

## Mindfulness, Perception and Wisdom

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Mindfulness (*Sati*) means calling back to mind, remembering and entering into and plunging down into objects of thought. It also means awareness or skillful attentiveness. The objective of this research is to examine the interrelationship among three terms of Buddhist teachings and this research based on literature review. *Sati* is a natural presence of mind. It stands near and hence serves and guards the mind. *Sati* calls to mind. That is, it remembers things in association with other things or in relationship to things and thus tends to know their value and widen the view. *Sampajanna* is another term founded closed to teaching of mindfulness. It means clarity of consciousness and clear comprehension. In this context, it is clear that the function of mindfulness is to bring one's mind to the present moment; it therefore be able to realize the world as it is and others' minds and thoughts accurately. Perception (*Sanna*) is another term examined with reference to the function of mindfulness. If in repeated perception of an object, these marks are recognized. According to research findings, the perception which perceives the qualities of the object is based on mindfulness. It leads to build the healthy life mentally and physically. Strong perceptions based on mindfulness. Wisdom, therefore, develops through the development of practicing mindfulness in Buddhism. So the practice of mindfulness will contribute to both the analytical knowledge and the arising of wisdom.

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