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SPEAKERS

Scot McKay, Dana Shergill, Edroy Odem



Scot McKay 00:01

Gentlemen It's masterclass for men time again and this month we're going to be talking about the all important topic exactly what to say to women the right words at the right time. Now listen, you may not be a fan of say canned openers or saying the same rote thing over and over again and believe me gentlemen, I realized what a trap that can be. But let's face it, there comes a time now and then where you're in a specific situation with a woman and you just don't know what to say. You're left hanging you're left flat footed. Well, that's all going to change after this mission critical masterclass, which I will be holding for you this coming Wednesday, July 26 2023. So if you're listening to this podcast within the first week, it's out be sure to check out mountaintop podcast.com front slash master class for all the details. Believe me gentlemen, when the chips are down, you got to know what to say to a woman and there are many different situations where that's the case don't miss out on this one. The masterclass for men this month exactly what to say to women the right words at the right time. this coming Wednesday, your chance to claim your ticket is that mountaintop podcast.com front slash masterclass?



Edroy Odem 01:28


From the mist-enshrouded mountain top fortress that is x&y Communications Headquarters, you're listening to the world-famous Mountain Top Podcast. And now your host Scot McKay.



Scot McKay 01:41

How's it going Gentlemen, welcome to yet another episode of the world-famous Mountain Top Podcast. As always, I am your host Scot McKay. You can find me at Scot McKay on YouTube on Twitter on most other social media outlets and platforms as well, with the exception of Instagram where I'm at real Scot McKay. Now the website is mountaintop podcast.com As always, and the Facebook group is The Mountain Top summit and gentlemen, if you have not joined up with us there, you really need to we're having a whole lot of fun. With me today. As a new friend of mine, we talked quite a bit pre roll just to make sure that all the goodies were on


the table to be talked about for such a topic as this. That topic I'm speaking of is you're kinkier than you think my guest is a kinky wellness coach, as she describes herself and she is from Toronto. She is with the partition and she is named Dana Shergill. Dana, welcome to the show.

 Dana Shergill 02:41

Thank you for having me. Yes. Well,

 Scot McKay 02:44


you know what, it's our pleasure. And the sexual innuendos are already rolling. I always make a promise with myself, especially when I have female sex coaches on that I will curtail the sexual innuendos and the jokes. But you know what? It's like we can never get around it. I mean, big sexual innuendo, isn't it? Sometimes? Yeah. So you describe yourself as a kinky wellness coach? Well, Dana, what do you do all day or all night? Describe to us what your job is?

 Dana Shergill 03:15

Well, my main job that I would do is that I promote that BDSM, and kink are actually healthy outlets for aggression, imagination and attention. And without having an outlet for each of those three, self development is not possible. And you can find those outlets through kinky wellness, which I would say BDSM and kink. And so I actually encourage that people should explore their kinkier sides then to try to turn away from it.

 Scot McKay 03:42

Now, you mentioned that word aggression. And I gotta be honest with you, Dana, nowadays, in the year 2023. When we're recording this man, that term makes a lot of guys nervous, especially in the context of interacting with women, and especially the bedroom. A lot of guys just really don't feel comfortable. being sexually aggressive. Even the word dominant sometimes really feels uncomfortable to a lot of men, especially sexually, right?

 Dana Shergill 04:12

Absolutely. I think when people first hear the word aggression, they think of the most extreme cases and it doesn't really help when Google's definition includes hostile and violent behavior towards another person. But the problem with that definition is that it includes a third party to make the judgment on what aggressiveness is. So for instance, my in my personal opinion, I wasn't raised to be a fragile little girl. So I was raised to play rough and tumble with my brother and with the male figures in my life. So to say that we don't have an aggressive side to us. It doesn't exist. Aggression is an actual human emotion that we all have. It shows up when we need to protect ourselves when we feel that our boundaries are being pushed. And so to say that we don't have aggressive nest inside of us is just wrong.



Scot McKay 05:02

Well, a lot of guys, if they have ever encountered a woman being aggressive towards them, it really was negative. Dana, how do we get rid of that stereotype?



