If you're the kind of man who wants to treat intimacy with care, chances are you also approach your work and life with integrity. Learning about this quietly is the mark of someone refined. Talking about it loudly, on the other hand, often isn't. Perhaps this is something best kept as your personal secret.

Honest Insights into a Woman's Body and Mind

Six Small Pieces of Knowledge to Bring You and Her Closer

1. What Does Menstrual Pain Feel Like?

For many women, this is still an awkward topic to talk about openly. When someone shows genuine care or curiosity, it can feel both a little embarrassing and deeply appreciated. So first of all—thank you for taking the time to read this quietly on your own.

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Some describe menstrual pain as a dull, wrenching sensation, like their abdomen is being twisted. Others say it feels almost like mild labor pains or a deep heaviness in the lower back that makes it hard to stand. The intensity varies not only between individuals but also from month to month.

One reason the pain occurs is that the body instinctively tries to stop bleeding by tightly contracting muscles. If the pelvis is misaligned or the body is chronically cold, those muscles don't relax well, blood flow worsens, and the pain can intensify.

It's common for women with severe cramps to feel chills even in the middle of summer. Hormone levels also drop, reducing energy and mood-regulating chemicals, which can cause emotional instability or even mild depressive episodes.

When blood flow is reduced, digestion can slow down as well, creating a vicious cycle that sometimes delays recovery even after the period ends. While menstruation isn't an illness, dealing with it monthly can feel more exhausting than many illnesses.

Ideally, before menstruation begins, women should eat iron-rich, protein-dense foods to build blood and promote circulation. Here are some examples you might gently encourage or help prepare:

Foods that help build blood: chicken, pork, carrots

Foods that promote circulation: garlic chives, leeks, onions, ginger

During this time, both body and emotions can be more sensitive, and small stresses feel magnified. If your partner is on her period, there's no need to push her to act cheerful. Quiet support and understanding will go a long way.

2. Does Penetration Feel Good or Hurt?

For many women, the first experience of penetration—or sex after a long time—can feel painful due to tension or dryness. Often it's described as a mix of heaviness, heat, and discomfort.

Some women are fortunate to have a body type where penetration feels less painful from the start, even if they're virgins. This doesn't mean they are "promiscuous," and likewise, not every woman bleeds during first-time intercourse.

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(The hymen varies greatly in thickness and shape. If it's thin or already open, there may be little or no bleeding. If it's thick and covers most of the opening, it can take more time and cause stronger pain to stretch.)

Some women naturally have sensitive erogenous zones, but for most, internal sensitivity isn't intense from the beginning. The inner areas are difficult to "self-train," so it takes time and trust to discover pleasure there.

Over time, with relaxation and familiarity, that discomfort often transforms into a feeling of comforting fullness. With practice and communication, some women eventually learn to climax internally. Just hearing "Are you okay?" during the moment can ease anxiety and help the body soften.

Try not to rush. Paying attention to her expressions and reactions is more important than any technique.

3. So, What Makes Sex "Good"?

To me, good sex is when body and heart are facing the same direction.

For example, some approaches—like what is called "slow sex" in Japan—emphasize taking time with touch and moving gently. This often heightens sensitivity and creates a sense of genuine connection.

If you ever feel unsure what to do, learning about these methods can be helpful. Communicating openly, even about small things, makes a remarkable difference.

I personally believe that bringing reason and affection into intimacy, rather than just instinct or urgency, creates a much more fulfilling experience.

4. When Does Sex Create Emotional Distance?

When pain is ignored, or when a woman's feelings and physical state are dismissed, it can create the sense that "I don't really matter to this person."

Even if you have good chemistry overall, repeated experiences like that make the heart close off.

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Conversely, simply asking, “Does this feel good?” or “Are you okay?” can protect that sense of closeness.

Sometimes, of course, women can also become emotionally distant or act out of alignment with their partner’s feelings. Regardless of gender, it’s worth asking yourself:

“If someone treated me like this, would I feel cared for?”

“Or would I feel abandoned, even while being physically wanted?”

Thinking about it this way can help find answers.

5. Does Penis Size Really Matter?

This is a topic men often discuss among themselves. But in real intimacy, it’s not about comparing whose anatomy is “better.”

The vagina is incredibly adaptive: closed at rest, it expands in both width and depth when aroused. It transforms to accommodate.

Many women—sometimes even those themselves—hold onto the idea that “bigger must be better” without really understanding how the body works.

After penetration, it often helps to pause and let the body adjust rather than moving immediately. Cuddling or gentle touching while the shape changes naturally can be far more comfortable.

Of course, not all women feel the same about size. But in most cases, the rhythm, patience, and shared awareness matter far more than measurements.

Knowledge about sexuality is essential for mutual safety and dignity.

And ultimately, something that only becomes “big” or “small” when you compare it to someone else does not belong in your bedroom. Sex is not a contest. It is an experience to deepen your relationship.

6. How About Giving Love Products as Gifts?

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Some people feel uncomfortable with the idea. But if you have a trusting, open relationship, it can be surprisingly positive.

Many couples or spouses use intimacy products together or offer them as gifts—especially since many are designed for support and gentle exploration.

For example, breast-focused massagers, suction-based stimulators, or subtle vibrators can enhance mutual touch. When designed beautifully, they feel more like a special gift than something awkward.

Products from brands made for women are often elegant, and many find it moving to receive something thoughtfully chosen just for them.

If you're unsure about giving one outright, browsing online shops together can be a gentle introduction. Asking, "Which condoms look nice?" or "Would you like to try massage oil sometime?" can naturally spark shared curiosity.

[Afterword]

Thank you for visiting The Camellia Garden.

This booklet was created for men, assuming heterosexual couples, to share honest perspectives on sexuality from a woman's point of view.

I only have the experience of living in a woman's body. I don't feel it's respectful to speak for gay men or others whose experiences I don't share, so this content is not intended for those communities.

Naturally, every person's body and mind are unique. No two women will feel exactly the same or hold identical values. I've tried to focus here on the basics, offering knowledge grounded in anatomy and experience, chosen because it can be useful to many men.

Above all, knowledge should never be used to judge anyone. It is here to help you honor safety, mutual respect, and the shared experience of intimacy.

If society's opinions or other people's judgments try to intrude into the private world you and your partner create, remember—that is the abnormality, not your love.

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If someone who has never experienced careful, emotionally attuned intimacy—whether slow sex or other mindful practices—insists it's "just about controlling women," their words are ultimately meaningless. The discipline and respect required for true intimacy are far from controlling. Those who dismiss it often reveal more about their own fears than anything else.

If this little booklet helps you and someone important to you take one more step forward together, that would make me very happy.

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from Camellia Mizuki

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