

The Heart Sutra

Avalokiteshvara Bodhisattva

When practicing deeply the Perfection of Wisdom Perceived that all five skandhas are Empty
And was saved from all suff'ring and distress.

“O Shariputra, form does not differ from Emptiness; Emptiness does not differ from form.
That which is form is Emptiness;
That which is Emptiness, form.
The same is true of sensations, conceptions, inclinations, perception.

O Shariputra, all dharmas are marked with Emptiness; They do not appear nor disappear,
Are not tainted nor pure,
Do not increase nor decrease.

Therefore in Emptiness, no form,
No sensations, no conceptions, no inclinations, no
perception;
No eyes, no ears, no nose, no tongue, no body,
no mind;
No color, no sound, no smell, no taste, no touch,
no object of mind;
No realm of eyes and so forth until no realm of
mind-consciousness;
No ignorance and also no extinction of it, and so
forth until no old age and death and also no extinction of them;

No suff'ring, no origination, no stopping, no path;
No cognition, also no attainment.
With nothing to attain,
The bodhisattva depends on the Perfection of Wisdom And the mind is no hindrance.
Without any hindrance, no fears exist;
Far apart from every perverted view the bodhisattva
dwells in Nirvana.

All Buddhas, past, present, and future, depend on the Perfection of Wisdom,
And attain unsurpassed, complete, perfect Enlightenment.

Therefore know the Perfection of Wisdom Is the great transcendent mantra,
Is the great bright mantra,
Is the utmost mantra,
Is the supreme mantra,
Which is able to relieve all suff'ring
And is true, not false.
So proclaim the Perfection of Wisdom mantra, Proclaim the mantra that says:
Gate, gate, paragate, parasamgate! Bodhi! Svaha!”