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SPEAKERS

Edroy Odem, Scot McKay, Tommy Breedlove



Edroy Odem 00:05

From the mist enshrouded 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

How's it going? Gentlemen, welcome again to get another episode of The World Famous mountaintop podcast. My name is Scott McKay at Scott McKay, on Twitter and on clubhouse and on truth social and now on Tik Tok as well. Real Scot McKay on Instagram, find all the YouTube goodies including representations of these episodes by searching my name SC o TMCKY. On YouTube, the website URL as always is mountaintop podcast.com. And gentlemen, listen up. If you're not a member of our Facebook group yet, get you some go over there. Sign up, join this discussion with like minded men who are going to be better men and get better women in their lives. That's the mountaintop summit on Facebook. With me today is a returning guest This is his third time on the show. He is one of your favorites. He is the author the best selling author I should say of one fantastic book called legendary which many of you guys have already reported to me that you've read and enjoyed all the way from check it out the unaffiliated mountaintop lodge in the beautiful state of Georgia. Tommy Breedlove Mr. Legendary himself Welcome brother.



Tommy Breedlove 01:31

Scott, my man, my friend, my brother, I am so fired up to be here. Let's throw down and do this man. I just always love having our chats.



Scot McKay 01:39

Oh yeah, for sure. The last two shows you and I have done have rocked the house. And

gentlemen, when I told this guy, what the topic I had in mind for this particular episode was his eyes just lit up. He was like, Man, I'm all over that. And what we're going to talk about today, Tommy, is whatever happened to rites of passage. And we're going to leave that an open ended subject because I think it's going to take us down a lot of different paths. But I'll tell you what, Tommy, the first thing that came to mind was the rite of passage from boyhood to manhood. Man that used to be automatic in this culture years ago. I mean, if you've watched the show 1883, which I can't imagine you haven't. He takes the little boy who's five years old? Does the character played by Tim McGraw? You know, the patriarch of the Dutton clan? Takes John Dutton senior who will be I guess, the great grandfather of Kevin Costner's character someday out into the woods and has him shoot his first buck at age five, and then bloods afterwards, you know, smears blood on his cheek and everything. And, you know, I said to my wife, as we're watching it, man, the woke crowd is out there just vomiting blood themselves over this. I mean, they just got to be beside themselves that they would show such a thing on TV. And, you know, this used to be part of survival 120 140 years ago, but nowadays, it's like, Oh, my God, do we really want our boys to know how to use a gun to be able to fend for themselves in the wild? And I mean, really even be assertive at all? What has happened, Tommy, what happened to the rites of passage in this culture, man,

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Tommy Breedlove 03:20

you know, I don't know what's happened. But it is showing its face in so many ugly ways from the woke crowd to entitlement to it seems like we're promoting victimhood everywhere. And it wasn't just in our society, it was around the world. It was indigenous societies and cultures, from Africa to Asia and Australia. I mean, you name it to Anglo Saxons to all over the world. I mean, it was a part of becoming a man, it was part of becoming owning your own power, become, you know, the journey from a boy to a man to being you know, and by the way, 95 to 98% of all the people in the world, we all want the same thing, man. And so for us to try to attack masculinity or men, boys being boys or men being men, but honestly, we're not taught how to be men anymore. In fact, we're almost under attack. Like, if you display any kind of masculinity, I mean, let's just be clear, us men, we like power, we crave respect, we love status, and we like admiration. It's been in our DNA for 1000s of years. But unfortunately, with the fatherless society that's out there right now. And I'm not just talking about dads that aren't there. I'm talking about dads that are home that are not there. They're either on their, you know, TV or on their phone or working or there's just no father son connection, like there used to be not every one of us but a lot of us don't have that anymore. And we need to teach young boys how to be men. We need to teach young boys how to be personal accountable. We need to teach young boys how to protect themselves so they can protect others lead themselves so they can lead others and truly love themselves so they can love others. And so we've lost that art and we got to talk about it. As I actually did a rites of passage about three or four years ago, 11 days in the woods, it was a death ceremony where the old Tommy died and a new Tommy was born. It was 11 days total, but four of it was with no food, no shelter in the woods, all alone. And you know, the whole point was made to go out there to die to be reborn. But it was a rites called rites of passage Council. And I was on their board for years, and we just totally lost that. And I think it's rearing its face. Right now in you know, again, the victimhood, promoting the entitlement promoting apathy. I think we're lazier and I'm allergic to all of those things. And so we need to bring it back to teach young girls how to be women and young boys how to be men. And I just think we're missing that right now. I think it's a generational thing. I think it's a fatherless thing. You know, the media wants us to all feel like victims or entitled. And it's just it's a true pandemic right now, man, be honest with you.



