


The Heart of Wisdom Sutra

Class 1 – 2022



formation wishes five consciousness suffering Thus Avalokitesh mahasattva profound great Shariputra bodhisattva since prajnaparamita emptiness noble One Form dhatu way son


1

Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



2

Seven Limb Prayer

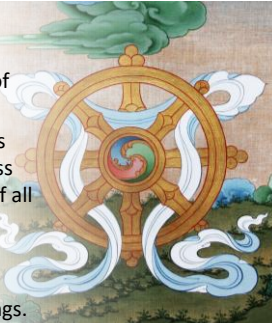
Reverently I prostrate with my body, speech, and mind;

I present clouds of every type of offering, actual and imagined;

I declare all my negative actions accumulated since beginningless time, and rejoice in the merit of all holy and ordinary beings.

Please, remain until the end of cyclic existence, and turn the wheel of Dharma for living beings.

I dedicate my own and other's merits to the great enlightenment.



3

Mandala Offering

This ground, anointed with perfume, strewn with flowers, Adorned with Mount Meru, four continents, the sun and the moon:


I imagine this as a buddha-field and offer it.

May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



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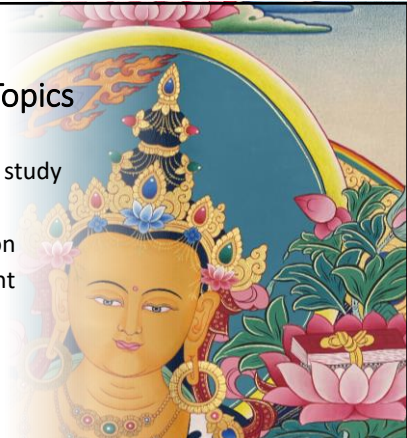
Course Topics

- The benefits of study
- An outline
- The sutra's meaning
- Application to life

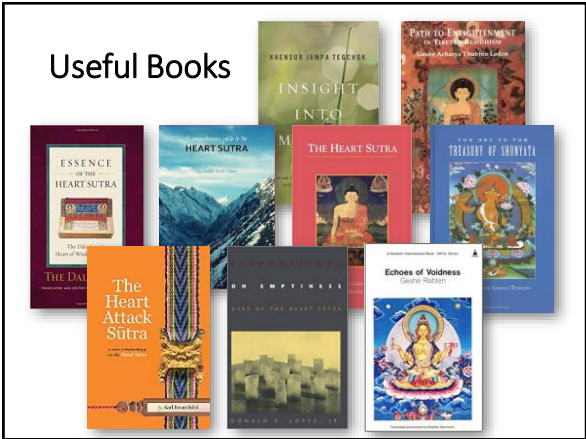
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Today's Topics

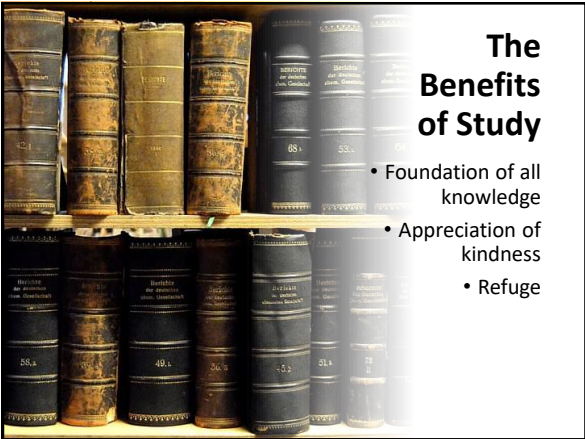
- Benefits of study
- An Outline
- Introduction
- Engagement



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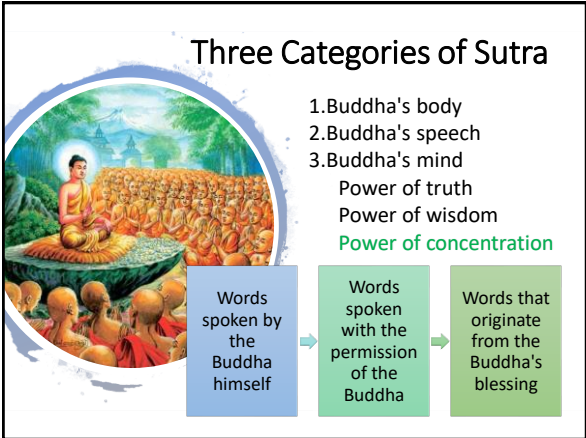
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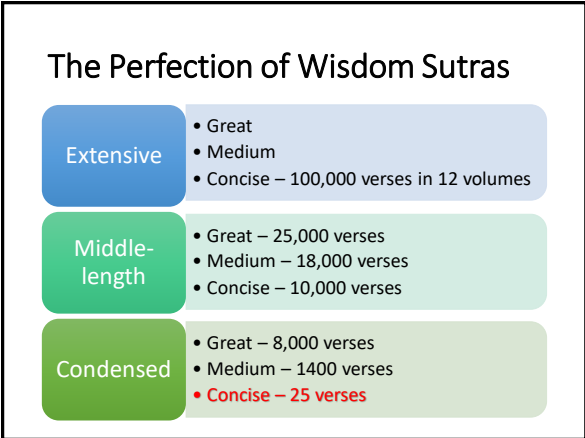
The Benefits of Study

