Manidhara

The Heart Sutra

The Heart Sutra is one of the most frequently used and recited Buddhist texts, and in the Triratna Buddhist Community is traditionally recited after the Entreaty and Supplication section of the Sevenfold Puja.

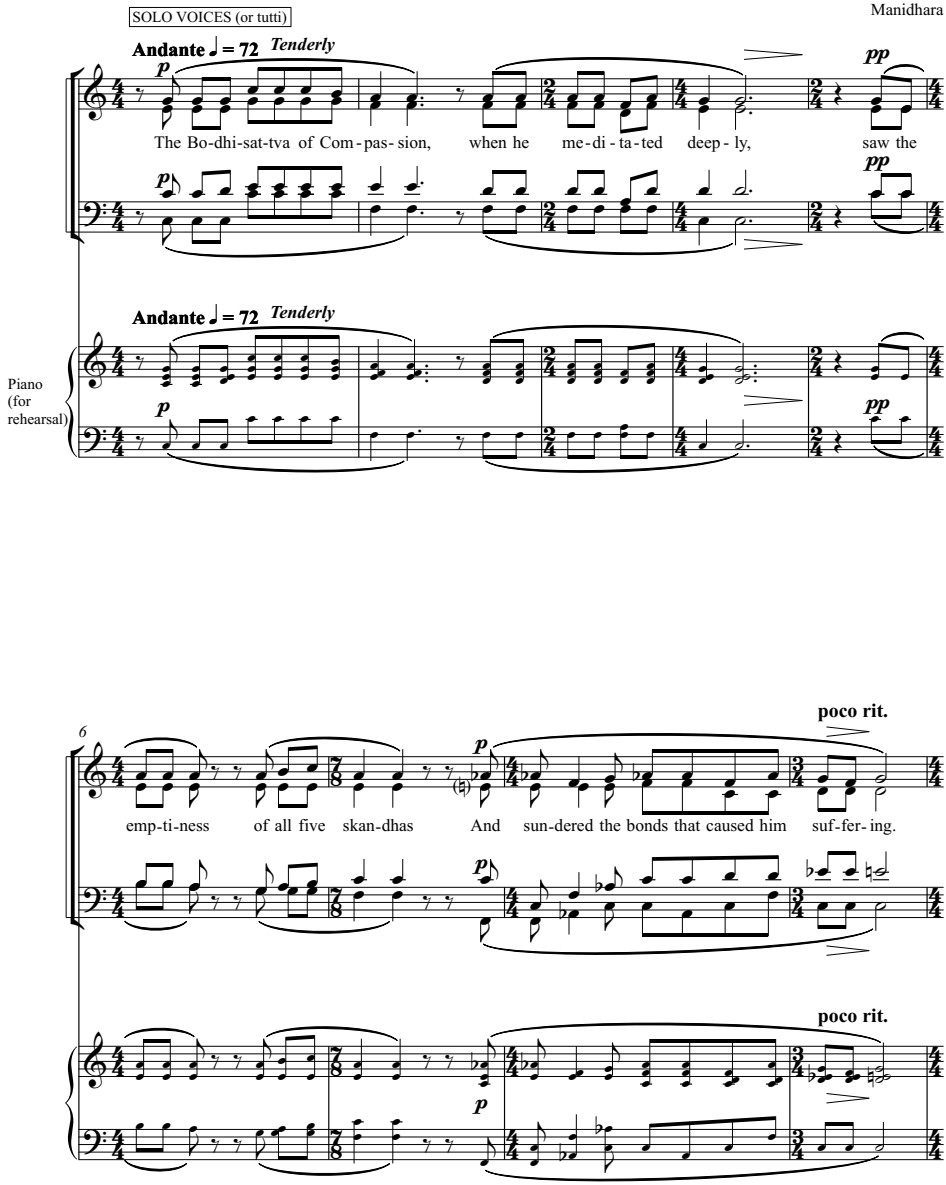
Translation and pronunciation of the concluding mantra:

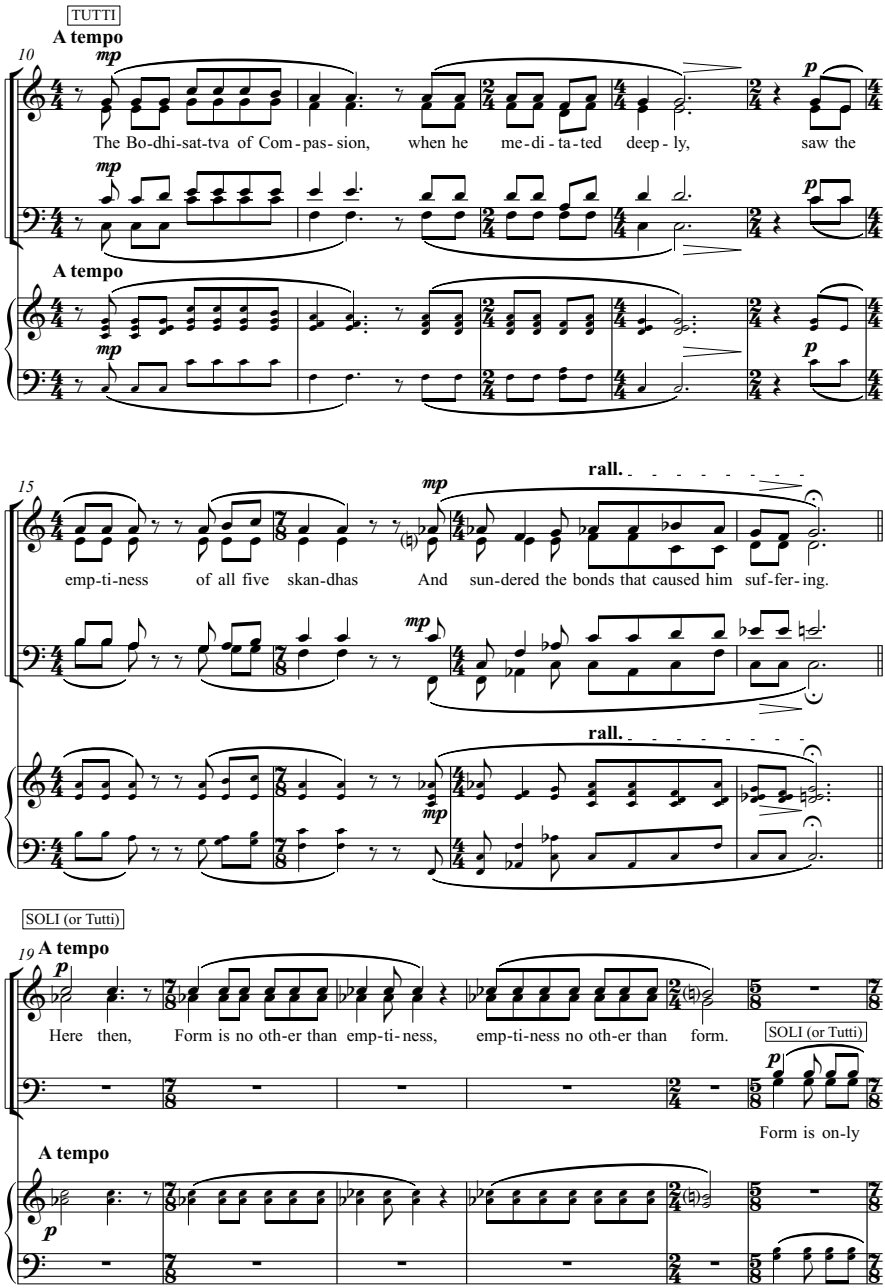
'gate gate pāragate pārasaṃgate bodhi svāhā' means:
'gone, gone, gone beyond, gone altogether beyond, oh what an awakening. All hail!' (Conze)

