

## **The Heart Sutra**

The Bodhisattva of Great Compassion, when deeply practicing *Prajna Paramita*, realized that all five aggregates are empty and became free from all suffering and distress.

*Oh, Shariputra*, form does not differ from emptiness, emptiness does not differ from form. Form is emptiness, emptiness is form. The same is true of sensations, perceptions, impulses, consciousness.

*Oh, Shariputra*, all dharmas are empty; they do not appear or disappear, are not tainted or pure, do not increase or decrease.

Therefore, in emptiness, no form, no sensations, no perceptions, no impulses, no consciousness. No eyes, no ears, no nose, no tongue, no body, no mind; no form, no sound, no smell, no taste, no touch, no object of mind; no realm of eye, ear, nose, tongue, body, or mind consciousness.

No ignorance, nor extinction of ignorance, no old age and death, nor extinction of them. No suffering, no cause of suffering, no cessation of suffering, no path; no wisdom, no attainment with nothing to attain.

The Bodhisattva relies on *Prajna Paramita*, therefore the mind has no hindrance; without any hindrance, no fears exist; free from delusion, one dwells in Nirvana. All buddhas of the past, present and future rely on *Prajna Paramita* and attain supreme enlightenment.

Therefore know that *Prajna Paramita* is the great mantra, is the great enlightening mantra, is the unsurpassed and unequalled mantra, which is able to eliminate all suffering. This is true, not false.

So proclaim the *Prajna Paramita* mantra, which says

*Gate gate para gate parasamgate bodhi svaha (Three times)*

*(Gone, Gone, Gone beyond, Gone altogether beyond! Now awakened!)*