

# Caṅkama Sutta

AN V 29 Walking Meditation  
Translated by Ānanda  
Dec. 2020

"Monks,

There are five benefits of walking [meditation].<sup>1</sup>

What five?

- (1) One can patiently bear up with long travels,
- (2) One can patiently strive [in meditation],
- (3) One is healthy,
- (4) What one has eaten and consumed, is properly digested,
- (5) The samādhi attained while walking stands for a long time.<sup>2</sup>

These are the five benefits of walking meditation monks.

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<sup>1</sup> "Pañcime, bhikkhave, caṅkame ānisaṃsā.

<sup>2</sup> Addhānakkhāmo hoti, padhānakkhāmo hoti, appābādho hoti, asitaṃ pītaṃ khāyitaṃ sāyitaṃ sammā pariṇāmaṃ gacchati, caṅkamādhigato samādhi ciraṭṭhitiko hoti.