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SPEAKERS

Edroy Odem, Dominey Drew, 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, here's your host, Scott McKay.



Scot McKay 00:19

Greetings, gentlemen, welcome yet again to another episode of The World Famous mountaintop podcast. I am Scot McKay at Scot McKay on both Twitter and clubhouse. Real Scot McKay on Instagram, you can find the YouTube goodies by searching my name Scot MC KY on YouTube. The website is mountaintop podcast.com. And the Facebook group is mountaintop summit on Facebook. Gotta join it, guys. It's growing, growing, growing, and we have a good group of guys, you should join us. With me today. As a new friend of mine. I've already been a guest on her podcast, gentlemen, and you're going to love her. She's smart, she's quick on her feet. She knows her stuff and check it out. She actually likes men. Gotta love that in today's world. She's been a coach for men for ages. But now she's kind of branched out into other sorts of coaching too, which I'm sure we'll talk about a bit. But we're going back to her roots. Today, we're going to talk about you guys. And we're going to bring up a topic that's been a long time coming, and maybe a little bit uncomfortable at first to even address. But you know what I suspect downloads are gonna be really, really huge for this one. Because whether it's under the cover of darkness, or right out there in the open a lot of us as men really do struggle with shame and guilt. Her name is Dominique Drew. She's from the eponymously named Domine. Drew coaching Domine. Welcome.



Dominey Drew 01:41

Thank you so much for having me. I'm so excited.



Scot McKay 01:42



Scot McKay 01:43

Yeah, for sure. We're glad to have you here as well. I don't know how exciting it is to talk about shame and guilt. But if anybody can do it, you can.



Dominey Drew 01:51

It's pretty exciting. We'll make it exciting.



Scot McKay 01:53

All right, so let me drop a bomb on this conversation just to get started. I think one of the biggest shames it's such a shame, right? We throw that around a lot. You know, it's just an idiomatic expression. I think it's really curious that one of the things we feel most shameful about as men, is the fact that we are even experiencing guilt and shame to begin with. And that's kind of a psychological state. But what it does is it keeps us trapped in our shame, because well, we're too ashamed. And we feel too guilty to actually bring it up with anybody because hey, you know, what, we might get shamed for bringing it up. a cascade of guilt and shame is kind of messed up, isn't it?



Dominey Drew 02:35

Yeah, it's kind of a quintessential negative spiral there, where you just get trapped in, in your own experience. And it's interesting, where I thought you're gonna go with that is, it's so odd that one of the things that we're most ashamed of are the things that are the most natural. In men and women, and I was in men's dating for many years, as you said, and you know, even as we're just talking about on my show some dichotomies and some balances between the masculine and feminine. And it's, like, so fascinating. The men would come and they would often have shame and guilt around their masculinity. Yeah, right. Wait, you know, is a complex topic worth five hours of podcasting on its own, but now you bring that into the today's world, and you got 10 to 15? Podcast hours easy?



Scot McKay 03:18

Well, the good news is, after almost 300 episodes of the show, we've covered that for at least five hours so far. So we've got you covered there. Glad to hear. So yeah. I mean, it seems almost anti masculine to admit that we would feel any guilt or shame at all. We're all supposed to be I don't know, James Bond, or John Wayne, and just do what we want, when we want because we wanted to and the heck with the rest of you. Right? And it's just not human to expect that of ourselves. Is it?



Dominey Drew 03:46

I mean, you know, maybe it is human, because here we are doing it. And yet at the same time, is it as evolved? Right, like, you know, a couple 100 years ago, and certainly a few 1000 years ago, the roles were very clear, right, they had to be clear, because you guys had more physical

strength. And that meant we could survive longer because you could hunt and you could protect us from things. And we had our role of things that we could do that you couldn't, and there was this, this balance, which over you know, the larger picture really evened out. And now we're sort of in this world where strength doesn't actually mean survival anymore. Interestingly, what we've linked that to now is actually money and finances. So one of the reasons people have such intense fears, not to mention guilt and shame around money and success is because it's linked to our survival. So it's a huge deal for everybody. But I can't even imagine from the perspective of a female, what it must feel like to be the stronger, physically stronger and thus, up until recently the most capable of surviving, right that was dominant because it was important in that realm, and to be in this world now where that gift is not. It's not held the same way. It's not respected the same way and Hello, I can have almost seems like feels like you know, you go to war World War Two and you come home and you're celebrated then you go to Vietnam and all of a sudden it's not like nobody wants war anymore and you're like, wait, what? What the hell we're soldiers are supposed to be celebrated.



