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SPEAKERS

Scot McKay, Edroy Odem, Michael McPherson



Edroy Odem 00:05

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



Scot McKay 00:18

Oh, 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 at Scot McKay on just about every major platform, including YouTube, where I hope you'll check out our two minute videos that detail new and original answers to some of the most common questions men ask about dating and relationships. Today, I have a returning guest, his name is Michael McPherson, he happens to live in one of the most beautiful parts of the United States at Sedona, Arizona, and he is the author of everything you never learned about sex, take back your masculine power, and use your sex energy for good. And he is a mentor, teacher and educator on the topic of sexuality, and sex energy. Michael, welcome back.



Michael McPherson 01:07

Thanks so much for having me back. I'm grateful to be here.



Scot McKay 01:09

Yeah, man, I'm grateful to have you here. Gratitude is a good thing, isn't it?



Michael McPherson 01:13

It definitely is.



Scot McKay 01:14

I think gratitude pretty much changed my life. And it could change a lot of other people's lives, too. But that's just my biased opinion. Anyway, enough about me, you're in Sedona, Arizona, which of course everybody knows is the land of the beautiful red rocks and lots of new agey stuff going on there. But I'll tell you why. Sedona is close to my heart, Michael, it's got one of the most wonderful, entertaining fantastic motorcycle roads in the entire United States passing through it, which is 89. A in Arizona, you live in a wonderful place, my friend.



Michael McPherson 01:46

Yeah, thanks for validating that for me, I absolutely love it here. And every day, I honestly feel so blessed to just be in such a beautiful place.



Scot McKay 01:53

Blessed is another great word. grateful. And blessed are two things to definitely add to your I don't know, I guess your mental state for a much happier life. Man, you're batting 1000.



Michael McPherson 02:06

so far. So far, so good.



Scot McKay 02:09

Perhaps the great Trifecta would be sexual maturity. That'd be another thing that most men would do well to add to their repertoire of life skills. But a lot of times when it comes to sexual maturity, a lot of times guys are growing older, but they don't grow up, do they? Michael McPherson?



Michael McPherson 02:29

Well, that hasn't been my experience. And it certainly hasn't been the experience of many women I've worked with as well,



Scot McKay 02:35

that they don't, that they don't, right. Okay. Now, you're saying that you're raising your own hand? Here?



M

Michael McPherson 02:40

Yes, I'm definitely involved in that. And it's a continuing education. You know, sexuality. And certainly intimacy in a sexual setting isn't something that's ever comfortable. It's not something we've ever settled. It's ongoing, it's always evolving. So I think it's important for all of us to stay in the game and be humble students.



Scot McKay 02:59

You know, just to kind of kick off this conversation at the objective level, I have to tell you, I talk to a lot of my peers in the dating and relationship advice world and a lot of so called experts, I don't think are even really, as evolved as I'm sure they could benefit from being in this particular area. And I don't want to sound like I'm judging. I mean, obviously, I've been a young man, and I've been under evolved in this area myself, but it just seems like a lot of guys, even experts, when you start talking about the value of women, and the deeper meaning of sexuality, and intimacy, and anything surrounding that subject. They really just say, Yeah, well, I really just want some pussy. Nowhere I can get some. And they kind of leave it at that, even to the point where a conversation can turn towards say, avoiding crazy women, and avoiding women who will ruin your life with psychosis and addictions and not being a very nice person in general. I got a response from a fellow expert to the effect of Yeah, well, crazy policies, the best policy, so I don't know if those guys are gonna listen to you. It's just insane. Yeah, I mean, at this very baseline level, it just seems like we let the small head thank for the big head. Even after we should have learned the lesson a few times after a couple rough laps around the block. You know what I mean, Michael?

M

Michael McPherson 04:29

I do I think there's a lot here to uncover and for people that have that perspective that it's just about pussy, getting pussy getting your dick wet. However, they would phrase it. It's really an unfortunate, superficial look at something that holds the potential for so much more. That's my perspective, at least.



Scot McKay 04:46

Yeah, well, tell me a little bit more about your perspective. I want you to kind of take the floor tell me about everything I've never learned about sex that would help me evolve to a higher level as a man in terms of understanding sexuality and sex energy and as well, getting a little bit more evolved, if you will, at the psycho emotional level. Go ahead, man rip away.

