

Heart Sutra

The Heart Of Perfect Wisdom Sutra

The Bodhisattva Avalokita,

While moving in the deep course

Of perfect understanding,

Shed light on the five skandhas

and found them equally empty.

After this penetration,

he overcame ill-being.

Listen, Shariputra,

Form is emptiness, emptiness is form.

Form is not other than emptiness,

Emptiness is not other than form.

The same is true for feelings,

Perceptions, mental formations,

And consciousness.

Hear, Shariputra,

All dharmas are marked with emptiness.

They are neither produced nor destroyed,

Neither defiled nor immaculate,

Neither increasing nor decreasing.

Therefore in emptiness, there is neither form,

Nor feelings, nor perceptions,

Nor mental formations, nor consciousness;
no eye, or ear, or nose,
Or tongue, or body, or mind;
No form, no sound, no smell, no taste,
No touch, no object of mind;
No realms of elements
(from eyes to mind consciousness)
No interdependent origins and
No extinction of them
(from ignorance to death and decay);
No ill-being, no cause of ill-being,
No end of ill-being, and no path;
No understanding, no attainment.
Because there is no attainment,
The Bodhisattvas, grounded
In perfect understanding,
Find no obstacles for their minds.
Having no obstacles, they overcome fear,
Liberating themselves forever from illusion
And realizing perfect Nirvana.
All Buddhas in the past, present and future,
Thanks to this perfect wisdom,
Arrive at full, right, and universal enlightenment.
Therefore one should know that perfect wisdom

Is the highest mantra, the unequalled mantra,
the destroyer of ill-being, the incorruptible truth.

A mantra of perfect wisdom

Should therefore be proclaimed.

This is the mantra:

Om Gate Gate Paragate Parasamgate Bodhi Svaha

(3 times)