

**Summa Sophia, DcE**  
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**The Heart Sutra  
or  
Prajña Paramita Hridaya**  
(Heart of the Perfection of Wisdom)

Compiled and adapted by

*Bing Escudero*

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*All things arise and cease  
due to causes and conditions*

*Summa Sophia: Dedicated to every seeker of wisdom  
What do you think? What does it mean? What can be done?*

As taught by Siddhartha Gotama Sakyamuni  
Buddha, 563-483 B.C.

**The Heart Sutra\***  
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OM . . . Man-i . . . Pad-me . . . HUM

Maha ... Prajña ... Paramita ... Hridaya ... Sutra -- \_ --

The Bodhisattva Avalokiteshvara, in the course of delving deep into the perfection of wisdom, realized a state of selfless supreme illumination, discovering therein that the five *skhandhas* or accumulations were completely void, so totally empty of any reality whatsoever, thus, transcending all human pain and suffering.

Listen closely.

The essence of form is *anatta* or selflessness,  
Though selflessness takes form appearing as a self.

Thus, the outer form is, in its inner state of wholeness,  
the undifferentiated reality,  
the unconditioned state of selflessness.

The same is true of awareness, conceptions, perceptions,  
impressions, feelings, cravings, impulses, and becomings.

Again, listen closely.

Only in brief is it said that form is selflessness,  
emptied of those accumulated mentalities  
projecting an ego or a separate self;

For selflessness is not any other than form as an illusory  
appearance shaping unlimited reality.

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\*Recited daily, morning and evening, as part of one's daily meditation, the Heart Sutra is a powerful spiritual preparation for resolving the past, living in the now, and conquering death -- reaching into supreme enlightenment.



*Summa Sophia: In the Service of the Guardians of the Light  
Last Quarter of the Century: First Tenets Offering*

All *dharmas* or spiritual natures are marked by selflessness.  
They are neither created nor destroyed,  
neither immaculate nor defiled,  
neither augmented nor diminished.

Therefore, in selflessness there is neither form,  
nor feelings, nor perceptions,  
nor mental formations, nor conditioned consciousness;

Eye, ear, nose, tongue, body and mind are  
not there to fabricate any conditionings;  
neither is there form, nor sound, nor smell,  
nor taste, nor touch, nor object of mind  
to fashion a modified state of consciousness;

No more of such fields of delusion, from eye to mind-consciousness.  
The *nidana* or chain of conditioned causation is broken up.  
And thus, their extinction is no longer called for,  
from ignorance to aging-dying, accompanied by stress to despair;

As there is no afflicted being, there is no place for afflictions  
to start nor end, neither is there a path outside of oneself  
to gain additional understanding or  
to strive for any further attainment.

Because nothing more is to be further attained,  
Being grounded in the perfection of wisdom,  
The Bodhisattvas, who bring the light of truth,  
Have no longer any obstacles that can confront their minds.

Having no obstacles, fear and anxiety are transcended,  
Thus, freeing themselves forever from illusion  
and realizing perfect nirvana.

In that effulgent wholeness of universal enlightenment,  
all Buddhas of the past, present, and future,  
are founded on Prajña Paramita, the Perfection of Wisdom,

Thus, Prajña Paramita is the highest mantra  
of illumination, the unexcelled mantra,  
the mantra of salvation from all suffering,  
the vanquisher of the illusion of a separate self.  
The eternal truth.

Heretofore, Prajña Paramita mantra is thus asseverated ~~

**Gateh, gateh, paragateh, parasamgateh, Bodhi Svaha. ~.~.**



## Pali-English Glossary

*Mantras* are invocation formulas of powerful creative sounds, reinforced by its cumulative application throughout the ages.

*Maha Prajñā Paramita Hridaya* means the 'Heart of the Great Perfection of Wisdom.' *Maha* means great; *Prajñā* means that penetrative insight into wisdom; *Paramita* means the 'perfection of'; *Hridaya* means heart; and *Sutra* means verse.

*OM Mani Padme Hum* mantra means "O the jewel in the lotus." The jewel is wisdom, the lotus flower symbolizes our humanity as we grow and flower into the beauty of wisdom.

*Bodhisattva* means 'Teacher of the Light of Truth.' *Bodhi* means 'light of understanding' and *Sattva* means truth.

*Avalokiteshvara* means 'The One without a second' who sees its own lordliness or supreme wholeness as the holiness of oneness.'

*Anatta* means selflessness. Also translated or used in various ways, such as, not-self, no-self, not-soul, no-soul; without substance, non-existent, empty, emptiness, void, voidness, nothing, no-thing, nothingness; modeless, notionless, unburdened, abandoned, unencumbered, unstained, stainless, unblemished, unmarred, unsoiled, untainted, uncorrupted, unmarred, unmodified, untouched, unsullied, unalloyed, undefiled, unperturbed; wholesome, pure, purity, flawless, faultless, spotless, unspotted, immaculate, impeccable, clear, clarity, unobscured, unconfounded, undistorted, undifferentiated, unconditioned, delusionless, aggregateless, rootless. In essence, meaning 'devoid of an illusory separate self.' Or, 'empty of those accumulations projecting an unreal self.'

*Five Skhandhas* are the accumulated thoughts and feelings from the five senses. The accumulations provide the materials or aggregates for the mind to project an illusory self or ego that prides, from egoism to egotism, from egocentricity to an egomaniacal consciousness; all are the source of human sufferings and miseries.

*Nidana* means chain. There are twelve *nidanas* linked into a chain of concatenated causations, from one conditioning to a further aggravated conditioning, ending up (more of down) in human sorrow to desperation. Also known as *Paticca Samuppada* or Dependent Origination. Here are the Twelve Nidanas: (1) Ignorance of truth, causes (2) Karma-formations, cause (3) Conditioned Consciousness, cause (4) Conditioned Name-and-Form or ideas, thoughts, cause (5) Conditioned Six Faculties, 5 senses and mind, cause (6) Conditioned Contact or impressions from objects of the mind, cause (7) Conditioned Feelings or Sensations, cause (8) Conditioned Cravings or Desire, thirst or hunger for sensations, cause (9) Conditioned Clinging or Attachment, hang-ups, addictions, cause (10) Conditioned Becoming or Ambitions, fantasies, beliefs, cause (11) Conditioned Birth or rebirth in a physical body, causes (12) Conditioned Aging-Dying, accompanied by: (12.1) Sorrow or Stress, torments, causing (12.2) Lamentation or Distress, afflictions, causing (12.3) Pain or dis-ease, hurts, frustrations, causing (12.4) Grief or Misery, ordeals, causing (12.5) Desperation or Despair, cop-outs; all these accompany birth to aging-dying which recycles to cause Number (1) Ignorance of truth, and keeps whirling until one finds liberation or spiritual freedom, with the aid of the Four Noble Truths and the Noble Eightfold Path of Enlightenment.

*Gateh* means gone; *Paragateh* means gone beyond; *Parasamgateh* means gone far beyond (into reality). *Bodhi* means Enlightenment. *Swaha* means 'Thus, it is so.'

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