this viscous brew, we call it a tea. So it releases DMT in our system, which is Dimethyltryptamine and that is typically released during birth and during death. But when this is introduced into your system, The leaf has an inhibitor, which allows the DMT to kind of stay alive in your system for many hours. Yeah. And so that's the technical side of it. But I will ask has been very powerful for me in, I found it that it does one of two things. So let's just say you go into a ceremonial context, and your intention is to call in prosperity, or your intention is like, I want to see what's blocking me. So I can, I can see what's in the way of me finding my soulmate. And like real love, let's just say. So one of two things in my experience can happen. One is it can take you to that bliss, state of like giving you a felt experience of what it feels like to be with your soulmate. And in this amazing connection in love, or financial prosperity, like you have abundance in your life, and it gives you a lived example. And then you go back to your reality after the ceremony, and there's a gap between that experience and where your reality is. And then the job through integration is to close that gap. But it's so powerful to have a lived experience, right? It's to say, I know what love feels like now I had a real life experience of what it feels like to be to live in prosperity or to be with my soulmate. And so that is really powerful. Because now you have a reference point. And when you when you show up in the world, you have something some context that you didn't have before. And then sometimes it takes you in the complete opposite direction. Sometimes it might take you ensure you complete destitution, you're 90 years old, and you're by yourself, you have no money, no family, no community, no love in your life. And I when that happens, what's happening is the medicine. The medicine is bringing these feelings to the surface, you have those feelings of fear of being alone and desolate, or whatever those fears are, and they might not even be literal fears directly related to what you saw in the ceremony. But it's bringing fears to the surface. So that you can actually transmute it because your ego, your body guard, you know, we like to refer the ego as a bodyguard in our book, we refer to it that way. And if you're it's getting past your conscious mind and into your subconscious mind, and it's allowing those fears to come to the surface. Michael singer refers to dreams in that way, a lot of times you'll have a dream, and it's like I murdered somebody What the What the hell was that all about? Well, it's your subconscious fears and feelings coming to the surface. There's something in there and it might not be literal. And it's the same way with the medicine, where it's allowing these things to come to you, you can actually process them and transmute them because resisting any fears, or insecurities is just perpetuating them, What you resist persists. And so the medicine often does those. And for me, it's done both of those, sometimes I go into the abyss of like, my worst case. And then I come out of that, like the next day, I feel like a million bucks, I feel like I just got the weight of the world taken off my shoulders. Or sometimes it's complete bliss. I've never experienced my heart opening that way. And one of the things that this work has done is it's helped me open my heart in a way that wasn't there before, both to people and to this planet. Like I didn't really care about the planet in the way I do now, before this work. And so the medicine has given me both the reference point, and also helped me get into that subconscious to uncover because I didn't know why I was insecure. I mean, I started

off this podcast by sharing my childhood trauma. I didn't, I didn't relate to those traumas that way. When Pete When I would go to a therapist years ago, and talk about my childhood, it'd be like I had a great childhood. I had loving parents, I had friends and whatever. And it took this work to actually bring it to the surface and be like, wait, I actually, it was kind of traumatic to be in an environment where I felt like stupid for most of my life.



Scot McKay 18:56

How about that? You know, there's several things you talked about, that I want to kind of use as jumping points into the next part of this conversation. You have no way of knowing what's been going on for 300 episodes of this show. But you know, a lot of these guys have partaken of lots of those episodes and heard a lot of things that sort of resemble what you've talked about, although they've been in different contexts. One of the things you mentioned is how Dimethyltryptamine or DMT kind of opens up this awareness or gives you this clarity, and that it's a chemical that's released at birth and at death. We had a guest on here probably 1015 episodes ago, who made a case for the afterlife being scientifically provable, and that's one of the things he cited is how even Alzheimer's patients at the very close of their lives, like the last half an hour or even five minutes, just boom, they have clarity. And what you're kind of saying is this Dimethyltryptamine is sort of chemically induced emulation, or even perhaps not even an emulation, but the real deal that is ingested and gives you that kind of clarity that is usually reserved for well, let's just put it frankly, when it's too late, right?