Scot McKay 05:11

Yeah, you can feel guilt and shame over very similar circumstances to those whereby you'd feel very proud and gratified. And the only difference is based on how the public views you are the kind of feedback or input you're getting. Right. That's screwed up in and of itself, isn't it?



Dominey Drew 05:27

Yeah. I mean, it certainly is. It screws with your head, doesn't it? Yeah. Like you're, you're built for a certain thing, and you're not you're not allowed to do that certain things anymore. And and at the same time, now, there's this evolution, right. So like, John Wayne, like that used to be the the ideal male, right. And that's, that's starting to change. And that's starting to shift. And suddenly, the men who maybe perfected that, because they thought that's what they were supposed to be or not being appreciated by women. In the same way, you know, as much so certainly, masculinity is still a popular thing amongst women, of course. But it is so fascinating to see everything kind of shifting and and changing. And I think just that shifting and changing, despite the fact that it's on a much larger societal level, if not energetic, collective consciousness global is really resulting in a lot of shame and guilt, just for things just for being the way that that you are,



Scot McKay 06:16

that kind of plucks at our primal strings, doesn't it? What if somewhere in our archetypal nature, deep in our soul somewhere or collective psyche, I don't know how deep you want to get into the metaphysical stuff here. But if you start delving deep into our personhood, this idea of being a strong provider protector, is indeed very central to our masculinity, and indeed, to our identity as men. And a lot of people nowadays are reporting they don't feel comfortable in their male or female body, either because I feel a different primal urge, or I feel like there's something wrong with my primal urges. And a lot of people are ending up very confused. Now, I'm not saying that transgenderism is necessarily confusion. And we're not going to go down that rabbit hole here. But I just think it's very interesting how a lot of people are just saying no to both masculinity and femininity, and either go with a non binary approach, or say, I think I'd

like to try on the masculine hat, or the feminine hat on more. And they're saying to themselves, well, I've proven I can do this, maybe I should like it. I can't help but hark back to what you said about the possibility nowadays that women can be physically stronger than men. And indeed, a lot of us guys do not value physical strength. We've got a lot of skinny guys who play video games all day and don't go to the gym and don't frankly, see any social or practical need to be bulking on the muscles in the weight. And a lot of women are working out and they're getting involved in sports that usually, historically, I should say, have been reserved for men, and they're physically stronger. And I'll tell you what, one of the horniest things I can think of is play wrestling. You know, as for play, I'll tell you what I used to really enjoy women who had some athletic strength to them, because they were just a lot more fun to wrestle around with in bed. And it was fun, yes, to think that at the end, when a man can somehow cause the woman to be in a submissive role. Somehow she gets hornier Yeah, I think that's where the primal stuff kind of meets the real world. But it's still a lot of fun. And I'm certainly not intimidated by women who are physically strong, just like I'm not intimidated by women who are gritty and have mental toughness and who are smart and confident. And unfortunately, and by the way, this is a big, and by the way, here it is ready. A lot of guys when we're already confused as to what our masculinity really is, let alone how we should represent it and what's toxic and what's virtuous. In the 21st century, postmodern world, we can see women exhibiting gifts and strengths that I don't know women typically don't bother to exhibit or didn't feel free to exhibit in their own right. And we feel guilt and shame because that woman's got one up on us in that area, when the trick that's being played on us is these traits like grittiness intelligence aren't really masculine to begin with. That was part of a toxic way of thinking where women, you know, weren't smart enough to vote or weren't capable of helping build bombers and World War Two, until we saw it with our own eyes, right. And I don't think we should be surprised at all these people, male, female or otherwise, can participate in these human skills and feel these human emotions and even have these human traits, even as men and women are still free to attract each other by virtue of that type of primal masculinity and femininity. That is indeed the catalyst for human sexual attraction. Men, providers protectors were presiding over our world building this safe space, holding this safe space, if you will, for femininity to play around in kind of a sandbox right? And women feeling safe and comfortable regardless of how much stress and strain and leadership she puts into a normal work day, coming home and relaxing into the arms of a man and being playful and fun and doing those feminine things that make life worth living. And we as the guy relaxing into that, and you know, so revolves the world. And all of that is importantly, independent of how intelligent one is, how much mental toughness one has, how much one casts off victimhood and as self reliance, etc, etc. But I think it's easy for guys to go well, because I'm confused about who I even am as a man. It's easy for me to feel guilty or shameful when I see something out there that I haven't perfected, that I feel like I should. And I don't even know why it's just a tangled web, isn't it?

