

mtp316

Tue, 8/9 3:18PM 49:04

SUMMARY KEYWORDS

women, sex, orgasm, men, porn, mountaintop, bedroom, understand, sexually, blow, talk, testicles, job, sarah, good, feel, body, amazing, important, horny

SPEAKERS

Edroy Odem, Scot McKay, Sarrah Rose



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 Scot McKay.



Scot McKay 00:19

How's it going? Gentlemen? Welcome to yet another episode of The World Famous mountaintop podcast. I am your host, my name is Scott McKay at Scott McKay on Twitter, and on true social and on Tik Tok. You can find me on Instagram at real Scot McKay. All the YouTube videos including video representations of this very show can be found by searching my name SC O T one T only. MC K E Y on YouTube, the website is mountaintop podcast.com As always, and the thriving Facebook group. Also, as always, is the mountaintop summit search it out and join it gentlemen, you're missing out until you do with me today is a returning guest, one of your favorite guests. She hails from New York City. She is the queen of tantric activation and a few other side hustles she's got going on which we're going to probably talk about as well. Her name is Sarah rose, and the topic today is sex women stick around for Sarah. Welcome back.



Sarrah Rose 01:18

Hey, Scott. I'm so happy to be back. Thank you for having me.



Scot McKay 01:21

Yeah, you sound happy. How's life over?



Sarrah Rose 01:24

Oh, it's great. I had a couple of amazing orgasms this morning. And what's not to enjoy?



Scot McKay 01:31

Were they self inflicted or otherwise?



Sarrah Rose 01:35

These ones were self inflicted? Yes,



Scot McKay 01:37

those can be the best. And that's because we know how to pleasure ourselves as human beings, whether we admit it or not. Or we should shouldn't. Yeah.



Sarrah Rose 01:44

I got I got to be at least FaceTiming. So it was it was yes, self inflicted, but also engaged.



Scot McKay 01:57

Well, those can probably even one up the mirror self inflicted variety by adding a little more complexity to it and interest. And yeah, for sure. Lots of fun. I remember those days. Good days. All right. So today we're going to talk about several things. And I'm going to tee up some softball questions for you. How's that for a Yogi Berraism teeing up some softballs, we're going to hit that out of the park and down the fairway at the same time. I guess that's a Yogi Berraism, though, because if you're a kindergarten, they really do tee up softballs and let you hit them. So that would be an extra soft softball if it was designed for a kindergartner, so easy a first grader can understand it,



Sarrah Rose 02:36


and totally over my head.





Scot McKay 02:39


Well, I think everything we're about to talk about has already been banned in the state of Florida. Ron DeSantis. You can't talk about any of this. But first graders, so probably a bad analogy. So we'll move on right to it. It's good to have you back, you are very easy to talk to about all of this stuff, as these guys have probably already figured out from the first three or four minutes of this show. And so when we're talking about sex women stick around for man, there are so many areas that we can trespass into, relative to this particular topic. And I think

the best way to start this off would be to help these guys understand just how much street cred you bring to the table. Sarah rose. Let's talk first about the kind of sex that keeps men around. Because you are the mistress of all things regarding sexual prowess and sexual skill. So talk to me a little bit about what you know about the kind of sex that makes men go, Oh, my goodness, I'm not leaving this woman.


 Sarrah Rose 03:45
blow jobs rule. Can I say?

 Scot McKay 03:51
A sense of humor.


 Sarrah Rose 03:52
Oh my god. I mean, guys just love it. And if you're a woman that loves to give head, you really are in the league of your own, because so many women just tolerate it. And it's not enjoyable for either person. My best friend and I talked about this a lot. He's a straight guy. And he's like, Sarah, I don't even like to get blowjobs because most women just suck at it. And so he's like, whenever we get a good one, I know I'm gonna stick around. I want to have sex with this woman again.

 Scot McKay 04:24
The first time I ever got a blow job was when I was in high school. And she had braces. No, no, that was dangerous. That was just naturally deadly. Those things are pointy. I mean, this was pre Invisalign error. Okay. It was it was actually very admirable that she did as good a job as she did, but she was also very cute, which helps.

 Sarrah Rose 04:48
Oh, well, I mean, especially in high school for her skills.

 Scot McKay 04:51
Yeah, right. I hope I'm not Daxing anybody here. You know, everybody who follows me on Facebook from high school and listen to the show is going I knew it. I knew you two are something. Yeah, maybe I'm not talking about who you think I'm talking about bubba. I was one of those guys in high school who was very good at keeping my mouth shut. Because more women naked, they get more girls in high school. And probably in life in general. Yeah. All right. So let's talk about this for a second. Because it is a great topic and one that like all men, I find


to be very interesting and intriguing, of course. And first of all, before we elaborate upon blowjobs hand jobs are underrated. A woman who knows how to use her hands or even her feet is also very surprising and very amazing. Two men.