B Benjamin Bequer 20:17

Yeah, for sure. And I have used, you know, Ayahuasca specifically to to get clarity when I'm really struggling with a decision or what's true. Even in my relationship with my wife, when I first met her, within a couple of weeks, I was like, Wait, is this there's some red flags? And I was like, you know, what is this mean? And am I making a mistake, and I went into the ceremony and, and the medicine just showed me the love between us was real, and that all these things that were keeping me like questioning, it was just my fear and insecurity. And so I got that clarity. And so I do believe that the psychedelics help us tap into our own ancient wisdom. It's not like some external thing, this knowing is within us. It's just, it's just so deeply buried by all our programming and fears, that it's hard to tell what our true is truth is. And so it certainly helps us get the clarity and see what our truest truth is. Because there's so many truths. You know, I don't believe there is one truth, typically. And so you have to have the discernment to know what the truth is, truth is. And in order to do that, I think you have to have tools. And it doesn't necessarily need to be psychedelics, but tools to help you get past that and into that place where you can move beyond your fears, and really be with your truest truth.



Scot McKay 21:41

Yeah, it's always fascinating to really try to wrap our heads around, perhaps, literally, at least in the psychological frame. Just how deep our consciousness can go, and how powerful our brains really are. When we tap into that, you know, you mentioned dreams. And of course, we talk about lucid dreaming in this show all the time. And it's just amazing how your brain can manufacture an entirely alternate reality on the fly while you're sleeping, and you wake up going, man, that challenges everything. That was real. And it seems like Ayahuasca is another

one of these tools that you can have in your kit. You mentioned the ego. And that comes up a lot, not only on this show, but in a lot of the books that have been very popular in recent years with men. Certainly Jocko willing talks about it and Extreme Ownership. You know, Jordan Peterson in 12 rules for life, it features pretty broadly throughout that book. And of course, discussion of ego even finds its way into, say Matthew McConaughey, his book, green lights, which is a great book, by the way. So a lot of guys, manly men, are really coming to grips with something the head coach of the San Antonio Spurs Gregg Popovich has always talked about, and certainly every Navy SEAL I've ever met, or anybody who has really achieved something of real important life seems to know innately which is letting your ego rule you, it's for little boys. It's just so juvenile, it's not evolved. It's not mature. And, in my mind, as we talked about on this show, you know, the idea of being over oneself is the diametric opposite of being an ego driven butthead. And man, people who are over themselves, who aren't trying to impress people, because they're over being impressive, because they don't need to be impressive to themselves anymore, are just wonderful people, especially if they have something truly valuable to offer the world and the universe or whatever you want to put it. And it just seems like where maybe as soon it goes a decade, or 15 or 20 years ago, certainly, being egotistical was kind of in line with being alpha. And you know, if you don't have an ego, then everybody's gonna bully you. It seems like so many real men, for lack of a better way to put it have really gone the other direction and figured out wisely. So in my opinion, and perhaps there's also that, you know, you got to get rid of the ego and just get real man, start opening your heart, like you said, and, and realizing that this isn't all about us and being disrespected. And you know, really the power of saying so wide and opening up your mind to new experiences. And frankly, learning something new. It's actually kind of nice, isn't it?

B

Benjamin Bequer 24:37

Yeah, I couldn't agree with you more, I guess I'd say to just to kind of add on it. I believe that the people who show up in that way, and I'll say that I showed up for a large portion of my life and that way, the former way, the ego former way was very much in his ego and that's a practice that I work on. It's not like I got to a point where I'm not in my ego ever But I'm certainly I've had a quantum shift in the direction of kind of releasing those needs. But at the core, those come from feeling not from not feeling safe in the world. And so I would say, like, I would, I'd invite the audience to say, when we see people showing up the ego, our natural tendencies to, to have contraction towards that person and kind of be put off by that person. But what kind of world would we live in? If when people showed up in the ego, we had compassion for them and said, Hey, there's a scared little boy or scared little girl somewhere in this person that is causing them to show up in this way, and they don't feel safe in the world. And so what would it look like instead of, you know, condemning them in the way that I certainly have? What would it look like to kind of put your arm around them and say, Hey, bud, like, I love you. And you don't have to show up this way? Because I, you know, I know there's, there's a good person in there. And so I hear you, and I agree with everything you said. And I think the way to, to address this issue is really to put your arm around these people and give them a hug and say, Hey, I love you, versus kind of, you know, shining a spotlight on them and say, Look at this, this clown that's acting like a fool and driving around with his Ferrari, and you know, all those things. So anyway, so that's just my two cents.



