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SPEAKERS

Edroy Odem, Sydney Richdale, Scot McKay



Scot McKay 00:00

Gentlemen, if you're listening to this episode within the first few days after its release, I invite you to join me for our live masterclass for men coming this Wednesday, August 30 2023, at 8pm Eastern Daylight Time. The topic is one that few men ever consider usually leaving it to chance which can have disastrous consequences. I'm talking of course about how to know your type of woman, and how to identify and choose her. This involves a lot more than simply going after women who look good to you, and certainly goes even deeper into areas we may not have ever even considered as men. But unless we get a firm grasp on exactly the woman who does it for us, and why the long term results can be catastrophic when we end up with whoever falls into our lap. Get in on this sneaky important masterclass by visiting mountain top podcast.com front slash masterclass. Grab your ticket for this live interactive event before it's sold out. And now, as promised, here comes the second episode of what turned out to be a two part series on our sexual evolution as mature men. This time you get a shockingly practical perspective from a female sexpert, my returning guest Sydney rich Dale enjoy



Edroy Odem 01:35

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 your host Scot McKay.



Scot McKay 01:48

Greetings, gentlemen, welcome yet again to 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 social media platform out there, including Twitter, which I guess is called x now. And YouTube. Real Scot McKay at real Scot McKay that is on both Instagram and threads if you're actually using that new platform. Today we are going to talk about why some men well we grow up but maybe not sexually. We somehow stay immature. And with me to discuss this most salient of topics is a returning guest. Her name is Sydney rich Dale. She's a sex and relationship expert and coach from Victoria, British Columbia. Welcome back, Sydney. Hi, Scott.



Sydney Richdale 02:35

Thanks so much for having me. Well, hello,



Scot McKay 02:37

back. atcha. We're going to have a fun show today. As we said, kind of half jokingly, before we started, we're going to do the same thing as last time, only different. Listen, I really like this topic, because I think it's something that gets swept under the carpet a lot with guys. And that's this idea of sexual maturity in men and not the physical version, but the emotional version, and perhaps even the psychological version. Now on this show, I've got to I guess I'm reminding you of this, because I'm sure it happened on our first show together. Anytime there's a sexual innuendo that comes up during a discussion about sex, I make light of it. And I know they're naturally funny. And I think part of being an adult is being able to laugh at sex and have fun with it. But what we're talking about here is something a little deeper, and I would say, a little bit more multi dimensional than still kind of thinking about sex like Beavis and Butthead, even though we're 45. What do you agree?



Sydney Richdale 03:42

Oh, definitely the way we've been conditioned and taught to view sex and approach it is really problematic. So I'm glad. I'm glad we are approaching this topic today.



Scot McKay 03:52

Yes, for sure. Now, when I think of men growing up, you know, having compiled some birthdays, right, but not really maturing sexually. I'm thinking of several things. And I want you to riff on either these ideas or go in your own direction. Either way, I think it'll make for an interesting show. Matter of fact, that will probably end up being both and right. I think a lot of times guys are very selfish sexually. I think a lot of times people in general are very selfish sexually. I want to get off I want to get laid, when in reality, the more mature sexual approach is to pleasure our partner focus on their pleasure, and then sex gets better for everybody. You know, the thing that immediately comes to mind is men tend to rush sex. I want to have sex early and often as fast as possible, instead of savoring the whole idea. And the third, I think, is that whole full body psycho social dimensional aspect of sex, where it's more than just body parts connecting, and people ejaculating and having orgasms. It's more of a connection. It's more a have a deep experience between two people such that they laugh, they play, they lock eyes and a lot of things that are really hot and really sexy, tend to elude people's sexual experience when they're well, just too shallow to think about sex having any depth other than a penis entering a vagina, you know what I mean? Does any of that resonate with you? Or do you have anything to add to that? Oh, yes,



