

The Heart Sutra

After intensive practice of the Prajna Paramita,
Bodhisattva Avalokita had developed such transcendental light of wisdom
Illuminating the true state of the Five Aggregates
as illusory and empty as nothing in existence,
And therefore free of all suffering and distress.

Shariputra,
Substance does not differ from emptiness;
Emptiness does not differ from substance.
Substance itself is emptiness;
And emptiness itself is substance.
The same is true of feeling, perception,
impulse, and consciousness.

Shariputra,
All dharmas are empty,
Not to be produced or destroyed,
Neither pure nor filthy,
Not to be increased or decreased.

Therefore, in emptiness,
There is no substance, feeling, perception, impulse, or consciousness;
No eyes, ears, nose, tongue, body, or mind;
No sight, sounds, smells, tastes, touches, or dharmas.

There is no field of vision and no field of consciousness;
No ignorance and no ending of ignorance;
No aging and death and no end of aging and death.

No suffering,
Accumulation of suffering, extinguishment of suffering,
Or the way to extinguish suffering,
No wisdom and no gain of wisdom.

With nothing to be obtained, the Bodhisattva,
through Prajna Paramita,
has no worries or fears,
stays far away from all distorted dreaming,
and reaches Nirvana.

All Buddhas of the three lives
-past, present, and future-
attain Great Enlightenment
through Prajna Paramita.

Prajna Paramita is a great omnipotent mantra,
a great bright mantra, a supreme mantra
and a peerless mantra.
It can truly, absolutely wipe out all distress and suffering.

Therefore, the mantra is recited as following:

GATTE, GATTE, PARAGATTE, PARASAMGATTE, BODHI SVAHA!