Scot McKay 05:55

Yeah, you know, you've already thrown so much on the table there. The one thing that I've got a call out right from the top here is you mentioned how men have an inherent desire for respect and personal power. And just two days prior to this show's release, this very episode is released, I did a whole masterclass called Bold assertiveness earns respect. And I tied respect to personal power deeply within the context of that if you guys want to check it out, it's mountain-top-podcast.com/front-slash-masterclass, especially if you're listening to this show, within a couple of weeks of it being released. And you guys know, after 305 episodes, I don't typically pitch a whole lot of stuff mid-roll. But this is one exception I'm going to make because you were just right on the money with this. And you also talked about how this is centuries old. I mean, every culture has a rite of passage from boyhood to manhood. And yet nowadays, we look at cultures like say the Maasai, who have a very clear cut. And I say that literally, ritual from boy to man and their culture that would make most Western men just cringe, you know, it make our buttocks pucker, frankly, even think about and you know, there's just no denying, when these young men in the Maasai tribes go through this rite of passage, they come out the other side of man ready to go out and hunt lions and be a part participating part of the men in that group. And yet nowadays, I'm guessing what it all comes down to Tommy is, there's really no clear cut need to be a man, things are automated, we can watch life happen on TV adventure is something that is undertaken by someone else, and we get to vicariously, again watching on TV or the internet. You walk into any given store, and you look at a kid behind the counter, and he just and he just doesn't look like a man, he doesn't act like a man, sometimes he doesn't even want to be a man. He couldn't care less. And Tommy, one of the things that I've said already on this show is when you minimize the role of a man of the house, when you tell him that his ability to provide, protect, and preside over that household, flat out isn't necessary anymore. What it does is it leaves a void. And I think he came very close to spitting it out. And what you were alluding to, is the only thing left to step in. There's the government. And that scares the hell out of me.



Tommy Breedlove 08:27

Yeah. And we want that. I mean, clearly, you know, when it comes to financial policy, or military policy, or even economic policy, clearly, their track record has been great. Now that we want to raise our kids and teaching us how to go from a boy to a man, they want that What did



Scot McKay 08:43

Ronald Reagan say? What are the nine scariest words in the English language? I'm from the government and I'm here to help.



Tommy Breedlove 08:50

Right. And he's spot on. And he was the president united states. Exactly.



Scot McKay 08:54



He would know that was the head.



Tommy Breedlove 08:56

Yeah, here. Yeah. Yeah. Well, well, people in power always want power. That's what they want. And they want you to feel like you need to suck off the to the government. And they want you to feel again, they want you to feel like a victim, hey, we've got you left and right, do this right. By the way. It's not just it's just not the left. It's always it's also the right percent 100 We've got you right, and they want you to feel powerless to feel like a victim but also to feel angry at the other side. And here's the truth at the end of the day about rites of passage is what we crave right now is authenticity and leadership. And the whole point of rites of passage back in the day was survival. Because if anyone from a different race, a different religion, a different culture, hell, it could be the neighboring state when they showed up. They usually meant you will harm and they were either going to conquer you take something from you needed something that we were expanding and they were going to kill you and take your women and do things that you just don't even want to describe. So it was literally life or death back then.



Scot McKay 09:58

And nowadays, the closest See to any need for that isn't a video game. And this correct.



