

CHAPTER ELEVEN:

KEEP IT SWEET, MAKE IT SWEETER, GO FOR SWEETEST

The terms most often used to define Sugar arrangements are *No Strings Attached (NSA)*, *mutually beneficial*, and *negotiated*. The parties tacitly agree to these principles as something to strive for, and hopefully achieve, within their relationship. They are the Sugar Bowl equivalent of marital vows.

guilt rarely show their ugly faces, except perhaps in an occasional disagreement. The relationship is all about pleasure, respect, appreciation, and fun.

When thought of in these terms, a Sugar arrangement can have personal meaning beyond one relationship: it presents opportunities for lessons in giving – a spiritual practice if ever there was one.

When we give from the heart, we do so out of a joy that springs forth whenever we willingly enrich another person's life. This kind of giving benefits both the giver and receiver. The receiver enjoys the gift without worrying about the consequences that accompany gifts given out of fear, guilt, shame, or desire for gain. The giver benefits from the enhanced self-esteem that results when we see our efforts contributing to someone's well being.

— *Nonviolent Communication*, Marshall Rosenberg

In the well-functioning Sugar arrangement, both parties get what they want: that is a guiding principle. As pointed out repeatedly, this can only occur if everyone is perfectly clear and honest about their expectations, hopes, and desires.

The NSA aspect of an arrangement means that both parties recognize they have no hold over one another, except whatever they've mutually agreed to for a finite period of time, whether that period is predetermined or not. Browse the profiles on a site like SeekingArrangement.com and notice the recurrence of the phrases *no strings, no games, no drama*. These are all ways of saying *we don't own each other*. People aren't pets – you cannot *own* them – and in Sugar arrangements this is taken seriously. Each person's independence remains intact; it's the one thing that's non-negotiable.

Sugar Daddy might not even realize he's looking for it, but one reason older men or women want younger lovers is that it helps them recapture their own youth. This Sugar Baby gift is a no-brainer: all she has to do is *be*. The mere presence of her young self gets Sugar Daddy feeling younger and livelier. Youth is a gift bestowed on each of us for a brief period of time; unfortunately, we seldom realize how precious it is until after it's gone.

The smart Sugar Baby knows she holds this gift, and she derives great pleasure out of sharing it. When she lets all that youthful energy emerge, she becomes more tuned into it herself. Whereas most of us don't give much thought to being young while we are – hence the saying *Youth is wasted on the young* – we can't help but notice the “sweet bird” when it is reflected back at us by the eyes of an older companion – and the gift comes full circle.

For this reason the savvy Sugar Baby doesn't dampen her youthful impulses in a misguided attempt to appear sophisticated. She allows free rein to her playful creativity, even if she acts a little silly, in a fun kind of way, sometimes.

She almost always has music playing at home, and she dances with Sugar Daddy in the kitchen. Sometimes she'll greet him at the door in a crazy or sexy costume (see Idea #1 in the list further down). Any time she gets a notion to do something unusual and spontaneous – say, go for a ferry ride in the middle of the night – she makes sure they do it then and there (just be certain the ferry in question actually runs all night so you don't get stranded!). Most people lose spontaneity as they age, but when encouraged by a young lover, it all comes back (just like riding a bike). For the older person, getting in touch with youthful feelings, even temporarily, is a real Sugar high.

Caveat 2. Some Sugar Daddies are honest-to-god homebodies who really just want to stay home and watch videos, eat popcorn, and mess around on the sofa. These guys work hard and/or have many stress factors in their lives; being with Sugar Baby is the only time they can relax. In this case, needless to say, Sugar Baby shouldn't insist on going out to party all the time. Your Sugar Daddy might not care if he ever has a Sugar high; Sugar Baby should respect that.

More often, however, young people tend to underestimate older ones, by assuming they can't or won't do anything too rigorous, like hiking or bike riding, or dancing the night away. Sometimes a Sugar Baby is afraid her choice of activity might make her look unsophisticated, so she holds herself in check. She needs to realize that if she never shows her bubbly side, and lets him call all the shots, they could get so squashed into that couch it would take an earthquake to unseat them. There's nothing inherently wrong with being a couch potato; great fun can be had with two people and a sofa. But eventually one or both of you are bound to get bored. If Sugar Baby is proactive, she can avert a Sugar crash by taking control and revitalizing Daddy. Forget all those silly notions about sophistication. Learn to trust yourself.

