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## SPEAKERS

Scot McKay, Sureya Leonara, Edroy Odem

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 **E** Edroy Odem 00:05

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

 **S** Scot McKay 00:18

it going? Gentlemen, welcome to another episode of The Mountain Top podcast. This is Scot McKay and I tell you what, if there's anything we need a little bit more of in our life, it's fun. And that is what if nothing else this episode is going to be is a whole lot of fun. I encourage you guys before we get started to remember to add me at Twitter, as at Scot McKay on Instagram at real Scot McKay, my YouTube is at Scot McKay and Tiktok at Scot McKay pretty much the only outlier there is Instagram because you know, I didn't get there soon enough and some other Scot McKay with one T somewhere, basically bogarted my username for me. Actually, I've never looked up who that is. Maybe I should, or maybe I shouldn't. Anyway, enough about me. Today's guest is a brand new friend of mine. You guys are gonna like her immediately. I did. She is sunny. she's funny, she's pretty. She talks about sex. What more could a guy possibly want? What more could a podcast host possibly want in terms of having someone on the show? She comes from Asheville, North Carolina, like just about everybody nowadays, unless of course, they're living in Austin, Texas. Surya Leonora, welcome to The Mountain Top.

 **S** Sureya Leonara 01:34

Thank you so much, Scott. It's great to be here. Yeah,

 **S** Scot McKay 01:37

it's great to have you here. We went through several potential topics. But after looking at your website, what we decided upon covering today and I'm excited about this is exuding sexual

energy every day. Now you are what we affectionately call and I'm using my words carefully, a female sexpert. So tell these guys a little bit about what your practice entails.



Sureya Leonara 02:03

Hi, guys. So I call me a great start by



Scot McKay 02:08

like the dating game. Number one,



Sureya Leonara 02:14

here I am. So I call myself a holistic sex and relationship coach. Because I really view sexual energy as this creative life force that we are made up of right, we were all literally created from sex. It's the energy that permeates all of existence. And so sex is not something that I see as something we can isolate to just the bedroom. It's woven into all that we are all that we do. And we are in relationship with everything starting with ourselves at all times. So when I say holistic sex and relationship coach, I'm really speaking to the grand interweaving of all of it together, not just as it pertains to the bedroom and our romantic relationships, but how we relate with self and this creative life force we are made of and how that permeates every area of our lives. So I have specialized in working with men for a long time. I love men. I work with couples and women as well. But really, I am just working to help people live the most turned on fulfilling lives that they can in every way possible.



Scot McKay 03:16

You know, everything you said is wonderful. Thank you. You're welcome. Confining the thought of sex to the bedroom is just awful, isn't it? I mean, you got airliners you got hotel rooftops. You got your own kitchen for God's sake. You got public bathrooms at the Vatican. No details trails. Boom. Yes, right. Yep. If you ever had sex and a bear walked up on you? No,



Sureya Leonara 03:41

but I did just have a dream about getting attacked by a bear a few nights ago.



Scot McKay 03:46

Yeah, you need a more aggressive boyfriend. Sorry. All right. So anyway. Enough about that. Probably, that's not nearly enough about that is what every guy is saying. But onward we go. You know, you said you love man. You said sex is something that's holistic. That's one of those words that kind of has an airy fairy tone about it. And you also said something that I've heard said before, which I couldn't agree with more, which basically translates to in the most simplest terms, you are sex. You were created by sex. Sex is the secret to the continuation of the entire

human race without sex, basically, what are we going to do create babies and test tubes? That seems a little unnatural. So if we have hang ups about sex, if we somehow have been damaged or hurt by sex, I think we need to take that seriously. But we also should really want to be healed from that negative feeling. Shouldn't we surrender? Absolutely.

 Sureya Leonara 04:46

If we are ashamed of sex, then at the core, we're ashamed of our very existence so it can create a lot of problems across the board. That's

 Scot McKay 04:54

a huge statement. You just made a very significant and I'm not sure I've ever heard anybody Put it like that. If you're ashamed of sex, you're ashamed of yourself, because we are sex. And if we're going to agree with the statement that sexuality has formed us, and is very integral to our being, then sexual shame is really, if it hasn't already gonna morph soon enough into a more general self shame, isn't it?

 Sureya Leonara 05:25

Absolutely. Because it's where we came from. So if we are, you know, literally ashamed of our origin story, then how are we going to feel good about ourselves, it's going to end up rippling out into everything we do, even if, unconsciously,

 Scot McKay 05:38

and ergo, our topic today, exuding sexual energy every day. If we're not ashamed of sex, if we're not ashamed of our own sexuality, then we're going to exude sexual energy every day.