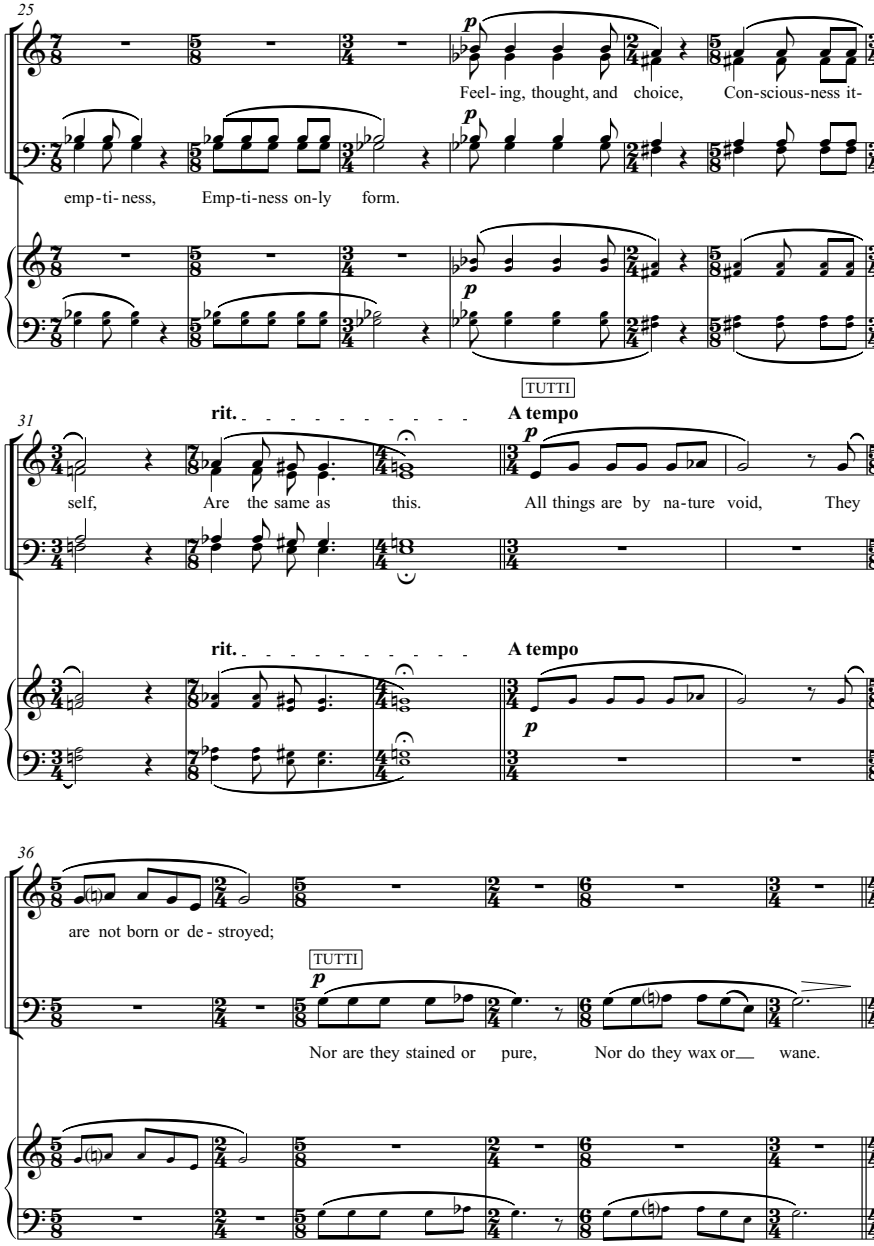
'Gate' is pronounced as two syllables *'ga'* [as in '***ga****zette'*] and *'te'*.
The letter *'ṃ'* is pronounced as *'ng'*.
The *'v'* in *'svāhā'* is almost like an English *'w'*

