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SPEAKERS

Edroy Odem, Scot McKay, Lia Holmgren




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 00:18

How's it going? Gentlemen? Welcome to yet another episode of The World Famous mountaintop podcast. My name is Scot McKay at Scot McKay on Twitter clubhouse truth, social and tick tock real Scot McKay on Instagram. My YouTube videos, including visual representations of this very show can be found by searching my name, S C. O TMCKAY. On YouTube. If you're not a member of our Facebook group, it's called the mountaintop Summit. And as always, gentlemen, I invite you to join us we're having a lot of fun over there, that group is growing bigger and bigger by the day. And if you're not there, well, you're missing out. And also, as always, the website is mountaintop podcast.com. With me today is a returning guest, you guys absolutely loved her the first time she was on. So let's just say I didn't waste a whole lot of time getting her back on the show. Her name, of course, is Leah Holmgren. And in addition to being a sex coach, she's also a wellness coach. And she can help you in trading stocks and commodities too. So she's very good at a whole host of different things. But today truly, in the spirit of this particular show, I've selected a topic for you that I think is going to be well very salient. And that's this sex for the sport of it. Now, I think that kind of stands alone, you know exactly what I'm talking about. I'm confident that it does stand alone. But just to elaborate on what we're talking about here a bit. We're going to cover maximizing the thrill, pleasure and experience of your one nightstands, your friends with benefits situations and frankly, your purely sexual, no strings attached to flings. Now, granted, this is an area we don't cover as much around here. We're kind of relationship oriented most of the time, right. But today, because we got the right guest to talk about it. I think this is going to be a fantastically fun topic that you guys are going to enjoy. And hopefully get something out of so without anything further, Leah, welcome. Or Welcome back. I should say. Hi.

 Lia Holmgren 02:27

Nice to Nice to hear you again.

 Scot McKay 02:29


Yes. Likewise, I think these guys love your mellifluous voice Lea, that Eastern European accent of yours kind of knocks them out. That's good. Well, I've heard that firsthand. So you're a sex coach. And what we love about you is that you'll talk about sex freely without any shame, without any guilt, and will do so very cheerfully. And in a way that's respectful to both men and women. So talk to us a little bit. I don't know if we covered this the first time you were on. Why, why do you like talking about sex so much, Lea?

 Lia Holmgren 03:01

Because it's fun. I will keep it very simple.

 Scot McKay 03:07

You know, as I asked that question, I realized, well, it's kind of a silly question. I mean, who doesn't like talking about sex? But some people were very uptight about it shy or shy? Yeah. Yet, you seem like you really relish the opportunity to talk about it.

 Lia Holmgren 03:23

You know, I have a magical medical. I have a magic that every single conversation I have with doesn't matter whom I turn it into sexual conversation. Even when people are uptight, I can do it.

 Scot McKay 03:36


And you know, I bet that brings you unbelievable benefits when you're like, audited by the IRS or something


 Lia Holmgren 03:42


well, or pulled over because your speeds not go there.


 Scot McKay 03:46


Okay, so, how's it work with the police officers when they pull you over? When you're speeding? Does it help? I've never gotten tickets? Yeah, because you talk about sex.


 Lia Holmgren 03:57
I'm just cute.


 Scot McKay 04:01
Women get all the breaks. Yeah. comes to that stuff. That's good time. I got pulled over by a lady officer. Oh, yes. I charmed her out of the ticket.

 Lia Holmgren 04:11
Yeah, you see, that doesn't work for me.

 Scot McKay 04:15
A female police officers gonna double it right? Yeah, she's just gonna keep on packing on the charges. All right. So enough about these boring subjects. Let's talk about what we came here to talk about no pun intended. And that is sex for the sport of it. Now, Lia, guess what? I'm going to kick off this conversation with six areas that I believe have to be mastered, or at least you have to be doing pretty well in, in order to really make sex for the sport of it just incredibly thrilling and hot and deeply satisfying. All right, so I'm gonna go ahead and go through those with you and you can take them in whichever direction you want, respectively, that you'd like. Okay, okay. And I'm sure you'll have lots to add to this is just get us started. So first of all, Leah, I think if we're going to just have sex, say a woman and I have just met, or if these guys are taking a woman home from a bar, where there's been this sexual flame igniting and finally it just blows up in a fireball of horniness one night. The first thing that's got to happen as you've got to be free of hangups, don't you? Oh, yeah, for sure. Yeah. Now, when you hear the word hang ups, what do you think of

 Lia Holmgren 05:25
just having all this shame and fear and something you believe in, or something that the society made you to believe in? That are to me, super hang ups in every every aspect of life?

 Scot McKay 05:35
Well give us some examples.

 Lia Holmgren 05:37
Give you just you know, like, for example, you say, I'll have to wait or is that good? If I do it right at the first first time, and the first date, all this crap, you know,



Scot McKay 05:48

or self esteem suffers? Because you feel like I'm giving up sex too early. Yeah, nice. Girls don't do this. Or I'm a church girl. And even though I left the church years ago, I still have this belief system somewhere in the back of my psyche that makes me feel like I'm bad for doing this. Those kinds of hangups.



Lia Holmgren 06:07

Yes, exactly. All right.



Scot McKay 06:09

I mean, I would add to that simple, silly ones that aren't quite so deeply ingrained, like, Oh, my goodness, he's wearing a plain white t shirt. That ruined it for me, I can't Yeah, I have this hang up where I can't be with a guy who just wears a plain white t shirt or something like that.