 Sureya Leonara 05:51

Absolutely. It's our natural state. Yes.

 Scot McKay 05:54

It's like if we're not doing such, we're hiding something. Yes. Okay. So let's start with putting the shoe on the other foot. Because I think that works well, for a lot of guys. And really considering what we're dealing with here. Certainly, we're going to talk about us as men. But regardless, Surya there's no doubt that when we see a woman, she can have all the body parts, she can be stylish, she can have a pretty face. But unless and until we see that she's all woman all the time. And one way or another, we're really not going to notice her, and we're really not going to feel it for her sexually, are we?

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Sureya Leonara 06:29

Absolutely. What does that look like? So for me, somebody that is turned on by life is going to exude the most sexual energy, somebody that is feeling sexy in their skin that is embodied, that is living a life that lights them up. And I think a lot of times we think of turn on just in sexual terms. But if we look at what, what turns us on about life, and what really makes us come alive, and having this this sense of passion and purpose and being really immersed in life in a way that we're sinking our teeth into it, I think that's going to be the most magnetic quality we feel in anyone, regardless of you know, if they they look the part, they dress the part if they feel dead inside, if they're bored, if they're, you know, not really leaning into life in a way that makes us feel alive to be around them, it's going to have a very different impact.



Scot McKay 07:18

That's a wonderful answer. And it still encompasses so much that we're gonna have to dig a little deeper. And I will preface this conversation as it flows onward by saying, I just recently told a whole audience of men Surya, that one of the things that lands them in the GSB friendzone is being boring as hell. Yes. I mean, number one is not being masculine, kind of being neuter, and not igniting her femininity, as I call it, which I'm sure is a phrase that will sound good to you, too, because you understand these things, right. But on a related note, I went out on a date one time at college, Surya with the cutest gal ever, she was just everything I like visually. And after two hours of trying to withdraw surgically words in the English language from her, I was done. I got nothing. I just was like, Can we go back to the dorms now? I'm finished and she was just like, Huh? Sure. God, yeah, no second day. And by back to the dorms. I mean, back to her dorm me back to mine. That's right.

S

Sureya Leonara 08:25

Not together. No.



Scot McKay 08:29

And it's there's something to that this curiosity towards life is massive. And it's contagious. And yet nobody. Nobody seems to want to join in the party. Everybody kind of sleepwalking through life with their nose buried in their smartphones. vicariously living life through someone else watching someone else have an adventure on big screen TV barely leaving their house what I call door dashing through life, and it just isn't very sexy, is it?

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Sureya Leonara 08:57

No, not at all it is it is the biggest vive kill if you don't have a sense of awe and curiosity in life, things that you're eager to explore things that you want to sink your teeth in and drink of the juices of what life has to offer. You're gonna fall very flat. There's not much there. There's not much depth. There's not much that you have to bring to the context of relationship.

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Scot McKay 09:19

Another thing you said that I think is just strong, okay, and doesn't get talked about nearly enough is that being turned on? isn't really about what you think it's about. I mean, we're thinking, okay, she's got big knockers. Now I'm turned on. She got naked. I'm turned on. It isn't so much about body parts at first. I mean, especially for women. It's about what energy you're exuding. It's about your passions. It's about connection with another person. I was watching an old episode of Boston Legal, where one of the lead characters who's played by James Spader in probably his best role ever, is a quirky guy who's not particularly taller, good looking, everybody knows that James Spader is, but boy, is he a good lawyer, and boy, is he passionate when he gives, you know, his closings on the courtroom floor. And there is a particular episode where his I guess, legal secretary, or legal assistant gets into some sort of legal trouble. And he represents her for free. And she has been constantly saying, since she has been hired, because he's got a reputation for being a womanizer, keep your hands off, you're gonna get nowhere with me, et cetera, et cetera. So he gives this passionate, unbelievably competent closing argument and she's freed from her legal woes. And she kind of sashays into his office the next morning in the next scene and goes, you still don't get me wrong. Can't put your hands on me. You're never going to touch me. But I just wanted to say what you did yesterday, was the single sexiest thing I've ever seen in my entire life. And she kind of bit her lip in that way and swirled around and left. And James Spader is character whose name's Alan Shore, by the way, just did what Alan Shore does kind of did the same kind of luck that David DeAngelo would have told us all to have just looked back at her and said, You love me, you know, that kind of thing? Right? It's just a matter of time. Your words are saying some things, but your actions and your whole demeanor, say you're turned on, and that are of being able to read that kind of room, and to be able to elicit that kind of energy. Most men just don't completely get it. Right.



