

Jain Tradition

1. Brahmacharya vow — lifelong celibacy observed by monks and nuns
2. Indriya-nigraha — disciplined restraint of all five sense faculties
3. Upavasa — periodic fasting to weaken the momentum of bodily desire
4. Samayika — timed solitary meditation to still the restless mind
5. Aparigraha — strict limitation of possessions to dissolve attachment
6. Avoiding mixed-gender spaces — removing occasions of proximity
7. Mauna — vow of silence to curb speech-driven temptation
8. Svadhyaya — daily study of sacred Agamic texts to redirect thought
9. Mendicant lifestyle — complete removal of worldly stimulation
10. Pratikramana — daily ritual of repentance and moral self-examination
11. Kayotsarga — standing body-abandonment meditation to overcome identification
12. Ahimsa inward — non-harming through radical self-mastery
13. Renouncing adornment — abstaining from decorative dress and cosmetics
14. Sleeping on hard surfaces — to reduce comfort-seeking and bodily ease
15. Deep vairagya — cultivating dispassion toward all worldly objects
16. Samvara — blocking accumulation of new karma through constant vigilance
17. Limiting food — to the barest nutritional necessity without indulgence
18. Dwelling apart — from household life in ascetic communal residence
19. Uttaradhyayana study — contemplating Jain canonical teachings on restraint
20. Mental equanimity — renouncing desire at its very root in thought

Buddhist Tradition

21. Monastic celibacy — observing all Vinaya rules for monks and nuns
22. Kaya-sati — mindfulness of the body as inherently transient and fragile
23. Asubha bhavana — systematic contemplation of the body's impurity
24. Indriya-samvara — guarding each sense door vigilantly at every moment
25. One meal before noon — reducing stimulation through disciplined restraint
26. Total abstinence from intoxicants — that dissolve mindfulness and resolve
27. Metta meditation — transforming personal desire into universal compassion
28. Renouncing household life — taking monastic robes and vows formally
29. Patimokkha recitation — communal confession and accountability fortnightly
30. Maranasati — death contemplation to dissolve attachment to sensual pleasure
31. Walking meditation — settling the restless body through mindful movement
32. Noble silence — maintaining silence during meals and intensive retreat
33. Aranya-vasa — dwelling in forest or wilderness far from laypeople
34. Dhatu-manasikara — contemplating the body's four elements (earth, water, fire, air)
35. Reducing sleep — limiting rest to sharpen wakefulness and mental clarity

- 36. Dana — generous giving as the direct antidote to possessive craving
- 37. Renouncing entertainment — abstaining from music, performances, and shows
- 38. Charnel ground dwelling — living near death to viscerally deepen impermanence
- 39. Sutta chanting — reciting Pali texts to calm and redirect the passionate mind
- 40. Kalama discernment — examining each arising desire with careful investigation

Christian Tradition

- 41. Consecrated celibacy — solemn perpetual vow of chastity in religious life
- 42. Prayer and fasting — mortifying disordered bodily impulse through ascetic practice
- 43. Custody of the eyes — deliberately avoiding immodest imagery and scenes
- 44. Frequent sacraments — drawing spiritual strength from regular confession and Eucharist
- 45. Spiritual direction — maintaining consistent accountability with a confessor
- 46. Avoiding near occasions of sin — removing harmful companionships and environments
- 47. Marian devotion — honoring the Virgin Mary as the model of perfect purity
- 48. Lectio Divina — sacred reading to elevate and occupy the mind with holy content
- 49. Physical mortification — embracing cold, sparse conditions as ascetic discipline
- 50. Fraternal correction — relying on community life to sustain and reinforce virtue
- 51. Perpetual adoration — sustained contemplative focus before the Eucharist
- 52. Liturgy of the hours — structuring the entire day around communal sacred prayer
- 53. Ora et Labora — redirecting physical energy into manual labor and service
- 54. Refectory silence — maintaining silence during meals to reduce casual stimulation
- 55. Reading hagiographies — studying lives of saints as concrete moral exemplars
- 56. Vow of obedience — surrendering personal will entirely to a religious superior
- 57. Modest dress — wearing plain and unadorned clothing to discourage vanity
- 58. Examination of conscience — conducting a structured moral self-audit each month
- 59. Pilgrimage — undertaking bodily penance and spiritual recalibration through travel
- 60. Scripture memorization — filling the mind with holy content to crowd out temptation

Stoic Tradition

- 61. Logos over pathos — subordinating every passion to the governance of reason
- 62. Voluntary discomfort — choosing cold exposure and sparse diet for self-mastery
- 63. Negative visualization — meditating carefully on the costs and ruin of license
- 64. Nightly self-examination — journaling each day's failures and corrections (Marcus Aurelius)
- 65. Dichotomy of control — releasing all that lies outside one's own rational will
- 66. Avoiding luxury — refusing excess that inflames appetite and feeds fantasy
- 67. Memento mori — regularly remembering mortality to dissolve pleasure's false pull
- 68. Sophrosyne — cultivating temperance as a cardinal and non-negotiable virtue
- 69. Emulating exemplars — studying Cato, Socrates, and Musonius Rufus as models
- 70. Philosophical study — elevating the mind habitually above bodily preoccupation
- 71. Indifference to beauty — practicing non-reaction to physical appearance (Epictetus)
- 72. Reading Musonius Rufus — studying his direct arguments for sexual restraint
- 73. Plain diet — choosing simple food and actively avoiding rich or stimulating fare

- 74. Avoiding spectacles — abstaining from theatrical performances and public shows
- 75. Sleeping on the floor — choosing minimal bedding deliberately for discipline
- 76. Seeking elder company — preferring philosophers and the wise over peer groups
- 77. Embracing difficult tasks — intentionally choosing hardship to build will over appetite
- 78. Limiting social entertainments — refusing gatherings that weaken rational resolve
- 79. Premeditation of temptation — rehearsing resistance to anticipated future desire
- 80. Prohairesis training — daily strengthening of the faculty of moral choice and will

Hindu Tradition

- 81. Brahmacharya ashrama — observing the celibate student stage of life fully
- 82. Pranayama — systematic breath control to sublimate sexual energy into ojas
- 83. Satsang — maintaining holy company to avoid the corrupting influence of others
- 84. Mantra japa — repetitive sacred chanting to concentrate and purify the mind
- 85. Shaucha — performing ritual bathing and bodily purification as daily practice
- 86. Bhakti yoga — redirecting all love and longing entirely toward the Divine
- 87. Sattvic diet — consuming only pure, light food that quiets rajasic passion
- 88. Shastra study — daily reading of Vedas, Upanishads, and Bhagavad Gita
- 89. Guru seva — surrendering personal will and desire through selfless service
- 90. Urdhva-retas — practicing yoga and meditation to channel prana upward
- 91. Nishkama karma — acting without personal desire, attachment, or expectation
- 92. Viveka — cultivating sharp discrimination between the real and the unreal
- 93. Deep vairagya — intensifying dispassion toward every category of sensory experience
- 94. Dhyana — sustaining formal meditation practice to unify and purify the mind
- 95. Kirtan — participating in devotional singing to elevate spirit beyond craving
- 96. Tratak — steady-gaze practice to develop single-pointed concentration
- 97. Tirtha yatra — undertaking pilgrimage to sacred sites to deepen devotion
- 98. Yama observances — adhering to Patanjali's ethical disciplines including brahmacharya
- 99. Avoiding rajasic food — eliminating all spicy, fermented, and stimulating foods
- 100. Ananda-maya kosha awareness — resting in the innermost bliss-body beyond bodily identification