Tommy Breedlove 10:03

But here's what we don't have in this culture is true leadership. And what happens when you go from a man from a boy to a man, you're learning leadership, you're learning protection, you're learning confidence, you're learning courage, you're learning to own your own power, not looking for power from someone else but truly owning your internal power. And what does that still give you today? Well, it's still at you know, the number one thing people want in leaders, the number one thing and this is leaders at home, this is leaders at work, this is leaders everywhere, is they want confidence, not just confidence in you doing your work and doing it well. But internal confidence, what does that mean self esteem, self respect, self leadership and self love. And the number one failure in leadership right now, both in businesses at home and at home? Is knowing thyself, self awareness. So if you're not taught emotional strength, if you're not taught mental strength, if you're not taught leadership, and usually who did that your father's in the tribe. And then what did they want after you had led a life after you had hunted after you had gone to war to protect after you had farmed, after you have raised a family and learned how to screw it all up? And then to get it right guess what that rite of passage did to you, then they made you an elder. And elders are what we're also missing. So we're not just missing from boys to men are missing those elders. And we even have taken it so bad that we took our elderly away so that we don't see them, so that we can't see they're dying. Whereas in ancient cultures, even this 200 years ago, that's where your wisdom, that's your where your leaders were, because they'd been there done that. And now, with technology changes, and political changes, and all this new New Age movements, we've tucked them away in the government saying no will lead you now don't listen to your elders, don't listen to your religion, don't listen to the ways it's always done. And the reason it was done certain ways is because there was wisdom in it. I'm not saying don't always push the envelope and innovate and get better. But we're not only missing men, we're missing elders. And and we're showing it

right now. And lack of confidence, lack of leadership, lack of accountable, there's no accountability anymore. Everybody else is someone's fault. It's either the government's fault, or politicians fault or some other person's fault. And, you know, we're in what also rites of passage to give us personal accountability, power, Extreme Ownership, but also confidence, courage, and just self damn respect. And by the way, if you're listening to this podcast, I'm gonna tell you, women love confidence. And by the way, they still want to be pursued, they still want to be dated, because they also want to feel safe, loved, seen, heard and valued. And when we pursue them that makes them feel that way. So I'll just leave it at that.



Scot McKay 12:55

Well, let's talk about women for a quick sec. Because after all, that's what we major interests. Men lead, men make the first



Tommy Breedlove 13:02

move, but they want to be pursued, they want to be pursued, right?



Scot McKay 13:06

They want you to choose them, not to chase them, but to go and say, You're the one I want. Nothing makes a woman feel more safe and secure than that. And the old adage, work for it, right? Well, sometimes, yes. But the old adage is, if you can't stand up to her, you can't stand up for her. And what I think a lot of guys miss is, if you don't instill that notion in her, that you are a man who leads provides and protects, she will not respect you. Then she has to become your mommy instead of your lover. And that's what I want to talk about next. Because a lot of guys overlook the important part of a woman respecting him. And I'll tell you what, when she starts respecting you, she gets sexually turned on by you. That doesn't mean like you said so eloquently, Tommy that you're, you know lording anything over her or putting her under your direct control in some toxic way. But rather, you're fulfilling on her primal needs, she has for masculinity that is meant to ignite her femininity. And I've read research on this. There is a direct psychological correlation between leaving the nest, getting out from under your mommy's care going out in the world and making your own way and experiencing a transformation in how you view women. Women are no longer your caretakers, they become your lovers. And the single biggest psychological problem for men who stay at home, live at home with their mommies living the easy life, letting her cook them dinner, letting those mommies do their laundry, et cetera, et cetera, being mollycoddled until they're 25 3040 God forbid. 50. Those men never experience a rite of passage even in their own psyche, from seeing women as providers and protectors have them to flipping the script and all the sudden I'm the man of the new house. I'm the provider and protector of a wife and of my children and of my domain that I'm the master of and what ends up happening is these guys sit at home with Cheeto fingers playing video games wondering why no women want them why women aren't attracted and primally deep down every man I know who lives at home doesn't go around shouting it from the rooftops when he's trying to attract women because deep down Tommy they notice it's a fact isn't it?