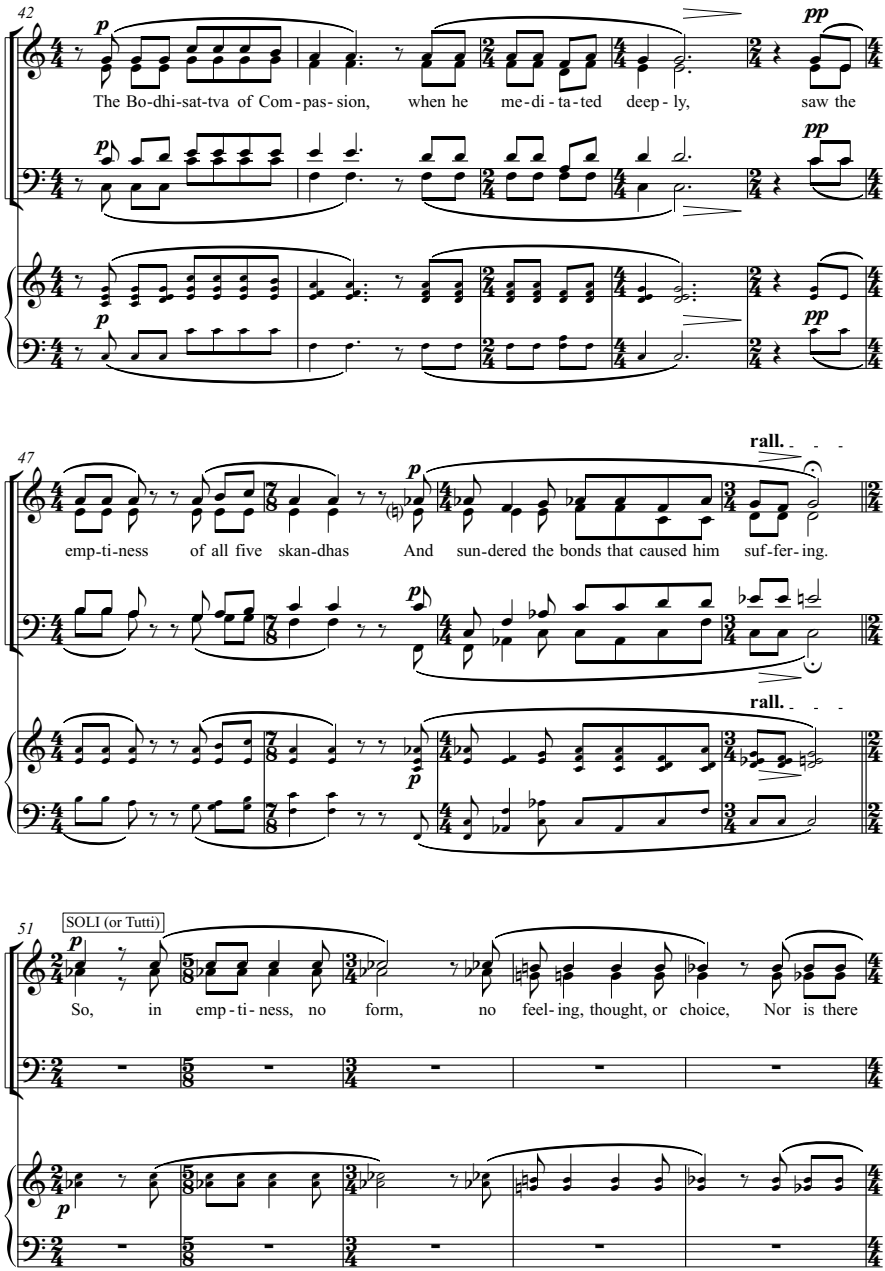
This setting was conceived a cappella but may benefit from being accompanied by an instrument, eg. piano or cello or violin or flute, to help keep the pitch.

