

## The Heart of the Perfection of Great Wisdom Sutra

[opens with Avalokitesvara expounding prajna wisdom]

**Avalokitesvara Bodhisattva, doing deep prajna paramita,  
Clearly saw emptiness of all the five conditions,  
Thus completely relieving misfortune and pain.**

O Shariputra [the wisest of Buddha's disciples asks  
Avalokitesvara, "How do we train in Prajna Paramita?"]  
**form is no other than emptiness,  
emptiness no other than form; [The Principle teaching of  
Emptiness is set forth and then expounded in the following  
section.]**

Form is exactly emptiness, emptiness exactly form;  
Sensation, conception, discrimination, awareness are  
likewise like this. [The Five Skhandas]

O Shariputra, all dharmas are forms of emptiness, not born,  
not destroyed;

Not stained, not pure, without loss, without gain;

So in emptiness there is no form, no sensation, conception,  
discrimination, awareness;

No eye, ear, nose, tongue, body, mind;

No color, sound, smell, taste, touch, phenomena;

No realm of sight . . . no realm of consciousness;

No ignorance and no end to ignorance . . .  
 No old age and death, and no end to old age and death;  
 No suffering, no cause of suffering, no extinguishing, no path;  
 No wisdom and no gain. No gain and thus  
 The bodhisattva lives prajna paramita  
 With no hindrance in the mind, no hindrance, therefore no  
 fear,  
 Far beyond deluded thoughts, this is nirvana.  
 All past, present, and future Buddhas live prajna paramita,  
 And therefore attain anuttara-samyak-sambodhi. [translation:  
**“unsurpassed-complete-perfect enlightenment,” the  
 enlightenment of a buddha]**

**[ The Great Mantra]** Therefore know, prajna paramita is  
 The great mantra, the vivid mantra,  
 The best mantra, the unsurpassable mantra;  
 It completely clears all pain—this is the truth, not a lie.  
 So set forth the Prajna Paramita Mantra,  
 Set forth this mantra and declare:  
**Gaté! Gaté! • Paragaté! Parasamgaté! • Bodhi svaha!**  
 Prajna Heart Sutra [translation of mantra: **gone, gone, gone  
 beyond, gone completely beyond enlightenment. svaha!**]