Sureya Leonara 11:38

Yeah, absolutely. It's so much about how you inhabit the skin that you're in, rather than the actual skin that you're in somebody who feels really comfy in their own skin, somebody who feels really embodied and you know, has cultivated what what is sexy about themselves, if you don't think you're sexy, if there's nothing that you find sexy about yourself, that's not going to be very magnetic. And so you know, finding the things that really light you up that make you feel confident, and at home and yourself that is going to exude such a magnetism, no matter what you look like. And I've seen that take shape in so many ways. I mean, we have this example that you were just talking about. Another one I see very often is I dance, Brazilian Zouk, which is a very sensual Brazilian partner dance. And some of the sexiest people are, you know, not even what somebody might consider as conventionally attractive by societal standards, but the way that they inhabit their body and they move. And you know, for the men, the way they hold the space, and they guide the energy, and they're very, in this strong, masculine container. It's the sexiest thing ever. So it's about finding your particular flavor of embodiment and expression that is going to exude so much sexual energy. Everything



Scot McKay 12:52

you said was incredibly essential, except the word container. What in the world was that?



Sureya Leonara 12:59

 Sureya Leonara 12:50

So container in the context of partner dance, the lead, which is typically the man, he has to hold a strong container for the feminine to find her freedom within, because if he has a flimsy container, if he's not holding a strong structure, and a clear sense of direction, she can't find that sense of surrender and flow that is that delicious, feminine energy. If she's worried he's going to drop her or if he's not being clear, and where he's guiding her better sense of freedom.

 Scot McKay 13:30

That was a much more central way to word things, but I'm laughing out loud, because I know there's at least half a dozen guys out there who are like left brainers and they're writing down every pickup line they can think of. All right, go to a woman tell her she has a really sexy container. Yeah, don't do it. Guys, that's not that ain't no pickup line.

 Sureya Leonara 13:51

Tell us that,

 Scot McKay 13:52

please. gonna remind me of this big ship that crashes into bridges and tears of down and kills people a great container is not a sexy word. But it is a wonderful dancing term for sure. Sure. Okay, so we as men are walking around. We're men. Women are supposed to be attracted to men. Women want to be attracted to men. Yet you hear a lot of complaints from frankly perfectly good women about how men just don't know how to be men anymore. What do they mean by that? Because I think a lot of guys pick up that vibe and think Alright, I gotta be more macho. I got to drive a bigger pickup truck. I got to increase the lift kit on my Dodge Ram. I gotta carry more guns wear a cowboy hat and spit tobacco and I don't think that's what women are thinking Where are the real men? Is a question we've got a very good decent women who love men are asking but what are they really asking Surya?

 Sureya Leonara 14:46

So this kind of comes back to that concept of the container. And when I think of container I think of like leadership, I think of what is what is the space that you're holding as a man to in the way that you're directing energy in a way that a woman can feel Like she can soften into that leadership like she

 Scot McKay 15:03

does remember, an open container can get you in trouble with the law. If you're driving with it. That's

 Sureya Leonara 15:06



Sureya Leonara 15:00

true. And you don't want to leaky container in any situation.



Scot McKay 15:10

That's a wonderful analogy. But anyway, I hijacked you.



Sureya Leonara 15:16

So a man, a man who is solid in his sense of self, who is not, you know, constantly, I don't know, what do you want to do? Well, I don't know, what do you want to do? That's where we get this really, you know, flimsy flip floppy energy. It's really hard when a man can take initiative and take leadership and make decisions. And he's, he's clear in his sense of direction. He's clear in his sense of self, he has a sense of mission and purpose and things that he really cares about. Because I think a lot of men can be really like you said, boring or demotivated or just kind of aimless. And that's not a very sexy energy, it doesn't build a lot of trust. I think it's when a man has a sense of self that is, you know, separate from the relationship, something he's committed to something he cares about, that that lights him up and turns him on, where he's not dependent upon the relationship to feel turned on by life. I think a lot of men, they're kind of wanting a woman to come fill their cup and all the ways but they're not coming with anything that they're bringing themselves. And I think that's why we see a lot of these women complaining. All



Scot McKay 16:18

right, I'm not meaning to put you on the spot here, because my expectations are very low. So this is not a trick question. How many episodes of this podcast Have you ever listened to prior to right now, prior to being on the show as a guest?



Sureya Leonara 16:31

I haven't listened to any yet. Alright, boom.



