

佛說摩訶般若波羅蜜多心經

BUSSETSU MA KA HAN NYA HA RA MI TA SHIN GYŌ

The Heart of Perfection of Wisdom Sutra

觀自在菩薩行深般若波羅蜜多時

KAN JI ZAI BO SA GYŌ 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

SHŌ KEN GO UN KAI KŪ DO ISSAI KU YAKU

He intuitively perceived that the five aggregates are all empty; thus passed beyond all suffering

舍利子色不異空空不異色

SHA RI SHI SHIKI FU I KŪ KŪ FU I SHIKI

Shariputra, form does not differ from emptiness, and emptiness does not differ from form

色即是空空即是色

SHIKI SOKU ZE KŪ KŪ SOKU ZE SHIKI

Form is emptiness, and emptiness is form

受想行識亦復如是

JU SŌ GYŌ SHIKI YAKU BU NYO ZE

The same is true for feelings, perceptions, mental formations, and consciousness

舍利子是諸法空相

SHA RI SHI ZE SHO HŌ KŪ SŌ

Shariputra, these are the characteristics of the emptiness of all dharmas

不生不滅不垢不淨不增不減

FU SHŌ FU METSU FU KU FU JŌ FU ZŌ 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 KŪ CHŪ MU SHIKI MU JU SŌ GYŌ SHIKI

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

無眼耳鼻舌身意無色聲香味觸法

MU GEN NI BI ZESSHIN I MU SHIKI SHŌ KŌ MI SOKU HŌ

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, up 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 MYŌ YAKU MU MU MYŌ JIN NAI SHI MU RŌ SHI YAKU MU RŌ SHI JIN

No ignorance nor the ending of ignorance, up to no old age and death nor the ending of old age and death

無苦集滅道

MU KU JŪ METSU DŌ

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 there are no obstructions

無有恐怖遠離一切顛倒夢想究竟涅槃

MU U KU FU ON RI ISSAI TEN DŌ MU SŌ KŪ GYŌ 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

Because all Buddhas of the past, present, and future rely 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

They 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 MYŌ SHU ZE MU JŌ SHU ZE MU TŌ DŌ 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 SESTSU SHU 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 SŌ GYA TEI BO JI SO WA KA

Gate Gate Paragate Parasamgate Bodhi Svaha

般若心經

HAN NYA SHIN GYŌ

Heart Sutra