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From the mist and shrouded mountaintop fortress that is x&y Communications Headquarters. You're listening to the World famous mountaintop podcast. And now your host Scot McKay.

Scot McKay 0:17

How's it going gentlemen, this is your main man Scot McKay and I want to welcome you to yet another edition of the world famous mountaintop podcast. You can find me on Twitter at Scot McKay. Real Scot McKay on Instagram Scot McKay on YouTube. You can find us on the web at mountain top podcast calm and as always, please join us at the mountaintop summit Facebook group. With me today is a new friend of mine. She's very charming and lovely. You guys are going to adore the living heck out of her. She is originally from Poland and she now lives in Australia down under her name is Helen a nice de and she is a sex therapist and a tantric practitioner. Today she's going to discuss with us the law overdue topic of self pleasure, aka the M word, aka masturbation. So without anything further welcome, Helena. We appreciate you being here today.

Helena Nista 1:10

Thank you so much for having me.

Scot McKay 1:12

Yes, we're absolutely happy to have you here. Now you're originally from Poland. So these guys can look forward to that wonderful Eastern European female voice on this show now, can't they?

Helena Nista 1:23

Oh, yes. And my accent.

Scot McKay 1:25

I imagine that serves you quite well down under, doesn't it?

Helena Nista 1:29

Yeah, people do enjoy it.

Scot McKay 1:31

Now see, the thing is people come from Australia to the United States. And the Australian accent is equally mellifluous to Americans, I think. Oh, wow.

Helena Nista 1:40

Isn't that something? I'm really not great with accents. That's the thing. I don't really hear accents very well. Maybe because I have one.

Scot McKay 1:47

Oh, yeah, right, exactly.

Helena Nista 1:49

I'm not the best person to talk about accents.

Scot McKay 1:53

Well, for example, if we were to join you on a trip to Poland, you could probably tell what part of Poland people were from, by the way. They talk because it's your native tongue. Whereas we would be like, I don't know, right?

Helena Nista 2:04

Not necessarily in some areas here, but all the big cities in Poland speak pretty much the same same way. Which is, which is it was so different when I moved to Ireland and I learned that each area and each town has a separate, distinct accent. And that was an interesting thing to discover about a different language and about different country.

Scot McKay 2:24

Whether Irish people talk funny anyway.

Helena Nista 2:28

Beautiful funny.

Scot McKay 2:30

Really is it was voted the sexiest accent in the world, I think was Irish,

Helena Nista 2:34

wasn't it? Oh, wow. Well, I have it. You know, speak on me.

Scot McKay 2:39

Yeah. You know, speaking of jokes, I don't know if you're aware of this. But years ago, people used to tell Polish jokes in the United States under the premise that people from Poland were pretty much stupid. And I never figured out why people from Poland would be stupid and I've been to Poland and people are perfectly intelligent like anywhere else. But you know, somewhere in they'll pass. 25 or 30 years, people stopped telling those jokes. I don't know if it was because of political correctness or whatever. I think it just was a fad and it stopped. But I'm not even sure if you knew that went on in the United States. Did you ever know that?

Helena Nista 3:13

I had no idea. I know that a lot of people moved all over the world after, you know, after the war. That's true. I'm sure there's a lot of Polish people in the States, but I know about the jokes. Yeah. You

Scot McKay 3:25

know, some guy from Poland probably made a massive himself in New York one day and you know, it just went viral. Yeah. But anyway, that's not what we're here to talk about. You have a very interesting practice. Not only are you a sex therapist, not only are you a tantric practitioner, but you are certified to do bodywork, which means you can actually touch people when you work out things with them sexually correct. Although you were telling me beforehand, you don't do that often.

Helena Nista 3:59

No. I tried to do as much work as I can with discussion with talk therapy and just guiding them using their breath with different practices. But there are cases where it's actually beneficial for clients with their full permission if I do put my hands on them. So that's something I do occasionally as well.

Scot McKay 4:19

Well, you said breath, not breasts, right?

Helena Nista 4:22

breath, breath work. Okay. A lot can be done with it with breath work. So I use that tool quite often.

Scot McKay 4:30

Well, what is breath work? And that a demo?

Helena Nista 4:39

Oh, it was me gathering my thoughts because this is a very interesting question. And to me, that's something I work with pretty much daily, but don't always put into words what is actually breath work. So the way I see it, it's a conscious use of body's natural resources. And when I do breath work, I guide people's awareness, the breathing pattern, obviously, and they are muscle kind of control as well. So there's that breath being used to send awareness, relaxation, healing into different parts of their bodies wherever they might be holding tension, trauma, wounding, abuse, etc. And so it's a very powerful healing tool.

Scot McKay 5:22

Now, how does that directly apply to being better sexually?

Helena Nista 5:28

Hmm, the more we breathe, the more we feel. So there's a very direct connection with our actual actual sensitivity of the body. And obviously, we want to have insects we want to feel as much as possible because the body is capable of tons and tons of multi layered, amazing, exciting, blissful, pleasurable experiences. And we usually only access the superficial ones because we're not breathing deeply enough. So there's that kind of pleasure aspect to it. There's also a better control Fall in in our six that is related to breath, we can use the breath to actually control our sexual energy control our sexual experience. Instead of just keeping our arousal in our genital area, we can use breath to send that arousal send that erotic charge old back to our bodies, which then facilitates expanded pleasurable experiences full body orgasms. It also allows men to control their erections their arousal better, so they can last much longer. It allows women to connect better to their sensitivity to their sensuality and allows them to orgasm more easily and in a more much more expanded way. There's so much breath and better sex. That's why it's such a potent and powerful tool.