Sydney Richdale 05:26

definitely. Well, and it's not just men to like, you know, when you mentioned they're like. Oh,

definitely. Well, and it's not just men to like, you know, when you mentioned, they're like, Oh, we want orgasms, we're attached to that. I'm like, Okay, I will admit, I've been guilty of that as well. So it's just how we've all been conditioned. But I think for men especially, it's like, what we see in the movies is they're fucking the chicks up against the wall as hard as they can. And it's like, Okay, that's great and all but really slowing down and getting connected to your body and the person you're with, like, you know, it's like, what intention? Are you bringing? Are you even connected to your cock? Like, are you just using it? You know, like, are you ready? Do you have like, a really healthy, functional loving relationship with it? So? Yeah, there's just so many ways we can deepen into our intimacy and connection and not just use our body parts for pleasure, but actually really enjoy and just share that with somebody else. Rather than just, you know, trying to get that result that we all want. And I'm not, I'm not gonna lie, orgasms are great. But there's so much more you can experience and enjoy. Other than that as well, like you said Scot earlier. It's a both and



Scot McKay 06:41

well, yeah, I don't think anybody's going to discount the pure, pleasurable aspects of having sex and screwing each other's brains out. As a matter of fact, when you were talking about, you know, putting her up against the wall, and just kind of screwing her brains out. I mean, there's a time and a place for that. But I think it's the whole idea of going from zero to 60, in that respect, or lack of respect, that really indicates a lack of sexual maturity. And I'll tell you what, going along with that. I've never understood Sidney, this idea of picking up a chick and taking her into the men's bathroom stall and shagging her. I mean, like, how is that profitable for anybody? You know what I mean? I actually like naked women, you know, my wife had a lot of fun with this when we were first dating, because a lot of guys, you know, they don't really mind, they just want to put the round peg in the round hole, or some guys like lots of lingerie and makeup and high heels and so forth. I mean, I guess that's all well and good, but I've always just really liked naked women. And that involves typically taking a little bit more time than simply going to the men's bathroom stall, pulling your pants down and going at it. So maybe the first step here to sexual maturity is, dare I say, going from 10 seconds to maybe 10 minutes getting to know each other during the sexual phase? I mean, it sounds almost silly to have to say it that way. But am I onto something?



Sydney Richdale 08:02

Oh, definitely. There's totally a place where I'm like, Yes, like, Please fuck my brains out. But. But in all, like, today, like since we're, we're talking about, you know, the topic of maturity, it's like, I think a big aspect of that is like a willingness to, like, truly connect with the person that you're sharing this experience with. And, and also, like you said, don't just try and get there as quickly as you can, like, really connect with them. Like is your heart involved, things like that. Like, it's not just, you know, let's just get this over with as quickly as possible. I think some of the greatest sexual experiences I've had haven't even been about penetration, it's been about like, I just remember this one time with my partner, like our hands were like, so electrified. Like, we couldn't just stop touching each other. Like it just like, to me that was orgasmic. And I was like, wow, like, that's such a deepening connecting experience. And, you know, if we're just focused on our genitals, we would have missed that.



Scot McKay 09:02



Scot McKay 09:02

Well, two things there. First of all, based on what you just said, a lot of guys might be backing off from this conversation already, because it feels a little bit silly. Like we're saying, unless you're falling in love and having this deep, emotional, forever type of connection, that's probably leading to something long term than the sex isn't worthwhile. And I'm not sure that's what we're saying. As a matter of fact, the whole idea of either it has to be a meaningless fling, or you're my one and only partner for the rest of my life. That whole binary view of things may be part of the problem here. Second of all, I want to also allude to what you said earlier on that you kind of made reference to again just now, which is this idea that I'm sure it's confusing to a lot of us perhaps even to myself that we these guys aren't connected to our COC enough. I mean, we use them. Our COC is our best friend, every guy would probably feel that way. Some of us even name it, but feeling connected to your cock. Sounds a little airy fairy to a lot of guys. Could you lay on that plane for us? First of all, before we talk about maybe a more expanded view of meaningful sex beyond what we consider it to be a binary choice there. And I know I'm asking two questions at once. But I didn't want that whole idea of being connected to one's COC to be water under the bridge. And I also suspect these ideas are somehow interrelated. So go for it.