Lia Holmgren 06:25

Or socks bolts in the middle of his leg. Right? Or something like that? Something like that. Yeah, yeah. Right.



Scot McKay 06:33

So you're gonna have to kind of come into this thing open minded? Absolutely. Again, you know, as I often present as a disclaimer on virtually every one of these shows that are themed as such, anytime there's a sexual innuendo, I'm just not going to acknowledge it anymore. Because they're going to be a plenty on this particular episode. They're going to basically dominate the show if we let them. So anytime I say the word calm or something like that, I'm just going to gloss over it from now on. Cool, cool. Yeah. All right. The second one is sexual confidence, hey, you have to believe in your ability to satisfy a woman, she has to believe in her ability to satisfy a man, we have mad skills at Saks, and we're really just going to share them right now. And also, I think body image comes into that, if I'm ashamed of how I look without clothes on, I don't think the sport of sex is going to be quite as entertaining, fun and interesting, will it?



Lia Holmgren 07:28

Well, if you have this hangups and you believe in those things, then you're gonna be you're not going to be open for receiving, you're going to have you're going to live more in your head than enjoying your body. That's, that's never good.



Scot McKay 07:30



Scot McKay 07:59

Right? You know, you're onto something there. These are still kind of hang ups, aren't they? Yeah, it's kind of a subheading. So if I think I don't look sexy or attractive, naked, then maybe I might have a hang up about that. And that causes me to be as you said, well, kind of withdrawn. Yeah, not very outgoing in my head about all this. And if I don't have a whole lot of a sexual experience, or I don't have a whole lot of confidence in my skills, that I'm going to be even more worried about this than open to it and excited about it.



Lia Holmgren 08:10

Absolutely. And then it's just all about the self esteem. You know, if you're hanging up too much on those beliefs, and studying your body image and your clothing and everything around, you won't be able to to enjoy. It will be scared. Yeah.



Scot McKay 08:25

Yeah. being worried and concerned about this instead of excited and anticipating something fantastic is about to happen. Well, you know, that would really kill the Mojo, wouldn't it? You know what I mean? Absolutely. For sure. Yeah. The next one seems kind of obvious, you're into each other. I mean, this isn't sexual activity that either one of you are entering into because you feel forced, coerced? Or because you feel like you feel sort of sorry for this person. And they're kind of whining, they haven't been laid in a while. Oh, man, all those are awful reasons to engage in sex simply for the sport of it, right?



Lia Holmgren 09:01

Oh, absolutely. I mean, that's, that makes me laugh at you. You're feeling sorry about someone who's while you're having sex. That's That's what women would do oftentimes, Oh, no. Which is scary to men feel bad about someone and just have sex,



Scot McKay 09:15

sympathy sex. I mean, what's up with that? It's really, really just tragic. I mean, it sounds almost psychologically deranged. Why would anybody do that? yet? I know, that comes around again to self esteem. If I feel like I'm sexually cheap, or I'm not worth much, then maybe I feel like I need to settle for whatever I can get. Or this person said they want to have sex with me. And who am I to say no, you know, I know a lot of times, and this will probably make guys shake their head in disbelief. But a lot of women just don't know how to say no. And then they let themselves get coerced when they weren't standing up for themselves. And that's not ever going to make for fun, exciting and rich sex, is it?



Lia Holmgren 09:57

No, it's not and it's going to create trauma. because then they come back and say, Oh, I didn't want to really do with why did I do it? And then they feel like they stepped across their boundary. And it just creates this negative feeling. And then second time it's it will be much

boundary. And it just creates this negative feeling. And then second time, it's it will be much worse, or they're gonna close up and not want to have sex altogether with strangers are someone that just met until they really are dating



Scot McKay 10:22

someone who they've been just building the sexual tension around, like a co worker, someone in their social circle for months and months and months. And finally, it explodes. To me, that's just the best variety of what we're talking about. Absolutely. Yeah, yeah. No, I've never been into just taking women home from a bar that just seems like



Lia Holmgren 10:43

people do it. I mean, it happens, you know, but But again, I mean, it's like, I don't think that sex is so great. I think the anticipation is, it should be there about



Scot McKay 10:53

Well, it's certainly better when it's there. Yeah, right.



Lia Holmgren 10:56


I agree. But you're, you're on something right there. Would you say that women don't know how to say no, on it's true. They just don't, it's just very sad, because oftentimes, they will just say no, in a way that it's very confusing to men. So I always teach women to ordain also men to be very direct, like men. And on the other hand, I feel like a lot of men are conflict avoidant. So they don't want to really get into disagreements, or they don't say no, as well. Like, that's very common for men. And I think we should be proud of saying no, if you feel like it's the future, we don't want to do something. And that's it. For men and women.



Scot McKay 11:31

Yeah, you know, what comes to mind here is the idea of what's called enthusiastic consent, it falls under this heading of being into each other. So if we really want this, we should both want this, we should enthusiastically want this. And we should say so because what happens is, if a guy has kind of this wishy washy consent from a woman, you know, if he hasn't had sex for a while, or he's kind of desperate, or he'll frankly, screw anything with a skirt on or that walks, or can fog a mirror, well, then he's not going to push that envelope. He'll hear any kind of yes and act on it. Meanwhile, the woman may feel like well, I got sort of coerced into this, or I really didn't know how to say no. And then after the fact, when everybody's gotten off, blown their load and aren't horny anymore, someone's upset or someone's hurt, or someone's resentful. And then that's when the accusations come up. And then there's the idea of a man or a woman being able to revoke consent, after the fact. And all those things scare guys away from well, frankly, ever doing something like what we're talking about here to begin with, let alone doing


it again. And it's really just tragic. So this idea of being into each other is something we shouldn't take for granted in real time. And certainly something we should underscore in the context of a show like this, you know?

