

Proverbs on chastity from world languages		
Language	Proverb / Saying	Translation / Meaning
Ainu	Kamuy itak utar wenkekar	"The words of the gods teach restraint."
Akan (Ghana)	Wo nsa ka wo ho a, w’ani bewu	"If your hand touches your body, your eye will die." (A metaphor for self-restraint preventing downfall)
Ancient Greek	Ἀσκητικὸς βίος ἀρετῆς ἀρχή	"An ascetic life is the beginning of virtue."
Anishinaabe	The heart is your center, being from your center outward.	Discipline begins within.
Arabic	العفة تاج على رؤوس الأتقياء	"Chastity is a crown on the heads of the pious."
Armenian	Մաքրությունը հոգու ուժն է	"Purity is the soul’s strength."
Basque	Garbitasuna da bihotzaren indarra	"Purity is the strength of the heart."
Bengali	সংযমই প্রকৃত শক্তি	"Restraint is true strength."
Bosnian	Uzdržavanje vodi ka duhovnosti	"Abstinence leads to spirituality."
Chinese	清心寡欲，身心安宁	"A pure heart and few desires bring peace of body and mind."
Croatian	Čistoća je snaga	"Purity is power."
Czech	Ctnost je štítem proti pokušení	"Virtue is a shield against temptation."
Danish	Renhed er hjertets styrke	"Purity is the heart’s strength."
Dutch	Zelfbeheersing is de sleutel tot vrijheid	"Self-control is the key to freedom."
Estonian	Puhtus toob rahu	"Purity brings peace."
Fijian	Tau bi na watu ni veivakararawataki	"Drop the stone of suffering." (Let go of burdens)
Filipino	Ang taong marunong magpigil ay may dangal	"A person who knows restraint has dignity."
Finnish	Pidä himosi kurissa, löydät rauhan	"Keep your desires in check, and you’ll find peace."
French	La chasteté est la force de l’âme	"Chastity is the strength of the soul."
Georgian	თავშეკავებდა სრის სიბრძნე	"Restraint is wisdom."
German	Enthaltsamkeit ist der Weg zur Klarheit	"Abstinence is the path to clarity."
Greek (Modern)	Η αγνότητα είναι δύναμη	"Purity is strength."
Guarani (Paraguay)	Tekoporã ha’e pe mba’e guasu	"Well-being comes from righteous living."
Haitian Creole	Kenbe tèt ou, ou va kenbe lavi ou	"Control yourself, and you will control your life."
Hausa (West Africa)	Tsarki yana kawo daraja	"Purity brings honor."
Hawaiian	Ho‘omanawanui ka ‘i‘o	"Patience and restraint are truth."
Hebrew	פרישות מביאה לידי קדושה	"Abstinence leads to holiness."
Hindi	ब्रह्मचर्य ही जीवन का आधार है	"Celibacy is the foundation of life."

