

## Maka Hannya Haramita Shin Gyo-The Great Prajna-Paramita Heart Sutra

KAN JI ZAI BO SATSU GYO- JIN HAN-NYA HA RA MI TA JI

Avalokiteshvara Bodhisattva, practicing deep Prajna Paramita,

SHO- KEN GO ON KAI KU- DO IS-SAI KU YAKU.

clearly saw that all five skandhas are empty, transforming anguish and distress.

SHA RI SHI SHIKI FU I KU- KU- FU I SHIKI

Shariputra, form is no other than emptiness, emptiness no other than form;

SHIKI SOKU ZE KU- KU- SOKU ZE SHIKI

form is exactly emptiness, emptiness exactly form;

JU SO- GYO- SHIKI YAKU BU NYO ZE

sensation, perception, mental reaction, consciousness are also like this.

SHA RI SHI ZE SHO HO- KU- SO- FU SHO- FU METSU

Sha-riputra, all things are essentially empty-- not born, not destroyed;

FU KU FU JO- FU ZO- FU GEN

not stained, not pure; without loss, without gain.

ZE KO KU- CHU- MU SHIKI MU JU SO- GYO- SHIKI

Therefore in emptiness there is no form, no sensation, perception, mental reaction, consciousness;

MU GEN-NI BI ZES-SHIN NI

no eye, ear, nose, tongue, body, mind,

MU SHIKI SHO- KO- MI SOKU HO-

no color, sound, smell, taste, touch, object of thought;

MU GEN KAI NAI SHI MU I SHIKI KAI

no seeing and so on to no thinking;

MU MU MYO- YAKU MU MU MYO- JIN

no ignorance and also no ending of ignorance,

NAI SHI MU RO- SHI YAKU MU RO- SHI JIN

and so on to no old age and death, and also no ending of old age and death;

MU KU SHU METSU DO

no anguish, cause of anguish, cessation, path;

MU CHI YAKU MU TOKU I MU SHO TOK'KO

no wisdom and no attainment. Since there is nothing to attain,

BO DAI SAT-TA E HAN-NYA HA RA MI TA KO

the Bodhisattva lives by Prajna Paramita,

SHIN MU KEI GE MU KEI GE KO MU U KU FU

with no hindrance in the mind; no hindrance and therefore no fear;

ON RI IS-SAI TEN DO- MU SO- KU GYO- NE HAN

far beyond delusive thinking, right here is Nirvana.

SAN ZE SHO BUTSO E HAN-NYA HA RA MI TA KO

All Buddhas of past, present, and future live by Prajna Paramita

TOKU A NOKU TA RA SAN MYAKU SAN BO DAI

attaining Anuttara-samyak-sambodhi.

KO CHI HAN-NYA HA RA MI TA

Therefore know that Prajna Paramita

ZE DAI JIN SHU ZE DAI MYO- SHU

is the great sacred mantra, the great vivid mantra,

ZE MU JO- SHU ZE MU TO- DO SHU

the unsurpassed mantra, the supreme mantra,

NO- JO IS-SAI KU SHIN JITSU FU KO

which completely removes all anguish.

This is truth not mere formality.

KO SETSU HAN NYA-HA RA RI MI TA SHU

Therefore set forth the Prajna Paramita mantra,

SOKU SETSU SHU WATSU

set forth this mantra and proclaim:

GYA TEI GYA TE HA RA GYA TE HARA SO- GYA TE

BO JI SOWA KA HAN-NYA SHIN GYO

Gate gate paragate parasamgate Bodhi sva-ha-!