

## Refer for chastity

Give Text names with excerpts that are similar to "Jaina Sutra, 16th lecture, 10 conditions for perfect chastity." This document is made from search results for similar texts with AI apps ChatGPT, Google Gemini and Microsoft Copilot. Anyone can read these primary texts from internet and improve their life.

A Course in Miracles: "Lesson 190, on the path of forgiveness, teaching the purification of the mind from all grievances and resentments."

Abhidhamma – Ethics of Mindfulness “Mental purity begins with restraint of the senses.”

Ācāranga Sūtra (Book I, Lecture 7) – "A monk should avoid looking at women with desire, for vision pollutes the mind."

Acaranga Sutra: "Book 1, on the discipline of a monk, detailing the rules of conduct, including the complete renunciation of sexual activity in all forms."

Āchāranga Sūtra (Jainism – Śvetāmbara Canon) Excerpt: "The wise one should not approach women, should not look at them with longing, should not speak to them with desire... he who is free from attachment will conquer his passions." (Āchāranga Sūtra, Book 1, Lecture 6)

Acharanga Sutra (Jainism) “He should, once for all, abandon pleasant things which are hard to leave.”

Acharanga Sutra, Lecture 2 “Abandon all sensual pleasures; thus is the vow of chastity preserved.”

Al-Ghazali's The Revival of Religious Sciences (Ihya' 'ulum al-din): "Book on the purification of the soul, detailing the stages of ascetic discipline and the taming of the lower self (nafs)."

Analects of Confucius: "Book 14, on the principles of a superior person, defining the ethical and moral duties that govern a virtuous life."

Anguttara Nikāya (AN 4.37) – "Four qualities: celibacy, mindfulness, restraint, wisdom."

Aristotle's Nicomachean Ethics: "Book 2, on the virtue of temperance, defining the mean between excess and deficiency in the pursuit of pleasure."

Ashtavakra Gita • Focus: Detachment and freedom • “Lust and desire are illusions of the mind.”

Avadhuta Gita • Focus: Non-dual realization • “The liberated one is untouched by sensuality.”

Avatamsaka Sutra “The bodhisattva practices celibacy to cultivate compassion.”

Bhagavad Gītā (6.14) – "Firm in the vow of celibacy, controlling mind and senses."

Bhagavad Gita, Chapter 6 (Dhyana Yoga) – Instruction to the yogi to live with self-control, detached from sensual pleasure.

Bhagavata Purana – Teachings of Rishabhadeva “Renunciation and celibacy lead to spiritual awakening.”

Bodhicaryāvatāra (Chapter 8, Verse 45) – Śāntideva: "Guarding the mind is guarding chastity."

Bodhicaryāvatara (Shantideva, Ch. 8) – Strong instructions to renounce lust as bondage.

Bodhicaryāvatāra by Śāntideva “Lust is a fire that burns the forest of virtue.”

Bodhicaryāvatara by Shantideva “Guard your senses as a warrior guards his fortress.”

Bodhicaryāvatara by Shantideva • Focus: Bodhisattva path • “Guard your senses as a tortoise withdraws its limbs.”

Boethius’ “Consolation of Philosophy” – Virtue as a path to true happiness

Book of Mormon: "Alma 39, on the seriousness of unchastity, warning against sexual immorality and its spiritual consequences."

Buddhist Texts Pali Canon (Vinaya Pitaka): "Discourse on the rules for monks and nuns, outlining the precepts of celibacy and the consequences of transgressions."

Chāndogya Upaniṣad (8.5.1) – "Brahmacharya is the path to the highest light."

Charaka Samhita (Ayurveda text) – Advises moderation and chastity for preservation of ojas (vital energy).

Christine de Pizan’s “The Book of the City of Ladies” – Defends women’s virtue

Clement of Alexandria, Paedagogus – Christianized Stoic teaching on chastity.

Clement of Alexandria, Paedagogus (Book II, Ch. 10) – "Chastity adorns the soul with simplicity."

Clement of Alexandria, The Stromata: Clement discusses Christian asceticism and the importance of sexual restraint, seeing it as a means of purifying the soul and bringing the body into alignment with the divine.

