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SPEAKERS

Adam Lyons, Scot McKay



00:04

From the mist and shrouded mountain top fortress that is XY Communications Headquarters, you're listening to the world famous mountain top podcast. And now, your host Scot McKay.



Scot McKay 00:19

Hey gentlemen, how's it going? This is Scot McKay from XMY communications and you're tuned in to another episode of the mountain top podcast. You can find me at Scot McKay on twitter. Scot McKay on YouTube real Scot McKay on Instagram. And also the Facebook group is [www.facebook.com front slash groups front slash mountain top summit](https://www.facebook.com/groups/mountain-top-summit/). And as always, you can find us at [www dot mountain top podcast com](https://www.mountain-top-podcast.com). With me today is a guy I've known for probably a dozen years now. One of the big names especially from the early days of men's dating advice, you may know him as AFC Adam, from way back when nowadays, a man he's just playing on Adam lions, but he's anything but plain old. He's a very interesting guy. He's in the movie industry. He's also helping coach people with their businesses nowadays, but he has never given up his roots of being a man who wants to help you get better with the women in your life. So without anything further, Adam, man, welcome back to the show.



Adam Lyons 01:24

Dude, thank you so much for having me. It's great to be here again.



Scot McKay 01:27

Yeah, man, it's great to catch up with you. You're always such an upbeat guy. Are you ever in a pissy bad mood ever?



Adam Lyons 01:33

It happens sometimes. It's I try make it rarer and rarer as life goes on. You know,



Scot McKay 01:37

yeah, life's too short for that. And especially that when you're on camera, or behind the mic, it's a very bad condition to be in a poor pissy mood.



Adam Lyons 01:45

Yeah, I had this great quote the other day, which is, life is 10%. What happens to a 90%? how you react to it?



Scot McKay 01:52

Pretty much true. Yeah, because a lot of people, especially when something bad happens to them in life, they can take it and let themselves get all butt hurt and give that person who did unto them, superpowers for them for the rest of their lives. But on the other hand, I know people who've had things that would make your butt hole pucker happened to them, okay? And they're just happy go lucky. They're like, you know what, I'm going to move on, I'm going to live my life on my terms. And I'm not going to let this get me down. It really has a lot to do with mindset, doesn't it?



Adam Lyons 02:23

Oh, yeah, I think it's so true. And like, you know, we, you know, we can't control the things that happened to us. But I found in my past, the upset, terrible times. And you know, the horrible moments have all been the stories that became the best stories or helped me build my money and grow my businesses. So I always look at those bad things and think

you know, what, one day I'm going to make money off telling this story.



Scot McKay 02:46

Yeah, one day, we're all going to look back on this and laugh right? Well, you know, it's funny, you should mention that because my own story is I had a horrible divorce my first wife and I hit rock bottom. I mean, talking about having somebody move my cheese, I think so my mood, my whole promarket back in the day. And I said to myself, okay, here we are rock bottom. There's only one place to go from here. And I didn't want to be a victim. And I'll tell you had I not been laid off from that job. Had I still been stuck in that marriage? I would probably still be working in corporate America today. And I never would have met my lovely wife I have now and certainly, well, most certainly wouldn't have been a dating coach like you. So



Adam Lyons 03:25

yeah, it's it's it's often the you know, kicking the bat that catapults us up into the sky,



Scot McKay 03:31

right? Yeah. So up in the sky. You are nowadays, my friend, you're wildly successful on all fronts, including your relationships. And that's what we want to talk about today. You are just to define this for these guys. In a relationship with two women right now? That's correct. Okay. Yes. How would you define that? How would you describe that relationship?



Adam Lyons 03:51

Um, we have been cold in the media, like, you know, the megan kelly on the Today Show. We're on Steve Harvey. And the term they normally use describe us is a throttle, which is like, three people. Why not just a triple? Right. We, we like the term tryst was for a while trifles. Yep. Because it's like Zelda.



04:11

Okay.



Adam Lyons 04:14

But we couldn't we couldn't make that one stick, unfortunately. So throttle is the one that stuck where



Scot McKay 04:19

even trio like, you know, I was, like two things. A trio is a three sum of things. You obviously don't want to call it a threesome, because it just gets you know, too much to the heart of the matter. Right. Exactly. But yeah, I live with my two girlfriends. We live on the same property. We have four children between us. And life's good been going eight years been in this relationship. Wow. That means it's been at least that since you've been on my show last because the last time we visited on this particular podcast, and that episode is still up. By the way. I don't know offhand which episode number it is, but it's probably in the 30s or 40s. I would bet given the timeline. You had just different FIDE your entire audience and actually got married to a woman. So the topic of our show, in that case was his marriage for chumps. So she was a beautiful woman seemed very sweet. I met her actually at a mastermind. So that relationship is no more and you're in this relationship. What was the journey there?



