

# Heart of the Prajnaparamita

(Leader)

Prajnaparamita Hridaya, Heart of Perfect Wisdom  
(Bell) (Drum Begins)

The Bodhisattva Avalokita,  
while moving in the deep course of perfect understanding,  
shed light on the Five Skandhas and found them equally empty.  
After this penetration, he overcame ill-being. (Bell)

Listen Shariputra,  
Form is emptiness, emptiness is form.  
Form is not other than emptiness,  
emptiness is not other than form.  
The same is true with feelings, perceptions,  
mental formations, and consciousness. (Bell)

Listen Shariputra,  
all dharmas are marked with emptiness.  
They are neither produced nor destroyed,  
neither defiled nor immaculate,  
neither increasing nor decreasing.

Therefore in emptiness there is neither form, nor feelings,  
nor perceptions, nor mental formations, nor consciousness.  
No eye, or ear, or nose, or tongue, or body, or mind.  
No form, no sound, no smell, no taste, no touch,  
no object of mind. (Bell)

No realms of elements (from eyes to mind consciousness),  
no interdependent origins and no extinction of them  
(from ignorance to death and decay).  
No ill-being, no cause of ill-being,  
no end of ill-being, and no path.  
No understanding and no attainment. (Bell)

Because there is no attainment,  
the bodhisattvas, grounded in perfect understanding,  
find no obstacles for their minds.

Having no obstacles, they overcome fear, liberating themselves forever from illusion and realizing perfect nirvana.

All Buddhas in the past, present and future,  
by virtue of this perfect understanding,  
arrive at full, right, and universal enlightenment. (Bell)

Therefore one should know  
that perfect understanding is the highest mantra,  
the unequalled mantra, the destroyer of ill-being,  
the incorruptible truth.

A mantra of prajnaparamita should therefore be proclaimed:

Gate gate paragate parasamgate bodhi svaha  
Gate gate paragate parasamgate bodhi svaha  
Gate gate paragate parasamgate bodhi svaha (Bells)

(Translation: Gone, gone, gone beyond, gone to the other shore, awake, rejoice!)

This translation of the Heart Sutra is from *Chanting from the Heart* by Thich Nhat Hanh (2007) and found in the FCM Chanting Booklet.