 Sarrah Rose 05:37

Did we talk about the foot jobs last time?

 Scot McKay 05:41


I doubt it? I would have remembered. Oh, wow.

 Sarrah Rose 05:43

Yeah, I wonder what percentage of men have actually received a foot job? I think it's pretty rare,

 Scot McKay 05:49

let alone a good one.

 Sarrah Rose 05:50

So how would you describe a good one?

 Scot McKay 05:52

Alright, well, first and foremost, we've talked about this recently on the show because we had a lady come on and talk about fetishes. So many men, I would say a majority of men think women's feet are sexy. And it's important to them that women have cute, beautiful clean, well pedicure feet. And most men, meanwhile, think they're really weird for thinking that. So I would imagine the first obstacle to a guy getting a foot job is having the balls to ask for one. You know, because let's face it, you know this as well as I do. When men direct the sexual experience in the bedroom. The woman feels safe and the woman feels horny. She's usually pretty willing, unless it's something pretty crazy. And I also would guess, okay, this is an educated guess, and educated guess, if you will, to coin a term. I believe most women understand their feet to be sexy when they have sexy feet, and are more comfortable with it, than most men understand it to be okay, that they find their women's feet sexy. I know that's a mouthful, but I think I pretty much spelled it out. And so if a woman has sexy feet, watching her sexy feet give you a foot job is pretty nice foreplay. And I think a lot of guys are missing out if they don't, if they don't partake in that. And women to a lot of women, of course, a lot of people in general are very nervous, and perhaps a little self conscious. So I think it's very much the man's job to help a woman feel sexy and comfortable and appreciated when she does that. When she gives you a good hand job, and certainly when she does a good blow job. I mean, if

the guy is just standing there going, Oh, well, this kind of sucks. Let me do something else. Now. Don't ever plan on that sex act, whatever it is being performed on you ever again. Correct?

S

Sarrah Rose 07:37

Yeah, definitely be enthusiastic. That's very helpful.



Scot McKay 07:41

Yeah, so the secret to a great blowjob. I don't know if you should go first. Or I should go first. But we as men know, when we've been given a great blow job. Until we get the most spectacular unexpected blow job that we never saw coming, then our entire state of mind is well up, leveled. That's all I'm gonna say. I'm gonna let you riff on it first, and I'm going to add what I'm going to add to it if I need to, but I'm gonna let you take off. Okay, because I think I'm stealing your thunder a little bit because you're giving me like one sentence answer. So go for it.

S

Sarrah Rose 08:15

So I'm very just interested in hearing what you have to say as well. I'm loving it, it's all good. So as far as a good blow job, it has to be super wet. That's the most important thing lots and lots of saliva, like just dripping all over the place. And for me, like my and for most women, the the mouth will produce more saliva if the penis goes back in the throat more. And so like even getting it back in there and then that's gonna produce more saliva, then it's gonna be more wet. That's really good. Using a combination of both hands and mouth together. And the techniques need to change up like you don't want to just be doing the same thing over and over and over like, you know, and I when I'm doing one I'm also incorporating the testicles as well and some guys some guys are a little bit iffy about their testicles, but I find that like, at least 90% are like yes, that's good. And then also some anal touching as well. So it's like a combination of the the anus testicles, the shaft of the penis, the head of the penis hand my hand mouth like all of this together and super super wet and sometimes will I focus a lot on the for Neelam because that's very sensitive. And then also, like, of course, the head of the penis all around the head of the penis, but you know, making sure the entire shaft gets included as well.



Scot McKay 09:57

Well, as far as testicles go, they're fragile I mean, it's scary to have people mess with your testicles, even your doctor because you're like, Hey, easy down there. You know, it's like God's dirty little trick that testicles are on the outside of the body and so fragile. It's like God up there going, okay, whoa, there cowboy. You're not as tough as you think you are. I gave you Achilles heel up there and your crotch, which, you know, sounds like an ugly metaphor. Not exactly what I intended. But at the same time, I think that's probably why so many men are a little iffy about having their testicles massaged, and licked and stuff. But at the same time, it really does feel wonderful. If a guy's willing to relax and let it happen. While you were talking, something

occurred to me these days, especially, I mean, us poor bastards back in high school. I mean, we had nothing really to go on as far as what good sex looked like. Nowadays, there's HD porn for free gobs of it that you can learn and at least observe and allegedly learn from. And as you were talking, like I said, it occurred to me that, or let's just put it this way. I'm, I'd be willing to bet. I'm not going to treat it as a foregone conclusion. I'd love to have your opinion on this. That's the impression especially that men get of what good sex is like, comes from the visual and aural representation of pornography. Okay? Now, anything pornographic is vicarious. We're not actually there feeling it, obviously, we're seeing it and we're hearing it, but we're not tasting it. We're not smelling it. We're not touching it ourselves. So there are all of these aspects of sex that can't be observed or heard that a lot of guys, and I'm going to include women here, too, are completely oblivious to, would you agree with them?

