

***The Heart Sutra***  
*as recited in FWBO Centres*

The Bodhisattva of Compassion,  
When he meditated deeply,  
Saw the emptiness of all five  
skandhas  
And sundered the bonds that caused  
him suffering.

Here then,  
Form is no other than emptiness,  
Emptiness no other than form.  
Form is only emptiness,  
Emptiness only form.

Feeling, thought, and choice,  
Consciousness itself,  
Are the same as this.

All things are by nature void  
They are not born or destroyed  
Nor are they stained or pure  
Nor do they wax or wane

So, in emptiness, no form,  
No feeling, thought, or choice,  
Nor is there consciousness.  
No eye, ear, nose, tongue, body,  
mind;  
No colour, sound, smell, taste,  
touch,  
Or what the mind takes hold of,  
Nor even act of sensing.

No ignorance or end of it,  
Nor all that comes of ignorance;  
No withering, no death,  
No end of them.

Nor is there pain, or cause of pain,  
Or cease in pain, or noble path  
To lead from pain;  
Not even wisdom to attain!  
Attainment too is emptiness.

So know that the Bodhisattva  
Holding to nothing whatever,  
But dwelling in Prajna wisdom,  
Is freed of delusive hindrance,  
Rid of the fear bred by it,  
And reaches clearest Nirvana.

All Buddhas of past and present,  
Buddhas of future time,  
Using this Prajna wisdom,  
Come to full and perfect vision.

Hear then the great dharani,  
The radiant peerless mantra,  
The Prajnaparamita  
Whose words allay all pain;  
Hear and believe its truth!

Gate Gate Paragate Parasamgate  
Bodhi Svaha

## ***The Heart Sutra in Sanskrit***

### ***prajnaparamita hrdaya sutra***

om namo bhagavatyai aryaprajnaparamitayai aryavalokitesvaro bodhisattvo  
gambhiiram prajnaparamitacaryam caramano vyavalokayati sma pancaskandhas  
tams ca svabhavasunyan pasyati sma

iha sariputra rupam sunyata sunyataiva rupam rupan na prthak sunyata  
sunnyataya na prthag rupam yad rupam sa sunyata ya sunyata tad rupam evam  
eva vedanasamjnasamskaravijnanam iha sariputra sarvadharmah sunyatalaksana  
anutpanna aniruddha amala avimala anuna aparipurnah

tasmac chariputra sunyatayam na rupam na vedana na samjna na samskarah na  
vijnanam na caksuhsrotraghanajihvakayamanamsi na rupasabdagandha  
rasasprastavyadharmah na caksurdhatur yavan na manovijnanadhatuh navidya  
navidyaksayo yavan na jaramaranam na jaramaranaksayo na  
duhkhasamudayanirodhamarga na jnanam na praptir napraptih

tasmac chariputra apraptitvad bodhisattvasya prajnaparamitam asritya viharaty  
acittavarana cittavarananastitvad atrasto viparyasatikranto  
nisthanirvanapraptah tryadhvavyavasthitah sarvabuddhah prajnaparamitam  
asrityanuttaram samyaksambodhim abhisambuddhah

tasmaj jnatavyam prajnaparamita mahamantra mahavidyamantro nuttaramantro  
samamamantrah sarvaduikhprasamanah satyam amithyatvat  
prajnaparamitayam ukto mantrah tadyatha

gate gate paragate parasamgate bodhi svaha

iti prajnaparamitahridayam samaptam

## ***pronunciation guide***

In Pali and Sanskrit every letter is pronounced and there are no diphthongs. The short vowels a, i and u, are voiced more briefly than the others which are known as long vowels. An approximate guide to pronunciation is as follows:

### **Vowels:**

a as in `cut'  
a as in `cart'  
ai as in `high'  
au as in `out'  
e as in `veil'  
i as in `kick'  
i as in `bee'  
o as in `low'  
u as in `put'  
u as in `too'  
r as the ri in `trip' with with some rolling of the sound

### **Consonants**

as in English, with the following qualifications:  
g hard as in `good'  
c soft as in `chat'  
d and t as in English, but with the tongue tip against the back of the upper front teeth  
d and t as in as t and d, but with the tongue tip curled up and backwards against the roof of the mouth  
h at the end of a word has a slight echo of the preceding vowel  
j as in `jay' unless followed by n when it may be hard as in `signal'  
s and s soft as in `shin'  
v is pronounced somewhere between English v and w

### **Nasal sounds:**

Before a consonant make the natural sound associated with that consonant:

nk as in `trunk'  
ng as in `sang'  
nc as in `crunch'  
nj as in `hinge'  
nt or nt, as in `tent'  
nd or nd, as in `bend'  
mp as in `limp'  
mb as in `limbo'

### **Before vowels:**

n as ny in `banyan'  
m at the end of a word nasalizes the preceding vowel, as in the French bon.  
n as in `nit' but with the tongue tip against the back of the upper front teeth.  
n as in `nit', but with the tongue tip curled up and backwards against the roof of the mouth.

Aspirated consonants are shown followed immediately by the letter h, and should be pronounced with an audible out-breath. Note that `th' is always pronounced as in `shorthand', `ph' is always pronounced as in `haphazard'. Doubled consonants are pronounced as such, e.g. sadda as in `midday', ks as in `bookshop'.