

THE HEART SUTRA

Quan Shi Yin Bodhisattva

Practises deeply "other shore wisdom",

Sees the five skandhas completely empty

Goes beyond the world of affliction.

Oh Shariputra,

Form and emptiness are not apart

Emptiness is not apart from form

The Form World is the emptiness

The Emptiness World is this world of form.

All the skandhas: regard them like this.

Shariputra,

See the empty character of all:

Not the birth and death world;

Not the defiled and pure world;

Not the gain and loss world.

Be in the empty centre,

Where the five skandhas are absent;

Sensual attachments are absent;

Sensual delights are absent;

Sense made worlds are absent;

Radiance is not lacking,

Therefore no struggle darkness to destroy,
Nor any other of conditioning's chains.
Be free of decay and death.
No need to strive to destroy them.
No affliction, no arising,
No suppressing, no path;
Be not concerned with
Wisdom and attainment.
A bodhisattva relies
On the other shore wisdom
Where mind is no obstacle
So there is no fear.
Going beyond all troublesome states
Just practise nirvana
Like all the Buddhas, past, present and future,
Just rely on other shore wisdom
Thus attain supreme, perfect, enlightenment
Samyak-sambodhi,
Thus to know other shore wisdom
The great inexplicable mantra
The great radiant mantra
The unexcelled mantra

Incomparable mantra

Able to clear away every suffering

It is true.

It is not false.

Proclaim the prajna paramita mantra

That is proclaimed and proclaimed like this:

Going, going, going beyond,

Always going beyond, awakening. Svaha!*