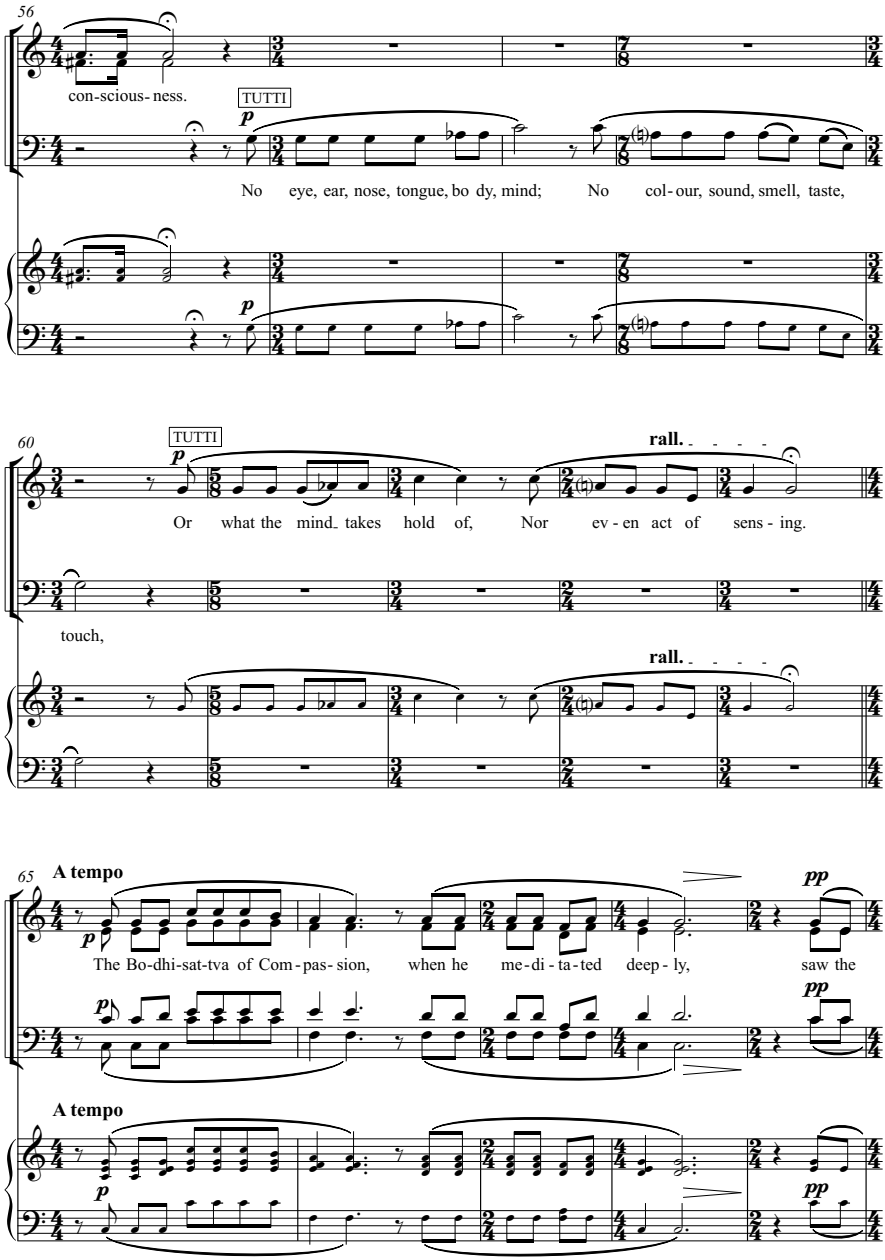
The Heart Sutra

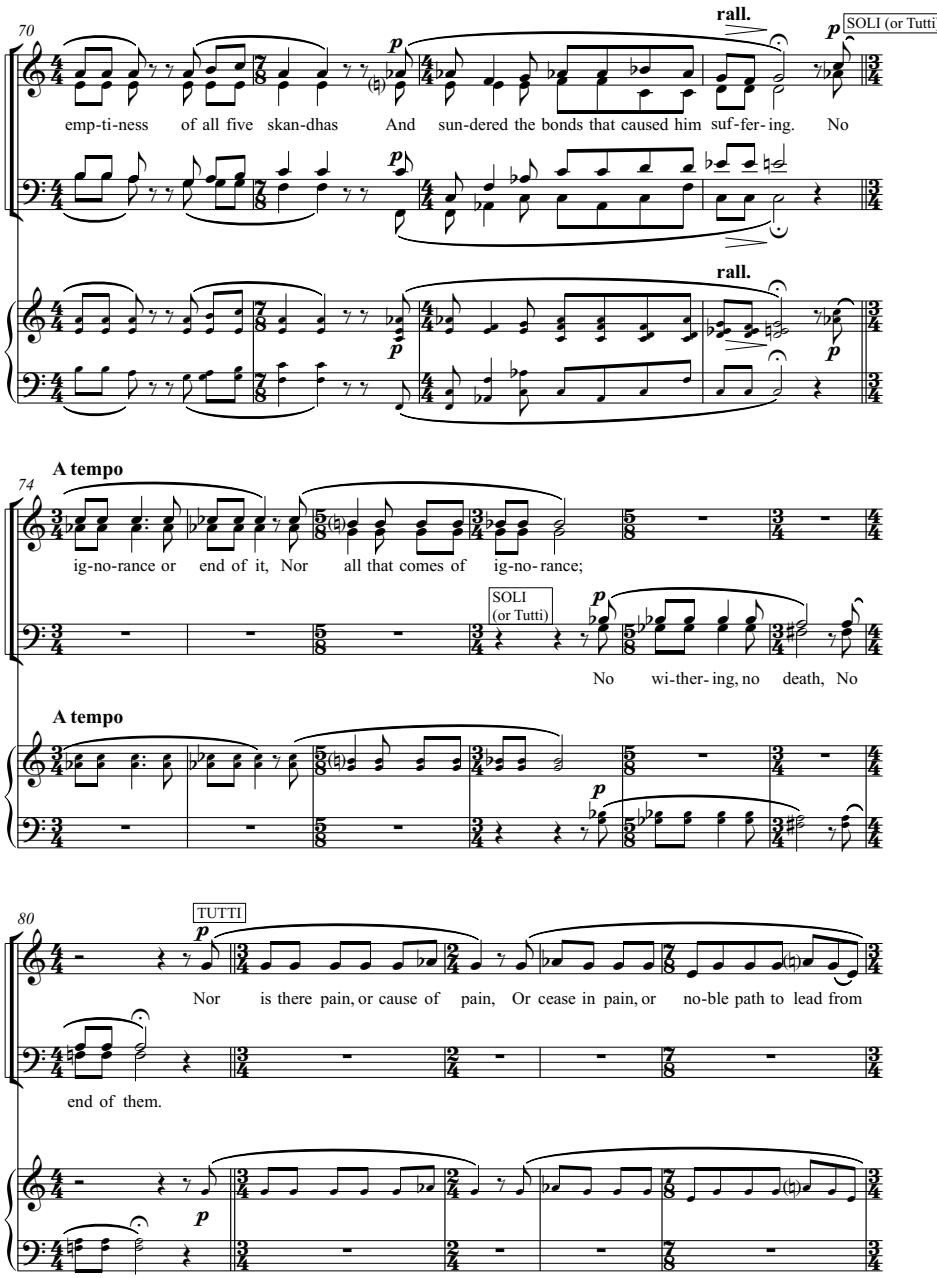


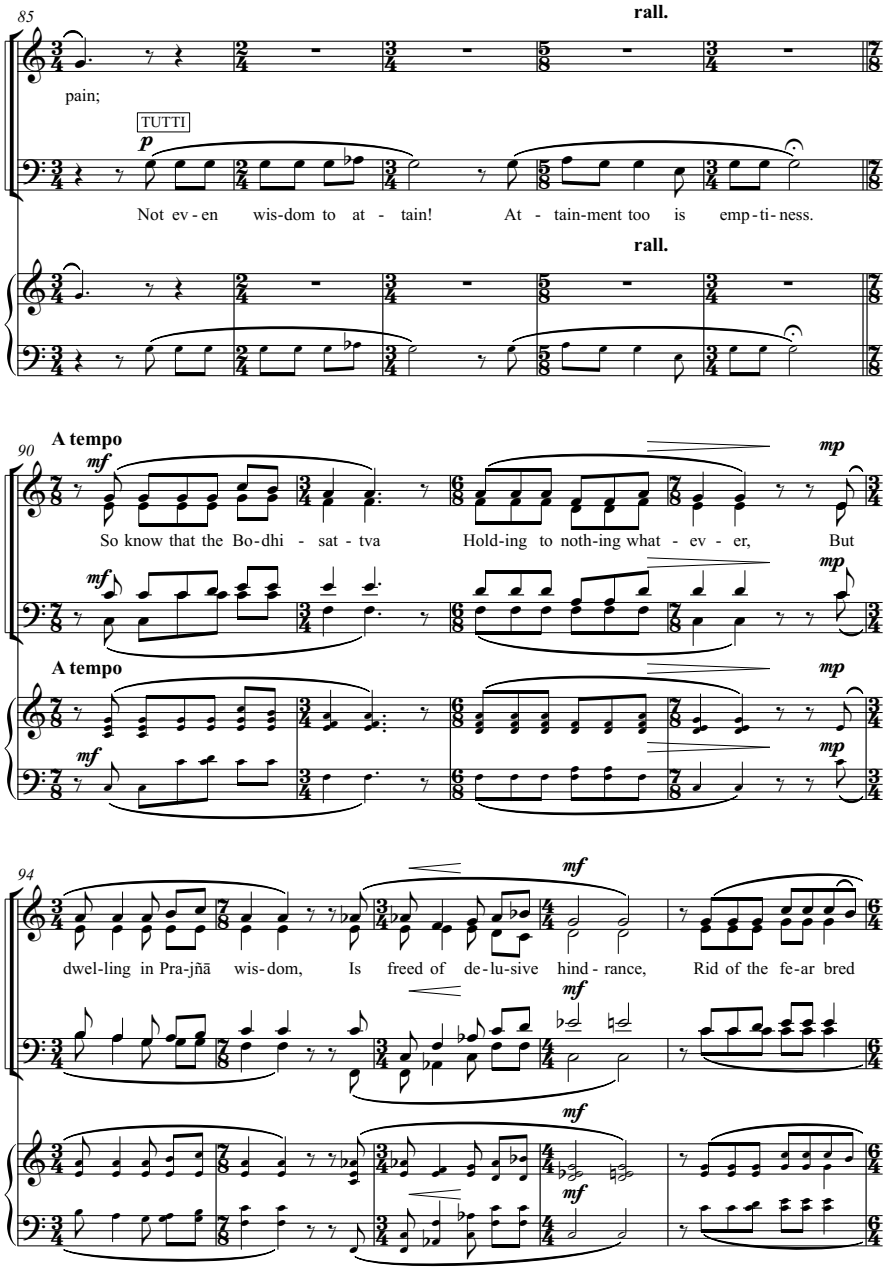

TUTTI
A tempo
10
mp
The Bo-dhi-sat-tva of Com-pas-sion, when he me-di-ta-ted deep-ly, saw the
p
A tempo
mp
p
15
rall.
mp
emp-ti-ness of all five skan-dhas And sun-dered the bonds that caused him suf-fer-ing.
rall.
mp
SOLI (or Tutti)
19 A tempo
p
