



# The Heart Sutra

The Heart Sutra is a verbal description of the enlightened state by the Great Bodhisattva of Mercy, Avalokitesvara. It comes at the end of the Surtra on Perfecting Transcendental Wisdom, the Prajna Paramita, as the historical Buddha Sakyamuni, surrounded by his disciples, is sitting in deep meditation on Vulture Peak near Rajgir, in northern India. It seems that while he was watching the seated Buddha, Avalokitesvara experienced his most profound understanding of transcendental wisdom, the knowledge that is not subject to physical laws. Sariputra, the most intelligent disciple, begins the Heart Sutra by asking the unanswerable question that the disciples asked constantly. What is enlightenment? The answer that Avalokitesvara gave is regarded as the best one possible, i.e. the words that would naturally come to one's lips upon awakening.

**MAHA PRAJNA PARAMITA HRIDAYA SUTRA, A VA LO KI TES VA RA, THE BO DHI SATT VA OF COM PAS SION, DO ING DEEP PRAJ NA PA RA MI TA, CLEAR LY SAW THAT THE FIVE SKAN DHAS ARE SUN YA TA, THUS TRAN SCEND ING MIS FOR TUNE AND SUF FER ING. O SA RI PU TRA, FORM IS NO O THER THAN SUN YA TA, SUN YA TA IS NO O THER THAN FORM. FORM IS EX ACT LY SUN YA TA, SUN YA TA EX ACT LY FORM. FEEL ING, THOUGHT, VO LI TION, AND CON SCIOUS NESS ARE LIKE WISE LIKE THIS. O SA RI PU TRA, RE MEM BER, DHAR MA IS FUN DA MEN TAL LY SUN YA TA. NO BIRTH, NO DEATH, NO THING IS DE FILED, NO THING IS PURE. NO THING CAN IN CREASE, NO THING CAN DE CREASE. HENCE IN SUN YA TA, NO FORM, NO FEEL ING, NO THOUGHT, NO VO LI TION, NO CON SCIOUS NESS, NO EYES, NO EARS, NO NOSE, NO TONGUE, NO BO DY, NO MIND, NO SEE ING, NO HEAR ING, NO SMELL ING, NO TAST ING, NO TOUCH ING, NO THINK ING; NO WORLD OF SIGHT, NO WORLD OF CON SCIOUS NESS, NO IG NOR ANCE AND NO END TO IG NOR ANCE, NO OLD AGE AND DEATH AND NO END TO OLD AGE AND DEATH. NO SUF FER ING, NO CRA VING, NO EX TINC TION, NO PATH; NO WIS DOM, NO AT TAIN MENT. IN DEED, THERE IS NO THING TO BE AT TAINED; THE BO DHI SATT VA RE LIES ON PRAJ NA PA RA MI TA WITH NO HIN DRANCE IN THE MIND. NO HIN DRANCE, THERE FORE NO FEAR. FAR BE YOND UP SIDE DOWN VIEWS, AT LAST NIR VA NA. PAST, PRES ENT, AND FU TURE, ALL BUD DHAS, BO DHI SATT VAS, RE LY ON PRAJ NA PA RA MI TA AND THERE FORE REACH THE MOST SU PREME EN LIGHT EN MENT. THERE FORE KNOW: PRAJ NA PA RA MI TA IS THE GREAT EST DHA RA NI, THE BRIGHT EST DHA RA NI, THE HIGH EST DHA RA NI, THE IN COM PARA BLE DHA RA NI. IT COM PLETE LY CLEARS ALL SUF FER ING. THIS IS THE TRUTH, NOT A LIE. SO SET FORTH THE PRAJ NA PA RA MI TA DHA RA NI. SET FORTH THIS DHA RA NI AND SAY: GA TE GA TE PA RA GA TE PARA SAM GA TE, BO DHI SVA HA HEART SU TRA...**

**Praj na pa ra mi ta** [*Transcendental Wisdom*], **skan dhas** [*Aggregates of composition*],

**Sun ya ta** [*Emptiness: vast, original, ineffable source*], **dha ra ni** [*long mantra*],

**ga te ga te pa ra ga te para sam ga te, Bo dhi sva ha:**

[*Bodhisattvas see the world as empty, empty, completely empty, and here now fully present*].

## *Dai Bai Zan - Cho Bo Zen Ji - Daily Sutras*

HEART SUTRA Intoned: MA KA HAN NYA HA RA MI TA SHIN GYO  
KAN JI ZAI BO SA GYO JIN HAN NYA HA RA MI TA JI SHO  
KEN GO UN KAI KU DO IS SAI KU YAKU SHA RI SHI SHIKI  
FU I KU KU FU I SHIKI SHIKI SOKU ZE KU KU SOKU ZE  
SHIKI JU SO GYO SHIKI YAKU BU NYO ZE SHA RI SHI ZE  
SHO HO KU SO FU SHO FU METSU FU KU FU JO FU ZO FU  
GEN ZE KO KU CHU MU SHIKI MU JU SO GYO SHIKI MU  
GEN NI BI ZES SHIN NI MU SHIKI SHO KO MI SOKU HO MU  
GEN KAI NAI SHI MU I SHIKI KAI MU MU MYO YAKU MU MU  
MYO JIN NAI SHI MU RO SHI YAKU MU RO SHI JIN MU KU  
SHU METSU DO MU CHI YAKU MU TOKU I MU SHO TOK KO  
BO DAI SAT TA E HAN NYA HA RA MI TA KO SHIN MU KE  
GE MU KE GE KO MU U KU FU ON RI IS SAI TEN DO MU SO  
KU GYO NE HAN SAN ZE SHO BUTSU E HAN NYA HA RA MI  
TA KO TOKU A NOKU TA RA SAN MYAKU SAN BO DAI KO  
CHI HAN NYA HA RA MI TA ZE DAI SHIN SHU ZE DAI MYO  
SHU ZE MU JO SHU ZE MU TO DO SHU NO JO IS SAI KU  
SHIN JITSU FU KO KO SETSU HAN NYA HA RA MI TA SHU  
SOKU SETSU SHU WATSU GYA TE GYA TE HA RA GYA TE  
HARA SO GYA TE BO JI SOWA KA -- HAN NYA SHIN GYO.

SHO SAI SHU DHARANI (Great Light Dharani to develop serenity and protect from harm)  
NA MU SA MAN DA MO TO NAN O HA RA CHI KO TO SHA SO  
NO NAN TO JI TO EN GYA GYA GYA KI GYA KI UN NUN SHI  
FU RA SHI FU RA HA RA SHI FU RA HA RA SHI FU RA CHI  
SHU SA CHI SHU SA SHU SHI RI SHU SHI RI SO HA JA SO  
HA JA SE CHI GYA SHI RI EI SO MO KO (REPEAT 3X)

### FOUR GREAT VOWS

SHU JO MU HEN SEI GAN DO,

However innumerable all beings are, we vow to care for them all.

BO NO MU JIN SEI GAN DAN,

However inexhaustible delusions are, we vow to relinquish them all.

HO MON MU RYO SEI GAN GAKU,

However immeasurable gates to truth there are, we vow to enter them all.

BUTSU DO MU JO SEI GAN JO.

However endless the Buddha's way is, we vow to follow it. (REPEAT 3X)