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SPEAKERS

Edroy Odem, Sydney Richdale, Scot McKay



Edroy Odem 00:05

From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the world famous mountaintop podcast. And now, here's your host, Scot McKay.



Scot McKay 00:18

Greetings, gentlemen all across the fruited plain and worldwide. Welcome to yet another episode of The World Famous mountaintop podcast. As always, I'm your host Scot McKay that's at Scot McKay everywhere except on Instagram, where I'm real Scot McKay at real Scot McKay, that is the mountaintop podcast official website except no substitutes gentleman is mountaintop podcast.com and the Facebook group for the 100,000,000th time what has to be probably only about the 350 a time because that's how many episodes roughly we have. But anyway, the mountaintop Summit is the Facebook group. We hope you'll join it soon. Hey, guess what, I got a new guest for you today. She and I made friends immediately. I've already spoken on a summit that she held mostly for ladies. And it occurred to me to invite her to talk to you because first of all, she is very smart. And second of all, she's a sex advice instructor and female sex and vice instructors are among your favorite guests. So whenever I meet a new one, and they are crazy enough to agree to walk into this buzzsaw, which is this audience, I'm getting Sydney hanging, then it is always a pleasure. And her name is as you've already half know, Sydney, rich Dale, I did a coaching call in Australia this morning. So this is actually the second time today. I've talked to Sydney. See what I did there. But anyway, Sydney, rich Dale is not from Australia. She's actually from Canada. She's from Victoria BC, which is just a beautiful part of the world. So no wonder she's happy all the time. Anyway, Sydney rich Dale, welcome. It's great to have you on board.



Sydney Richdale 02:04

Hi, Scott. Thank you for having me and introducing me to your community. I'm excited. Let's have some fun. All right. Sounds like you're



Scot McKay 02:11

smiling already. So I've got your sense of humor fired up, right? Sure. Okay. All right. I want you to tell these guys a little bit about what you do for a living and the types of people who come to you and listen to your kind of content, for lack of a better word.



Sydney Richdale 02:27

That's a great place to start. Yeah. Of course, any day we're talking about sex, I'm like, oh, yeah, let's get let's get it going. Hello, gentlemen, I'm Sydney Nice to meet you all. I am a sex and relationship coach and I help couples up level their sex life and just really enjoy passion, pleasure connection with each other. It's one of my favorite things to talk to people about because it's so hush hush, you know, like we grow up, like, being a little bit confused, I think because we live in a highly sexualized culture. And yet, we're not really encouraged to talk about it or ask questions. So I exist in the world to blow that shit up. Because I'm like, no, no, no, we want to I want to normalize this topic. So again, Scott, thank you for having me on today, just so we can have these open conversations and also have fun make it fun. You know, like, that's my big goal in life too is sometimes we approach sex with so much like, fear or like expectations. I'm like, no, no, let's just have fun. Be open and enjoy. Enjoy ourselves. You know,



Scot McKay 03:40

you old sex spectator ones. That's a crutch. You know, you talked about several things. First thing you earn major brownie points with me by calling me Scott. I love when women do that. I just, I've always found that endearing when they pronounce my name that way. But enough about me. You're absolutely right. This is an extremely oversexed culture. I mean, we're a capitalistic culture, right. And sex sells. So with sex, sex, sex, porn, porn porn. And you're right. It's all hush hush. It's all in private. Nobody wants to admit they're horny. Nobody wants to admit they even think about sex. Cine? You know, one of the reasons why I love to have ladies like you on is because there's so many guys out there who have been Why don't if they brainwash themselves or someone else did it on someone else's behalf or the cultures behalf, but they don't think women even like sex. And I mean, spoiler alert, these guys have heard this before, but just to make sure you know what I've told these guys in the past and what we talked about around here. A lot of that has to do with how women have been slut shamed and not really allowed to express their sexuality in an equitable way as to how men are typically allowed to and encouraged to, and also women have to be very protective of themselves. Even their physical security, let alone their sexual security. I mean, after all STDs pregnancies are well, you know, I mean, let's just put it this way. It's one thing if you're a guy and you get a woman pregnant, but when the woman gets pregnant, she's the one carrying the baby. I mean, it's like the old joke about the pig and the chicken who are planning on giving the farmer ham and eggs breakfast pigs like, well, you know, you're just making a contribution, but on my part, it's a whole commitment. So I mean, there are lots of different ideas and ideals that kind of conspire together to, I don't know, give an outward impression, at least that women just really aren't all that interested in sex. What say you?