Dana Shergill 05:10

So I think when, if a woman is aggressive towards you, it's, I guess it comes down to the instance of what that is because a lot of women will mirror what's in front of them. But there's so much going on about stress. So people need to be able to stress management. And if you have too much aggression inside of you, without a healthy outlet, it can explode at the wrong person at the wrong time. And so we really need to find ways where we can redirect it. So it's unfortunate if someone has come in contact with someone that's been aggressive to them for no reason. But that doesn't mean that we can't take that back and try to redefine it and give it a healthier outlet for it.



Scot McKay 05:47

Yeah, I think you're onto something there. A lot of times a guy will talk to a woman and she'll be mean and nasty to him, or he'll fear that she's going to be mean and nasty to him. And really, if it's the former situation, it wasn't about him at all. It's about whatever her mood is in the moment, and she's just lashing out. And or if it's the latter situation, most women aren't going to be aggressive to a guy who isn't aggressive. First, he talked about that mirror image of what we're presenting to the world being reflected back to us. And I think there's a lot to be said for that. So yeah, I think we're already on the right track here. Talk to me about this idea of being kinky, because I think a lot of guys feel like if there's anything nonstandard any flavor other than vanilla going on, in their approach to sexuality with women, that women being the fragile lovemaking creatures that they are, will revolt against that or flatly reject them for even thinking such a thought. But I know from books like my secret garden by Nancy Friday, and from the works of lots of other people that women have very naughty fantasies. In fact, the word naughty, is a great word to describe how women really like to be sexually. Where's the disconnect there? How did guys lose touch with this idea that women really don't want vanilla sex, and that maybe we should be a little kinkier? And if not flatly kinky? Or maybe at least just not vanilla anymore? What's going on there?



Dana Shergill 07:18

Well, um, you know, what, I do find that the male's actually might have a little bit of a disadvantage on that, because there was a study that was done that showed basically what it was set up as they took males and females, and they played different types of pornography on TV. And so they watched straight couples, lesbian couples, gay couples, even animals are going at it. And so when a male saw this, and they were like, Oh, I'm turned on, they would say I'm turned on. And it would match up with what was going on in the brain scan. But with women, women, even if they were turned on, even if all of the signs that were lighting up in their brain, the women would lie about it. And I think it's it comes down to that women feel pressured by society on what they can say. So men need to be able to kind of open up the conversation if it slowly and not in a derogatory way or in a way that would put somebody off, but to open up the

conversation that they are also playful, because women do have a quite a vivid imagination. And we want to play we want to be mentally stimulated, especially in sex. So that's why I believe that women aren't kinkier than they'd like to even acknowledge. So there needs to be more open communication on this. But sex is one of those topics that are so guarded, that it's a responsibility on both ends that we need to become a little bit less guarded about this so we can be able to show our authentic self and this happens in couples as well. They're nervous to say what's going on in their head.



Scot McKay 08:49

So to be clear here, when you refer to that study a couple minutes ago, women were just as turned on or approaching being as turned on as the men were they were just less likely to admit it out of shame.



Dana Shergill 09:03

Yeah, shame. I think social pressures as well. We have this you know, we the whole slut shaming women don't want to be slut shamed for what's going on in their heads. So instead of risking themselves being slut shamed, or being put down or being ridiculed, they'll just lie and say, No, I'm not turned on.



Scot McKay 09:21

Right. And you also mentioned the all important idea of women being playful. I think a lot of guys think playfulness, you know, enjoying oneself having fun in general is somehow anti masculine. Which of course isn't true. We all need to have an outlet. We all need to enjoy ourselves at some point. And actually instigating that feminine nature of play fun joy is one of the most masculine endeavors imaginable, isn't it?



Dana Shergill 09:48

Yeah, absolutely. And you know, when it comes to women and embracing their playfulness, men really need to look at it as a whole package, so they need to provide mental support emotional support, physical sex. Well, even spiritual, because all of those elements can be created within sex. And you can get those through BDSM and kink as well by exploring those desired outcomes in those five categories.



Scot McKay 10:11

So why don't we get down to brass tacks here, as Ross Perot used to say? What does kinky mean, in your vernacular, define it your way.



