



*Mindfulness, Meditation, Zen*  
**Nothing More**



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**Heart of Great Perfect Wisdom Sutra**

Avalokiteshvara Bodhisattva,  
when deeply practicing prajna paramita,  
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 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 prajna paramita,  
and thus the mind is without hindrance.  
Without hindrance, there is no fear.  
Far beyond all inverted views, one realises nirvana.  
All buddhas of past, present, and future  
rely on prajna paramita  
and thereby attain unsurpassed, complete,  
perfect enlightenment.  
Therefore, know the prajna paramita  
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 prajna paramita mantra,  
the mantra that says:  
*Gate Gate Paragate Parasamgate Bodhi Svaha*

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*Dalai Lama translates the mantra as:*

*"Go, go, go beyond, go thoroughly beyond, and establish yourself in enlightenment."*