 Lia Holmgren 12:56

Yeah, I think honestly, for guys, good advice is if the woman doesn't give you an enthusiastic Yes, I would just raincheck because if you get this like, as you said, lame answer, like maybe, oh, yeah. Or, you know, if there is no, hell yes. Then the sexes are going to be as great because she's not sure about it. She's most likely doing the sympathy fucking as you said, boy, and and you know that for a term? Yeah. I love it. Now. I love your term. And I think that's, you know, maybe the sex should be avoided altogether.

 Scot McKay 13:26


Maybe I didn't make up that term. You made them.

 Lia Holmgren 13:29

Maybe their flesh should be you know, I feel like maybe we do it another time. You know,

 Scot McKay 13:34


we're How about this, maybe you haven't seduced her effectively enough. You're trying to rush things?

 Lia Holmgren 13:40

That could be too I mean, a lot of men are very pushy. Yeah, that's true. Yeah. I mean, it's the nature, right?

 Scot McKay 13:46

Yes. I mean, oh, we've said it a lot lately on this show. Oh, speed is never a virtue when it comes to women and sex. Right? So you know, a lot of guys are trying to rush things. There are these old tropes from the pickup artist era, where if you don't have sex with her the first time you meet her, you did something wrong, or you screwed up, or you need to up your game or skills or something. And that's just ridiculous.

 Lia Holmgren 14:11

Ridiculous. But it's the ego too, in a lot of guys can say no, and they can take the know or they feel like they have to compete, you know, it's just, it shouldn't be that way.



Scot McKay 14:20

Right? It's like, I gotta get accepted or rejected. Yes, one was either gonna have sex and I win, or she's not going to have sex with me and I lost and women just start thinking like that.



Lia Holmgren 14:33

But you know, in Germany, I don't know if you have the term here. But in Germany, we say who facts a lot facts, but that's exactly the guys that are too pushy. And they don't actually take some, they they are not very good and bad.



Scot McKay 14:46

That reminds me of the guy who bragged about his Online Dating Skills. I went on 461 first dates in a year. Well, that means he must not have gone on a whole lot of second dates because who has time for that? that right? So a bunch of first dates that didn't go anywhere. Is that really successful? Every time I actually get in front of a woman I fumble the football. You know, that's not good now, is it?



Lia Holmgren 15:11


Yeah, no, it's too much. It's a quantity over quality.



Scot McKay 15:14

Right? So I'm sure some of these guys are still saying out there. Well, McKay, why would it be a good thing if she doesn't have sex with me on the first date? Because sex isn't the only thing you should be savoring and enjoying about spending time with a wonderful woman. Listen, hey, I believe in first, first time holding hands first kiss first sexual flirtation. And I think if you rush your way through it, it's kind of like rushing your way through a nice meal at a Michelin starred restaurant. I mean, this has value, this is something you should be savoring, not something you should be well wolfing down. And by the way, that term wolfing down comes from a very real place. My family, we went to wolf rescue shelter one time, and at feeding time, it's pretty amazing to watch wolves wolf down their meal. So I knew exactly what that meant afterwards. And really, I think there's a metaphor there that applies to how men approach sex without string sometimes, let's just do this. Let's hit it and quit it. Let's get it over with. And I just don't think that really plays well into the next must have factor, which I want to address here. Nice segue, right, which is mutual encouragement, respect, and validation. So if a guy's going around slut shaming women, he's trying to have really amazing, this really hot sex with, he's already throwing water on that flame. He's already basically quenching that fire. If the woman laughs at him when he gets naked and points at the size of his penis, or if he can't get it up. Or if he has a situation where there's premature ejaculation and she rolls her eyes and ridicules him. Or if they have unrealistic expectations towards each other about what they're capable of, or what they're going to do. Like, let's say the guys forcing anal sex onto her and she's just not


into it. You know, there has to be mutual respect, mutual validation, and indeed, encouragement. I mean, we can encourage each other. I think you look fantastic, naked. I'm so horny for you right now. Wow, you look amazing. All those statements are encouraging. Whereas those expressions of distaste are being pushy, like we talked about already. Those they just don't do anything to make the sex any better. And they do a whole lot to make it worse. You know what I mean?

 Lia Holmgren 17:38

Yeah, of course. I mean, it's all about kindness. You want to be kind to people and the same with your sexual partners to to love with someone or their performance or body shape? That's not very kind. So that's, that's a massive turnoff, I think. For everyone.

 Scot McKay 17:53


Yeah, for horny enough to have sex with each other? Shouldn't we at least be decent to each other?

 Lia Holmgren 17:58

Yeah, exactly. Just kind of kind. It's simple. But you know, not everyone knows this. And I spoke to a lot of women. They said, You know, many guys told me like, I had some friends. They're a little bit chubby and have a couple of more pounds. And the guy's been making very clear. Yeah, well, good luck with that. For the women, you know, and that is,

 Scot McKay 18:16

you know, you're a little might want to lay off the deserts there. Yeah, the way can we just go have wild riotous sex, and have you feel amazing about it? I mean, what's up with that?