Trust yourself

And look not for answers where no answers can be found.

Don't trust me to show you love

When my love may be only lust.

If you want somebody you can trust, trust yourself.

—Bob Dylan

from mouth to mouth like a prolonged kiss". More of the ocean's sensual bounty includes shrimp, clams, and mussels. Other foods liable to provide a hormonal charge are asparagus spears, truffles rooted out of the depths of the earth (*muuy expensivo!*); and, of course, almost anything chocolate. These are the most well-known aphrodisiacal foods, and they really do work, though different people have differing reactions to them. Make it pretty, delicious, subtle, and light: you don't want to overstuff yourself or him, lest you end up falling asleep, bypassing dinner's potential side effects!

2. ***Give Him Gifts.*** Who says Baby's the only one here who should get presents? Maybe you can't afford to buy him a Rolex, but you probably can afford a bobblehead of his favorite baseball player, or a whimsical car decoration. Be creative. One Sugar Baby I know came across a list in a men's magazine of "Ten Things Every Single Man Needs," and she used it as the basis for a Christmas package. The only items I still remember are a Frank Sinatra album, smoking jacket, deck of cards, and a blender. She bought a blender *refrigerator magnet* and got the smoking jacket second-hand (it wasn't really for wearing, just part of the fun – but if you're flush you could do this item for real). Her Sugar Daddy was delighted as he unwrapped and laughed over one item after another.
3. ***Use Technology Creatively.*** Send him text messages – sexy or friendly or loving, depending on your mood. Tease him with pictures of yourself sent via phone, email, or any other gizmo you have with photo capability. You can also put sexy pictures of yourself into your own greeting cards made with

7. **Wake Him With A Surprise.** One night when Sugar Daddy's sleeping over, tell him you have to be some place early the next morning. (If you're no good at these kinds of "lies," you won't be able to pull this off, but if you *can*...) Get out of the house before he's even out of bed. It shouldn't take you long to get dressed, since you'll be naked under your buttoned-up coat. Go for a ride and pick up jam and croissants for breakfast; or just sit in the car and read the paper for half an hour. If all goes as planned, he'll still be in bed when you return, throw off the coat, climb in next to him, and warm your chilly body up and down and against his toasty one. (This feels soooooo goood!)
8. **Read to Him.** Be sure to "lose" the remote control before a tired Sugar Daddy comes in after a hard day's work and collapses on the sofa. Sit down and put his head or his feet in your lap, and open up a book of erotic stories you've hidden between the couch pillows. Or, if you have the inclination, try writing your own erotica (get a copy of Susie Bright's e-book, *How to Read a Dirty Story*). You could even put him and/or you into a story. How long do you think it'll take for his exhaustion to evaporate?
9. **Play Games.** No, not mind games. And no, not Strip Poker either, it's been done to death. Instead, choose your favorite card or board game – Scrabble, Monopoly, UNO, whatever – and whoever wins gets to choose that night's sexual activity or fantasy. You'll need some guiding rules here; for instance, you can't shave his legs if you know it gives him the creeps. By the same token, he can't make you "pull a train" because you lost a game of dominoes.

2. *Gift certificate or DIY pedicure.* Buy her a gift certificate for a pedicure, or, better yet, DIY: polish her toenails, massage her feet with good lotions or creams. If you're in the mood, try shaving her legs in the bathtub; I'm told that women find it highly erotic.
3. *Food.* Bring her chocolates, gourmet olives, three fresh oysters...even just a hunk of designer cheese you know she particularly likes. If you have any cooking skills at all, use them. *Caveat:* If Sugar Baby's always on a diet, or worried about her weight, fuggedaboutit. *Dieter's Substitute:* A basket of fancy fruits.
4. *Jewelry.* Diamonds really *are* a girl's best friend but you don't have to buy her diamonds every week, or ever if you can't afford them. Other kinds of precious stones can be had for a more reasonable cost - lapis, for instance, or jade, are frequently quite affordable. There's no shame in silver rather than gold. Don't rule out upper-end costume jewelry either, a whimsical cloisonné pin, or a few bangles for her wrist. Earrings offer limitless choices, from tiny porcelain elephants to huge colored hoops. *Caveat:* You might want to give jewelry sparingly, on special occasions only, lest you start feeling pressured to up the ante; after months of no-occasion gold, a birthday calls for rubies. Of course, if you're wealthy and can afford it ...
5. *Do a Strip Tease For Her.* Women are always stripping for men, in public or private - and guess what? Stripping gets women hot too! Put on some slow saxophone jazz. Take your time. Touch yourself in key locations. Tease her mercilessly. Use your imagination. If you need help, classes on stripping for both genders are available in some big cities.