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Dominey Drew 10:46

You know, it's almost more useful if a person is coming at. Okay, I'm deciding I'm going to strip it down and see who I actually am. It's almost more useful, I have found to answer that question without adding a gender into it. Because there are a couple of different things that we're talking about. We're talking about male versus female, but we're also talking about masculinity versus femininity, which is not male or female in nature. It's, it's an impulse, how deep do we want to go? Pretty deep. So we talked about the Yin versus the Yang, right? That's the balance of life literally bring balance to the Force, call it what you will. It's all talking about the same thing. And so you've got these these different elements of life, the expansion, and the contraction, and both are necessary in order for life to progress, right? So exactly, as you said,

those those traits aren't particularly masculine or feminine, they were sort of dominated by the masculine because as society kind of went forward, we went, Oh, they're stronger. So they must be able to lead better. Again, those two things were linked with strength, and you guys had strength in spades. And so we had that. But there's there's all there's so much societal and historical and honestly, energetic, genealogical, right? Ancestral issues around masculine, feminine and what they mean that I think if you're looking to look inward, which I think the people in the show have prioritized in your life, and good on you for it. If you're prioritizing a question of who am I? It may be easier actually, although perhaps counterintuitive, to ask Who am I rather than Who am I as a man, because your masculinity that is authentic, that is not toxic, or put upon or guessed or put there because you think that that's what people want men or women, the authentic masculinity will spring forth from you, effortlessly. Right? When you when you get rid of the story, which of course is like, oh, in my head, masculinity means a thing. Forget it for a second, forget that you're a male as opposed to a female, you're just a thing. You're just a person who are you. And from that perspective, it can create some space for who you actually are to actually present itself right to kind of unfurl, which, interestingly, is a feminine image, though. So you're even if you're seeking your masculinity, if you can create some space for it, the way your masculinity will come through is actually a bit of a feminine wave in the sense that you give it some space and it comes out authentically instead of kind of digging for it or, or pursuing it in kind of more of an active way, if that makes sense.



Scot McKay 13:12

Yes, it does. And I trust on behalf of all the guys listening that they hung in there with you until you completed your point. Because the way you started it off, I'm guessing maybe some of the guys were beginning to get a little ruffled by it. But the way you brought it around made perfect sense. And to kind of underscore what I especially love about what you said, you first have to find the kernel of who you are at your very primal core being what do I believe? What am I passionate about? My identity isn't masculine or feminine. My identity is human. My identity is holistic, spiritual, psychological, even, yes, physical. Now, as a bit of an aside here, I don't want to go on a tangent. But a lot of guys just have no style dominate. And I think that's because they don't understand that once I know who I am, what I wear, how I present myself, how I act, the car, I drive are going to well, to use your term sprang forth from that representation of my identity. I'm just not going to gravitate towards generic things anymore, because I don't feel like I have to fit in. Especially if I don't know where I fit in. Because I know who I am. Yeah, yeah. See? Yes. There you go. Now we're getting somewhere. Well, we're getting somewhere anyway. And by the way, in case you guys don't know, when Domine said, as we were talking about on my show, what happened there is we just finished recording an episode of her show. Let me be clear there. We've been on a roll here for like an hour now. Maybe more. So we hit the ground running on this one. Well, we're coming by it naturally and effort.



Dominey Drew 14:55

It's bringing forth authentically. Oh, it's wonderful.



Scot McKay 14:58

I love this show already. So see now the masculine and feminine piece of it is a meta level piece. It's a layer on to your humanity. I mean, it's kind of like a plugin to WordPress, if you're a