Scot McKay 6:47

Well, it seems like it's a significant factor. I mean, you went on and on about it. Now. Today's topic is self pleasure, aka masturbation as we discussed and I'm curious to find out from you how you gained such an interest in exploring that and discussing it and teaching people about it.

Helena Nista 7:08

I first came across masturbation coaching as a modality when I was doing my surgical training. And I, I immediately fell in love with the idea because I realized that I was pretty much touching myself the same way I did, like 10 years ago, 15 years ago. And then I learned that actually most people do the same thing. They kind of form masturbation habits in their teenagers, and then they stick with them pretty much all throughout their lives. And that can be very limiting. Because, you know, first of all, we don't really know much about sex and sexual pleasure when we're teenagers. And then second of all, usually when we catch ourselves as teenagers, we're still living with our parents. So there's that layer of shame underneath the whole act. And also we usually are in a rush. So want to get over the whole act pretty quickly because we might get caught and we don't want to get guilty. The shamed for attaching ourselves. So when we form masturbation habits so early, they don't really serve us in terms of expanding our erotic potential. And there are so many different masturbation habits or ways to touch ourselves that can not only give us pleasure, but actively train the body to expand and grow our sexual erotic and orgasmic potential. So that means that the more consciously you masturbate, the more conscious you apply these different masturbation techniques, not only the masturbation experience itself is going to become much more amazing, expanded and better. But the partner six is going to benefit as well, because we're basically training our bodies to become much better partners to feel much more pleasure to expand our orgasmic power, etc.

Scot McKay 8:50

Now, what you just spoke about is fascinating on several levels, and I want to get to all of them. First of all, I think it's very profound that you would talk at length about how we are trained, how to pleasure ourselves in an inherent environment of shame, and a need for speed. You know, we're going to get caught. We don't want our parents to walk in on us. I mean, that would be the worst, you know, especially if our little sister walked in on us or something. Oh, god, it's horrible. So we do it in shame. We do it in secret. And we try to get it over with as quickly as possible just so we don't get caught, like you said, and it was amazing to hear you acknowledge that we really don't ever outgrow that tendency. We develop that habit and then nobody or nothing comes along and says, Hey, you know what, you can actually expand that you can do something different here. As important as sex is to most of us, we really don't ever get around to it, perhaps because there's still that shame involved. And what you said in addition to that, about how masturbating can help one figure out how to be better in actual haired sex is something that not everybody would agree with. Now, I'm sure you realize that a lot of these guys have read about something called the nofap, a movement that is telling men that they should stop masturbating, because it's costing them their sexual power. It's costing them their prowess in bed, it may even be costing them the desire to even have a paired partner. And then of course, that gets aligned with pornography as a potentially bad thing for men. And then lots of guys are buying into it and they're saying, Hey, you know what, I stopped masturbating for a month and I feel like a new man. Meanwhile, others of us are sitting here left thinking, you know, if I don't blow a load, my balls are going to explode. Biologically This has got to happen. And I really don't see how the mechanism by which those balls are unloaded really matters whether it's me doing it for myself or whether I'm doing it with a female partner. You know, having actual gentleman sex? How would you unwrap that whole concept? I mean, what do you think of the nofap movement relative to how healthy it is for men in particular to masturbate? I don't consider it healthy at all. Which not or doing it?

Helena Nista 11:13

Oh, the whole movement, okay? It's not healthy. So hence not masturbating is not healthy. We are sexual beings, sexuality is and that is a natural, normal and healthy aspect of our bodies, and repressing that and trying to pretend like it doesn't exist, or like we are not going to give it an outlet or an expression that it just cannot be healthy for the body. And it hasn't been in my observation. You know, in my, in my experience, having said that, there are different ways to masturbate. So there are ways that don't serve us very well. And there are ways that serve us really, really well. So there's also the distinction there in actually how you masturbate because I encourage masturbation, but I get then accused or of encouraging men to one cup holder Which is completely natural, which is could include actually further from the truth because I actually teach men how to masturbate consciously how to masturbate in a way that nurtures their bodies and nurture their their minds and cultivate their sexual power. And I will I also want to say about the NOFA movement is that initially, when a man stops masturbate stops to watch porn and porn is a whole different topic as well. The he might experience that kind of renewed sense of new energy in his body and you know, because he's not ejaculating

regularly anymore, because he's not draining his body of that beautiful erotic power. So initially, he might experience it as a great thing because oh my god, he just stopped draining his body now, but the effect is not gonna last because he's not cultivating that sexual energy. So okay, first of all, they'll be this experience of my body's got all this new energy now that I was just Releasing regularly before and it feels amazing but then with time it's gonna wear off because he's actually disconnecting from the whole erotic realm of his physical reality. So, on the other hand, consciously cultivating the erotic energy and moving it true the whole body. That's why when I say masturbation, I don't necessarily mean ejaculation. These aren't synonymous terms. When a man masturbates, he can cultivate and expand and grow his sexual energy and he can use it for many different ways like like nurturing his body like nourishing his, his entire system rejuvenated himself. sexual energy is amazing, not just for our bodies is great for our minds as well for our creativity. So using that energy consciously to bring it out in different pursuits of our lives in our different projects, in work, career hobby, you know, anything else can be so amazing and men can literally use his sexual power to expand He's strength, masculinity and energy in any area of life.

