

The Heart of Prajna Paramita Sutra  
般若波羅蜜多心經

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When Avalokiteshvara Bodhisattva was practicing the profound prajna paramita, he illuminated the five skandhas and saw that they are all empty, and he crossed beyond all suffering and difficulty .

觀自在菩薩, 行深般若波羅蜜多時, 照見五蘊皆空, 度一切苦厄。

Shariputra! Form does not differ from emptiness; emptiness does not differ from form. Form is emptiness; emptiness is form, so, are feeling 、 conception 、 activities 、 consciousness .

舍利子! 色不異空, 空不異色, 色即是空, 空即是色, 受想行識, 亦復如是。

Shariputra! All dharmas are empty of characteristics. They are neither produced nor destroyed 、 neither defiled nor pure 、 neither increase nor diminish .

舍利子! 是諸法空相, 不生不滅 、 不垢不淨 、 不增不減。

Therefore, in emptiness there is no form 、 feeling 、 conception 、 activities 、 consciousness;  
是故空中無色, 無受想行識;

No eyes 、 ears 、 nose 、 tongue 、 body 、 mind;  
無眼耳鼻舌身意;

No sights 、 sounds 、 smells 、 tastes 、 touch 、 dharmas;  
無色聲香味觸法;

No field of the eyes, up to and including no field of mind-consciousness;  
無眼界, 乃至無意識界;

No ignorance or ending of ignorance, up to and including no old age and death or ending of old age and death;  
無無明, 亦無無明盡, 乃至無老死, 亦無老死盡;

No suffering, no accumulating, no extinction, no way, and no understanding and no attaining;  
無苦集滅道, 無智亦無得;

Because nothing is attained, the Bodhisattva .

以無所得故, 菩提薩埵。

Through reliance on prajna paramita, his mind is unimpeded。

依般若波羅蜜多故, 心無掛礙。

Because there is no impediment, he is not afraid。

無掛礙故, 無有恐怖。

He leaves distorted dream-thinking far behind。

Ultimately Nirvana!

遠離顛倒夢想, 究竟涅槃。

All Buddhas of the three periods of time attain Anuttara samyak sambodhi through reliance on prajna paramita。

三世諸佛, 依般若波羅蜜多故, 得阿耨多羅三藐三菩提。

Therefore, prajna paramita is a great spiritual mantra、 a great bright mantra、 a suprememantra、 an unequalled mantra。

故知般若波羅蜜多, 是大神咒、是大明咒、是無上咒、是無等等咒,

It can remove all suffering; it is genuine and not false。

能除一切苦, 真實不虛。

That is why the mantra of prajna paramita was spoken。

Recite it like this:

Gate gate paragate parasamgate bodhisvaha!

故說般若波羅蜜多咒, 即說咒曰: 揭諦揭諦, 波羅揭諦, 波羅僧揭諦, 菩提薩婆訶!

(end of sutra)