 Lia Holmgren 18:27

Yeah. Yeah, it's ridiculous. When it happens. I was shocked, because I never heard that before. But I spoke to some women lately. And they told me, You don't understand how if that didn't happen? Well, then again, you're not very chunky, either. No, I'm not. But I mean,

 Scot McKay 18:42

that's why you've never heard that.

 Lia Holmgren 18:44

I would. I mean, there could be something else they find. I don't know.



Scot McKay 18:47

Well, a lot of times guys will start slut shaming women. And they don't even understand why they're doing it or believe they're doing it in the moment. Yeah, this kind of falls out of their mouth, almost like their subconscious takes over. It's really weird. But I hear the story from a lot of guys all the time. And I'm pretty sure that back in my youth, I was guilty of it, too. You dream about getting this girl naked. You know, she looks so amazing. And then first of all, when she does get naked for you, you don't acknowledge that she just did that for you. You don't give her any kind of validation for how good she looks. You kind of just say, okay, cool. Let me help you rip the rest of these clothes off. And we're not even going to notice that you have sexy lingerie on. We're just going to plow through all of that bend you over and go at it. And the woman's like, you know, I don't really feel like I've been appreciated here.



Lia Holmgren 19:39

Yeah, that's important for women to we want to feel appreciated and we want to feel like we are making the man to desire us. And if we don't if we don't feel the desire, and we just feel like another number, then it's just not so much fun for us.



Scot McKay 19:55

Wow, that sounds so awful. I mean, coming from a woman being spoken with a female voice, especially what you're saying just feels horrible. I mean, even as a guy hearing it, having you voice those words just seems so unbelievably bad. So what happens is guys are so horny, and they let the small head thanks for the big head, obviously. And they just want some of that so badly that they forget there's a human being there, right? Not just a sexual opportunity. And I'm sure there are men in this audience who cringed when you said, you have to be kind, because to them, that sounds a lot like being nice. And there's a whole faction of men out there who are all about stoicism and being rough and tumble. And they go around saying women don't want kind men. And of course, that's 100%, dead wrong. You can be masculine, you can be 100%, masculine, you can be a leader, a provider, and a protector. You can even be a little bit rough around the edges. But you can still be kind to people all the while. I think



Lia Holmgren 21:03


that makes Yeah, that makes man even more masculine. If he actually has his emotions in control. And he's kind and he behaves well, I find it extremely masculine.



Scot McKay 21:13

Right? Well, by behave as well, you mean behave effectively, effectively? Yeah. I mean, women like bad boys in the bedroom. But that has a different connotation, right. But ultimately, if a guy is not treating a woman as a human sexual being who has needs in this situation and who has wants, then there's zero chance she'll feel respected. So she'll therefore not feel comfortable,


bad sex is going to result from that every time. I mean, why can't a guy just relax, for example, and enjoy the fact that this woman wants to have sex with them, she's desiring him. It takes a moment to sit back and relax, and let her do that for you as a man, rather than just acting like well, that Hungry Wolf, right? Because I'll tell you wolves don't care. And what happens then, is women not only don't feel appreciated, but then men sometimes start saying regrettable things. Like, wait a minute, this happened very quickly and easily. You seem kind of easy. How many guys do you do this with? I mean, that's an example of what a guy will say when his subconscious is talking. And perhaps he doesn't even realize how hurtful what he's saying comes off as. And all of this adds up to the woman basically getting dressed up again, and slamming the door behind her on the way out. And that's the opposite of sex for the sport of it. So at the same time, Leah, you know, I'm feeling like, alright, referring to an act between a man and a woman as sex for the sport of it does seem kind of shallow. It seems kind of like there aren't a whole lot of feelings there. They're not falling in love. They're not building a relationship. And some people are going to dismiss the whole concept right then in there. But what I would offer is, if two people are going to have sex simply because they're horny, and they want each other. And this is something they're both very excited about. I don't think that excuses the whole situation from every other realm of humanity that's available to us. You know what I mean? That quiver of arrows would include being decent, being complimentary, being patient, being respectful. Yes, things don't go out the window simply because we're horny and want to screw.

 Lia Holmgren 23:27

Exactly. Some people are confusing. And again, it's all the hangups like I think they can show any kindness and loving feelings or like a lot of guys, they have casual sex, they wouldn't even cuddle up to words or, you know, do any kind of like aftercare, which I think is ridiculous. Because it doesn't mean you're gonna marry me just because you fuck me and then hug me afterwards. And a lot of guys are like, Oh, no, no, this is a different department. This is this is for this for someone you love and you date. Like, no, this is for two human beings. They just had a good time. And they appreciate the moment.

 Scot McKay 24:01

Have a shower together. Get cleaned up. Enjoy this since it went all night. Yeah, breakfast. Yeah. Yeah, whatever. It doesn't just have to be all right. We're focused on putting the round peg in the round hole book, I'm done here. Now, that said, two things I would offer to this particular point to enrich it. First, I've met women who don't want the cuddling and don't want any semblance of closeness. They really just want to have the sex. It's almost like they're acting like stereotypical men. They want to hit it and quit it. They want to go home immediately. I've met women who break that stereotype. Also, I do believe both men and women have a fear that if they experience a little emotion here or it gets a little close, or we do things like snuggle and cuddle or shower with each other, that I'm going to get the fields for this person and it's not going to be simply sex for the sport of it anymore. Yeah. And I think there's some validity to that for Sure,

 Lia Holmgren 25:00

but you there's also casual relationships that you can have. And then if it develops to

something else, I mean, why not? If you're having a good time, then all what matters. So I don't understand why people make such a big deal out of this, well, I



Scot McKay 25:15

can understand why people would make a big deal out of it, especially if they're not in a position to have a long term relationship. Or there are valid reasons why this should not turn into a long term relationship. Among the obvious ones, there are I'm on a business trip 2000 miles away, and I happen to have met you and we're hot for each other.



