

Namo Tassa Bhagavato Arahato Samma Sambuddhassa !

Homage to the Blessed One, the Worthy One, the Supremely Enlightened One !

Chara Sutta - Walking.

1. “ Dear monks, suppose a monk has a **sensual thought, a thought of ill-will, or a thought of harming** while **walking**. They tolerate it and don’t give it up, get rid of it, eliminate it, and obliterate it. Such a monk is said to be ‘not keen or prudent, always lazy, and lacking energy’ when walking.

2. Suppose a monk has **sensual thought, a thought of ill-will, or a thought of harming** while **standing**. They tolerate it and don’t give it up, get rid of it, eliminate it, and obliterate it. Such a monk is said to be ‘not keen or prudent, always lazy, and lacking energy’ when standing.

3. Suppose a monk has **sensual thought, a thought of ill-will, or a thought of harming** while **sitting**. They tolerate it and don’t give it up, get rid of it, eliminate it, and obliterate it. Such a monk is said to be ‘not keen or prudent, always lazy, and lacking energy’ when sitting.

4. Suppose a monk has **sensual thought, a thought of ill-will, or a thought of harming** while **wakefully lying down**. They tolerate it and don’t give it up, get rid of it, eliminate it, and obliterate it. Such a monk is said to be ‘not keen or prudent, always lazy, and lacking energy’ when wakefully lying down.

1. Suppose a monk has **sensual thought, a thought of ill-will, or a thought of harming** while **walking**. They don’t tolerate it, but give it up, get rid of it, eliminate it, and obliterate it. Such a monk is said to be ‘keen and prudent, always energetic and determined’ when walking.

2. Suppose a monk has **sensual thought, a thought of ill-will, or a thought of harming while standing**. They don't tolerate it, but give it up, get rid of it, eliminate it, and obliterate it. Such a monk is said to be 'keen and prudent, always energetic and determined' when standing.

3. Suppose a monk has **sensual thought, a thought of ill-will, or a thought of harming while sitting**. They don't tolerate it, but give it up, get rid of it, eliminate it, and obliterate it. Such a monk is said to be 'keen and prudent, always energetic and determined' when sitting.

3. Suppose a monk has **sensual thought, a thought of ill-will, or a thought of harming while wakefully lying down**. They don't tolerate it, but give it up, get rid of it, eliminate it, and obliterate it. Such a monk is said to be 'keen and prudent, always energetic and determined' when wakefully lying down.

One who, whether standing or walking...,
Sitting or lying down,
Has calmed their thoughts,
Loving peace of mind;
Such a monk is capable
Of touching the highest awakening. ”

Sādhu ! Sādhu !! Sādhu !!! (Excellent)

Namo Buddhaya ! – Homage to the Supreme Buddha !

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For more reading, refer : Numbered Discourses 4 2. Walking 11. Walking.

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