

**Maha Prajna Paramita Hridaya Sutra**  
*or the*  
**Great Sermon on the Heart Essence of Transcendent Victorious**  
**Perfect Intuitive Understanding**  
*known as the*  
**HEART SUTRA**

*Avalokiteshvara*

while immersed deeply within the contemplation of Perfect Intuitive Understanding yet moved deeply by the Outpourings of Tears and Cries from the World

- entered into and flowed throughout Forms
  - entered into and flowed throughout Feelings
    - entered into and flowed throughout Perceptions
      - entered into and flowed throughout Mental Formations
        - entered into and flowed throughout Knowing • *then discovered these to be Realms*  
*equally*  
*devoid of Lasting Properties*  
*equally*  
*imbued with the Inter-Penetrating*  
*and the Momentary*  
*equally*  
*brimming with Transparency*

*Avalokiteshvara*

while moved deeply by the Outpourings of Tears and Cries from the World as s/he was ferried upon the Raft of these Penetrations • *then stepped out onto that Other Shore Beyond her Suffering and Fear, and now fully EnLightened, turned and said:*

*“Know, Sufferers, that*

Form is Transparency

Transparency is Form

Form is not Other than Transparency

Transparency is not Other than Form

Transparency is the Truth of Form • *Transparency*

*is the Truth of Forms, Feelings,*

*Perceptions, Mental Formations*

*and Knowing*



- No Names and Forms conditioning the Realms of the Senses  
*and no aborting the Realms of the Senses*
- No Realms of the Senses in contact with Phenonema  
*and no aborting contact with Phenomena*
- No Phenonema birthing Feelings  
*and no aborting Feelings*
- No Feelings birthing Craving  
*and no aborting Craving*
- No Craving birthing Clinging  
*and no aborting Clinging*
- No Clinging birthing Becoming  
*and no aborting Becoming*
- No Becoming birthing Rebirth  
*and no aborting Rebirth*
- No Rebirth birthing Suffering, Old Age, & Death  
*and no aborting Suffering, Old Age, & Death*

Therefore in Instances of Transparency:

- ~~No Suffering~~
  - ~~No Origination of Suffering~~
    - ~~No Erradication of Suffering~~
      - ~~No Path of not Suffering~~
        - ~~No Knowledge~~
        - ~~No Attainment~~

EnLightened Beings

depend upon this Perfect Intuitive Understanding

EnLightened Beings' Minds

with Nothing to Attain are neither Anchors nor Sails

Without such Hindrances Fears do not exist

*Far from the Hindrances of Illusions*

that Anything existent is Permanent

Far from the Hindrances of Illusions

that Permanent Selfhood exists and that Self

and Other are Separate

Far from the Hindrances of Illusions

that Satisfaction is attained by literalizing Existence

and then grasping at its Partial Manifestations

Far from the Hindrances of Illusions

that a Thing is Desirable and therefore worth

Clinging To • *precisely there*



*In the Universes of the Past, the Present, and the Future*  
of the Past

In the Universes of the Present, the Future, and and Past  
of the Present

In the Universes of the Future, the Past, and the Present  
of the Future

In the Universes of the Inter-Penetrations  
of these Being-Times • *precisely there*



*EnLightened Beings*

arising from their Dependence of upon the Brimming Sheer Transparency of  
their Perfect Intuitive Understanding then attain knowledge of

- Possibilities & non-Possibilities
  - Seeds, Fruits & Skins of Causality
  - Highlevel & Lowlevel Capacities
  - Tendencies of Character
  - Components of World
    - Paths to Impurity & Purity
    - Concentrations & Meditations
    - Times when Defilements are aborted
    - Paths to Rebirth in all Realms of Existence
    - Death & Rebirth • *then*

*Labor with these Skillful Means*

*until all Being-Times come  
to Term and are Delivered*

*EnLightened Beings*

attaining and practicing these Skillful Means precisely because  
of their Dependence upon the Brimming Sheer Transparency  
of their Perfect Intuitive Understanding • *then*

*Attain Perfect Unsurpassed  
Awakening without Afterbirth  
or Residue of Suffering."*

Know, therefore, that this Perfect Intuitive Understanding spoken of by  
Avalokiteshvara is the great transcendent mantra, the great shining mantra, the  
supreme mantra, the mantra without equal, the destroyer of all suffering, the  
incorruptable truth. Therefore with your heart proclaim this mantra, this  
Essence of Perfect Intuitive Understanding, this mantra flowing thus:

**[Om], Gate, Gate, Paragate, Parasamgate, Bodi! Svaha!**

*Meaning:*

**[Om], Gone, Gone, Gone Over, Gone Over Completely  
to the Other Shore beyond Suffering and Fear! Awake! So Be It!**

*Meaning:*

**[Om], Understood, Understood, Understood What is Beyond,  
Understood Completely What is Beyond Suffering and Fear! Awake!  
So Be It!**

*Meaning:*

**[Om], Proceed, Proceed, Proceed Beyond,  
Proceed Completely Beyond Suffering and Fear! Be Founded in Enlightenment!  
So Be It!**

*This translation/expansion of the Heart Sutra by  
Peter Thompson  
with advice from Soto Zen Roshi Diane Martin  
February 1995 - January 2000*