Scot McKay 16:33

Gentlemen, here you have a woman, a sexy woman who teaches you how to be sexy for a living. She does this for a living, basically just seeming as if she's just plagiarized. Everything we've ever said on the show, but no, but no, as John Belushi would have said, it's all first person. Because it's the truth. It's what freaking works. This is how women, good decent women who like men, this is how they feel about it. This is who they're looking for. So when you don't show up, I loved how you coined the term flippy floppy energy, as opposed to leading in a woman's best interest. I don't know if we like flippy floppy anything unless it's what we're wearing on our feet to go to the beach. I mean, where in the world is flippy? Floppy attractive? It certainly isn't in politics. You don't want your doctor to be flippy floppy. You know, I guess if you'd like pancakes and waffles for breakfast, okay. But not as a human trait, and certainly not

as a masculine trait. So if we lack confidence, we're not sexy. I think that's shopworn everybody knows that confidence is sexy. If you don't believe a woman should be attracted to you. They sure as hell won't believe it either. And that's not gender specific. Right? Women if they're not confidence it wears upon us as men we start believing maybe we could do better because she thinks we ought to even though she may be perfectly wonderful in every way. But this flip flop the energy of men getting on dates and asking the woman What do you want to do not having a plan? I hesitate to say this out loud, but I know it to be the case or a and I want you to get on a rant about this. Promise me you'll get on a big ol soapbox, because you're on a roll. You got it. Okay? men seem to have been given the message. This is what women want. Yield to women let women lead the future is female. So to a lot of men out there, especially these younger guys, right? It makes perfect sense to them to let the woman lead Let the woman make the plans give her whatever she wants be Mr. Nice Guy, just grease the skids anything? Not necessarily even because they're trying to reel in the proverbial biscuit sexually. It's just they've been told to do that. And women are disgusted by it. And I want you to unpack that whole phenomenon.

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Sureya Leonara 19:01

Yeah, absolutely. I mean, we don't want to be in our masculine all the time. And we have to if you won't step into that space. And so a man who can just say I've got this, and I'm going to take you on a journey that allows us to soften that allows us to trust like hey, somebody else can do this better than I can if I can trust my man to take leadership better than I would you know, do it on my own. That's that's incredibly relaxing to my nervous system.



Scot McKay 19:31

Is it because you can't? Or is it because the nature of the masculine feminine dance makes that preferable to women?

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Sureya Leonara 19:40

It makes it preferable I can do it. And I could do it all day long. But to have a break from that and to say you know what, you've got this and you might not do it in the exact way I would but can I trust your way is going to be just as good or even better in your own way. There's something incredibly liberating about that. And a lot of women will say that they want a man to lead but then they don't actually want to let him and they they keep trying to fight for the reins. And so I think for a lot of women, it's important that they realize no, he's not going to do it in the way that you would he's going to do it in his own way. But if you really want to soften into your feminine, you have to trust his masculine lead, and that that's going to look different than yours. Well,



Scot McKay 20:17

I think something important that she just said there is that a lot of women are their own worst enemy in this respect. Also, they've been told to take the lead. They've been told they're somehow giving into the patriarchy or whatever buzzword you want to use if they let a man



plan a date. Yeah. And meanwhile, they're left empty inside sexually, because it isn't about who's in charge. And who's dominating over someone from a social perspective, although a little sexual domination is something we could talk about, you know, because women like that, too. But it's not that this guy is ordering you around or being abusive. The secret to this whole house of cards, if you'll pardon me calling it that, because I do think it's fragile nowadays. Is the guy leading in the woman's best interest? Yep. You mentioned him taking her on this journey, which is actually an analogy I've sort of used myself I used to take women, especially single moms, when I was a single dad back when I was dating on two or three hour vacations and watch their eyes light up when I termed it as such. And I had everything planned. And it was always for them. I had listened. You know, women always want a guy who listens, not because they want to control him or have him obey. But just so he knows her hopes and fears and dreams and wants, so he can freakin lead accordingly. Yeah, even on a date. I'm just like, how do you know what is going to be a good decision to make in my best interest? If you don't even know who the hell I am yet? Yes, if I'm allergic to dairy, don't take me to a pizza parlor, right? And

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Sureya Leonara 21:43

this is something that can really help a man's confidence in understanding how to lead because I see a lot of men. They're timid because they're like, What if I make the wrong move? What if I guide her in a direction that she doesn't want to be? And there's a Taoist concept. So I work a lot with Taoist philosophy, which talks a lot about polarities. So Young energy being the masculine directive energy, Yin energy being the feminine receptive energy. And there's a Taoist concept that true young energy must come from and return to true Yin. And so what that means is before taking action before making a decision, which is the young energy, you have to tap into that Yin energy, and really listen to read the lay of the land tap into what what is your woman want? What is she expressing? What is the vibe of the moment, then you take some sort of action, and then you come back to the infield, and you reflect on how did that land? How did that go, and that's going to continue informing your decisions. But if you're not listening, if you're not tapped in with what's actually happening, then you're kind of on in this what would be called false young energy, where it's, it's, you know, it's not actually connected to a place of honoring the feminine, it is more domineering. And, you know, could lead to these more unhealthy expressions of what people would call a toxic masculine energy instead of that healthy masculine that is really honoring the feminine that is wanting to support her that is wanting to lead her on a journey. And if you know how to listen, if you know how to pay attention to the present moment, you can trust yourself to take action and be assertive with confidence.