geeky guy who likes to code sites, you know, it's something that you add on to. It's like your culture, or your upbringing, or your patriotism or your faith. All of those things are adjunct to who I am as a person. Now, I have guys who come to me, for example, Domine, and they go, Well, I'm really sexually horny for women. And I feel really guilty, because I know that's really predatory, for me to want to have sex with women. And I'm like, why would you feel guilt over that? You're a man, you're heterosexual. I mean, what's a heterosexual woman to do? If there aren't any heterosexual men out there to be horny for? You know, it's a primal thing. And when you come to grips with it, then you won't be so blown and tossed by, well wait for it, what other people think and what they tell you, you should do domine I talk about good character, bad character and a third element, which is no character. Yeah, no character is defined as well. I haven't figured that out yet. I don't know really what's right for me, I don't really know what I believe. So therefore, I have to kind of bend and flex to my particular audience, or the echo chamber I'm entering into right now. And importantly, nobody respects that. And then that feeds this vortex of guilt and shame. Like, well, I'm ashamed because I don't have it together as much as these other people do. But I don't even know where to start. And, you know, let me backtrack a little bit. Where we should have started with this whole episode is what's the difference between guilt and shame? You want to go ahead with that, or you want me to kick that one off? Well, you

 Dominey Drew 16:44

know, there was something that you just said that I just I wanted to touch on. But you're right, that is an important place to begin. There's a there's an underlying current here, that's underneath both guilt and shame, which is self rejection. Right? Yeah. self self judgment. I'm not okay. That has to be true,

 Scot McKay 17:02

or lack of even knowing who I am before I can even accept or reject myself. But yeah,

 Dominey Drew 17:08

it may not be conscious, but there's a vague sense that you're not okay. Right. There's a vague sense that you're not really good enough. Like, see,

 Scot McKay 17:17

that's what I would call the shame.

 Dominey Drew 17:20

Yeah. And it really, it really could be either one. I lost my marriage because I wasn't good enough can slide right into guilt. I mean, it's a little bit of a spectrum there.



Scot McKay 17:28

Well, the losing of the marriage is what you're guilty over. That's the action. That's what I did. Right? Shame is the feeling I had of inadequacy, or I'm bad. And then the guilt is over something that I did, or some action or some thought, some verb



Dominey Drew 17:43

focus more on action, or I think happened. Yeah. Then who you are. Yeah. Okay.



Scot McKay 17:47

So we're on the same page. Yeah, yeah. Cool. So we killed two birds with one stone. Continue.



Dominey Drew 17:55

So I think this, I think this undercurrent of self rejection is is really, really important. I have a one of my programs I called The Art of authenticity, and it's literally exactly that's how to be your self right, authentically. And there's a module in there, one of the steps is called The Art of Invincible happiness. And you touched on it there when you're talking about the focus that we have and what other people think. And my goal because this really doesn't create because a person has already hold but really allows one to like reveal their wholeness, when they are able to reach that place of Invincible happiness, which they get to by creating the happiness within, so that they are regardless of what's going on around them.



Scot McKay 18:35

I have to interject something here before you continue my program for guys on how to be unstopably confident because they have identity and know who the hell they are is actually called invincible. Yes, we should sue each other, we stole each other's stuff. You just get it and I get it without even turning trends are common to humans.



Dominey Drew 18:55

Yeah. And you can teach them on any level you can teach that with just like coaching like okay, you know, write down these three things and gratitude like a coaching level or you can take it to an enlightenment level. I mean, your psychological wherever you want to land, the truth is the same. Right? And that's kind of what we're talking about here. Right? This this guilt and shame, kind of paradigm and it's so common now. I think it's gotten really huge plays a huge part that is in the anxiety and depression that people are feeling the place right, because that comes in and not comes from the initial place of I'm not okay as I am