Sydney Richdale 05:43

That's a great question. I think, you know, it really comes down to your own experiences and upbringing and whether you've had some traumatic event, I think, yeah, some people just don't like sex, but I don't think it's about the sex. I think it's about you know, their boundaries have been violated, or they haven't felt safe, or they've been victimized. They've been traumatized, like I don't, it's usually not about the sex. And, like some people do experience pain or discomfort during sex, but there's ways to go about remedying that. So you can get to a place where you are feeling good in your body. And you know, you have that emotional connection, emotional safety. And yeah, it's more than just the physical being with each other. But yeah, I just really don't think it's about the sex that people say I don't like sex. That's just my opinion.



Scot McKay 06:37

Well, I think you're onto something there. I mean, there are different ways we get traumatized. Absolutely. Some people have had bad sexual experiences. Some people like you said, I mean, this is something I think a lot of guys don't realize is that sex is indeed very painful for probably more women than is the case for men. I think some guys have painful sex problems, but I think women are more likely to. There's also I might not like sex right now, because I got a smoke and yeast infection going on or something like that. But I will go off the board a little bit from what you so neatly presented and repeat something I've repeated on the show before just to get your take on it. I think whenever a guy looks at the entire female gender, right, on a wholesale basis and says women don't like sex. I think it goes above and beyond the simple recognition that you know, some people are broken. Some people have some healing to do some people have bad sexual experiences. It's not so fun for them. I mean, goodness, some people are asexual, that's 1% of the community estimation. And we've talked about that on this show. But when a guy looks at all women and says they all don't like sex, I think he needs to look in the mirror. I don't think it's that women don't like sex. I think it's women. If you want to talk about at the wholesale level, just don't like having sex with him. My drift? There's some work to do there.



Sydney Richdale 08:07

Yeah, I would have to agree. Like if that's the common theme you are receiving from women that you're dating or in relationship with? Yeah, I think looking in the mirror is a great place to start.



Scot McKay 08:19

By the way, you know, I may or may not cut this out. Actually, I think it'll probably be a good thing that guys hear me tell you this. You don't have to babysit this crowd Sidney. You don't have to play nice. You don't have to be Ms. Nice girl with these guys, they can handle the truth. That's what they came here for. That's this audience. I don't have a lot of wimpy boys out there. At least if they are, they're recovering. They don't want to be that way anymore. So you can tell them how this goes. You know what I mean? You don't have to hold back. I firmly know for a fact there are lots of women who are giving men the impression that women don't like sex, because the guys are just in denial about how unattractive they're acting towards the women. And perhaps that leads me you know, a nice segue here to the next question, which is,

where do you guys really mess up in terms of trying to create sexual attraction with women? Because I think that seems to be the crux of this particular matter. And probably a pretty good jumping off point, don't you think? So? How about in,

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Sydney Richdale 09:14

huh? Well, I just want to dive into something you said there. You said when they're acting unattractively or you said something there? And I was like yes. Because it's not how you look, gentlemen, it's your actions and how you're coming across how you're showing up. You know, with a lot of women we were just talking about the safety piece like we have had shit experiences with some men we are dead like we we need we want to protect ourselves. We don't want to go through that again. So when you're approaching a woman, you kind of gotta go in knowing that and just being really gentle like your approach like you may find this woman like so beautiful. You want to go talk to her that's not the issue but it's you don't want to come in too hot and heavy. Like you want to be a gentleman she wants to feel safe and like, you know, through conversation and things like that. Well, let's



Scot McKay 10:11

go ahead and define gentle as per the context you use it in, as opposed to say soft or wimpy. Let's clarify that.

