AN 5.29 — AN 5:29 Walking | Caṅkama Sutta

English translation by Ṭhānissaro Bhikkhu.

Source: https://www.dhammatalks.org/suttas/AN/AN5_29.html

Source revision: sha256:06db98f11dbe5b66e3b290b0f8bcaa44ec5f2fe3d1e1b74062fcf0baea044036

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

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Text

Walking

Caṅkama Sutta (AN 5:29)

“Monks, 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.”