

摩訶般若波羅蜜多心經

**maka hannya haramita shingyō**

[māhā prajnyā pāramitā hridāya sutra]

*THE TEACHING OF THE GREAT TRANSCENDENTAL INSIGHT OF THE MIND/HEART*

觀自在菩薩行深般若波羅蜜多時

**kanjizai-bosa[tsu] gyō jin hannya-haramita ji**

*The venerable brave one of Awakening [who] truly sees [the nature of all things] while [in] profound transcendental insight*

照見五蘊皆空度一切苦厄

**shō ken go on kai kū do issai ku yaku**

clearly glimpsed (=understood) the emptiness of all five *skandhas*, [and thus fully] overturned all suffering [and] misfortune.

舍利子色不異空空不異色

**sharishi, shiki fu i kū, kū fu i shiki**

Shāripūtra, form does not differ from emptiness, emptiness does not differ from form;

色即是空空即是色

**shiki soku dze kū, kū soku dze shiki**

form is indeed emptiness, emptiness is indeed form;

受想行識亦復如是

**jū, sō, gyō, shiki, yaku bu nyo dze**

feeling [& sensation], perception, formation, consciousness are of the same [nature].

舍利子是諸法空相

**sharishi, dze sho hō kū sō**

Shāripūtra, all phenomena resemble emptiness,

不生不滅不垢不淨不增不減

**fu-shō, fu-metsu, fu-ku, fu-jō, fu-dzō, fu-gen**

neither born nor perishing, neither dirty nor clean, neither increasing nor decreasing;

是故空中無色無受想行識

**dze ko kū chū mu shiki, mu jū, sō, gyō, shiki**

therefore in emptiness, [there] is no form, no feeling [& sensation], perception, formation, consciousness;

無眼耳鼻舌身意無色聲香味觸法

**mu gen, ni, bi, dzes', shin, ni; mu shiki, shō, kō, mi, soku, hō**

no eye, ear, nose, tongue, body, mind; no form, voice, smell, taste, touch, phenomena

無眼界乃至無意識界無無明亦無無明盡

**mu gen-kai, naishi mu ishiki-kai mu mu-myō yaku mu mu-myō jin**

no realm of eyes (=seeing), even no realm of consciousness (=thinking), no ignorance, as well as no cessation of ignorance;

乃至無老死亦無老死盡

**naishi mu rō-shi yaku mu rō-shi jin**

even no death by old age, as well as no cessation of death by old age;

無苦集滅道

**mu ku, shū, metsu, dō**

no suffering, reason of suffering, cessation of suffering, Path.

無智亦無得以無所得故菩提薩埵依般若波羅蜜多

**mu chi yaku mu toku, i mu sho toku ko bodaisatta e hannya haramita**

No wisdom, even no achievement, thus nothing to achieve. Hence bodhisattva leans on transcendental insight,

故心無罣礙無罣礙故無有恐怖遠離一切顛倒夢想究竟涅槃

**ko shin mu kei-ge, mu kei-ge, ko mu u ku-fu, onri issai tendō musō kugyō nehan**

therefore [their] mind [is] obstructionless, obstructionless hence has no fear [and] far in the distance overcomes illusions, ultimating in *nirvāna*.

三世諸佛依般若波羅蜜多

**san dze sho butsu e hannya haramita**

All Awaken ones of the three worlds (past, present, future) lean on transcendental insight

故得阿耨多羅三藐三菩提

**ko toku anokutara-sanmyaku-sanbodai**

thus [they] achieve *anuttara-samyak-sambodhi* (the ultimate all-penetrating awakening).

故知般若波羅蜜多是大神咒是大明咒是無上咒是無等等咒

**ko chi hannya haramita dze dai jin shu, dze dai myō shu, dze mu-jō shu, dze mu tō-dō shu**

Therefore know, [this] transcendental insight is a great divine mantra, is a mantra of great wisdom, is an unsurpassable mantra, is a mantra [that has] no other [qualities than these].

能除一切苦真實不虛故說般若波羅蜜多咒

**nō jō issai ku; shinjitsu, fu-ko. ko setsu hannya haramita shu**

can strip away all suffering [that is the] truth, [and] no lie, therefore [we are] explained the mantra of transcendental insight,

即說咒曰

**soku setsu shu watsu**

[once] indeed explained [this] mantra, say:

羯諦羯諦波羅羯諦波羅僧羯諦菩提薩婆訶

**gyatē gyatē haragyatē harasōgyatē bōji sowaka**

["Gate! Gate! Pāragate! Pārasamgate! Bodhi svāhā!"]

"Go! Go! Cross over! Fully cross over! Completely cross over! Glorious [is such an] Awakening!"

般若心經

**hannya shingyō**

[prajnyā hridāya sutra]

The teaching of the insight of the heart/mind