

Namo Fundamental Teacher Shakyamuni Buddha (3 times)

南无本师释迦牟尼佛

Verse for Opening a Sutra

開經偈

The unsurpassed, profound, and wonderful Dharma.

無上甚深微妙法，

Is difficult to encounter in hundreds of millions of eons.

百千萬劫難遭遇。

I now see and hear it, receive and uphold it.

我今見聞得受持，

And I vow to fathom the Tathagata's true meaning.

願解如來真寶義。

愚注：心经有十几种不同版本的英文翻译，本文所用的是万佛城译本。

THE HEART OF PRAJNA PARAMITA SUTRA

般若波罗蜜多心经

When Bodhisattva Avalokiteshvara was practicing the profound Prajna
a Paramita,

观自在菩萨。行深般若波罗蜜多时，

he illuminated the Five Skandhas and saw that they are all empty,

照见五蕴皆空。

and he crossed beyond all suffering and difficulty.

度一切苦厄。

Shariputra, form does not differ from emptiness;

舍利子，色不异空。

emptiness does not differ from form.

空不异色。

Form itself is emptiness;

色即是空。

emptiness itself is form.

空即是色。

So too are feeling, cognition, formation, and consciousness.

受想行识，亦复如是。

Shariputra, all Dharmas are empty of characteristics.

舍利子，是诸法空相。

They are not produced, not destroyed,

不生不灭，

not defiled, not pure;

不垢不净，

and they neither increase nor diminish.

不增不减。

Therefore, in emptiness there is no form,
是故空中无色，

feeling, cognition, formation, or consciousness;
无受想行识。

no eyes, ears, nose, tongue, body, or mind;
无眼耳鼻舌身意，

no sights, sounds, smells, tastes, objects of touch, or Dharmas;
无色声香味触法。

no field of the eyes up to and including no field of mind consciousness;
无眼界，乃至无意识界。

and no ignorance or ending of ignorance,
无无明，亦无无明尽。

up to and including no old age and death
乃至无老死，

or ending of old age and death.
亦无老死尽。

There is no suffering, no accumulating, no extinction, and no Way,
无苦集灭道，

and no understanding and no attaining.
无智亦无得。

Because nothing is attained,
以无所得故，

The Bodhisattva
菩提萨埵，

through reliance on Prajna Paramita is unimpeded in his mind.
依般若波罗蜜多故，心无罣碍。

Because there is no impediment,
无罣碍故，

he is not afraid,
无有恐怖。

and he leaves distorted dream thinking far behind.
远离颠倒梦想。

Ultimately Nirvana!
究竟涅槃。

All Buddhas of the three periods of time
三世诸佛，

attain Anuttara-samyak-
sambodhi through reliance on Prajna Paramita.
依般若波罗蜜多故，得阿耨多罗三藐三菩提。

Therefore know that Prajna Paramita is a Great Spiritual Mantra,
故知般若波罗蜜多，是大神咒，

a Great Bright Mantra,
是大明咒，

a Supreme Mantra,
是无上咒，

an Unequaled Mantra.
是无等等咒，

It can remove all suffering;
能除一切苦，

it is genuine and not false.
真实不虚。

That is why the Mantra of Prajna Paramita was spoken.
故说般若波罗蜜多咒，

Recite it like this:
即说咒曰，

Gaté Gaté Paragaté Parasamgaté Bodhi Svaha!
揭谛揭谛。波罗揭谛。波罗僧揭谛。菩提萨婆诃。

Maha Prajna Paramita!

摩诃般若波罗蜜！

Dedication

功德回向

I dedicate the merit and virtue from the profound act of reciting the sutra

诵经功德殊胜行，

Including all the superior and limitless blessings generated,

无边胜福皆回向；

With the universal vow that all beings sunk in defilement,

普愿沉溺诸有情，

Will quickly go the land of the Buddha of limitless light.

速往无量光佛刹。