

THE Heart Sutra

A Comprehensive Guide to the
Classic of Mahayana Buddhism

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The “Sutra on the Heart of Realizing Wisdom Beyond Wisdom” and the “Ten-Line Sutra of Avalokiteshvara’s Boundless Life,” presented on pages 3 and 22, have been put in public domain.

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I

A New Translation

LET ME PRESENT the version of the *Heart Sutra* translated by Joan Halifax and myself in 2002. It is based on the seventh-century Chinese version by Xuanzang, with additional reference to its Sanskrit counterpart, the *Hridaya*. The texts we referred to, along with the best-known English translations, can be found in appendix 1; my thoughts behind the translation of each term can be found in Part Six, “Terms and Concepts.”

The Sutra on the Heart of Realizing Wisdom Beyond Wisdom

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!