Scot McKay 23:24

Two things there. First of all, it's occurred to me, as you talk that I should have arrived at the conclusion I just drew years ago, because it seems very basic. In retrospect. All of the guys who are toxic masculine are the ones who complain the most about women harping about toxic masculinity. If we are leading, and we don't understand the power of masculine leadership and how that dance works with feminine energy, then if we're selfish, if we're trying to manipulate women, if we're being physically abusive, we don't understand that toxic femininity, and anger and bitterness is what we're going to reap from what we've sown. Right. So all these guys who are angry at women, because the women are so angry at them, it's got to be us as men who

step up and break that vortex of doom. whereby he is sowing negative, perverted masculine energy, and I do believe that toxicity is a perversion of that which is virtuous, right? To the point where not only are women going to be angry and bitter towards him, but they may feel a lot better about taking all his money becoming a gold digger and letting him spend all his money because you know, hey, he's going to be toxic, she's going to be toxic. Where as when men understand women when they love women, when they I think it's not like I have to provide and protect, I get to provide and protect. What happens is they see a whole lot of virtuous femininity blossom right before their very eyes and get served right up to him, including wait for it, the great sex. So that's first, okay, we can talk about great sex, I certainly don't want to truncate that conversation. But I also want to issue a little bit of a disclaimer, you were talking about Taoism, which is great. I do want to acknowledge a lot of guys listening to the show are going to be of a different faith, and they will definitely be strong in that faith. I love how Taoism talks about that masculine feminine polarity. But I do think it's a basic truth that exists in the natural world, or a supernatural world if you want to call it that. If you want to apply a little magic to masculinity and femininity. I'm not going to be a hater about that. I don't think it's specific to a certain religion. I think it's basic human truth. I just think Taoism describes it very well.

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Sureya Leonara 25:57

Right. And Taoism, it's almost not quite a religion, but it's a way of speaking to the way of the natural world, which is why we find that principle everywhere, regardless of religion. It's kind of how the world works. And, you know, for a woman to want to follow your leadership, she has to trust you, she has to trust that you have her best interest in mind, which means that you know, you have to be listening to her and tracking with him. And you're right, it's once you show up and you realize that it's an honor and a privilege to provide and protect and be of this generous, masculine energy. That's going to come back to you in this beautiful feminine radiance and, and sexual connection and all of these beautiful things that we love about the feminine when she feels nourished. Yeah,



Scot McKay 26:43

I mean, you do your job like a champ, you get paid like a champ. Yep. Absolutely. That may be a little visceral and basic for what we're talking about around here. But sometimes it needs to be described in such terms. So it really hits home. Yeah. Can a woman look at a man and know immediately whether he's good in bed or not? How long does it take?

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Sureya Leonara 27:01

That's a really good question, isn't it? I mean, I think she's got to fill out the chemistry first. Because what might be good in bed to one woman might be very different for another.



Scot McKay 27:14

Oh, let's camp on that for a second. Uh huh. What are the differences?

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Sureya Leonara 27:18

I think so much of it has to do with chemistry and compatibility. And every woman's body is so different as well. So you know, a man, a man might feel like he's an amazing lover with this woman. But then if he tries to bring everything he did to this woman to the next woman, she might respond totally differently. And that's where we're not tapped into that that Yin field that we talked about where he has to be listening to this woman's body. In this moment, even what she loved last week might be totally different today, because she's in a different mood, she's in a different part of her cycle. And so again, that's where the deep listening is so important, if you're in a really soft, sentimental mood, and you throw in a spanking out of nowhere, that's gonna feel really out of context. And so it's about really listening to what's the lay of the land. And what is her vibe right now? How is our energy communicating and taking your action from that place of listening?



