

THE HEART OF PRAJNA PARAMITA SUTRA ㊟

般若波羅蜜多心經 ㊟

Bwo re bwo lwo mi dwo syin jing

WHEN BODHISATTVA AVALOKITESHVARA WAS PRACTICING THE PROFOUND PRAJNA PARAMITA,

觀自在菩薩，行深般若波羅蜜多時，

Gwan dz dzai pu sa sying shen bwo re bwo lwo mi dwo shr.

HE ILLUMINATED THE FIVE SKANDHAS AND SAW THAT THEY ARE ALL EMPTY, AND HE CROSSED BEYOND ALL SUFFERING AND DIFFICULTY.

照見五蘊皆空，度一切苦厄。

Jyau jyan wu yun jye kung. du yi chye ku e.

SHARIPUTRA, FORM DOES NOT DIFFER FROM EMPTINESS; EMPTINESS DOES NOT DIFFER FROM FORM. FORM ITSELF IS EMPTINESS; EMPTINESS ITSELF IS FORM. SO TOO ARE FEELING, COGNITION, FORMATION. AND CONSCIOUSNESS.

舍利子，色不異空，空不異色。色即是空，空即是色，受想行識亦復如是。

She li dz, shai bu yi kung. kung bu yi shai. shai ji shr kung. kung ji shr shai. shou syang sying shr yi fu ru shr.

SHARIPUTRA, ALL DHARMAS ARE EMPTY OF CHARACTERISTICS. THEY ARE NOT PRODUCED, NOT DESTROYED,

舍利子，是諸法空相，不生不滅，

She li dz. shr ju fa kung syang, bu sheng bu mye,

NOT DEFILED, NOT PURE, AND THEY NEITHER INCREASE NOR DIMINISH.

不垢不淨，不增不減。

Bu gou bu jing. bu dzeng bu jyan.

THEREFORE, IN EMPTINESS THERE IS NO FORM, FEELING, COGNITION, FORMATION, OR CONSCIOUSNESS;

是故空中無色，無受想行識，

Shr gu kung jung wu shai. wu shou syang sying shr.

NO EYES, EARS, NOSE, TONGUE, BODY, OR MIND; NO SIGHTS,
SOUNDS, SMELLS, TASTES, OBJECTS OF TOUCH, OR DHARMAS;
無眼耳鼻舌身意，無色聲香味觸法。
Wu yan er bi she shen yi, wu shai sheng syang wei chu fa.

NO FIELD OF THE EYES UP TO AND INCLUDING NO FIELD OF
MIND CONSCIOUSNESS;

無眼界，乃至無意識界。
Wu yan jye, nai jr wu yi shr jye,

AND NO IGNORANCE OR ENDING OF IGNORANCE,

無無明，亦無無明盡。
Wu-wu ming, yi wu wu ming jin,

UP TO AND INCLUDING NO OLD AGE AND DEATH OR ENDING OF OLD
AGE AND DEATH.

乃至無老死，亦無老死盡。
Nai jr wu lau sz, yi wu lau sz jin,

THERE IS NO SUFFERING, NO ACCUMULATING, NO EXTINCTION, AND
NO WAY, AND NO UNDERSTANDING AND NO ATTAINING.

無苦集滅道，無智亦無得。
Wu ku ji mye dau, wu jr yi wu de.

BECAUSE NOTHING IS ATTAINED, THE BODHISATTVA

以無所得故，菩提薩埵，
Yi wu swo de gu, pu ti sa two,

THROUGH RELIANCE ON PRAJNA PARAMITA IS UNIMPEDED IN HIS
MIND.

依般若波羅蜜多故，心無罣礙。
Yi bwo re bwo lwo mi dwo gu, syin wu gwa ai,

BECAUSE THERE IS NO IMPEDIMENT, HE IS NOT AFRAID

無罣礙故，無有恐怖，
Wu gwa ai gu, wu you kung bu,

AND HE LEAVES DISTORTED DREAM-THINKING FAR BEHIND.

遠離顛倒夢想，
Ywan li dyan dau meng syang,

ULTIMATELY NIRVANA!

究竟涅槃。
Jyou jing nye pan,

ALL BUDDHAS OF THE THREE PERIODS OF TIME ATTAIN ANUTTARA-

SAMYAK-SAMBODHI THROUGH RELIANCE ON PRAJNA PARAMITA.

三世諸佛依般若波羅蜜多故，得阿耨多羅三藐三菩提。

San shr ju fwo yi bwo re bwo lwo mi dwo gu. de e nwo dwo lwo san myau san pu ti

THEREFORE KNOW THAT PRAJNA PARAMITA IS A GREAT SPIRITUAL MANTRA,

故知般若波羅蜜多，是大神咒，

Gu jr bwo re bwo lwo mi dwo shr da shen jou

A GREAT BRIGHT MANTRA, A SUPREME MANTRA, AN UNEQUALLED MANTRA.

是大明咒，是無上咒，是無等等咒。

Shr da ming jou. shr wu shang jou. shr wu deng deng jou.

IT CAN REMOVE ALL SUFFERING: IT IS GENUINE AND NOT FALSE.

能除一切苦，真實不虛。

Neng chu yi chye ku. jen shr bu syu.

THAT IS WHY THE MANTRA OF PRAJNA PARAMITA WAS SPOKEN. RECITE IT LIKE THIS.

故說般若波羅蜜多咒，即說咒曰：

Gu shwo bwo re bwo lwo mi dwo jou. ji shwo jou ywe:

GATE GATE PARAGATE PARASAMGATE BODHI SVAHA!

揭諦揭諦，波羅揭諦，波羅僧揭諦，
菩提薩婆訶。

Jye di jye di. bwo lwo jye di. bwo lwo seng jye di. pu ti sa pe he.

(END OF THE HEART OF PRAJNA PARAMITA SUTRA)

MAHA PRAJNA PARAMITA

摩訶般若波羅蜜多

(3 times)

(三稱)

MWO HE BWO RE BWO LWO MI DWO