 Tommy Breedlove 15:32

It's in the DNA man. I'm telling you, because deep down in men want to be admired. How do you become admired as you gotta you got to be confident and earn respect. Yeah, to earn respect, respect is not given you earn it is sitting at home eating Cheetos, watching porn and playing video games. Brother that is a recipe for self hate and just self loathing and eventual just depression, anxiety, all the bad stuff. So let's see. It's not a bad man who stay at home. It's easy button standard. Yeah, well, you know,

 Scot McKay 16:00

the psychology there. Yeah, the psychology there. Tommy is the pain of not getting what I'm dreaming of has to exceed the pain I feel about being lazy, not being productive, still living at home, and feeling shame that my mom's still taking care of me. So until I want something that seems scary to obtain independence, having a woman in my life until the pain of not having that in my life exceeds the comfort level of staying at home having not having to do anything is going to be status quo.

 Tommy Breedlove 16:34

And I think there's some accountability and enablement on the mom's part there, too. Right. It's about time for her to kick the old birdie out of the nest.

 Scot McKay 16:41

And you know, we could do a whole nother show on influence of parents well into our adulthood. Because certainly for sure, there are some selfish parents out there who, you know, they have ulterior motives for keeping their kids at home. But you know, children are designed to be raised into adulthood, we're supposed to leave the nest. I mean, for God's sake, Tommy, we got a puppy. We didn't get the puppy when it was 50 years old. We got the puppy when it was nine weeks old. And after a few days of wanting to cry, and it was happy to be here, and now it's basically growing up to be a stronger, more mature looking dog. If a dog can do it, what's our excuse?

 Tommy Breedlove 17:21

That's right. That's right. We weren't designed to be. We weren't designed to hibernate and to hide. We just weren't designed for that we were designed to observe and make impact. So

 Scot McKay 17:32

we're supposed to be the higher life form than a dog. Right, right. One of the things we you know, I want to take this in a little bit different direction, because I'm sure someone out there is saying, Well, Scott, I had a bar mitzvah, I graduated from high school, I graduate from college. Some of these guys are out there going well, you know what, I've already been married. All of

those are ceremonial rites of passage. But I don't know. I think it's nice to look at a particular moment in life. And see it as a specific line in the sand where I'm moving from one part of my life to another, perhaps more involves more responsible time in my life. But one of my friends, Michael Berry, who runs a nationally syndicated radio talk show and I've been on his show before it, it's a lot of fun. He was bemoaning things like kindergarten graduation, eighth grade graduation, he's like, Yeah, I suppose it's an excuse for a party. But if everything is a rite of passage, then nothing's a rite of passage, graduation from high school graduation. That really means you're going to be doing something different very soon than what you were doing this past year or whatever. I think those are the rites of passage that should be focused more upon, you know what I mean? It's like we cheapens rite of passage, in a blatant attempt to minimize it. What's up with that,

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Tommy Breedlove 18:49

that can be true and what what it misses is pain. There needs to be and it doesn't have to be pain, pain. But when you look at indigenous and ancient rites of passage, there had to be massive amounts of courage. You were alone, you had to make decisions. And in a lot of situations, and a lot of times, there was some pain involved as well. Because you know what all of that's a metaphor for life. It's not when life kicks in the place. It's going it's when it's not if. And so the reason they were prepared and willing went through it as well. And honestly, women can endure physical pain significantly more than men can. But what the rites of passage we're preparing is you're going to have to have courage in life. You're going to have to make a decision in life. You will feel pain in life, and you're going to have to run to the fire and not away from the fire. Because someone's not always gonna be there to save you mama is always going to be there. Life sickness, politics, war, disease, losing business losing money, and are you going to be able to stand there with calm But it's courage and no, hey, I've got this, or you're going to cower and die. And so all of these rites of passage, whether it's eighth grade or kindergarten, or you get a trophy for ninth place all this nonsense, there's no pain in it. There's no courage in it, there's no decision making in it, and there's no confidence in it. And that's what those things are missing. That's why sports are so powerful is sports, you got pain, you got to make a decision, you got to show up a courage or you're gonna get beat period. And I think are right, I think that's what people love and hold on to sports. And it's not everybody, but I think that's why they hold on to it. Because it's our last arena, where we can get in, we can get dirty, we can compete, we can lose, we can win, we can learn, we can grow, and we can work as teams, and we can make decisions and we have to be courageous. And that's why people love the sporting element. It's our modern day arena. And maybe that's our rite of passage, but they're even trying to take that away as well. So whoever they are,



