

The sacrament of masturbation - take it on hand!

Masturbation is wholesome and healthy provided it is not compulsive or excessive or consistently chosen in preference to having sex. Nobody can have sexual relations without masturbating the other partner in some way.

Masturbation can be a good preparation for engaging in a sexual relationship.

If masturbation makes you happy for the day then it makes you a person who is more effective at spreading happiness and can be considered a top sacrament for you. Do it!