Adam Lyons 05:18

It was amazing. She was a wonderful woman. It's funny, I said to her when we first met, but I said to my friend, the day before I met her, that's the woman I'm going to marry. And then I did. And our life was great, everything's wonderful. And her mom developed a condition, I suppose, where her body was deteriorating, and it was linked to pregnancy. And the doctors discovered it. And she told my wife, you know, and said, Hey, just so you know, it's hereditary. When you have children, there's a chance your body will do the same thing mines doing. And my wife who, you know, she used to be a Ford Model, she's incredibly beautiful. said to me, there's so many children in a world that we can adopt. I don't want to have children, I don't want to lose my body. I don't want my, you know, my life to change because of a child when I'm willing to adopt. And I said, I get that. But I've always wanted to have my own children. And this is like a big thing. For me. I'm the last surviving family member with my last name, as like this kind of means a lot, you know, with seven parents from seven parents from seven parents, and now there's just one male. I was like, I really want us to have a biological child. And this ended up being a a two year discussion that culminated with a very pleasant divorce. With me filing, I said, like, I'm an hour, I, you know, I love you, I respect you always have a wonderful life, but I need to go and meet someone and have children.



Scot McKay 06:44

And she was not for the lifestyle choice that you've made now.



Adam Lyons 06:48

That that didn't come into at the time, actually. At the time, it was just about the children. And what happened is, we opened up our relationship, first of all, as a test to see if we'd be okay with it. Because like, that would be terrible, right? If you're like, yeah, I'm gonna leave you to have kids. And then a year later, you're both like, actually, I don't want to break up, right. So we trialed, not a separation but just seeing other people for a couple of years to see if we could meet someone else that we both liked. And I during that time, met a number of different women, obviously, because of the dating thing. And she met, you know, a couple of guys that that she liked. And at the time, I got this new best friend who was primarily into women, she, you know, was dating goals, and we became really good friends. In fact, she became friends with me and my wife. And my wife said to me, once she's like, Oh, it's such a shame. She's a lesbian, because you two would be so perfect together. And my my friend one day, we're out in a bar together, and she looks at me, like I love you. I was like, I love you, too. And she has no, like, I would absolutely have sex with you. Like, she's like, I love you. And I don't care that you're not a woman, like, I want you. And so we start making out and she says, Listen, I gotta tell you something. I won't give up women's view ever. And so I looked at her quick thinking and was like, Well, I'm not gonna give them up to you either. And that was the start of our journey into polyamory together.



Scot McKay 08:10

Was she interested in maybe being a surrogate for your wife's eggs to have a baby? So



Adam Lyons 08:16

I love that you said that. That was you're the first person to ask. And that was 100% of discussion we had, we spent about three months discussing that outline. And we were very close to going through that route. And then one of my wife's friends, sort of like made fun of her about it. And it just turned my wife off the whole idea.



Scot McKay 08:34

Wow, that's really unfortunate.



Adam Lyons 08:36

It is. Yeah. But having said that, I think it worked out for the best, you know, my wife got to a point where she just wasn't really into kids at all, you know, like it, it really changed. She, you know, yeah, maybe this will change. And maybe it'll change already. But at the time, she was very anti motherhood, she got to a point where she's like, kids have fun, but I don't want to have one.



Scot McKay 08:57

Right. So you know, her truth kind of ended up coming out, which is fine. As long as it's out in the open.



Adam Lyons 09:03

Absolutely. And she's still a wonderful person. We were texting literally last week, like, we're still friends, we still communicate. But you know, we both moved on. She's, you know, got a great career. And she likes traveling the world. And I've got four beautiful children who I'm obsessed with.



Scot McKay 09:20

And they're all yours.



Adam Lyons 09:21

Yeah, there. There's one who biologically isn't mine. The, you know, one of the women I'm with had a child from a previous relationship, right. But he came into my life when he was one year old. And he's known me as dad since he could speak. And, you know, his biological father is into extracurricular activities that shouldn't be mentioned. And he's, you know, he phoned up one day, when my son was on his fifth birthday, and said, just tell my son that I'm dead. I don't want anything to do with them.



Scot McKay 09:52

So basically, we're talking about a father who is not in the child's life. mildly.



Adam Lyons 09:58

Yeah. So he's my son. Yeah, I'm dad hundred percent at this point in life. I don't care what happens, like always be his dad.



Scot McKay 10:04

Yeah, you know, in the case of Emily and I, I had a daughter and she had a son. And interestingly enough, her son was a couple years older than my daughter, and they got along famously, it was great. I mean, they even look alike. So. So when Emily and I were dating, and we went out and about people thought they were our two kids. But of course, they were step siblings. And then Emily and I have gone on to have another son, which was my first biological son. And then we had a little daughter, who's now seven, who's Emily's first biological daughter. So you know, basically, God has smiled upon us for no apparent reason we've deserved



Adam Lyons 10:41

and that's so sweet.



Scot McKay 10:42

Yeah, I love that. Yeah, man. Now, as these guys know, Emily and I are monogamous. We're monogamous by choice. That's what we want to do. I haven't seen it fit to invite any other women in my life. Besides Emily, I don't think Emily has a whole lot of bisexuality and her being, I think, certainly don't. And that's something we're happy with. And I have to tell you, Adam, it makes things convenience, when it comes to family members, and friends and even potential employers of which, you know, we're self employed nowadays as you are which, which takes that off the table. But I know for people when they have a polyamorous relationship with two or more people, it sometimes is judged poorly by those in your social circle. Do you guys just kind of slough that off? Or is it no longer a problem in the year 2019? Or what's your experience with that?



