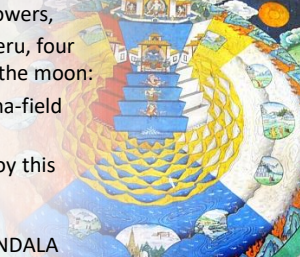


# Class 2 – 2022



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1



### An Outline For Contemplation

1. Title
2. Homage
3. Subject matter of the text
  1. Prologue
  2. Actual sutra
    1. Shariputra's question
    2. Avalokiteshvara's responses
    3. Buddha Shakyamuni's affirmation
    4. Assembly's delight and pledge
4. Conclusion

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### The Title In Three Languages

**संस्कृत** Arya-bhagavati-prajnaparamita-hridaya-sutra

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

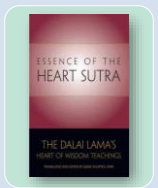
**ENGLISH** The Heart sutra

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### The Forms Of Homage



Homage to the perfection of wisdom, the lovely, the holy



Homage to the Bhagavati, the perfection of wisdom




I prostrate to the Arya Triple Gem

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### The Purpose of Homage

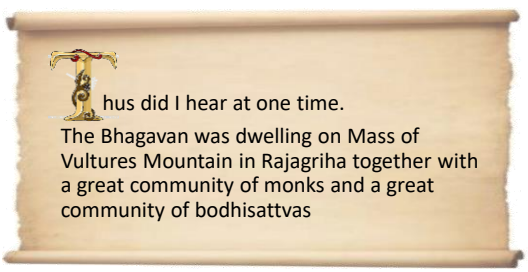
Dispels obstacles  
Identifies the scriptural collection



1. Abhidharma – Manjushri
2. Sutra – Buddhas and bodhisattvas
3. Vinaya – Omniscient mind of Buddha

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### The Common Prologue



Thus did I hear at one time.  
The Bhagavan was dwelling on Mass of Vultures Mountain in Rajagriha together with a great community of monks and a great community of bodhisattvas

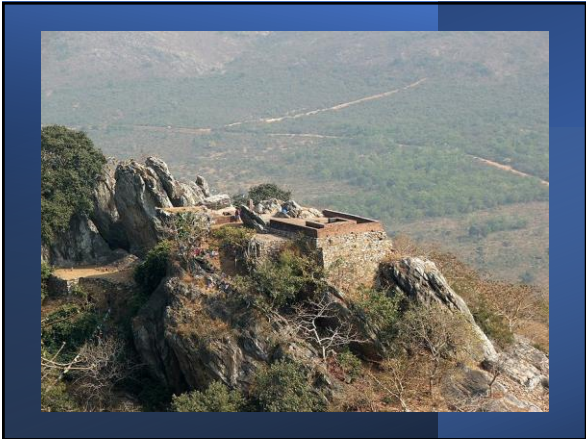
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### Four Excellent Features

Thus did I hear at one time – Ananda or Vajrapani or the Buddha

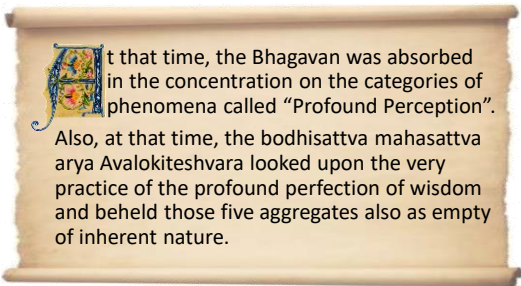
1. Teacher – the Buddha Shakyamuni
2. Audience – the great number of fully ordained monks and the bodhisattvas who were endowed with six types of greatness
3. Time – 60 qualities, suitable & receptive, age
4. Place – Mass of Vultures Mountain in Rajgir

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### The Uncommon Prologue



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### Profound Perception

**Profound** – deep; hard to hold and understand  
**Perception** – how the object appears to wisdom  
**Bodhisattva mahasattva arya** – the exalted qualities  
**Avalokiteshvara** – “the mighty one who looks down”  
**Very practice of the profound** – empty conduct  
**Five aggregates also** – sources etc. and the person  
**Empty** – without; an absence of independence  
**Inherent nature** – not imputed by conception

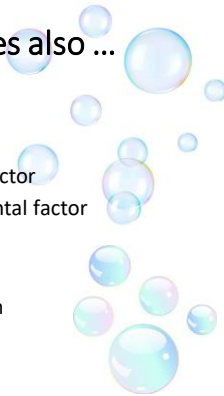


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### Those Five Aggregates also ...