Sydney Richdale 10:32

Oh, totally. Yeah, I can see how that to my people might be like, oh, what does that even mean? To me? From my perspective? It's like, Are you do you have a relationship with in a way, that's not just about using it to get off? Like, do you spend time with it? Like, how do you feel about your cock? Like, is there shame? Or, you know, is there like admiration or, you know, whatever, just connecting to it in a way because we, you know, we hold a lot of shame in our genitals, whether we're men, women, non binary, whatever. So it's like really getting to know like, is there sensations in there that are kind of painful or something and just really connecting in rather than just like, Okay, let me get it in and get it out and get off. You know, like, I think, as far as maturity, it's like, really connecting into okay, what is this part of my body? Like, trying to tell me, what does it want? Does it want to be fucked real hard? Or does it want to be like, touched lovingly? And softly? Does that make sense?



Scot McKay 11:32

Yeah, I think a lot of times men learn about what their cock wants by masturbating. And I know this isn't gender specific. A lot of women get off manually. When a man emulates the motion she makes herself when she masturbates. And that's even taught in a lot of sex skill training. So what you're saying, perhaps, is that men should explore different ways of pleasuring themselves, as well as experiencing pleasure than what they're used to. And perhaps open their minds up a little bit. And that would create a little bit of life experience with it some sexual wisdom, and dare I say some maturity, that I pretty much nail it.



Sydney Richdale 12:13

I think so I think it's nice to connect with your body in a way that you might not usually like, if you're used to the quick like, tagging and, you know, stuff like that maybe just really slowing down or using more. I'm all about sensuality. And that's, that's the perspective I bring into my work. And, you know, when I coach women or men, it's like, okay, how do we really waken up

your senses? Especially around self pleasure? Like, are you just focusing on the dials? are you massaging around it like what's happening in all parts of your body when you're, when you're, you know, making love yourself or making love to with your partner or your, you know, person you're engaging with in that way? Like, what else is going on in your body to create more of a full experience? That's not just about, like you said, a jack, Ulation and orgasm.



Scot McKay 13:04

Yeah, I think you're onto something there. I believe in my heart that women are a lot more in tune with full body pleasure than men are. We're very visual, we look at an image and we jack off and I've read elsewhere, I think I'm a little weird in this regard, perhaps, or at least unusual that most men just like to jack off as quickly as they can and get on with it. I really have always enjoyed foreplay, especially manual foreplay. I think if a woman does manual foreplay correctly, it's at least as pleasurable as oral foreplay. And you know, I think for a lot of men, I can sort of throw this little pebble onto the mountain, the topics we're discussing here. The whole idea of enjoying the foreplay, enjoying warming up, helping the woman pleasure you helping the woman derive some joy from pleasuring you even as you derive joy from pleasuring each other. A lot of that I think, is part of evolving as humans indeed, we're not as eager and working with such speed to get each other naked. But even once we're naked together, or as naked as we're going to be, you know, some guys do like the high heels, right? We're going to enjoy this process instead of getting to the main event as quickly as possible. And that kind of harks back to what we were talking about before, which is this gray area between having a quick meaningless fling and making love to each other. Right? As if it's something a married couple would do. And you know what, Sydney? I think you said the magic word. And we've harped about this before on this show time. And again, it's this idea of sensuality. them mature sexual man understands what sensuality means, and I'll define it my way you can define it yours if you want afterwards. But it's the idea of getting in tune with one senses in a pleasurable way, the way you just talked about. And women absolutely adore this. And they're amazed. That's what I'm going to use when a man also understands it and learns how to almost choreograph it. I mean, sexual choreography should be like a graduate level course taught by some sex instructor. Matter of fact, you can steal that one if you



Sydney Richdale 15:30

like, pretty prime title.



