Southwind Sangha Sōtō Zen Association



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Heart of Great Perfect Wisdom Sūtra

Avalokiteshvara Bodhisattva when deeply practicing Prajñā Pāramitā clearly saw that all five aggregates are empty and thus relieved all suffering

Shariputra form does not differ from emptiness emptiness does not differ from form form itself is emptiness emptiness emptiness itself form sensations perceptions formations and consciousness are also like this

Shariputra all dharmas are marked by emptiness they neither arise nor cease are neither defiled nor pure neither increase nor decrease

Therefore given emptiness there is no form no sensation no perception no formation no consciousness no eyes no ears no nose no tongue no body no mind no sight no sound no smell no taste no touch no object of mind no realm of sight no realm of mind consciousness

There is neither ignorance nor extinction of ignorance

neither old age and death nor extinction of old age and death

no suffering no cause no cessation no path no knowledge and no attainment

With nothing to attain a bodhisattva relies on Prajñā Pāramitā

and thus the mind is without hindrance without hindrance there is no fear

far beyond all inverted views one realizes nirvana

All buddhas of past present and future rely on Prajñā Pāramitā and thereby attain unsurpassed complete perfect enlightenment

Therefore know the Prajñā Pāramitā as the great miraculous mantra the great bright mantra the supreme mantra the incomparable mantra which removes all suffering and is true not false

Therefore we proclaim the Prajñā Pāramitā mantra the mantra that says Gaté Gaté Pāragaté Pārasamgaté Bodhi Svāhā

Universal Transference of Merit

May this merit extend universally to all so that we together with all beings realize the buddha way

> All buddhas throughout space and time all honored ones bodhisattvas mahāsattvas wisdom beyond wisdom mahā Prajñā Pāramitā

The Four Great Vows

Beings are numberless; ~ I vow to free them.

Delusions are inexhaustible; ~ I vow to end them.

Dharma gates are boundless; ~ I vow to enter them.

The buddha way is unsurpassable; ~ I vow to realize it.