Here then, Form is no oth-er than emp-ti-ness, emp-ti-ness no oth-er than form.
SOLI (or Tutti)
p
Form is on-ly
A tempo
p

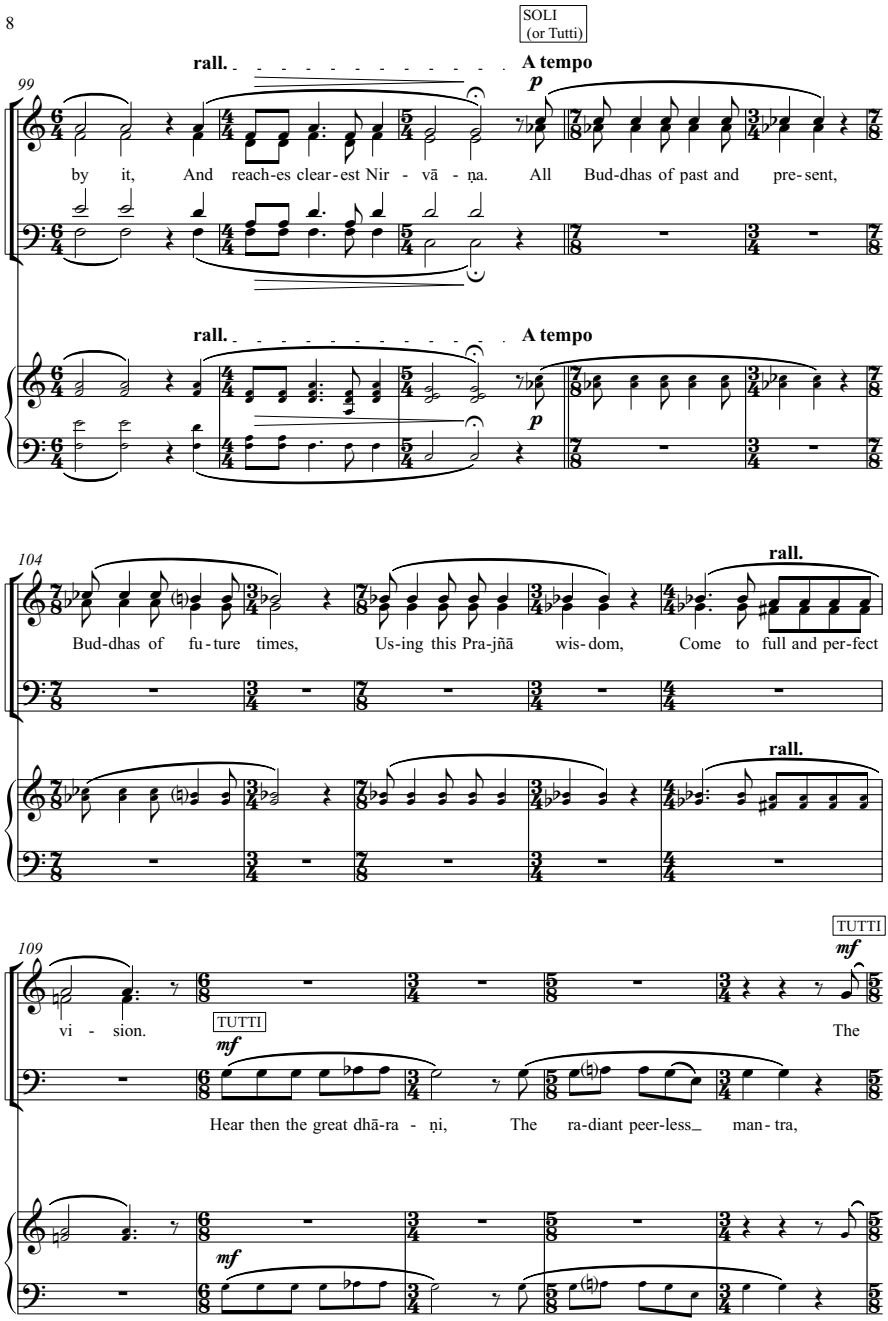

25
p
Feel- ing, thought, and choice, Con-scious-ness it-
emp-ti- ness, Emp-ti-ness on-ly form.
31
rit.
A tempo
TUTTI
self, Are the same as this. All things are by na-ture void, They
36
are not born or de- stroyed;
Nor are they stained or pure, Nor do they wax or wane.