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Sydney Richdale 10:18

Oh, yeah, yeah, good, good. Sort of depiction there. Yeah. Well, I'm just thinking for myself, because I'm a pretty like sensitive person to energy and just the way people are like, it's, like, coming into my own personal space on like, I've had people, you know, like, want to hug me without asking my permission. I'm like, No, like back the fuck off? I don't even know you. So like, I don't know, let's say you see a woman at a bar. That's the classic example we'll use a. So you can definitely approach her but noticing her body language gentleman, like, is she like, closing up? Is she moving back? Like just noticing yourself. And if you notice that, take a little bit of a step back yourself. Notice how you're showing up with your body in that space? Like, is it too overbearing, just even stepping back a little bit physically can help you out with that, I think



Scot McKay 11:21

it's garbage in garbage out with women, how you lead is how she's going to react. You know, if you're being really overly aggressive, or being aggressive at all, aggressive is just a crappy term to use in any context that relates to flirting, seduction, or attraction. Aggressive is the wrong move, whatever it is. So you have this guy, we left him at the bar trying to talk to this woman. And he's taking a gentle, I would say warm, light approach as opposed to this hamfisted heavy handed approach. Correct? Yeah. So I mean, he can talk to her he can have a normal conversation with or he doesn't have to have this amazing Disney prince perfected approach, or else she's gonna be dying to reject him, right? It could be something that pretty much establishes him as a normal guy. And I would add to that, it doesn't have to be sexual at

first matter of fact, it probably shouldn't. And you know, certainly I've talked to these guys about how flirting is more like a dial in a woman's mind than a binary on off switch. Simply being warm and light, helps open the doorway to conversation, and then maybe you can ramp up the flirting, if you know how to wait for it. Read the room, like I mentioned, and like we talked about all the time. That's a good one. Tell us a little bit more about well, I guess this topic is really starting to become opening up a woman to feel more sexually attracted. And I think we'll probably get into how to have actually better sex by helping her open up and feel comfortable, but I love the topic. So let's keep on let's keep on that trajectory. What should a guy do to help create sexual attraction? That might be counterintuitive compared to what guys have been told.

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Sydney Richdale 13:04

counterintuitive, okay. Well, for the men who are listening here may be a bit nervous or like concerned, I would just really work on cultivating not only sexual relationships with women but friendships too, because then you're you're in connection with women more so you're not as worried about oh, I'd say this the wrong thing and like scare her off or come across to you know, like you said aggressive or dumb because you're like, a lot of the time I think it's nerves that and that's okay. Um, but like really cultivating friendships so you're among women more regularly, so you're comfortable in their presence. And so you're less likely to be like let like you know, like spit spew out maybe sometime thing



Scot McKay 13:53

I love about you already. Deep down. You're a big dork like me. Admit it.

S

Sydney Richdale 13:59

I have I've got my dorky nerdy side for sure.



Scot McKay 14:03

My wife does too. I think most men adore dorky nerdy chicks. And it's interesting because see you by being that way being a little bit more open and having kind of this happy go lucky devil may care attitude that makes you personally easier to approach that a lot of these uptight women but see just because a woman has an uptight personality. Maybe a little social reticence is a little bit more circumspect. Another woman even doesn't mean that she's frigid in the bedroom does it we once you get to know her once you draw her out a little bit. I mean, there's a big prize there other times

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Sydney Richdale 14:40

Oh, for sure. And the only and gentlemen like it's not just about you and what you're doing or what you're not doing some women are just they're just like that. And that's not something you can do a whole lot about like they're just kinda like the man bashers and they'll, you know, like

not, they're just closed off. And so Sometimes you gotta pick up on that and be like, Okay, moving on, like, there'll be someone else out there that's not so invested and keeping you at an arm's length. Probably not who you want to, you know, like, pursue anyway, because that's probably going to feed into the nerve insecurity, like, you want a woman who may be a little reserved, but it's also like, you can tell she's open, she's smiling, like, she's kind of laughing with you, you know, there's that openness there. And she's not going to open herself up immediately. But at least there's some, you know, some openness to talking to you developing something further, maybe based on what she wants, what she's looking for. But you can tell like I, I'm a Reiki practitioner, as well. So a lot of it is just getting a sense of the energy in the room, like you said, reading the room reading body language, you can tell when people are interested and people who are not.



