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The Chant Room at Dzogchen Center
Mahaprajna Paramita Hridaya Sutra (The Heart Sutra)

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Avalokiteshvara Bodhisattva, practicing deep prajna paramita, clearly saw that all five skandhas are empty, transforming all suffering and distress.

Shariputra, form is no other than emptiness, emptiness no other than form. Form is exactly emptiness, emptiness exactly form. Sensation, thought, impulse, consciousness are also like this.

Shariputra, all things are marked by emptiness - not born, not destroyed, not stained, not pure, without gain, without loss. Therefore in emptiness there is no form, no sensation, thought, impulse, consciousness. No eye, ear, nose, tongue, body, mind. No color, sound, smell, taste, touch, object of thought. No realm of sight to no realm of thought. No ignorance and also no ending of ignorance to no old age and death and also no ending of old age and death. No suffering, and also no source of suffering, no annihilation, no path. No wisdom, also no attainment. Having nothing to attain, Bodhisattvas live prajna paramita with no hindrance in the mind. No hindrance, thus no fear. Far beyond delusive thinking, they attain complete Nirvana. All Buddhas past, present and future live prajna paramita and thus attain anuttara samyak sambodhi.

Therefore, know that prajna paramita is the great mantra, the wisdom mantra, the unsurpassed mantra, the supreme mantra, which completely removes all suffering. This is truth, not deception. Therefore set forth the prajna paramita mantra, set forth this mantra and say:

GATÉ GATÉ PARAGATÉ PARASAMGATÉ BODHI SVAHA

[Beyond, beyond, totally beyond, perfectly beyond: AwakeningYes!]