exchange, or talk about it beforehand. Just give it to her with a note explaining it's permanent, and tell her why (an opportunity to give her verbal kudos).

10. *Give Her A Credit Card.* If you haven't done so already, give Sugar Baby her own credit card. A cap on the line of credit is perfectly okay; just don't make it pitifully low (under \$3000 would be low). If she already has a credit card...give her another one! Or, instead of a major card, give her one from a specialty shop or boutique she particularly likes.

What If You O.D.?

Sugar is a potent substance. It can carry you off to Elysian Fields, then toss you right back into stark reality. It's easily abused, insinuating itself into every part of your life, body and soul, so that you crave sweetness even to the exclusion of balance and good health. Some people run after the Sugar rush like junkies chasing the dragon. They can't give it up if they try.

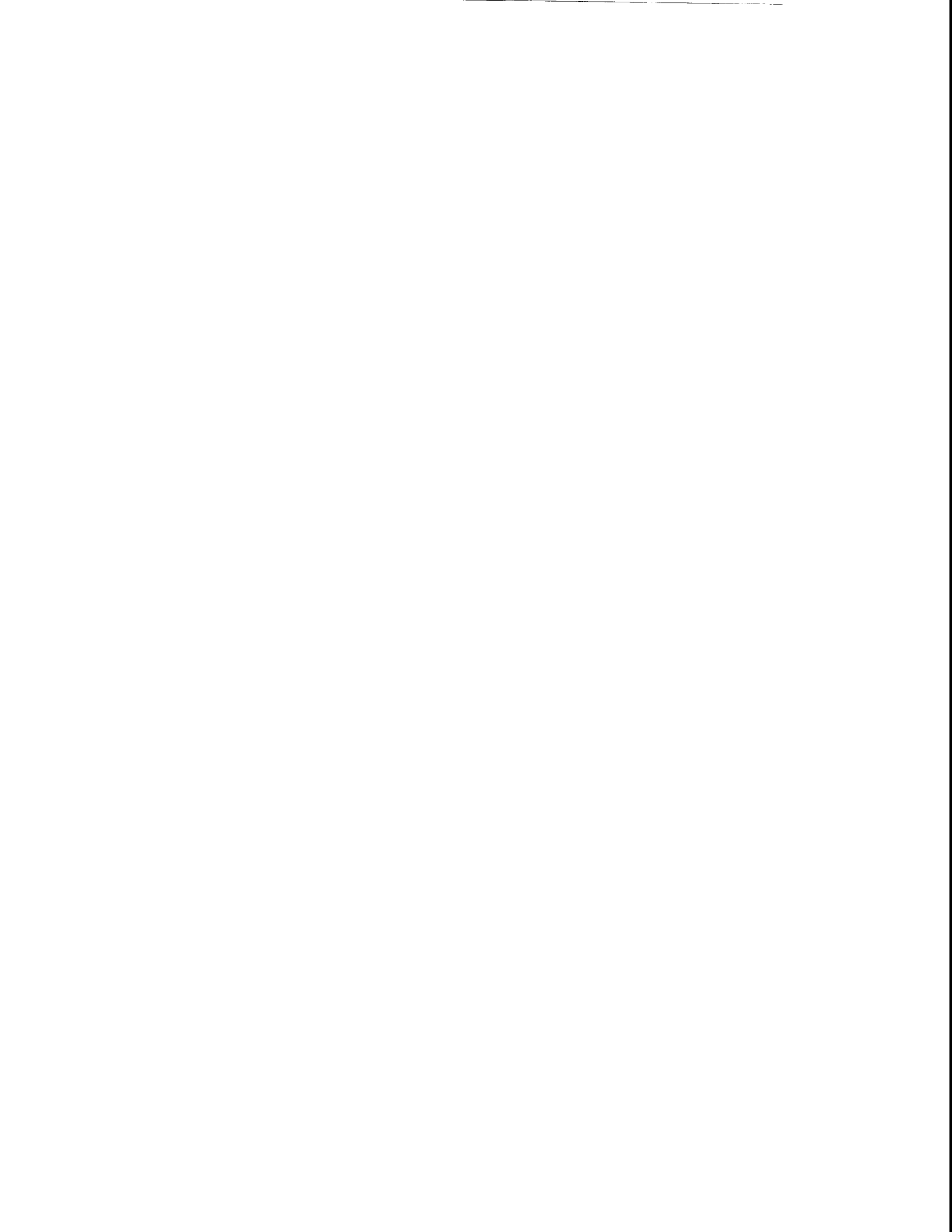
Then again, why give up a good thing?