Counsels of the Desert Fathers – Repeated exhortations to sexual purity and guarding the mind.

Dante’s “Divine Comedy” – Chastity as a virtue in the moral hierarchy

Dasam Granth: "The Chaupai Sahib, on divine protection, praising the power of chastity and moral strength in the face of adversity."

Daśavaikālika Sūtra (Chapter 8) – "Guard against passions as one guards a precious jewel."

"Dasavaikalika Sūtra (Jainism) Excerpt: ""He who is without desire, firm in vows, who guards his senses as a tortoise draws in its limbs — such a monk truly follows the path of liberation.""

(Dasavaikalika Sūtra, Chapter 4) Relevance: Offers direct instructions on mental and physical purity, particularly sexual restraint."

Dasavaikalika Sutra “A monk should be like a tortoise—withdrawn from sensual pleasures.”

Dasavaikalika Sutra • Focus: Monastic rules • “Avoid the company of women, for it leads to bondage.”

Dharmaśāstra (Apastamba Dharma Sutra): "Chapter 1, on the duties of students, detailing the strict regimen of celibacy and asceticism necessary for the acquisition of knowledge."

Edmund Spenser's "The Faerie Queene" – Allegorical praise of chastity

Epictetus, Enchiridion (33.2) – Instruction in self-restraint and not yielding to desire.

Epictetus, Enchiridion 33 “Abstain from sexual indulgence as far as possible, until marriage.”

Epictetus' Discourses – Stoic teachings on controlling passions

Epictetus's Discourses: "Book 1, on the discipline of desire, teaching how to live in accordance with nature by controlling one's passions and emotions."

Erasmus' "On Civility in Children" – Early humanist guide to moral behavior

Garuda Purana, Chapter 2 “He who protects his seed as wealth protects his fortune, attains immortality.”

Garuda Purana: "Chapter 12, on the virtues of a righteous life, outlining the discipline of sensory control and the avoidance of worldly attachments."

Geoffrey Chaucer's "The Canterbury Tales" – Includes tales praising chastity

Gṛhya Sūtras (Āśvalāyana, I.22) – "A student shall live in Brahmacharya, serving the teacher."

Hadith (Bukhari, Vol. 7, Book 62, Hadith 4) – "O young men, whoever among you can afford marriage should marry, for it helps one guard chastity; and whoever cannot should fast."

Hatha Yoga Pradipika 1.38 “Success in yoga comes to him who is moderate in diet, vigilant, self-controlled, and chaste.”

Henry David Thoreau's Walden: "Chapter 14, on the higher laws, advocating for a life of conscious simplicity and abstinence from sensual indulgences for a more profound existence."

I Ching (Book of Changes): "Hexagram 60, on the principle of limitation, explaining the importance of setting boundaries for self-discipline and moderation."

Ibn Arabi's The Bezels of Wisdom: "Fuss on the nature of chastity, explaining how true purity is a reflection of the divine qualities."

Immanuel Kant's The Metaphysics of Morals: "Part 2, on the duties to oneself, defining the ethical obligation to maintain self-respect and to resist succumbing to animalistic passions."

Itivuttaka • Focus: Short discourses • “The one who restrains the senses is like a charioteer with firm reins.”

Itivuttaka 25 “Abandon sensual desire; the celibate life brings freedom.”

John Cassian, The Institutes: Cassian's writings on the monastic life contain detailed instructions for monks on combating the vice of lust and maintaining purity of heart and body.

John Chrysostom, Homily 19 on Corinthians "Chastity makes a man like an angel."

John Chrysostom's Homilies – Early Christian sermons on purity

John Milton's "Paradise Lost" – Chastity as a divine virtue

John of the Cross's The Dark Night of the Soul:\*\* "Book 1, on the purification of the senses, describing the process of detaching from all physical and psychological comforts to reach spiritual union."

Juan Luis Vives' "The Education of a Christian Woman" – Instruction on virtue

Lankavatara Sutra – Urges detachment from sensual desires.

