

# ◎ ◎ ◎ Heart of Great Perfect Wisdom Sutra ◎

*(Maka hannya haramitta shingyō)*

A·va·lo·ki·tesh·va·ra Bo·dhi·satt·va, when  
deeply prac·tic·ing praj·na pa·ra·mi·ta,  
clearly saw ◎ that all five ag·gre·gates  
are emp·ty and thus re·lieved all  
suf·fer·ing.

Sha·ri·pu·tra, form does not dif·fer from  
emp·ti·ness, emp·ti·ness does not dif·fer  
from form.

Form it·self is emp·ti·ness,  
emp·ti·ness it·self form.

Sen·sa·tions, per·cep·tions, for·ma·tions,  
and con·scious·ness are al·so like this.

Sha·ri·pu·tra, all dhar·mas are marked by  
emp·ti·ness; they nei·ther a·rise nor cease,  
are nei·ther de·filed nor pure, nei·ther  
in·crease nor de·crease.

There·fore, giv·en emp·ti·ness, there is  
no form, no sen·sa·tion, no per·cep·tion,  
no for·ma·tion, no con·scious·ness;  
no eyes, no ears, no nose, no tongue,  
no bod·y, no mind;  
no sight, no sound, no smell, no taste,  
no touch, no ob·ject of mind; no realm of  
sight... no realm of mind con·scious·ness.

There is nei·ther ig·nor·ance nor  
ex·tinc·tion of ig·nor·ance...

nei·ther old age and death, nor  
ex·tinc·tion of old age and death;  
no suf·fer·ing, no cause, no ces·sa·tion,  
no path; no know·ledge and no  
at·tain·ment.

With noth·ing to at·tain, a bo·dhi·satt·va  
re·lies on praj·na pa·ra·mi·ta, ◎ and thus  
the mind is with·out hin·drance.

With·out hin·drance, there is no fear.

Far be·yond all in·vert·ed views,  
one re·al·ize·s nir·va·na.

All bud·dhas of past, pres·ent, and fu·ture  
re·ly on praj·na pa·ra·mi·ta ◎ and  
there·by at·tain un·sur·passed, com·plete,  
per·fect en·light·en·ment.

There·fore, know the praj·na pa·ra·mi·ta  
as the great mi·rac·u·lous man·tra,  
the great bright man·tra,  
the su·preme man·tra,  
the in·com·pa·ra·ble man·tra,  
which re·moves all suf·fer·ing  
and is true, not false.

There·fore we pro·claim the praj·na  
pa·ra·mi·ta man·tra, the man·tra that says:

"Ga·te Ga·te •

Pa·ra·ga·te Pa·ra·sam·ga·te •

Bod·hi Sva·ha."

## Universal Transference of Merit

*(Fuekō)*

May this merit extend universally to all,  
so that we together with all beings  
realize the buddha way.

◎ All buddhas

throughout space and time,

all honored ones,

bodhisattvas, mahasattvas,

◎ wisdom beyond wisdom,

maha • prajna • paramita. •

## Three Treasure Refuges

*(San Pai)*

• • •

◎ large gong • small gong

## ◎ Four Vows ◎

*(Shigu seigan mon)*

Beings are numberless;

I vow to free them. •

Delusions are inexhaustible;

I vow to end them. •

Dharma gates are boundless;

I vow to enter them. •

The buddha way is unsurpassable;

I vow • to realize it. •

## Three Treasure Refuges

*(San Pai)*

• • •

*"Soto School Scriptures for Daily Services and Practice"*  
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