

Key Meditation Terms

English	Pali	Sanskrit	Tibetan
calm abiding	samatha	śamatha	shiney (zhi gnas)
insight/ clear seeing	vipassanā	vipaśyanā	lhakthong (lhag mthong)
mindfulness	sati	smṛti	trenpa (dran pa)
awareness/ clear comprehension	sampajañña	samprajaña	sheshin (shes bzhin)
vigilance/ heedfulness	appamada	apramāda	bakyö (bag yod)
ardency	atappa	ātapaḥ	nyima (nyi ma)
attention/ engagement	manasikara	manaskāraḥ	yila jeypa (yid la byed pa)
foundation of mindfulness	satipaṭṭhāna	smṛtyupasthāna	trenpa neybar zagpa (dran pa nye bar gzhaḡ pa)
concentration/ absorption	samādhi	samādhi	tendzin (ting nge dzin)
concentration/ absorption	jhāna	dhyāna	samten (bsam gtan)
meditation/development cultivation	bhāvanā	bhāvanā	gompa (sgom pa)
analytical/investigative meditation	—	*vicāra-bhāvanā	chegom (dpyad sgom)
settling meditation	—	*sthāpya-bhāvanā	jokgom ('jog sgom)

“in Buddhist discourse, there are three terms that together map the field of mindfulness . . . [in their Sanskrit variants] *smṛti* (Pali: *sati*), *samprajaña* (Pali: *sampajañña*) and *apramāda* (Pali: *appamada*).”—Mindfulness and the Mind," by Subhuti. Madhyamavani Online, <http://madhyamavani.fwbo.org/8/mindfulness.html>

In the Satipatthana Sutta, sati and sampajañña are combined with *atappa* (Pali; Sanskrit: *ātapaḥ*), or “ardency,” and the three together comprise *yoniso manisikara* (Pali; Sanskrit: *yonīśas manaskāraḥ*), “appropriate attention.”

“ . . . in the proper practice of right mindfulness, sati has to be integrated with sampajañña, clear comprehension, and it is only when these two work together that right mindfulness can fulfill its intended purpose.”—Alan Wallace on the views of Ven. Nyanaponika

In linguistics, an asterisk is used to indicated an unattested term (a reconstruction or back-formation).