

## The Heart Sutra 心經

觀自在菩薩。行深般若波羅蜜多時。

*Avalokitesvara, the bodhisattva of compassion, meditating deeply on the perfection of wisdom.*

照見五蘊皆空。度一切苦厄。

*So clearly, that the five aspects of human existence are empty, and so released himself from suffering.*

舍利子。色不異空。空不異色。

*Answering the monk Sariputra, he said this: body is nothing more than emptiness, emptiness is nothing more than body.*

色即是空。空即是色。

*The body is exactly empty and emptiness is exactly body.*

受想行識。亦復如是。

*The other four aspects of human existence, feeling, thought, will and consciousness are likewise*

舍利子。是諸法空相。

*Sariputra, all things are empty.*

不生不滅。不垢不淨。不增不減。

*Nothing is born; nothing dies; nothing is pure; nothing is stained; nothing increases and nothing decreases.*

是故空中無色。

*So, in emptiness, there is no body,*

無受想行識。

*no feeling, no thought, no will, no consciousness.*

無眼耳鼻舌身意。

*There are no eyes, no ears, no nose, no tongue, no body, no mind.*

無色聲香味觸法。

*There is no seeing, no hearing, no smelling, no tasting, no touching, no imagining.*

無眼界。乃至無意識界。

*There is nothing seen, nor heard, nor smell nor tasted nor touched, nor imagined.*

無無明。亦無無明盡。

*There is no ignorance and no end to ignorance.*

乃至無老死。亦無老死盡。

*There is no old age and death and no end to old age and death.*

無苦集滅道。無智亦無得。以無所得故。

*There is no suffering and no cause of suffering, no end to suffering, no path to follow. There is no attainment of wisdom and no wisdom to attain.*

菩提薩埵。依般若波羅蜜多故。

*The Bodhisattva relies on the perfection of wisdom.*

心無罣礙。無罣礙故。無有恐怖。

*And so with no delusions, they feel no fear*

遠離顛倒夢想。究竟涅槃。

*and have Nirvana here and now.*

三世諸佛。依般若波羅蜜多故。

*All the Buddhas, past, present, and future rely on the perfection of wisdom*

得阿耨多羅三藐三菩提。

*and live in full enlightenment.*

故知般若波羅蜜多。是大神咒。

*The Perfection of Wisdom is the greatest mantra,*

是大明咒。是無上咒。是無等等咒。

*it is the clearest mantra, the highest mantra, the mantra that removes all suffering.*

能除一切苦。真實不虛。

*This is truth that cannot be doubted.*

故說般若波羅蜜多咒。即說咒曰。揭諦

*Say it so: gate*

揭諦 波羅揭諦 波羅僧揭諦 菩提薩婆訶

*gate paragate parasamgate bodhi svaha.*