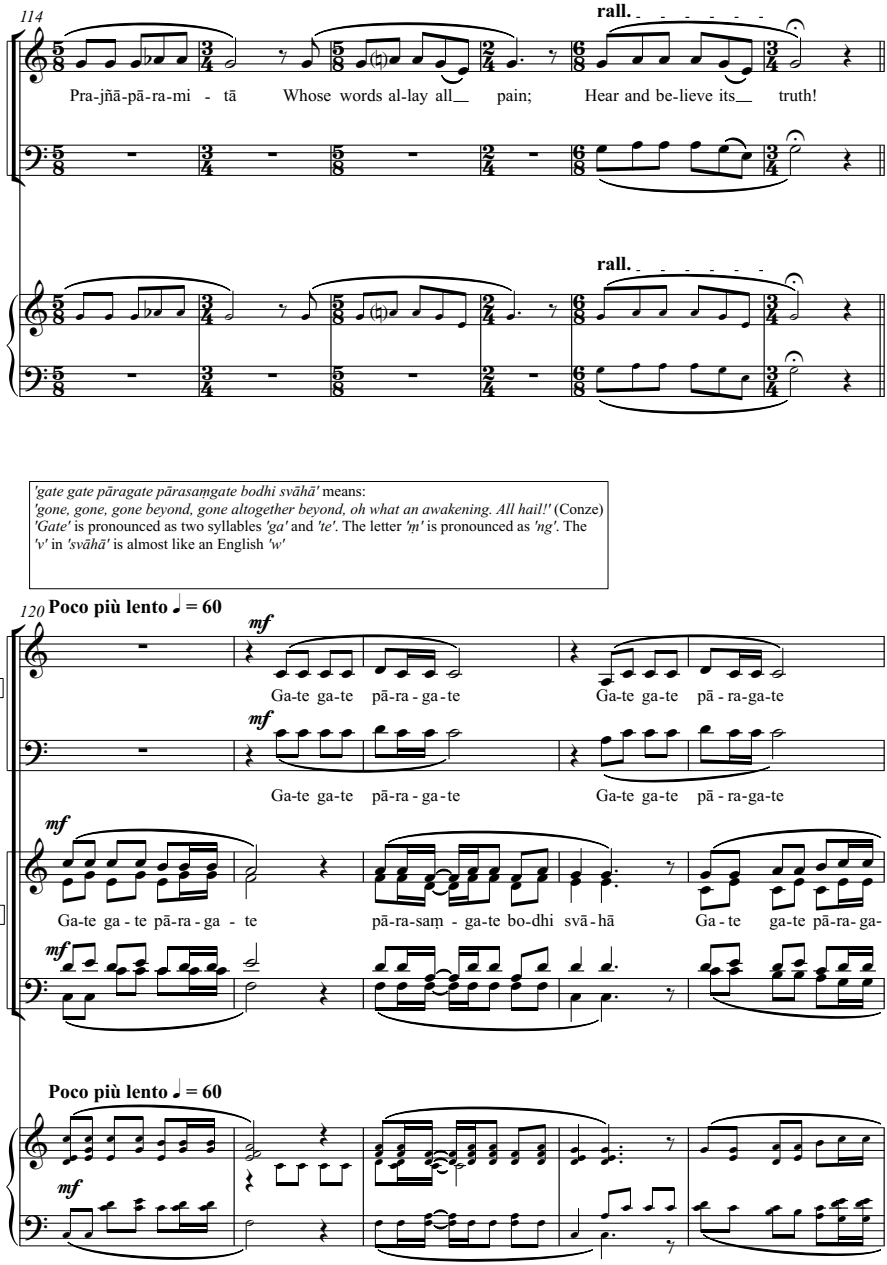

42
p
pp
The Bo-dhi-sat-tva of Com-pas-sion, when he me-di-ta-ted deep-ly, saw the
47
rall.
emp-ti-ness of all five skan-dhas And sun-dered the bonds that caused him suf-fer-ing.
51
SOLI (or Tutti)
So, in emp-ti-ness, no form, no feel-ing, thought, or choice, Nor is there