Sometimes Sugar arrangements turn out so well they evolve into more than part-time fun and games. When both partners in a Sugar relationship find themselves falling in love, they've overdosed. Unlike real sugar or drug overdose, however, this addiction is not only manageable, but can turn out to be wonderful.

I first met Adam when I was 28. He was my Sugar Daddy for two years, and the relationship just kept getting better and better. We moved in together; then he proposed. Twelve years later here we are. I never would have predicted this, but one thing's for sure, we couldn't be happier. And I probably never would have met him outside of the Sugar Daddy thing, you know? Life is so weird.

you've crossed this particular border. The comfortable rhythms and easy flow you two shared prior to this development can be ruined by it. Yes, it's a sad thing to face – but it's not the end of the world.

In the next chapter we'll address the ways a Sugar relationship can go sour, and what to do about it.



This story is less uncommon than you might think. It makes perfect sense, though: in a long-term Sugar relationship two people spend a great deal of time together, get to know each other well, and make love on a regular, increasingly satisfying, basis. Add to this the Sugar principles that guarantee the giving and receiving of pleasure, and love cannot be too far off.

Of course, not every Sugar arrangement has this potential. Some people are more disciplined than others. They're careful to keep a lid on their emotions, setting limits such as seeing each other less frequently and for shorter periods of time, so they never get close enough to fall in love. Some are so determined to keep the NSA going they simply don't let themselves go anywhere near love's complications.

For those who do allow the sweetness to get even sweeter, the possibilities are vast. How convenient, to already know someone intimately for two years, like the woman in the above post, before jumping into a committed relationship. Actually it's less like jumping and more about going forward. This is no love at first sight! The romantic myths that so often damage relationships haven't gotten a foothold in this one. In that sense, a Sugar relationship may have an even better chance at success than one that starts off conventionally.

Should you and your Sugar OD, and you're comfortable following your bliss, *mazel tov!* The only real problem is: What will you tell your grandkids when they ask you how you met?

On the other hand, if you and your Sugar OD and you're a hundred percent certain you positively honestly for sure don't want it to continue, you'll probably have to give up Sugar – or at least *this* Sugar – completely. It's difficult, if not impossible, to go backwards once

6. *Mid-Week Getaway.* Without telling her, reserve the swankiest suite at the swankiest hotel that's reasonably convenient for an overnight stay. Stock the room with champagne and strawberries, little treats to eat, flowers. Be sure she's free on the day you've chosen to do this; perhaps make plans with her beforehand. Then call her during the day and tell her to meet you in the hotel bar for a drink. At some point during drinks, simply place the key to the suite in front of her.
7. *Hunt Her Down.* Tell her not to wear underwear beneath her skirt while she goes out shopping, either in and out of street stores or to a mall. Let her know that while she walks around, you'll be following, and you want her to subtly tease you – throw back her hair, hike up her skirt, cast meaningful looks over her shoulder. *Caveat:* Only try this if you know it's something she'll enjoy – remember, this is *her* surprise, not yours!
8. *Give Her a Bonus.* Assuming Sugar Baby gets a regular allowance, once in awhile tack some extra cash onto it; the amount depends on your budget. Or leave a check somewhere in her house – on her pillow, or in her (empty) coffee pot. Random bonuses are a welcome surprise, and a holiday bonus is plain good sense – after all, when everyone else is getting big Christmas bonuses, you don't want Baby to be left out or feel deprived!
9. *Give Her a Raise.* Even the Feds raised the minimum wage last year, after a decade of stagnation. Sugar Baby shouldn't have to wait that long; in fact, after your first six months together it's a good idea to raise her allowance. Don't make a big deal of it: don't ask for new perks in

10. Indulge His Fantasies. Make a pact with yourself, not necessarily directly to him but fine if you want to, that you will always indulge Sugar Daddy's sexual fantasies (with the exception of hated, feared, or truly dangerous acts). Encourage him to tell you, if he hasn't already, what those fantasies are. Tell him yours. Naturally, he'll want to reciprocate and indulge *you* some of the time.