Dana Shergill 10:20

So kink is basically anything that falls outside of what the society deems acceptable. So you can even take that and what may be kinky here in North America might not be kinky, say in Europe, for instance. But yeah, it's really anything that falls outside of what society deems acceptable. So it's a very broad category. And that's why I think people are kind of scared to go into that realm, because they don't want to be deemed like, Oh, I'm a kink. Does that mean I'm a freak? Like, what does this mean? But really, it's just using your imagination. It's giving yourself permission to use your imagination to roleplay or to play in a sexual manner with,



Scot McKay 11:00

you know what, I'm going to run a theory by you a hypothesis, if you will. And you tell me whether I'm completely off on the wrong track, or if I'm onto something. I think most people in our still puritanical North American culture, and maybe even in Western Europe, I've heard India still pretty straight laced, et cetera, et cetera. Think they're being kinky. They think that they're imagining this creative sexual universe where they must be the only one who finds this sexy or gets horny watching this or doing this. And meanwhile, everybody's thinking the same thing. And the quiet part never gets said out loud. Okay. For example, I believe almost all women love to be spanked and have their hair pulled and bed, I think most people find dirty talk, very stimulating, especially if it's playful and fun. That whole idea of being very playful in bed and whacking each other on the butt with a wooden spoon while you're cooking together. And even flirting is almost universal. And everybody thinks like, they're the only one weird enough to think that this sounds like fun.



Dana Shergill 12:12

Well, I agree, I think because we live in this society where we're not allowed to talk about sex. So we have no other choice but to internalize that I must be the only one that thinks this. Because there's not enough open communication on sex and the more playful sides of it, when we use our imagination. And so when you don't have a safe place to talk about this, it starts to weigh down on you. And that weight can start to pull you down into, I must be the only one who thinks like this, which will bring on shame, which will shut you down which needs to go retreat inside yourself. And that's a problem with that.



Scot McKay 12:49

All right. So there you go, the premise of this entire show, you're kinkier than you think. Give me some examples of places of areas of human sexuality. Anything that is horny or prurient, that you think are more common than people think?



Dana Shergill 13:09

Well, I definitely think the ones that you mentioned there, but the fantasies of where there's a power exchange. So when someone is willingly giving up their power to someone that they deem worthy, and then someone obtaining that power and still safely playing within the limits and boundaries of what it's structured. But people want the ability to let go completely people want to lose their minds. And people don't want to think so when you like, for instance, if you

have someone that has a very structured day, and it's running on time, all the time and doing these things by an hourly pace, it's more likely than not that in the bedroom, they want to be submissive, they want they don't want to take control. They don't they don't want to plan it. They don't want to have that responsibility. 24 hours a day. So I think that that's a big one, especially for people on very high position power, like jobs or positions. Because we want that change. We want that change. Yeah,



Scot McKay 14:05

I think that's a good one. Other ones are women wanting to be taken? I mean, guys are like, Well, my goodness, that sounds like I'm doing something bad. It almost feels like something rapey to me if a woman says I want you just to throw me on the bed and take me. But I mean, that again, kind of comes back down to it being a safe space for both of you, right?



Dana Shergill 14:26

Yes, absolutely. And that is something that, for instance, like I'm forced submissives to say yes. Like there's non consensual play. consensual non consensual is the term that can get passed around for that. And you're still giving permission. I think that people need to differentiate that rape is something that you didn't give permission to. There was no consent, but anything if you're like, yes, you can do this to me, you can differentiate that this is okay. I can do this. I can unleash this because we all have, you know, fantasies and imaginations inside of us and we want The roleplay goes out and sex is the area that we can roleplay out the things that we would never dare say in our day to day life, out of fear of judgment or out of fear of ridicule, or whatever the case may be. Yeah, I