Lankavatara Sutra "Desire is the root of suffering; renunciation is liberation."

Lankavatara Sutra: "Chapter on the conditions of a Bodhisattva, describing the vows of purity and compassion that lead to enlightenment."

Liezi – Book of Master Lie "The sage does not indulge in pleasure... he finds joy in simplicity."

Liezi (Book 7, Yang Zhu) – "Excess drains life, chastity preserves it."

Liezi, Book 7 "He who preserves his essence through chastity extends his life."

Mahabharata – Moksha Dharma Parva "The path of liberation lies in self-restraint and detachment."

Mahabharata – Shanti Parva • Focus: Ethics and renunciation • "Celibacy is the highest form of tapas."

Mahābhārata, Śānti Parva (XII.233.5) – "The vow of Brahmacharya is the root of all dharma."

Mahabharata, Shanti Parva – Yudhishtira speaks on Brahmacharya as the highest austerity.

Mahabharata, Shanti Parva 38.23 "Celibacy is the highest virtue; through it a man conquers death itself."

"Mahānirvāṇa Tantra (Hinduism – Shaiva Tantra) Excerpt: ""He who conquers the senses, who is celibate, who renounces all desire — he becomes fit for liberation."" (Mahānirvāṇa Tantra, Chapter 8)

Relevance: A tantric scripture that discusses yogic discipline and sexual abstinence as paths to enlightenment. "

Mahaparinibbana Sutta – Buddha's final instructions emphasize restraint and purity.

Mahāyāna Śraddhotpāda Śāstra "The mind that seeks purity must abandon attachment."

Mahayana Sutras – Vimalakirti Nirdeśa "True purity lies in non-attachment."

Majjhima Nikāya – The Greater Discourse on Mindfulness “Guard the doors of the senses... lest the mind be led astray.”

Majjhima Nikaya (MN 27 – The Shorter Discourse on the Simile of the Elephant’s Footprint) – Celibacy central to monastic life.

Majjhima Nikaya 22 “Guarding the sense doors, the monk is chaste, refraining from sexual activity.”

Manusmṛiti – Laws of Manu “Let him not gaze upon a woman with desire, even in thought.”

Manusmṛiti (Chapter 6, Verse 88) – "Let him be chaste, abstaining from sensual delight, intent on truth."

Marcus Aurelius's Meditations: "Book 3, on the path of a Stoic, listing the principles of self-control and duty in the face of worldly temptation."

Margery Kempe’s Autobiography – A medieval mystic’s vow of chastity

Meister Eckhart's Sermons: "Sermon 4, on detachment from the self, describing the process of letting go of all earthly desires to achieve union with God."

Michel Foucault's The History of Sexuality, Volume 2: "Part 3, on the 'use of pleasures,' analyzing ancient Greek and Roman discourses on how to manage and moderate one's sexual conduct."

Milindapanha (The Questions of King Milinda): "Lecture on the nature of purity, explaining how a person can overcome worldly defilements."

Mulachara by Vattakera “Detailed rules for monk behavior, including chastity and silence.”

Musonius Rufus, Discourses – Advocates chastity and moderation in sexuality.

Musonius Rufus, Lecture XII – "Chastity is fitting for both men and women, for it guards the soul."

Narada Bhakti Sutra “Renunciation is the essence of devotion.”

Narada Bhakti Sutra – Exalts purity of body and mind, condemns lust as an obstacle to devotion.

Narada Bhakti Sutra “True devotion arises when one renounces worldly desires.”

Narada Bhakti Sutra 78 “Brahmacharya, non-attachment, and purity strengthen devotion.”

Nei Jing (Yellow Emperor’s Classic, Su Wen 1) – "Moderation in desire preserves vitality."

Niyamasara by Kundakunda o Focus: Essence of spiritual discipline o “The soul that refrains from sensual pleasures attains purity.”

Niyamasāra of Kundakunda (Verse 75) – "Chastity is the highest jewel of restraint."

Philo of Alexandria, On the Virtues – Advocates chastity as divine law.