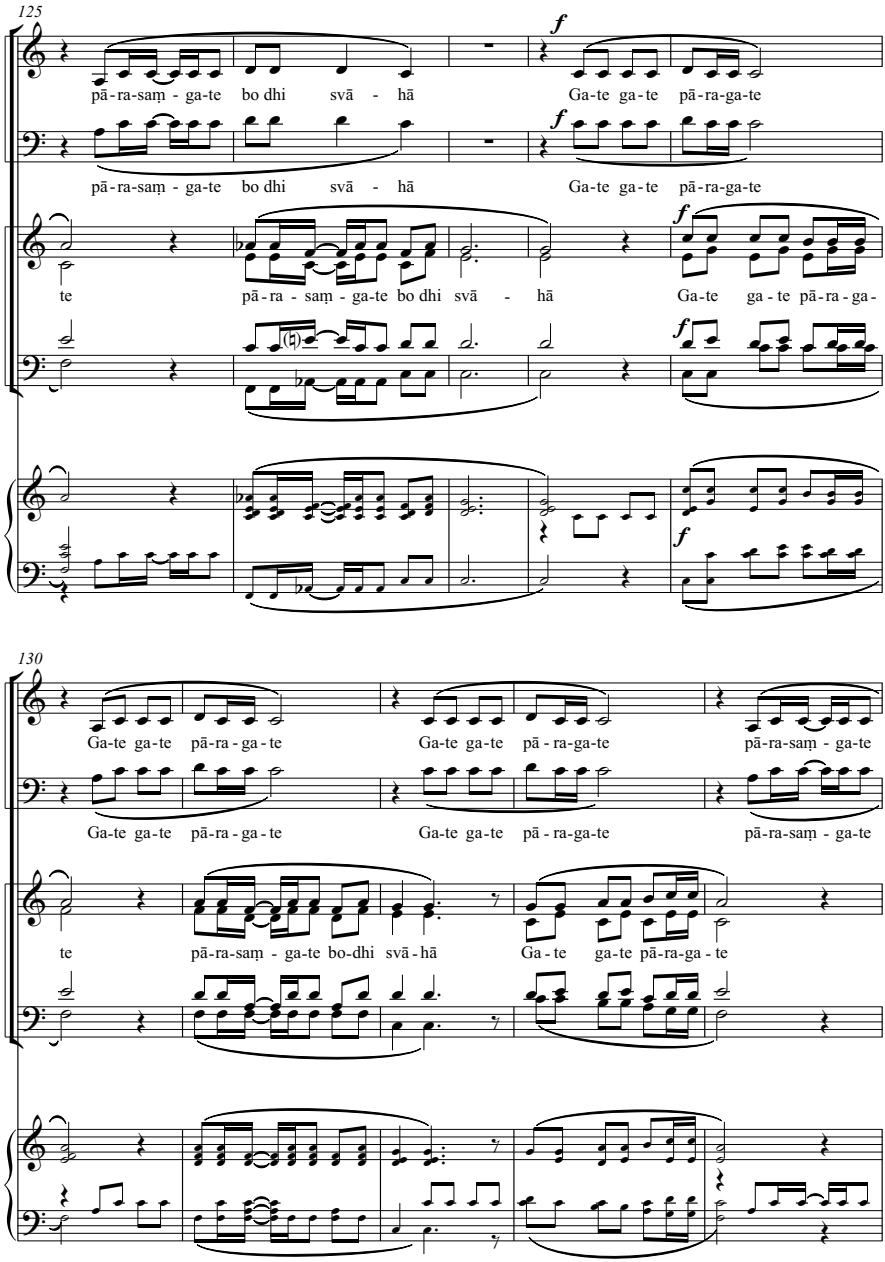

56
con-scious-ness.
TUTTI
p
No eye, ear, nose, tongue, bo dy, mind; No col-our, sound, smell, taste,
60
TUTTI
p
rall.
Or what the mind takes hold of, Nor ev-en act of sens-ing.
touch,
65
A tempo
p
The Bo-dhi-sat-tva of Com-pas-sion, when he me-di-ta-ted deep-ly, saw the
pp
A tempo

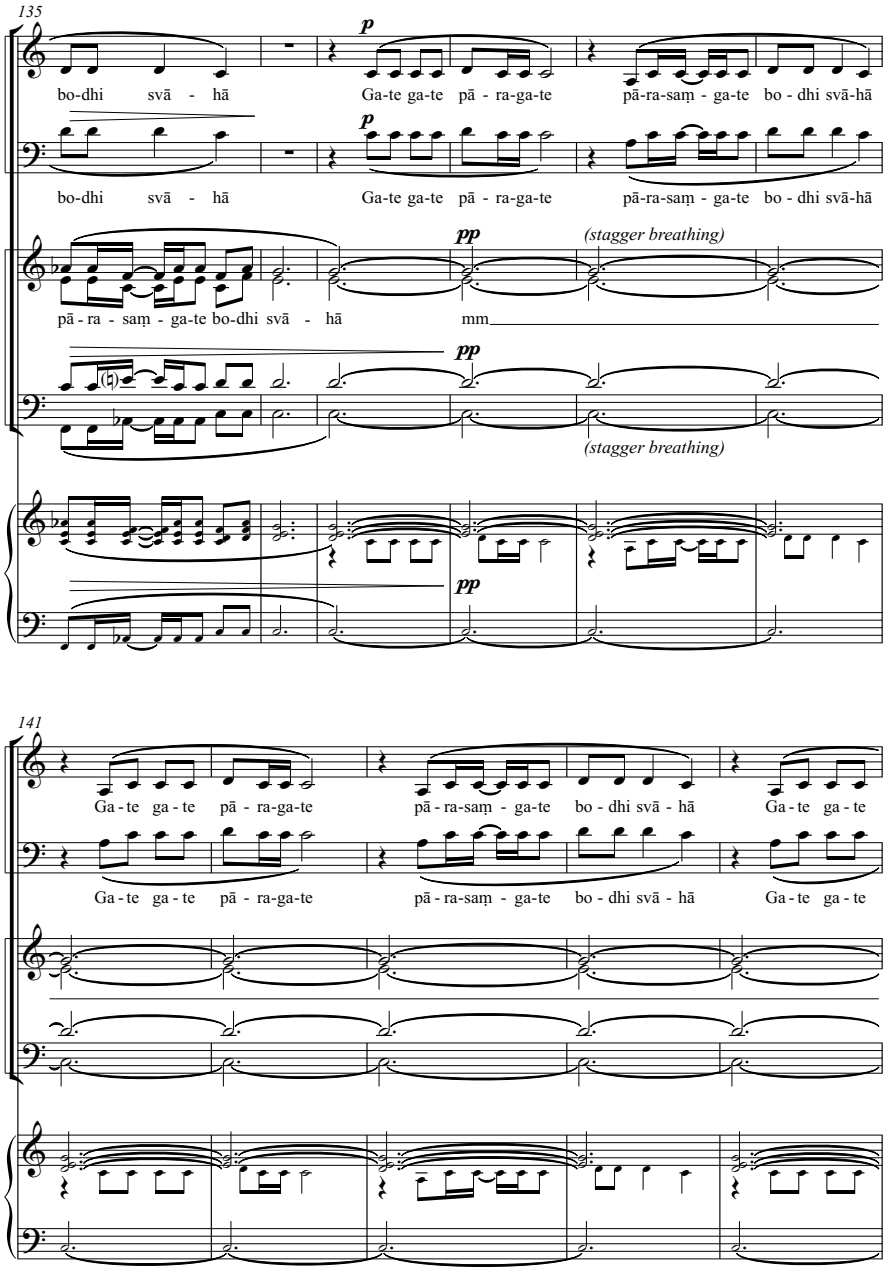

70
rall.
SOLI (or Tutti)
emp-ti-ness of all five skan-dhas And sun-dered the bonds that caused him suf-fer-ing. No
74
A tempo
ig-no-rance or end of it, Nor all that comes of ig-no-rance;
SOLI (or Tutti)
No wi-ther-ing, no death, No
80
TUTTI
Nor is there pain, or cause of pain, Or cease in pain, or no-ble path to lead from
end of them.