Scot McKay 15:59

You know, a lot of these guys are probably out there asking, Okay, this Sydney chick, is she really a guy in a blonde wig? Because she seems to understand this really, really well. And I, of course, know you're most certainly not, you're a woman all the time. But everything you're saying really is very sensitive to the reality that men really fear rejection. And what happens is, we as guys, Sydney and I'm sure you know, this also, we feel like we're responsible for everything. I mean, we're the providers. We're the protectors, we're the heroes. We're the men in uniform, were the police, the fire and the FBI all rolled into one future husband, right. And so when there's a problem, we think like vanilla ice, yo, I'll solve it, right. And meanwhile, a lot of times, hey, it's her, not you. And I think he just really hit the nail on the head there. So when there are women out there who really are just upset man, and make no mistake, there are men out there who are upset with women, and I've seen women get all wadded up because a certain way a guy treated her said something to her and then all of a sudden her entire self esteem is rocked because of what some knucklehead said, Me while guys I think are even more susceptible to that a lot of times, Sydney, I don't think women realize it because women, unlike you often misunderstand guys and think, Well, we have no feelings. I mean, they'll watch the first 10 minutes of say Saving Private Ryan a roll their eyes and go, boys. You know what I mean? These guys are yakking. They're throwing up because they're about to die. And they really do have feelings. And it just seems like women feel like sometimes they can just say whatever they want to a guy, because it'll just bounce off in any way. And really, that's just a misunderstanding of the masculine feminine dance. Meanwhile, the women who are like you more easygoing, and actually like men, they have had more practice talking to guys exactly in the manner you're advocating guys bone up a little bit if you're part of the sexual innuendo there and talk to women more often. I mean, God forbid we talk to female human beings we're not attracted to simply because we like women in general and are always looking to quote unquote, get laid. I mean, there's something there for both sides to, to reap benefits from.



Sydney Richdale 18:18

Mm hmm. Well, it's interesting. You said that, Scott, because isn't in Saving Private Ryan, that opening scene there's one soldier like he's dying. He's laying on the beach, but he's calling for his mom. Like, is that not the same movie? Yes, it



Scot McKay 18:33

is. And that happens in real life also. Yeah, talk about politics. But there was a very high profile controversial murder by police where the guy they killed was calling for his mommy as he was dying.

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Sydney Richdale 18:46

Yeah, so just goes to show like I personally hate the men don't have feelings. I think that's fucking bullshit. Of course it is. You're just not encouraged to share. It doesn't mean you don't have them. And so years upon years of social conditioning of shoving that shit down, like, it's not true. It's not true.



Scot McKay 19:06

Right? So you have men who think women don't like sex. And women who think men are only after sex like sex robots. Meanwhile, guys are trying to get more sex. And they've somehow told themselves why even though women are out to get me out to take all my personal wealth and probably trade me in on a better model. Once they find a richer, taller guy. I really still have to get my dick wet somehow. And meanwhile, you have women out there who are like, well, all these guys are jerks. They only want one thing, but can you find me a nice husband? You know, we've laughed about that before that whole dichotomy. So this is about people relating and certainly what I've told these guys time and again, is men and women aren't supposed to be adversaries were literally divinely designed to be a partnership. Okay, of course. And so when we're talking about opening women up to I'm going to throw this on the table, you can disagree. And I bet you, I bet you at least give some dimension to it because it's going to sound a little unit dimensional. But I actually like to believe that if there's a problem in the bedroom, or there's a problem in the attraction department, given the nature of how masculine and feminine dance together, often am not gonna say necessarily, it's the guy's fault, because that's a little rough way to put it. But the guy is in a position to do something about it, that would be effective, at the very least. So what can we start doing a? This is a two part question. Okay. And we're gonna segue here. Okay, we're gonna go from the bar room to the bedroom. Yeah. You've been waiting for this. What can we do is guys to help women feel more safe and comfortable with us, not only when we meet them and start flirting with them and start seducing them. But also after the clothes come off, and it's time to have sex. That alone sounds wonky and probably wrongheaded, just the way I worded it, but you know what I'm getting at. So, talk to me about this all important. Dance that starts when you meet and culminates in just wild riotous sex, because guys already understand if their listeners to this show that safety and security literally makes women feel horny when it's holistic. So check it out. Yeah, we'll see if we get another woman I've been brave enough to blurt that out who was also agreed with it firsthand without ever even knowing. So talk about that. I want you to talk now. I want you to talk for a good long time on all that stuff. Give these guys everything you got.