S

Sarrah Rose 11:47

Oh, absolutely. It's so important to really be fully in your senses when having sex. And of course, all of that can come across and video, right?



Scot McKay 11:58

So a lot of guys are like, okay, deepthroating is awesome. Eye contact is amazing, dirty talk her kind of doing that little soft twist with her hands around your shaft while she's blowing you all of that, I think comes across as obvious to us as men. Okay, that's what a good blow job looks like. That's what a good blow job. Sounds like. The problem is, unless guys have at least some sexual experience, Sara, they don't know what a good blow job feels like.

S

Sarrah Rose 12:27

Right? Yeah, definitely. And so more men watch porn than women, obviously, even though women do watch it as well. But so I think women have even less of an idea, even how to do this or what it would look like or feel like, and, you know, similar to a guy going down on a woman, like if you're not experienced in it, if you haven't done it a few times, or more than a few times, you don't really know. They don't know the intricacies of the other person's body and the other genders body. And it takes time it takes things becoming familiar with it and really studying it. Hands on getting in there. Of course you want to have listened to people talk about this, or watch some videos or you know, have some idea of how to do this in a really good way before you dive in. But then the hands on experience is important as well.



Scot McKay 13:26

Right on. So now we're starting to get into the kind of sex that keeps women around. I don't know maybe this feeling would be mutual. When a woman knows her way around a man's body. It's pretty impressive to the guy. I mean, if he's a slut shame, or he's gonna say, Wait a man, how much experience do you have with this money and things get ugly. And by the way, that's not the kind of sex women stick around for is the slut shaming variety. I think we can just throw that one on the table right now. However, when a man knows his way around a woman's body, that takes a woman by surprise because I think so many men are just bulls in the china

shop about it. But before we get on to that, I want to backtrack a little bit because I have yet to tell you what I think makes a blow job amazing. Okay, go for it. I want to hear this is the single biggest life changer I've ever experienced in terms of differentiating a pretty good blowjob from one that really just well blew me away. All right. And again, this is something you'll never see or hear in porn. First of all, most women don't like the taste of calm and they don't like it on their face. So this whole idea first of all of blowing a load in a woman's face most you guys forget about it. Most women don't really like that some do. And that's great. If you find one like that she's really kinky and horny and probably watches a lot of porn herself. But what I'm getting at is first of all, the woman has to like the taste of calm, first of all, such that she swallows it for you. And so far you guys are probably tracking Have me on that saying, Yeah, well, you know, we've seen that and heard that in porn also. Ah, but wait a minute. There's a next level version of that. What's truly amazing is when a woman understands the nature of the male orgasm so much that as you're ejaculating, she turbo boosts each pulse of the jack Ulation out of your penis for you. That's like the difference between a naturally aspirated orgasm if you don't mind the automotive reference, I'm such a guy, right? And a turbo boosted one. Like literally, as you ejaculate. Obviously, there's a pulsating motion with every post a woman sucks extra hard, sucks extra vehemently out of you to get more out of you. That is the most amazing feeling I've ever encountered in my entire life relative to a blow job. And I gave her a nice warm hug afterwards and offered to make her dinner. It was so nice, actually.



Sarrah Rose 15:59

Vegan dinner house. Love it. No, you're right, though, among other things. You're absolutely right



Scot McKay 16:09

about it. So you're familiar with a phenomenon.



Sarrah Rose 16:12

That's an important part of it. And I did forget to mention the swallowing as well. You



Scot McKay 16:19

Are A Rose if you understand the turbo boost, orgasmic blow job you are. You are a princess, for sure.



Sarrah Rose 16:27

Well, I just do my best. Well,



Scot McKay 16:30

among other things, I've noticed that when you give a woman incredible orgasms, and really give it to her good and hard, and the way she wanted it, one of the first things out of her mouth afterwards is Oh, my goodness, that was great. Can we do that again, without understanding that men have to recover a little bit before they blow another load? After that blow job. I was the one asking her Can we do that? Again? I think I've already recovered. I'm ready. Let's do this.

S

Sarrah Rose 16:57

Let's do this. Yeah, refractory period is like suddenly gone.