Scot McKay 15:12

think a lot of guys are already resonating with this conversation. And rightly so I know I went through most of my early adulthood, thinking women just wanted tender love made to them and nothing was ever supposed to happen that was kinky, or involve spanking or hair pulling, etc, etc. And so I think a lot of guys were already warming up to this conversation. And I think it's great that it's coming from you a woman, Dana, because that somehow gives a lot more street cred. Meanwhile, though, let's face it, a lot of guys drown in pornography. You mentioned porn earlier, and how images turn men and women on like, even if women often don't admit it, you often hear a lot of smack talk about porn. And I mean, you know, some of the negatives are certainly undeniable, we can talk about trafficking, we can talk about feeling shame, especially if you're a man of faith, or even watching it. Some guys look in their boxers and go, I can't measure up to this porn star, I must not be able to measure up as a man at all. All those kinds of things happen as guys watch porn, some guys get so addicted to it, that they can't do normal daily tasks. But one of the real hits that pornography takes, in terms of criticism that's very relevant to this conversation is there's no such thing as that sex in real life. The women don't look like that naked in real life. And no women actually want to have that kind of sex. And that kind of sex just doesn't happen. What's your take on that?



Dana Shergill 16:41

I don't actually believe that point. Personally, because I Yes, porn has a very, it's for entertainment. So yes, what we're seeing is not actually really real sex in the way that certain positions that they're doing are strictly for camera angles, it's strictly to make sure that the camera is capturing it in the most visually pleasing possible way. So for instance, like there's some moves that when a man is a fucking a woman, a woman will not get an orgasm that way, because it's just not hitting the clip. And it's not really it's just for show and I think people need to understand that. But porn is a sense if you go to ethical porn, if you want to seem off of things like Pornhub there are up and coming ethical porn, where it's real couples having real sex and you can watch that. And if you want to get inspired or creativeness through those ideas, you can use it as a tool. The problem is when people use it consistently over and over again. And it's very easy because it's, the less friction, right? You can go on and you can jack off and you don't have to talk to a woman, you don't have to go and take them out. Like you don't have to do all these nice things that you would normally do. You can just jump online and click on it. But I do think that the idea that women are these fragile innocent only wants soft sex. That's not the right narrative that all I think that's wrong. And men really need to realize that women aren't as fragile or soft as they seem. They that's not the case.



Scot McKay 18:11

So we've talked about hair pulling, we've talked about spanking, we talked about dirty talk, it seems to me that those areas are perhaps the ones guys could stick their toe into the proverbial water with



Dana Shergill 18:26

Yeah, and you could go so far as like soft restraints. If you wanted to tie down on someone. I'm not saying go jump right into roleplay or anything like that, but, you know, blindfold things that can build up anticipation, where you're creating the energy before any touching actually happens.



Scot McKay 18:43

I remember when the movie night and half weeks came out in the 80s with Mickey Rourke. All of a sudden, all the high school kids wanted to rub ice all over each other's stomachs because it was horny.



Dana Shergill 18:52


Well, it's number two play is definitely popular. You can use ice cubes, wax play all that jazz. That's funny. Yeah, there's



Scot McKay 18:58

a lot of influence that pop culture lends to this idea, doesn't it? Like if it's in a movie everybody watched, or a lot of people watched or people said they watched but they were lying. Then


suddenly, it gets a little bit more, I guess you'd say mainstream credibility with the market, doesn't it? Well, it's

 Dana Shergill 19:21

influential because what we dictate and what we see on media does influence people and their ability to talk about it. So for instance, 50 Shades of Grey, I know that people have their differences and they like or don't like about it. But regardless, it opened up a conversation which I found that that was that was good. We shouldn't be opening up these conversations for this.

 Scot McKay 19:38


Yeah, I had a guy on my sex advice program behind closed doors years ago who was far and away the leading male author in the romance novel world. Most of the authors are women writing to other women and somehow he got it he understood what was going on there. And they are kinky horny naughty books. Every man should you know deign to go read one just to see what's in there. You know what I mean?

 Dana Shergill 20:08

Yeah, encourage that. But I also wish that men would take it one step further and brush up on their sexting skills and not so much like, Oh, I just want to fuck you tonight like no like to see like, where are you? Are you in the room? Are you in an entrance door? Are you walking across the floor? It does take effort. I know what this is really good for women to mentally be stimulated in a very way that they're receptive to it.