Scot McKay 14:04

Could you give us an example of how a guy may change his outlook and indeed his actual practice of masturbating to better fit into that paradigm you're just discussing,

Helena Nista 14:18

I'm sure. So a few practical things that men can do is, first of all, start using the breath more consciously. And what I mean what I mean by that is actually slowing down the breath. Allowing the breath to remain very relaxed, kind of nice and deep abdominal breath is very helpful to expanding sexual energy, as opposed to just shallow chest breathing, or contracted breathing that actually keeps erotic energy arousal in their genitals and hence give them that gives them that urge to ejaculate. When we keep sexual energy, also known as arousal just in our genitals, we naturally the body naturally will will They release when you're holding so much charge in one area of the body, eventually the body is gonna say I can't hold this charge any longer I need to release it, it's too much. So there will be that urge to ejaculate, the man, he will release all of that sexual energy externally, he will lose it, he will drain during his body and he will end up you know, it's a lovely experience. But over time, it leads to feeling really drained. And like maybe masturbation isn't serving you, as opposed to using our bodies and breath consciously, which allows that sexual energy to travel and move throughout the entire body. So that energy is actually actively nurturing the whole system making the whole body feel amazing. And then when the ejaculation does happen, because it doesn't have to, like the men can actually totally feel are actually full body satisfaction in non injected or orgasm. But even if he does choose to ejaculate, he will not lose all of that energy back his body will still keep some of that sexual charge flowing through this them, meaning that he will actually feel amazing, nurtured, energized after his masturbation practice. So breath is the first thing that he can change, making sure that he's breathing a deep, open abdominal way

in a continuous pattern not holding the breath, not constricting the breath. Second thing is muscle tension, we tend to constrict the muscles particularly around the pelvic area, the genital area, we hold tension in upper legs and lower lower, lower belly, so the whole pelvic region becomes very tense. And that muscular tension will also hold sexual charge in one area in the genital area. So consciously relaxing, the muscles of that area will lead to those sort of energy channels opening up in the whole body. Meaning that that energy can actually travel to their body can be expanded to their body. And then the third really powerful tool is awareness where we're actually placing our attention. Because if the attention is placed either maybe externally when we're watching porn and so the whole attention goes out of the body and it goes into their computer screen or a phone screen, then we're not present in the body, we're missing out on a lot of their pleasure, a lot of the sensations and we can miss the point of no return. If we don't, you know, the man doesn't want to actually ejaculate at that point, he won't be actually aware where he his body's at with the arousal. And that's why a lot of men ejaculate, because they really not aware of how close to their edge they are. So keeping that awareness in the body, as opposed to externally is going to help with the control. But it's also going to help with the level of pleasure that the man is feeling and experiencing. We can literally consciously direct our energy in our body. So also if the awareness or the attention is just in the genital area, you know he's catching his demand is touching his genitals. He's feeling all the pleasure, but when his awareness is just in the genital area, Just his attention alone will also keep his arousal in his genitals. So moving that awareness out through the body feeling, you know, noticing the sensations in his chest and his belly in his arms and his face, his neck, his legs, his feet, etc. And also touching these different parts of the body, it's also helpful here is going to help that energy expand. So just using those three tools, breath, muscle relaxation, and placement of the awareness where the attention goes. These three are going to make a huge difference to the whole experience of sexual arousal, pleasure and masturbation in the body.

Scot McKay 18:40

You know Halina, I think a lot of guys listening to this may hear what you're saying, and it sounds good, but it sounds an awful lot like a woman talking about men's orgasms. From the perspective of how women feel and experience orgasms. In other words, you're talking about full body orgasms, you're talking about feeling satisfied without perhaps having ejaculate it and guys were thinking, I really can't relate to that. So please explain to these guys how all of that relates to the male sexual experience, because I think they're going to be unclear on that.

Helena Nista 19:16

Okay, yeah, I love that questions. Amazing. And the first thing is, I am a woman. I don't have a men's body. I never have, I never will. I will never really fully know what it's like

Scot McKay 19:27

to have me tell you having a penis is great.

Helena Nista 19:31

I don't so you know, I wasn't sure what I thought. So that's great. But the truth is, first of all, I've learned I learned a lot from men, like a lot of my teachers were men. So they were talking about their own experiences and how they use these tools, how they expand their sexual energy, how they train their bodies to have multiple full body known ejaculatory orgasms. So that's, you know, that's one thing like I've learned from men with masculine bodies with penises, doing this practices, enjoying them, and saying that they would never go back to their conventional ejaculatory orgasms. Because that just it doesn't doesn't even compare to the experience they're having with this moral conscious, expanded sexual masturbation practices. And second thing is that I've worked with a lot of men I've, in my practice, I've seen one one well over 1000 male clients. So I've been teaching them these practices for years now. And they report to me what happens like they report to me their experiences and and it's just absolutely mind blowing, what they can experience. And sometimes, I come across men who are incredibly lucky in a way that they might be just practicing these things for about maybe a week and they have their own like they're all their first full body orgasm, and it goes on for like 45 minutes and they're just mind blown and like literally shaking in theory, because they had actually no idea Yeah, that how it would feel? And yeah, they were curious. They wanted to expand their actual experience sexual experience, but the experience itself blow their socks off completely. So these are things I'm hearing from men again and again and again. So I can't doubt that this is evidence that I can't doubt because it's just the proof keeps coming back to me with all these men applying these things and then reporting to me again, again, again, that they are experiencing these expanded full body amazing, deeply ecstatic states of orgasmic pleasure.

