

The Heart Sutra is one of the most popular in Mahayana Buddhism. It comes from the family of Prajnaparamita Sutras. The symbol 𑖀 marks the striking of the gong, 𑖁 clamping the gong with the wand.

You can download an mp3 of us chanting the Heart Sutra [here](#).

Heart Sutra

Translation

Gong only:

𑖀𑖀𑖀𑖀 MAKA HANNYA HARAMITA SHINGYO

The Great Perfection

Everyone:

𑖀 KAN JI ZAI BO SATSU

GYO JIN 𑖀 HAN NYA HA RA MI TA JI

SHO KEN 𑖀 GO ON KAI KU

DO IS SAI KU YAKU

The Bodhisattva of Compassion

sitting in the deepest wisdom

saw the hollowness of things

and snapped the ties

that bound him to suffering

SHA RI SHI

SHIKI FU I KU

KU FU I SHIKI

SHIKI SOKU ZE KU

KU SOKU ZE SHIKI

JU SO GYO SHIKI

YAKU BU NYO ZE

SHA RI SHI ZE SHO HO KU SO

FU SHO FU METSU

FU KU FU JO

FU ZO FU GEN

Sariputra form and formlessness are not two

but one thing

feeling and thought, awareness and will

are formless

all the ways of occurrence

are formless

They aren't made or broken

they don't rise or fall

they're not good or bad

ZE KO KU CHU

MU SHIKI MU JU SO GYO SHIKI
MU GEN NI BI ZE SHIN I
MU SHIKI SHO KO MI SOKU HO
MU GEN KAI NAI SHI MU I SHIKI KAI

When all of these are empty

eyes and ears
nose and tongue
body and mind
are gone
Sight and hearing
smell and taste
touch and thought
are gone
all the ways of knowing are gone

MU MU MYO YAKU MU MU MYO JIN

NAI SHI MU RO SHI
YAKU MU RO SHI JIN
MU KU SHU METSU DO
MU CHI YAKU MU TOKU
and stopping not knowing
and the outcomes of not knowing:
wasting away, death
they are all gone
hurt is gone, illness is gone, and the cure for it
wisdom is gone
and its getting.

But not knowing is gone too

I □ MU SHO TOKU KO

BO DAI SAT TA
E □ HAN NYA HA RA MI TA KO
□ SHIN MU KEI GE
MU KE GE KO
MU U KU FU
ON RI IS SAI TEN DO MU SO
KU GYO NE HAN

The Bodhisattva, letting everything go

resting in the deepest wisdom
loses his false bonds and the fears they bring
and comes to the clearest light.

SAN ZE SHO BUTSU

E □ HAN NYA HA RA MI TA KO
TOKU A NOKU TA RA SAN
MYAKU SAN BO DAI
those already gone,
those here now,
those yet to come,

All the awakened,

through this deep wisdom
become the clearest light.

KO CHI □ HAN NYA HA RA MI TA

ZE DAI JIN SHU
ZE DAI MYO SHU
ZE MU JO SHU
ZE MU TO DO SHU
NOJO IS SAI KU
SHIN JITSU FU KO
KO SETSU □ HAN NYA HA RA MI TA SHU
SOKU SETSU SHU WATSU

So know this flawless wisdom

this bright spell, no others match it,
the best spell, it never fails,
it cures all ill.

This is wisdom's endstop
true beyond mistaking
grasp its truth and bring it forth

GYA TEI GYA TEI

HA RA GYA TEI
HARA SO GYA TEI
BO JI SOWA KA
gone over
gone all the way over
wake up! take heart!

Gone, gone

□ HAN NYA SHIN GYO□

The wisdom sutra