Hopi (USA)	Don't be afraid to cry. It will free your mind of sorrowful thoughts.	Emotional restraint leads to healing.
Hungarian	A tisztaság lelki békét hoz	"Purity brings inner peace."
Igbo (Nigeria)	Onye na-eme onwe ya ihe, chi ya na-eme ya	"He who disciplines himself, his spirit supports him."
Indonesian	Menahan nafsu adalah kemenangan sejati.	"Resisting desire is the true victory."
Iroquois (USA/Canada)	In our every deliberation, we must consider the impact on the next seven generations.	Restraint for long-term good.
Italian	La purezza è la luce dell'anima	"Purity is the light of the soul."
Japanese	色を慎むは徳の始まり	"Restraint from lust is the beginning of virtue."
Javanese	Laku prihatin iku dalan kamulyan	"A life of restraint is the path to glory."
Korean	욕심을 버리면 마음이 편하다	"Letting go of desire brings peace of mind."
Lao	ຄວາມສະຫງົບແມ່ນຄວາມສຸກທີ່ແທ້ຈິງ	"Peace through restraint is true happiness."
Latin	Castitas est virtus rara.	"Chastity is a rare virtue."
Latvian	Atturība ir gudrība	"Abstinence is wisdom."
Lithuanian	Skaistumas yra dorybė	"Chastity is a virtue."
Livonian	Puhtōksõn um völdõn	"Purity is strength."
Lumbee	Seek wisdom, not knowledge. Knowledge is of the past, wisdom is of the future.	Wisdom requires restraint from impulsive learning.
Malay	Menjaga diri adalah tanda kebijaksanaan	"Guarding oneself is a sign of wisdom."
Maltese	Ċaħdiet hija l-gieħ tal-bniedem	"Abstinence is a person's honor."
Manx	Glenssaghys she booise	"Chastity is a blessing."
Maori	Ko te noho tapu he taonga	"Living sacredly is a treasure."
Maori (New Zealand)	Kia whakatōmuri te haere whakamua	"I walk backwards into the future with my eyes fixed on the past." (Restraint through ancestral wisdom)
Mapuche (Chile)	Küme mogen ñi rakizuum	"Good living begins in the mind."
Mongolian	Цэвэр ариун байдал нь оюуны хүч юм	"Purity is mental strength."
Nahuatl (Mexico)	In tlilli in tlapalli, in yollotl in ixtli	"Black and red, heart and face — live with integrity."
Norwegian	Kyskhets er en edel dyd	"Chastity is a noble virtue."
Pashto	پاکي د انسان وقار دی	"Purity is a person's dignity."
Persian	عفت، زینت انسان است	"Chastity is the adornment of a person."
Polish	Czystość to skarb	"Chastity is a treasure."
Quechua (Peru)	Sumaq kawsayqa munayta mana chinkachkan	"A good life does not lose love through excess."

Romanian	Castitatea este o comoară	"Chastity is a treasure."
Russian	Целомудрие — щит души	"Chastity is the shield of the soul."
Samoan	O le ala i le pule o le tautua	"The path to leadership is service." (implies restraint and humility)
Sanskrit (India)	ब्रह्मचर्येण तपसा देवम ब्रह्मा विजिग्ये	"Through celibacy and austerity, the gods attained Brahman."
Serbian	Uzdržanost je znak mudrosti	"Restraint is a sign of wisdom."
Sioux (USA)	A brave man dies only once, a coward dies many times.	Courage includes restraint from fear.
Slovak	Zdržanlivosť je múdrosť	"Restraint is wisdom."
Slovenian	Samonadzor je pot do svobode	"Self-control is the path to freedom."
Spanish	La castidad es una joya del alma	"Chastity is a jewel of the soul."
Spanish (Latin America)	El que guarda su cuerpo, guarda su alma	"He who guards his body, guards his soul."
Swahili (East Africa)	Kujizuia ni hekima	"Self-restraint is wisdom."
Swedish	Självbehärskning är själens styrka	"Self-control is the soul's strength."
Tamil	கற்பு பெண்களின் ஆபரணம்	"Chastity is a woman's ornament."
Tausūg	Pagpugong sin kalibugan magdara sin dangal	"Restraint from lust brings dignity."
Thai	ผู้มีศีลพบความสุข	"One who keeps moral discipline finds happiness."
Tibetan	དགེ་བཤིག་ལུ་རྩ་བ་རེད།	"Virtue is the root of the mind."
Tokelauan	Ko toku Tokiga e mau ai toku hikohikomaga	"My culture and language consolidate my learning environment." (Emphasizes discipline through tradition)
Tongan	Fai'aki e 'ilo 'oua 'e fai'aki e ifo	"Act with knowledge, not just desire."
Turkish	İffet, insanın ziynetidir	"Chastity is a person's adornment."
Tzotzil (Mexico)	If one talks loudly, the cave will answer	"Antisocial behavior leads to isolation."
Ukrainian	Цнотливість — це сила	"Chastity is strength."
Urdu	پریز گاری روح کی غذا ہے	"Abstinence is food for the soul."
Vietnamese	Giữ mình là giữ phúc	"Preserving oneself is preserving blessings."
Xhosa	Ukuzithiba kukhokelela ebuhlotsheni	"Self-restraint leads to holiness."
Yoruba (Nigeria)	Iwa funra eni ni ogo	"Self-discipline is glory."
Zulu (South Africa)	Ukuzithiba kuyisibusiso	"Self-restraint is a blessing."
Source - Microsoft Copilot, collected 7-17-2025		