Lia Holmgren 25:34

Oh, well, but then you can't have casual relationship, because you're probably there for a couple of nights and you go back, I'm more talking about like, you're in the same time you have casual sex four or five times and then you realize you like someone? I mean, you know, it's fine. You have a good time.



Scot McKay 25:49

Well, here's another example. Obviously, the distance was one of them. But if you know, you're no darn good for each other long term,




Lia Holmgren 25:57

well, then it's good to communicate. Yeah, fundamental incompatibility, you know, and then that's the problem. You can't tell your heart what to do. But I feel like we could at least be rational with ourselves and say, okay, when this person is not for me for long term, and I don't know, some people are able to control the feeling a little bit. Some people are not. So it depends. You need to know yourself, I guess.



Scot McKay 26:20

Well, for sure. But even then, I'm not sure that's always reliable. Yeah. And now we're traipsing into another whole topic here. But I think it's important to talk about it. I mean, there were two movies about this that came out almost at the exact same time called no strings attached and Friends with benefits. And the plot complication in both of those movies was feelings. Yeah. Because I think most people can relate to that. This starts off as a horny fling. And then the next thing you know, I've got a girlfriend, I've got a boyfriend, I mean, it's something that I don't know, it's kind of like, you have to wear a condom to make sure you don't get STDs or make a baby. And any kind of sex isn't without risk, you know, it's a risk reward situation, to go have sex. So one of those risk reward scenarios is all right. I'm really horny for this person. But what if I fall in love with this person? So yeah, I guess you just have to kind of deal with it, you have

 Lia Holmgren 27:19

to deal with that? Exactly. Um, you can you can, you know, adjust as you go. You can also say, you know, let's see each other less. If you've got falling in love with someone you know, it's not a good match for you, you need to just be strong to, to not see this person as often. And that's the worst part of dating casually, that you have to actually say no to someone you're having a good time with. Because you know, in the long term is not good for you. That's really difficult.

 Scot McKay 27:44

I would go so far as to say, if this other person is falling in love with you, you just need to cut it off. I mean, not just see them less, but that's just going to be torture to them. Yeah, this was supposed to be a no strings attached relationship. And someone's falling for you. It has to stop.

 Lia Holmgren 28:02

Yeah. Send also the authorities, you know, and then sometimes one party pretends they're not in love, because they don't want the other party to freak out. And then you're just like pushing your feelings aside, and it's just becomes tortures.

 Scot McKay 28:15

Yeah. And then that's, that's not honest. Yeah, that's what it is. That's all right. Okay, so the fifth one here is being healthy. Yeah, obviously, the more physically in shape you are? Well, first of all, let's just call it out, your body image will be a lot better if you're in physically good shape. But you're also going to have more stamina, you're going to be able to be hornier. More often, you'll have a whole lot more sexual horsepower to offer. And I think that encompasses a lot. I mean, it's not an accident that every time the Olympics are held every four years, or I guess it'd be every two years now, if you include both winter and summer Olympics, right? It's widely publicized, or at least it's widely known and chuckled about, that the Olympic villages are just docked to the rim with condoms, because these are a bunch of young, healthy athletes who really are horny and want to have sex, and they're gonna do it. So I think there's something about being healthy, that makes sex for the sport of it better. Just like if you're a healthy tennis player, you're going to be a better tennis player and get more out of it.


 Lia Holmgren 29:22

Well, health isn't important, you know, and casual sex. It's it is true, it's can end up poorly, or not protecting yourself, you know, so. And sex can be also a good workout. Let's not forget that. So when it comes to being in shape, or have good sex, it's great.

 Scot McKay 29:41

Well, you're also a wellness coach. How do you intersect these worlds of wellness and sex coaching for the people you coach? Lia, are there any practical ways you actually do that?
What are your efforts?


what can you offer?

 Lia Holmgren 29:52

I mean, I honestly believe sex is good for you. And you know, I think that there should be balance because a lot of times in marriage or relationship there's suddenly imbalance of how horny who is like, and then then one party pushes the other party. And I don't think that's right. But in general having sex on weekly basis at least it's very good for you. And good sex, passionate sex, I think it helps it's good for preventing disease, it's good for mood is good for serotonin, it's good for your skin. And it's all research that's, that's that has been done. So just technically, and physically, sex is good for you. If you're protecting yourself, you don't have a study partner, just protect yourself with condoms. It's easy. It's a simple thing. I mean, we have all this invention to make the best out of it. So why not?

 Scot McKay 30:40

Well, why not write the sixth one is perhaps the most obvious one, you have to be horny. And the reason why I'm tempted to laugh a little is because there's this version of Murphy's Law that tends to strike, right when it's time to have a fling or an unplanned, spontaneous sexual experience, where either she's on her period, or he's rubbed one out earlier in the day and just doesn't have a whole lot going on, or one or the other, drank a little bit too much. Now, we could argue that sex for the sport of it should never happen under the influence of alcohol. And I think that would probably be a different show that was more about consent, that enthusiastic consent we talked about, but for whatever reason, when under the influence, you're not physically prepared to be really, really in the mood for sex. So obviously, when people are really, really horny, the sporting aspect of sex is going to be a lot better when they're both sober.

