

**The Heart Sutra (English)
Maha Prajñā Paramita Hṛdaya Sutra**



The Maha

Prajñā Paramita Hṛdaya Sutra

Avalokitesvara Bodhisattva, when practicing deeply the Prajñā Paramita perceives that all five skandhas are empty and is saved from all suffering and distress.

Shariputra, form does not differ from Śūnyatā, Śūnyatā does not differ from form. That which is form is Śūnyatā, that which is Śūnyatā form. The same is true of feelings, perceptions, impulses, consciousness.

Shariputra, all dharmas are marked with Śūnyatā; they do not appear or disappear, are not tainted or pure, do not increase or decrease. Therefore, in Śūnyatā no form, no feelings, perceptions, impulses, consciousness.

No eyes, no ears, no nose, no tongue, no body, no mind; no color, no sound, no smell, no taste, no touch, no object of mind; no realm of eyes...and so forth until no realm of mind consciousness.

No ignorance and also no extinction of it...and so forth until no old age and death and also no extinction of them.

No dukkha, no origination, no stopping, no path, no cognition, also no realization with nothing to realize.

The Bodhisattva depends on Prajñā Paramita and the mind is no hindrance; without any hindrance no fears exist. Far apart from every deluded view one dwells in Nirvana.

In the three worlds all Buddhas depend on Prajñā Paramita and realize Anuttara Samyak Sambodhi.

Therefore, know that Prajñā Paramita is the great transcendent mantra, is the great bright mantra, is the utmost mantra, is the supreme mantra which is able to relieve all suffering, and is Truth not delusion.

So proclaim the Prajñā Paramita mantra, proclaim the mantra which says:

*gate gate pāragate pārasaṃgate bodhi svāhā
gate gate pāragate pārasaṃgate bodhi svāhā
gate gate pāragate pārasaṃgate bodhi svāhā*