Scot McKay 20:51

yeah, the Royal day. Yeah. Yeah, you know, I agree with you 100%. My kids are involved in gritty sports themselves. And I had to laugh because you talked about the ninth place trophy, and at the national level, and indeed in any BMX race, which is the sport that my kids are involved with. There are only

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Tommy Breedlove 21:08

a lot of pain in that one brother.



Scot McKay 21:12

You want to pay my doctor bills for me my emergency room bill. You're welcome. How about my health insurance premiums you can get that for me too. But the point is on a standard BMX skate there are only eight spots. So if there are 140 kids who show up for 14 expert at a national there are only eight kids who make the main Oh, eight of them will get a trophy for making the main but the rest of them all go home. So ninth place is always the first guy to national who doesn't get the trophy.



Tommy Breedlove 21:42

Wow. To get on that date, man. That's pretty legit brother. No,



Scot McKay 21:45

it is legit winner. National is an amazing thing. One of my son's friends just did that for the first time and, dude, you would think that he just got coronated King of England. You know, it was amazing for the kid. And indeed, you know, those kids who excel in the sports, you know, and if they play varsity football or baseball or wrestling's another one that builds grit for sure. You could argue that it's kind of weird for boys to roll around sweating with each other. But wrestling is a rough and tumble sport that builds grit, if you're into it. What came to mind, however, was military. You want a rite of passage? join the Marine Corps when you get out of high school. And you know, Tommy World War Two was so far removed from our Zeitgeist nowadays. But you know, 18 year old kids were conscripted. You got that rite of passage, whether you were looking forward or not, unless you somehow had flat feet or something. Same in the Vietnam era,



Tommy Breedlove 22:40

saying Vietnam? That's right. That's right. And you can



Scot McKay 22:43

argue whether the cause of the war is right or wrong. The one thing that you can't argue, is any veteran you've ever met, can draw a line in the sand where dammit He became a man. Because you don't walk into boot camp and walk out of there some little boy, it doesn't have I



Tommy Breedlove 23:02

couldn't agree more. And, again, what a metaphor for life. I mean, you're gonna have to be a man, you're gonna have to be a woman. And by the way, it takes strong, masculine and strong, feminine. It's a nature of balance. The reason nature nature is balanced, where the grand

experiment that's been just a fucking failure today, I don't know if I say that, but I just said it. You know, we're in the grand experiment. Where the grand experiment, man and you know, Mike Tyson said it best is, you know, everybody what happens when you get punched in the face?



Scot McKay 23:32

Everybody has a plan until they're punched in the face. Right?



Tommy Breedlove 23:35

Especially about my wife, I mean, that we heard and you know, whether it's the military



Scot McKay 23:40

or sports or JetBlue Airways, yeah.



Tommy Breedlove 23:45


This is true. I mean, it again, courage, confidence, self respect, self leadership, making decisions, pain. That's just a big metaphor for life. And I mean, we've got to start looking in the mirrors, we've got to be personally accountable to our success to our self respect, or self confidence. And what I love about especially my wife, what I love about her is, she is very ambitious and driven, so she wants respect. She wants to get out there and be world class and kick ass and be badass in business and she wants to compete with the boys. But at the end of the day, if I asked her, what does she want from me? It's love and safety. That's what she wants from me. She wants to feel safe in our relationship, and she wants to feel loved. How does she feel loved acts of service, but she still wants me to pursue her to make her feel pretty, to make her feel loved to make her feel safe. That's what she wants and what I want from her truth be told, admiration. Now, that's probably not for all men, but I want her to respect me. And I want her to look at me and this guy's got this. This guy's got my back and you know what she always says to me protect and defend the sport. What does that mean? Love and safety. She goes Tommy, protect and defend the sport. works, love and safety. And for me when I do that, and I show up for myself and I lead, and I love and I stand there with confidence and courage. And by the way, I work on coaches with this stuff. She just loves and respects me more. And by the way, I gotta say it, I'm also authentic and vulnerable with it's like, Baby, I ain't got this figured out, I need your help. And she loves that. Because now now I've empowered her to help me as well. And I'm not trying to sit up there on some white horse and be something I'm not. So it's a ying and yang, brother. And I'll get off my soapbox, but that I mean, at the end of the day, do you want to stand and confidence and power? Or do you just want to be a whipping boy for the world just to kick its ass? And that's a decision that you've got to make, right? And so I know you and I are on the same page on that.



