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Heart Sutra

We usually recite the Heart Sutra at the end of our last sitting meditation for the day. Some form of this sutra is used by most Zen and Mahayana traditions.

THE MAHA PRAJNAPARAMITA HRIDAYA SUTRA

The Bodhisattva of Great Compassion
From the deep practice of Prajnaparamita
Perceived the emptiness of all five skandhas
And delivered all beings from their suffering.

O Sariputra, form is no other than emptiness,
Emptiness no other than form.
Form is emptiness, emptiness form.
The same is true of feeling, thought, impulse and consciousness.

O Sariputra, all dharmas are empty.
They are not born nor annihilated.
They are not defiled nor immaculate.
They do not increase or decrease,
So in emptiness no form, no feeling, no thought, no impulse, no
consciousness.

No eye, ear, nose, tongue body, mind;
No form, sound, smell, taste, touch, or objects of mind,
No realm of sight; no realm of consciousness.

No ignorance, nor extinction of ignorance,
No old age and death, nor extinction of them.

No suffering, no cause of suffering
No cease of suffering, no path to lead out of suffering;
No knowledge, no attainment, no realization
For there is nothing to attain.

The Bodhisattva holds onto nothing but Prajnaparamita
Therefore his mind is clear of any delusive hindrance.
Without hindrance there is no fear,
Away from all perverted views he reaches final Nirvana.

All Buddhas of past, present, and future
Through faith in Prajnaparamita
Attain to the highest perfect enlightenment.

Know then the Prajnaparamita is the great dharani,
The radiant peerless mantram, the utmost supreme mantram, which is
capable of allaying all pain,
This is true beyond all doubt.

Proclaim now the highest wisdom, the Prajnaparamita:

GATE, GATE/PARAGATE/PARASAMGATE, BODHI, SVAHA!
GATE, GATE/PARAGATE/PARASAMGATE, BODHI, SVAHA!
GATE, GATE/PARAGATE/PARASAMGATE, BODHI, SVAHA!

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