Adam Lyons 11:35

It's definitely less of a problem nowadays. People still do have an issue with it. But we also don't flaunt it. You know, like, one of my favorite questions we get asked is, what do you kids think when they watch you having sex? I'm like, who has sex in front of the



Scot McKay 11:49

kids? That we don't even have sex in front of the dog?



Adam Lyons 11:51

Right? Yeah, exactly. So, you know, it's, um, it's really like, we don't make overly public displays of affection. It's just three people hanging out. No one really says anything. And then every so often, we'll get somebody that seen us online. I've absolutely had somebody walk past me and, you know, swear at me, and be like, you know what you're doing speaking wrong. I've absolutely been in that world. And at a wedding once I had a extended family member try to attack me for being an asshole for being. Yeah. So, you know, there's been a few crazy instances. But I've also had a lot more people come up to me and say, thank you for making them feel comfortable in their relationship. I've had people say, because of you guys, I was capable of having a discussion with my husband, I've always wanted about adding a woman into our lives. And he was receptive to it. So you know, I think I would say it's easily 20 X the amount of people that have told me they're happy about it, and the people that haven't,



Scot McKay 12:49

people have no real business not being happy for you if you're happy, and the two women are happy and everybody's doing well. It's just pure shot and Freud are based on some moral relativism.



Adam Lyons 13:00

I agree. 100%. And also, we're not what I would say pro polyamory the when we first announced what we're doing, we got attacked by the polyamorous community, because we're one guy and two women, and they, you know, they couldn't believe that women were being abused or, or what have you. And, you know, the two women I'm with were very upset about that. Because like, wow, these, these people are attacking us. Like, we don't have a say in the matter. And, you know, they missed our story. It wasn't led by me, it was led by one of the girls like she wanted women, you know, like, I was like, sure if that's what you want. But it it really didn't come from me, it wasn't my idea.



Scot McKay 13:34

polyamory, by definition, can't be shoved in a box.



Adam Lyons 13:38

I mean, I agree. 100%. But it was crazy. Because we ended up rejecting the polyamorous community and just being like, Well, whatever, you know, we do our own thing. And, you know, we, we went out there, and we just have a real simple message, which is, in today's day and age, when people are defining their agendas the way they want. And they're finding that relationships where they want, we believe people should, you know, define what they want the way they want, as long as you know, hurting other people. As long as you know, you know, going out there and and inflicting harm and others, then, you know, if it works for you, and you're all happy, and you communicate well, great.



Scot McKay 14:08

Yeah. And interestingly enough, certainly not everybody who falls under this subheading, but certain factions within the so called sex positive community are only sex positive, if you positively agree with what they're doing. If you're deviating from that you're some kind of bad person and you deserve to be enlightened hit best, if not completely punished and pushed down at worse, I noticed that it's a little bit, you know, they kind of eat themselves alive. A little bit over there.



Adam Lyons 14:36

Yeah, absolutely. It really upsets me to see that, like, you know, we really do believe in a live and let live kind of world. And I love like, you know, the fact that you guys are monogamous, and you're so happy, that's perfect. Like, the real key to winning in life is being happy. If you're happy. You've won as far as I'm concerned.



Scot McKay 14:51

It sure is easier on the taxes to Yeah, absolutely. Yeah, man. But one thing we haven't discussed yet is how this other woman got it into the picture. Clearly the first woman you met, who presumes she was a lesbian until she met you and didn't want to give up women. She was the first one to come along and you added another partner into the mix. How did that happen?



Adam Lyons 15:14

So we had a lot of deviant nights. I remember there were times where I'd be teaching a student, you know, dating, and then me and my, my first girlfriend, she'd be like, all right, you know, time's up, let's go pick up women. And the students would hang around off the

hours to watch us and we'd go out and pick up three women at once and bring him back to the place. There was a moment Scot like it was literally an orgy every night of the week with like four to five women. Because this woman's insatiable, she has wanted more women. And so like, yeah, there's some pretty crazy night, some of the like, you know, I used to have really wild nights when I was single back in the day. But these rivaled my 20s. It was wild. And we met



Scot McKay 15:55

the students tag along for those to



Adam Lyons 15:57

be I know, they got to watch. I remember one point, we all came back to one of our student apartments, we often have apartments where people get to live with us and learn. And the student come back to the apartment, see me and for women, and you'd see this guy's face smiling. And I'm like, right, but this is where we're going upstairs now. And you know, time for you to go and be like, Oh, that is for women. I thought I could I was like, Nah, man. That's not how this works. He's like, Wait, you're gonna have all of them? I was like, yeah, yeah. It was. It was pretty well, there was some awkward moments. But I was like, Sorry, bro, this is just not included. You know?



Scot McKay 16:29

He was like, wait a minute, I paid a lot for this coaching. I should get the happy ending.