Scot McKay 17:03

The mythical refractory period has taken wings and flown away from me. So that's my two cents about what makes a blow job otherworldly. And again, when's the last time you ever saw that important? Here's another thing that guys don't ever absorb into their knowledge of good sex by watching porn. I don't know what the problem is. Because I personally think it would be very hot. I have never encountered any porn ever. where the woman is adequately describing what the sex feels like. In other words, I've heard women say, Oh, right there, right there. Oh, don't stop or Oh, you're filling me up. That's all kinds of sort of arbitrary is. Most guys don't understand the deep spot. They don't understand the g spot. They don't understand hitting their cervix in a certain way that's pleasurable instead of painful. And you're never going to gain that knowledge from watching it on video, especially that kind of video. I mean, obviously, there are instructional videos out there. But when you agree with me that guys kind of missed out on you know, this is going to sound really whitebread and vanilla, but the mechanics of sex that can be translated into something really good, pleasurable and passionate in the moment we miss out on? Oh, yeah,

S

Sarrah Rose 18:22

I think the porn is the worst place to go for good sex education. It's definitely there for entertainment. It's very performance based. It's very much just, you know, it's created to get men off quickly, and have them coming back for more. So it has a very specific agenda in mind. And that agenda is not female pleasure.



Scot McKay 18:49

Yeah, for sure. The one thing that I think porn does very well is give guys without a lot of experience, an idea of what women look like naked versus when they have clothes on. You're gonna have a much better gauge of what a woman's gonna look like naked from having watched porn but of course, the negatives for guys with not a whole lot of experience relative to porn. In other words, the jealousy the bitterness because some other idiot guys getting some on camera and I'm not getting any this literally Fantastic idea of what good sex looks like. Obviously, the penis size shaming that comes from watching a lot of porn, a lot of and of

course, it's very detrimental. And of course, we're I'm gonna talk about who gets trafficked and who doesn't. That's another show we had, you know, about 1012 episodes ago, but very significant problem.

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Sarrah Rose 19:35

Well, and also how many how many women actually look like the women in porn?



Scot McKay 19:41

Well, you know what you say that, but I've never really considered that maybe I just was really good at attracting women who look great naked. But I find that sometimes women in porn aren't all that attractive to me and the women I've seen without clothes on performing really nice things in the bed. room with me are often a lot sexier and more attractive in real life than the porn actresses are. Okay, I suck the air out of the room with that one. Sorry guys

S

Sarrah Rose 20:11


didn't you're doing well I only fuck women harder than porn star. But the



Scot McKay 20:21

bar isn't set all that high. If you really think about it, I mean, some porn women are really fantastic. Other ones are really, I don't know, I call them niche women. You know, you either like them or you don't. But listen, guys, look, I'm a normal guy. I'm not trying to. I'm not trying to beat my chest here. I'm just simply riffing off what you said. I don't know if I buy that porn women are all airbrushed and look like supermodels compared to women in real life. I think there are plenty of women in real life who were just absolutely gorgeous and precious naked. That's where I was going with that. But lest I have everybody completely throw rotten tomatoes at their computer screens and get rid of me on the spot, I'm going to change the subject. Let's do something that actually helps guys. By the way, I had a Norwegian television studio, who produces the show about a guy who can't get laid come to me and say they wanted to take clips out of my podcast episodes, and insert them into their TV show and have their sexually frustrated, lead character be a fan of my show. And the reason why they picked my show to do that is because I talk so glibly about being good with women and being good at sex and treat these guys as if they're not basket cases, and not beginners, but already have something figured out. So the way the storyline was allegedly going to go, they canceled the show during COVID. It was such a such a shame. I mean, I was all in for this, I was so excited. I was like, yes, whatever you need, I'll even help you find the clips. But it never happened. But what they were going to portray is I'm having a really rough time where a woman puts him in the just the friendzone. Or he talks himself out of the bedroom or does something stupid. Next thing, you know, he's on the train with his headphones on and I'm saying yeah, you know, women are really easy to get naked, you should be able to do this. And I can do that, you know, having disco girl, you know, and the ironic comedy was going to be that why is he listening to me? All I'm doing is making him more frustrated. But heck, yeah, I was all in. So I'm not sure whether that's a feature or a bug relative to how this show tends to go down. But no, my audience. The

guys who listen to this show really aren't beginners. They're not basket cases. But we all get tripped up by something. So anyway, onward. A couple ideas I want to float that I think will really help grease the skids for this conversation. That's a really, really ugly mental picture in the bedroom. And I'm on a roll today. Somewhere Craig Ferguson's already lined up. Like I said,

 Sarrah Rose 22:55

You did you did the very rare thing of drawing me up. Like I

 Scot McKay 23:01


said somewhere Craig Ferguson is jealous. All right. I suspect the opposite. But maybe I can make out from this. All right. Men think women don't like sex. You probably heard that before. Usually, they're the guys who are not quite realizing that it isn't that women don't like sex. It's just that women don't like sex with them. Okay. flog tourists on this show. Another rough bedroom analogy, right. But then, because of the pickup artists movement or whatever, men also believe women will leave them because of bad sex. So one side of the coin. Women don't like sex at all. Any sex that women perform any sex act is begrudging. And it's simply because some guy pressured them or to keep them in the relationship or something. But they're also told that women will leave them if the sex is bad. And they're mortally afraid of bad sex because they think the woman will up and leave them. So that's really a strange dichotomy. In the sexual political world, between men and women, second of all, and this goes right along with it. Most men think they're good at sex, don't they, Sarah, but most men aren't. How about that?