Scot McKay 28:14

Well, what you're conveying to us here is the simple notion that this energy you're sharing should be applied to your sexual experience together. There's no such thing as a generic sexual experience from the perspective of just two body parts sloshing together. Right. So what we call everything you just described around here is the art of reading the room. So if you got like this regal woman who carries herself in a serious way, and you've got another woman who's kind of a giggly, cheerleader type, they may carry that personality over into the bedroom, although they may not. I've seen things change massively. I've seen women who are very serious and very cerebral and downright regal in a way turn into horny little vixens, who are like riding a roller coaster in the bedroom, right? So there's a modicum of male leadership there and making a woman feel safe and comfortable in the bedroom. Obviously, you don't want to slut shame or you want to appreciate how beautiful her body is. Make her feel proud of herself and sexually free and you'll get the most out of it. But a little talk a little asking little making sure of what you like to do, can go a long way. And I would dare say it goes an extra long way before you're actually in the bedroom together. If you can find a way to have that mental foreplay all day long, where you're flirting with each other. And you know what, here's what I'd like to do to you and Oh, I love when this happens. Just freakin Listen, gentlemen, and then make it so when it comes to the game time.

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Sureya Leonara 29:47

Absolutely. And that's another that's another beautiful example of where sexual energy is. It's so much bigger than just what's happening in the bedroom that foreplay should be happening all the time. These mundane little moments are such incredible opportunities to be building that energy. Right?



Scot McKay 30:03

If you cook dinner for her and you're washing dishes together afterwards, and she takes a wooden spoon of wax you on the ass with it and giggles, that might be a little premonition of what she likes in the bedroom. Right. I also think that how people kiss is how they have sex.

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Sureya Leonara 30:18

Yeah, yeah, I would. I think that's a really interesting observation. What, like, I've heard anybody say that. But yeah, I mean, the mouth is a very sexual organ. And so it's and taste and smell are very connected to sexual energy. And but I mean, I think there's also a lot of different flavors of kissing. So how somebody kisses in one moment might be different than how they kiss in another moment. And I think we can be very sexually dynamic. So I would say that is accurate. But I would say you might sometimes only be getting a little window into one slice of the pie in any given moment,



Scot McKay 30:53

which is fine. You know, we don't eat the whole pie in one sitting, right? So we got to savor it. That's right. That's another thing guys struggle with, is wanting to rip through that present and get to the toy inside very, very quickly. Like they're a little spoiled brat on Christmas morning,

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Sureya Leonara 31:09

right? Yeah, and I would say this is really connected to exuding sexual energy to is, I always recommend playing with the way you eat as a way to work with this concept that you're talking about. If you're the type to scarf your meal down instantly, you barely got to taste it or smell it or enjoy it. That that might translate to your sexual experience. If you masturbate in that way, if you're just chasing, you know, just trying to rub one out and get off really quick, you're not actually building and cultivating that energy. So I like to encourage people to really sink your teeth into every sensual experience you get to have in a day because our senses are one of the ways that we fill up on that sexual energy, and have this overflowing Cup where we are exuding that energy every day. So like I was talking about with taste and smell being very connected to our sexual energy. And if you really savor your food, and you really relish in it, and you take your time to fully enjoy it, you take your time to enjoy your shower, the things that really tickle your senses and help you become very present and alive in your body. You're going to take that same kind of presence and immersive sensory experience into things like sex into things like self pleasure, and how are you really cultivating and building that energy and letting it be something that can be prolonged and expansive instead of you know, it's gone as soon as it can. That is



Scot McKay 32:35

incredibly powerful. Women are watching you eat when you take them out to dinner, gentlemen, there watching whether you literally wolf things down in general in life, or whether you know how to stop and smell the roses a little bit. And we as men are often thinking in black and white, we're often thinking about how to get from point A to point B as quickly as possible. And this does not make a sexy to women women are watching, it should be a luxurious experience. And women certainly know how to luxuriate more than men do. And as soon as we understand that about women will slow down and start enjoying this whole experience a lot

more, whether we realize it upfront or not. And then the rewards are great in terms of women luxuriating sexually upon us. And I just think more men would understand this, if we just gave it a frickin shot a couple times.

