

# *The Prajnaparamita Heart Sutra*

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 all pain.

“Listen, Shariputra, form is emptiness, emptiness is form, form does not differ from emptiness, emptiness does not differ from form. The same is true with feelings, perceptions, mental formations, and consciousness.

“Hear, 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 feeling, nor perception, 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; no realms of elements (from eyes to mind-consciousness); no interdependent origins and no extinction of them (from ignorance to old age and death); no suffering, no origination of suffering, no extinction of suffering, no path; no understanding, no attainment.

“Because there is no attainment, the bodhisattvas, supported by the Perfection of 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, thanks to this Perfect Understanding, arrive at full, right, and universal Enlightenment.

“Therefore, one should know that Perfect Understanding is a great mantra, is the highest mantra, is the unequalled mantra, the destroyer of all suffering, the incorruptible truth. A mantra of Prajnaparamita should therefore be proclaimed.

This is the mantra:

**“Gate gate paragate parasamgate bodhi svaha.”**