Scot McKay 26:19

Yeah, that just descends into the battle of the egos, which is two little boys battling it out. Else



loses interest and walks away, including virtually all the women. You know, this is Mr. Miyagi. He's magic relative to Cobra Kai. Right. Yeah. And you know, that theme is certainly not unique to the Karate Kid movies, and everybody routes for Mr. Miyagi, and nobody routes for these douchebags. And yet, so many guys think by being a douchebag, they're going to get ahead. And I guess it can be a Pyrrhic victory at times to bully someone or get ahead of someone or kick some sand in their face, you know. But ultimately, the people who truly win are the people who on their deathbed realize they've left the world a better place and hold their head up high and have made a true difference. Not only with the people they truly love, who love them dearly in return, but with the rest of the world, or the people who are over themselves. And the people who just put their head down and did right by the world. On that note, I want to clarify something for these guys. You're a very macho Dude, you're a very manly dude. And you're one of those guys, who women in particular will not afford much leeway in terms of being needy, clingy, douchey or lacking in any of these ways that exhibit confidence and strength. I know, because I coach a lot of those guys. And that's a huge revelation for them, when they're particularly manly looking dudes. And women just flatly want nothing to do with them, and are frankly even creeped out by them when they're needy, or they show some sort of weakness. So you're one of those guys who is held to that higher standard by virtue of, you know, your size, your appearance, and how you carry yourself. And of course, in my estimation, this is a lot like settling for being a human equivalent of a Toyota Camry versus training yourself up to be a Lamborghini, you're in a higher state of tune. And with that, there's a lot more responsibility that comes with it. Yet, you're another one of these guys who talks about opening your heart. And this is something that the guys who are trying to impress everybody, and the guys who are so wrapped up in their egos wouldn't dare utter allowed because they're confusing this idea of opening their heart with being weak. The idea of being in tune holistically with your mind, body, soul and gasp, even our emotions. They just don't have that more evolved knowledge, whereby a real man, you know, regardless of our appearance, is all about bringing safety and security to everybody in his life. And that starts with being safe and secure in yourself. And once you've reached that state, or at least are approaching it adequately to be able to pass it on to others, you indeed do pass it on to others. And that has to be by opening your heart. So a guy like you isn't going to become the guy who never says I love you to his kids or never apologizes, because only weaklings do that. It's the exact opposite. And I'd love for you to talk to us a little bit here about how that increases your satisfaction in life and in relationships. Because I know it does.

B

### Benjamin Bequer 29:33

Yeah, so I love this quote. It's all fear is is a fear of feeling something right. And so, when you talk about being macho, and you say okay, like what what is attractive to a woman, it's embracing fear, you know, the guy who goes into war and doesn't have fear that's not courageous. courageousness is having fear and still stepping towards that fear. Right. And so I think that one of the things I've learned is that's really where strength comes from is and all fears if you're feeling something and so if you, if you lean into those fears of feeling and expressing those fears, it comes across as very powerful. The one thing I'll say, too is, is that I had this I had, I had created this false bravado, most of my life where I was, I was, I appeared very confident. But deep down, I wasn't, I got a lot, I got a lot of the ladies and I did really well in that kind of category. But I wasn't getting the lady I wanted, right? I wasn't getting my soulmate, because the people who are attracted the women that are attracted to that are also not living their highest expression. And there was this knowing deep inside of me that my woman wasn't going to show up until I stopped this incessant kind of doing and seeking. I was kind of like a predator hunting for women in a way and and even my soulmate, I was in this



like, very left brain logical, like strategy way of going about it. But there was this deeper knowing in my soul that knew that I had to become still and allow this woman to show up my feeling when I stopped the seeking energy, this predatory energy that she was going to show up. And that's exactly what happened for me. And then I guess, talking to your other point, like I do believe that the new paradigm is, is expressing your feelings fully, is the most confident thing you could possibly do. And the women who are going to be attracted to that are also living a higher expression of where they're at and are more mature in their evolution or their personal development journey. And so I also kind of go back to it's not just about finding a woman, it's about finding the right well, it's based on where you want to be, and you're in your path. So those are just a few things that come to mind.



Scot McKay 31:54

Yeah, how about that? What a wonderfully eloquent way to add to a point that we make all the time around here. And you've indeed done that, which is, in order to find the right woman in your life, you have to know yourself. First, you have to know who the hell you are. Before you can go find the woman who's right for you before you even know who she's going to be. And indeed, man, it is a soapbox around here, he might even say it is the most important thing we talk about around here lately, Benjamin, this idea of just the cessation of attracting the wrong women into our lives, and finally getting the right ones. A lot of guys come to me Benjamin, and they say, you know, I can attract all the wrong ones. All the women I'm not attracted to they all love me. But as soon as I meet a woman who I actually think might be right for me, man, the wheels fall off, I lose all my confidence. I don't know what to say. Because that authenticity visa V coming face to face with someone who is right for you just isn't isn't developed yet. And you know, that's that's what we do around here. That's our kick, basically. So I love the fact that you brought that up first person, I just think it's powerful. What I want to do is I want to introduce these guys, both to your book on Amazon and also to your website. And we will do the former by sending these guys to mountaintop podcast conference slash Amazon where they'll find your book becoming everything you didn't know you wanted at the top of the queue. And when they go to [www.mountaintoppodcast.com](http://www.mountaintoppodcast.com) slash becoming now let's spell this right. Okay, B e q o M I N G, you know, because it kind of goes along with Benjamin Becker's name, which is spelled with a qu in the middle. So mountaintop podcast conference slash BEQOMING. And you know what? We'll make it be e c o m i n g two, just in case. And Benjamin, what are the guys going to find when they go to your website?