Adam Lyons 16:33

Yeah. And I was like, No, you still gotta go and learn. But you know, you got to watch it. And it's cool, because a lot of those guys actually have now gone on and they do crazy things like that, which which I love. You know, they're like, you know, I'm so glad you made me do it myself. Because you don't learn anything. When someone gives it to you, you know, you really do have to go out there and make it happen.



Scot McKay 16:51

Well, I tell you having a woman going out and for lack of a better term picking up or even recruiting other women to come back with you is the way to do it. Because you can't go

around as a man saying, Hey, why don't you come home and bang my wife and I because they're gonna look at you like, Is your wife okay with this? Or what kind of trigger you're pulling? Yeah, anytime you have swingers, you know, people who are living quote, unquote, the lifestyle the woman typically initiate it. I mean, I've been out, oh, gosh, more times than I can count. Even Emily and I and were approached by the female of a swinger couple, quite often, you know, kind of testing the waters to see how things go. I remember when I was single, I would date rather conservative women every once in a while, and they would be appalled. Just so amazed. It's like, I think it was like, yeah, that's exactly what you think it was. And a lot of times, they would say it was what it was. And they would say, I'm, I'm all my life. I've never had that happen. I said, Well, that's because you weren't with a handsome guy like me yet. But it is it's amazing how that's exactly the modus operandi of how that works. The women go make it happen. And then of course, once they find out that you're in that kind of polyamorous relationship, it's okay. There's no guilt, there's no shame, there's no expectation. And because the woman initiated it, there's not even any, you know, semblance of feeling slutty about it, or like, you're going to be shamed by a guy or something like that. It's sort of the perfect storm, isn't it?

A

Adam Lyons 18:18

Yeah, absolutely. It was really cool. Because, you know, it was great having this woman that would say to people, oh, yeah, he's just the penis if you need it, you know. And so it was all about her in the women, and I was just in the room. But you know, she would, you know, share me out with all the women and be like, hey, do this now. Now go take her and, and it was, it was wild, it was so nice to almost be the passive observer that gets brought into enjoy the moment, and I didn't have to do any of the work. For Adam, you



Scot McKay 18:42

were just being used for sex. Come on. That's what it was. Yeah, it was tough. But how did this particular other woman get involved into the football or the trial,

A

Adam Lyons 18:54

she was one of the women from one of the orgies.



Scot McKay 18:57

Just a particularly nice one.



Adam Lyons 19:00

As they all kind of warm, we actually dated a few of them. This one was in Los Angeles. And so whenever we would go to Los Angeles, we would connect with her. And it was cool, because all the other women were Austin based. And so we would date them, and then the relationship would kind of fizzle, and then we do a different one. But we would always go and see the one in LA whenever we were there. And so we developed this sort of long term relationship where whenever we were there, we would have, you know, a connection, and then we'd leave again. And I had some work in LA at the YouTube studios where I was helping a lot of these new youtubers grow their businesses, and we ended up moving there. And once that happened, we needed a place to crash for a couple of weeks. And so naturally, we stayed with our la girlfriend. And then we got our own apartment. And we'd already lived together for a few weeks at this point. So she would come and visit us and we'd go visit. And we ended up dating, you know, like, three or four nights a week, we'd go to movies together and have sex and eat food. But yet one day, our kind of girlfriend says to us, I, I need to get a new place, but my place is too small. And we were like we were thinking about getting a new place, as well as all moving together. And that's how it happened.



Scot McKay 20:08

Wow. So it started off as that excellent time proven strategy of having a girl and every port, you know, you're spending time in Los Angeles, you have a woman you see when you're there, I remember I did something similar when I was single, and I worked for Lucent. I was in the Bay Area and Chicago and Dallas all the time. And I would always make sure I had a woman to go hang out with because I didn't like just sitting around at night drinking beer with the sweaty dorky engineers in the hotel lobby, I would much rather go out with a beautiful woman and you know, get some fresh air. Right? You had a situation where this woman was already in your life as your girlfriend, and the two of you, as you would travel would meet women and other cities. And this one basically turned out to be your favorite and you invited her on board. But have the situation pretty much down 100%



Adam Lyons 20:54

what's fascinating about it is it really did develop as you would expect a regular relationship would we like kind of seeing each other casually. Then we got closer and started dating and then casually would move like, you know, a toothbrush into the bathroom or what have you. And the next thing you know you move in together.



Scot McKay 21:11

Yeah, fascinating. So what would you say to people who say for example, you can't love more than one person.



Adam Lyons 21:18

I get this a lot. I say first of all, I'd feel bad if you ever had more than one child. Because you know, people do love more than one child.



Scot McKay 21:26

That's a really, really good comeback.



Adam Lyons 21:29

Yeah, you can love more than one pet. That's exactly what it is. Love is just love. So if some people hate their children, so you know, may I got four. I don't hate any of them. So I don't I never understand those people similarly blessed. It's wonderful.



Scot McKay 21:41

I think the secret to not hating your children is first of all, wait for it. Have a good solid self esteem you like yourself, and then marry someone you like. So if you like her and you like yourself, chances are you're gonna like whoever pops out of the womb.