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Sydney Richdale 21:40

Awesome. Well, yeah, I just want to ask the audience to literally ask yourself right now, gentlemen, who are hearing this, like When have you ever asked a woman directly? What makes you feel safe? What makes you feel more comfortable with me right now? It's literally

that simple. And nobody does it. Because we don't think about it. We're just trained to you know, get them in, get it all off. Get it in, get it out, you know?



Scot McKay 22:06

Come on. You. Yeah, yeah. Yeah.



Sydney Richdale 22:09

But in all honesty, like these conversations, if you want to develop something real, in my opinion, you got to have these conversations actually outside the bedroom when your clothes are on. Agreed. It's not a great time to like, you know, when your clothes are off, you're maybe about to start doing it. And then and then you're like, oh, by the way, what would make you feel safer? Now? It's like, it's not the best time. But at least you ask, but yeah, that's. Yeah. And, and there are some women who will love you for it. They Yeah, they will literally want to open themselves up more because you cared enough to ask and that's the other piece of it. genuinely caring about the answer and like meeting those needs that she expresses to you rather than oh, by the way, what makes you feel safe? Okay, great. Let's do this. Like, it's all about, like the energy and intention behind it. And I know Scott, you said you have a lot of really wonderful men in this community. They're not assholes. They do care. They want genuine connection. They want partnership.



Scot McKay 23:12

We are assholes. It's for good reason. And we care deep down anyway.



Sydney Richdale 23:17

Yeah, for sure. All right. But literally just asking a woman Hey, like, it feels really important to me that you feel good about this. So I'm just wondering, before you know, this progresses into something more sexual. What is it that you need for me to help you feel safe? That is going to be a game changer for you all. Trust me on that.



Scot McKay 23:41

That's a hell of a takeaway right there. You kind of paused. So while you gather your thoughts and work is you're not done yet. I want more out of this answer from you. But it's amazing when a guy goes out on a date. And the woman starts complaining about men. You guys are all like this. And my last boyfriend. Oh, he was such jerk blah, blah, blah. I've always thought it was really powerful for a man to speak His truth. Look her in the eye draw a line in the sand and go Well, I'm not that guy. But you just added this wonderful layer on top of it. In fact, how can I make sure I'm not that guy? What did those guys mess up on where I could make you feel safer? Tell me, huh? Yeah, I get chills and I'm not even a woman.

 Sydney Richdale 24:29

I got chills right now.

 Scot McKay 24:30

I have that effect on Chickies donor. Anyway, you know, something that goes along with what you're saying? I think the next place to go from here if you you know, we're looking for a little stepping stone to get there. A lot of guys don't understand what connection means anymore. But connection is like mental foreplay to how do we do that? What does that even look like Sydney?

 Sydney Richdale 24:55

Whoo...That's a great question, buddy.

 Scot McKay 24:56

Shoo, buddy! You got the shoe buddies, don't you?

 Sydney Richdale 24:58

I do. Yeah.

 Scot McKay 24:59

Ron White would say, "shoo, buddy". Except he says that when he's drunk and hungover in the morning, we're nothing like that right now.

 Sydney Richdale 25:08

Well, yeah, for my perspective on that is really, connection is just nurturing the relationship in ways that feel good and not just physically. But gentlemen, if you really want to connect to a woman, like deeply sexually, like, You got to get that emotional piece in check, like she, you both and I don't want to say just women like you both get to feel safe, like heart centered open. And that's something I wanted to add in because not just women have had bad sexual experiences, but men have to so that's a beautiful opportunity to ask the woman but also like, share from your perspective, what makes you feel safe, what you're needing as well, because she's going to appreciate that vulnerability so much. You know, if she's, you know, a good heart centered woman, like that's going to really deepen the connection, sharing, sharing what's on your heart being vulnerable, that helps, like nurture that connection, that safety, that emotional peace, so you can both open up, feel comfortable, feel open, feel free to really start exploring pleasure together. Like one gets better than that.