Scot McKay 15:33

Most guys probably would never sign up for such a thing. They'd be like, Man, what is that? You gotta be kidding me. But the funny part there see is a lot of guys see this outlook towards sexes, like sissy stuff, they think of sex is something really macho, I'm gonna bend her over and pounder, you know. And like you said, there are a lot of women who like when men get real primal, but it all comes in good time. You don't go from zero to 60 in the next 10 seconds, doing that if you know what's good for you and for her. So I've said it before this way, Sydney for your benefit. I'll say it here. If you lead with sensuality, with women, it boomerangs back to you as sexuality, like women want to do sexual things for you. After you do sensual things for them. Why don't you refer a while about some practical ways men might do that in the bedroom?

S

Sydney Richdale 16:27

Definitely. Well, like you said, women are very sensual beings. So and I think bringing in that topic of sexual maturity, and a tip for any men listening is like, don't just go straight for the pussy. Like, focus on other areas of her body and ask her like, or maybe do some exploring, like, Where are her other erogenous zones? Like what other parts of her body like love being attended to that don't necessarily get a lot of attention? Like, is it her hands? Is it her shoulders? Is it her neck? Is it her legs? Like, where are those other zones that really kind of open her up and feel really good to her, her senses. So she feels like okay, like her body can ground her body can open soften. Because, you know, the more turned on she gets and the more time you spend with foreplay and helping her like really, like feel good before you enter that's just gonna lead to her being more wet her being more open her being more receptive her being more willing to go there with you if she feels you know, that openness, because I think a lot of the time and this has happened to me as well, like, we're kind of rushing. And I get impatient, too. Sometimes I'm like, okay, like, I don't want to spend 40 minutes. Like for blank, I just want, you know, I'm ready. But that doesn't mean my vagina is ready. So it's like, you gotta tune in like, is the pussy wet? Is she feeling open? Is she feeling ready for you to enter her and then just going from there. So I would suggest Yeah, paying attention to different parts of her body, maybe bringing in smells or, or lighting that like makes her feel really good makes both of you feel really good and open that you're in this beautiful space, and then go from there just like appeal to appeal to different parts of your body that may want some love and attention as well.



Scot McKay 18:31

Yeah, I think men who are mature sexually, definitely pay attention to the ambient environment, lighting, even the temperature of the room are the sheets clean, things like that. Even music are signs of, well, sexual maturity and men because we understand the sensual things. As you're talking about all that Sydney, it occurred to me that the term erogenous zones has kind of gone out of style. I mean, it used to be the 70s and the 80s. Everybody talked about your erogenous zones. And that's what you were just talking about. And part of sexual maturity for me was realizing not all women are exactly the same. You can't pick up a textbook and connect tab A into slot B in terms of what's going to turn a woman on what she's going to like how she's going to like to be touched or not touched or what she's going to be into and not into. And indeed you can't take it personally, when her needs or her lack thereof, or something she doesn't like, is expressed that you've known every other woman to like, whenever that happens, you can't take it personally and get all butthurt over it. Right? That seems like another part of this where we got to really get to know our sexual partners without being so self-conscious ourselves about it. And that seems to me like it would be a mark of sexual maturity as well.

S

Sydney Richdale 19:50

Oh, I'd say so for sure. And also just giving ourselves permission to be sexual, you know, and just instead of fighting it like maybe a part of you does doesn't really want to be more slow and soft and sensitive, but you feel like you can be because she's gonna judge you, you know, it's like, okay, well, how do you how do you embody your authentic self? Or the way you want to be

the way you want to show up in sex? Like, are you giving yourself permission? Are you thinking, oh, I need to do this, this and that's to fit in a box of how I think I should be fucking her. Like, I think that's a part of sexual maturity as well. It's like, being able to express yourself in ways that feel like the way you want. It goes the opposite to like, maybe you want to be more animalistic. But it's on you to communicate that with your partner, and then find a way to, you know, get to a place where you can express yourself in that way that feels good to both of you.



