

## The Great Wisdom Heart Sutra

Avalokiteshvara Bodhisattva,  
when practicing deeply the Prajna Paramita,  
perceived that all five skandhas are empty  
and was saved from all suffering and distress.

“Shariputra, form does not differ from emptiness;  
emptiness does not differ from form.  
That which is form is emptiness,  
that which is emptiness, form.  
The same is true of feelings, perceptions, impulses, consciousness.

Shariputra, all dharmas are marked with emptiness;  
they do not appear nor disappear,  
are not tainted nor pure,  
do not increase nor decrease.

Therefore, in emptiness no form,  
no feelings, perceptions, impulses, consciousness;  
no eyes, no ears, no nose, no tongue, no body, no mind;  
no color, no sound, no smell, no taste, no touch, no object of mind;  
no realm of eyes and so forth until no realm of mind-consciousness;  
no ignorance and also no extinction of it, and so forth until  
no old age and death and also no extinction of them;  
no suffering, no origination, no stopping, no path,  
no cognition, also no attainment.  
With nothing to attain  
the Bodhisattva depends on Prajna Paramita  
and mind is no hindrance.  
Without any hindrance no fears exist;  
far apart from every perverted view, one dwells in Nirvana.

In the three worlds all Buddhas depend on Prajna Paramita  
and attain unsurpassed, complete, perfect enlightenment.

Therefore know the Prajna Paramita  
is the great transcendent mantra,  
is the great bright mantra,  
is the utmost mantra,  
is the supreme mantra  
which is able to relieve all suffering  
and is true, not false.  
So proclaim the Prajna Paramita mantra,  
proclaim the mantra that says:

*Gate, Gate, paragate, parasamgate! Bodhi! Svaha!”*

**After chanting Sutra(s)**

All Buddhas in ten directions, past, present, and future, all Bodhisattva-mahasattvas, world-honored ones, the Maja Prajna Paramita.

**Before Dharma Talk**

An unsurpassed, penetrating and perfect Dharma is rarely met with even in a hundred thousand million kalpas. Having it to see and listen to, remember and accept, I vow to taste the truth of the Tathagata's words.

**Bodhisattva Vows at end of 1 minute sit:**

Beings are numberless, I vow to save them.  
Delusions are inexhaustible, I vow to end them,  
Dharma gates are endless, I vow to enter them,  
Buddha's way is unsurpassable, I vow to become it.