M

Michael McPherson 05:05

At the start. I think most people have sexuality and sex energy collapsed. They think that the same thing. So anytime a guy feels stimulated excited, feels his mojo flowing, feels his sex energy circulating. He really only thinks there's one outlet for it, which is sexuality or sexual expression. And in my opinion, there's many outlets for our sex energy, what I call our creative, life force energy, what I call our prana, Kundalini, whatever name you want to use for it, it's all the same stuff. You can use it for creativity, you can use it in your other relationship, you can

use it in your business life and building your business, you can channel it towards God. And ultimately, that is, the biggest piece that I feel is missing for men is not understanding that our sexuality and the implication or implementation of it is actually a way to connect with our Creator. You know, many people have many different names for that. But it's a way to access our divinity, not in an outside sense, like looking up at the sky or the night stars, but in an insight sense that the love of God that lives within us. And if men knew that that was a potential, or if that was a possibility, or maybe even an inevitability, I think they would approach sex and sexual intimacy so much different. And with such a higher level of reverence and respect than they do now.



Scot McKay 06:30

You know, we're talking about evolution here. And the first thing that comes to mind is how so many people when they think about this combination of sexuality, and God, as you were bold enough to make the juxtaposition, there of the shame is what comes to mine. God is like this big brother in the sky, who is watching you and making sure you don't do anything naughty. And if you do, you're gonna get slapped and punished for it. Lots of world religions influence the people who follow them to feel a lot of guilt, a lot of shame over even being sexual beings. And coming from a Judeo Christian place myself, Michael, I've always been very confused by that. And that's something that I've always found incredibly well, unfortunate, because our sexuality has to have been created by God himself. Because here we are, and we're sexual, God created them male and female, as so says, the Bible itself. And yet here we are thinking it's somehow bad to be sexual. I would like for you to give us your impression of how sexuality pervades our entire being in this higher, more evolved place that you speak of, I'd love to hear your take on that. I think it's fascinating.



Michael McPherson 07:50

Yeah, well, what I'll start with is you touched on a topic that was going to be my first topic for what keeps men from maturing sexually. So I just love to expand on that even more, because you you said it so eloquently. But I think first and foremost, there has to be an acceptance and an understanding that sexuality is a fundamental part of the human experience, period, end of story. If you're a human being, then you are going to embrace and touch upon this topic, and it's going to be a part of your life. And because it's so intimate to who we are, it's so close to home, we often have difficulty navigating and being at peace with our own sexuality. We have difficulty accepting, just as you said, this part of us that is sexual, because we have a cultural interpretation of sexuality, and sexual desire as something that interferes with our goodness, that interferes with our relationship to God, as opposed to being something that was instilled in us by our Creator. So most men actually believe that sex and sexual desire are a threat to their quote, unquote, goodness, and male sexuality can be and is often characterized as doing harm. That's a common theme that's now in our world, we've heard about toxic masculinity, and certainly it can be harmful. There are things like that out there. But from very early on, whether it's from our familial dynamics, whether it's from religious contexts, or just the culture we grew up inside of we received the message that sex is shameful, or that our sexuality is something that distances us from God. And in that there's implicit shame. So if you can imagine this, and you don't have to imagine because it was both of our experience, I'm sure growing up having an inherent part of us that then is externally shamed, which then we internalize, were immediately you know, typically by the time a man comes to sexual maturity, biological sexual

maturity, which is around puberty, here at puberty. We're already at this war within ourselves. This is good and evil battle within us. That is not inherent. It wasn't ours to begin with. We weren't quote unquote, born with it in that way. So, men typically fall into one of two categories at that point at the point of biological maturity and puberty, which is those that choose to repress their sexuality based on what was given to them or instilled in them or taught to them. And those that rebel against what was given to them, talk to them, and indulge or even over indulge in their sexuality. And both are a result of shame doesn't matter which way you spin it, whether you're in the realm of repression, or whether you're in the realm of indulgence, it's all shame that's describing the behavior. So it's important for us to recognize that and slow down enough to investigate our internal landscapes to look at, you know, what is our come from, as it relates to our sexual behavior and our sexual expression?