Scot McKay 20:51

Yeah, this whole choreography of sex is an automatic, it really is very much a learned skill that's gleaned from experience. One of the things that just came up kind of subtly, in what you were talking about, just now, Sydney, is the idea of shame, and perhaps even guilt. And I want to be real careful with that subject in the context of today's conversation, because I think we all experience some degree of sexual guilt and shame. And I'm going to agree with what I think you were saying, which is that can cause us to be inhibited in the bedroom quite a bit. We think it would be silly or even embarrassing to perhaps suggest to a woman that she tells us what she likes, she in turn may not give us the full story of what she likes, because she'll think we think poorly of her or that we'll reject her or whatever. I mean, you know, if you like getting your toes licked, and your partner likes licking toes, it may take you a couple or three sessions to get around to admitting that to each other. Right. I hesitate to equate getting over oneself and our shame, and our guilt with sexual maturity. Because I know for a lot of people, it's more complicated than that. How would you describe the relationship between the shame and guilt we feel? And well, to bring it full circle growing up sexually? Is there a relationship there? Or should we keep those two points pretty much separate?



Sydney Richdale 22:19

Yeah, when I think about, like, guilt and shame around sex itself, and how we have been brought up, I think the number one thing is just acknowledging it. That's powerful. Actually, I know, that's hard. And we all want to be a great lover, like, no one's like, yeah, I don't care if I'm a shitty lover, you know, like, we all want to have fun and experience great connection and just didn't really enjoy sex. And we want to be a great partner, a great lover. And I think a part of that is being able to look at ourselves and be like, okay, like, am I carrying some shame? Like, what is it like, where is that living in my body? If you think about it from a somatic lens, like, is this showing up as like a physical block? Because I will, I will say it most likely is it showing up somewhere in your life, whether you can see it or not, it's not always easy to see. And sometimes that's why working with a with someone to help you see these things like can be really beneficial. I've done that a lot in my own life. Even though I coach people on this stuff, like I'm in a program right now, like I'm looking at my inhibitions and my sexual blocks so I can continue to work on clearing them. So I can really have that deep fulfilling, intimate connection with myself and with my partner that I want. And that takes a willingness to be able to go there and dive into maybe some possible trauma that we've experienced or abuse or just the messages that we've been taught, or we think we have learned, you know, through movies or media or whatever the the things we believe about sex, but the things we want to believe about section how to discern, okay, is this belief that I'm holding around it helpful to me? Or do I want to see it from a new perspective that works better for me, and that's more of a healthy relationship with it? Does that make sense?



Scot McKay 24:18

Yeah, not only does it make sense, I think that was quite a profound answer. And here's why. First of all, thank you for your vulnerability. It's not typical for guests to come on the show as subject matter experts, and freely admit they're still on that journey themselves. And I will mirror what you're saying, such that I'm always learning more about relationships and dating and how to treat women and how to be a better man myself, and that's why I applaud everything you said. So again, thank you for that. And the reason why I think what you said prior to that, prior to being very vulnerable yourself about what you're experiencing, the reason why that's so powerful and profound to me, isn't Dude, I think a lot of guys won't come face to face with this guilt and shame, they feel they bury it or they pretend it doesn't exist. And when we don't even acknowledge something, that's when we never do anything about it. And if we don't do anything about it, we're stuck with it. Whereas if we confront the guilt and shame, where is it coming from? Is it really valid? Is it really tied to my core belief system? And if so, maybe we need to rein in our behavior, etc. Maybe we need to forgive ourselves and continue on the journey. Or maybe we need to say to ourselves, hey, you know what, this takes no place in my new evolved worldview, whatever that means. Maybe I've grown closer to being a man of faith, or maybe I've drifted away from it. But whatever it is that I believe nowadays, is this guilt and shame, serving me being a better man and a better lover, or is it a detriment to it? And I think that's a question that if we're least willing to ask, it will lead somewhere really, really good. Now, here's a related thought that came up while you were talking about all of this. If we're in denial about our shame and guilt, we as men, in particular may be in denial about all sorts of things related to our sex lives that could keep us from becoming more mature in our sexuality. And well, dare I said, growing up a little bit. I have heard various examples, read various stories about this. It's really kind of a part of sexual advice, lore at this point, that most men pat themselves on the back and think they're just amazing lovers. They think they're just really good at satisfying women and that they're basically Don Juan in bed. When in reality, most women would vehemently disagree with most men. Why do men think they're really good lovers when they're not? And what do really good lovers, male lovers, what do we do? That's so right versus so wrong?