Scot McKay 21:36

Okay, I heard you mentioned 45 minute long, full body orgasms. Yeah, that men can experience I think you got all of our attention when you said that. We all have 45 minutes to spare to have an orgasm with and not that most of us would probably think twice about that because I'm not sure we can actually physically and emotionally and I'm not sure whether we as male human beings can withstand and orgasm for 45 solid minutes regardless of how it works, but I would love for you to give me the first step on how you cultivate that you don't have to give away your whole store on this because I know that's probably one of your most closely guarded secrets, but just whet our appetites a little bit. What's the first step to move in that direction? So we can experience something like that?

Helena Nista 22:19

Yeah, I think you just touched on a very important thing. First of all, would like the ability to hold that kind of experience and pleasure because a lot of people have this kind of almost built in. orgasm stopper is in Okay, I'm going into an orgasm feels amazing. I'm having this big experience. And then they kind of just like mentally consider it. Okay, that was my few seconds of peak pleasure. And, and I'm down and it's finished. So actually, first of all, allowing yourself mentally giving yourself permission to stay in that state. And this can be tricky, challenging, maybe even triggering at first because it's Feels intense. It feels like a lot is happening in the body, but actually actually saying to yourself, okay, I'm still in August, I'm still in August instead of just going, Okay, I'm done. It's finished, I've released, I can just, you know, stop cleaning up now and get up and go to actually allow yourself to stay there to keep breathing to keep feeling the body and just see how far the body can go all by itself without that orgasm stopper without that mental block that says I'm done.

Scot McKay 23:28

Now, you know, if you're counting the cleanup operation, I can see how it would go 45 minutes

Helena Nista 23:35

to clean up and that's another thing so many men go straightaway into the cleanup mode. It's like okay, I was like elated. I need even like when they're still ejaculate. There might be already reaching out to like, you know, stop there. They come from going everywhere. So you're already pulling yourself out of your orgasm experience into your conscious, you know, mind that goes okay. I need to not make a mess? Well, you're literally just pulling yourself out of your orgasm experience. You can be orgasming if you're thinking about getting up.

Scot McKay 24:08

Now, you know what, first of all, before you go any further, there we went again, I want to make it perfectly clear that you and I made a pact early on in this recording that we weren't going to lunge upon every single sexual innuendo that happens forth from this particular episode. So if these guys are thinking, I'm leaving all these wonderful sexual innuendo jokes on the table, you know, hey, just get in touch with the 15 year old version of yourself guys and tell them to calm down because it would have pretty much eaten up half this show if we jumped on every single sexual innuendo. So there's that figured by now, with so many touching upon and coming across and so forth and so on happening, lots in this show, especially since bless your adorable heart, your your English as a second language, you know, it's happening probably more than you even realize. So I just wanted to acknowledge that to my audience and say Hey, you know what I'm, I've got my big boy trousers on here and we're just not going to do that. You know, I have to thank you for what you just mentioned, because I'm not sure how many guys really have pondered the fact that some of their orgasms are naturally lasting longer than others. It

has something to do with how long it's been since you last rub one out. And even after you're finished ejaculating, you can indeed still keep the pleasure going. And you can also give yourself more energy potentially for a second round to happen sooner than later by limiting how much you ejaculate relative to the first orgasm so you can go back for a second round. Guys who are a little bit older and more experienced understand all of these things relative to sex writ large, but what you're talking about is something different. You're talking about something that should have like a cardiac health warning or something like you know, if you have a heart condition, you may not want to like rub one out for 45 minutes and let your body just You know, go on overdrive here. But that's exactly what you're talking about. You're talking about having that pleasure protract itself over more than a half an hour towards 45 minutes worth, right?

Helena Nista 26:14

The full body orgasm, those kind of extended orgasms feel a bit different than those kind of peak orgasms that only lasts for a few few seconds. It's not like being in that peak orgasm that is almost like sustainable for the body. You know, that doesn't go on for 45 minutes. What can go on for 45 minutes, is that energy circulating the orgasmic energy circulating your body with which feels to me and from what the men are telling me it feels more a bit more peaceful? Then that's kind of high intensity high energy Oh, I got like climatic kind of experience. So I'm not talking about something that's potentially going to pull your heart risk. No, I feel like your body is you know, it's got these building these mechanisms to protect you anyway. So when, when a man goes into a 45 minutes orgasm each, I actually prefer to call it an orgasmic state because it's something that lasts typically lasts much longer as opposed to a pic climatic kind of few seconds of an orgasm. And it's a little bit of a different experience. It's, it's really, it's kind of hard to explain it even though I do try again again.

Scot McKay 27:34

Well, I'm guessing First of all, you're going to want to go easy on the caffeine and the Red Bull and vodka drinks before you go after this, right. You know, you want to make sure that your body is prepped for this, especially when you haven't done it so much before it's going to be different and it is going to be intense. I'm sure if it's called an orgasm.