 Scot McKay 20:33

I'm laughing with you. Yeah, I couldn't agree more. I have a whole program on how to talk to women, even on the phone, which of course is a lost art, right? Some of the music that women listen to has this innocent exterior and yet has a very naughty inner core. Like there's a Harry style song called late night talking. You know, it's this very poppy late night talking. But that's a horny thought to women. Yeah, like, okay, it's two people chit chatting. It's midnight. What are you doing sitting at a diner? You know, smoking a cigarette? No women think of that is something more intimate that's leading to something that's why that song strikes such a chord with women and yet most men are like, Well, Harry Styles. You know, that's Britney Spears are one of these guys. I don't want to listen to like the weekend. So check music. But the more we're in tune with how women's brains operate and how their sexuality is wired, the better we're going to be sexually as men who live a sexual lifestyle and the better we're going to be in bed.

 Dana Shergill 21:36

Yes, you can learn like a lot of things from one of those sexy romance books to tell you the truth and even the words that people use like like his eyes deepened and things like that. You

truth and even the words that people use like like his eyes darkened and things like that. You can write that down and be like my eyes are darkening for you. My eyes are narrowing down for you like very, very detailed things. Women will eat that up. Eat it up.



Scot McKay 21:55

Oh, yeah. You know what, I have this theory that men should lead with sensual, and it will come back to them from women like a boomerang as sexual. Yes,



Dana Shergill 22:05

that's a good point. I think once you if you'd come in a little bit slow and you have a slow build up. Like when you're boiling water. That's better than just throwing it out. A woman being like, ah, sex is right now. Tada. Like, no, there has to be fun. There has to be an intro to this. That's why foreplay should never be overlooked. And foreplay can start before the bedroom. And that's why I love sexing so much because you can start it right at the beginning of the day,



Scot McKay 22:29

all day long. Foreplay all day long is the best foreplay. Oh, yeah. Oh, my goodness. And if you've just met a woman, and she's dropped a little hint that she's ready to flirt with you or turn up that dial of flirting, and taking a more sexual direction. If you can just hang in there right at the precipice of horniness there for a while. Oh, my goodness, it's going to be so on. By the time the two of you actually see each other again,



Dana Shergill 22:56

yes. And also to pay attention for those little cues. That's the thing women want the attention. Well, everybody wants 100% of attention on them. But men really need to be in tune to like the small gestures of like the full pullback, or this the slight smile or the eyebrow raise, things like this, really focus on like the full feature full package of what's going on in front of you. Well, a lot of



Scot McKay 23:19

guys struggle with the notion of women even enjoying sex, Dana. So when they see a woman giving a subtle signal, that's an invitation for him to well, for lack of a better word lead in the sexual department like she would like for him to do because that's feminine nature. guys miss it, they're oblivious to it. Or they say, well, that's for other guys. Not for me, this couldn't possibly be happening to me. We need to give ourselves a little credit, don't we?



Dana Shergill 23:44

Well, then, I think that men in ways that they can help lead is to one make the woman relaxed, but in in ways that maybe might people overlook like sound like encourage your woman to be

but in ways that maybe might people overlook, like sound, like encourage your woman to be loud or to make those noises or to, you know, fully embrace what's going on inside of her because I think I know that sound is a big hurdle for people in BDSM, and kink. But unless you're willing to be loud, and let those emotions and come out of you, you're not going to experience a full body orgasm to what the level it could possibly be at.



Scot McKay 24:19

Yeah, let's hear it for having kids in the same house. Or neighbors in a thin wall beside us in an apartment complex, right?



Dana Shergill 24:26

Well, that's why it's so important to schedule sex with couples. And I know that some people are like, Oh, scheduling sex. I don't want to do that. That's boring. But actually, again, it's building anticipation when you schedule a restaurant to go out for dinner on an anniversary. You got excited for that. So scheduling sex can be the same way.



Scot McKay 24:44

Well, I mean, you know, my wife and I went on a road trip when we were getting to know each other. We'd known each other for long enough to where we were having sex, but there was still a huge novelty factor there. And we stayed overnight at a motel in I believe it was Wickenburg Arizona, okay, which is just headed up the trail towards Sedona from Phoenix. And we came in, you know, bleary eyed the next morning to get coffee and continental breakfast and got a standing ovation. Yeah, apparently was awesome, a little too loud and didn't realize it. Yeah. That was actually oddly more titillating than humiliating in the moment. Even for my wife. We're like, Oh, you're welcome.



