

Nonexcess or Temperance is a spiritual discipline present in most sacred texts. Temperance is the fourth of the Yoga Yamas: Brahmacharya (Continence) which describes, "By one established in continence, vigor is gained". In this tradition, the discipline has been strongly associated with celibacy as a means of conserving life force energy.

In the Christian tradition, Galatians 5:22-23, 25 reads, "in contrast the fruit of the spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control...If we live in the Spirit, let us also follow the Spirit". Greek word ἐγκρατεία (enkrateia), which means self-control or discipline.

For Buddhism, temperance is an essential part of the Eightfold Path. The third and fifth of the five precepts (pañca-sila) reflect values of temperance: "misconduct concerning sense pleasures" and drunkenness are to be avoided.

For Islam, as well, moderation is advocated

Temperance is generally defined by control over excess, so that it has many such classes, such as abstinence, chastity, modesty, humility, prudence, self-regulation, forgiveness and mercy; each of these involves restraining some impulse, such as sexual desire, vanity, or anger.

We can set an intention to grow spiritually in temperance when we stretch our spiritual muscles of humility, discipline, and balance.

Spiritual muscles:

Humility

Spiritual muscle: Humility

Poses: Child Pose

Down Dog-

Affirmation: I approach life with a humble spirit, so that I may appreciate the richness and depth of all things.

Discipline

Temperance is moderation or self-restraint in action. Temperance ensures the will's mastery over instincts and keeps desires within the limits of what is virtuous.

Spiritual Muscle: Discipline

Poses: Humble Warrior

Affirmations: By my attentiveness to body, mind, and spirit, I know my limits for both consuming and giving of myself.

Balance

Temperance is the virtue that moderates our attraction of pleasures and provides balance in the use of things of this world. Temperance calls for us to exhibit self-control in our lives so that we become masters of regulating what we consume to avoid the lethargy that comes from over-indulgence.

Spiritual Muscle: Balance

Poses: Eagle

Affirmation: I seek balance in my experience of all of life's treasures...so that I may never tire of the joy they bring.

And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; / And to knowledge temperance; and to temperance patience; and to patience godliness; / And to godliness brotherly kindness; and to brotherly kindness charity. - bible