Scot McKay 10:59

You know, Michael, as you're talking, I'm reminded of a long running conversation here at X & Y Communications, especially between my wife and I, when we do podcast together, where we wonder aloud how there can possibly be 8 billion people in this world when it's so hard to have sex. I mean, can you imagine if this were easy, we'd be overrun, right? And that reminds me that there really is pressure on the birthrate in so many different ways. And it occurs to me, as you're talking that I can throw another pebble on that pile that's making this mountain of reasons why there's pressure on the birth rate, and it's that men are just under evolved sexually. I think we've always had kind of a little bit of a caveman mentality, kind of a caveman mentality there. I'm selling it short. Of course, a lot of guys definitely have had a caveman mentality towards sexuality for millennia now, but I think nowadays being labeled toxic, and anytime we show any interest in a woman, it's rape. I mean, they've kind of calmed down from so glibly using the R word nowadays. I'm glad they've done that. But still, I mean, there's this weird admonishment to men to stop being sexual at all, because it's an affront to all women, when you are, notwithstanding all the heterosexual women out there who are just as horny as we are, right? I mean, what's a heterosexual woman to do if all the men are under evolved sexually, but it just doesn't make any sense. Because, you know, you tell men not to be sexual anymore. And you expect more evolved sexuality after you've told men just to stop it? I mean, what did they all say, do better, do better as the International virtue signal for I just want you to go away, I don't want you to get better. I just want you to stay out of the conversation, sit down, shut up, stay in your lane do better. We're never told how to do better. We're just told to stop it. You know what I mean? That just makes men even more sexually frustrated, you know, as a general population, and leaves us more confused about where to go from here, right?



Michael McPherson 13:11

Look, I think there is a whole world of women out there that are feeling under fucked by men, period, or they're men. But it brings me to the other side of our conversation. So we touched on the cultural interpretation and the shame that's in the air. But even if we were to take women out of the picture, right, in our impact in our effect on that, and just looked at ourselves, in our own sexuality, there is an inherent fear in men. And this is me saying, This is my perspective. There is an inherent fear of men actually embracing and facing off with their carnal nature. Our sexuality is at the primal core of who we are as men. And if we're going to go into it, then we're going to have to take responsibility for the power that's there. And I don't think that most men are willing to and I think that many men are afraid to and all the work that I've done around my

sexuality. Anytime I stimulate what I would call my root chakra, or the base chakra, or this part of me around my genitals that hosts my life force energy, what's always there is the sensation of incredible power, equally matched by complete and utter terror. So there is a part of us that is capable of carnage, and destruction and rape, and taking what we want and killing in all these things that we've seen throughout the course of history that we label as horrible, terrible bad should have never happened, which maybe that's true. And there's a part of that that lives within us. Ironically, it's actually the source of our power as men, and how we not only interact in our sexual relationships In FUCK ARE WOMEN for lack of a better expression, but how we interact with the world, and how we fuck the world, you know, it's, it's one in the same if we're powerful in life, we have the ability to be powerful in our sexual intimacy and our sexual relationships. So I think there's that fear, that underlying fear that men are afraid to, of course, I'm saying, Man, I don't, it's not all men, but the large majority are afraid to claim to face off with to be responsible for. And that gets mirrored to us in these movements, like, let's say, the me to movement. And there's a huge difference, I believe, between what you and I are talking about. And between that movement, that movement really is about coercion, right? It's about men using leverage or leveraging their positions, let's say in business, to get something or coerce somebody else into an activity that they don't actually wish to consent to. So if you're a boss, and you have a secretary and you want the Secretary to advance in her career, she's got to do sexual favors for you. That's what that's about. And I agree that that is that should not be present in our modern day world. That's something we need to be responsible for and eradicate, outright, there needs to be equality and equal consent in that regard. But there's something else that's underneath that which it points to a power that we have that I would say, on a collective scale we are not accessing. And certainly you can see that first and primarily in relationships, intimate relationships, and how over time, we lose our polarity we we stopped desiring to have sex with each other. And next thing you know, we're in a quote unquote, sexless marriage or something like that.



Scot McKay 16:40

Yeah. So there are two overarching themes that you're alluding to over and over again, here, Michael. So let's lay on the plane a little bit for these guys. You talking some pretty lofty terms, which are wonderful to hear. And certainly you're bringing a lot of thought that has never been heard before ever on the show. And I always appreciate that you're very smart, you know what you're doing. So the first thing you're talking a whole lot about is this idea that we are integrally tied to our sexuality. I've heard others say, very simplistically, we are sex, whether we like it or not, were conceived by sex, a sperm and an egg came together, there was a pregnancy that happened because of sex, sex caused our birth to happen. We are made of sex, we are made for sex, we are designed to have sex physically. And I would also argue, psychologically, mentally and spiritually, and I don't think you would disagree with that. And our entire lives are about sex and procreating. And if you want to be really cynical, or entire purpose as humans is to procreate and make more humans by having sex to make those humans happen. So if we deny our sexuality, I would agree with you, if I'm hearing you correctly, and you're welcome to set me straight, if I'm not, is that, you know, if we deny our sex, we're really denying a huge part of our very identity. So you're talking about that, and you're juxtaposing such a radical thought, right? Seems very simple to me and basic, but to many, it's radical, with the notion that as men, our sexuality drives our purpose, it drives our energy, it drives what we're meant to do. So if our testosterone, if you will, that is our sex hormone, right, is also driving us to be violent to times to take charge, to take ownership of things to lead to provide to protect, that can get ugly, that can get dark that can get dangerous. But I'll tell you what I know, Michael, we live in a very different world nowadays, save for the past 75 to 100 years, then every other