Dana Shergill 25:27


Well, it makes it makes you feel good. Because you're like, Oh, no. Okay, you guys. You guys want to but we had last night.



Scot McKay 25:33

Right? So I mean, let's talk about some more kinky things. Let's talk about some more BDSM II things after we talk about some kinky things for sure. Getting caught being noticed being walked in on by someone other than your kids. The possibility of getting caught public sex, the Mile High Club, naughty things that involve danger, or some sort of risk element, right? I mean, obviously, we don't want anybody injured or killed here. But you know what I mean? That's a great example, right? Or something that most people probably find titillating, even if they either think they're weird, or wouldn't admit to it? Yes. And




 Dana Shergill 26:11

to that point, I think that people are drawn to things that push them for adrenaline. People want to feel that rush of life, we want to feel alive. So when you're having sex in places where you can get caught, it certainly elevates that feeling. And you're very in the moment very like, oh, my gosh, like anything could happen right now. Who knows? And so, being able to feel alive through sex is a big part of what we need to invite.

 Scot McKay 26:36


Yeah, I think you're right about that. I mean, other examples we can talk about, you know, Dana, I've had probably a dozen guys come to me saying, I don't want to admit this, or I'm not sure I should really say this, or I don't know what you're gonna think of me. But um, and they all say the same thing. I find women's feet really sexy. And I'm like, Well, so do I, I mean, women's feet are really sexy, unless they don't have 60 feet, right? And then they're like, Oh, good. I thought I was the weird one. Right. I think that's a great example of where a lot of men in particular would think they're really weird, but they're really not.

 Dana Shergill 27:10

No. And to your point, also, the navel, the stomach area, I think that more people needed, a lot of people are turned on by our mid drift as well, but it's not talked about enough. And all of these thoughts that we're talking about on our body, these are great examples of to not focus so much on the genitalia focus on all the other parts of your body first, and your genitalia really could be the ending. Like that's the grand finale, because your whole body deserves love and attention. And for a lot of people we hold stress in our body, and how you get rid of that as you have to work it out. So some people go to the gym, some people go to yoga, some people go to exercise, and some people do rough and tumble, play through BDSM and kink to get it out. And that's okay, as long as it's in a consenting setting. You can you're more than able more than able to do that.

 Scot McKay 27:58

Yeah, for sure. Another thing that comes up a lot is adding a third person to the sexual experience, you know, adding another person in for a threesome, or someone to be a voyeur or anything like that. I mean, there's a whole range right of polyamory. I think most people are very shy about admitting they find that sexy or interesting. And I think what goes along with that is a lot more women in particular, could be bisexual, if they let themselves be what say you about all that stuff?

 Dana Shergill 28:32

I would say yes. Because how I feel about it is women's sexuality is fluid, right, like fluid. Throughout the years, I did research something that said that men sexuality is kind of structured during a certain development stage. And then they're kind of in that window as they get older. And it's very difficult for men to break out of the box. It's harder for men to break out of that box, and it is for women. And I do want to make a point that when we are interested in

something sexually, it sometimes has nothing to do with our partners. So say my partner is like, Oh, I like blonde. That has nothing to do with me, right? So say you didn't want to bring in a blonde right away. You can always go try a blonde wig first and invite that in. But acknowledge that your partner is into things that you might not be able to provide and find ways to bring it in. Still don't ignore it, because that's just going to create tension and stress and friction and weight as well.



Scot McKay 29:27

Well, one of the things that I've heard in context of what we're talking about here, is that if you're interested in polyamory, or having threesomes, et cetera, et cetera, you probably should discuss that with someone pretty early in the relationship so they can decide whether they're along with you on that right or not. Because if you suddenly spring on your wife for 10 years, you'd like to have a threesome. There's a lot more room for rejection there. There's a lot of fear.