 Lia Holmgren 31:38

Oh, yeah. I mean, you need to for sport tags. You need to be really horny. I think it's otherwise it's it doesn't really happen. You know? No, that's often and no thing. You're right. Like sharing the moment when it's not perfect. It's going to be hard to to have this sport, sex experience.

 Scot McKay 31:55

Well, the sport of it is going to resemble curling more than you know, 100 yards sprinting.


 Lia Holmgren 32:01

Exactly. Yeah. Okay.

 Scot McKay 32:03

So there's lots to get right here. Yeah. Is it there?


So there's lots to get right here. Yeah, is it there?

 Lia Holmgren 32:06

Yeah. You know, I just recently spoke to a guy friend of mine speaking about the alcohol and he said, You know what, I met a girl and she was really cute. But we went out first time, it was great. And the second time she was really drunk and sloppy. And the third time, she was so drunk. It's like, you know, I almost felt like this is a rape scene at this point. And she was all over him. But like, it's like, I couldn't have sex with her. It was first of all really turn off. And then I'm thinking, My god, she's gonna wake up next day and say something. So he, you know, you're right. So alcohol is not a good part of sex. I mean, have couple of drinks. But when you see someone being really sloppy, it's not sexy, either.

 Scot McKay 32:42

Right? Right. So let's talk about the actual sex itself. A man and a woman have just decided they're gonna go at it. They're horny. They want this, boom, let's do this thing. There are certain ways to maximize the spirit to maximize this experience, including making it last, you know, not rushing through your orgasms and making each other want more of each other. I think that's always a really good frame of mind to go into there. How can I make this person want more sex with me? Even if it's a one night stand? It should be something we're glad we did. Well, let's just leave it at that. different concepts that just enhance the sexual experience, especially when it's visceral. And it's really horny, and it's new are naughtiness. And taboo. You know, we shouldn't be doing this. Yeah, that's pretty legal reason. But we're just being bad. We're being a bad boy and being a bad girl. But you know, that naughtiness concept. We shouldn't be doing this just makes anything hornier also role playing too early for that the first time you have sex? No, bro.

 Lia Holmgren 33:53

I think that's first time and you should try everything you possibly want. Because you barely know the person is much easier to deal with actually with someone you just met and be really naughty than when you're dating someone for a while because then you have again, the hang ups like this. You don't know the person well, and you're like, Okay, well, if something goes wrong, I had at least experience.

 Scot McKay 34:12

Hey, you haven't had time yet to offend each other.

 Lia Holmgren 34:15

Exactly, exactly. How about that? Yeah, exactly.





Scot McKay 34:21

Other things I put down here. Just a smattering of key words. Flirting, anticipation for play. dirty talk. One of them you mentioned before we hit record on the actual show was fantasies and says Yeah, can't be shy. You're going to have to get over your shyness. Yeah, if you really want to make this hot. So what are your tips here?



Lia Holmgren 34:44

Well, again, like get rid of your hangups and just live in the moment as I say like whatever happened yesterday is not important. What's going to be tomorrow doesn't matter. And you're in that moment, which is a gift so you need to make the best out of it. And the fantasy just like like communicate to us like what they're at all, and then potentially you can create a little story while you're having sex and talk about it. I think that's, that's really cool. And it's not as complicated as it sounds.



Scot McKay 35:08

I don't think it has to be a mojo killer to talk to each other, even in the heat of the moment about what you like done to you and done to each other.



Lia Holmgren 35:16

Yeah, exactly. Or like, Well, have you seen some hot guy in the gym? Would you like to free some with him? Or the same you can as a woman, you can ask him? You know, even if it never happens, it doesn't mean it's gonna ever happen. But it's, it's a turn on for many people.



Scot McKay 35:30

Now you're moving into the threesome idea?



Lia Holmgren 35:32

Yeah, just as like slightly.



Scot McKay 35:35

I know you'd like to talk about that. I'm thinking that should be a whole show. We invite you back and talk about threesomes and



Lia Holmgren 35:42

Yeah, like my favorite topic? Oh, really? Okay,



Scot McKay 35:45

well, then we'll definitely do that. I do believe if you're having a casual sexual relationship with someone, then it is a natural segue to talk about inviting someone else into that circle. And again, like I said, we'll talk about that on a separate show. But I do want to acknowledge that's definitely a factor that can spice things up here. Flirting, you're still going to be talking to her like a woman, she's still going to be talking to you like you're a man, you acknowledge each other's masculinity and femininity, you know, she may be talking to you, she may talk in this cute little voice. I think it's important for men not to mimic the femininity and still talk like a man, even as they acknowledge her femininity, and how beautiful she is how sexy she is. I would say part of the communication that's really hot, is to tell her when she does something you like because I know women will do something more when they know it turns you on. Like, for example, if you're having sex missionary style with her, and she just bites her lip when she's really enjoying it. And that just turns you on to no end. You know, tell her you love it when she does that. And you'll get more of it out of her. Right?



Lia Holmgren 36:56


Yeah, I mean, compliments are great. You need to do compliments all the time. I mean, not too much. So you don't sound too cheesy, but it's just very nice to tell people what you like, we can complain so easily about everything, but we are not giving the positive message out. You know, so people complain all day long. Why wouldn't we also say what is nice what we like what turns us on.