Scot McKay 26:20

Well, you just shot my blonde wig theory, all four holes like Swiss cheese, now you're talking like a woman again. Okay? So let me speak woman ease on behalf of these guys. Maybe with your help, you can help translate after all, you're a native speaker, your native tongue. Yeah, you talk about nurturing the relationship. And I'm going to be completely dead to rights honest with you guys are like, Oh my God, nothing sounds more boring. And whatever the heck it is. She's talking about, you know, some guy in West Texas. What in the shit you're talking about? Girl? That's what he's saying right now. Yeah. vulnerability. Okay, good. We've talked about that on this show before if guys are listeners of this show, and they're not just you know, stumbling upon this for the first time, then they already know that I like Brene Brown, who famously talks about vulnerability believe we need two words in the English language, one for the tortoise crossing the interstate and the other one for feeling the risk and taking it anyway. With currently. Yeah, the latter is what you're talking about here. Okay, la TT er. Right. So what ends up happening is when guys are talking to a woman to draw out how she feels. To see what's going on in her head to care. What you're doing is you're nurturing the relationship. Now the step above that. La dee dee er, right? would be to mix in some sensuality with it. Oh, yeah. When you start mixing in imagery, or thoughts or ideas that build a little intimacy, and make women start feeling pleasurable. It's a huge revelation for a lot of men to realize that boomerangs back to them as sexuality. All of a sudden a woman goes, and I want you to comment on this. Oh, my goodness, here's a guy who gets it. It seems like all women need is a guy who gets it when it comes to creating sexual attraction. And then, if you are as a man, and D making her feel safe and comfortable, the clothes fall off. It's just not not complicated. You know, I mean, notwithstanding religious reasons, or someone being broken are very reticent or shy. I mean, I understand all that. But at the baseline level, once a woman feels safe and connected with in the way you just described very eloquently, I might add, she's she's ready to get naked. She's just as horny as we are.



Sydney Richdale 28:53

Mm hmm. Yeah. Yeah. Gentleman song about how you look. I mean, that helps, but



Scot McKay 28:59

we can't be stinky and gross.



Sydney Richdale 29:02

Nobody wants that.



Scot McKay 29:04

Neither side of the aisle wants that.



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Sydney Richdale 29:07

But yeah, like that emotional safety piece for her is what helps her feel aroused. Literally.



Scot McKay 29:14

You're saying literally a lot like a woman typically might. But every time you say it, it is literal. You're using literally completely in context. I'm gonna add something here because I think this conversation is a wrench thrown in it. Okay, okay. You're saying 101 Wonderful things, okay. But they're also things I think a lot of times guys are reminding themselves they needed to hear again, you said that for women. It's not about looks as much. Hmm, what would you say to this? I think a lot of times for men. It's not. And here's what I mean by that. A lot of times guys have this mental image of their type. You know, this is the kind of woman I want. And then a woman comes along who rocks the that perception to the core, she looks nothing like what he expected. Now she's probably not hideous or unattractive. But she's not what he saw coming. And it's because of who she is how she acts, how she carries herself, the femininity, and how he looks upon her, interacts with her and sees a lot of who he is and her in other words, she's one of me, she's on my team. She matches up with me, she energizes me, she catalyzes my masculinity, with that femininity of hers in a way that just really is above and beyond what I've seen lately. And then a lot of times, if you were to, you know, very callously grade, this female human being who is now so turned on by it from a scale of one to 10, there's a lot of very shallow guys tend to do. She might be like a six, but she's so damn sexy. And she's so damn interesting and cool, that she just does it for him. And I think that's more of a reality for more men than perhaps we're even well conscious of me. Hmm, yeah, I

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Sydney Richdale 31:17

can agree it kind of goes back to that energetic piece like does he does it like looks do matter? I'm not gonna say they don't. But I think there's more to it. It's like how a woman holds herself how she presents herself like, is she really bitchy and closed off? Like I was talking about earlier? Or is she open and willing to smile and joke with you? Even if she's not sexually interested in you? Like that's fun. Like that's that I think that's attraction like it's energy flirting is energy and being playful and fun and curious. And yeah, it's so much more than looks like I don't know if you go to like Malibu.