- Foundation of all knowledge
- Appreciation of kindness
- Refuge

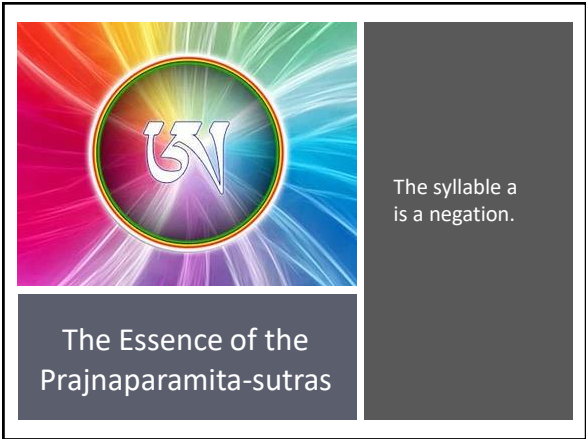
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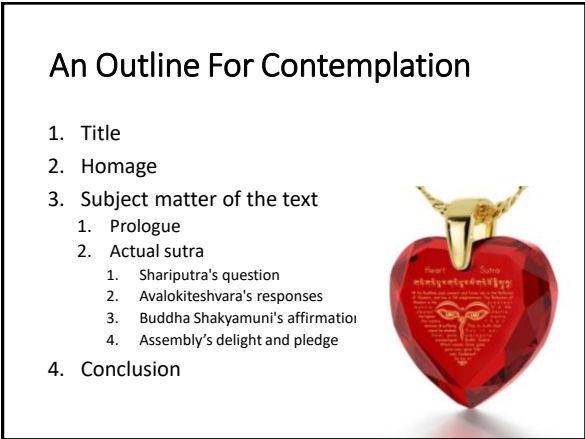
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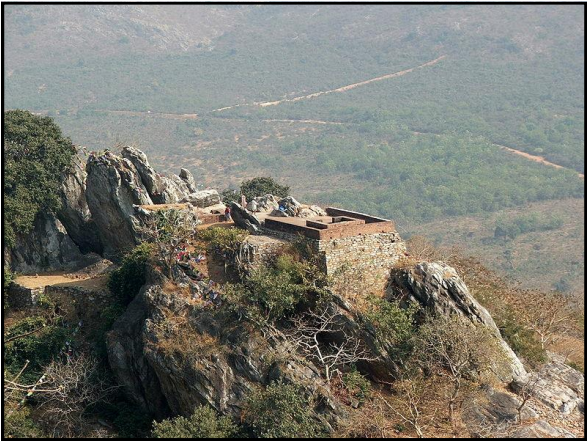
The Title In Three Languages

इन्द्रावतः Arya-bhagavati-prajnaparamita-
hridaya-sutra

TIBETAN BCom lden 'das ma shes rab kyi
pha rol tu phyin p'ai snying po

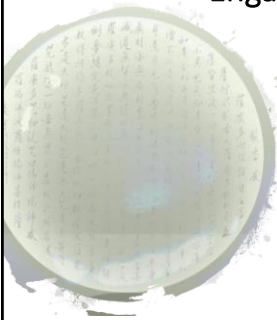
ENGLISH The Heart sutra

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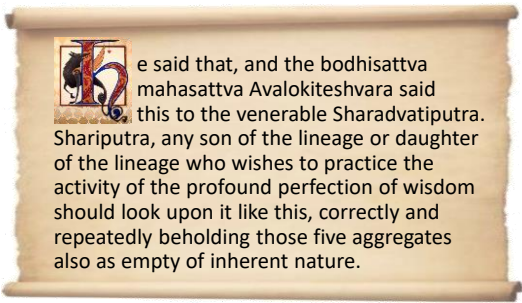
Engaging in the Wisdom



1. Shariputra's question
2. Avalokiteshvara's answer
3. The teacher's affirmation
4. The assembly's delight and pledge

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Avalokiteshvara's Answer



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How The Replies Are Given



1. Training for those with inferior faculties
 - A brief explanation
 - An extensive explanation
2. Training for those with superior faculties
3. Exhortation by means of summary

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The Heart of the Heart

Form is empty.
Emptiness is form.
Emptiness is not
other than form; form
is also not other than
emptiness.



