



**THE ESSENTIAL HEART SUTRA**

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## **The Essential Heart Sutra**

Locating an accurate and minimalist version of the much revered and famous Heart Sutra I stumbled on the Lok To rendition which is without peer as the most true to the 'Heart of Wisdom' or Void/Nirvana.

All other versions are verbose to the extreme saturated with misinterpretations from people who know less about the heart of wisdom than my postman, though they pretend otherwise in a world where everyone deems themselves to be an authority as modern culture seems averse to followers though the vast majority of humans are indeed nose-ringed herd animals devoid of any sense, knowledge or intuition.

And so, true to the spirit, I refer to myself as anonymous as I have no need to follow or lead or to be anything, much less an 'authority' full of shit.

Lok To rendition follows:

## Heart Sutra

When the Bodhisattva Avalokitesvara.

Was Coursing in the Deep Prajna Paramita.

He Perceived That All Five Skandhas Are Empty.

Thus He Overcame All Ills and Suffering.

Oh, Sariputra, Form Does not Differ From the Void,  
And the Void Does Not Differ From Form.  
Form is Void and Void is Form;  
The Same is True For Feelings,  
Perceptions, Volitions and Consciousness.

Sariputra, the Characteristics of the  
Voidness of All Dharmas  
Are Non-Arising, Non-Ceasing, Non-Defiled,  
Non-Pure, Non-Increasing, Non-Decreasing.

Therefore, in the Void There Are No Forms,  
No Feelings, Perceptions, Volitions or Consciousness.

No Eye, Ear, Nose, Tongue, Body or Mind;  
No Form, Sound, Smell, Taste, Touch or Mind Object;  
No Realm of the Eye,  
Until We Come to No realm of Consciousness.

No ignorance and Also No Ending of Ignorance,  
Until We Come to No Old Age and Death and  
No Ending of Old Age and Death.

Also, There is No Truth of Suffering,  
Of the Cause of Suffering,  
Of the Cessation of Suffering, Nor of the Path.

There is No Wisdom, and There is No Attainment Whatsoever.

Because There is Nothing to Be Attained,  
The Bodhisattva Relying On Prajna Paramita Has  
No Obstruction in His Mind.

Because There is No Obstruction, He Has no Fear,

And He passes Far Beyond Confused Imagination.

And Reaches Ultimate Nirvana.

The Buddhas of the Past, Present and Future,  
By Relying on Prajna Paramita  
Have Attained Supreme Enlightenment.

Therefore, the Prajna Paramita is the Great Magic Spell,  
The Spell of Illumination, the Supreme Spell,  
Which Can Truly Protect One From All Suffering Without Fail.

Therefore He Uttered the Spell of Prajnaparamita,  
Saying Gate, Gate, Paragate, Parasamgate, Bodhi Svaha.

## Commentary

And how very sweet the above text is, notwithstanding it subverts all Buddhist theology/philosophy – so reader, you will find nothing to believe in or worship here but *your* essential nature, which the Heart Sutra addresses without fuss, distraction or needless verbosity, as if the world is not already drowning in the (digital) information (bullshit) age – have you forgotten who you really are, reader?

Indeed you have, so you now number with the rest of the culturally enslaved herd looking hither and thither for meaning and something to believe in. Well, it's not all bad as you would soon discover, if you haven't already, nothing in any culture satisfies the yearning for Truth except Truth itself, which cannot be found in any culture as they are all perverse, particularly the major religions, which today are nothing but theocratic/political hierarchies and slave followers.

## To the Text

Due to the heavy reliance of the text on Buddhist terminology some explanation is warranted for those not familiar with Buddhist modes of expression.

Bodhisattva Avalokitesvara is myth, the title signifies a Be-ing that returns to human existence to save (Bodhisattva) the ignorant and suffering in the same way Gautama Buddha did or in the west, Jesus Christ; however, there is a major flaw/problem here as the text refers to true liberation and real knowledge as denoted by 'heart of wisdom'/void/nirvana, from which state of dissolution in the infinite ocean of bliss there is no return as all identity, categories, space/time/location cease to exist, otherwise enlightenment or the heart of wisdom/nirvana would not have been achieved. So we can comfortably dispense with religious myth here and leave it as is, supreme awareness (Avalokitesvara) in dialogue with ignorance (Sariputra) though be aware that these two conditions/states are personified in the text so human readers and aspirants are better able to understand via dialogue, which is also a classic form of 'sacred' discourse in the East.

