AN 5.29 — Walking Meditation

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Text

Numbered Discourses 5.29

3. With Five Factors

Walking Meditation

“Mendicants, there are five benefits of walking meditation. What five? You get fit for traveling, fit for striving in meditation, and healthy. What’s eaten, drunk, chewed, and tasted is properly digested. And immersion gained while walking lasts long. These are the five benefits of walking meditation.”