If you need help to comfortably articulate sex fantasies, pick up a book at Good Vibrations: *Sex for the Clueless* by Marcy Sheiner, *Exhibitionism for the Shy* by Carol Queen; Annie Sprinkle's *Spectacular Sex*, or a few hundred other choices – when it comes to sex, everyone's got something to say.

One book I particularly recommend, not necessarily for fantasy value, but for general sexual self-knowledge, is *The Erotic Mind* by Jack Morin.

Surprises for Your Sugar

Daddies: Men are always asking *What do women want?* When in truth, most women aren't all that difficult to please – at least not when it comes to gift-giving. So many tangibles make them purr – flowers, jewelry, a pretty card with genuine sentiments on it. Here's a list of ten Surprises for Your Sugar.

- 1. Flowers.** Don't yawn – flowers never get old, so bring or send them frequently. For a change of pace, skip the flower shop, instead picking a bouquet from the side of the road. And never pass up a field of tiger lilies without stopping to pick some!

a simple software program like Print Explosion. Give cards at random, not just on holidays.

4. **Wash his hair.** “I wanna talk to you, I wanna shampoo you, I wanna renew you again and again.” So sang Joni Mitchell in “All I Really Want,” an ode to unselfish love. All I really want *you* to do is shampoo his hair...*with your toes!* (Figure it out.)
5. **Forego The Money Once in A While.** If your arrangement is that Sugar Daddy gives you cash or a check on every visit, politely decline once or twice. Let him know you genuinely like spending time with him (but be clear this is a one-time gesture, not new policy!). As you can imagine, this really says something: he’ll be floored.
6. **Dress Up for Him.** Dressing Up doesn’t *always* have to mean lingerie. Sure, that’s part of your repertoire – and don’t forget to include corsets; these days the variety is diverse and stunning, and nothing else gives a woman that hourglass figure. Still, even the sexiest or flimsiest ensemble can get old after awhile. (Besides, how long do you really keep the thing on?)

I’m talking now about **Dress-Up**, the game you played as a kid, turned up a notch with erotic overtones. Greet him at the door in a kooky getup, say, a black raincoat with nothing underneath, a toy gun in your pocket and a big floppy hat on your head. You’re a spy, or a 1930’s-era gun moll – whatever you, and he, want to pretend, the wackier the better. Or play geisha in a silk kimono from a second-hand shop. If you can get Sugar Daddy to join in the fun (don’t push it if he resists), buy him, say, a kid’s firefighter hat and tell him to “put out my fire.”

What Does Sugar Daddy Appreciate? Let Us Count the Ways

Food for thought:

*Never miss an opportunity to make others happy,
even if you have to leave them alone in order to do it.*

(Author Unknown)

Think about the kinds of things Sugar Daddy likes to eat, to do, to have done to him. In a typical arrangement, he comes to Sugar Baby for R&R; she's a haven from the pressures of his life. While just being your sexy and attentive self is probably plenty for him, everybody likes a surprise once in a while. By giving him one, you'll show that you appreciate him. Below is a list of specific "appreciation-showing" ideas. Try one, some, all, or none of them: only you know what feels natural to you, as well as what your Sugar Daddy might enjoy. While there must be at least 50 Ways to Please Your Lover, for now we'll stick to a more manageable ten.

1. ***Cook and Serve Him an Aphrodisiacal Dinner.*** This depends somewhat on your abilities and enthusiasms in the kitchen, but if you like to cook and do it passably well, chances are you will make him dinner at some time or other during the course of the relationship. That said, for one dinner trade in the usual pasta concoction for a meal made exclusively of foods known for their aphrodisiacal qualities. Get yourself a copy of Isabel Allende's *Aphrodite: A Memoir of the Senses* for inspiration and recipes. Amazon calls the book "a long, savory, enthralling ode to sensuality."