Dana Shergill 29:53

I think there's Yes, I think there's fear and rejection. That knee jerk reaction comes up because the person I'm being told this takes it personally. Yeah, it's like, they want to cheat on me. Yeah. Like they, they're like, Oh, am I not doing something good enough? Am I not good enough? And they automatically blame themselves for it when that's again, not the case. Because, you know, our partners are an individual human with their own experiences and whatever they grew up with, as well affects it. But that's the thing. A lot of people will say, am I not good enough? And we should also take, like, just ignore that conversation and be able to talk about these things openly. And say, No, this isn't about you. This is just something that I was thinking I want to experiment with.



Scot McKay 30:35

Well, you know, we're talking about broaching these new and exciting, adventurous sexual subjects that may even be somewhat taboo with a partner. And I'm thinking maybe you don't just jump in, you know, dive right into the deep end, and say, Hey, how about a threesome? We've never talked about that before. I'm thinking maybe a more subtle beginning to that conversation. Like, you know what, I wish we could do more as talk about each other's fantasies. I want you to know that I would actually love to hear your fantasies and this is the judgment free zone. And I just think we're mature enough in our relationship, it would be fun to hear that. I mean, I



Dana Shergill 31:10

mean, yeah, you think that we should be talking about sex earlier in our relationships than later? I think that sex we do. A lot of people will say, Oh, sex you discover you discover as you go, that's very, very true. But even when we enter relationships, we are still coming with our own individual desires that still need to get brought up.



Scot McKay 31:31

I think men should lead with safety and security and non judgement, and things would go so much better for both.



Dana Shergill 31:37

Yes. I think just to listen, just to sit and listen and really ask and then say things like, Tell me more. Tell me more, tell me more, you know, women will talk and talking to her. Like if you just keep saying that they'll just keep talking.



Scot McKay 31:51

As long as you're not judging them. And it's being celebrated. I don't see why not. I mean, you know, we talk a lot about simply listening to women in general around here. And I wouldn't expect that you've listened to anything near the full catalogue of these shows. But when men hear from women that they want men to listen, they kind of think women are saying we want you to obey us and do what you're told, like, we're your mommy. Now, women want men to listen to them so that they can be better leaders, providers and protectors. Because if you don't know what a woman's hopes dreams, loves fears, and yes, fantasies are how can you provide How can you put her in a safe place where she's getting that kind of fulfillment in her life? So I think it's a very important conversation to have right now, Dana, with these guys, that, you know, there's never been a more important place to listen than when she's talking to you about what her sexual fantasies are. And that most guys don't even think to do this, do they?



Dana Shergill 32:46


Well, I don't understand why they don't. Because if you just listen, she'll tell you exactly what she's looking for. Like she's giving you the playbook on what she wants. So it's your it's, it's your responsibility to remember it, I guess, or find ways to incorporate it into the next time because women will remember that they told you, I told you that last time I told you this. But women also need that emotional validation to say like, oh, okay, he hears me so immediately that was being taken down when when a woman feels that again, like yet what you said safe, secure, being heard being seen. That's all things that help with their second of them feeling sexy.



Scot McKay 33:25

You know, it's interesting, you brought up this idea of women remembering almost everything they tell you. There have been studies done in terms of communication, where we forget almost all of what we read, we forget less of what we hear, but we remember almost everything we said. So I mean, that goes along with established psychosocial principle there. So yeah, you better be listening if she's talking, right? Yeah,




 Dana Shergill 33:54

it takes effort, but it goes a long way. And it's like anything, it's a skill. So yes, it might be difficult at the beginning, sure. But the more that you practice this, the better that you'll get. And it will affect all the relationships in your life, not just with the woman that you're talking to, but with maybe your co workers, the people that you meet on the street, even the grocery store attendant like just practice that skill everywhere you go be present in that moment. 100% present,

 Scot McKay 34:18


love it. Now BDSM is a big part of your practice to first of all, please tell us what those letters stand for. Okay, and talk about how we can know whether BDSM is something we would like to do more of and how do we present that with a partner?