 Sarrah Rose 24:15

My my saying is that, if I had \$1 for every guy that told me he's good in bed, and every woman that said he's not I'd be a billionaire already. That's a lot of money. That's a lot of fucking money.

 Scot McKay 24:31

That's \$1 for every seven people on the earth.

 Sarrah Rose 24:36

It's pretty bad out there.

 Scot McKay 24:39

Really? How did we get 7 billion people on earth if all the sex is so terrible? You got a bunch of Woody Allen's out there no sex is bad sex, but Woody Allen is a criminal as we know, and lies a lot. All right. So talk to me about that. What do men think they're doing right? That they're

actually doing wrong? And I'm also going to ask a question in tandem with that. How do women act? What emotions traits do they exhibit? What words do they utter? What sounds do they make, when legitimately, they're not faking it, and they really are very pleased with what has gone on.

S

Sarrah Rose 25:17

I think any guy that has experienced a woman actually orgasming will know without a shadow of a doubt that she has orgasm. I'm bisexual. So I've had sex with plenty of women as well. And it's not rocket science to know like if she's come or not. And I mean, I've been with other women that are bisexual as well. And I noticed that they will try and fake it. And I've called them out on it. There was this one chick that I just hooked up with her and she was like a threesome situation. And the guy, it was more kind of performative for the guy. And I was going down on her and she was like, Oh, I came and I pushed her back down. I said, No, you didn't



Scot McKay 26:14

forget who you're talking to you, sweetie. Right?

S

Sarrah Rose 26:18

You did not. So, I mean, it's it's just the rush that comes over them that their breath the the sounds they make, it's, it's just so natural. It's not forced in any way. 70% of women report faking it or there's like, Oh, yes, yes, yes. But like when you're with a woman, and she's actually coming, it's the most beautiful site ever. Like I love, love, love watching women have orgasms. Just the peace that comes over their face, just like this. This like wash of serenity, and they're just the most it's the most beautiful sight ever. And that's definitely not something you see in porn.



Scot McKay 27:05

I kind of fantasized about buying my wife a Sybian. Just so I can crack a beer and watch her have orgasms even when I'm either spent or not in the mood. Because it's still kind of nice to watch.

S

Sarrah Rose 27:16

Yes, it's beautiful. So beautiful. was a couple that I used a couple that I used to have threesomes with, and they were so they are still in love. And they're just like the most beautiful couple. And it was such a privilege to be like part of having sex with them. And he was so skilled at bringing her to orgasm and like just watching her be in her pleasure from him is one of my favorite things just to watch that.



Scot McKay 27:17



Scot McKay 27:47

See, all these guys are out there going? Where do I find a woman like this Sarah rose chick? Why can't more women be like that?



Sarrah Rose 27:53

Women are but there's so much social pressure. Still, like you mentioned the slut shaming, right? That's like, oh, well, you have you're really good at that. Where do you learn that kind of thing. And then also women haven't most women haven't had a lot of experience with really good sex, and they don't even know what that feels like, or how to have it. You know, women need to also train their bodies and how to experience a lot of pleasure. So it does go both ways. But having a skilled lover is one of the greatest treasures you could possibly ever have.



Scot McKay 28:30

Okay, so let's talk about that skill, like I alluded to before. Most men think they're good at sex, but really, they've just watched a lot of porn. So I believe based on personal experience and anecdotal experience from others, that if we focus on the woman's pleasure, and we focus on her, and appreciating her and helping her feel comfortable, not shamed in the bedroom, and we also this is important, don't rush things. We're not in a hurry to undress her, we're not in a hurry to hit it. We're not in a hurry to have an orgasm. Obviously, most guys shame themselves. When they come too quickly, or they can't get an app, a lot of guys worry too much about their performance. But when a guy is more focused on the woman, that seems to be the best start not only to giving her better sex, but having better sex for ourselves. Also the performance anxiety, all those fear based issues subside more when you stop being so self centered and start caring about her more. Anything fast in the bedroom. Anything that involves speed in the bedroom is not going to make your sex better, for sure. But I think also kind of the flip side of this is a lot of guys are so afraid, or I should say hamstrung by this idea that women don't really like sex, that they don't understand that sometimes women really are very horny and just need to get their brain screwed out. So anytime a sex act of any kind is imminent, they have to kind of slide under the door the idea that this is soft, gentle lovemaking meanwhile, the woman is like, really, you need to just bend me over and pound me after we get started. And after I'm all warmed up. I also think that most men don't understand that women, you can't just throw them down, spread them apart and have them be all lubricated and ready to go at it real hard. So I guess there's a lot of complexity here isn't there and most guys really don't understand the flow or the dance to all this sexual activity.