Scot McKay 31:56

Or you say that you don't fall out of your mouth like with this Malibu like those guys?

S

Sydney Richdale 32:01

Yeah, like, you got the Botox and the fake boobs and the wigs and hair extensions. And I'm like, no, like, I don't find those women attract. I'm not attracted to women, but I'm just like, uh, it can be it can be just superficial but you know, you want to go for someone with some substance some fire you know, like some genuine? Yeah, just someone who's genuine.



Scot McKay 32:29

Well, you know, times drawn short here. I want you to throw these guys one big ol Zinger before we close the show. What is the hottest thing you've ever seen in person? Or heard tele that a guy did in the bedroom? Or said,



Sydney Richdale 32:46

huh, for me? Yeah, just hot things men can do is just literally pay attention to the little things and and voice your desires. Like obviously, when you first meet someone, it's a little bit different. You don't want to be super forthcoming, like, hey, I want to ride you. That's all I'm thinking about right now. But just expressing like, something from the heart. I think that's the most attractive thing a man can do is express from his heart in a way that feels genuine and real and connecting and conveys like an openness and unwillingness to connect truly not just physically. And then just voicing that desire like telling a woman how much she's wanted, you know, if you're in partnership, like reminding her like how much she means to you. To me, that's the hardest thing. And being playful, being fun, like flirty, like



Scot McKay 33:38

even while having sex. Oh, yeah.



Sydney Richdale 33:42

Just like take the pressure off. Be willing to laugh be willing to make weird noises. Like our bodies do some weird shit sometimes. But just having like a laugh about it like that. That's gonna help you have better sex, just not putting so much pressure on performing and having that gigantic orgasm and making our sea stars like just it's the little things pay attention to the little things and those will get you a lot farther.



Scot McKay 34:12

I think that's fantastic advice. Love it. And I think it's a wonderful way to slap a coat on the show. Love it. I think it's great. Her name is Sydney rich Dale. She's from Victoria, British Columbia, Canada. And she's a sex and relationship coach. And when you go to mountaintop podcast.com front slash rich Dale, R I C h d a l e, you're going to find her YouTube channel where she's building quite an audience because she does good work and gives good advice. Cindy, we hope you'll come back on I mean, when we have personable female dating coaches, they tend to come back again and again because they tend to be very popular with these guys. So thank you for coming on. And I already want to invite you back.



Sydney Richdale 34:55

Oh, thank you for having me. And I'd love to be back. Let's keep this conversation going.



Scot McKay 35:00

Oh yeah, I think we could do a whole show on that last question, which is, you know, what are the hottest things that have ever happened in the bedroom? Anyway, thanks again for dropping by. Oh yeah, we'll have to make it happen soon. Guys, if you haven't been to [Matt Stop podcast.com](http://MattStopPodcast.com) Please visit our three main sponsors, Jocko. Willings, company origin and main heroes soap and key port manly stuff proffered by all three, use the coupon code mountain 10, with any of our three sponsors to get an additional 10% off and guys also listen, check it out. I talked to two more of you today on the phone. Both of them commented that hey, you know, you're not a fictional character behind the mic. You're exactly who I thought you'd be when I talk to you. And that's great compliment to me because that's exactly how I want to come across I want to be real and authentic with you guys. And when you take the time and the energy to get on my calendar to talk to me for 25 minutes for free, I respect that I respect each and every one of you who do that. I respect what your thoughts are I respect where you're coming from and I especially respect where you want to go. So go ahead get on my calendar. Let's talk let's make each other's acquaintance. And most of all, let's start getting you results. Sign up at the upper right hand corner at [Mountain Top podcast.com](http://MountainTopPodcast.com) It's a big red button you just can't miss it. 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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