

Red Pine's translation of the — Heart of Wisdom Sutra — *Adapted* and (*amplified*) by the Renegade Lama: Jigme Gyatso

Heart of Wisdom Sutra

Translated by Red Pine

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Thé noble A-va-lo-ki-te-shva-ra
Bo-dhi-sát-tva,

while practicing the deep practice
of Praj-na-pa-ra-mí-ta

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looked upon the Five Skan-dhas
and seeing they were empty
of self-existence, said,

“Here, Sha-ri-pu-tra,
form is emptiness,
emptiness is form;

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emptiness is NOT separate from form,
form is NOT separate from emptiness:

whatever is form is emptiness,
whatever is emptiness is form.

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The same holds for
feeling and *appraisal*,
impulse and *awáreness*.

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Hére, *Sha-ri-pu-tra*,
ALL Dhar-mas are defined
by emptiness,

NÓT by birth or destruction,
purity or defilement,
completeness or deficiency.

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Thérefore, *Sha-ri-pu-tra*,
in emptiness thére is

aggregates
NÓ form, NO *feeling*, NO *appraisal*,
NO *impulse*, and NO *awáreness*;

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organ

NÓ eye, NO ear, NO nose,
NO tongue, NO body, and NÓ mind;

object

NÓ shape, NO sound, NO smell,
NO taste, NO feeling, and NÓ thought;

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experience

NÓ element of perception,
from eye to conceptual conscioúsness;

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NÓ causal link
from ignorance to old age **á**nd death,

ór end of causal link,
from ignorance to old age **á**nd death;

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NÓ *stress*, NO source,
NO relief, NÓ path;

NÓ knowledge, NO attainment,
and NO non-attáinment.

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Thérefore, *Sha-ri-pu-tra*,
without attáinment

Bó-dhi-sat-tvas take refuge
in Praj-na-pa-ra-mi-ta
and live without walls of thé mind.

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Wíthout walls of the mind
and thus, wíthout fears,

wé see through delusion
and *attain* Nir-vá-na.

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Áll buddhas past, present, and future
also take refuge in Praj-na-pa-ra-mí-ta

ánd realize:
unexcelled, perfect enlighténment.

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We should therefore know
the great man-tra of Praj-na-pa-ra-mí-ta

the *great knowledge* man-tra,
the unexcelled man-tra,

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thé man-tra equal to the unequalled,
which heals ALL suffering
and it true, NÓT false.

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**Thé man-tra in Praj-na-pa-ra-mi-ta
(*is*) spokén thus:**

**Gá-te, Ga-te, Pa-ra-ga-te,
Pa-ra-sam-ga-te, Bo-dhi Sv^wá-ha.”**

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*(Góne, gone, completely gone,
perfectly and completely gone to enlightenment;
may it bé so!)*

*(Máý all beings master: resting, resting,
resting in all that arises,
completely resting in all that aríses!)*