human being before us has ever lived. A lot of people nowadays want to purport that we live in the worst time ever to be alive. Yeah. Well, here's a memo to all those people. Let me drop you about 200 years ago, and you'll come running back to 2023. The first time you need ibuprofen, trust me, okay? We live in a very comfortable world. Nowadays. We don't live in a world where we have to physically protect or even really physically provide, we don't have to go out hunt and kill. We don't have to war against the neighboring tribe. You know, this is a shopworn topic on this show. We know it right? From a booksmart level, but I don't think we feel it. At the primal level. We as men don't understand anymore our purpose of providing protecting, going to war having to do violent, ugly, dangerous things just to protect those who we love. So the design of our masculine sexual energy was meant to provide protect, do good Good things for those who are in our tribe, those people we love, even for our own self preservation. But nowadays, with the mollycoddled life that we live, it's just become such a perverted notion that I guess people who have never really used their passport seen how people in developing countries still live or really, frankly, have never had any real hardship of their own to figure out in life, just want to blame men for a whole lot of stuff. And that's what happens when you get spoiled. You start blaming everybody, for all of these pseudo problems we have to invent in our heads. All of the above is anti masculine, falling for the complainers and trying to appease the people who are rooting against us is all anti masculine. That means the men going their own way, the whole embracing of toxic masculinity, like you see a whole lot of out there is just Well, let me just put it extremely simply, it's specific to our culture, and our milieu and our era. This is all new thinking. This is all a perversion of what literally every other man has instinctively understood, for millennia, because his life made it obvious to him what his masculinity was for nowadays, the lines have all been blurred, you know what I mean?

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Michael McPherson 21:21

I do. And I think it's important to emphasize that we're not trying, you know, as you and I talk about this, we're not advocating going back in time, to a time where we award or where we're hunting and gathering, or creating shelters outside in environments that were harsh to us. We are evolving as a species, we are going forward. But it's important to make sure that these parts of us are progressing and moving forward with us, that our primal masculinity is going with us and not something that staying in the past. And how I feel like we can do that now is by coming together through ritual and through collaboration to create experiences as men that invoke that essence, that primal essence in us because it's going to apply to this life experience. Even though we you know, we got it easy. Now, something could easily change, if somebody comes in and tries to put something in your body or take your children away from your home. If you're a docile, man, if you're a beta male, you're going to bow to authority, and you're gonna say, Okay, I'm sorry, what did we do, or the other side of that, if you're in contact with this primal part of you, you're gonna rise up and protect your family, you're gonna rise up and do what you have to to ensure that your community is safe and taken care of. And that's what I feel like is missing in our current context. And I feel like that has to come through a revival of really rites of passage and initiation and coming of age ceremonies for men, to get right to the heart of it, as men are going through this transition from boy to man, that it's facilitated by elders, it's acknowledged by the community. And therefore it's witnessed so that the participant that the men participating can see it within himself, it's alive within himself. And the fact that that's not prevalent in our culture whatsoever, I think is doing a great disservice not only to men, but to everyone to our entire communities.



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Scot McKay 23:26

Yeah, I don't think there's any doubt that the caveman days are over that ship has sailed long ago. Yet, I sort of bristle, Michael, when I see guys trying to sort of recreate this primal element, like we're all going to howl at the moon and get around a campfire and burp and fart and shoot guns and call ourselves men, because we got to get back in touch with this primal part of ourselves. That seems kind of like kayfabe. To me, it seems like we're just kind of acting it out, trying to pretend we're taking it seriously. How would you recommend that men actually really genuinely authentically get back in touch with this part of themselves so that well, presumably, they can genuinely, really authentically get back in touch with loving our women and sexually satisfying the women in our lives the way we were born to do?



