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Namo Tassa Bhagavato Arahato Sammasambuddhasa

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BO JE PO LO MI DO SHIN CHING
Prajna Paramita Hridaya Sutra
Heart Sutra in Chinese and English.

KUAN TZE TSAI PU SA, SHING SHEN BO JE PO LO MI DO SHIH,
Avalokitesvara Bodhisattva while contemplating profoundly the Prajna
Paramita,

CHAO CHIEN WU YUN CHIEH KUNG, DU YI CHEH KI ERH.
realized that the five Skandhas are empty, and thus he was able to overcome
all sufferings.

SHER LI TZE, SER BU YI KUNG, KUNG BU YI SER,
Sariputra, form is not different from Emptiness, Emptiness is not different from
form,

SER CHI SHIN KUNG, KUNG CHI SHIN SER
Form is in fact Emptiness, emptiness is in fact form.

SHOU SHIANG SHING SHIH YI FU ZU SHIH.
the same is of feeling, conception, impulse and consciousness.

SHER LI TZE, SHIH CHU FA KUNG SHIANG.
Sariputra, Emptiness is the nature of all Dharmas.

BU SHENG BU MIEH, BU KOU BU CHING, BU TSENG BU CHIEN,
It can neither be created nor annihilated, polluted nor cleansed, increased nor decreased

SHIH KU KUNG CHUNG WU SER, WU SHOU SHIANG SHING SHIH,
Therefore, in Emptiness there is no form, no feeling, conception, impulse or consciousness;

WU YEN ERH BI SHER SHEN YI, WU SER SHENG SHIANG WEI CHU FA,
no eye, ear, nose, tongue, body or mind; no form, sound, smell, taste, touch or conception;

WU YEN CHIEH, NAI CHIH WU YI SHIH CHIEH,
no object of eye to the realm of consciousness;

WU WU MING, YI WU WU MING CHIN, NAI CHIH WU LAO SHIH, YI WU LAO SHIH
CHIN,
no ignorance, nor its extinction; no aging and no death, nor their cessation;

WU KU CHI MIEH DAO, WU CHIH YI WU DER
no suffering, causes, cessation, nor the path; no wisdom with nothing to attain

YI WU SO DER KU, PU TI SA TO, YI BO JE PO LO MI DO KU, SHIN WU KUA AI,
As there is nothing to attain, a Bodhisattva that relies on the Prajna Paramita has neither worry
nor obstruction.

WU KUA AI KU, WU YO KUNG BU,
Without worry and obstruction, there is no fear,

YUAN LI DIEN DAO MONG SHIANG, CHIU CHING NEIH PAN
away from confusion, day dreaming, and thus reaches Nirvana.

SAN SHIH CHU FO, YI BO JE PO LO MI DO KU,
Buddhas of the past, present and future also rely on the Prajna Paramita,

DER O NOU DO LO SAN MIAO SAN PU TI
to attain Supreme Enlightenment

KU CHIH BO JE PO LO MI DO, SHIH DA SHEN CHO,
Thus, one should know that Prajna Paramita is the great mantra,

SHIH DA MING CHO, SHIH WU SHANG CHO,
the mantra of illumination, the supreme of all mantras,

SHIH WU DENG DENG CHO, NENG CHU YI CHIEH KU,
It is unequalled and able to emancipate all sufferings.

CHEN SHIH BU SHU, KU SHO BO JE BO LO MI DO CHO,
This is true and not false, thus proclaim the Prajna Paramita mantra,

CHI SHO CHO YUEH, CHIEH DI, CHIEH DI, PO LO CHIEH DI, PO LO SENG CHIEH DI,
PU TI SA PO HO
saying thus, "Gate, Gate, Paragate, Parasamgate, Bodhi svaha"

This sutra was given to the Buddhist Discussion Centre (Upwey) Ltd. by Mr Jason Thigh. It is
for free distribution.