Sydney Richdale 27:04

Well, I'll answer kind of, from my perspective of it, to me, a great lover, someone who's in tune with your needs, your feeling of safety, your pleasure, as well as their own. It's more of like a collaborative experience rather than a selfish one. Because I have been with selfish lovers and it's, it sucks. Even if they they're doing the same things are moving the same way or hitting the right spots are like, okay, I can feel I can feel that it's all about you. And that just, that just makes you a shitty lover, I think unless it's like, you're in an experience with someone where you've decided, okay, you're simply giving and you're simply receiving today, when it's been like, agreed upon, like, I do that with my lover. It's like, No, it's all about you today, and I'm happy about that.



Scot McKay 27:50

Well, that's within the context of a an ongoing relationship for sure. Mm hmm. That's a mutually agreed upon position for just today.

S

Sydney Richdale 27:59

Yeah, definitely. And then, you know, and I think an aspect of a great lovers also, you know, bringing in that maturity piece, someone who's willing to ask their partner, like, if they're satisfied, like, because you might think they are, you might think they're having a good time. I don't know how many women in the world like fake orgasms, but I know some do and some have. So they might think, you know, it's all going well, but for the other person, it's not, you know, you got to kind of step into vulnerability and really ask like, hey, like, are you feeling satisfied? If not, what can I do? What can we do? Like? How do we make it a mutually pleasurable experience rather than Oh, I'm sure it's fine. Like, I know my partner's happy like we don't always know.

**Scot McKay 28:48**

Well, you know what, I think most men would probably at least prima fascia agree with Woody Allen's famous quote, that there's no such thing as bad sex. I think most women would roll their eyes at that comment. You know, there is indeed bad sex, especially for women. If she's naked, and she's letting you get inside her. Most men are like, Oh, happy day, this is great. But with Dare I say sexual experience and sexual variety comes the realization that I would like for this to be as good an experience for everybody as possible. You mentioned the selfishness obviously, we're going to bring up speed again, guys who just want to hit it. The part that I think has been left unsaid so far, and I maybe need to say this, from a guy's perspective, I suppose, is guys think women like the meaningless, very physical, very visual, fast paced, hard pounding and getting straight to it. Well, men think women like that as much as we do. In other words, we think like men in terms of satisfying women sexually, and I guess that's why gay guys have great sex together. I suppose that's why lesbian women have great sex together. But perhaps Ironically, when it comes to heterosexual sex, we have to stop looking, listen, have lots of awareness not only of ourselves, but of our partner just like you said. And I think that makes for a much better experience. And it comes with experience, it's, for better or worse. One thing I do want to add to this whole conversation relative to this is, I think when men stop worrying about their performance so much, is exactly when they start concerning themselves, I don't want to use the word worry, but concerning themselves more with her pleasure, like for example, if guys are experiencing an ability to perform, they just can't get hard when the chips are down, the best thing they can do is psychologically remove themselves from that need to perform by either going down on her or orally exploring those erogenous zones we talked about earlier, kissing her. And next thing you know, your heart is a rock because you're pleasuring her. And meanwhile, she actually liked what you were doing better than pressuring yourself to get hard. So quickly, this was a better experience for everybody all around. So that whole idea of worrying about performance, I think is a sign of, well, again, I don't want to denigrate anybody who's going through something medically. So if you're a guy out there, who's got a P E issue, et cetera, and you're seeing a doctor for it, this this message isn't for you. But certainly we've laughed at some of the movies and TV shows, I'm thinking of an episode of the British comedy inbetweeners. It's kind of stereotypically seen as a young guys problem where he's so hot for this woman. But once he gets her naked and in bed, he can't get it up. So like in the infamous episode of The Inbetweeners, where this happens, and it happens in movies and other TV shows, of course, too. But when men disassociate themselves from that pressure, that's when they gain perhaps like a lightning bolt, the sexual maturity, to realize, hey, I need to stop worrying about this and think about my partner and nature will take its course, you know what I mean?