Sarrah Rose 30:36

Yeah, and the best sex is going to last couple of hours. You know, it's not something that's fast and you're just in and out. Of course, you can have good sex that is that as well from time to time. You know, it's fun to have a quickie every now and then. But it's really important that part especially, you know, when you're in a relationship with a woman and you having sex with her regularly that there's time built in to really explore each other and have just, long sessions have incredible sex and slow slow, slow down, spend time making out first, you know, touch her entire body with her clothes on don't go straight to you know, getting her naked. Like even just pull her panties aside and go down with her with the rest of her clothes still on. Give her a

couple of orgasms that way we clitoral orgasms. And then you know, after she's had a couple of clitoral orgasms, put a finger inside and stimulate her g spot, give her a couple of orgasms that way, then she's going to be really wet and open and wanting to be fucked. But that takes time for her body to warm up and to really want to have that kind of sex and then you know, but once she's there after she's had a few orgasms, she's probably going to want you just to fuck the shit out of her. And like, I love it when a guy gets super primal and raw and like he's just an animal like, either in my pussy or in my ass. And you but if he just went in like that, at the beginning, it'd be like, get the fuck out. And don't ever come come see me again, you but if it's builds up to that, it's amazing.



Scot McKay 32:26

It's not unlike when you first meet her. You can't walk up to her and go, Hey, let's go screw because she'll slap you. But if you walk up to her and you're charming, and you're friendly, and you give her space and make her feel comfortable, then before you know it, you can get to I really liked you Let's go screw. It's kind of a metaphor for what goes on actually, in the bedroom. It's no different.



Sarrah Rose 32:45

Yeah, sex is a conversation between your bodies. Think of it that way. You know, you don't just like come in and start yelling at each other. Back and forth, you know, you really it was slow down, slow down, enjoy, enjoy. And you know, it's not, it's really not that difficult. But slowing down is going to be the most important thing, because then you can start to read her body. And you're going to know, and unfortunately, a lot of guys get really carried away by the desires in their penis and it overtakes them, and they don't have a lot of control over those those urges. And then, you know, they're like, Oh, I gotta be inside her. And they just do that. And then they come and then it's done. And then she's unsatisfied. So then she's pissed off because she didn't get an orgasm.



Scot McKay 33:44

Yeah, another difference between younger men and older men that makes younger women crave older men.



Sarrah Rose 33:50

Not always though, because what often is



Scot McKay 33:53

it always is there an absolute for anything having to do with humans and human nature never



Sarrah Rose 33:57



Sarah Rose 33:37

know. But a lot of guys will happens because the PC muscle weakened over time, then the PC muscle is what's necessary to control ejaculation. So if a man isn't actively strengthening that muscle, then he can actually start to have premature ejaculation at a later age, even if he didn't have it before. So it can go both ways.



Scot McKay 34:21

I suppose that's true. I can see that. But I do think that for the most part, men who are a little bit older, understand the psychosocial aspects of what we're talking about more than young dumb for calm, guys. I mean, there's the exceptional guy who's 20 years old and really knows how to give a woman a really romantic powerful experience in the bedroom. But I think there are more guys were 35 and know how to do that. And guys were 19. That's what I'm saying.



Sarah Rose 34:48

Yeah, most likely. All right. Well, fair enough.



