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SPEAKERS

Scot McKay, Edroy Odem



Edroy Odem 00:01

You're listening to snippets from the summit with your host, Scot McKay.



Scot McKay 00:08

How's it going, gentlemen, this is Scot McKay from X & Y Communications coming at you with another snippet from the summit as part of The Mountain Top podcast. Hey, guys, check it out. The last full episode we did, of course, was with Cindy Alene. And it was called the bad sex Survival Guide, which, of course, is a lot of fun. It was a great topic. And there was plenty of good information out there to make all of our sex lives better. But I did have several of you guys get in touch with me and say, Why do we want to hear about bad sex? We want to hear about the good sex McKay. How do we do that? So this snippet from the summit is going to be a quick take pretty much from the top of my head on exactly that. And let's call it the good sex arrival guide. Well, first of all, gentlemen, I want to make it perfectly clear to you that for a woman to believe that the sex you've just had with her was fantastic, or shaking, you know, toe curling, etc. is actually easier than you think it is. All right. And to kind of preface that I know a lot of you guys are worried about exactly a couple of the issues that we talked about in the midst of the bad sex Survival Guide, which is the dreaded performance anxiety, stage fright, not being able to get it up, or, you know, also the premature ejaculation factor. Well, the cure to both of those is the same. As it turns out, as the entire over encompassing secret to giving women great sex, and that is to stop focusing on yourself, and to focus on her. And for starters, here, let's go ahead and address the elephant in the room here, a lot of guys really are sort of ruffled a bit that this seems to be all about women in their needs all the time, you got to provide and protect, you got to take a bullet for this woman, you've got to make all the money. And she just kind of bask in the glow of all the things you give her, maybe she doesn't give anything back. Women kind of play keep away with sex in general, they don't even they sometimes don't even appear to enjoy it, et cetera, et cetera, et cetera. Listen, guys, it's easy to blame women. And we've talked about that time and time again around here. But when it comes to specifically, great sexual experiences, the mindset is not that we have to please women is that we get to please women. And if you trust the system, insofar as when we are men who provide and protect women respond, let's change that to healthy, not broken. Women

respond very powerfully to us with feminine gifts. If you are willing to believe that and put that notion to the test out there in the field, what you're going to find is that when you put women's needs first, when you don't pressure them when you make them feel safe and secure with you. When you don't slut shame them when they get naked with you. Saying hey, you know how many guys have you done this with or anything that makes them feel kind of violated, or dirty because they're having sex with you and instead validate their female sexuality, validate how beautiful and sexy they are when they get naked. Then what happens is, as women are pleased, because they're feeling safe and secure with you, they are much more willing to pleasure you in return and give you the orgasmic experience you're looking for. So how does everything tie together that we've talked about so far? Well, it's actually very simple. Like I said, first of all, when we as men are very self centered, and we're trying to quote unquote, get laid. I've told you guys again and again, the guys who are trying to get laid the most are the least laid guys. I know just like the pushiest salespeople are the least paid salespeople ever. The same human condition applies. Nobody likes to be pushed, everybody loves to buy, but they hate to be sold. And that includes women and sex. So when we stop being concerned about our performance, about whether we're going to come too fast, et cetera, et cetera, what we do is we relax, we focus on her and because we're not so needy, and because we're not trying to hit that as quickly as we can. We actually enjoy her taking her clothes off instead of kind of tearing through the presence so that we can get to the package inside. Literally. What we do is we savor every moment. We take great pleasure in the flirting before the clothes even ever come off. We enjoy that first kiss and the second kiss and the third kiss. All of the caresses the massage, maybe even the bubble bath or the shower that leads up to this crescendo of sexual pleasure, all of that is very important to women. And you know what, guys, when we stop and smell the roses a little bit, very often, we realize very quickly what we've been missing out on. It's a lot of fun to really let a sexual experience with a woman unfold. And like I've said, guys, when you lead with sensuality, you get sexuality in return, focus on her focus on the mood, whisper in her ear, soft light touches instead of just going after and trying to pressure her into doing more, et cetera, et cetera. Don't think your way into the bedroom, give her the feeling she needs in order to feel safe and comfortable and sexual with you. And you do that by focusing on her? Is she comfortable? Take it at her pace. You kiss her once she's ready. If she's not ready. It's not a no, it's not yet, oftentimes. And what you do is you're looking for clues that she's getting warmed up. She basically is touching you first. She's pulling you up, she's dropping hints. She's saying she's ready. Guys, what I used to do personally is instead of pressuring women, I used to wait at least 30 minutes after I knew they were sexually hot for me and just let that simmer a little bit more. And guess what that made the sex even better. Because women were especially ready. They were especially horny, they were good to go at that point. And that makes them feel comfortable that makes them feel taken care of no pressure. And like I said, No shaming, only focusing on how beautiful she is. And the pleasure you're going to give her and guys if you can't get it up. Or if you do ejaculated prematurely, that's okay. Just like we said in the podcast episode was Cindy Oh Leanne last Friday, a lot of times women will blame themselves if you can't get it up. And or alternatively pat themselves on the back when you shoot your load quickly. So what you do is instead of taking that so personally and living inside your head as usual, once again focus on her, give her oral pleasures, give her manual pleasures with your fingers, kiss her some more. Enjoy the moment and the next thing you know you might come around and that would be pleasurable for both of you. And certainly a better situation than playing the blame game playing the shame game or trying to force each other into something. Gentlemen put women first and that will boomerang back to you as sexual pleasure from her. And guess what? That's the secret to great sex with women. Want to talk about this or anything else? Scot at mountaintop podcast.com Be good out there.



Edroy Odem 07:47

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