Scot McKay 37:19

And of course, I think you want to start off slow, get all nice and lubricated. But if we're talking about sex, for the sport of it, like you've already alluded to, we need to work up a sweat, we need to get physical here. And I think most women who are in good shape physically and very sexually confident, like most sexual positions, they like sexual positions where they can show off like cow girl. And I believe we should love every minute of it, we should encourage a woman during every moment of sex for the sport of it. I said it on the show. And I'll say it again, men, we feel most vulnerable when we're asking a woman out like she might reject us. Of course, we all know that. And a woman often feels most vulnerable the first time she gets naked with you, because she wants you to like what you see. And so many men don't even touch her. They don't, they don't run their fingers over that magnificent body. If you're going to have sex missionary style, I mean, hook under her leg and scoop her up under the shoulder and get every bit of what you came for there. Kiss her while you're inside of her. I know that's really, really hot to women, all of these things, all of these things that make a sexual experience more active, dare I say more complex in the best way possible. The more sensory receptors being stimulated, the better, you know, eye contact, looking at her like you're hungry and want her and then kind of ramping this up until you're just pounding each other's brains out. Most women who are sexual athletes and who really just love good hard screwing are all about this. Most women also like having their hair pulled, most women like being spanked too, even if it's lightly so it doesn't really hurt that much. I mean, some women will want you to just whack him on the butt. I think you asked first. Always again, you talk about this stuff. But I think it's reasonable to expect she will want that. Not that she will look at you shamefully if you bring it


up. But you know what I think all this comes with sexual experience this kind of field sense I'm talking about. I mean, you know, grabbing her feet. I love when women kind of step on you when they're having sex. I just think that's really hot. Like they just take their foot while doing missionary style. They actually put their foot on you. Yeah, that's amazing. All of those things are very horny. Very hot. Yeah. Use your whole body make it a full body workout, right?

 Lia Holmgren 39:50

Yeah, of course. That should be

 Scot McKay 39:53


I stole all your thunder, didn't I? Yeah. Well, what can I say it is an exciting topic. Isn't it?

 Lia Holmgren 40:00

You're talking about fun and exciting stuff. Yeah, it's very exciting. Very, very fiery.

 Scot McKay 40:06

So here's another thing zingers. Right? If you say something really amazing at the right moment. For example, I remember one time I grabbed a woman's ponytail and whispered in her ear. I've wanted this ever since I saw you. And I think she orgasms on the spot. You know, that's just really horny. That's like, letting the secret out that you were admiring her and wanting her. Even before she knew it. It's really, really amazingly sexy. You know, a lot of women, and we talked about this before we hit record Lea. Strangely enough, even if it's a casual fling, women still like to feel a little bit relationshipy about it, don't they? Like your theoretically a guy who would make a nice husband, or we might play house a little bit afterwards when we're cooking breakfast together or, you know, getting a drink together. And we don't mean it. We're just play acting it. I mean, I remember I was dating a woman I was never going to get married to. And we found ourselves inside a church late at night where the door had been left open. And we walked down the aisle together. At the end, she said, Do you Sir, take this woman to be your lawful, wedded wife? And I looked at her and I said, Absolutely not. And we both just died laughing. But you know, it just felt cute and relationshipy to do that. There was once a woman I was in a sexual relationship with and the idea of making babies made her horny while she was having sex. Like, you talk about making babies. And she just gets hornier right there right then and there in the moment. There was no way we were going to get pregnant together. I had taken every precaution and so achieved but there was just something primal about that. That just turned her on and made her hotter. And all this happens not by accident, but by talking about it and being open with each other and freeing each other up to well have as much sexual fun as possible, right?

 Lia Holmgren 42:08

Yeah, absolutely. That's a fantasy. That's what I said he doesn't have to happen even just talk about it. Whatever floats your boat

about it. whatever floats your boat.



Scot McKay 42:15

Leah, tell these guys about hygiene and having a clean, neat environment to have sex in. Because I want them to hear that from a warm okay.



Lia Holmgren 42:24

Yeah. Now, as I said before, it's funny. Just throw away your trash especially if you have gone dumpster from the night before. Clean your bedsheets there's nothing worse than being in the in the heat of the moment. Find like panties have someone else under their pillow. And all these things happened in the past. Talking from an experience is a total Buzzkill. And of course, smelling nice shave if you knew to use cologne use something nice that you did you smell your clean in shower. There's really nothing worse than smell from mouth or under our armpits. It's just disgusting. And as I said, clean your bedroom and your apartment, Clean Your Bathroom, bathroom and bedroom. I mean the sheets, you know, you don't want to have sweaty sheets. Well, people forget about it. But that's a massive buzzkill of sex and sport.



Scot McKay 43:12

Well, here's what I've heard other women say to and this seems almost universal. I mean, looking back, I can't imagine a woman disagreeing with anything I'm about to say. All right, so here we go. First of all, if you want a woman to go somewhere, that somewhere has to be clean and neat. So if you want her to go to your bed, if you want her to get in your car, if you want her to get in your bathtub or your shower with you, and it's a mess, forget about it. Similarly, if your hands are clean, that's important. I mean, if your fingernails are dirty, if you have calluses that aren't taken care of, she's not going to let those hands get all over her. Those hands aren't going to touch her. Second of all, if you have an unclean mouth and you haven't practiced oral hygiene effectively, she's not going to kiss that mouth gentleman. So anywhere you want a woman to go has to be neat, clean and well kept.