Now note where it gets very interesting as the 'divine being' is *Coursing* in the void/nirvana – so I ask you reader what is the difference between coursing and/or 'doing/going' with an objective or destination, which is why Lok To's rendition from the Sanskrit is without peer? You see, coursing is aimless, without objective which is of the nature of Nirvana as there is nothing to achieve/do or find – that state is all Be-ing/encompassing/inclusive, though that Be-ing is hyper kinetic as Creation itself is continuous not dead or static like religion and dogma, so it's fresh at all times though of course there is no time/space in Truth or Nirvana.

So while this divine Be-ing is 'coursing' it sees with the clarity of an unfettered consciousness, not a culturally created mind/identity, everything there is to see at once.

And what did it see? That "... *There is No Truth of Suffering, Of the Cause of Suffering,*



*Of the Cessation of Suffering, Nor of the Path.*

*There is No Wisdom, and There is No Attainment Whatsoever"* (goodbye doctrinal Buddhism) and that all five Skandhas, Buddhist aggregates/categories/compositions, which constitute a human are *empty!* This is a very similar view to the Hindu Sanskrit categories of the 'Koshas' (bodies or sheaths, see Taittiriya-Upanishad) that constitute a human, which categories are in essence meaningless.

Now, it should be noted that the Skandhas are the foundation blocks of Mahayana Buddhism replete with numerous sub-categories like the intellect, emotions, passion, fear, physical body *etc.* And so after seeing that the categories or skandhas were empty-nothing, all fears and binding emotions are overcome by the brilliance of infinite awareness/Truth/Nirvana -- you've got to love this text as all Truth is simplicity itself, hence its minimalist approach. Have the 'experts,' academic religionists learned something, as your religious verbosity reveals quite plainly you know zilch about the Heart Sutra or Prajna Paramita though you are able to *feel/intuit* its authenticity and message.

So after seeing that cultural/human building blocks, categories, distinctions etc, are meaningless-empty the divine being becomes fearless and all knowing – but how?

Well it's simple, as infinity/nirvana is One continuous process of Be-ing/Creation, note the **One**, as no distinctions whatsoever exist in Nirvana/void/Infinity simply due to the fact that a distinction is a separation a division from the whole; therefore such distinctions involve the measurable or finite as Creation has been divided by the subject/viewer/observer – the other important lesson here is that all human fears and emotions that exist by consequence of this separation are overcome by the uniformity/awareness of the Heart of Wisdom/Nirvana, hence Freedom/Liberty/Truth become Real/known and Lived.

As a result, this divine Be-ing who is really You, though aware, passes 'Far beyond confused imagination' – well look around and assess the condition of people you know and the masses, they are confused because they have



no real identities outside what is culturally produced via language, 'I, me, mine' etc do many things but above all they separate us into divided finite beings, and never forget where there is separation/distinctions, there is conflict, internal and social.

The Essence of the text is simple, any attempt to achieve, locate, understand/know and believe in the cultural sense is to be avoided in favour of letting go, unknowing, to find one's essential nature which is kinetic creation itself as 'we' are merely expressions of same.

Do not fear, you were born to enlightenment and have been in it since before the universe came into being. Any form of distinction would veil that everlasting Truth from you until such time as you wake to Reality or Nirvana.

Also note that Be-ing, awareness of the One creation, allows for the knowledge of how that Singular creation appears as the many (plurality) though it's a mirage, not that it perturbs the enlightened in any way as they are not lost in it, imagining a dream manifestation to be reality, which the text confirms by stating that void is form and form is void which annihilates the binary of opposition.

And so ends or begins the deconstruction of the Heart Sutra or Prajna Paramita delivered to me by my postman.

I should add that the Sanskrit Hindu text The Avadhuta Gita compares well with the Pajna Paramita though the former is not as subversive.

Nevertheless I would make these texts available for the interested reader -- follow the link below:

<https://ozpoetry.lingama.net/poetry/poem-1012.html>

## **Other Books by the Author:**

Infinite Consciousness

Love and Erotic Poetry

Sun Moon Star Poetry

Nature Poetry

The Poetry of Transformation and Revolution

The Poetry of Life and Growth

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**BOOK COVER:** Avalokitesvara