 S

Sydney Richdale 32:04

Mm hmm. Definitely. And we're talking about sort of inhibitions earlier, and sexual blocks and a pretty big indicator for anyone listening, if you're like, what does that mean? I don't know, if I have sexual blocks, like a few things could be are you having trouble getting an erection? Are you coming way too quickly, you know, like, can you not come at all like those, those are some things that are results of something going on, in the relationship or within yourself that, you know, you can be like, okay, and that, and I think part of that maturity is a willingness to admit that, you know, speaking with a woman recently, and she's like, my partner, I know my partner has EDI or erectile dysfunction, but he won't admit it. And I'm like, Well, you can't really not admit it. Because that's, it's very obvious when that's happening. So why is it happening? A willingness to look at okay, what's going on here between us or within myself? or whatever's going on? Like, a part of that maturity is being like, okay, I can admit this is happening, what can we do about it?



Scot McKay 33:09

That story indicates just how complicated this can be. Yeah, I think a lot of times when men fear not being able to get hard or get an erection, their fear, fearing ridicule, and shame, and the woman laughing and pointing. The reality is most women take it personally, I wasn't sexy enough, I'm not hot enough. He's been disingenuous all along about how attracted he is to me, and then women start feeling kind of used sexually and under appreciated. And then it gets really complicated, doesn't it?

 S

Sydney Richdale 33:41

Yeah, and I, I'm not saying it's a simple fix. And I might not have empathy for whoever's going through that right now. It it's, it can be a lot of layers, but your willingness to look at it and, you know, maybe peel back some of those layers and really expose like the underlying issue. I think that that requires, you know, a level of bravery and courage that I think is admirable, and mature. Yeah, and I'm not. And I think that's part of being a great lover is like being able to say, hey, like something's going on for me, like, can we figure this out together? Or you know, yourself, like, if you're single, that's part of it, too. Just like an openness and a willingness to communicate. And I know how many couples are out there that they just can't seem to communicate about sex. They just think like, oh, I should just naturally be great at it. And I think that's one of the biggest myths we've been fed is, we should just know, we should just know what our partner wants. We should just know what we want and what we like. And I think, you know, you got to be willing to have that conversation and grow together as you nurture that the sexual part of your relationship.



Scot McKay 34:48

Yeah. Oh, that's fantastic. And I agree wholeheartedly with everything you've said. Great discussion so far. I want to go back to something you briefly mentioned because I think it's important that we can over it. There's a lot of talk about EDI, you know guys not getting it up. There's a lot of talk about premature ejaculation, you know, you got your EDI, then you got