Lia Holmgren 44:07

Correct. Yeah, of course. That's like common sense. But forget, think about it. So



Scot McKay 44:13

no, but we need to start thinking about it. Just a couple of other things here before we close because time's running short. We could talk about this all day, couldn't we? How about setting the mood without being silly? Now obviously, you don't want to have this stereotypical, you know, bachelor pad, where you invite her up to look at your etchings, right? Or something like that. Or you know, you have some kind of stereotypical Austin Powers. Yeah, baby bachelor pad. That's not what we're talking about here. But how can a man prepare his living space to have more sporting sexual opportunities? Leah?



Lia Holmgren 44:48

Well, I talked about the law with the bedroom makeover you know just want to have nice lights. You want to have nice stuff. You don't want to have baseball caps all over the walls or beer, beer bottles that are empty. Sneaking nice wood women like they like it cozy you know, have a nice blanket have nice fur, or just just a throw that looks cozy. Women like that they like visuals will they like the experience more than than the actual act? Like they like the experience of all the senses more than just the actual sex? That's what I was trying to say, Wait,



Scot McKay 45:19

what they like what they're experiencing the ambient stuff more than the actual sex? No, but




Lia Holmgren 45:25


it's very important. You know, partly, it's a huge part of it. If you just have like, like women don't have sex just for the sake of the sex. They need the the surroundings, they need the story. That's vital to guys oftentimes when they do booty calls, it's just very uninviting. If you want to get laid, at least give the woman attention or create some sort of an experience for her dinner. Talk like take her somewhere, like create something interesting for her. You're gonna have a great sex.





Scot McKay 45:52


Well, hey, I'm all about cooking for your date, you know, inviting her over and cooking for, but nothing gassy, and nothing that really bogs you down. Because that gets I comes back full circle. What goes around comes around, and your sex isn't going to be any good. Exactly. Well, I think having a well lit places key to this is probably going to sound borderline Austin Powers. But I used to have a lot of lava lamps all over my house. It wasn't really creepy or weird, though. They were just kind of cool. And they kind of did their thing. And a lot of times the lava lamps were the lights that were left on right at the end of the evening. Nowadays, you have Spotify, you have all of this wonderful ability at your fingertips to come up with commercial free mood music. soft jazz is good. Some people like to have sex to hairband heavy metal from the 80s. Again, you talk about your preferences here. You know mood music is really good stuff. That's that's a really important and solid point. Here's another one of my hidden secrets. I would turn down the air conditioning to like 70 or 71. To make it really, really well not freezing but conducive to getting close, right? Yeah, I wouldn't ever make it really, really warm because then everybody just falls asleep after they eat or whatever. I think when it's a little chillier in the house than usual, you want to get close and it keeps everybody active and awake. So that was kind of my I don't know, perhaps counterintuitive secret tactic, if you will. Because I think a lot of times guys are like, Well, women get cold very easily, so I better warm up my place and not cool it down. Maybe that's a little counterintuitive, but that's something I would add there. Yeah. Last thing here before we close Leah is what would you say to people who claim Well, casual sex can never be satisfying. The only way to have really good sex is to be in a relationship.


 Lia Holmgren 47:54
That's not true. That's all I want to say.


 Scot McKay 47:57
It's not true. It may be true for them but that doesn't mean it's true for everybody right

 Lia Holmgren 48:02
to each their own you know some people have some people love casual sex No Strings Attached no headache. No worries about the future just living in the moment. Yeah. Yeah, it's all about their beliefs. You know, the hangups again like you I think people should give chance to exploring more than they do. You know, try it out. Maybe you're gonna like it.

 Scot McKay 48:22
Yeah, Leah you're definitely on record as having that outlook on life for sure. Oh, yeah. So let's hear it for sex for the sport of it. And guys after this show, you should feel well equipped to go out and participate in this uniquely interesting and horniest of sports if you so choose. And with that I want to send you to Lea home grins homepage, which is Lea home grin.com But as usual, I'm going to simply point you to mountain top podcast.com front slash Lea three letters li a where you can find out about her sexual coaching or wellness coaching and her trading coaching for stocks and such. And that's all there for you at Mountain Top podcast.com front slash Lea l i A and as a reminder, she also has a book that you can download called hookup without heartbreak, how to feel empowered after a casual sex, which I will put back at the top of my Amazon influencer queue at Mountain Top podcast.com front slash Amazon. Leah, thank you so much for coming back. It's always a pleasure to talk to you literally and figuratively.

 Lia Holmgren 49:31
Oh, thank you so much. God, it was really fun to talk to you. Thanks for having me again.

 Scot McKay 49:36
Right on right on. And we'll have you back to talk about threesomes and foursomes also as promised,

 Lia Holmgren 49:42
oh yeah, that's that's a fun one.



Scot McKay 49:46

All right, guys, head on over to mountaintop podcast.com And if you have not signed up to talk to me for free for 25 minutes yet, absolutely. Get off the fence and just do it. Go ahead and sign up at Mountain Top podcast.com September is here, gentlemen, fall is upon us and everyone is getting back into the swing of things. And when we talk, I'll offer you results on the spot, something that you can put into action right away to get better with women, even the same day we talk. And if putting together a coaching program like a 10 Plus program or laser coaching is right for you. We can talk about that as well. I can give you all the details, sign up by going to mountaintop podcast.com and clicking on the red button in the upper right hand corner. Also, while you're there, give some love to our sponsors which are as always, Jaco willing company origin and main key ports and heroes soap, use the coupon code mountain 10 with any of our fine sponsors to get an additional 10% off at checkout, you can click on the buttons that are found at Mountain Top podcast.com to get in touch with and shop with any of our good sponsors. 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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