Plato's Phaedrus: "Speech on the lover and non-lover, using the metaphor of a charioteer controlling two horses (one noble, one base) to represent the struggle for self-control."

Plato's Symposium: "Diotima's discourse on the ladder of love, describing the ascent from physical attraction to the love of pure beauty and wisdom."

Plutarch, Moralia (On Moral Virtue) – "Chastity is the harmony of desire under reason."

Pravachanasara "The soul must transcend passions to attain purity."

Puruṣārthasiddhyupāya: "Chapter 13, on the five great vows, explaining how the vow of Brahmacharya (chastity) is not merely physical abstinence but a complete purification of the soul."

Rule of St. Benedict – Chapter 4: Tools for Good Works "Do not gratify the desires of the flesh."

Samayasara, Verse 148 "Celibacy is purity of soul; passion contaminates it."

Samayika Sutra "Prescribes daily meditation and detachment rituals."

Seneca, Letters to Lucilius (Letter 114) – Self-control over bodily desires leads to freedom.

Seneca's Letters to Lucilius – Stoic reflections on self-restraint

Shankaracharya's Vivekachudamani, Verse 23 "Self-control, including chastity, is the foundation for liberation."

Shepherd of Hermas (Mandate 4) – "Be chaste and pure, for the Spirit dwells in the chaste."

Sigalovada Sutta (DN 31) – Advises laypeople against sexual misconduct.

Sikh Rehat Maryada: "Section 2, on the code of conduct, specifying the principles of celibacy for the spiritual seeker and fidelity for the householder."

Sir Thomas Malory's "Le Morte d'Arthur" – Chaste knights and courtly love

Søren Kierkegaard's Purity of Heart is to Will One Thing: "Chapter 1, on the need for singleness of purpose, arguing that a true spiritual life requires a complete dedication free from conflicting desires."

Srimad Bhagavatam: "Canto 3, on the conditions of a devoted servant, describing the qualities of an individual who has consecrated all actions and senses to the divine."

St. Ignatius – Spiritual Exercises • Focus: Discernment and detachment • "Restrain the senses to hear the voice of God."

Sthananga Sutra "Enumerates categories of knowledge and ethical conduct for monks."

Sun Simiao, Essential Prescriptions "Excessive sexual indulgence drains the spirit; chastity preserves it."

Sūtrakṛtāṅga (Book II, Lecture 7) – "One who conquers lust conquers the cycle of birth."

"Sūtrakṛtāṅga Sūtra (Jainism) Excerpt: ""He who guards his body and his thoughts, who is chaste and restrained, reaches the shore of liberation."" (Sūtrakṛtāṅga, Book I, Lecture 2)

Relevance: Jain canonical text that lays down monastic rules with special focus on non-violence and celibacy. "

Sutta Nipata – Atthaka Vagga • Focus: Renunciation • “He who has no desire is truly free.”

Sutta Nipata – Rhinoceros Horn Sutta “Better to wander alone than with one who tempts.”

Sutta Nipāta (Verse 366) – "The sage is without lust; his conduct is pure."

Taittirīya Upaniṣad (I.11.1) – "Practice truth, dharma, austerity, and Brahmacharya."

Talmud (Kiddushin): "Tractate on the sanctity of marriage, listing the laws and conditions that govern conjugal purity and family life."

Tannisho (Lamentations of Divergences): "Passage on the nature of desire, questioning the human struggle with attachment and self-will."

Tao Te Ching (Chapter 55) – "He who conserves his essence is strong."

Tao Te Ching, Chapter 55 “The sage preserves his vital essence; when the seed is not spilled, the body is strong.”

Tao Te Ching: "Chapter 8, on the qualities of water, illustrating how softness and yielding can overcome rigidity and attachment."

"Tattvārtha Sūtra (Jainism) Excerpt: ""Right conduct includes celibacy, truth, non-stealing, and renunciation. These lead to liberation when combined with right knowledge and right faith.""

(Tattvārtha Sūtra, Chapter 7)"

Tattvartha Sutra “Right conduct is the path to liberation.”

Tattvartha Sutra 7.1 “Celibacy is the restraint from sexual activity in thought, word, and deed.”

