



This is the document to read out during a RAFT to Recovery meeting. The full document is available for download in the table available via this [link](#).

A section from this week's practice.

Mindfulness of the present moment – Knowing what we're doing

The skilful navigation of our raft

Bringing wisdom to our present moment awareness

“Clear comprehension means you know what you are doing, why you are doing it, and whether it is worth doing.” - Ajahn Sucitto

Building upon our foundational awareness of breath and posture, we now delve deeper into our First Anchor of Mindfulness – Mindfulness of the Body – through the lens of **clear comprehension**.

While related, a distinction does exist between present moment awareness and clear comprehension. Clear comprehension goes further by incorporating our motivations and the ethical nature of our actions (which includes the ‘Five Gifts’). Clear comprehension is an awareness with deeper understanding and wisdom, involving an awareness of our actions, intentions, and their appropriateness – a knowing of our internal and external landscapes.

“To be mindful means to be aware of what is happening in the present moment without judging or reacting. This awareness helps us to identify the roots of our suffering, including addiction, and to transform it with compassion.”

Thich Nhat Hanh

This vital quality, in the service of **recognising** what it is to be human, elevates our mindfulness beyond simple, bare attention. It involves not just *knowing*

what the body is doing, but understanding the context, purpose, and appropriateness of our actions as they happen.

Gotama emphasised that mindfulness with clear comprehension allows us to understand the true nature of our pain, difficulties and disappointments (dukkha), particularly the suffering caused by our attachments and cravings. By observing our bodily sensations and mental states with clear comprehension, we develop insight into how our desire and clinging cause suffering.

Self-reflections

Consider your own experience with awareness of actions and intentions:

- ★ How often do you move through daily activities (like walking, eating, working, talking, and going to the toilet) on autopilot versus with conscious awareness?
 - ★ Before acting, how often are you aware of your underlying intention or motivation?
 - ★ Think of a recent action. Can you apply the four aspects of clear comprehension (Purpose, Suitability, Mindful presence, Unconfused) to it retrospectively?
 - ★ When have you acted impulsively and later realised the action wasn't suitable or beneficial? What was missing in terms of clear comprehension?
 - ★ Can you recall moments where you acted with clarity and purpose, fully aware of what you were doing and why? What did that feel like?
 - ★ Could mindfulness with clear comprehension, change your relationship to cravings as they arise?
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Remember to remember

Mindfulness with clear comprehension deepens our practice beyond bare awareness, infusing it with wisdom, purpose, and skilful understanding. It is the crucial navigational intelligence for our RAFT to Freedom, enabling us to

Recognise not just *what* we are doing, but *why* and *how*, and whether our actions truly serve our journey towards freedom.

By consciously cultivating awareness of purpose, suitability, mindful presence, and the absence of confusion, in our daily activities, we move from automatic reactivity towards intentional living. This careful attention helps us to dismantle the unconscious patterns of destructive cravings and compulsions and empowers us to make choices aligned with our deepest intentions. Let us carry this practice of 'knowing what we're doing' forward as we continue to explore the landscape of the body.

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