Scot McKay 19:33

domine you know, when I finally achieved spiritual peace in my life, tell me when I realized I wasn't in charge. I didn't have any real control over what the God of the universe wanted to do with me. What the God of the universe wanted to do for me, or and indeed, what the God of the universe wanted to do to me. I am a created human. I am at the whim of that which created me. The more I try to figure God out, the more I place expectation shins on God, the more I say, bless me do this for me and I start ordering the God of the universe around, the more guilt and shame I feel because I'm inadequate to be in that driver's seat. And instead, I felt gratitude for being born for the blessings I have, and just started trusting the God of the universe to be trustworthy. And that's extremely important because I went to college with a bunch of people who would say, I can't wait for that person to burn in hell for eternity. And it always rubbed me the wrong way. Because I can't trust a God who fosters that kind of attitude. If we're created in God's image, I can't imagine punishing my children like that doesn't make a lot of sense. I learned that my only option is that the God of the universe, considering their blessings in the world, is indeed the author and finisher of all of it. Good, bad, and the ugly, and I have to trust it, because there's no other choice. And I'll tell you what, I let go of so much guilt right then and there. So much fear based on that guilt, like, what have I done, I'm gonna get punished for it. And I realized, myself and seven and a half billion other similar creatures all over the world, regardless of race, color, gender, and indeed creed are all pretty much in the same boat, all of us as humans, that doesn't make me a Unitarian Universalist. It makes me humble, more so than I was, and it makes me more grateful, and what you know, it works. See, if I feel like I'm responsible for everything, I'm not going to be capable of everything, and I'm going to fail. And you know, I'm getting to a hot potato here, which is, it seems like a lot of times guilt and shame, are a direct result of a dogmatic, organized religious expression that one was brought into, or coerced into, or really born into by accident. And so such people of course, end up not being sure why they believe and can't really even explain why they believe it. So the question then becomes, for a lot of people do, I believe it, but I found a lot of people don't even have the willingness to explore that belief, because they feel too much wait for it, shame to even express that desire, kind of a dirty little catch 22 Isn't it exactly right dominate Anyway, I'd love to know your thoughts that you would share with men or women or anybody really, I don't think this is gender specific about what to do if you were raised in a particular belief system, any kind of worldview, really. And now that you're an adult, you really would like the freedom to explore that, and perhaps think differently, but you want to do that without feeling like, Well, I'm gonna burn in hell for this, or my family is going to shun me for this. Man religions just love to use separation from community as punishment, don't they? You know, come to think of it. That's all tied to the human desire to be part of something bigger, I'm sure. Anyway, Domine, what would you say to people who are feeling like that? That's a heavy question, isn't it?

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Dominey Drew 23:05

So this is not a thing for some people who have been raised that way, every single person has been raised that way. You're specifying a particular religion, and perhaps a claustrophobic one, certainly a lot of people have that experience. But even if it wasn't that you've been raised with a certain dogma, whatever your parents had, or whatever you brought on yourself to rebel against what your parents had, you're operating within a template, a way of being that, for most people, they've never questioned whether or not it is in fact, there's,



Scot McKay 23:37

I think that's an extremely intuitive point, continue.

D**Dominey Drew 23:41**

So there's this, there's this way, and what a beautiful microcosm, because as you spoke of your journey of letting go, right, we talked about letting go of the ego. And, again, it's turned into the soundbite. What does that even mean? Well, it means releasing your agenda, accepting that life has a flow, and you're a part of it, as opposed to it being at your command. Of course, you conduct your life intentionally. You know, that's, that's a way to make it the happiest. And so if we call that intentionality, the masculine wave, than the surrender is the feminine. And there is this balance. And the beautiful thing about the story that you just told is that as you release the let's call it the small self, right, the the self that you identified as who Scot McKay was, as you released that and let go of that guilt and the shame and came into self love, which from a traditionally religious background may seem selfish, as you took that step and stepped into your self love, you actually come closer to the experience of the Divine. That is the place as you stepped into self love, right? Like the irony here is people push them, you know, make themselves small to make their idea of God larger. When you actually release that when you when you experience that surrender. that you just lead by example there so beautifully, you actually come into a more experiential experience of that divinity, right of that place in yourself. And that's what the people who are showing up at the in the religious templates are seeking, actually.

**Scot McKay 25:17**

Well, you know, I think it's very interesting that you would acknowledge that no matter how we grew up, there was indeed dogma there. Oh, yeah. Yeah. Even if you grew up in an agnostic atheist or flatly non religious environment, you've been taught to believe something? Oh, sure. Nowadays, I would argue that in the secular humanist, postmodern world that we live in politics are very much becoming our religion, at least collectively. And man, are people ever getting dogmatic without even realizing it? Yeah, good grief. And I don't know what the political equivalent of Bible thumping is, but boy, we're doing it to each other on Twitter, for sure.

D**Dominey Drew 25:54**

Are we really, like,

**Scot McKay 25:56**

you're going to hell, because you don't believe in my God? No, you're going to hell because you don't believe in my God. And the most heartbreaking part is, those are gods with a small g, not a capital G. There are human politicians and leaders and people were told, we should look up to but it's still the same exact time worn psychological concept. Only with different trappings. We're being told to believe something and if you don't believe it, you should feel shame over it because you're wrong. Get on their right side of history, or else, you know, yep. Right. It's mind control. If you don't do this, there's something wrong with you. And for goodness sake, you don't want anything to be wrong with you, do you? So fix it do better? In other words, you're a toxic male do better. What else am I supposed to do? How am I supposed to replace that as a

man? Well figure it out. They say it's mind control, it's a game. That's people plucking the strings of shame and guilt to increase her own personal power to the diminishment of yours. And see, that's what you've been talking about so eloquently so far. Domine, is that this shame and guilt serves to diminish us. And it doesn't do a whole lot of good for our self esteem, for our self respect, or for our self confidence, does it? Well, how do we dig out of that hole and get a grip on this?