Tertullian, On Exhortation to Chastity: Tertullian, an early Christian author, argues for the importance of chastity and for the superiority of celibacy even for those who are not ordained.

The Ancrene Wisse – A guide for anchoresses on chastity and devotion

The Avesta (Zoroastrianism) – Teachings on moral purity

The Bible – Especially Proverbs, 1 Corinthians, and Genesis 39 (Joseph and Potiphar’s wife)

The Book of Changes (I Ching), Hexagram 1, The Creative (Qian) "The Creative works sublime success, furthering through perseverance."

The Book of Common Prayer – Anglican prayers and teachings on moral living

The Book of Mencius “To preserve one’s integrity is better than to gain the world.”

The Book of Mencius – Confucian reflections on moral conduct

The Cloud of Unknowing – Mystical text on purity of heart

The Cloud of Unknowing: "Chapter 1, on the practice of silent prayer, describing the conditions for entering a state of contemplative purity."

The Code of Hammurabi, Law 196: On Retribution "If a man has knocked out the eye of a patrician, his eye shall be knocked out."

The Corpus Hermeticum: "Tractate 1, on Poimandres, describing the spiritual rebirth that requires the death of the lower self, including all its desires."

The Desert Fathers (Sayings of the Fathers): "Apophthegmata Patrum, on the struggle with temptation, detailing the ascetic practices of hermits to achieve purity of heart."

The Desert Fathers, Sayings: The collected sayings of the early Christian hermits of the Egyptian desert offer concise, practical advice on spiritual warfare against the passions of the flesh.

The Didache – Teaching of the Twelve Apostles "Do not be lustful... for it leads to idolatry.

The Didache (1st–2nd century Christian manual) – Commands chastity and avoidance of lust.

The Didache (Teachings of the Twelve Apostles): "Chapter 3, on the way of life, warning against the sins of the flesh and the lust of the eyes as obstacles to salvation."

The Discourses of Epictetus, Book 1, Chapter 1: On Things Within Our Power "The chief task in life is simply this: to identify and separate matters so that I can say clearly to myself which are externals not in my control, and which have to do with the choices I actually control."

The Egyptian Book of the Dead, Chapter 125, The Declaration of Innocence "I have not stolen. I have not told lies. I have not been greedy. I have not caused pain. I have not killed."

The Emerald Tablet of Hermes Trismegistus: "Statement 7, on the discipline of the spirit, asserting that all things come from the One and require a pure vessel for manifestation."

The Enchiridion, Chapter 1, On Things in Our Control "Some things are in our control and others are not. Things in our control are opinion, pursuit, desire, aversion, and, in a word, whatever are our own actions. Things not in our control are body, property, reputation, command, and, in one word, whatever are not our own actions."

The Epic of Gilgamesh, Tablet 1, The Coming of Enkidu "He who saw the deep, the country's foundation, who knew the world, the wise one, Gilgamesh, he was the one who saw all things."

The Gospel of Matthew – Sermon on the Mount "Blessed are the pure in heart, for they shall see God."

The Gospel of Philip (Nag Hammadi Library): "Paragraph on the purity of the spirit, asserting that only a soul free from worldly defilement can enter the bridal chamber of God."

The Gospel of Thomas: "Saying 22, on becoming pure, advising followers to make their inner and outer selves one, a state of perfect purity."



The Hagakure (Yamamoto Tsunetomo): This samurai text advocates for a life of discipline and self-mastery, with a focus on detachment from worldly desires, including sensual pleasure, in order to serve one's lord.

The Jain Agamas – Jain texts on non-attachment and celibacy

The Kybalion: "Lecture on the Principle of Rhythm, explaining how a person can neutralize the swinging pendulum of desire through self-mastery."

The Ladder of Divine Ascent (St. John Climacus) – Whole chapters on chastity and purity.

The Ladder of Divine Ascent by John Climacus: This monastic treatise provides a step-by-step guide to spiritual perfection, with multiple rungs dedicated to combating lust and achieving purity of heart.

