

*English-Language
Dharma Chants:
The Heart Sutra*

Fo Guang Shan Hawai'i

The Heart Sutra

Avalokiteśvara Bodhisattva,
while contemplating deeply the pāramitā,
realized the five aggregates are empty
and was liberated from all suffering and hardship.

Śāriputra,
form is not different from emptiness;
emptiness is not different from form.
Form is emptiness.
Emptiness is form.
The same is true of feeling,
perception, mental formations, and consciousness.

Śāriputra,
all phenomena are empty.
They do not arise or cease,
are not defiled or pure,
do not increase or decrease.

Thus, in emptiness,
there are no forms, feelings, perceptions,
mental formations, or consciousness.
No eye, ear, nose, tongue, body, or mind;
no form, sound, smell, taste, touch or dharmas;
no eye consciousness
and so on unto mind consciousness;
No ignorance
and no extinction of ignorance;
even unto no aging and death;
no suffering,
cause of suffering,
cessation, or path;
no wisdom
and no attainment.

As there is no attainment,
Bodhisattvas who rely on the prajñāpāramitā
have neither worry nor obstruction.
Without worry and obstruction,
there is no fear.
Away from confusion and delusion,
they will ultimately reach nirvāṇa.

All the Buddhas of the past,
the present and the future
rely on the prajñāpāramitā
to attain anuttara-samyak-saṃbodhi.

Thus, know that the prajñāpāramitā
is the great profound mantra,
is the illuminating mantra,
is the most supreme of all mantras,
is the unequalled mantra.

Able to eliminate all suffering,
it is true and not false.

Thus, proclaim the “Prajñāpāramitā Mantra,”
proclaim the mantra that says:

Gate gate pāragate pārasaṃgate bodhi svāhā.

Triple Refuge

I take refuge in the Buddha,
wishing that all sentient beings
understand the Dharma
and make the supreme vow.

I take refuge in the Dharma,
wishing that all sentient beings
study the sutras diligently
and obtain an ocean of wisdom.

I take refuge in the Sangha,
wishing that all sentient beings
lead the masses in harmony
without obstruction.

Dedication of Merit

May kindness, compassion, joy,
and equanimity
pervade the dharma realms;

May all people and heavenly beings
benefit
from our blessings and friendship;

May our ethical practice
of Chan, Pure Land, and precepts
help us to realize equality and patience;

May we undertake the great vows
with humility
and gratitude.