AN 4.11 — Walking

English translation by Bhikkhu Sujato.
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Text

Numbered Discourses 4.11

2. Walking

Walking

“Mendicants, suppose a mendicant has a sensual, malicious, or cruel thought while walking. They tolerate it and don’t give it up, dispel it, eliminate it, and obliterate it. Such a mendicant is said to be ‘not keen or prudent, always lazy, and lacking energy’ when walking.

Suppose a mendicant has a sensual, malicious, or cruel thought while standing … sitting … or when lying down while awake. They tolerate it and don’t give it up, dispel it, eliminate it, and obliterate it. Such a mendicant is said to be ‘not keen or prudent, always lazy, and lacking energy’ when lying down while awake.

Suppose a mendicant has a sensual, malicious, or cruel thought while walking. They don’t tolerate it, but give it up, dispel it, eliminate it, and obliterate it. Such a mendicant is said to be ‘keen and prudent, always energetic and resolute’ when walking.

Suppose a mendicant has a sensual, malicious, or cruel thought while standing … sitting … or when lying down while awake. They don’t tolerate it, but give it up, dispel it, eliminate it, and obliterate it. Such a mendicant is said to be ‘keen and prudent, always energetic and resolute’ when lying down while awake.

Whether walking or standing,

sitting or lying down,

if you think a bad thought

to do with the domestic life,

you’re on the wrong path,

lost among things that delude.

Such a mendicant is incapable

of experiencing the highest awakening.

But one who, whether standing or walking,

sitting or lying down,

has calmed their thoughts,

loving peace of mind;

such a mendicant is capable

of experiencing the highest awakening.”