The Ladder of Divine Ascent by St. John Climacus "Chastity is the name which is common to all virtues."

The Laws of Manu: "Chapter 11, on penances and expiations, detailing the rigorous practices required to cleanse the soul from impurities of body and mind."

The Maimonides' Guide for the Perplexed, Part I, Chapter 1: On the Divine Attributes "The object of this Treatise is to explain the meaning of certain difficult words that occur in the prophetic books, and to make it clear that certain attributes which are ascribed to God are not to be taken in the ordinary sense."

The Masnavi of Rumi: "Story 2, on the lustful king, using allegorical poetry to illustrate the dangers of unbridled passion and the spiritual power of restraint."

The Meditations of Marcus Aurelius, Book 4, Section 3 "Do not act as if you were going to live ten thousand years. Death hangs over you. While you live, while it is in your power, be good."

The Nag Hammadi Library (e.g., The Gospel of Philip): "Passage on the Bridal Chamber, a mystical discourse on the purification of the spirit through sacred union."

The Philokalia – Eastern Orthodox Mysticism "Guard the heart against impure thoughts."

The Philokalia – St. Maximus the Confessor "Self-control is the mother of all virtues."

The Philokalia: This collection of Eastern Orthodox texts on prayer and asceticism contains teachings on the purification of the mind and body from lust and other passions.

The Popul Vuh, Part 1, Chapter 1: The Creation "There was nothing here. A single expanse of water was there, and a great calm lay upon the surface of the water."

The Quran – Surah An-Nur (24:30–31) "Tell the believing men to lower their gaze and guard their chastity."

The Quran – Surah An-Nur and Surah Al-Ahzab emphasize modesty and chastity

The Rig Veda, Mandala 10, Hymn 90: The Purusha Sukta "A thousand heads hath Purusha, a thousand eyes, a thousand feet. He overspread the earth on every side, and stood ten fingers' breadth beyond."

The Rule of St. Benedict – Instructions for monastic chastity.

The Rule of St. Benedict: This rule for monastic life includes strict guidelines on chastity, humility, and obedience, providing a blueprint for communities committed to a life of celibacy and spiritual discipline.

The Rule of the Master (Regula Magistri) “Let the monk be silent and chaste, lest he fall into temptation.”

The Shahnama (The Book of Kings), The Story of Siyavash "The world is a river, and we are but boats floating upon it. Our destiny is to be carried by the current, but our honor is to remain true to our course."

The Shepherd of Hermas “Put away from you all evil desire... and walk in purity.”

The Summa Theologica, Part I, Question 2, Article 3: Whether God Exists "The fifth way is taken from the governance of the world. We see that things which lack knowledge, such as natural bodies, act for an end."

The Tao Te Ching, Chapter 8, The Virtue of Water "The highest good is like water. Water benefits all things and does not compete with them. It stays in places that others despise. Therefore, it is close to the Tao."

The Tirukkural – Tamil text with verses on virtue and chastity

The Tripitaka, Majjhima Nikaya (Middle Discourses), Discourse 146: The Chachakka Sutta "Having heard the Dhamma, he practices it, and as he practices it, he becomes one who realizes it for himself. This is the way to the cessation of suffering."

The Vinaya Pitaka – Buddhist monastic rules on celibacy

The Vita Antonii (Life of St. Anthony): Athanasius's biography of St. Anthony the Great describes his extreme ascetic practices in the desert to overcome demonic temptations, including those of a sexual nature.

The Way of the Peaceful Warrior by Dan Millman: "Chapter on the discipline of the body, outlining the importance of physical purity and control for spiritual growth."

The writings of Julian of Norwich: This English mystic's visions and writings emphasize divine love and a spiritual understanding of the human body, seeing it as a temple to be kept pure.

The writings of Mary Baker Eddy, Science and Health with Key to the Scriptures: The founder of Christian Science discusses chastity as a spiritual virtue, connecting it to purity of thought and the rejection of a material sense of the body.

The writings of St. John of the Cross: A Carmelite mystic, St. John of the Cross writes about the "dark night of the soul," a process of spiritual purification that includes the detachment from all sensory pleasures and desires.