Michael McPherson 24:25

It's a great question. And I have similar perspectives to yours as what's happening out there because I feel like it is in some ways the blind leading the blind. I'm a 34 year old male and in some of the groups that I've been a part of, it's men that are younger than me trying to quote unquote, initiate me and I just don't think that works. I think that's where you get, you know what you describe the guns, the camp fires, the trash, talk, the whatever, and I'm not interested in that whatsoever. I feel like we have to bring back real wisdom where is in the elders, truthfully, and I've had a number of conversations with older men now in their 60s 70s, even 80s, who actually have real wisdom around what it means to be a man. And these rites of passage coming of age initiation ceremonies that I'm talking about. A lot of them come from indigenous communities. So the cultural context doesn't always translate. But many of the men I have talked to are not from an indigenous culture or a context. And I think that is has to be at the forefront, where it's not, you know, I'm trying to make a name for myself. So I'm gonna go out there and lead the ceremonies, invite other men in and, and then I'm going to be this influencer online, and I'm going to fund my business for that reason, that's not the real thing. I'm not saying it's bad, it creates Brotherhood, which I think is very important. But there's a step beyond that, which is actual initiation by an elder. And in indigenous communities, you don't have a teenager that doesn't exist. That was a name that we created in our western culture. In indigenous cultures, you are either a boy or a man. And you know which one you are. There's a clear delineation. In our modern world, we have boy, and then we call them teenagers, and then men at 18. When, you know, the law says that we are officially adults. But really that teenager space, what I've seen persist well into adulthood, because there was never that clear delineation that was made that okay, you're a man now here, your roles and responsibility and your relationship in the community, with women, as it pertains to your purpose, and especially as it pertains your relationship with God, Source Creator, whatever you want to call it,



Scot McKay 26:41

that boyhood persists, because it's allowed to, yes, you know, what you're talking about in terms of adolescence, being a social construct, is not a matter of opinion. It's a fact. Adolescence is absolutely positively a 20th century construct, to keep people out of the workforce. The advent of higher education. Well, more education in general, made adolescence necessary. It's really a fascinating study to look at the history of adolescence, and how that came about. And there are books written about it, even to the point where by the 80s, education authors such as David L kind, and others were lamenting the fact that Oh, my

goodness, we're causing our children to grow up too fast. Oh, my goodness, they're 12 years old, and they've got hair on their balls, and we're expecting them to act more like adults now. It's just amazing how much that tide turned to kind of prolonging childhood to almost play, keep away from maturing as adults. And listen, I totally get the socio economic reasons for that, especially as our world is now the way things are, I totally get it. But I also completely understand the following. The biggest rite of passage for any male human being in particular, is to move out of their parents house. I mean, I am convinced of it, there's no changing my mind. If anybody out there wants to sign up to get on this show and debate me on it, go for it. Because I have a litany of guys who call me who are still terrified of women, still basically afraid at their core, that every girl they meet is going to spank them like their mommy if they do wrong, or if they misbehave. Yet. When those same guys wash the Cheeto dust off their fingers, get out from their parents basement, stop playing video games and go out and live in a real world with a real rent. I mean, God forbid real roommates and start adulting they come to me and whisper in hushed tones about how their their fortunes with women have magically changed. Oh my god, all of a sudden, women are treating me like I'm attractive man. That's because there's been a rite of passage, there's been a transformation. All of a sudden, these 30 year old little boys view women differently because they've left the nest. And they don't see women as their mommy anymore. They see women as potential lovers, they are now better suited to be man of the house, which means they are more in touch with an adult version of their sexuality at its very core. So man, I am completely on board with you on all of the above, including the rites of passage. I think. We think we're so civilized here in the Western world, don't we? And we look at some of those other cultures who have a firm grasp of everything we've been talking about here and think of them as kind of primitive or whatever. Oh, hell no, we need rites of passage in this society. And until we figure that out, collectively, we're gonna keep on scratching our heads over what the meaning of masculinity is, and whether or not it God forbid, has any purpose here in the 21st century. You know what I mean?

M

Michael McPherson 29:59

I think you pointed to Something really important that I just want to emphasize here, which is that life is the ultimate initiator, right? We have the opportunity to say that you did in your own way.



