



The Heart Sutra — Maha Prajna Paramita

Avalokitesvara Bodhisattva, when practicing deeply the Prajna Paramita, saw all five skandhas, in their own being empty, and was saved from all suffering.

Listen Sariputra: form is not different from emptiness; emptiness not different from form; that which is form is emptiness; that which is emptiness form. The same is true of feeling thinking, impulse, awareness.

Listen Sariputra: all dharma are marked by emptiness, they are not created, not destroyed, neither tainted nor pure, neither for gain nor for loss.

So in emptiness, there is no form, no sense, no goal, no choice, no idea;
no eye, no ear, no nose, no tongue, no body, no mind,
no color, no sound, no smell, no taste, no touch, no things,
no realm of sight, on and on until no realm of consciousness,
no ignorance, and no extinction of it, on and on until no old age and no death and also no extinction of them;
no suffering, no cause of suffering, no extinction of suffering, no path to follow, no wisdom and no attainment of it.

With nothing to attain, the Bodhisattva live Prajna Paramita
with no hindrance on the mind. With no hindrance, no fear exists.
Far beyond deluded thoughts, this is Nirvana.

All past, present and future Buddhas live Prajna Paramita
and so they attain Unsurpassed Great Awakening.
So know that Prajna Paramita
is the great mantra
is the great bright mantra
is the utmost mantra
is the peerless mantra
It can relieve all suffering
because it is true not false.
So proclaim the Prajna Paramita Mantra,
proclaim the mantra that says:

GATE! GATE!

PARAGATE!

PARASAMGATE!

BODHI! SVAHA! 🌸