In the same way,
feeling, discrimination,
compositional factors,
and consciousness
are empty.



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Four Profundities of Form

The profundity of ...

- 1. The ultimate
– Form is empty
- 2. The conventional
– Emptiness is form
- 3. Being the same entity
– Emptiness is not other than form
- 4. Being nominally distinct
– Form is also not other than emptiness



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The Profundity of the Ultimate

The emptiness of form is nothing other than the form's ultimate nature.



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The Profundity of the Conventional

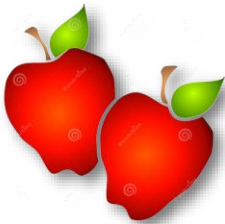


The emptiness of the inherent existence of form is the basis that allows the dependent origination of form.

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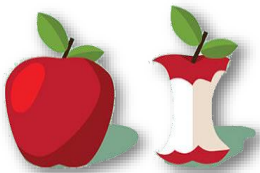
The Profundity of Being the Same Entity

The ultimate nature of form, its emptiness, does not exist separate from the form.



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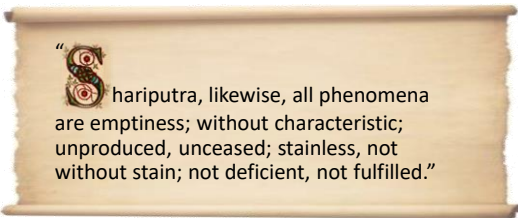
The Profundity of Being Nominally Distinct



Form and the emptiness of form are the same entity and these two can be distinguished one from another

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Defining the Heart – Path of Seeing



“Shariputra, likewise, all phenomena are emptiness; without characteristic; unproduced, unceased; stainless, not without stain; not deficient, not fulfilled.”

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Eight Empty Aspects

1. **Emptiness** – nature
2. **Without characteristic** – the characteristics
3. **Unproduced** – production
4. **Un-ceased** – cessation
5. **Stainless** – defilements
6. **Not without stain** – separation from defilements
7. **Not deficient** – decrease
8. **Not fulfilled** – increase

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Objects of Wisdom – Path of Meditation

“**S**hariputra, therefore, in emptiness there is no form, no feeling, no discrimination, no compositional factors, no consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no visual form, no sound, no odor, no taste, no object of touch, and no phenomenon.

There is no eye element and so on up to and including no mind element and no mental consciousness element.

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Result of Wisdom – Path of No More Learning

The mind without obscuration and without fear. Having completely passed beyond error, they reach the endpoint of nirvana. All the buddhas who dwell in the three times also, manifestly, completely awoken to unsurpassable, perfect, complete enlightenment in reliance on the perfection of wisdom.

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The Meaning of the Mantra

Tadyatha – *it is thus*, “one should develop the perfection of wisdom in the following way”

Om – The body, speech, and mind of the person travelling to great enlightenment

Gate, gate, paragate, parasamgate, bodhi

Svaha – May my mind receive, absorb, and keep the blessings of the mantra and may they take root

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Exhortation & Summary

“Shariputra, the bodhisattva mahasattva should train in the perfection of wisdom like that.”

The perfection of wisdom is developed by means of progressively cultivating the five paths that culminate in Buddhahood

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Affirming Words Spoken by Buddha

“**W**ell said, well said, son of the lineage, it is like that.

It is like that; one should practice the profound perfection of wisdom just as you have indicated; even the tathagatas rejoice”

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Delight and Pledge

The Bhagavan having thus spoken, the venerable Sharadvatiputra, the bodhisattva, mahasattva arya Avalokiteshvara, those surrounding in their entirety along with the world of gods, humans, asuras, and ghandharvas were overjoyed and highly praised that spoken by the Bhagavan.

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Conclusion

This completes the Arya-bhagavati-prajnaparamita-hridaya-sutra


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What's The Take-Away?

- You have an outline of the text
- You know that the central theme of this sutra is the profound union of compassion and wisdom.

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- Engaging with the wisdom
- The paths of accumulation and preparation
- The four profundities

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Dedication

Due to the merits of these virtuous actions
May I quickly attain the state of a Guru-Buddha
And lead all living beings, without exception,
Into that enlightened state



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Bodhicitta Verses

May the supreme jewel bodhicitta
Not yet born, arise and grow
May that born have no decline
But increase forever more

And as long as space endures,
As long as sentient beings abide,
May I too remain
To dispel the sorrows of the world



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