Scot McKay 34:51

All right. So practically speaking, I want to add a little to this conversation of what women are like when you've given them a powerful sexual experience. First of all, this is all about safety and security. And I'm sure you'll agree with me that women often feel like they have to put up a front sexually, they have to put up kind of a hedge of protection in front of them. Whenever they encounter a guy who they know, is sexually interested in them. She may not yet or not at all, not ever be sexually interested in him in return, she may not know exactly what to expect from a sexual experience with him, she may not trust him, she may even be a little fearful of him physically, upfront. Even socially, from the slut shaming perspective, a lot of women are reticent just to be very out there with their sexual desires. When a man is able to make a woman feel safe and comfortable protected in the bedroom, she becomes very happy, she becomes very joyful, that feminine energy comes out, which is already going to polarize with masculinity to make sex better, harking back to a time where a woman was arguing with me about masculinity and femininity being social constructs. And I said, Yeah, well, how's your sex life? She's like, that's okay. It's fine. I'm like, of course, that's your answer. That sexual polarity, really supercharges sex. And a big part of masculinity is providing safety for women. So a man can see all sorts of amazing things happen once she feels safe and comfortable. First of all, she's not fearing shame, so she relaxes more sexually. Then if you're a guy who knows what he's doing, physically, you start bestowing the orgasms and all the different kinds of pleasure that you so eloquently talked about before Sarah onto her. And a lot of these pretenses that guys assume are givens, that they're permanent, and that all women are going to exhibit them and there's no way around them. All of them just start lifting, like a veil. I've had women say, Well, I'm a good girl, don't ever expect even kiss me till I have a ring on my finger. And then I seduce her the proper way where she feels just really welcomed. And she gets really horny. And she's like, Oh, my God, take me now. And I'm like, what happened all she was just shut up, a girl's got to do what she's got to do. Let's let's do this thing. So there are there's that the pretense kind of lifts, where you see the horny side come out that primal female energy sexually just blossom like a flower. And of course, if you shame it, she'll slam the door on you.

And it's over, you blew it. But, you know, like it's been said, more guys talk themselves out of the bedroom, even though then into the bedroom. In those situations, we are our own worst enemy often. But other things can also happen. There's a self protective one, where they kind of are a little reserved, a little prudish. But once you make them feel comfortable, and you start giving them pleasure, you know, the gloves are off. And they're like, oh my gosh, and they're just screaming, and I'm a good old time and squirting, if you make a woman's skirt, and she never has before. She'll probably stick around for more, by the way. And obviously, you can tell when she's orgasm when that happens. But the other two things I wanted to mention, and I want to let you you know, I want to let you add to this as well, is there's this strange thing that happens to a woman's countenance. It's a lot like they say how pregnant women glow. Women who are enjoying sex glow like that. And there's almost like this doe eyed submissive addiction to whatever you're doing to her. You know, it's fascinating to watch. Like, if she's really enjoying giving you a blowjob, a lot of times you can see this happen when she feels like she's enjoying it and you're enjoying it. There's this glow about her this amazing presence. And then there's also this other thing that again, I think a lot of guys who don't perhaps have a lot of experience at this, they may not really believe what I'm about to say is true. But a lot of women understand how sexy they are. They understand the prize their naked body is they know they look good, and they know that men want them. So they're very good at leveraging their physical sexiness socially and sexually almost like currency. And I know that sounds really rough, but a lot of women, either by force or by choice, are kind of led down that path. It's amazing to watch this phenomenon whereby you give a woman such good sex that she forgets how sexy her body is, and really just wants you to take it and have it in every position in every way possible. And she just doesn't care anymore. That well I got naked for this guy does he deserve it or not? It's more like I want you take me. How fast can I take my clothes off? You know, let's get these clothes off of me. And a lot of guys, again, I don't think they understand that there's kind of a tipping point where all of those preach senses drop. And it's right when you've made a woman feel comfortable and start pleasuring her. And then it can escalate from there. And so you see just almost preternatural joy, playfulness, fun and orgasmic pleasure on the part of your woman. And I can't imagine any woman not sticking around for that, as a matter of fact, kind of like a coda to this entire point. Women will stick around when they're being abused, not treated, right. If they're getting that kind of sex, which is a bad thing. So make it almost be that the sex life is too good. You know what I mean?

S

Sarrah Rose 40:34

Yeah. Well, people that are abusers or often have some sort of mental illness going on as well. And what's the saying sex with crazy people is always amazing.



Scot McKay 40:48

That's where I'm going to disagree with you. I had a sexless marriage for two years with a crazy person specifically because she was crazy. So I guess there are limits to how alluring that crazy part of their being can be, aren't they? Yeah,

S

Sarrah Rose 41:02

I'm totally kidding. Totally kidding.



Scot McKay 41:07

Well, anything to add to this before we close anything guys can really focus on to make sure they're giving women the kind of sex that women stay for. I mean, you've already covered a lot. But go ahead and give us a couple more.



Sarrah Rose 41:19

Yeah, no, you you were talking about this. And what came to mind was a flow state, right? It's just like this flow state that happens when sex is really good. And you can tell when a woman is in that state. And another thing that I encourage men to do is to don't stop like even when you think she had an orgasm, go 100 times longer. Don't stop. That's the one thing that happens way too often is guys stop too soon, they think, Oh, she must have come and so they stop or she says Oh, I came and so they stop, don't stop. Because even if even if she had an orgasm, then she can have another and possibly another right. So in, they'll they'll build and they'll get bigger, and that will get better and more expansive, and she'll feel more she'll feel more satisfied. And then you know, she will really let you know when she's like, okay, like, I'm I'm satisfied. I'm satiated. And I want to feel you in a different way.