Adam Lyons 21:56

Right? And also you can remember you're raising them.



Scot McKay 22:00

That's on you. Right? Yeah, that's pretty truthful. And also, you're having one hell of an influence on what they're like.



Adam Lyons 22:06

Right? Exactly. I love my kids. My kids are all like nerdy, dorky, kind of cool, extroverted fun people.



Scot McKay 22:13

Same. And I would add gritty and tough and smart ass too much.



Adam Lyons 22:19

smartass. But I've got like 5050 gritty and tough. I've definitely got one of my boys is like a real softy. I'm always trying to get them to hang out with tough kids who can beat me up a bit. So he can like, toughen up.



Scot McKay 22:29

I take a BMX racing man. That's what we did.



Adam Lyons 22:32

That's good. Yeah, it's good. Yeah, I take him I take him to like do martial arts and stuff like that sometimes. Fast, similar.



Scot McKay 22:38

Yeah, anything that causes scuffed up knees and Bruce faces is good. I just figured I'd basically take a little bit better care of my kids brains. So I made sure it was a sport that I was familiar with. And second of all, she had to strap on a helmet with once you have a brain bucket on you know, you can beat the hell out of the rest of your body, but the head still intact for you know, future academic endeavors, which is? Yeah, Anyway, enough about me. So I have to ask, the three of you are together. Who are the mommies? is one the mom of the other three? Or did you have one with two of them or two with one of them and one with the other?



Adam Lyons 23:14

So I've got three children with one one with the other. And we're considering the one I've only got one child with? We're working towards our second right now. So she's birth control.



Scot McKay 23:25

So the one that you have three with does that include the one you've essentially adopted?

Yeah, that's right. Gotcha. Okay, crystal clear. So now, your lifestyle nowadays? Are you monogamous between the three of you? Or are you still going out and finding other women and partying hard?



Adam Lyons 23:41

We're largely monogamous between the three of us. However, there have definitely been situations where we've dabbled with other women. That's definitely happened.



Scot McKay 23:49

I would think that if that's part of your history, then it's certainly something the three of you would be okay with.



Adam Lyons 23:55

Yeah, I think I think a key part is actually, I've loved being polyamorous my entire dating life. Like I remember when I was in London, before I got married. There were 14 different women that I was seeing in my hedonistic days. So the monogamous part of my life was the strange part. So I was monogamous during my marriage, until we decided to open it up. And I'll probably never be monogamous again.



Scot McKay 24:18

Right? Well, you know, it's funny. I know. You remember Joseph thunder, cat, Matthews? Yep, from back in the day. And he's moved on to other things, of course. But he used to have a very popular blog and a very popular podcast, and I was on his podcast talking about online dating. And I mentioned that it got out of hand once I finally cracked the code and started getting good at it. And I found myself having said yes, to a second date with 16 different women. And I suddenly had to juggle my schedule to figure out how I was going to go on another date with 16 other women. And what I figured out was really four or five of them were highly preferable to the other 11 or 12. Yeah, and I sort of didn't have time for all those other women. And and in the end, the result was, in my estimation, one honkin huge rookie mistake, you know, for me, because I just couldn't juggle that many. And that's something I learned the hard way, I ended up wanting to see one of these four or five women all the time, it came down to my preference being one of those four or five women. And of course, once you have that many women in your life, one of them's going to always be available. I mean, there's sort of a pecking order, as harsh as it sounds, or a totem pole, if you want to refer it to as such, where one or two of them really are your

favorites. And when they're not available, you start gravitating towards the other three. And unfortunately, for the woman who's kind of fifth in the totem pole, you know, she's only being asked out and arranged with like, on the fly, and not getting much weekend time. And she starts chirping about that after a while, and rightly so. So I think one could argue even five is too many to manage. So I gotta ask you, how did you manage 16 of them? Were they all just in different cities, and you kind of saw them only one time or two times a month or whatever.

A

Adam Lyons 26:03

So this was back in the date. So there was 14, and that number was kind of important because I had daytime and nighttime with a different woman. So I spent half a day with each girl over the period of seven days. And they were on a clean rotation. So there was like, Monday, daytime girl, and then Monday evening, go, and so on so forth. Yeah, but



Scot McKay 26:21

what if Thursday afternoon, girl, you're not in the mood for it. You'd rather have Monday morning girl on Thursday afternoon. Yeah, I was restricted to stuff I never broke. I think you're more of a left brainer than I am. And I wanted to keep it more Lucy goosey. I wanted to kind of, you know, let's say I have five exotic cars. I want to figure out which one I want to go drive to the store right now.

