

**The Heart Sutra:
Exploring Wisdom Beyond Wisdom
Taught by Kazuaki Tanahashi Sensei and Joan Halifax Roshi**

Chants

THE HEART OF THE PERFECTION OF GREAT WISDOM SUTRA

A Common English Translation of the Sutra

Avalokitesvara Bodhisattva doing deep Prajna Paramita

Perceived the emptiness of all five conditions

And was freed of pain.

O Shariputra, form is no other than emptiness,

Emptiness no other than form;

Form is precisely emptiness,

Emptiness precisely form.

Sensation, perception, reaction and consciousness

Are also like this.

O Shariputra, all things are expressions of emptiness:

Not born, not destroyed; not stained, not pure;

Neither waxing nor waning.

Thus emptiness is not form,

Not sensation nor perception, reaction nor consciousness;

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

No color, sound, smell, taste, touch, thing;

No realm of sight, no realm of consciousness;

No ignorance, no end to ignorance;

No old age and death, no cessation of old age and death;

No suffering, no cause or end to suffering;

No path, no wisdom and no gain.

No gain—thus bodhisattvas live this Prajna Paramita

With no hindrance of mind.

No hindrance, therefore no fear.

Far beyond all such delusion, Nirvana is already here.

All past, present and future buddhas live this Prajna Paramita
And attain supreme, perfect enlightenment.
Therefore know that Prajna Paramita is the holy mantra,
The luminous mantra, the supreme mantra,
The incomparable mantra
By which all suffering is cleared.
This is no other than truth.
Therefore, set forth the Prajna Paramita mantra,
Set forth this mantra and proclaim:
GATÉ, GATÉ, PARAGATÉ, PARASAMGATÉ, BODHI! SVAHA!

[Previously chanted at Upaya Zen Center]

THE SUTRA ON THE HEART OF REALIZING WISDOM BEYOND WISDOM

Translated by Kazuaki Tanahashi and Joan Halifax Roshi

Avalokiteshvara, who helps all to awaken,
moves in the deep course of
realizing wisdom beyond wisdom,
sees that all five streams of
body, heart, and mind are without boundary,
and frees all from anguish.

O Shariputra [who listens to the teachings of the Buddha],
form is not separate from boundlessness;
boundlessness is not separate from form.
Form is boundlessness; boundlessness is form.

Feelings, perceptions, inclinations, and discernment are also like this.

O Shariputra,
boundlessness is the nature of all things.

It neither arises nor perishes,
neither stains nor purifies,
neither increases nor decreases.

Boundlessness is not limited by form,
nor by feelings, perceptions, inclinations, or discernment.

It is free of the eyes, ears, nose, tongue, body, and mind;
free of sight, sound, smell, taste, touch, and any object of mind;
free of sensory realms, including the realm of the mind.

It is free of ignorance and the end of ignorance.

Boundlessness is free of old age and death,
and free of the end of old age and death.

It is free of suffering, arising, cessation, and path,
and free of wisdom and attainment.

Being free of attainment, those who help all to awaken
abide in the realization of wisdom beyond wisdom
and live with an unhindered mind.

Without hindrance, the mind has no fear.
Free from confusion, those who lead all to liberation
embody profound serenity.
All those in the past, present, and future,
who realize wisdom beyond wisdom,
manifest unsurpassable and thorough awakening.

Know that realizing wisdom beyond wisdom
is no other than this wondrous mantra,
luminous, unequalled, and supreme.
It relieves all suffering.
It is genuine, not illusory.

So set forth this mantra of realizing wisdom beyond wisdom.
Set forth this mantra that says:

GATÉ, GATÉ, PARAGATÉ, PARASAMGATÉ, BODHI! SVAHA!

THE FOUR VOWS AND THE NIGHT CHANT

Creations are numberless;

I vow to free them.

Delusions are inexhaustible;

I vow to transform them.

Reality is boundless;

I vow to perceive it.

The awakened way is unsurpassable;

I vow to embody it.

AWAKENING TOGETHER

Translated by Kazuaki Tanahashi and Joan Halifax Roshi

All awakened ones
throughout space and time,
honored ones, great beings,
who help all to awaken,
together may we realize
wisdom beyond wisdom!

[from *Zen Chants: Thirty-Five Essential Texts with Commentary* by Kazuaki Tanahashi, Shambhala Publications, 2015]

TEN-LINE LIFE-AFFIRMING SUTRA OF AVALOKITESHVARA

Translated by Kazuaki Tanahashi and Joan Halifax Roshi

Avalokiteshvara, perceiver of the cries of the world,
takes refuge in Buddha,
will be a buddha,
helps all to be buddhas,
is not separate from buddha, dharma, sangha—
being eternal, intimate, pure, and joyful.
In the morning, be one with Avalokiteshvara;
in the evening, be one with Avalokiteshvara,
whose heart, moment by moment, arises,
whose heart, moment by moment, remains!