AN 5.29 — Cankama Sutta: Walking

English translation by Thanissaro Bhikkhu.

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

Source revision: sha256:7c411108530c04aafcca0ac43267ed12227cbb2653320e8ae0bb686e566bb783

License: CC-BY-NC-4.0 — https://creativecommons.org/licenses/by-nc/4.0/

License URL: https://creativecommons.org/licenses/by-nc/4.0/

Copyright: ©2012 Thanissaro Bhikkhu.

License notice: The text of this page ("Cankama Sutta: Walking", by Thanissaro Bhikkhu) is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License. To view a copy of the license, visit https://creativecommons.org/licenses/by-nc/4.0/. Documents linked from this page may be subject to other restrictions.

Attribution: ©2012 Thanissaro Bhikkhu. The text of this page ("Cankama Sutta: Walking", by Thanissaro Bhikkhu) is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License. To view a copy of the license, visit https://creativecommons.org/licenses/by-nc/4.0/. Documents linked from this page may be subject to other restrictions. Transcribed from a file provided by the translator. Last revised for Access to Insight on 17 February 2012. How to cite this document (a suggested style): "Cankama Sutta: Walking" (AN 5.29), translated from the Pali by Thanissaro Bhikkhu. Access to Insight (BCBS Edition), 17 February 2012, https://www.accesstoinsight.org/tipitaka/an/an05/an05.029.than.html .

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

Completeness: ABBREVIATED. Every source-unit character is preserved, including introductions, notes and verse structure. Thanissaro's collection-level note explicitly states that repetitions were cut: https://www.dhammatalks.org/suttas/about.html. This is evidence about the translation method, not an assertion that every individual unit contains an omission; no repetitions reconstructed.

Text

These are the five rewards for one who practices walking meditation. Which five?

He can endure traveling by foot; he can endure exertion; he becomes free from disease; whatever he has eaten & drunk, chewed & savored, becomes well-digested; the concentration he wins while doing walking meditation lasts for a long time.

These are the five rewards for one who practices walking meditation.