A

Adam Lyons 26:43

And it's so funny. Yeah, I'm, I've definitely found I get better results with dating when I'm more controlled about how I do things. So yeah, even the way that I teach, it's always, if then if then, you know, if you do this, then this will be the result then do that. And it's all mapped out. So



Scot McKay 26:57

yeah, let's see, when I coach guys, they get in trouble for thinking like that, because they go on and FN loop where they visualize themselves into oblivion. But you're, of course too confident and to experience for that. But I was like you, I would spend the day with one woman in the evening with another. And that certainly wasn't uncommon. And sometimes I just wanted a break. But it was amazing how I usually didn't get one. I had a woman with me almost all the time, which I'm sure you did, too. One thing that was a feature of my single life, this is all before I met Emily, by the way, gentlemen, once I met Emily, I didn't

have any need for any other women. And that's a fact. I had women who were in other cities, like I said, so when I went to the Bay Area, which was like maybe once or twice a month, I'd see her another two or three of them in Chicago. And back in San Antonio, I had that core four or five women I can manage. And I did have a woman who lived like an hour away. And a woman who lived like three or four hours away closer to the Mexican border down to make Allen and another one in Brownsville, I only see them like once a month. So there was built in break time from seeing each other with those women. And that admittedly sort of allowed me to creep up the number of women I was seeing simultaneously. But yeah, man, I was expecting you to say when you had 14 women, they all knew about each other. They were cool with each other and they were all bisexual too. So you'd have like six or seven over at a time.

A

Adam Lyons 28:23

So actually, they don't know about each other. They were all cool with each other. And I would often have four over at a time. But okay, that was on special occasions.



Scot McKay 28:32

Right, exactly. So back to nowadays. I think we have a practical picture of what's going on here. Except I haven't clarified this yet. But it has to be a king size bed. I'm thinking CALIFORNIA KING. Yeah. has to be. There's no way a queen size is going to fit with two queens, though. And a king has to be king size. All right. So one of the things I imagine you hear a lot is something that I want us both to debunk sky high and give these guys a new vision for what's possible. You already know what's coming. Oh my god, Adam, or McGirt. Adam, you're like the luckiest man in the world to have two women, you get to have two women you're living with? Well, it can't be about the two women. Because two women isn't enough if you're able to get lots of women. You know what I mean? Like when a guy says to me, I'm going to go buy a Corvette so I can get women a dude, I tell them, you're getting a Corvette so you can get woman there's only two seats in the thing. What are you going to do strap another one to the hood like a deer you just killed? You know, you need like a nice Audi s6 or something that you can fit for other women and comfortably and still have some horsepower. You know, and guys just don't think like that. They think I'm going to get a Corvette so I can go get a girl you know. So the thought process I imagine guys come up with is kind of similar to what I heard a talk radio personality on a sports talk radio channel, say one time when Tony Parker broke up with Eva Longoria. Why in the world, would you break up with her? She's so hot. Well, you know, he can get another hot woman, he can get another famous woman together, they probably had six or eight other hot, famous women together every night, kind of the lifestyle you're talking about. But guys just have that limiting belief. Don't say that? Oh, my goodness, you're so

incredibly lucky. And I would trade places with you in an instant because you have two women go imagine such a thing,



Adam Lyons 30:32

right? I love that. You say that, by the way about the car. It's totally The reason why I bought Maserati instead of Ferrari was because they have four seats in them.



Scot McKay 30:41

Hundred percent. So funny. Yeah. Imagine you have like us for my my wife drives a full size SUV that can probably haul 12,000 pounds. Because we have tall everybody.



Adam Lyons 30:53

Yep. Yeah, exactly. So yeah, that's my car. And then we have the we have like a Porsche clan for some more families car. Yeah, exactly.



31:00

Sound we were all around you.



Adam Lyons 31:02

Yeah, absolutely. So yeah, I think you know, a lot of people do think I'm incredibly lucky in this situation. And, you know, I always tell you, I've never believed in luck, like, luck just isn't a factor. You know, it really is planning and systems and knowing what we're doing. And, you know, at no point was it luck at all points. It was known What's going on? And you know, like you say, like, yeah, you know, sometimes we'll we'll add other women to the, you know, to the moment like the first time we ever had sex, there were three women. But you know, like, and of course, it's not always perfect, right? Sometimes there are arguments, and there are discussions, and, you know, you get into disagreements about the ways you're going to raise the children. And we're really strict on that actually, all disagreements about how to raise the children has to be when the children are present. So sometimes one of them will say something out of punishment, and then we'll go into a private room later that night. And then we'll be like, all right, I think that punishment was pretty harsh. We need to do something about it, or give them a way to get out of it. Because, you know, you have reacted.



Scot McKay 31:57

Yeah, we have executive sessions like that, just the two of us.