The writings of the early Quakers: While not strictly celibate, early Quaker teachings emphasized plainness, simplicity, and the avoidance of worldly excesses, which extended to their views on sexuality and marriage.

The writings of the Shakers: This Christian sect, known for its communal living, practiced strict celibacy as a core tenet of its faith.

The Yoga Vasistha “Desire is the root of bondage; renunciation is the path to liberation.”

The Zhuangzi, Chapter 2, On the Equality of All Things "The fish trap is for catching fish; once you have the fish, you can forget the trap. The snare is for catching rabbits; once you have the rabbit, you can forget the snare."

The Zohar (Jewish Mysticism) – Purity as a path to divine union

The Zohar (Kabbalah): "Tractate on the Tree of Life, explaining how the purification of the Sefirot (divine attributes) leads to spiritual ascent."

Therīgāthā – Verses of the Elder Nuns “I have conquered desire... I walk the path of the Buddha.

Therigatha (Poems of the Elder Nuns) – Verses celebrating chastity and freedom from desire.

Thomas à Kempis – Imitation of Christ – Urges purity of heart as essential for union with Christ.

Thomas Aquinas, Summa Theologica II-II, Q.151 “Chastity is the virtue that moderates desire for sexual pleasure.”

Tirukkural (Tamil classic), Chapters 15–17 – Verses on self-control and purity in family and ascetic life.

Upanishads – Chandogya & Brihadaranyaka • Focus: Self-realization • “He who sees the Self in all, renounces desire.”

Uttarādhyayana Sūtra (Chapter 2) – "Control of senses is the true armor of the monk."

Uttaradhyayana Sutra 9.41 “As a tortoise draws in its limbs, so a monk should draw in his senses and live in chastity.”

Vedas (e.g., Rigveda): "Hymn 10.129, on the origins of the cosmos, hinting at the power of tapasya (austerity) and self-control."

Vimalakirti Nirdesa Sutra – Teaches purity of mind, beyond sensual craving.

Visuddhimagga (Path of Purification by Buddhaghosa) – Step-by-step discipline for overcoming lustful thoughts.

Visuddhimagga (The Path of Purification): "Chapter 1, on the discipline of morality, detailing the steps for cultivating ethical conduct as a foundation for meditation."

Vivekachudamani (Crest-Jewel of Discrimination): "Verse 273, on the four-fold path of purification, specifying the need to subdue all carnal desires as a prerequisite for attaining liberation."

Vivekachudamani (Verse 76) – "Brahmacharya is the foundation of liberation."

Vivekachudamani by Adi Shankaracharya • Focus: Discrimination between real and unreal •  
“Renounce sensual pleasures to attain Brahman.”

Walden by Henry David Thoreau: "Chapter 1, on economy, extolling the virtues of a simple, disciplined life free from material accumulation."

William Shakespeare’s “Measure for Measure” – Explores sexual morality

Yoga Sutras of Patanjali – Yama & Niyama “Brahmacharya leads to great vitality.

Yoga Sutras of Patanjali – Yamas & Niyamas “Brahmacharya (chastity) is essential for spiritual progress.”

"Yoga Sūtras of Patañjali (Hinduism – Yoga Philosophy) Excerpt: ""When brahmacharya is firmly established, one gains great vitality."" (Yoga Sūtras 2.38)

Relevance: Defines celibacy (brahmacharya) as a key ethical restraint (yama) in the eightfold yogic path. "

Yoga Sutras of Patanjali 2.38 “When established in chastity, energy is acquired.”

Yoga Sutras of Patanjali, Yama-Niyama (II.30–32) – First Yama: Brahmacharya (continence).

Yoga Vasistha: "Book 2, on the conduct of a seeker, explaining how self-restraint is the foundation for overcoming the illusions of the material world."

Zhuangzi (Chapter 15) – "The sage is pure, free from lust."

Zhuangzi, Chapter 12 “The perfected man keeps his essence whole, unmoved by desire.”

Zohar – Kabbalistic Ethics “Purity of thought leads to divine union.”