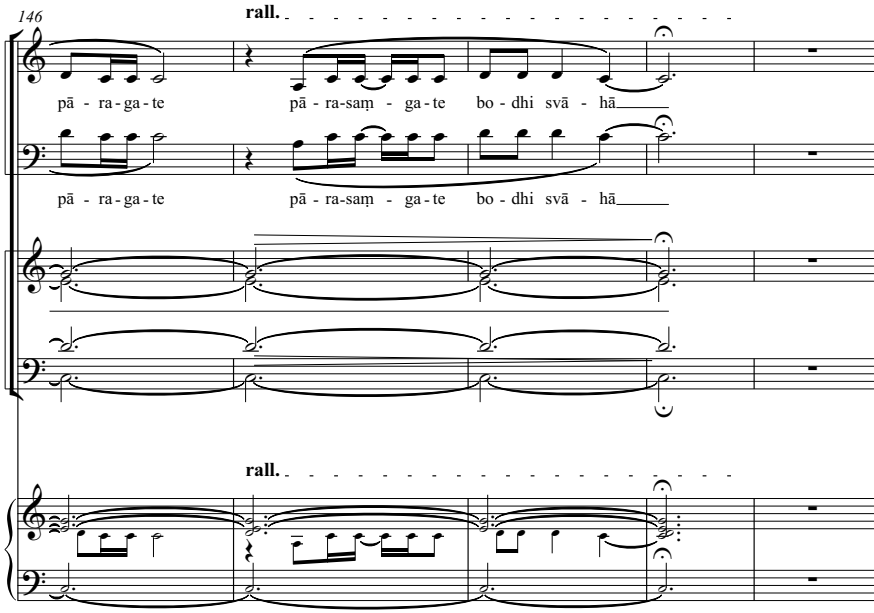

85
rall.
pain;
TUTTI
p
Not ev - en wis-dom to at - tain! At - tain-ment too is emp - ti - ness.
rall.
90
A tempo
mf
mp
So know that the Bo-dhi - sat - tva Hold-ing to noth-ing what - ev - er, But
A tempo
94
mf
dwel-ling in Pra-jñā wis-dom, Is freed of de-lu-sive hind - rance, Rid of the fe-ar bred


SOLI
(or Tutti)
rall.
A tempo
p
99
by it, And reach-es clear-est Nir - vā - ṇa. All Bud-dhas of past and pre-sent,
rall.
A tempo
p
104
Bud-dhas of fu-ture times, Us-ing this Pra-jñā wis-dom, Come to full and per-fect
rall.
rall.
TUTTI
mf
109
vi - sion.
TUTTI
mf
The
Hear then the great dhā-ra - ṇi, The ra-diant peer-less_ man-tra,
mf


114
rall.
Pra-jñā-pā-ra-mi - tā Whose words al-lay all__ pain; Hear and be-lieve its__ truth!
rall.
'gate gate pāragate pārasaṃgate bodhi svāhā' means:
'gone, gone, gone beyond, gone altogether beyond, oh what an awakening. All hail!' (Conze)
'Gate' is pronounced as two syllables 'ga' and 'te'. The letter 'ṃ' is pronounced as 'ng'. The
'v' in 'svāhā' is almost like an English 'w'
120 Poco più lento ♩ = 60
CHOIR 1
mf
Ga-te ga-te pā-ra - ga-te Ga-te ga-te pā - ra-ga-te
mf
Ga-te ga-te pā-ra - ga-te Ga-te ga-te pā - ra-ga-te
CHOIR 2
mf
Ga-te ga - te pā-ra - ga - te pā-ra-saṃ - ga-te bo-dhi svā - hā Ga - te ga-te pā-ra- ga-
mf
Poco più lento ♩ = 60
mf


125
pā-ra-saṃ-ga-te bo dhi svā-hā
Ga-te ga-te pā-ra-ga-te
pā-ra-saṃ-ga-te bo dhi svā-hā
Ga-te ga-te pā-ra-ga-te
te pā-ra-saṃ-ga-te bo dhi svā-hā
Ga-te ga-te pā-ra-ga-
130
Ga-te ga-te pā-ra-ga-te
Ga-te ga-te pā-ra-ga-te
pā-ra-saṃ-ga-te
Ga-te ga-te pā-ra-ga-te
Ga-te ga-te pā-ra-ga-te
pā-ra-saṃ-ga-te
te pā-ra-saṃ-ga-te bo-dhi svā-hā
Ga-te ga-te pā-ra-ga-te


135
p
bo-dhi svā - hā
Ga-te ga-te pā - ra-ga-te
pā-ra-saṃ - ga-te bo - dhi svā-hā
p
bo-dhi svā - hā
Ga-te ga-te pā - ra-ga-te
pā-ra-saṃ - ga-te bo - dhi svā-hā
pp
(stagger breathing)
pā - ra - saṃ - ga-te bo-dhi svā - hā
mm
pp
(stagger breathing)
pp
141
Ga - te ga - te pā - ra-ga-te
pā - ra-saṃ - ga-te bo - dhi svā - hā
Ga - te ga - te
Ga - te ga - te pā - ra-ga-te
pā - ra-saṃ - ga-te bo - dhi svā - hā
Ga - te ga - te


146
rall.
pā - ra - ga - te
pā - ra-saṃ - ga - te
bo - dhi svā - hā
pā - ra - ga - te
pā - ra-saṃ - ga - te
bo - dhi svā - hā
rall.