Most people know the more popular foods that are considered sexy. Oysters top the charts; Allende calls them, "those seductive tears of the sea, which lend themselves to slipping

Caveat 1. If you – or your Sugar Daddy – are one of the musically open-hearted people of the world who enjoy listening to a wide variety of genres, you can skip this section. Such people are few and far between; most of us get stuck in the music that formed the sound track of our transition to adulthood, in our 20's or 30's, and we never listen to anything new again. There's always been a musical disconnect between the generations: the battle begins with one's parents during adolescence, and expands to the wider world later on. The intensity of this feud has shown signs of ebbing ever since music such as that of the Beatles and the Rolling Stones crossed generational lines, but musical intolerance will always be with us. It's as if older ears are too worn out to process new or different musical configurations.

Thus, if Sugar Baby's grooving to Kanye West, while her Sugar Daddy thoroughly despises hip hop, you've got a conflict every time you flip the dials on the car radio or slip a CD into the player. He'll play the Grateful Dead for hours on end, but chances are that unless Baby's a second- or third-generation Deadhead, it'll put her right to sleep. The solution? You could each get under your separate MP3 devices...but who wants to do that?

This is one area where older folks can be horribly inflexible, so I'm afraid it's up to Sugar Baby to cultivate tolerance and consideration: if he really can't stand a musical genre, don't play it around him – you'll just irritate him and not have fun that night. Yes, it is regrettable when lovers can't share music – but it's one of the hazards of dating outside of one's peer group. Maybe you'll stumble into a genre – jazz is frequently a unifier – that you can both agree on; again, odds are better that Sugar Baby will take to one of his old collections. Good luck.

Both the Sugar Daddy and Sugar Baby should spend time, thought, and imagination dreaming up ways to give each other pleasure. As they say in the old hippie and New Age subcultures, *practice random acts of kindness and senseless acts of beauty.*

A Sugar Daddy Gives...

- ...without too many words or details.
- ...designer shoes at random; red ones never fail.
- ...the security of knowing you have more than you'll ever need.
- ...expensive gifts professionally wrapped in shiny paper and curly ribbons.

The idea is to make it appear, and even be, effortless. If you're thinking too hard about what to give, then you're missing the point. Outside of predetermined details, like allowance amount or travel expenses, the majority of your gifting should be spontaneous. You'll be irresistible to her.

A Sugar Baby Gives...

- ...enthusiasm and the spark of youth.
- ...HEAT: to look at, walk with, or be next to.
- ...a reason to go to your high school reunion.
- ...adventure, change and newness: the keys to eternal youth.

Sugar: The Key to Eternal Youth

Elegant five-course dinner for two: \$385.60

Lapis necklace (Gift for SB): \$250.00

Her taxicab home: \$12.50

Feeling 20 years younger: Priceless

By its very nature, the lovers in a Sugar relationship are always looking for new ways to please one another. When you trust that the other person has your best interests at heart, you feel secure and can relax: you don't have to worry about *getting my share*. Admit it – that's what most of us do in our relationships: we watch out for *Numero Uno*. Afraid of being cheated of what we think is our due, we weigh and balance and mentally keep score. Anyone who's been in a more-or-less-normal, traditional relationship is familiar with the syndrome.

If, on the other hand, you've ever had the good fortune to love someone in a way that transcends this trivial nonsense, where you didn't obsess about your needs and wants and getting your share, but instead cared so much about the other person that you were more focused on pleasing him or her than yourself...if you've ever been in love *like that*, you know the difference. In traditional relationships we resent the other person if we think they're not giving us enough; resentment alternates with its companion emotion, guilt, any time we think we're not doing enough of the giving. Two sides of the same coin, these emotions are toxic, not just to the relationship, but to one's very soul. And yet and still, we call it *love*.

*Well I've been where you're hanging
and I think I can see how you're pinned.*

*When you're not feeling holy
your loneliness says that you've sinned.*

—Leonard Cohen, *The Sisters of Mercy*

The magical, lovely, and wonderful thing that happens when each person is focused on *giving* rather than *getting* is that you end up getting more than you even knew you wanted. Resentment and