

## **Significance of mindfulness and clear comprehension (*sati-sampajañña*) for material and spiritual development**

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Mindfulness and clear comprehension (*sati-sampajañña*) play significant role in implementing both material and spiritual development among human being. Working without *sati-sampajañña* generates problems and failures, whereas working with *sati-sampajañña* leads to successful material and spiritual enrichment. This research is a textual and critical approach which gathered data from the discourses. This observation involves applying *sati-sampajañña* with right thought, right speech and right action for material development and utilizing *sati-sampajañña* in *satipaṭṭhāna* practice for liberation. Thought with *sati-sampajañña* generates right thought which brings good benefits. Thought without *sati-sampajañña* causes wrong ideas which results in problems and sufferings. Speaking without mindfulness is dishonest. Hence, one should be mindful and have a clear comprehension in whatever talked or discussed. One should speak at the proper time, what is true, gently and beneficial with loving kindness described in *Vācā Sutta*. Performing work without *sati-sampajañña* cannot implement tasks. To develop wealth, enhance the standards of living and increase the values of man, one should perform careers and responsibilities by *sati-sampajañña* with right action. Thus, *sati-sampajañña* is important to apply in humanity for material development. Further, for spiritual improvement, *sati-sampajañña* is a part of the contemplation of the body in *satipaṭṭhāna* practice. In the *Satipaṭṭhāna sutta*, this practice is required to establish four mental qualities: diligence, clear comprehension, mindfulness and freedom from covetousness and dejection. A meditator acts with a clear comprehension when going forward and returning, looking ahead and looking away, etc. While standing, walking, sitting, lying and eating, he is mindful and have a clear comprehension to prevent obstacles and increases spiritual development. The *Papañcasūdanī* signifies that clear comprehension has fourfold: purposefulness, suitability, resort and non-delusion. *Sati-sampajañña* also deals with dwelling in equanimity towards mindfulness and clear comprehension. This highlights that one should cultivate *sati-sampajañña* for spiritual liberation. Mindfulness and clear comprehension (*sati-sampajañña*) are vital importance for individual who seeks material development and spiritual liberation. Utilizing *sati-sampajañña* with right thought, right speech and right action generate wealth. Through contemplating *sati-sampajañña* in *satipaṭṭhāna* meditation, one can be removed from covetousness and dejections, not clinging to world and obtaining purification of beings from all defilements.

**Keywords:** *sati-sampajañña*, right action, development, meditation, liberation.