S

Sureya Leonara 33:32

It's so true. And it's a way that you're going to feel more turned on by life and have more to offer from that overflowing cup. If you feel deprived of sensual and sexual stimulus aside from when you're connecting with a lover, you're gonna have a lot of that lack energy, kind of that needy grasping energy, versus when you're living a life, that you're actually filling your own cup in that way, it's gonna feel so different to a woman. So one of the things that I always say, in terms of like, what makes a man creepy versus more enticing in the way that he's approaching a woman is the creepy energy it has this like, I'm trying to get something from you, I'm trying to take something I have a void that needs to be filled. And I want you to fill that there is an agenda. Whereas if you approach women with curiosity, and you're already tuned into your own sexual energy, and you're living your life in essentially fulfilling way you feel embodied you feel turned on by your life. You're curious, you're coming to the table with so much more to offer them. There's a lot more breathing room for her to interact with you. She doesn't feel like she's being pinned down by somebody who's trying to take something from her. And you're also coming with a greater awareness of your own standards and being curious about her rather than like, Oh, you're the you know, you're a woman that I'm finding attractive and I'm just gonna latch on to you and try to get something from you when I don't even know who you are. You could be crazy, you could be a total bitch, you could be, you know, we could have no compatibility whatsoever. But if I'm still trying to get something from you sexually, it kind of shows that I have no standards. And so as a woman, I'm a lot more curious about a man when I feel that he's curious. He's like, you know, trying to suss out Who is this woman, instead of, I've got something I'm, you know, trying to get from her immediately off the bat. And if you have this void, that's always needing to be filled, you're not going to be able to come with that healthy, masculine energy.



Scot McKay 35:33

being impatient, is being in curious. If you're just trying to blast through something, you really don't care much about it. You're not seeking to learn much about the experience. It's just a means to an end. And you know what the end is you have it in mind and the journey doesn't matter to you anymore. And that just throws curiosity right out the window. And meanwhile, Surya you keep talking about curiosity over and over and over again. Yeah, it's gotta matter here. It's got to be a big part of exuding sexual energy as a man. Yet, you know, if we're just trying to get to the finish line all the time sexually, then women aren't going to they're not going to abide that. And what goes along with that you're talking about women loving the sensual experience and you're kind of just kind of imploring us as men to buy into that I hear you over there. I see you okay, you seen her? What men don't realize Surya is if you lead with sensuality instead of sexuality if you just freakin take the time to understand women and lead that dance accordingly. And indeed, if and when you lead with sensuality, it boomerangs back to you as sexuality. Absolutely what you want because you lead with what turns women on in the real, most visceral sense. Hey, I'm gonna throw it on the table. Here's the elephant in the room Surya Look, no matter what the chick knows you want to get laid? She knows you want a piece of that, as she knows it. It's just how are you dancing this dance? Do you know what

you're doing? Do you freaking get it? Do you understand how men and women work? And you do your job as a man? Like I said, Do it well, and you get paid. Now, that sounds a bit transactional. But see what being curious what dancing the dance, what leading with sensuality does is it pulls that transactional feel away from it and re humanizes it, because that's the way it's supposed to be. This is supposed to be two human beings interacting, connecting, and then the sex happens naturally. Both of you are horny, let's face it. You know women will play keep away about being horny Won't they Surya because they have a guard up against these guys who don't know what they're doing. But when you make her feel safe, seen and heard and wanted and appreciated, and you've led in a way that's in our best interest, that feminine gift comes back to you with Hey, I look pretty cute naked. And I want to you know, give you a Thai massage and rub myself all over you.

S

Sureya Leonara 38:12

Right and there's there's nothing hotter than a man who is genuinely curious about your body who wants to explore it and really take his time with it instead of just, you know, rushing to the finish line. It's also how we stay out of sex feeling really routine is by staying curious and you know, approaching things from new angles and getting creative and not falling into that complacency. And, you know, one of the other things that I'll speak to around that topic that I think is really important to mention here in terms of exuding sexual energy is there are a lot of ways that we are constantly leaking energy on cheap dopamine hits as a society. And that is really diluting our sexual energy. And so if we are getting these cheap dopamine hits with social media TV, junk food porn, like whatever it is, we're depleting that buildup of sexual energy and and the drive to actually earn that dopamine through meaningful connections and meaningful experiences. And so a lot of times when couples have lost their Spark, or individuals are not in touch with their sexual energy, I like to ask them, Where are you leaking energy through these cheap dopamine hits, where you're kind of frying your system in a way that you're not actually having to earn that more fulfilling, real nourishing dopamine that comes from, you know, actual connections and achievements and things that mean something to us.



Scot McKay 39:40

I think that's incredibly well said. And going back to what you said a couple minutes ago, talking about how men want to kind of rush through sex please guys Surya will spend hours in our garage tinkering with our 71 Chevelle. We're attempting to change the clutch on our Ducati but when it comes to a woman's body, we just tear through it.

S

Sureya Leonara 40:02


Yep. Yeah. I've said that to a partner before is like, I want you to explore my body and the way you explore your guitar.