Scot McKay 30:11

Seems a lot more eloquently stated the way you did and so many fewer words for sure. Yeah,

M

Michael McPherson 30:16

yeah. And I think it's important to emphasize because even in the ceremonies, we're recreating something, right, we're creating a ritual or ceremony around life and how life actually is. And if we're really at the heart of our masculine energy, and we're out to penetrate life and penetrate our lovers, then we will take the opportunities, like you mentioned, one of them being moving out of the home, we will take those opportunities to be initiated by life,



Scot McKay 30:43

penetration, there's a word that should have come up earlier in this conversation. We are physically designed to penetrate women. So our sexuality involves penetration again, whether we like it or not. If a guy comes and tries to talk to you in a penetrative way, you'll probably punch him in his face. Whereas if we talk to women in a penetrative way, they'll get turned off, they'll get horny. This is looking into a woman's eyes stating truth, stating your desires stating what you want. Not in an oppressive, angry rapey way. So a lot of guys are probably already cringing at this. But we're not women, you see. And this idea of penetrating life going out and conquering, going out and winning, going out and defending providing protecting. All those are dirty words to men nowadays, but they're at our core as the chief penetrators of our life,

M

Michael McPherson 31:45

just because I don't think it's actually clear for men, you know the words and the word penetration is such a powerful word like strikes fear in men. And that's what I was talking about before, that there's an underlying fear of our own primal power, because we feel like it's not desired. And of course, we're just afraid of it because we haven't embraced it within ourselves.



Scot McKay 32:01

And we're not women. Exactly. Our sexual energy is different than women's

M

Michael McPherson 32:06

Exactly. But a woman embodied in her feminine essence quite literally wants to be fucked out of her mind. And traded. Yeah, and I know that's graphic, and maybe even a vulgar way of saying that. But she yearns to be penetrated to the degree that her brain shuts off in her mind stops working, whether she's willing to admit it or not. And again, that doesn't mean all forms of sex have to be aggressive. There are ways to build to these experiences, sensuality is such a beautiful part of femininity, you can ignite orgasm without ever penetrating a woman. And like you said, we are designed inherently for penetration. But it's in her essence in all her glory, her capacity to surrender so deeply that she allows life to flood through her. This is when she like, really, lets go even when you're inside of her and you feel her vagina, elongate, you feel her cervix ascend, making room for you to enter. That's how you know that you truly trust your masculinity. And as men, this is not something we quote unquote do to women, despite what porn often shows us that we're just pounding away. And then they're having a super erotic wild, you know, godly experience. Not that there's not a place for that. No, there absolutely is a place for that. Absolutely. And that does happen. But again, it's it's the male ego, that thing. So I'm the one who's doing this, it's her body, her body is creating the magic of that experience, just like our body is creating the magic of our own right. She's capable of it. And so while we can encourage it, provoke it and inspire it through our being our actions that are primal, masculine energy. It's her body that transports her to those places, right? Those places of boundless creativity, healing and pleasure. And if we really knew our power, we'd understand that our masculinity is not only desired by her but an invitation into something like I said at the beginning of this podcast, this episode is so much greater than sex. Even if it's the toe curling steamy, sexy sex, you know, like the oh my god, my whole world is different now. It's that

portal that gets opened between the two of us where we both get to meet our divinity a mutually worship at the heavenly gates of divine love. And I know that's poetic, but that's that's my approach to it.



Scot McKay 34:19

Sounds like a mic drop to me just brought it full circle, my friend. Yeah. Yeah, for all you follow the science proponents out there. Men penetrate sexually and women get penetrated sexually. And unless you're shallow enough, that's a great word to juxtapose with penetration. Unless you're shallow enough to believe that sex is purely physical, which I hope you're now more evolved enough to believe otherwise. After this podcast, a sex is physical, psychological, spiritual, emotional, and that means that penetrative element of it is a part of the big picture. Again, whether we like it or not, This has been a great conversation. I've loved every bit of this. His name is Michael McPherson. He is the author of everything you've never learned about sex, take back your masculine power and use your sex energy for good. And man, I think we've basically drilled down on his core topic where he is most competent today for sure. He's out of Sedona, Arizona. He's a mentor, teacher and educator on the topic of sexuality and sex energy. And when you go to mountaintop podcast.com, front slash sex energy, let's do that one word sex, e n e. R G, why you're going to be taken to an unexpected place. Now I have Michael's book at the top of my Amazon influencer queue, which is not to top podcast.com front slash Amazon as you expect, I would. But when you go to mountaintop podcast.com, front slash sex energy, you're gonna find sex energy in the form of drinking chocolate. Because Michael McPherson runs fly cacao.com And I want you to learn all about that and get you some when you visit his website. And, man, what a great conversation. Michael, thank you so much for joining us today.



Michael McPherson 36:13

Yeah, thanks so much for having me on. And I can't wait to do this again with you. Yeah, man.



Scot McKay 36:17

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