Scot McKay 25:44

whipping boy is a term I use to describe guys who don't feel respect in that masterless I use

whipping boy is a term I use to describe guys who don't feel respect in that masterclass, I ran two nights ago. That's crazy. I know you can hang out on that soapbox all day long for all I care, because you're absolutely hitting it out of the park. Listen, if there is an exception to what you just said about men wanting respect, and to be admired by their wives and wives being safety and security seeking creatures, I'd like to meet him. Yeah, you know, I'm not sure what kind of doctor he needs to correct that. But that's the way the universe that's the masculine feminine dance in the most elegant, concise terms possible. And that's what it's all about. And that's what we've got to become someday to have fulfilling relationships. You know, you were talking about respect. Respect is important. It's been on my mind for the better part of this month. Obviously, I've already said why. And you know, there are no fulfilling relationships, where there isn't mutual respect. And if you're still acting like a little boy, all I have to say is good luck with that. Yeah, no doubt, period. One thing you mentioned earlier, that I don't want to let flow under this bridge, without being talked about, is the rite of passage into elder hood. And I've heard that very word used as others, you know, scholars, social scientists, sociologists, have talked about the subject of Rites of Passage, because I research this episode as I do, the vast majority of them and as primal, as universal, a language as masculinity and femininity are, as mathematics is, as rites of passage have been historically across millennia of culture. So is respect for elders, every culture on earth from disparate geographies, ranging from Native Americans, to the Chinese, the Japanese, respect for elders is in many cases paramount. And yet, just like you said, we are starting to disrespect our elders more and more. Yes, we're abdicating responsibility to take care of them in their old age we're trafficking them off to nursing homes, etc. I mean, God bless the older folks are hanging out the villages playing golf all day and living their sunset years out and joy great, you know,

 Tommy Breedlove 28:19

apparently that's one of the highest STD rates down there to man so they're having a whole lot of fun down there.

 Scot McKay 28:23


No, I read the same thing. Isn't that fantastic?

 Tommy Breedlove 28:26

I love it. You know, they

 Scot McKay 28:28

have organized crime in the villages. Vegas gone yeah, they got like the mob in there. But we digress.

 Tommy Breedlove 28:37

Still show on the villages. Let's go down there and do it.



Scot McKay 28:40

I envision Godfather Part Four in the future, the villages a lot. But you know what, there's something to be said for this rite of passage into elderhood, maturity, wisdom, decision making the ability to mentor young men, not just little boys, but to be there to help young men find their way into maximize and to self actualize. I think that's wonderful. And do it with humility, and do it with humility, Mr. Miyagi, compared to Cobra Kai stuff, you know, that's how I envision it. And it's fantastic. And it's wonderful. And I'll tell you, there were other rites of passage that we probably should mention, from student to workforce. Everybody knows someone who's on their sticks, Master's degree because they would rather as James clear, says, do a bunch of stuff instead of flat out acting, planning, trying to get at the setup, right? Talking about things scheming about things, but you'll never be effective. You'll never really show your mettle until you put all that to the test with something that has a hardcore result tied to it.



Tommy Breedlove 29:49

Difference between sitting in the stands and getting the arena. Yes,



Scot McKay 29:52

that student to workforce. Marriage is indeed a rite of passage. You know, you're going from being an interview Israel to being a couple. There's now two of you, you're a team, you want to talk about that song? Because I know you have a happy marriage and a fulfilling marriage like I do. So I want to hear your thoughts.



