

Heart Sutra of Prajna-paramita*

(*the insight that brings us to the shore of perfect wisdom)

摩訶般若波羅蜜多心經

When Avalokiteshvara*(the Bodhisattva of Compassion) was meditating deeply with Prajna-paramita*(the insight that brings us to the shore of perfect wisdom)

觀自在菩薩行深般若波羅蜜多時

suddenly discovered that all of the five Skandhas*(五蘊) are equally empty, (*Body/Matter, Feelings, Perceptions, Mental Formations and Consciousness.)

照見五蘊皆空

and with this realisation he overcame Ill-being(苦厄-suffering).

度一切苦厄

“Listen Sariputra*, (*Sāriputra was one of the top disciples of the Buddha*)

舍利子

Matter is not different from Emptiness (空),

色不異空

and Emptiness is not different from Matter(色).

空不異色

Matter itself is Emptiness,

色即是空

Emptiness is itself is Matter.

空即是色

The same is true of Feelings, Perceptions, Mental Formations, and Consciousness.”

受想行識亦復如是

“Listen Sariputra,

舍利子

All phenomena bear the mark of Emptiness. (their true nature is the nature of;)

是諸法空相

no Arising no Ceasing

不生不滅

no Defilement no Purity,

不垢不淨

no Increasing no Decreasing.”

不增不減

“That is why in Emptiness(空) ,

是故空中

There is no Body/Matter(色). No Feelings(受), Perceptions(想), Mental Formations(行) and Consciousness(識).

無色 無受想行識

No eye, ear, nose, tongue, body, or mind.

無眼耳鼻舌身意

No sight, sound, scent, taste, tangibles, or dharma.

無色声香味触法

No field of the eye up to no field of mental consciousness.

無眼界 乃至 **(Page 2)** 無意識界

No suffering, no cause of suffering.

無無明亦 無無明盡

No ending of suffering, and no path.

無苦集滅道 亦無老死盡

No wisdom and also no attainment.

無智亦無得

Because there is nothing obtainable. (Whoever can see this no longer needs anything to attain.)”

以無所得故

“Bodhisattvas* through the reliance on Prajna-paramita (*A person who is on the path towards Buddhahood.)

菩提薩埵 依般若波羅蜜多故

see no attachment and hindrance in their minds.

心無罣礙

Because there is no more attachment and hindrance,

無罣礙故

There is no more fear,

無有恐怖

detached from erroneous views and wishful-thinking,

遠離一切顛倒夢想

realise the final Nirvana*(涅槃 *supreme peace).

究竟涅槃

“Therefore, it should be known that

故知

Prajna-paramita*(the insight that brings us to the shore of perfect wisdom)

般若波羅蜜 (Page3)多

is the great mantra,

是大神呪

the most illuminating mantra,

是大明呪

the highest mantra,

是無上呪

the mantra beyond compare,

是無等等呪

the true wisdom that has the power to put an end to all kinds of Ill-being(一切苦-suffering).

能除一切苦真實不虛

Therefore, let us proclaim a mantra to praise Prajna-paramita* (*the insight that brings us to the shore of perfect wisdom*).

故說般若波羅蜜多呪 即說呪曰

Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!

羯諦羯諦、波羅羯諦、波羅僧羯諦、菩提薩婆訶

Heart Sutra of Prajna-paramita* (perfect wisdom)

般若心經