

**Heart Sutra Study – Five Sundays**  
**The Sutra on the Heart of Realizing Wisdom Beyond Wisdom**

**1 (Feb 27 – Michelle)**

Avalokiteshvara, who helps all to awaken,  
moves in the deep course  
of realizing wisdom beyond wisdom,  
sees that all five streams of body and mind  
are without boundary,  
and frees all from anguish.

**2 (Mar 6, Judy)**

O Shariputra, form is not separate from boundlessness;  
boundlessness is not separate from form.  
Form is boundlessness; boundlessness is form.  
The same is true of feeling, perception, inclination,  
and discernment.

O Shariputra, boundlessness is the nature of all things.  
boundlessness neither rises nor perishes,  
neither stains nor purifies,  
neither increases nor decreases.

**3 (Mar 13, Chris)**

Boundlessness is not limited by form,  
nor by feeling, perception, inclination, and discernment.  
It is free of eyes, ears, nose, tongue, body, and mind;  
free of sight, sound, smell, taste, touch,  
and objects of mind;  
free of sensory realms including mind realm.

It is free of ignorance and the end of ignorance.

Boundlessness is free of old age and death,  
and free of the end of old age and death.

It is free of suffering, arising, cessation, and path;  
free of wisdom and attainment.

#### **4 (Mar 20, Shirley)**

Being free of attainment, those who help all to awaken  
abide in the realization of wisdom beyond wisdom  
and live with an unhindered mind.

Without hindrance, the mind has no fear.

Free from confusion, those who lead all to liberation  
embody profound serenity.

All those in the past, present, and future,  
who realize wisdom beyond wisdom  
manifest unequalled, true and thorough awakening.

#### **5 (Mar 27, Simon)**

Know that realizing wisdom beyond wisdom  
is no other than this great spirit mantra,  
marvelous, incomparable, and supreme.

It relieves all suffering.

Not illusory, it is genuine.

So set forth this mantra of realizing wisdom beyond wisdom.

Set forth this mantra that says:

Gaté, gaté, paragaté, parasamgaté, bodhi! Svaha!