

HEART SUTRA

Namo Shakyamuni Buddha (3 times) (BBB)

Sutra Opening Verse

The Buddha's Dharma
is so deep and incomparable.
For thousands of lifetimes
the chance to know it is so rare.
Now we recognize the clear and bright path
and vow to practice deeply, sincerely. (BB)

Namo Prajna Paramita Buddha (3 times) (BBB)

The Bodhisattva Avalokita,
upon deeply merging
with Paramita Wisdom
suddenly realized that
all five skandhas are emptiness,
and instantly liberated it all,
ending all sufferings and afflictions. (B)

Sariputra, know then:
Form is not different from emptiness.
Emptiness is not different from form.
Form is emptiness.
Emptiness is form.
The same is true with feeling, thought,
mental formation, and consciousness itself. (B)

Sariputra:
The Emptiness of dharma,
is neither born nor destroyed,
neither stained nor pure,
neither does it wax nor wane.

So in that Emptiness, there is:
No form, no feeling, no thought,
or mental formation, nor is there consciousness.
No eye or ear or nose
or tongue or body or mind.
No form, no sound, no smell,
no taste, no touch, nor what the mind takes hold of.

There is no consciousness in the eye,
ear, nose, tongue, body, mind.
There is: no ignorance, nor end of it,
no withering, no death,

no end to withering and death.
No suffering, no cause of suffering,
no end of suffering nor noble path.
Neither wisdom nor attainment of wisdom. (B)

Because there is nothing to attain,
Bodhisattva dwelling in Paramita Wisdom,
is disturbed by nothing,
is rid of all fear,
is free from all illusions,
has ended all delusional thoughts,
and has reached clearest Nirvana.
All Buddhas of the past, present, and future
live by Paramita Wisdom
into full Enlightenment. (B)

Therefore, know that:
From Paramita Wisdom,
Initiate: supreme action,
Powerful, clear words,
Ultimate Awake thoughts,
To annihilate all suffering.
That is the truth. (B)

So praise,
the Ultimate Paramita Wisdom:

**Liberate! Liberate!
Liberate them all.
The source of delusive attachments,
Reaching the Awake shore. (3 times) (BB)**

THE THREE REFUGES

Refuge is taken in the Buddha.
I vow, on behalf of all sentient beings,
to recognize the core teaching
and dedicate everything to it. (B)

Refuge is taken in the Dharma.
I vow, on behalf of all sentient beings,
to practice deeply and sincerely the core teaching,
allowing great wisdom to rise up. (B)

Refuge is taken in the Sangha.
I vow, on behalf of all sentient beings,
to live with ease and harmony in any situation,
disturbed by nothing. (BB)

SUTRA CLOSING VERSE

Now we have met the Awakened Ones,
and friends on the Awake path.
We vow to fully Wake Up and liberate the source of
delusions,
Return to Awake Essence,
Realizing the sun of Wisdom
is always shining within constantly, day and night,
From the endless Awakened Spring Happiness,
help all people Wake up and end the suffering of
birth and death. (BB)

We vow to bring the fruits of Wake Up
to the whole world, us students,
and all sentient beings
to soon become a Buddha. (BBB)

BECOME A BUDDHA AND WAKE UP THE WORLD

Come,
Come to Thay,
Walk the Awake path,
Realize the truth.
The Awake mind is us,
Source of attachments disappears.

Thay
Is the sun,
Bright wisdom source,
Shines on our way back home.
No matter what Maras in and out,
Can't ever stop the trust,
With Thay,
The Awakened Ones.

Merge,
Merge with Thay,
Awake Essence,
Pure and serene,
Open, clear, vast, vibrant,
Brings true love to the World.

Thay
Is Awake home,
With the Great Vow,
To Wake Up all beings.
Awake living radiates all around,
Waking our Buddha seed now.

To become
A Living Buddha,

Wake up
The Whole World,

Wake up
The Whole World!