Tommy Breedlove 30:09

I do. But brother, I set that up for so many years. That's all right. You know, it's interesting that my wife came from a very loving, you can do anything type of family, and it showed up in her life, it showed up in our careers and I came from, you suck, you're not going to be good enough, a lot of violence, a lot of abuse. And watch my mom and dad basically tried to kill each other for the first 18 years of my life, physically, verbally, you name it, man. And so it's interesting. We absorb what our parents are, right? And so because of my background, I never really trusted women for so many times, because it's just, I was taught at a very young age that they couldn't be trusted. So what how did that look in my life is I would try to pull the rug out of our relationship. Before Heather ever, that's the name of my wife before Heather ever had a chance to pull it out on me because my mom did it. My sister did it. And the first three or four girlfriends I had, you know, I attracted that into my life, right? And because that's what I knew. And that's what I felt safe with. And through a lot of work. So we got married, and I saw, okay, now I'm gonna be happy. Well, wherever you go, there you are, right. And it wasn't until I started and looked in the mirror and knew that that was the problem. And the solution that Heather was not the problem here. That Heather was turning into my mom, you said it earlier, right? Because we were having this codependent dance, she's like, Well, hell, I've got to raise this young man because no one ever raised him, right. And that's not a marriage, by the way. That's a mom son relationship. So when we realized it, and it was almost too late brother, but when we realized that we double down not only on us, when I say us, I did the work for self

confidence, self respect, self love with coaches, with mentors, with therapists, with books. I mean, I did the work and I still do the work. 12 years later, she does the work on her how to stand in her power, how to stand in her confidence how to, for her to be a lover and not a mother. So we did the work separately, and we do the work together. So just getting married, you're going to mimic what you know, from your parents. It's not what your parents told you. It's what they did. And for me, I had to cut that chain, I had to cut that lack of self confidence, lack of self respect, seeking a mother because I never really had a mother, if that makes sense. And get the balance back I heard the great poet David White said a marriage is a contest of generosity. And I thought that was just beautiful. And for me, I needed to be standing my own power my own self love my own self confidence, and stand with head up, shoulders back to earn that respect from her to earn that because I had to respect myself for her to respect me I had Heather loved me when I didn't love myself, man. And that was the problem in our marriage, and I damn near nuked it twice. And through all of this, we're almost we're 22 years into this dance now 25 All in. And we have never been more attracted to each other or sexual, more intimate, more communicative, the laugh and joy and not take this life. So damn serious. But we do the damn work. And what you got in marriages is you've got two people with their own desires, with their own needs, with their own idiosyncrasies and with their own insecurities. And if you can communicate that you can talk about it, you can learn each other's love language, and you work on it separately. And together. Man, it can be the great your partner in life doesn't matter if you're straight or gay, your partner in life, whoever you choose to do this life with, is going to be the board of directors of your life. They're either going to anchor you or Excel you. And so choose wisely. But again, you've got to do the work. Just like to be successful in business, you got to do the work to be successful on the field, you got to do the reps to be successful in marriage, you've also got to do the work because it's not if you're going to have problems. It's when and are you going again going to run to the fire or away from the fire or take the easy route, which is divorce and screw that we didn't want that. So that's how Heather and I did it. And thank you for letting me be honest there because it wasn't like that forever. But it has been like that for a long time. Now.



Scot McKay 34:19

That's powerful. Marriage is a contest of generosity.



Tommy Breedlove 34:24

And that beautiful we just the great Irish poet, David White said,



Scot McKay 34:27

How long ago was that coined?



Tommy Breedlove 34:29

You know, I don't know he's still alive. And so I just I follow David, I read his stuff I listened to if you go to YouTube, just just Google David White man, and there's all sorts of beauty out there and have him read it to you. But I read that and I can't remember which book I read it. But it

was just, I had to quote it and it's just one of the most beautiful things



Scot McKay 34:49

I've ever heard. I should have that cat on this show.



