

The Heart Sutra

Tripitaka. Sūtrapitaka. Prajñāpāramitā. Hṛdaya.



The self-abiding bodhisattva Avalokitesvara
While practicing the profound prajnaparamita
Clearly saw that all five skandhas are empty
Thus overcoming all suffering.

Sariputra,
Form is no different from empty
Empty no different from form
Form is just empty
Empty just form
Sensation, perception, volition and consciousness

Are also like this

Sariputra, this is the emptiness of all dharmas
They neither arise nor cease
Are neither defiled nor pure
Neither increase nor decrease

For this reason within emptiness there is no form
No sensation, perception, volition or consciousness
No eye, ear, nose, tongue, body or mind
No sight, sound, scent, taste, touch or thought
No seeing,...even no thinking
No ignorance nor end of ignorance,...even
No aging and death, nor end of aging and death
No suffering, origin, cessation or path
No wisdom and no attainment

Because nothing is attained
Bodhisattvas maintain prajnaparamita
Then their heart is without hinderance
And since without hinderance, without fear
Escaping upside-down, dream like thinking
And completely realizing nirvana
All buddhas of all times maintain prajnaparamita
Thus attaining anuttara-samyak-sambodhi



Hence know,
prajnaparamita is
The all-powerful mantra
The great enlightening
mantra
The unexcelled mantra
The unequaled mantra
Able to dispel all suffering
This is true, not false
Therefore proclaim the
prajnaparamita mantra

Recite the mantra thus

Gate gate paragate parasamgate bodhi svaha.