Adam Lyons 32:01

Yeah, exactly. It's so important. And, you know, in many ways, our relationship does follow the regular rules of relationships. And there were changes, some things are harder, right? Like, my women, actually, their obligations of sync, so their period ends up being at the same time, but still, that week is absolute hell. So you know, there are disadvantages, you know, the bed gets really hot, the three people inside it. And so we've got to a point now, where actually, we're going on eight years in this relationship, we have separate beds now. Because we sleep better. And so that becomes a factor after a while. So you know, we'll we'll move into the same bed depending on who wants to have sex or, or how we feel. So the relationships constantly evolving, and we're constantly finding new ways to do things that are better than the previous way. And we're always open to the fact that it could change again, one of the two girlfriends, the the one that primarily likes women, she's on vacation right now for five days with another woman in New York. And, you know, she's the her and this other woman are getting pretty close. They're not they've not been sexually intimate yet, but there's every chance that they could form some kind of relationship. And that's cool, too. And then, you know, that woman has showed somewhat of an interest in in the rest of us as well, who knows what the future lies? I'm not saying that's going to happen. I don't think it will. But you know, we never say never. And we never try and force anything, we just enjoy life and take it as it comes. So you're indeed open to a quadruple or quintuple were it to come to that. Yeah, who knows, right? If it happens, it happens, but it's not. So what we're working towards, it's just, you know, just enjoying life. Right now, you know, I've got one girlfriend who's in New York, having a wonderful time with a woman that she really enjoys spending time with, and who has spent many nights sleeping over, but there's just not been any intimacy. I'm just talking about it. You know, like, I'm cool with it, I like it, if something happens, great, enjoy it. But it just hasn't happened yet. So you know, my girlfriend's not not worried about it, or forcing anything. She's enjoying it. And likewise, me and my other girlfriend right now are doing a lot of work back in Austin, working on the business and spending some of the kids. So just relaxing, right? That's the whole point. Like said, if you if you're happy, you win.



Scot McKay 33:59

Yes, I mean, bringing this full circle. It's not like you're in a relationship with two women, because, hey, look at me, I got two women, and you only have one, it's because you're flexible in terms of how relationships are designed. This is the design of the relationship

that meets the needs of the three of you. And you know, whether you're going to say it out loud on the Today Show or not, there's still other women who come along. Absolutely, you know, you have lots of flexibility. So if we don't want to use the word luck, the good fortune that you've experienced, of course, it's self made, because you've learned all about women and become very sexually confident, of course, and good at relationships and good with women. But the good fortune is that you get to craft your relationship with a woman and with maybe two women, and you're respectful enough of the women in your life, that they have a say in the matter. And you just make sure you're with the right kind of women who believe the same way you do about relationships, and the rest pretty much takes care of itself in terms of getting along connecting, getting each other, dealing with whatever puzzles come up in life exactly as if you were Emily and I are another couple in a monogamous relationship. It's just you have a more open, innovative design to it. 100% Yeah, pretty much covers it. What would you say to these guys? Who are thinking this is for them? And they'd like to try it? Would you give them caution saying, Hey, you know, you don't want to just do this, because of what it is. You don't want to do it for an objective reason. You really want to explore the relationships you have with women in your life and find out if it happens naturally? Or is it something that you can engineer if it's what you really want? I mean, for you, it sounds almost like it was happenstance that the three of you got together. What advice do you have for these guys, it's definitely something

A

Adam Lyons 35:49

you can engineer like, you know, I think in my situation, I met a bisexual woman who wanted this. And I was open to it and allowed it to go the way that it is, since then, I've dealt with a lot of students that have wanted it and would help them do it. But for the average guy, I would say, first of all get good at just dating. Because a large part of it is you have to be confident enough to state what you want. And many people aren't, or they're so confident in stating what they want that they alienate people, there is an art to being 100%, honest and authentic about who you are without pushing people away. And so, you know, I get people to focus on that first, you know, it was only once I've crossed X amount of, you know, hundreds of partners, that I started to truly realize what I liked and what I enjoyed. You know, I remember that when I was younger, I was trying to have sex for as long as possible to prove that was the best. And then I didn't realize I was actually hurting a lot of the women because I was trying to prove I could last the longest and most women didn't want that he wanted to orgasm faster. That was their goal. And so you know, you learn these things, and you become more confident, as you said sexually and in relationships. And that's when you can start to explore and say, Okay, I can successfully satisfy one woman very well, I know what I'm doing. And and I am open to the you know, having more than one. And then you got to find a partner that wants the same because, you know, it's like everything. If you really like football and your partner doesn't like

football, football is always going to be a problem. Whereas if you both like football, you're going to really enjoy football season.



37:12

Depends on what kind of football you're talking about.



Adam Lyons 37:15

Yeah, the the game where you kick the ball around with your foot.



Scot McKay 37:17

So guys are hearing your British accent and they're wondering, a little bit of clarification there. Yeah, um, one last question. And this may be a bit of a sticky wicket to appeal to your British sensibilities. It's politically incorrect to presume we can change someone's sexual orientation. Yet, girlfriend number one in the current scenario, we're going to call her that because she's the first one you met and started a relationship with was absolutely lesbian. And somehow, she decided maybe she's actually bisexual after she met you? What part if any, did you play in that? Or was it simply you're hanging out with her? innocently? Without any real presumption she's ever going to take you to bed? Or vice versa? And then she just came out with it? Did you do anything?