your P E, right. And yet, you mentioned a third category of potential frustration for men in this department, which is I can get hard, I can get an erection. I just can't come I can't have an orgasm. And I've never heard anybody bring that up before yet. I know firsthand. It's an issue, not only for me, but for other guys as well. I'm not sure it even has a name. I'm not sure it has acute clinical term with, you know, an abbreviation like PE or IDI. But I do know, personally, that probably the first four or five years of my sexual experience as a young man, I had that exact issue. I mean, girls could get me hard, but there were no ejaculation is happening. Now I will raise my hand and say, I was not having actual sexual intercourse. At that point. In my history, I was attempting to save myself for marriage in that respect. And you know, you can say what you want about doing everything but but that's the way it was going. But I was really frustrated with myself for that. And I remember the first time it finally happened, I was ecstatically relieved. And I'm not sure the girl knew what to do with that. Except, wow, that was a really good orgasm. You really enjoyed that one, didn't you? But I think there was this metal level of enjoyment that I couldn't actually admit to her that she had actually been the first one ever to help me with that release. That's common, though, isn't it? What do you think? Is the immaturity going on in my younger self that just wouldn't let me release? Is it some kind of Freudian unwillingness to let go or something? What do you think happened there?

S

Sydney Richdale 36:54

I mean, I guess it's different for everyone. But I would guess like if something some emotional block of some sort, or an unwillingness to fully let go and surrender or like, give yourself permission, we talked about that earlier. Like, are we giving ourselves permission to be sexual to enjoy it to, you know, feel pleasure? You know, and I know that sounds really simple, but that's hard for a lot of us. And I know, it's mostly men listening, but are you guys admitting to yourselves or giving yourself permission to just be the sexual being you want to be? I think that's fair. Yeah, just it's sort of some, I would guess, like some unwillingness to fully let go and just enjoy. You know, I think with some people, it's like, we we have shame around the enjoyment of it. And that's been conditioned into us. And that's, that's what I I'm here to, you know, help people alleviate and be like, No, it's It's great to enjoy sex. It's healthy. It's healthy to want to enjoy sex with yourself with a partner. So yeah, I don't know if that sort of answers your question, but my guess is it's some sort of emotional block.



Scot McKay 38:09

Yeah, I think for me, in all honesty, it was tied back to that guilt and shame over we're doing something we shouldn't be doing to begin with. I would also suspect for a lot of guys, we've been taught a lot of old wives tales about dirty and gross and disgusting, our ejaculate is so that if we actually have an orgasm in front of a woman, we're gonna have to clean it up. And what if she tasted and she's gonna think it's gross and disgusting, and therefore we're gross and disgusting. Kind of like a microcosmic version of how most women feel about squirting by squirt, most women are thinking that's going to be so disgusting. It's going to be like, I peed the bed, you know? And that's ultimately shameful, right? We've been taught that since we were toddlers. Oh, you wet the bed. You're shameful. So there really is a lot of shame to overcome is really a tangled mess. But you know, the more maturity we reach, the more we go on that journey, admit it and get on with the business of improving our sex lives and facing up to those things we need to face up. Well, the more sexually mature we get, and the more we grew up sexually, and the better all of our sex lives are. I think that's pretty much the Mic drop. Yeah,

yeah. So her name is Sydney rich Dale. And as always, she's in Victoria, British Columbia. She's a sex and relationship coach and when you go to mountaintop podcast.com front slash rich Dale, R ich da le you will be teleported to Sidney's YouTube channel where she teaches both men and women wonderful things about how to be better in bed. Also, when you go to the show notes, I'm going to point you to Sydney ruisdael.com front slash turn dash her dash on where you can find more about Sydney's program on how to be a better lover of course, and as As always, Sidney, thank you so much for joining us and having such a scintillating conversation about human sexuality. It's always a lot of fun. I appreciate you.

S

Sydney Richdale 40:08

Yeah. Thanks for having me. I love being here. And I love talking about sex. So this has been fun. Thanks, Scott.



Scot McKay 40:14

Yep, next time, we already have a good topic in place. And we're going to talk about what are the hottest things that can happen in the bedroom. So we definitely want to have you back on to talk about that. And for what it's worth, I think it would be a very appropriate follow up to this particular conversation. So once again, thank you, Sydney. Thanks, Scot.

S

Sydney Richdale 40:32

Bye everyone.



Scot McKay 40:33

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E

Edroy Odem 41:43

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