

# The Heart Sutra

Namo Our Teacher Sakyamuni Buddha (Recite 3 times)

The Bodhisattva Avalokitesvara, while moving in the deep course of wisdom's perfection, shed light on the five skandas and found them essentially empty. Through this realization, he overcame all suffering.

Listen, Sariputra, form is emptiness, emptiness is form. Form is not other than emptiness. Emptiness is not other than form. The same is true of feelings, perceptions, concoctions, and consciousness.

Hear Sariputra, 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 concoctions, nor consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no form, no sound, no smell, no taste, no touch, no mind-object; no realms of elements (*from eyes to mind consciousness*); no dependent co-origins and no cessation of them (*from ignorance to death and decay*); no suffering, no origin of suffering, no end of suffering, and no path; no understanding and no attainment. Because there is no attainment, the bodhisattvas, grounded in the perfection of wisdom, 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 perfection of wisdom, arrive at full, right, and universal awakening.

Therefore, one should know that perfect understanding is the highest mantra, the unequalled mantra, the destroyer of suffering, the incorruptible truth. A mantra of *prajñāparamita* (perfection of wisdom) should therefore be proclaimed. This is the mantra:

*Gate gate, paragate, parasamgate, Bodhi Svaha.*