# 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

Know, Sufferers, that

All Instances of Time & Space

shimmer with Transparency • Instances of Transparency are

neither

*Created nor Destroyed* 

neither

Purified nor Defiled

neither

Augmented nor Diminished

Therefore in Instances of Transparency:

Neither

•Forms nor

•Feelings nor

• Perceptions nor

• Mental Formations nor

Knowing

Therefore in Instances of Transparency:

No Realms of the Senses

No EyesNo EarsNo Sound

No Realm of Shapes No Realm of Sounds

• No Nose
No Scent
No Tongue
No Taste

No Realm of Scents No Realm of Tastes

•No Body •No Mind

No Touch No Object of Mind

No Realm of Touch No Realm of Objects of Mind

Therefore in Instances of Transparency:

• No Ignorance of Reality

and no aborting Ignorance of Reality

• No Ignorance of Reality birthing Mental Formations

and no aborting Mental Formations

No Mental Formations birthing Knowing

and no aborting Knowing

• No Knowing determining Names and Forms and no aborting Names and Forms

- 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

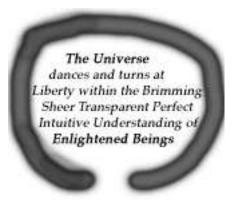
and then grasping at its Partial Manifestations

Far from the Hindrances of Illusions

that a Thing is Desirable and therefore worth



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 Dependance 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 Over, Gone Over Completely to the Other Shore beyond Suffering and Fear! Awake! So Be It!

Meaning:

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

Meaning:

[Om], 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