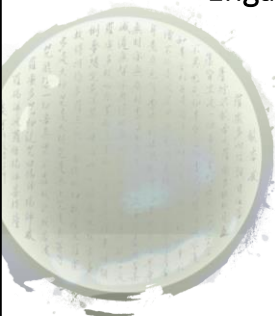
1. **Form** – the body
2. **Feeling** – a mental factor
3. **Discrimination** – a mental factor
4. **Compositional factors** – mental factor
5. **Consciousness** – primary

Also – **I and mine** – the eighteen constituents



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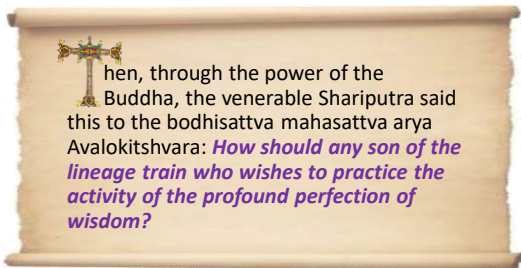
### Engaging in the Wisdom



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


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### Shariputra's Question



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### Unpacking the Question

**Power of the Buddha** – the blessing of concentration

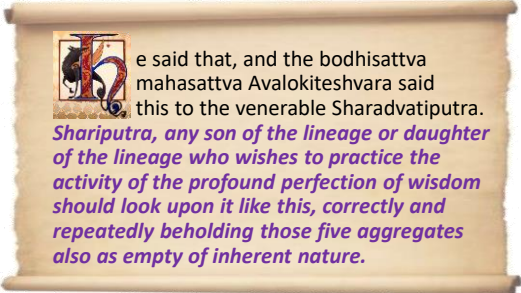
**Ven. Shariputra** – an arhat monk, learned in the abhidharma

**Son of the lineage** – those who actively and fully engage in the buddha nature

**Practice the activity** – how can you conjoin what you do with emptiness?

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### Avalokiteshvara’s Answer



He said that, and the bodhisattva mahasattva Avalokiteshvara said this to the venerable Sharadvatiputra.

*Shariputra, any son of the lineage or daughter of the lineage who wishes to practice the activity of the profound perfection of wisdom should look upon it like this, correctly and repeatedly beholding those five aggregates also as empty of inherent nature.*

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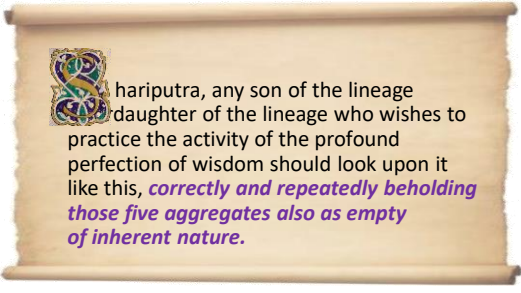


### How The Replies Are Given

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 Brief Explanation




Shariputra, any son of the lineage daughter of the lineage who wishes to practice the activity of the profound perfection of wisdom should look upon it like this, *correctly and repeatedly beholding those five aggregates also as empty of inherent nature.*

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### The Path of Accumulation

**DEFINITION**

“A realization of Bodhisattva who principally accumulates a collection of merit that is a method for attaining the Mahayana path of preparation”



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### Meditations Revealing Emptiness


1. Dependent Arising – the King
2. Diamond Slivers
3. Reasoning establishing the lack of being one or many
4. Five-fold reasoning
5. Seven-fold Reasoning



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### The Path of Preparation

**DEFINITION**  
“A realization of a Bodhisattva who has attained superior seeing observing emptiness that serves as the preparation for attaining the Mahayana path of seeing”




1. Heat
2. Peak
3. Forbearance
4. Supreme Worldly Dharma

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### Nagarjuna’s Four Keys


1. Identifying the target
2. Limiting possibilities
3. Analyzing Oneness
4. Analyzing Difference



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### Synonyms of False Existence


1. Truly Existent
2. Existing from its own side
3. By way of its own character
4. Inherently existent



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### The Profundity of Form


- The Profundity of the ultimate
- Form is empty



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### The Profundity of the Ultimate

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



heart sutra


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### What’s The Take-Away?

- You know of the object of negation – inherent existence.
- You know the profundity of form – form is empty of inherent existence.

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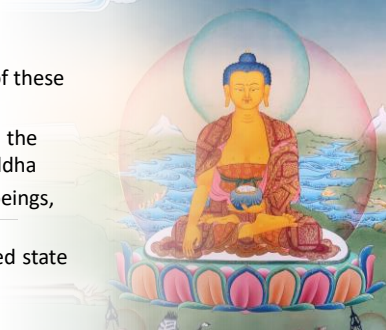


- Engaging with the wisdom
- Nagarjuna's four keys on the Path of Accumulation
- The four profundities
- The path of seeing

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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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