

## **The Heart Sutra**

### **(Perfection of Wisdom Sutra)**

(Skt: Arya Bhagavati Prajnaparamita Hridaya Sutra)

(Tib: Sherab Nyingpo)

I prostrate to the Arya Triple Gem.

Thus did I hear at one time. The Bhagavan was dwelling on Mass of Vultures Mountain in Rajagriha together with a great community of monks and a great community of Bodhisattvas. At that time, the Bhagavan was absorbed in the concentration on the categories of phenomena called ‘Profound Illumination’. Also at that time, the Bodhisattva Mahasattva Arya Avalokiteshvara looked upon the very practice of the profound illumination of wisdom and beheld those five aggregates also as empty of inherent nature.

Then, through the power of the Buddha, the Venerable Shariputra said this to the Bodhisattva Mahasattva Arya Avalokiteshvara: “How should any child of the lineage train who wishes to practise the activity of the profound perfection of wisdom?”

He said that and the Bodhisattva Mahasattva Arya Avalokiteshvara said this to the Venerable Sharadvatiputra: “Shariputra, any son of the lineage or daughter of the lineage who wishes to practise the activity of the profound perfection of wisdom should look upon it like this, correctly and repeatedly beholding those five aggregates also as empty of inherent nature.

Form is empty.

*(Pause for a while at this point to meditate on emptiness)*

Emptiness is form.

Emptiness is not other than form.

Form is also not other than emptiness.

In the same way, feeling, discrimination, compositional factors and consciousness are empty. Shariputra, likewise, all phenomena are empty; without characteristic; unproduced, unceased; stainless, not without stain; not deficient, not fulfilled. Shariputra, therefore, in emptiness, there is no form, no feeling, no discrimination, no compositional factors, no consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no visual form, no sound, no odour, no taste, no object of touch and no phenomenon. There is no eye element and so on up to and including no mind element and no mental consciousness element. There is no ignorance, no extinction of ignorance, and so on up to and including no ageing and death and no extinction of ageing and death. Similarly, there is no suffering, origination, cessation and path; there is no exalted wisdom, no attainment and also no non-attainment.”

“Shariputra, therefore, because there is no attainment, Bodhisattvas rely on and dwell in the perfection of wisdom, the mind without obscuration, thus without fear. Having completely passed beyond error, they reach the end-point of Nirvana. All the Buddhas who dwell in the three times also manifestly, completely awaken to

unsurpassable, perfect, complete enlightenment in reliance on the perfection of wisdom.

Therefore, the mantra of the perfection of wisdom, the mantra of great knowledge, the unsurpassed mantra, the mantra equal to the unequalled, the mantra that thoroughly pacifies all suffering, should be known as truth, since it is not false.

The mantra of the perfection of wisdom is declared:

TADYATHÂ (OM) GATE GATE PÂRAGATE  
PÂRASAMGATE BODHI SVÂHÂ

Shariputra, the Bodhisattva Mahasattva should train in the profound perfection of wisdom like that.”

Then the Bhagavan arose from that concentration and commended the Bodhisattva Mahasattva Arya Avalokiteshvara saying: “Well said, well said, son of the lineage, it is like that. It is like that. One should practise the profound perfection of wisdom just as you have indicated. Even the Tathagatas rejoice.”

The Bhagavan having thus spoken, the Venerable Sharadvatiputra, the Bodhisattva Mahasattva Arya Avalokiteshvara, those surrounding in their entirety, along with the world of gods, humans, asuras and gandharvas were overjoyed and highly praised that spoken by the Bhagavan.

(This completes the Arya Bhagavati Prajnaparamita Hridaya Sutra)

TADYATHÂ (OM) GATE GATE PÂRAGATE  
PÂRASAMGATE BODHI SVÂHÂ

By the teachings of the three Supreme Jewels possessing the power of truth,

May inner and outer hindrances be transformed.

May they be dispelled. (*Clap hands once*)

May they be non-existent. (*Clap hands once*)

May they be pacified. (*Clap hands once*)

May all negative forces opposed to the Dharma be completely pacified.

May the host of eighty thousand obstacles be pacified.

May we be separated from problems and conditions harmful to the Dharma.

May all enjoyments be in accord with the Dharma.

May auspiciousness and perfect happiness pervade this place now.