

佛說摩訶般若波羅蜜多心經

BUSSETSU MA KA HAN NYA HA RA MI TA SHIN GYOU

The Heart of the Perfection of Wisdom Sutra.

觀自在菩薩, 行深般若波羅蜜多時,

KAN JI ZAI BO SA GYOU JIN HAN NYA HA RA MI TA JI

When the Bodhisattva Avalokitesvara was practicing the deep Perfection of Wisdom,

照見五蘊皆空, 度一切苦厄,

SHOU KEN GO UN KAI KUU DO ISSAI KU YAKU

he intuitively perceived that the five aggregates are all empty; thus passed beyond all sufferings and difficulty.

舍利子, 色不異空, 空不異色,

SHA RI SHI SHIKI FU I KUU KUU FU I SHIKI

Sariputra, form does not differ from emptiness, and emptiness does not differ from form.

色即是空, 空即是色,

SHIKI SOKU ZE KUU KUU SOKU ZE SHIKI

Form is emptiness, and emptiness is form;

受想行識, 亦復如是,

JU SOU GYOU SHIKI YAKU BU NYO ZE

the same is true for feelings, perceptions, formations, and consciousness.

舍利子, 是諸法空相,

SHA RI SHI ZE SHO HOU KUU SOU

Sariputra, these are the characteristics of the emptiness of all dharmas:

不生不滅, 不垢不淨, 不增不減,

FU SHOU FU METSU FU KU FU JOU FU ZOU FU GEN

They neither arise nor cease, are neither defiled nor pure, neither increase nor decrease.

是故空中, 無色無受想行識,

ZE KO KUU JUU MU SHIKI MU JU SOU GYOU SHIKI

Therefore, in emptiness there is no form, no feelings, perceptions, formations, or consciousness;

無眼耳鼻舌身意, 無色聲香味觸法,

MU GEN NI BI ZESSHIN NI MU SHIKI SHOU KOU MI SOKU HOU

No eye, ear, nose, tongue, body, or mind; No form, sound, smell, taste, touch, or mind object;

無眼界, 乃至無意識界,

MU GEN KAI NAI SHI MU I SHIKI KAI

No eye sense-sphere, until we come to no consciousness sense-sphere,

無無明, 亦無無明盡, 乃至無老死, 亦無老死盡,

MU MU MYOU YAKU MU MU MYOU JIN NAI SHI MU ROU SHI YAKU MU ROU  
SHI JIN

No ignorance nor the ending of ignorance, until we come to no old age and death nor the ending of old age and death;

無苦集滅道,

MU KU JUU METSU DOU

No Truth of Suffering, Cause of Suffering, Cessation of Suffering, nor Path to the Cessation of Suffering.

無智亦無得, 以無所得故,

MU CHI YAKU MU TOKU I MU SHO TOKKO

There is no wisdom, nor is there attainment, for there is nothing to be attained.

菩提薩埵, 依般若波羅蜜多故,

BO DAI SATTA E HAN NYA HA RA MI TA KO

Because Bodhisattvas rely on the Perfection of Wisdom.

心無罣礙, 無罣礙故,

SHIN MU KE GE MU KE GE KO

Nothing obstructs their minds. Because obstructions exist not,

無有恐怖, 遠離一切顛倒夢想, 究竟涅槃,

MU U KU FU ON RI ISSAI TEN DOU MU SOU KUU GYOU NE HAN

they have no fear and pass far beyond all illusions and imagination and awaken to ultimate Nirvana.

三世諸佛。依般若波羅蜜多故,

SAN ZE SHO BUTSU E HAN NYA HA RA MI TA KO

All the Buddhas of the past, present, and future, by relying on the Perfection of Wisdom,

得阿耨多羅三藐三菩提,

TOKU A NOKU TA RA SAN MYAKU SAN BO DAI

attain Unsurpassed Perfect Enlightenment.

故知般若波羅蜜多，  
KO CHI HAN NYA HA RA MI TA  
Therefore, know that the Perfection of Wisdom

是大神咒，是大明咒，是無上咒，是無等等咒，  
ZE DAI JIN SHU ZE DAI MYOU SHU ZE MU JOU SHU ZE MU TOU DOU SHU  
is the great mysterious mantra, the great mantra of illumination, the supreme mantra, the  
unequaled mantra

能除一切苦，真實不虛，  
NO JO ISSAI KU SHIN JITSU FU KO  
which can remove all suffering, and is true and not false.

故說般若波羅蜜多咒，即說咒曰，  
KO SETSU HAN NYA HA RA MI TA SHU SOKU SESSHU WATSU  
Therefore is said the Mantra of the Perfection of Wisdom:

羯諦羯諦，波羅羯諦，波羅僧羯諦，菩提薩婆訶，  
GYA TEI GYA TEI HA RA GYA TEI HA RA SOU GYA TEI BO JI SO WA KA  
GATE GATE PARAGATE PARASAMGATE BODHI SVAHA

般若心經  
HAN NYA SHIN GYOU  
The Heart Sutra.