

★ The Prajnaparamita Heart Sutra ★

~~ Beishi Guohan (Old Teacher Tsao) ~~

● When the Bodhisattva "Avalokitesvara" (or "of great emancipation")
was coursing in the deeper prajnaparamita,
he realized that all five skandhas are empty,
thereby transcending all sufferings.

※ Sariputra, form is not other than emptiness,
and emptiness not other than form.
Form is precisely emptiness,
and emptiness precisely form.
So also are sensation, perception, volition and consciousness.

※ Sariputra, this form of the emptiness of all dharmas/Dharmas
is non-arising, non-perishing, non-impure,
non-pure, non-increasing and non-decreasing.

※ Therefore, in emptiness there is no form,
and no sensation, perception, volition or consciousness;
no eye, ear, nose, tongue, body or mind;
no sight, sound, smell, taste, touch or thought;
there is no realm of the eye,
all the way up to no realm of consciousness.
There is no ignorance and also no ending of ignorance,
through to no aging and death and no ending of aging and death.
There is no suffering, no cause of suffering,
no cessation of suffering, and no path.
There is no wisdom and also no attainment.

With nothing to attain, Bodhisattvas relying on prajnaparamita
have no obstructions in their minds.

Having no obstructions, there is no fear and departing far from
confusion and delusion, they reach ultimate nirvana.

All Buddhas of the past, present and future,
relying on prajnaparamita,
Attain supreme Buddhahood (enlightenment).

Therefore, the prajnaparamita is the great mantra of power, the great mantra of wisdom, the supreme mantra, and the unequalled mantra, which is able to transcend all sufferings. It is real and not false.

Therefore, he uttered the mantra of prajnaparamita, by saying :
"Gate, Gate, Paragate, Parasamgate, Bodhi Svaha."

◆ Appendix : -----

- * Twelve Conditioned Arising : Ignorance, Volitional Activity, Consciousness, Name & Form, Six Sense Faculties, Contact, Sensation, Craving, Grasping, Existence, Birth, Aging & Death.

- * Tiantai's Four Kinds of "Four Noble Truths" : (1) Four Noble Truths of Arising and Perishing (2) Four Noble Truths of Non-Arising (3) Four Noble Truths of Infinity (4) Four Noble Truths of Actionlessness.

