

# The Heart Sutra

## Mahaprajnaparamita Hridaya Sutra

Sheng Yen translation

Avalokiteshvara Bodhisattva,  
while coursing in deep *prajnaparamita*,  
perceived that the five skandhas are empty,  
and transcended all suffering.

Sariputra,  
form is not other than emptiness,  
and emptiness is not other than form;  
form is precisely emptiness,  
and emptiness precisely form.  
So are sensation, perception,  
volition, and consciousness.

Sariputra,  
all dharmas are marked with emptiness;  
they are neither born nor destroyed,  
neither pure nor impure,  
neither increasing nor decreasing.

Therefore, Sariputra,  
in emptiness there is no form,  
no sensation, no perception,  
no volition, no consciousness;  
no eye, ear, nose, tongue, body, mind;  
no sight, sound, smell, taste, touch, thought.  
There is no realm of sight,  
through to no realm of cognition.  
There is no ignorance  
or ending of ignorance,  
through to no aging and death  
or ending of aging and death.  
There is no suffering, no cause of suffering,  
no cessation of suffering, and no path.  
There is no wisdom and no attainment.

Therefore, Sariputra,

with nothing to attain, bodhisattvas,  
relying on *prajnaparamita*,  
have no obstructions in their minds.  
Without obstructions, they have no fear.  
Far beyond inverted views and dreams,  
they reach the ultimate nirvana.

All buddhas appearing  
in the past, present, and future  
rely on *prajnaparamita*  
and realize perfect enlightenment,  
*anuttara-samyak-sambodhi*.

Therefore, know that *prajnaparamita*  
is the great mantra of wisdom,  
the mantra of great clarity,  
the unsurpassed mantra,  
the unequalled mantra,  
which removes all suffering.  
It is true, not false.

Recite the mantra of *prajnaparamita*:  
*Gate, gate, paragate, parasamgate, bodhi svaha!*