Scot McKay 42:25

Yeah, fantastic. I mean, obviously, if there's a safe word there, she's telling you to stop. You might want to stop. Also, sometimes women are very, very sensitive after they've had a clitoral orgasm. And they'll kind of pull away. I mean, some women are like that, I guess women aren't. Again, everybody's unique.



Sarrah Rose 42:40

And I think that also depends on how the clitoris was stimulated. So if the clitoris was stimulated, in a very slow sensual way, and then she was able to build up to an orgasm, she's going to be more likely to want you to continue even if she's had an orgasm,



Scot McKay 43:02

I've encountered a bunch of difference responses to different kinds of sex acts in my life, it just seems to me that it's paramount to learn your way around your partner's body, which, you know, is a big reason why I've never been a fan of one night stands, it seems to me if I'm going to test drive this, I want to kind of park in the driveway for a while, you got to learn.



Sarrah Rose 43:22

Yeah. And if you're actually learning your partner's body, then the sex is going to just keep getting better over and over. If you're not, then the sex is just going it will plateau. After about that four month period, the sex isn't going to get any better. You know, you're gonna get away

with a lot during that first four months, because of all the hormones that are happening, you know, and women will often just continue having sex with you during that period of time. But then, if it hasn't gotten better, and if she isn't sexually satisfied that she's gonna stop wanting to have sex, and this is why so many men come to me they're like, the sex was great. At the beginning. I don't understand what happened. Well, because you weren't, you didn't take the time to really get to know her body didn't know figure out how to give her these orgasms, how to bring her such pleasure that she craves you. When you do that the sex doesn't get worse, it gets better over time.



Scot McKay 44:19

Yeah, I was gonna say if you're not giving her the kind of sexual experience that she's going to stick around for, you're not going to have much of an opportunity to learn your way around her body and practice over time. She's going to already be gone. So her name is Sarah rose. She is from tantric activation in New York City. And I want to send you to her website, as we did before and we do that by going to mountaintop podcast.com front slash Sarah. Now it's very important to understand that Sara spells her name with two R's. So it's mountaintop podcast.com s a r r A H and once again, Sara, you mentioned this last time you were on what what guys find what Well they encounter when they go to your website.



Sarrah Rose 45:02

So when they go to my website, and they'll see, my main coaching program is called man on fire. And that is a group coaching program that we have. It's a really incredible program. I have amazing men that work with me there. We have a new website that is up now. It's called SEO on fire.com. And feel free to check that out as



Scot McKay 45:26

well. Okay, and that's linked to from your main site as well. It's not linked there. No. Okay. So what I'm going to do for these guys is put a link to that in the show notes. Perfect. Perfect. Indeed. As was this conversation, a lot of fun, man Time flew. Sarah rose, thank you for returning and we hope to have you back on again soon to talk about another juicy, salient topic. Thanks for having me. Yeah. And, guys, if you haven't been to mountaintop podcast.com lately, please go there and sign up to talk to me for 25 minutes about where you are right now, and how to get the right woman into your life. A lot of you guys haven't done that yet. I want to let you know, I'm easygoing. I'm exactly the kind of guy you expect I'm going to be when we get on the phone, if it takes a little bit longer than 25 minutes to figure out what's going on. And to give you something actionable that you can take with you well, so be it. And if there's a plan of action that we can put into place to get you the kind of results you've always wanted, but haven't yet achieved, we will do that. Also, you can sign up to talk to me by going to mountaintop podcast.com and clicking on the red button at the upper right hand corner of the site. And if you're on a mobile, it's front and center right at the top. While you're there, visit our sponsors origin in Maine, Jocko willings company has the best protein powder you can imagine. They're coming out with new and interesting lines all the time. If you're a hunter, man, you need to go to mountain top podcast.com front slash origin and see what they got cooking. It's amazing stuff. You're gonna want all of it. If you haven't visited my good friends over at key

port just yet. Well, what you're missing out on there is having the best everyday carrier device you can imagine. You can customize it, you can build it yourself, they'll send it to you and it'll match your personality. Like I always say this isn't your grandfather's swiss army knife. Every man should have one and you're next. Last but not least heroes soap company has the very best body wash. This is not x this is not what your teenage kids using. This smells great. Matter of fact, you can choose what it smells like there are different varieties. And if you have not yet taken a shower with a female human being using this slippery stuff, man, you need to do that as soon as you possibly get the opportunity and hopefully my good friend Sarah Rose has given you more probability of having that opportunity take place very soon having listened to this podcast, and that wonderful shower with a female human being will be of course courtesy of heroes soap regardless of which of the fine sponsors you choose to do business with are all of them you can use the code mountain 10 To get an additional 10% off your order 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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