Adam Lyons 38:09

I love that. I love that you said that? Did I do anything? Yes, absolutely. I was constantly being my same attract himself. And being open to any situation that can happen. And I do this with all women, you know, whether you're friends with somebody, or whether you're in a in a, you know, in an actual romantic relationship, I'm always open to the fact that I'll have sex with any of my friends that I'm attracted to at any time. And although she was actively a lesbian at the time, you know, she made it clear, her sexuality, as most people's is, is on a spectrum. And she'd been with men before. So it wasn't out of the realm of possibility. She just wasn't really attracted to them, and had found that she'd had so many bad experiences with men, that was just not something she wanted to pursue. But in me, she found this balance of masculine and feminine that she actually enjoyed, where I would be quite dominant in sexual in the bedroom, but also in real life was open to listening to our needs and hearing stories and having emotional discussions. And so she found a balance that she found attractive,



Scot McKay 39:09

man, so many men kissing in our own swimming pool by being morons, with women, and giving them bad experiences, being pushy, being needy, not knowing how to be masculine, and it just spoils it for all of us themselves included. Right? Right. really does I



Adam Lyons 39:24

you know, I love what you said about not knowing how to be masculine. So true, most men's idea of what masculine is, is not masculine at all, macho, it's childish. That too.



Scot McKay 39:35

Yeah. This is where you get the toxic masculinity debate without any regard for what virtuous masculinity is, there's nobody talking about it.



Adam Lyons 39:44

Right? Exactly. Yeah, there's such a difference. And you know, there is nothing more attractive than, you know, then a guy who is being a protector and a lover and somebody who cares. And this thoughtful like that what's attractive, the somebody not being scared, or needy or desperate. Whereas these big top, you know, guys that like all trying to be, you know, I look at me, I'm the big I am, look how great I am. They're so busy talking about themselves that they don't care about anyone else. So that's unattractive. They can't protect anyone they can, you know, they're just too busy talking about themselves.



Scot McKay 40:17

You know, just to put a cherry on top of this whole conversation. I bet that's exactly how you successfully manage a relationship with two women is exactly how you just described.



Adam Lyons 40:27

Oh, yeah, 100%. And it's great because there's more feminine energy in my relationship than masculine energy. And so I have to balance it out by being more masculine. And it confirms that masculinity isn't me being aggressive, because the aggression would just make the women feel intimidated. It's by being thoughtful, and caring, and protective. And dealing with it. You know, there was a situation yesterday, the woman that's in New York, her flight got canceled, and I spent an hour on the phone trying to get alternate

arrangements for her so that she was okay. And you know, she found me knowing that I would be there for her. Amazing



Scot McKay 40:59

you because there's three of you. And you're in a relationship when something happens with one of the kids. Everybody treats that kid as if he or she was their own? Right. 100%? Yeah. And if someone's not in the mood for it tonight, you know, the other two can go have at it. And the other personal Netflix and chill, right?



Adam Lyons 41:17

That's one of my favorite things to do is to just sleep while two women having sex. It's great.



Scot McKay 41:24

It smells nice, too.



Adam Lyons 41:26

It does. It's just like they're like giggling and cute. And it's like, and it's always long, like, you know, because it's gentle. And I'll just like drift off and then wake up. And there's two beautiful people having sex not drift off again. I'm wake up and it's still going on. It's like such a great evening, I imagine. Yeah.



Scot McKay 41:40

Well, I'm sure I'm absolutely positive it is. And that's all I'm going to say. And with that segue, what we're going to do is send you to where you can find out more about Adam and what he's got going on, that's going to make YouTube better with women. Some of you guys are probably chomping at the bit for that after we've had a conversation like this, I'm sure so Adam, the name of your site is ask the dating coach. com What I'm going to do is what I always do, and that's set up a URL, that's www dot mountain top podcast.com front slash lions with a YLYONS? And what are you guys going to find when they click on that link? Adam?



Adam Lyons 42:19

I think one of the best things about it is just it's a bunch of like free downloads and like little PDF books that you know, everything's just completely free. You can go there and check it out and have a look. And you know, learn a lot more about how I think how I do things, how we help people with their dating life, and we just want to you know, be out there and helping people as I said, it's, it's one of many businesses that I run at this point.



Scot McKay 42:39

Very good and you're helping people scale their business also,



Adam Lyons 42:42

right. Yeah, that's the main business now is we help people scale their business to seven figures and beyond. So that's a large part of what we do, but I never wanted to give up the dating I always said I keep hoping no matter what.



Scot McKay 42:53

Yeah, I mean, no matter what other niches whatever other business ventures I get into I love my heart is always with helping men get better with women and also women get better with men. I just think the relationship with your significant other or others in your case is probably next to spirituality The most important thing in one's entire life and it's worth setting your purpose toward as a man helping make the world a better place and leave it that way as such and yeah, I'm glad you're still in the game man.



43:24

Thanks man. Me too. It's really good catching up Scot really good.



Scot McKay 43:27

Yeah, likewise thank you for stopping by Thank you brother and gentlemen if you've not been to WWW dot mountaintop podcast com yet we likewise have a bunch of free stuff for you it's gonna be an all you can carry sale. By the time you end up going to mountain top podcast calm and mountaintop podcast com front slash lions RYONS. Because both Adam and I are going to stock you chockablock as they say where he comes from. With lots of free goodies on my site for my part, you can join the free newsletter where I help

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44:55

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