 Dana Shergill 34:33

Yes, so BDSM stands for three acronyms. So the BD stands for bondage and discipline. The D S stands for dominance and submission and then the SM is for sadism and masochism. So there's different avenues so for bondage and discipline that is for that can be physical restraints, that can be mental strength. So you can say things like, I want you to sit on the bed naked until I come back. You know, like it build up anticipation that Wait doesn't have to be as aggressive as people think. And even with the pain for sadism, and masochism, people think all you're going to come in and you're just going to hurt me and I'm going to, I'm going to be damaged or something like that. But no, it can be light, fun, playful smacks across the butt. For instance, discipline in general is something that is a skill that people need to learn. So if you grew up, say, in a household that had no discipline, you can learn discipline through BDSM, and kink. And that will increase your ability to be disciplined in other avenues of your life. Because just like all things, when you learn these skills through sex, it's not like it just stays in your sexual life, it will bleed into all avenues of your life.

 Scot McKay 35:39

Well, that's fantastic. So how does a guy broach this subject with a partner?

 Dana Shergill 35:43

I think if you're if you're timid or shy, I think you can start with light things you know, tie up someone's hands, tie up someone's ankles together just in soft it isn't in even the type of restraints that you're using can inflict a different emotion. So instead of using a harsh restraint, a metal restraint, you can use a silk restraint. You can use you know, a tie, you can use something that you already own, you can use maybe a long glove, things like that. So even when you start picking out your toys and tools that you want to play with, go for the ones that don't look so scary if that's what you are nervous about. Because they'll each do the same thing. Say for handcuffs. Yes, like if you were gonna do handcuffs or ankle cuffs or something like that. So what about sex



Scot McKay 36:26

toys are sex toys, kinky?



Dana Shergill 36:28

I think sex toys are it's so popularize. I think everyone should have it. I guess you can use them kinky. But I do think that you know, you should buy sex toys and also sex furniture. We talked so much about sex toys, but sets furniture like inflated pillows or things that can help you take the weight off of you or even using your own furniture in a different way. For instance, using the bottom of a couch to lean on with your knees on the ground. These are all things that you can explore because sex is well pleasure in general is a birthright. So any tool that will help you attain pleasure is good. And people need to again exercise their imagination skill and start looking around being like, oh, okay, you know what, I want to do this move, but maybe my back hurts or I don't want to lie in this position for a very long time. Use things to help you use things to help you. They're there to help you not to hinder you.



Scot McKay 37:19

I think that's fantastic, wonderful advice. And such a great conversation. Dana Shergill is the Head Mistress over at the partition. She's out of Toronto, Canada. And when you go to The Mountain Top podcast.com front slash, Dana, you will go directly to her website. I'm also going to put her Instagram link in the show notes. But Dana, when they go to your website, the petition dot life, what are they going to find there.



Dana Shergill 37:47

So what they'll find is my elearning, that breaks down the three basics, what you should know before you enter BDSM, and kink, which includes your partnership, your impact, and your plan and prep. And these are all things that you can build a framework and a foundation for if you want to go further into BDSM, and kink but there certainly is some basics before you get into it. Is your



Scot McKay 38:08

site not safe for work? Or is it safe for work?



Dana Shergill 38:10

It is safe for work. So we're really what those views just me and my video and just the explanation that goes why we need a healthy outlet for aggression, imagination and attention and why we need it for self development.



Scot McKay 38:21

Okay, very good. Guys go to Matt's top podcast.com front slash Dana D A N A and get you some. Dana, thank you so much for joining us today. This has been an essential conversation and important conversation. And I think you were exactly the right expert to have one. Thank you so much. Hope you'll come back.



Dana Shergill 38:38

Thank you so much. I would love to be back. All right.



Scot McKay 38:41

And gentlemen, if you haven't been to mountaintop podcast.com Lately, go out and check out the master classes check out my newest program unsettled. If you feel like you're stuck in any way shape, or form, you can also get my program on how to be better in the bedroom that's called behind closed doors. And also, if you have not talked to me yet for 25 minutes for free, please sign up to do that right on the website. If you're on a desktop, it's the upper right hand corner where you'll find that red button to get on my calendar for 25 minutes. You can talk about where you are right now where you want to be with women. Also, please check out our sponsors origin in main hero soap company and the key port. Links to all those find sponsors and their manly goods that they prefer are there for you on mountain top podcast.com as well. And until I talk to you again real soon this is Scot McKay from X & Y Communications in San Antonio, Texas. Be good out there



Edroy Odem 39:43

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