PRAYERS · ZEN BUDDHIST

The Heart of Perfect Wisdom Sutra

Avalokiteshvara Bodhisattva,
Practicing deeply the perfection of wisdom,
Clearly saw that all five aggregates are empty,
And passed beyond all suffering.

Shariputra,
Form is no other than emptiness,
Emptiness no other than form.
Form is exactly emptiness,
Emptiness exactly form.
Feeling, perception, formation, and consciousness
Are also like this.

Shariputra,
All things are marked by emptiness.
They are not born, not destroyed,
Not stained, not pure,
Not increasing, not decreasing.

So in emptiness there is no form,
No feeling, perception, formation, or consciousness;
No eyes, ears, nose, tongue, body, or mind;
No sight, sound, smell, taste, touch, or object of mind;
No realm of sight, and so on, to no realm of mind-consciousness.
No ignorance and no end of ignorance,
And so on, to no old age and death,
And no end of old age and death.
No suffering, no cause, no ending, no path.
No wisdom and no attainment,
Since there is nothing to attain.

The bodhisattva relies on the perfection of wisdom,
And the mind is without hindrance.
Without hindrance, there is no fear.
Far beyond all upside-down views,
This is nirvana.

All Buddhas of past, present, and future
Rely on the perfection of wisdom
And awaken to complete, perfect enlightenment.

Know then that the perfection of wisdom
Is the great mantra,
The bright mantra,
The highest mantra,
The mantra beyond compare,
Which removes all suffering.
This is true, not false.
So proclaim the mantra of the perfection of wisdom,
The mantra that says:

Gate gate paragate parasamgate
Bodhi svaha

Gone, gone, gone to the other shore beyond.
O what an awakening, so be it!

— English rendering for Prayers for Peace