

Heart Sutra

The Bodhisattva Avalokitesvara, while moving in the deep course of Prajnaparamita, shed light on the five aggregates, and found them empty in nature. After this penetration, he overcame all pain.

Listen, Shariputra, form is emptiness, emptiness is form; form is no other than emptiness, emptiness is no other than form. The same is true with feeling, perception, intention and consciousness.

Hear, Shariputra, all dharmas are intrinsically empty; they are neither produced nor destroyed, neither defiled nor immaculate, neither increasing nor decreasing.

Therefore, in emptiness, there is no form, feeling, perception, intention nor consciousness; no eyes, ears, nose, tongue, body, nor mind; no forms, sounds, smells, tastes, touches, nor mental objects; nor is there the realm of the eyes, up to and including the realm of mind consciousness. There is no ignorance nor the ending of ignorance, up to and including no decay and death, nor the ending of decay and death. There are no suffering, no extinction of suffering, no path, no wisdom, and also no attainment.

Because there is no attainment, the bodhisattvas,

abiding by the Prajnaparamita, find no obscuration for their mind. Having no obscuration, they overcome fear, liberating themselves forever from illusion and realizing perfect Nirvana.

All Buddhas in the Three Times through reliance upon Prajnaparamita, arrive at full, right and universal Enlightenment.

Therefore, one should know that Prajnaparamita is a great spiritual mantra, a great wisdom mantra, a supreme mantra, an unequalled mantra. It destroys all suffering, because it is the incorruptible truth. A mantra of Prajnaparamita should therefore be proclaimed.

This is the mantra, *Gate gate, paragate, parasamgate, bodhisvaha.*