Benjamin Bequer 33:54

Yeah, well, we it's really an ecosystem that we're that we've been building over the last three years. And it's really exciting, everything that's coming. But we have obviously the book, we have a couple documentaries coming. But the heartbeat of everything we're doing is the becoming process. And so we have a six month container, we take people on where we do weekly, there's weekly homework assignments, curriculum, there's every other week, there's zoom calls. And then for a select few, we do retreat over that six month period of time, where we incorporate plant based medicine work. And at the end of this experience, you you will have built a 200 page deck template that we call the becoming operating system and you will build a new operating system for your life. It's a really rigorous and intense program. And we have them for a few different archetypes. So one is is we call it becoming stewards, which is who I was, say 10 years ago, really successful had a lot of material success in the world, but lacking

fulfillment and purpose. and wanting to kind of experience a more aliveness in their life. And then the other container that we have is for people who are more in the archetype of like who my wife was five years ago, or 10 years ago, which is very open hearted, wanting to do good, wanting to be of service wanting to activate their their skills, wanting to create a better relationship with money, and but haven't been able to tangibly create things in the world in a big way. And so there's, we call that the becoming allies bucket. And then we have a third bucket, which is called Becoming inspiring, which is for people who are just just now starting on their personal development journey, and are really early on their journey and what kind of an entry point so we have three different containers that we take people through. And that's the heartbeat of everything we're doing, because our book is really powerful. But a lot of times people read a book, and sometimes books can be life changing, but sometimes people need more. And so we've created this really comprehensive program that we're really excited about. Oh,



Scot McKay 36:04

fantastic. So guys, make sure you go check out [www dot mountaintop podcast front slash becoming the EQ, O M, I N G](http://www.mountaintoppodcast.com), and sink your teeth into everything Benjamin Becker has been talking about here, Benjamin, it's been a great show, I'll tell you what, I think a lot of guys, perhaps even including myself, were expecting kind of a technical discussion on what Ayahuasca is, and maybe a deep dive into some of the other elements of it, but instead, and I think wonderfully, this has become, you know, really a very important discussion of who we are as men and how to become better men. And that's always and that always makes for a great show. So thanks for stopping by. And we hope you'll come back soon.



Benjamin Bequer 36:44

Thank you, brother. It's been an honor and a pleasure, blessings.



Scot McKay 36:47

Yeah, man. Likewise, Blessings to you and yours as well. And gentlemen, I can't underscore enough how important it is for you to know who you are, know who the woman you want really is. And finally, bring her into your life. That's what makes us different around here. Because that subject tends to work its way into these conversations, even when guests don't know that's what we talk about so much. Man, does that message resonate with every guy I talked to, we could find the women we don't want. But when it comes to the women we really desire, something just seems to be blocking that path for us. From getting here to there. Guys, we can move that roadblock and move you forward. Get on my calendar, talk to me for free for 25 minutes about how to get the right woman into your life once and for all. My guarantee to you is you will have results in advance you will emerge from that call was something you can use to be better with women and get on that path straight away. As soon as today you can put it in motion, you sign up by going to [mountaintop podcast.com front slash coach](http://mountaintoppodcast.com). I'm not even going to point you to the red button in the upper right hand corner. You can go directly to [mountaintop podcast conference slash coach](http://mountaintoppodcast.com/conference/slash/coach) and sign up to talk to me for free for 25 minutes. While you're at [mountaintop podcast](http://mountaintoppodcast.com) calm in general visit our sponsors which include origin in main heroes soap and we are welcoming back the good guys at key port once again as full

sponsors of this show. Guys this is the coolest everyday carry device you're ever going to see you can even open your garage door with it now kind of think of it like a 21st century swiss army knife. My son and I both carry our keyboards every day. And it's great to have those guys back in the saddle supporting this show again visit them by going to mountaintop podcast conference slash key port and find out about all the cool stuff they have 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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