

The Vow of Celibacy and the Healing Power of Vows

Throughout history, saints, mystics, and seekers of truth have entered into vows as a way of creating a revered refuge from the turmoil of the world. Vows cultivate a higher union with God, Spirit, and the self. They provide a sanctuary for healing, grounding, and recentering in a life that can otherwise become overwhelmed by noise, attachment, and energetic interference.

Among the most profound of these commitments is the vow of celibacy. It reaches beyond a renunciation of physical intimacy. It is a holy redirection of energy, body, heart, and spirit toward divine presence. Celibacy, when chosen freely, allows the seeker to conserve their life force and to nourish a clear channel between soul and Spirit. It is a sanctification of love in its purest and most expansive form.

Vows often come in sets, forming a rhythm of life. The vow of solitude reminds us that silence and stillness are holy teachers. The vow of sobriety clears the mind and heart of clouded judgment. The vow of periodic silence gives space for the Spirit to speak where words cannot. Each vow is a discipline and a gift, a sanctuary built within ourselves.

Even a few years of living under vows can transform the soul in lasting ways. A time of discipline, prayer, and intentional self preservation can restore one's light after years of struggle, heartbreak, or trauma. Monastery life offers this opportunity in community, yet it can also be carried with us and taken wherever our journeys lead. The traveling monastery can be a place of healing and renewal that we carry with us wherever we go.

For Cowdrey, the journey into vows deepened around 2019, when the weight of the world's harms became too heavy to carry without creating revered boundaries. In the beginning, the vows were difficult, a wrestling with self, memory, and external experiences. In time, the vows became a blessing and a guiding path toward freedom. Now, after many years of vows, their flourishing are visible, peace where there was once turmoil, strength where there was once vulnerability, and light where there was once shadow.

This path has become a great triumph, personally liberating and profoundly safeguarding. It feels wonderful to stand firm in these vows and to know she is never alone. With her angel guardians by her side, Cowdrey walks with strength and joy, upheld by divine companionship.

The vow of celibacy, like all vows, is meant to draw us closer to life. It helps us preserve what is most treasured, our energy, our dignity, and our spirit, so that we may heal, grow, and shine in the fullness of God's design.