

# THE HEART SUTRA

Fo Guang Shan  
International Translation Center

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Published by Fo Guang Shan International Translation Center  
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## Praise of Holy Water

With willow twigs, may the holy water be sprinkled  
on the three thousand realms.

May the nature of emptiness and eight virtues  
benefit heaven and earth.

May good fortune and long life both be enhanced  
and extended. May wrongdoing be extinguished  
and be gone.

Burning flames transform into red lotus blossoms.

We take refuge in Avalokitesvara Bodhisattva-  
Mahasattva.

(repeat three times)

Homage to great compassionate Avalokitesvara  
Bodhisattva

(repeat three times)

## Sutra Opening Verse

The unexcelled, most profound, and exquisitely  
wondrous Dharma,  
Is difficult to encounter throughout hundreds of  
thousands of millions of kalpas.  
Since we are now able to see, hear, receive and retain  
it,  
May we comprehend the true meaning of the  
Tathagata.

## Heart Sutra

Avalokitesvara Bodhisattva, while contemplating deeply the prajnaparamita, realized the five aggregates are empty and was liberated from all suffering and hardship.

Sariputra, form is not different from emptiness, emptiness is not different from form. Form is emptiness. Emptiness is form. The same is true of feeling, perception, mental formations, and consciousness. Sariputra, all phenomena are empty. They do not arise or cease, are not defiled or pure, do not increase or decrease. Thus, in emptiness, there are no forms, feelings, perceptions, mental formations, or consciousness.

No eye, ear, nose, tongue, body, or mind; no form, sound, smell, taste, touch or dharmas; no eye consciousness so on unto mind consciousness; no ignorance and extinction of ignorance; even unto no aging and death and no extinction of aging and death; no suffering, cause

of suffering, cessation, or path; no wisdom and no attainment. As there is no attainment, bodhisattvas who rely on the prajnaparamita have neither worry nor obstruction. Without worry and obstruction, there is no fear. Away from confusion and delusion, they will ultimately reach nirvana. All the Buddhas of the past, present, and future rely on the prajnaparamita to attain anuttara-samyak-sambodhi.

Thus, know that the prajnaparamita is the great profound mantra, is the illuminating mantra, is the most supreme of all mantras, is the unequalled mantra, able to eliminate all suffering, is true and not false. Thus, proclaim the “Prajnaparamita Mantra,” proclaim the mantra that says:

Gate gate paragate parasamgate bodhi svaha.

## Triple Refuge

I take refuge in the Buddha, wishing that all sentient beings understand the Dharma and make the supreme vow.

I take refuge in the Dharma, wishing that all sentient beings study the sutras diligently and obtain an ocean of wisdom.

I take refuge in the Sangha, wishing that all sentient beings lead the masses in harmony without obstruction.

## Dedication of Merit

May kindness, compassion, joy , and equanimity  
pervade the dharma realms;

May all people and heavenly beings benefit from our  
blessings and friendship;

May our ethical practice of Chan, Pure Land, and  
Precepts help us to realize equality and patience;

May we undertake the great vows with humility and  
gratitude.



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