

THE HEART SUTRA

The Bodhisattva of Compassion,
When meditating deeply,
Sees the emptiness of all five skandhas
And sunders the bonds that cause suffering.

Here then,
Form is no other than emptiness,
Emptiness no other than form.
Form is only emptiness,
Emptiness only form.
Feeling, thought, and choice,
Consciousness itself,
Are the same as this.

All things are by nature void
They are not born or destroyed
Nor are they stained or pure
Nor do they wax or wane.

So, in emptiness, no form,
No feeling, thought, or choice,
Nor is there consciousness.
No eye, ear, nose, tongue, body, mind;
No colour, sound, smell, taste, touch,
Or what the mind takes hold of,
Nor even act of sensing.

No ignorance or end of it,
Nor all that comes of ignorance;
No withering, no death,
No end of them.
Nor is there pain, or cause of pain,
Or cease in pain, or noble path
To lead from pain;

Not even wisdom to attain!
Attainment too is emptiness.

So know that the Bodhisattva
Holding to nothing whatever,
But dwelling in Prajna wisdom,
Is freed of delusive hindrance,
Rid of the fear bred by it,
And reaches clearest Nirvana.

All Buddhas of past and present,
Buddhas of future time,
Using this Prajna wisdom,
Come to full and perfect vision.
Hear then the great dharani,
The radiant peerless mantra,
The Prajnaparamita
Whose words allay all pain;
Hear and believe its truth!

Gate Gate Paragate Parasamgate Bodhi Svaha
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*[based on the version recited in the Triratna Buddhist
Community, with some changes in the first verse by
Bodhivajra]*