

The Heart of the Perfection of Wisdom Sutra



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Set in Calibri 12.5./15, Century Gothic, and Lydian BT.

Printed in the USA.

The Heart of the Perfection of Wisdom Sutra

PAG PA KÖN CHHOG SUM LA CHHAG TSHÄL LO.

I prostrate to the Arya Triple Gem.

DI KÄ DAG GI THÖ PA DÜ CHIG NA

Thus did I hear at one time.

CHOM DÄN DÄ GYÄL PÖI Khab JA GÖ PHUNG PÖI RI LA

The Bhagavan was dwelling on Mass of Vultures Mountain

GE LONG GI GE DÜN CHHEN PO DANG

in Rajagriha together with a great community of monks

JANG CHHUB SEM PÄI GE DÜN CHHEN PO DANG THAB CHIG TU ZHUG TE

and a great community of bodhisattvas.

DEI TSHE CHOM DÄN DÄ ZAB MO NANG WA ZHE JA WÄI CHHÖ KYI NAM

DRANG KYI TING NGE DZIN LA NYOM PAR ZHUG SO

**At that time, the Bhagavan was absorbed in the concentration
on the categories of phenomena called “Profound Perception.”**

YANG DEI TSHE JANG CHHUB SEM PA SEM PA CHHEN PO PHAG PA

CHÄN RÄ ZIG WANG CHHUG

Also, at that time, the bodhisattva mahasattva arya

Avalokiteshvara

SHE RAB KYI PHA RÖL TU CHHIN PA ZAB MÖI CHÖ PA NYI LA NAM PAR

TA ZHING

**looked upon the very practice of the profound perfection
of wisdom**

PHUNG PO NGA PO DE DAG LA YANG RANG ZHIN GYI TONG PAR NAM

PAR TA O

**and beheld those five aggregates also as empty of inherent
nature.**

DE NÄ SANG GYÄ KYI THÜ TSHE DANG DÄN PA SHA RI BÜ JANG CHHUB
SEM PA SEM PA CHHEN PO PHAG PA CHÄN RÄ ZIG WANG CHHUG LA DI
KÄ CHE MÄ SO

**Then, through the power of Buddha, the venerable Shariputra
said this to the bodhisattva mahasattva arya Avalokiteshvara:**

RIG KYI BU / GANG LA LA SHE RAB KYI PHA ROL TU CHHIN PA ZAB MÖI
CHÖ PA CHÄ PAR DÖ PA DE JI TAR LAB PAR JA / DE KÄ CHE MÄ PA
DANG

**“How should any son of the lineage train who wishes to practice
the activity of the profound perfection of wisdom?”**

JANG CHHUB SEM PA SEM PA CHHEN PO PHAG PA CHÄN RÄ ZIG WANG
CHHUG GI TSHE DANG DÄN PA SHA RA DVA TI BU LA DI KÄ CHE MÄ SO

**He said that, and the bodhisattva mahasattva arya
Avalokiteshvara said this to the venerable Sharadvatiputra.**

SHA RI BU / RIG KYI BU AM RIG KYI BU MO GANG LA LA SHE RAB KYI PHA
RÖL TU CHHIN PA ZAB MÖI CHÖ PA CHÄ PAR DÖ PA DE

**“Shariputra, any son of the lineage or daughter of the lineage
who wishes to practice the activity of the profound perfection
of wisdom**

DI TAR NAM PAR TA WAR JA TE / PHUNG PO NGA PO DE DAG KYANG
should look upon it like this, correctly and repeatedly beholding

RANG ZHIN GYI TONG PAR NAM PAR YANG DAG PAR JE SU TA O
those five aggregates also as empty of inherent nature.

ZUG TONG PA O / TONG PA NYI ZUG SO

Form is empty. Emptiness is form.

ZUG LÄ TONG PA NYI ZHÄN MA YIN / TONG PA NYI LÄ KYANG ZUG ZHÄN
MA YIN NO

**Emptiness is not other than form; form is also not other than
emptiness.**

DE ZHIN DU TSHOR WA DANG / DU SHE DANG / DU JE DANG / NAM PAR
SHE PA NAM TONG PA O

**In the same way, feeling, discrimination, compositional factors,
and consciousness are empty.**

SHA RI BU / DE TAR CHHÖ THAM CHÄ TONG PA NYI DE / TSHÄN NYI ME PA
“Shariputra, likewise, all phenomena are emptiness; without characteristic;

MA KYE PA / MA GAG PA / DRI MA ME PA / DRI MA DANG DRÄL WA ME PA / DRI WA ME PA / GANG WA ME PA O

unproduced, unceased; stainless, not without stain; not deficient, not fulfilled.

SHA RI BU / DE TA WÄ NA TONG PA NYI LA ZUG ME / TSHOR WA ME / DU SHE ME / DU JE NAM ME / NAM PAR SHE PA ME

“Shariputra, therefore, in emptiness there is no form, no feeling, no discrimination, no compositional factors, no consciousness;

MIG ME / NA WA ME / NA ME / CHE ME / LÜ ME / YI ME

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

ZUG ME / DRA ME / DRI ME RO ME / REG JA ME / CHHÖ ME DO

no visual form, no sound, no odor, no taste, no object of touch, and no phenomenon.

MIG GI KHAM ME PA NÄ YI KYI KHAM ME / YI KYI NAM PAR SHE PÄI KHAM KYI BAR DU YANG ME DO

There is no eye element and so on up to and including no mind element and no mental consciousness element.