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Dominey Drew 27:16

Yeah, and that's, that's 100% True. I mean, to carry on with the religious thing we've been saying, to reframe what you just said, those are the false idols. Yes. You know, here, believe this, go here. Here's your golden calf. And it's like, okay, that's right. Shining. I mean, our entire world right now. Yes. And so it's not about and you know, religion such a fun thing, because it's already the historical templates already there. So you can see it very clearly. You know, it's not about one faith better than another like it, truthfully, never has been, it's just, you know, your, your connection with your direct experience of God, that's what every religion has been seeking. And they've done it on their own, you know, different ways, which of course, led to a lot of issues. So, the, the guilt and the shame, you know, the self rejection, if we continue on with the way we've been talking about it, then the self rejection, if you see yourself if you can even imagine yourself as some semblance of a divine being, it doesn't matter what that means to you, but somebody you know, with with a spark, right of Source of All That is right. Well, even



Scot McKay 28:21

if I am a divinely created being, I'm a product of this relationship. Yeah. Yeah. I mean, some guys listening will bristle at the concept of us all being Gods full disclosure there. But I mean, the fact that you're divinely created, is suitable for this conversation, correct?

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Dominey Drew 28:38

Yeah. Either way, the worth is inherent, the worth is inherent right? It can be found. So to reject yourself is to reject that what you are saying you love that what you are saying is is so wonderful, like, right? That is not that is not love. Right? Love is a direct direct experience in your body. I think it's very common, societally, for people to think also that guilt and shame are useful. Like they're tools, like, oh, I workout at the gym, because I hate my body. Which if that motivates you, like, that's totally cool. That's fine. But I do want to create a little distinction here for anybody who's out there who's like, Yeah, but if I had no shame, I would walk around naked like well with the possible exception of my my current host.



Scot McKay 29:34

But have you ever read greenlights by Matthew McConaughey? No, I

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Dominey Drew 29:37



Dominey Drew 29:15

haven't. Well, there's



Scot McKay 29:38

a wonderful story about the time that actually made the news when it happened when he was arrested naked in the middle of the night. And he refused to put on clothes because he figured if he was frogmarched naked out of his place in Austin, Texas, it would prove that you know, he must have been innocent because Good grief. He's buck naked and everything. And he'd been playing the bongo. as loudly and smoking weed and the cops got called on him and they came and arrested him, and they started selling T shirts afterwards in Austin, saying Bongo naked on them, but really to hear him tell it, it comes off as if it was an excuse to you know, be in public naked because he was proud of himself.



Dominey Drew 30:16

Well, that's, that's pretty case. It's



Scot McKay 30:17

not obvious, by the way, I'm certainly no Matthew McConaughey.



Dominey Drew 30:21

I just specified that like most people wouldn't want to be walking around naked. Now there's nothing wrong with no walk around naked. It's not about like, yes or no, it's not about that. It's about whether or not you're shutting down your impulses and why? Because that's what results in shame. I'm not okay, I should be you're shooting yourself. I'm shooting I shouldn't be some other way. I should be thinner, I shouldn't be better, I should be rich, richer, you're shooting on yourself. You're shooting on your friends. You're shooting on everybody. John society women should do this mentioned do this. It's like, like the, the Artemis and if I get one thing across, I hope it is this is that those shoulds that structure that template, that thing that you've always seen to be truth to be society to be you is in fact, a template it is it is a series of, of beliefs and perceptions, most importantly, that you have taken on to be so intensely yours, that it seems like it's reality. And that line there is seamless right now. But what I do when people work with me is we wake up out of that what is actually you Who are you really it's like a yoga experience. You land in mud in my backyard, and I go the world's not what you always thought it was. Let's start here. Right? Because once you start seeing reality for what it is, everything fucking changes.