Tommy Breedlove 34:51

Oh my god. Absolutely. And you know what I love about David is reason his poetry he's so wise now he took about an elder from humility. The key to getting it right, and you know how you become elders, but effing it up, the only way to learn is by failing, and we were so scared of failing these days. And David, the reason his writing is so powerful, his words are so powerful, because he was such a mess up for so long, until he looked in the mirror and said no more. And he talks about that transition from a man to an elder. He's one of the true elders in this life. And from his words, to his poetry, to his seminars, to his beauty to his his writings, it's just, it's just filled with wisdom and humility. And that comes from Him being an elder, and it comes from all those failures, which turned to learnings which turned to wisdom.



Scot McKay 35:38

Fantastic, I'm gonna have to look this guy up and get him on the show. But listen, I've often talked about the three legged stool of a great marriage is generosity. optimism, I think the best of you, I think the best about you instead of fearing the worst, and getting each other understanding what's going on in each other's head because you're like minded. And I think if marriage is a contest of generosity, then divorce is the carnage of selfishness. Amen. The direct negative results of it. And you know, so much dating relationship advice out there, Tommy is about trying to keep your partner's hand off your stack and trying to get what you want and manipulate them into doing your bidding. And that is not a successful marriage make and frankly, to kind of bring this full circle. That's for little boys, not Ben. Amen. The last thing that I want to say that I think we'd be remiss if we didn't mention, and this is to close it off, I think this will stand alone, is I really think it's a shame in this culture. How the next time we see some of our far flung family members will be at their funerals. You know, people talk about funerals as a rite of passage. And I think we should celebrate the life of those we love and be in community with each other. Rather than seeing death as an excuse to throw a party and to maybe see this person for one last time. That's just something I had stuck in my craw that I wanted to kind of float out there. But anyway,



Tommy Breedlove 37:12

I think about that often, too. I've got two elderly parents. So when I reverse engineer, I might see them four more times in my life. And I want to make sure that that four more times is quality and not quantity. And I want to live without regrets and without there's no more unspoken words between us. And we've got a loving relationship but reverse engineer how many times what's important to you and your life? And do you want to live life without regrets and, and regrets would be not saying goodbye or not spending the time with the people we love and cherish and care about the most so I'll just leave it at that.



Scot McKay 37:43

Yeah, absolutely. You definitely want to try to close wounds, not open them. When you naturally parents. Amen, amen. Amen. His name is Tommy Breedlove. He is the Wall Street Journal and USA Today Best Selling Author of legendary a lot of you guys have already snapped up your copy of that book. If you're not yet one of them had to match up podcast.com front slash Amazon where I have moved it directly up to the top of the Amazon influencer queue for you there on that page. You can also go to Mass top podcast.com front slash legendary and get you a copy Tommy Breedlove once again, hit it out of the park. My man it's always a pleasure to have you on great stuff as always



Tommy Breedlove 38:23

humbled by brother anytime, anywhere. You need anything. I'm there, brother. Have a great one, Scott.



Scot McKay 38:28

Well, you may be humble, but I'm flat out proud to have you see what I did there. All right, gentlemen, if you haven't been to mountaintop podcast.com just yet, listen, you can catch every new episode Fridays at midnight central time that's 1am on the East Coast, almost without fail. You know, I don't want to say without fail because I don't want to write a check. I can't cash but certainly for the last three years, every single Friday, there's been a new show, subscribe on Apple podcasts, and you will never miss a thing. Also, when you go to mountaintop podcast.com Check out the link. It's kind of in that revolving set of banners I have there for masterclasses if you liked this episode, you're going to love that masterclass. I ran for you guys on the topic of assertiveness that earns respect. Listen, I'm not going to ask you to be Don Corleone I want you to be the most evolved man you can be be an example to younger kids earn the respect in the workplace and with the women in your life. It's worth it. It isn't even all that hard. You've been hard wired to do that. A lot of this is just cutting loose and setting it free. Once you are a man who is more assertive, you get more of what you want. And more people admire you respect is a linchpin of a masculine life well lived. Check it out and so much more at mountain top podcast.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



Edroy Odem 40:08

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