Helena Nista 27:52

Yeah, exactly, absolutely. But also, you know, it's gonna grow slowly. He's gonna your body's gonna kind of start adjusting to this more expanded orgasmic experiences over time. So typically, you know, like I did mentioned somebody having a 45 minute orgasm within a week. But that's, you know, within a week of using these practices, but that is actually quite unusual. Usually men train for a few months. And that means that the body has got time to embrace, the experiences get used to them, and it's much more

able to deal with them in a much more kind of peaceful way. So a full body orgasm can feel like a lot of different things from that, you know, electric kind of pleasure shooting out through your, you know, through your entire body up and down, which was absolutely amazing. You know, it can actually cause your body to physically shake, which is something that you can't even control. It's like you're on that orgasmic realm, orgasmic planet almost, and your body's just shaking in ecstasy and feels amazing, but it can also feel much more much calmer, like release for expansion. of this orgasmic waves flowing through your whole body. And the reason why it's so hard to really give justice to it with words is because the brain in a way shuts down during these experiences. And it feels like a trance like state. Like you're in this full body. ecstasy.

Scot McKay 29:19

You know, you're talking about some seriously good sex here. Oh, no, and it's with someone else.

Helena Nista 29:29

But that's the key to in order to have amazing sex with somebody else. You have to have amazing sex with yourself. First, you have to train your body, you have to prepare yourself you have to learn how to have great sex we're not born with unfortunately, we're not born with the ability or the skills to have that amazing most expanded sex. That's a skill that we have to learn just like any other skill, and masturbation is a great area to train.

Scot McKay 29:52

Now just to get this out of the way in case the guys haven't visited the show notes page yet. The numbers match here, gentlemen, okay. She's got Pretty voice and she is very good at sacks and she's also extremely easy on the eyes. So on that note, how have you Halina trained the men you've been with? Not to blow their load so quickly with you. Do you have skills in that area? Do you help guys be better when they have sex with you?

Helena Nista 30:19

Three tools I mentioned already breath relaxation and presence or awareness or attention. These are quite powerful and, and so you're talking here about men I am with not not the clients because with you I'm sorry. Socially

Scot McKay 30:33

sexually. I mean, in your personal Yeah.

Helena Nista 30:35

Okay. This is early with a more of a kind of delicate area for me because I want I want someone I don't want to jump into a teacher role straightaway, not especially not in the bed. But, you know,

Scot McKay 30:47

if you have the sexy schoolmarm outfit to match, then it's okay.

Helena Nista 30:52

Exactly. But you know, I will give them like sort of little, make little, maybe requests Like to slow down, for example, and, you know, Fast and Furious sex isn't bad in itself, but it will you know, it typically builds arousal quickly and leads to education quickly, and that too many men means the end of intercourse. So slowing down itself is such a powerful tool, because we can go fast for a few moments or a few minutes and then we can slow down and just go so slow and that can feel so exquisite and amazing. And then we can actually just stop and stillness is such an underappreciated experience when it comes to sex and I'm talking still, penis in the vagina situation, stopping completely being becoming completely still together. You can be gazing into each other's arms or each other's eyes, or you can just close your eyes and just feel that richness of pleasure and energy flowing through your bodies. Were here's

Scot McKay 31:57

an idea, just stop and kiss. Yeah, while you're inside of her, right, yeah,

Helena Nista 32:02

that's right. Yeah.

Scot McKay 32:06

You know, you're bringing up something that I think is really valuable. And I want to expound on it just a little bit. young guys, unwrap women and just pound them like jackhammers because they're like

excited little Chihuahuas. And what you just outlined is the difference between a young dumb, full accom little boy, and how a man makes love to a woman. I mean, you start off with deep breaths, like you're talking about using your breath and using touch and letting yourself feel into this rather than rushing in. And then after you build that sexual tension and energy and passion together, there comes a point where, you know, you bend her over and pound her brains out and she screams and squirts and does all those things. But it's not the first 10 seconds, gentlemen, and that's what you're trying to say. Right? Yeah that you build up the crescendo towards like a wonderful classical piece of music.

Helena Nista 33:07

Absolutely, yeah.

Scot McKay 33:09

Sorry. I didn't mean to get you all excited. This is a serious area date podcast, we're talking about clinical things.

Unknown Speaker 33:16

Yeah. Yeah, very, very profound.

Helena Nista 33:20

You know, the crazy thing about that is that we all have that awareness there somewhere that when we expand the sexual experience, it's better the orgasm is better when we build up to it over a long, longer period of time. You know, it all feels better when we take our time. But in the moment, we kind of forget all of that and we just rush to that, really so rush the penetration Russia intercourse rush to the release. And afterwards, often, we can feel a little bit unfulfilled or unsatisfied.

Scot McKay 33:50

Or women just can't stand that can they

Helena Nista 33:54

won't be honest.

Scot McKay 33:56

You don't have to be this nice girl with us. You can throw it on the table.

Helena Nista 34:00

Okay, well women struggle with that. And that's one of the bigger

Scot McKay 34:04

way too sweet. You're just such a sweetheart.