MA RIG PA ME / MA RIG PA ZÄ PA ME PA NÄ

There is no ignorance, no extinction of ignorance, and so on

GA SHI ME / GA SHI ZÄ PÄI BAR DU YANG ME DO

up to and including no aging and death and no extinction of aging and death.

DE ZHIN DU DUG NGÄL WA DANG / KÜN JUNG WA DANG / GOG PA DANG LAM ME

Similarly, there is no suffering, origination, cessation, and path;

YE SHE ME / THOB PA ME / MA THOB PA YANG ME DO

there is no exalted wisdom, no attainment, and also no non-attainment.

SHA RI BU DE TA WÄ NA / JANG CHHUB SEM PA NAM THOB PA ME PÄI
CHHIR SHE RAB KYI PHA RÖL TU CHHIN PA LA TEN CHING NÄ TE / SEM LA
DRIB PA ME PÄ TRAG PA ME DE

“Shariputra, therefore, because there is no attainment, bodhisattvas rely on and dwell in the perfection of wisdom, the mind without obscuration and without fear.

CHHIN CHI LOG LÄ SHIN TU DÄ NÄ / NYA NGÄN LÄ DÄ PÄI THAR CHHIN TO
Having completely passed beyond error, they reach the endpoint of nirvana.

DÜ SUM DU NAM PAR ZHUG PÄI SANG GYÄ THAM CHÄ KYANG SHE RAB
KYI PHA RÖL TU CHHIN PA LA TEN NÄ / LA NA ME PA YANG DAG PAR
DZOG PÄI JANG CHHUB TU NGÖN PAR DZÖG PAR SANG GYÄ SO

All the buddhas who dwell in the three times also manifestly, completely awaken to unsurpassable, perfect, complete enlightenment in reliance on the perfection of wisdom.

DE TA WÄ NA / SHE RAB KYI PHA RÖL TU CHHIN PÄI NGAG / RIG PA
CHHEN PÖI NGAG

Therefore, the mantra of the perfection of wisdom, the mantra of great knowledge,

LA NA ME PÄI NGAG / MI NYAM PA DANG NYAM PÄI NGAG

the unsurpassed mantra, the mantra equal to the unequaled,

DUG NGÄL THAM CHÄ RAB TU ZHI WAR JE PÄI NGAG / MI DZÜN PÄ NA
DEN PAR SHE PAR JA TE

the mantra that thoroughly pacifies all suffering, should be known as truth since it is not false.

SHE RAB KYI PHA RÖL TU CHHIN PÄI NGAG MÄ PA

The mantra of the perfection of wisdom is declared:

TADYATHA [OM] GATE GATE PARAGATE PARASAMGATE BODHI
SVAHA

SHA RI BU / JANG CHHUB SEM PA SEM PA CHHEN PÖ DE TAR SHE RAB KYI
PHA RÖL TU CHHIN PA ZAB MO LA LAB PAR JA O

“Shariputra, the bodhisattva mahasattva should train in the profound perfection of wisdom like that.”

DE NÄ CHOM DÄN DÄ TING NGE DZIN DE LÄ ZHENG TE JANG CHHUB
SEM PA SEM PA CHHEN PO PHAG PA CHÄN RÄ ZIG WANG CHHUG LA
LEG SO ZHE JA WA JIN NÄ

**Then the Bhagavan arose from that concentration and com-
mended the bodhisattva mahasattva arya Avalokiteshvara
saying:**

LEG SO LEG SO RIG KYI BU DE DE ZHIN NO

“Well said, well said, son of the lineage, it is like that.

RIG KYI BU DE DE ZHIN TE / JI TAR KHYÖ KYI TÄN PA DE ZHIN DU / SHE
RAB KYI PHA RÖL TU CHHIN PA ZAB MO LA CHÄ PAR JA TE / DE ZHIN
SHEG PA NAM KYANG JE SU YI RANG NGO

**It is like that; one should practice the profound perfection
of wisdom just as you have indicated; even the tathagatas
rejoice.”**

CHOM DÄN DÄ KYI DE KÄ CHE KA TSÄL NÄ / TSHE DANG DÄN PA SHA
RA DVA TI BU DANG

**The Bhagavan having thus spoken, the venerable Sharadva-
tiputra,**

JANG CHHUB SEM PA SEM PA CHHEN PO PHAG PA CHÄN RÄ ZIG WANG
CHHUG DANG THAM CHÄ DANG DÄN PÄI KHOR DE DAG DANG

**the bodhisattva mahasattva arya Avalokiteshvara, and
those surrounding in their entirety**

LHA DANG / MI DANG / LHA MA YIN DANG / DRI ZAR CHÄ PÄI JIG TEN
YI RANG TE CHOM DÄN DÄ KYI SUNG PA LA NGÖN PAR TÖ DO

**along with the world of gods, humans, asuras, and gandhar-
vas were overjoyed and highly praised that spoken by the
Bhagavan.**

(This completes the *Ārya-bhagavatī-prajñāpāramitā-hṛīdaya-sūtra*.)

Colophon:

Translated from the Tibetan, consulting the Indian and Tibetan commentaries and previous good translations, by Gelong Thubten Tsultrim (George Churinoff), the first day of Saka Dawa, 1999, at Tushita Meditation Centre, Dharamsala, India. Amended March 8, 2001, in the New Mexico desert.

Foundation for the Preservation of the Mahayana Tradition



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