

50 Methods of Chastity

DRAWN FROM JAIN, BUDDHIST, CHRISTIAN, STOIC & HINDU TRADITIONS

JAIN	BUDDHIST	CHRISTIAN	STOIC	HINDU
1. Brahmacharya vow — lifelong celibacy for monks and nuns	11. Monastic celibacy — full Vinaya rules for monks and nuns	21. Consecrated celibacy — solemn vow of chastity in religious life	31. Subordinating passion to reason — (logos) in every decision	41. Brahmacharya ashrama — the celibate student stage of life
2. Indriya-nigraha — restraint of all five sense faculties	12. Kaya-sati — mindfulness of the body as transient and fragile	22. Prayer and fasting — to mortify disordered bodily impulse	32. Voluntary discomfort — cold exposure and sparse diet for mastery	42. Pranayama — breath control to sublimate sexual energy (ojas)
3. Upavasa — fasting to weaken the force of bodily desire	13. Asubha bhavana — contemplation of the body's impurity	23. Custody of the eyes — actively avoiding immodest imagery	33. Negative visualization — meditating on the cost of license	43. Satsang — keeping holy company to avoid corrupting influence
4. Samayika — solitary meditation to still the restless mind	14. Indriya-samvara — guarding the sense doors at every moment	24. Frequent sacraments — reception for spiritual strength	34. Daily journaling — self-examination (after Marcus Aurelius)	44. Mantra japa — repetitive chanting to concentrate and purify mind
5. Aparigraha — limiting possessions to dissolve attachment	15. Eating once before noon — reducing stimulation through restraint	25. Spiritual direction — regular accountability with a confessor	35. Dichotomy of control — releasing what is not in one's power	45. Shaucha — ritual bathing and bodily purification as daily practice
6. Avoiding mixed-gender spaces — occasions of proximity	16. Abstaining from intoxicants — that dissolve discernment	26. Avoiding occasions of sin — and harmful companionship	36. Avoiding luxury and excess — that inflame appetite and fantasy	46. Bhakti yoga — redirecting love and longing toward the Divine
7. Mental equanimity — renouncing desire at its root in thought	17. Metta meditation — transforming desire into universal compassion	27. Marian devotion — honoring the Virgin as the model of purity	37. Memento mori — remembering transience to dissolve pleasure's pull	47. Sattvic diet — pure, light food that quiets rajasic passion
8. Mauna — vow of silence to curb speech-driven temptation	18. Renouncing household life — by taking monastic robes	28. Lectio Divina — sacred reading to elevate and occupy the mind	38. Sophrosyne — practicing temperance as a cardinal virtue	48. Study of sacred texts — Vedas, Upanishads, Bhagavad Gita
9. Svadhyaya — study of sacred Agamic texts to redirect thought	19. Patimokkha — regular communal confession and accountability	29. Physical mortification — cold, sparse conditions as ascetic discipline	39. Emulation of wise exemplars — Cato, Socrates, Musonius Rufus	49. Seva to the guru — surrendering personal will to higher guidance
10. Mendicant lifestyle — removing all worldly stimulation	20. Maranasati — meditation on death to dissolve sensual clinging	30. Fraternal correction — community life sustaining mutual virtue	40. Philosophical study — to elevate thought above bodily concern	50. Urdhva-retas — yoga and meditation to channel prana upward