



Virtues of Great Assistance – Dhamma Category 2

“Sati Lokassami Jākaro”

“Mindfulness is the awakeness in the world.”

— S. Saka. 15 / 61

Mindfulness (*Sati*) is awareness. It reminds us to be conscious of what we do, say, or think in each moment—so that we do not make mistakes in life. It is the quality that keeps us from being careless, encouraging us to stay alert and aware of the emotions that influence our mind.

Mindfulness allows us to work with care and precision. It is a form of inner wisdom that guides our speech, thoughts, and actions with clarity. By paying attention to details and considering matters thoroughly, we reduce mistakes and cultivate a sense of presence.

Clear comprehension (*Sampajañña*) goes hand-in-hand with mindfulness. It means having accurate knowledge and understanding of what is happening—both within ourselves and in others—with kindness and without distortion. This helps us build better relationships and make wiser decisions.

By cultivating mindfulness and clear comprehension, we live with more stability, joy, and harmony. We become capable of distinguishing between right and wrong, useful and useless, and choose actions that benefit ourselves and others.

In summary, the *Virtues of Great Assistance* are:

1. **Sati (Mindfulness):** The ability to remain attentive and aware.
2. **Sampajañña (Clear Comprehension):** Clear, accurate understanding of thoughts and emotions.

These qualities are essential companions for anyone walking the path of Dhamma.