AN 5.29 — Cankama Sutta: Walking

English translation by Aggacitta Bhikkhu & Kumara Bhikkhu.

Source: https://www.accesstoinsight.org/tipitaka/an/an05/an05.029.agku.html

Source revision: sha256:7c411108530c04aafcca0ac43267ed12227cbb2653320e8ae0bb686e566bb783

License: Free redistribution with attribution and complete notice — https://www.accesstoinsight.org/tipitaka/an/an05/an05.029.agku.html#F_termsOfUse

License URL: https://www.accesstoinsight.org/tipitaka/an/an05/an05.029.agku.html#F_termsOfUse

Copyright: ©2012 Aggacitta Bhikkhu & Kumara Bhikkhu.

License notice: You may copy, reformat, reprint, republish, and redistribute this work in any medium whatsoever, provided that: (1) you only make such copies, etc. available free of charge; (2) you clearly indicate that any derivatives of this work (including translations) are derived from this source document; and (3) you include the full text of this license in any copies or derivatives of this work. Otherwise, all rights reserved. Documents linked from this page may be subject to other restrictions.

Attribution: ©2012 Aggacitta Bhikkhu & Kumara Bhikkhu. You may copy, reformat, reprint, republish, and redistribute this work in any medium whatsoever, provided that: (1) you only make such copies, etc. available free of charge; (2) you clearly indicate that any derivatives of this work (including translations) are derived from this source document; and (3) you include the full text of this license in any copies or derivatives of this work. Otherwise, all rights reserved. Documents linked from this page may be subject to other restrictions. Transcribed from a file provided by the translators. Last revised for Access to Insight on 2 November 2013. How to cite this document (a suggested style): "Cankama Sutta: Walking" (AN 5.29), translated from the Pali by Aggacitta Bhikkhu & Kumara Bhikkhu. Access to Insight (BCBS Edition), 2 November 2013, https://www.accesstoinsight.org/tipitaka/an/an05/an05.029.agku.html .

Changes: Presentation only: original HTML markup reflowed into plain text; wording, numbering and source repetitions retained. No repetitions expanded.

Completeness: UNKNOWN. Entire protected source unit, including notes and verses, preserved; canonical completeness has not been independently established.

Text

Monks, there are these five benefits of walking up & down.[1] What five?

One is fit for long journeys; one is fit for striving; one has little disease; that which is eaten, drunk, chewed, tasted, goes through proper digestion; the composure attained by walking up & down is long-lasting.

These, monks, are the five benefits of walking up & down.

Note

1.

Cankama: Walking meditation, usually in the form of walking back and forth along a prescribed path. [— jtb]