

般若波羅蜜多心經

觀自在菩薩 行深般若波羅蜜多時 照見五蘊皆空
度一切苦厄 舍利子 色不異空 空不異色 色即是空
空即是色 受想行識亦復如是 舍利子 是諸法空相
不生不滅 不垢不淨 不增不減 是故空中無色 無受
想行識 無眼耳鼻舌身意 無色聲香味觸法 無眼界
乃至無意識界 無無明 亦無無明盡 乃至無老死
亦無老死盡 無苦集滅道 無智亦無得 以無所得故
菩提薩埵 依般若波羅蜜多故 心無罣礙 無罣礙故
無有恐怖 遠離顛倒夢想 究竟涅槃 三世諸佛 依般
若波羅蜜多故 得阿耨多羅三藐三菩提 故知般若波
羅蜜多是大神咒 是大明咒 是無上咒 是無等等咒
能除一切苦 真實不虛 故說般若波羅蜜多咒 即說咒
曰 揭諦揭諦 波羅揭諦 波羅僧揭諦 菩提薩婆訶

願·會更好

線上共修

Heart Sutra

The Insight that Brings Us to the Other Shore



TS'Z SHAN
MONASTERY

Avalokiteshvara
while practicing deeply with
the Insight that Brings Us to the Other Shore,
suddenly discovered that
all of the five Skandhas are equally empty,
and with this realisation
he overcame all Ill-being.

“Listen Sariputra,
this Body itself is Emptiness
and Emptiness itself is this Body.
This Body is not other than Emptiness
and Emptiness is not other than this Body.
The same is true of Feelings,
Perceptions, Mental Formations,
and Consciousness.

“Listen Sariputra,
all phenomena bear the mark of Emptiness;
their true nature is the nature of
no Birth no Death,
no Being no Non-being,
no Defilement no Purity,
no Increasing no Decreasing.

“That is why in Emptiness,
Body, Feelings, Perceptions,
Mental Formations and Consciousness
are not separate self entities.

The Eighteen Realms of Phenomena
which are the six Sense Organs,
the six Sense Objects,
and the six Consciousnesses
are also not separate self entities.

The Twelve Links of Interdependent Arising
and their Extinction
are also not separate self entities.

Ill-being, the Causes of Ill-being,
the End of Ill-being, the Path,
insight and attainment,
are also not separate self entities.

Whoever can see this
no longer needs anything to attain.

Bodhisattvas who practice
the Insight that Brings Us to the Other Shore
see no more obstacles in their mind,
and because there
are no more obstacles in their mind,
they can overcome all fear,
destroy all wrong perceptions
and realize Perfect Nirvana.

“All Buddhas in the past, present and future
by practicing
the Insight that Brings Us to the Other Shore
are all capable of attaining
Authentic and Perfect Enlightenment.

“Therefore Sariputra,
it should be known that
the Insight that Brings Us to the Other Shore
is a Great Mantra,
the most illuminating mantra,
the highest mantra,
a mantra beyond compare,
the True Wisdom that has the power
to put an end to all kinds of suffering.
Therefore let us proclaim
a mantra to praise
the Insight that Brings Us to the Other Shore.

Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!
Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!
Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!”

Translated by
Venerable Thich Nhat Hanh