Helena Nista 34:09

Well, you know, the thing is that men really want to satisfy their women as a lover and men wants to see that his woman is screaming nice to see that she's having an amazing spirit and amazing artist. And yet so many women struggle to actually orgasm during sex. And I actually, in many cases, I feel like it's due to premature penetration. I'm not even talking about premature ejaculation here I'm talking about premature penetration. So when you haven't warmed up her body enough that she's actually aroused with and ready if you haven't taken your time with her so that she's almost like, you know, begging you to penetrate her. You know, if she's still kind of dry and you know, she might be saying like with her words, okay, penetrate now because maybe part of the part wants to get over there with the experience or part of her feels like you really want it so she wants to please You are for whatever reason, she might be asking for it with her words. But when her body isn't ready, then this is just not going to be a great experience for her women, on average take about four times more time than a men to orgasm. That means she that she needs that build up, she needs that warm up, she needs her whole body to be activated and awake and caress etc. It is actually possible for a woman to orgasm the moment the men penetrates her the moment that the man enters her. And that is such an amazing experience for her but she absolutely has to be highly aroused. At that point. She needs to feel like her whole body has received the time and attention and touch and kisses and caresses and all of that so that she is ready for it because if she's not ready, if her body isn't ready, it's just not gonna be a great experience for her. You're probably gonna come, but she's probably gone now.

Scot McKay 35:59

Okay, Let's go get a pizza.

Helena Nista 36:02

Yeah, exactly. She's probably not gonna get there herself.

Scot McKay 36:05

All right, let me go ahead and add something. Let me add a layer to this because what you're talking about is pure gold to every man listening. If gentlemen, you are encountering Dr. vaginas in bed, you're doing this all wrong. Okay? There's a step before unwrapping the package and relaxing and warming her up. That's called mental foreplay. You should be flirting with her teasing her. And that way once you finally get her in the bedroom, she is going to be so hot that her vagina has long since liquidated down there. I'll tell you something. I don't remember ever having experienced a dry vagina. And I say this to women and they look at me and their little eyes turned into little sparkly hearts at me like oh, you must have a lucky wife. And I'm like really? Is this such a thing where guys just don't warm women up. They're just not feeling it yet. And the answer is always a resounding yes. And I am convinced after all the years I've walked this green, beautiful planet of ours, that it's because guys rush in, and they are very selfish about their sexuality. Gentlemen, if you give women that attention, she'll give that attention back to you and you will love what happens. And as for guys, quite literally diving right into penetration mode. Oh, man, we're depriving ourselves of life's greatest gifts that women can give to us in the bedroom. She wants to stroke you admire you, give you a blowjob give you the most amazing handjob ever and it's a completely different sensation. And it keeps us up if we allow it to by relaxing and working ourselves up to it to a point where when we do have penetrative genital sex, do the wild thing, if you will, with the woman. It's just going to be more spectacular than you've ever experienced. And yes, you'll probably last bombur because you've given yourself time to warm up. And these are nuggets of truth that men just absolutely never get around to figuring out. And in many ways, hell no women are ever going to help them. You're supposed to be the man, you're supposed to be leading a bed, go read a book, go get on the internet and figure this out. And yet they go and saying, you know what, maybe I'm not so into you afterwards, because that wasn't really all that good for me. And it's just really tragic, isn't it?

Helena Nista 38:28

Yeah, exactly. And what you're talking about is so powerful because a sexually fulfilled woman will be so generous back in bed, and she will one thing

Scot McKay 38:39

outside the bedroom to

Helena Nista 38:41

exactly. I see so many capitals that tell me we still love each other. We're great together with the best friends we like adore each other. But the bedroom is like there's this park is gone and we just don't connect anymore. And so the question I have to ask is, how do you like how did you make love that it led to the end of your second Life or to reduce sex life. If she is really fully satisfied sexually she's not gonna want to stop because usually is the woman that says, You know, I don't want to have sex anymore at some point of the relationship and the men are, you know, a desperate frustrated sexually then feeling like their wife is you know has kind of grown cold or whatever. But she's probably just grown sick and tired of unsatisfying sex. You know, how often would you like to have sex if he was kinda maybe uncomfortable? Not so arousing. Not so pleasurable. Maybe if you've never orgasm, how often would you want to have sex?

Scot McKay 39:34

Yeah, hundred percent. I mean, it's rhetorical question. Going back to what we talked about before, men who masturbate have this fear that they're going to lose their masculine energy. I think there's something to be said for not masturbating before you go out on a date that may turn sexual not only because you're going to have to perhaps perform sexually later, but I do think there's an element of masculine sexual are an energy that comes from being horny. But see where I limited? See the parameters I would put on that would be to say, yeah, as long as you're feeling as if you could be horny right now that masculine energy is going to be there. I don't think you have to store it up for an entire month to feel like a lion under there and act like one on the outside. But there is something to that isn't there when we're horny, we're just sexier. And I think that goes for women also, doesn't it?

Helena Nista 40:28

Absolutely. And something else I teach is actually how to hold onto that arousal and how to cherish it and move it to the body without kind of aggressively trolling it or the woman in front of you. Yes, because so many men don't really know how to deal with their arousal and they meet a beautiful woman and that arousal is actually frustrating. It sits in their genitals they kind of just kind of watch sex with her and release that energy. Whereas, you know, and that's, that's frustrating. They walk away feeling unfulfilled, whereas they could actually Where they act like creeps? Yeah, yeah, it can. Yeah, exactly. You can almost control our behavior in a way that's beyond the desire is so strong.