Scot McKay 31:40

Yeah, I'm completely in lockstep with you on that. A couple of things to add here before we close. First of all, I want to make it perfectly clear that if you're listening to this, and you're a proponent of a particular religion, Christian, Buddhist, Catholic, Protestant, whatever, I

completely respect that. As long as you do, oh, yeah. As long as you have a basis for what you believe, and you can defend your Faith, then I respect you for that. And isn't all about being iconic classic towards a particular faith and embracing some nebulous, universal, whatever, I really respect anything you can defend. And I mean, too few people nowadays, in particular, have come around to the point where they're comfortable playing in that arena, because it might get too challenging, do what they don't yet have figured out. But I think a good benchmark as to whether or not we as humans really have solved much of this identity puzzle, is we're okay with someone else disagreeing with us. It's not a threat. It's simply a conversation. You know, we talked about on your show Domine, that the universal indicator of ignorance is, well, you know, we call it the Battle Cry of the ignorant, right? You're an idiot, probably spelled why? Oh, you are right. And I think that stands alone, because it was good enough for your show. So it's good for these guys. It really says, it really says it all. The last thing, the last thing I want to say is, you know, we talked about there really being love and fear in this world. And if you don't love yourself, and if you aren't at peace with yourself, then there's fear going on. And that fear is what drives the shame and the guilt. Yes. And you get rid of the fear. And you start boldly, confidently and courageously facing it. come to grips with who you really are gay, straight, Catholic, Protestant, whatever. I respect that. And you'll respect that because suddenly you love yourself. What a great conversation. I love how this has come full circle. Yes, a great. Her name is Dominique Drew, and I've set up a special URL where you can get on her site, find out more about her. And much like I do with you guys, she invites you to get on the phone with her for free for 25 minutes. If you resonate with her and what she's about, she may be the coach for you after all, go to [www dot mountaintop. podcast.com front slash Drew, d r e w](http://www.mountaintop.podcast.com/frontslashDrew,drew) because frankly, it's easier to spell on the fly without having seen it written before then Domine. Right. But definitely go to mountain top podcast.com front slash Drew and get you some. You already know she's smart. You already know she's talented. She knows what she's doing. Gentlemen, check it out. Thank you so much, Domine for being on the show. I hope you'll come back.

 Dominey Drew 34:24

I was my pleasure. I will come back anytime. Thanks so much for great conversation. Thanks, everyone for listening.

 Scot McKay 34:29

Yeah, you know, we've talked for two hours straight and I feel like we could go for another 24 marathon. Hey, maybe we could take over where Jerry Lewis left off and run a telethon. Maybe for a good cause someday.

 Dominey Drew 34:42

And then whenever that happens, right

 Scot McKay 34:44

on then, and gentlemen, guess what? If you haven't been to mountain top podcast.com lately, I got some pretty good news for you. We've reunited with the guys over at keyport.go.to

I got some pretty good news for you. We've reunited with the guys over at key port, go to mountaintoppodcast.com front slash key port and check out the coolest every day. They carry devices you have ever seen. This is not your grandpa's swiss army knife. Gentlemen, this is 21st century stuff. I'll give you a quick hint just as kind of a teaser. You can open your garage door with this thing among other things, okay? www.mountaintoppodcast.com front slash key port, check it out and go and check out the other fantastic sponsors including origin and main, the best jeans you've ever worn in your life. They will last longer than you and probably fit better. I don't even know what that means but it just kind of rolled off my tongue. Anyway. They're called the factory jeans, the ones I wear they're also delta jeans, good stuff, get the fit that matches who you are the best and get two or three pairs because you will never need any other pairs of jeans ever. You can work in them then you can go out on the town and get into a bar brawl with them and look stylish while doing it. If you're wearing orange and jeans, you look stylish doing anything and you're ready for anything. Heroes soap.com is where you can find absolutely natural soap to clean you up. If you do not have the body wash, take a nice warm shower with a female human being and rub that stuff all over each other some time and just see what happens. It will be magic, I promise. Say no more, you can find all of our sponsors at mountaintoppodcast.com And when you partake of any of the fun goods from any of our sponsors, use the code mountain 10 To get an additional 10% off and while you're visiting the site much like domine does as you know gentleman I to offer 25 minutes free to talk to me about what's on your mind and see if coaching with us is a good fit. And you can do that by signing up at mountaintoppodcast.com I have a lot of other brand new things going on over at the site that you probably have not seen before. Unless you visited within the last couple of weeks. It's all there for you at mountaintoppodcast.com 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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