

The Heart Sutra

JAPANESE PRONUNCIATION AND ENGLISH TRANSLATION

(Prajnaparamita or Perfection of Wisdom Sutra) The monks will chant this sutra as part of today's ceremony.

Maka hannya haramitta shin gyoo

The Perfection of Wisdom Sutra

Kanjizai bosatsu gyoo jin hannya haramitta ji shooken goon kaikuu do issai kuyaku

The noble Avalokiteshvara Bodhisattva, while practicing the deep practice of Prajnaparamita looked upon the Five Skandhas and seeing they were empty of self-existence,

Sharishi shiki fu i kuu kuu fu i shiki shiki soku ze Kuu kuu soku ze shiki ju soo gyoo shiki yaku bu nyoze

Said, "Here, Shariputra, form is emptiness, emptiness is form; emptiness is not separate form, form is not separate from emptiness; whatever is form is emptiness, whatever is emptiness is form. The same holds for sensation and perception, memory and consciousness."

Sharishi ze shohoo kuusoo fushoo fumetsu fuku fujoo fuzoo fugen

Here, Shariputra, all dharmas are defined by emptiness not birth or destruction, purity or defilement, completeness or deficiency.

Ze ko kuuchuu mu shiki mu ju soo gyoo shiki mu gen ni bi zetsu shin i

Therefore, Shariputra, in emptiness there is no form, no sensation, no perception, no memory and no consciousness; no eye, no ear, no nose, no tongue, no body and no mind;

Mu shiki shoo koo mi soku hoo

no shape, no sound, no smell, no taste, no feeling and no thought;

Mu genkai naishi mu ishikikai

no element of perception, from eye to conceptual consciousness;

Mu mummyoo yaku mu mummyojin naishi mu rooshi yaku mu rooshijin

no causal link, from ignorance to old age and death, and no end of causal link from ignorance to old age and death;

Mu kushuumetsudoo

no suffering, no source, no relief, no path;

Mu chi yaku mu toku

no knowledge, no attainment and no non-attainment.

I mushotoku ko bodaisatta e hannya haramitta ko shin mu keige mukege ko mu u kufu onri issai tendoo musoo kugyoo nehan

Therefore, Shariputra, without attainment, bodhisattvas take refuge in Prajnaparamita and live without walls of the mind. Without walls of the mind and thus without fears, they see through delusions and finally nirvana.

Sanze shobutsu e hannya haramitta ko toku anokutara sanmyaku sanbodai

All Buddhas past, present, and future also take refuge in Prajnaparamita and realize unexcelled, perfect enlightenment.

Ko chi hannya haramitta ze daijinshu ze daimyooshu ze mujooshu ze mutodooshu noojo issai ku shinjitsu fuko

You should therefore know the great mantra of Prajnaparamita, the mantra of great magic, the unexcelled mantra, the mantra equal to the unequalled, which heals all suffering and is true, not false,

Ko setsu hannya haramitta shu soku setsu shu watsu

the mantra in Prajnaparamita spoken thus:

Gyatei gyatei haragyatei harasoogyatei boji sohaka

"Gone, gone, gone to the other shore; Gone completely to the other shore. Svaha."

Hannyashingyoo

Here ends the Perfection of Wisdom Sutra.

Sources: "The Heart Sutra, Translation and Commentary," by Red Pine, Counterpoint Press, 2004. www.12.canvas.ne.jp/horai/heart-ja.htm