Scot McKay 41:09

And Halina not to interrupt you a second time, but this is important. That's the difference between little boys and grown men also. Yeah, hundred percent you show me a guy who gets into a situation re sexually pressuring a woman because he literally can't keep his pants on. And that is a turn off to a woman not simply because she feels like her safety is being violated. But just because it's unattractive inherently. Yeah, it's little boy stuff where a man can hold on to that sexual energy and really feel it and enjoy it much in the same way women do. I mean, women love being horny. And guys, really, a lot of times don't grasp that concept. They're thinking Well, you know what, women must just be a lot different than we are because if I'm morning, man, you know buying I spring one and I'm ready to hit it. And by the same token, men also fail to recognize they can be out on a date with a woman and by using his voice and flirting with her and being romantic. She can be squirming in her panties on the other side of the table and he'll never know it and she'll never reveal it. But I don't honestly think once you cut past all the societal trappings. I don't think we're all that much different. I think guys feel a little nitrogen bubble of horniness, just like women do. And I think if we have the wherewithal, we can let it simmer like we would a really good dish on the stove that takes a couple hours like a good spaghetti sauce. It takes a while to get all the flavors and all the spices melded together. I think male female sexual tension is exactly like that culminating in this wonderful dining experience later, you know?

Helena Nista 42:52

Exactly. And you're right and arouse person who is holding on to their arousal in who knows consciously how to How to cherish it, how to move it to their bodies. they radiate something really beautiful and deeply attracted. Yes. When I feel deeply aroused when I'm walking down the street men look at me men stop me and want to talk to me. It's It's beautiful. It's you know, it gives me confidence makes me feel amazing. And I teach that to men as well, and men can do it. I know, because they reporting to me their experiences with it. So it's not just a woman or just a female thing.

Scot McKay 43:26

Yeah, absolutely. And speaking of the female thing, I think we would be remiss if we didn't talk about women's masturbation patterns before we close out. Yes. I think a lot of guys fail to believe that women like sex at all, let alone that they actually enjoy pleasuring themselves. I mean, you know, you can see these women on porn doing it. There's interview porn, where the guy always asked, Oh, do you pleasure yourself and the woman's like, yeah, sure, five times a day and they're like, Yeah, well, she's just an actress. But nevertheless, there are these slumber parties held for women. Night Out where they talk about sex all night and buy hundreds of dollars worth of sex creams and gadgets and butterfly bunny ear toys and really dangerous looking vibrators. Women are horny little creatures also just like we are and they do like to pleasure themselves. Oh my god so true. Do women feel more or less shame about that than we do? And, you know, what is the truth about women's masturbation habits?

Helena Nista 44:27

Hmm women I think women are a bit more strongly repressed than men around their sexuality because there's this whole training around one girls are little around the whole topical Don't be a slut you know, keep your legs together don't touch yourself. Don't let the body that you etc. Whereas for boys even though they're still repressed and they still you know, their masturbation their directions are covered in shame. I feel like there is probably become a less there's a bit of a more permission for that. Oh, it's just boys will be boys and You know, having said that we're both sexes are definitely inhibited and repressed in this way. But women can hold so much so many toxic beliefs and ideas about their sexuality and how they need to be seen as mother figures who I figures you know, not there are any slots, you know, there were slot. Like it's such a there's such a negative connotation to this word such a negative term, but really it just describes a woman who enjoys sex who cherishes her sexuality and administer it and you know, and enjoys it freely. What's wrong with that? Bad this society by using this kind of terms and then giving women this kind of ideas and messages is like telling them loud and clear. It's not okay to be a sexual woman because you're going to be seen as a horror. Yeah, and women don't don't want that. That's why they're more hidden like they're hiding their their sexual desires to be more than men.

Scot McKay 45:58

Now, I think most guys listening would agree Halina that we are very turned on by the visual image of a woman masturbating. You see the porn movies with sibilian machines and women just screaming and pleasure, you know play near cells. And that's really hot to us. How do women feel about men masturbating? Is that concept sexy and hot and potentially horny to them? Or is it gross? Because I think a lot of guys think, you know, if a woman ever caught me masturbating, it would make her just vomit in her mouth. What's the truth there?

Helena Nista 46:34

Women don't usually realize the truth about our sexual nature. And so they are perception is that their partners shouldn't masturbate because if he masturbates, that means that he is not attracted to me enough or that I don't satisfy him enough. So it's not a gross experience, but it's more of a threat, as in, he doesn't find me attractive anymore and you know, I don't fulfill him. So That's more why women are not excited about their men masturbating.

Scot McKay 47:05

Is that a myth? Or is that valid? You think,

Helena Nista 47:07

Oh, it's a complete myth. And

Scot McKay 47:11

you know, to me, you're in another country. You're in Australia. Okay. Yeah. But and I don't know where you live in Australia. But let's say you were to come to America where we have wonderful Mexican food. Okay. And I take you somewhere to dinner with Emily Of course. And we get ourselves some fantastic Mexican food. You may be surprised to find that we have cheap ass Taco Bell restaurants in San Antonio also, because after all, isn't that like low end cheap fake Americanized Mexican food? Well, surprise, surprise, they have Taco Bell and Mexico to Why? Because it's a completely separate genre that's just remotely sort of related to each other. I think that's how most men and women If you really delve into our souls feel about masturbation, even masturbation to porn versus having real life sex with someone else, they're not really the same thing. They're like two different avenues of sexual pleasure, but one doesn't really substitute for the other. And of course, that certainly contributes to guys who are self described in cells, and aren't having any real sex with women that can make them feel frustrated that all they have to eat is Taco Bell all the time, for sure. But wouldn't you agree that those two situations those two sexual circumstances don't necessarily correlate to each other? Exactly.

