

## The Heart Sutra

Thus have I heard: Once the Blessed One was dwelling in Rajagriha at Vulture Peak Mountain with a great gathering of monks, nuns and Bodhisattvas. At that time the Blessed One entered the samadhi that expresses the dharma called “Profound Illumination.” At the same time, noble Avalokiteshvara, the Bodhisattva Mahasattva, while engaging in the profound transcendent wisdom, clearly saw the five skandhas to be empty of nature. Then, through the inspiration of the Buddha, venerable Shariputra said to noble Avalokiteshvara, the Bodhisattva Mahasattva, “How should a son or daughter of noble family train, who wishes to follow the profound path of transcendent wisdom?”

Then noble Avalokiteshvara, the Bodhisattva Mahasattva, said to venerable Shariputra: “O Shariputra, a son or daughter of noble family who wishes to follow the profound path of transcendent wisdom should see in this way: See the five skandhas to be empty of nature. Form is emptiness. Emptiness is form. Emptiness is no other than form; form is no other than emptiness. In the same way, feeling, perception, formation, and consciousness are emptiness.

“Thus, Shariputra, all phenomena are emptiness. They have no characteristics. There is no birth and no cessation. There is no impurity and no purity. There is no decrease and no increase. Therefore, Shariputra, in emptiness, there is no form, no feeling, no perception, no formation, no consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no appearance, no sound, no smell, no taste, no touch, no phenomena; no quality of sight, and so on until no quality of thought and no quality of mind-consciousness; no ignorance, no end of ignorance up to no old age and death, no end of old age and death; no suffering, no cause of suffering, no cessation of suffering and no path; no wisdom, no attainment and no non-attainment. Therefore, Shariputra, since the Bodhisattvas have no attainment, they abide by means of transcendent wisdom. Since there is no obscuration of mind, there is no fear. They transcend falsity and attain complete nirvana, passing beyond the bounds of sorrow. All the Buddhas of the three times, by means of transcendent wisdom, fully and clearly awaken to unsurpassable, true, complete enlightenment. Therefore, the great mantra of transcendent wisdom, the mantra of great insight, the unsurpassed mantra, the mantra that equals the unequaled, the mantra that calms all suffering, should be known as truth, since there is no deception.

“The mantra of transcendent wisdom is said in this way:

**‘OM GATE GATE PARAGATE PARASAMGATE BODHI SVAHA’**

“Thus, Shariputra, the Bodhisattva Mahasattvas should train in the profound transcendent wisdom.”

Then the Blessed One arose from that samadhi and praised noble Avalokiteshvara, the Bodhisattva Mahasattva, saying, “Good, good. Thus it is, O son of noble family, thus it is. One should practice the profound transcendent wisdom just as you have taught and all the Tathagatas will rejoice.”

When the Blessed One had said this, venerable Shariputra and noble Avalokiteshvara, the Bodhisattva Mahasattva, that whole assembly and the world with its gods, humans, asuras and gandharvas, rejoiced and praised the words of the Blessed One.

### **The Four Limitless Ones (The Four Immeasurables)**

May all beings have happiness and the cause of happiness.

May all beings be free from suffering and the cause of suffering.

May all beings never part from happiness beyond suffering.

May all beings rest in equanimity, free from attachment and hatred.