Scot McKay 40:09


Exactly. I mean, what the heck is wrong with this? Nuts? You gotta be kidding me. I love everything you said about the cheap hits. Because I think a lot of times that whole conversation becomes very reductionist in today's culture, you have the no fan movement which I don't

becomes very reductionist, in today's culture, you have the no rap movement, which I don't know about you, but just makes me roll my eyes. I mean, it's I went 30 days without ejaculating, I would, my body would take care of its own needs, you know, when I was working, I don't think your masculine energy is the same as your semen in the same way, I don't think sex is the same as screwing. And the sexual energy, our masculine energy gets leaked out in so many different ways other than through our balls, literally. And so I just really appreciate you and actually thank you for saying that. Yeah, I think that was something that is needed to be said, and as best said by a female human being who understands this stuff.

 Sureya Leonara 41:06  
Yeah, absolutely.

 Scot McKay 41:08  
Fantastic conversation. I think we could go on for probably six hours, and I think time would fly if we did. I'm going to definitely have you on. You're my new buddy. So you can come back on the show anytime you want. talk to these guys about how to be more sexually attractive to women because you are absolutely on point. And so absolutely right about everything you said that I think your message needs to get out. And in furthering that notion, I want to send these guys to [mountaintoppodcast.com](http://mountaintoppodcast.com) front slash wait for it. Sex energy. One word, hey, let's make it one word. Sex energy should be one word. Keep it simple. Yeah, sex, E N E R, G y. And what are these guys going to find when they go to that site Surya?

 Sureya Leonara 41:54  
Well, I would love to gift you guys with a free meditation that is about really breathing in that sexual energy that is available to us. In every single moment, we are swimming in this energy, and we have to learn how to open to it and turn ourselves onto it. So I have a favorite practice that I love to do when I'm feeling disconnected from that energy. So you're going to receive that as a free gift. And then you can also check out all of my online courses for men and get 20% off using the discount code [mountaintop](http://mountaintop.com). So I have courses about cultivating intentional self pleasure practices, working through sexual insecurities and cultivating multiple non ejaculatory orgasms. And I also work with men, one on one and with couples so you can explore everything I have to offer there. And yeah, thank you so much for having me on Scot today. It's been so fun connecting with you. And I would I would love to come back again in the future.

 Scot McKay 42:51  
Well, you betcha and if shows with female sex experts are no fun and I have not done my job. evil laugh I love that. These guys know this. I'm a laugh guy. I'm a voice guy and a laugh guy and my wife has the most infectious and the good way possible. Laugh ever. And she has a whole language of giggles. She has a giggle for every occasion. And I suspect you're similar. Yes. Appreciate.

 Sureya Leonara 43:01





Sureya Leonara 43:21

I love to laugh. Thank you for bringing laughter. Oh, yeah. Oh, yeah.



Scot McKay 43:25

So once again, thank you, Surya for being on and you betcha. We'll have we'll have you back on and probably sooner than later.



Sureya Leonara 43:32

Amazing. Well, thank you so much for connecting me with your incredible audience. And thank you all for tuning in today.



Scot McKay 43:40

Yeah, sure, guys, go to [mountaintoppodcast.com](http://mountaintoppodcast.com) Check out our sponsors origin in Maine. I have no idea what Jocko thinks of this conversation but I bet he's given it a big thumbs up somewhere and check out everything they've got you guys know that they have the best jeans they have the best boots they've done nothing but increase their product line since I last talked to you at length about them. Go to [mount stop podcast.com](http://mountstoppodcast.com) and check those guys out. Also check out the guys at the key port always new face place to dress up your everyday carry item for the 21st century that you get from those guys. Heroes soap has come out with honey bourbon soap Mine is in the mail right now as we speak but man I think if my wife doesn't get turned on by me smelling like honey bourbon, I don't know what else there is in this life to make that happen.



Sureya Leonara 44:28

Send me some of that.



Scot McKay 44:30

Yeah, well, hey, I'm about to give you the coupon code. These guys. These guys are amazing. And the soap itself you're gonna look at the price tag and go Alright, well that isn't a bar of ivory. Indeed it isn't. First of all, it doesn't feminize your body it doesn't have pthalates and all those ugly things that rob you have testosterone. All that's great, but I'm telling you I take a couple showers a day and one bar this lasts a month. I don't know how he does it. It's almost like Pick the everlasting gobstopper of soap you know from Willy Wonka you know you can suck on this job breaker forever. It's almost like that. It's like the soap version of that. Anyway, when you procure any of the goodies from heroes so from the key port or from origin and main, use the coupon code mountain 10 to get 10% off your order. And guys, listen, I haven't talked to some of you yet. I have talked to a lot of you guys, I always love chatting to you guys on the phone about where you are where you want to be. Go ahead, take the plunge get on my calendar for 30 minutes won't cost you a dime. There's no pressure. If you want to set up a coaching program with me. You and I will both know it's the right thing to do and we'll take it



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