Helena Nista 48:39

That? Yeah, absolutely. I fully agree with that. These you know, masturbation and partner sex are not an either or situation. These are two valid sexual experiences. And like I mentioned before, you have to be having great sex with yourself first so that you can have a great partner at six people associate a lot of stigma with masturbation on masturbation is only for lonely people or, you know, people who can't get a partner, maybe people who lost a partner and are too old to get a, you know, a new partner, etc. So it seemed like a lesser kind of sexual experience in the social general view. Whereas it's a very valid beautiful thing to have sex with yourself and people in relationships who should never stop masturbating. And again, there's that kind of idea. I have a partner that why should they masturbate?

Scot McKay 49:30

Why me? Let's be realistic. If you have the guts to masturbating in front of your partner partners with each other is extremely hot.

Helena Nista 49:40

Yeah, yeah, definitely. And it also a great you know, apart from it being health experience and really awesome to see your partner touching themselves in that kind of deep, amazing pleasure. It's also a great educational tool to see how your partner touches themselves, what kind of pressure they use, what kind of places they touch, how they use their their friends. etc do they use little burnouts and, you know, all of that is great information for you to give them more pleasure in the future because you might have some ideas about how to sexual partner, maybe they were able to communicate certain things about what they like, but to actually see them touching themselves. That is such a great source of information.

Scot McKay 50:18

Man, is that ever an underrated point? And that can be the main takeaway from this entire show. No kidding. You know, we're running out of time here. We could talk about this for hours. I think these guys could listen to your voice for hours. But alas, we have to bring this show to a close at some point. And what better way to do that than to point these guys to your masturbation course which they can find on your website. And, you know, obviously you're going to teach them the details. I almost said the ins and outs but the details of how to pleasure themselves to a much greater and more evolved and awakened degree as it were, than they ever have and I'm sure you have a lot of Tantra tied into that so these guys probably literally can't wait to get their hands on this. There I go again. [www dot mountaintop podcast com](http://www.mountaintoppodcast.com) Halina h e l e and a six letters. How long were they on the end? And what else can these guys find when they dig into your masturbation court Selena?

Helena Nista 51:24

Well, the masturbation coaching course it's an online course it's a seven week online course with a lot of homework practice.

Scot McKay 51:30

My goodness, if these guys are trying to jack off as quickly as possible, how do you expect them to hold up seven weeks are going to want it now like frickin verruca salt?

Helena Nista 51:39

Come on. Oh, it's a gradual process of adding different elements to their masturbation practice in order to build on it and expand it.

Scot McKay 51:49

So in other words, you're gonna learn to be patient Damn it. I will learn to be patient.

Helena Nista 51:55

Exactly, but it's a it's an amazing look at what what masturbation actually be, and to go through the seven weeks and to do all the all the homework and take your body to these different ways of being touched and felt and experienced, that actually rewires the nervous system that changes the body's sensuality and ability to feel and experience sex and sexual pleasure. So it's a great resource for both masturbation and partner sex. And that's how it's structured and structured the journey.

Scot McKay 52:28

Yeah, it sounds like it's not only worthwhile, but kind of a lot of fun too. So guys go to mountaintop podcast, calm front slash hellena he l e, Na, and get you some she's got a 50% coupon for you there too, just for you guys, because you're so sexy and cool. And speaking of which, I want to thank you for being so charming and wonderful and so willing to talk about what is really a shameful touchy topic for people. With such well thought out Truth for these guys, I think you've done a great job. And I think guys are going to be very impressed with what they've heard. Thank you.

Helena Nista 53:05

Thank you so much my absolute pleasure.

Scot McKay 53:09

Here we go again. And it is absolutely our pleasure. Also, you have no idea. So once again, guys, if you haven't been to mountaintop podcast before, we have a lot of fun on these shows. But ultimately, this is all about you. This is about your life, your best life being the man you were born to be. You feel like you're just living a shadow of what you should be living. Are you feeling like you know, there's more for you. There's a bigger dream, there's a sexier woman who is going to bring joy to your life instead of pain instead of misery. Are these the things that are eating at your soul? If so, if any way, shape or form any of that's true, if you can relate to what I just talked about at all go to mountaintop podcast com, click on the red button in the upper right hand corner and talk to me about it for 25 minutes. is real is the day as long I do not play a fictional character on this show and I will be able to talk to you be vulnerable with you about some of the things that have happened in my life. So we can figure out where to make the changes in your life, put a plan of action together that's going to make sure you get the results you

finally want it. Guys, every man I've ever invited to work with me one on one has gotten results. It's guaranteed that's because we talk first and I get a grasp of who you are, what you're trying to accomplish and we get on that road we put that plan of action together and we make it happen if that sounds exciting to you go to mountaintoppodcast.com click on the upper right hand corner there's a red button there where you can sign up to talk to me for absolutely free won't cost you a dime for 25 minutes and we'll put that plan together for you. And until I talk to you again real soon. This is Scott McKay from x&y communications in San Antonio, Texas. Be good out there.

Edroy Odem 55:04

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