

寫 心 經

Writing the Heart Sutra

A guidebook for learners

A Little Guide Book for learning how to write the Heart Sutra

For more details see the supplement here: <https://mindisbuddha.org/sashimgyeong>

The following pages are for anyone wanting to learn how to write the Heart Sutra. Pages 5-9 show the entire Heart Sutra written out in characters you can trace over. Then on pages 11-19 each line for tracing is followed by a blank line for copying the characters.

Finally, there are five blank pages (20-24) for you to write the whole Heart Sutra yourself “from scratch.”

In order to write the characters correctly you need to know the individual “strokes” that make up each character, including the direction each stroke, and the order in which they are written.

Check out the following website to see examples of “stroke order animations” that will help you:
<https://www.mindisbuddha.org/writingtheox/>

A supplement with more details, including stroke order animations, is available here:
<https://mindisbuddha.org/sashimgyeong>

The screenshot displays the 'Heart Sutra' section of the Mindisbuddha.org website. At the top, a header bar contains the title 'The Master said: "Isn't it a pleasure to study, and to practice what you have learned?"' and a navigation menu with buttons for 'Help', 'Heart', '4Vows', '十牛圖', 'Opening', 'Homage', 'Kannon', 'Kwanseum', 'Jijang', 'Uisang', 'Maitreya', '十小咒', 'Sandokai', 'Diamond', 'Bell', 'Resources', 'HanSrch', 'PinSrch', 'EngSrch', 'KorSrch', '<-BACK', 'FWRD->', 'UNrandom', and 'mindisbuddha'. Below the header, the main content area is divided into two columns. The left column features a vertical list of characters: '摩訶', '訶', '、', '厂', '广', '木', '林', '手', '一', and '一'. Each character is shown in a box with a yellow border. To the right of this list, there are two yellow boxes: 'All components of this character:' and 'Characters containing this character:'. Below these boxes, a text box states: 'When you click a character, the stroke order animation will appear here.' The right column displays the Heart Sutra text in Chinese characters, with the title '摩訶般若波羅蜜多心經' and the subtitle 'Title' in red. The text is arranged in two columns, with line numbers 1 through 28 in red. At the bottom of the right column, the Mantra '揭諦揭諦波羅揭諦波羅僧揭諦菩提娑婆訶' is displayed in red, with the subtitle 'Mantra' in red. A footer bar at the bottom of the page shows 'showeeng 1 thru 10 out of 360'.

There are a total of 270 Hanja (characters) in the Heart Sutra. Ten of these Hanja are in the title.

This 270 character version of the Heart Sutra is the one composed by Master Xuanzang in 645 AD, upon his return to China from India.

For 1400 years, Buddhists have been reciting this 270 character version of the Heart Sutra, as well as writing it out as a practice known as Sa Shim Gyeong (寫心經), literally, “Writing the Heart Sutra”.

The line numbering shown here is somewhat arbitrary. It is based on the way that Zen Master Seung Sahn wrote the syllables out when he taught his Western students to chant the Heart Sutra.

摩訶般若波羅蜜多心經 Title

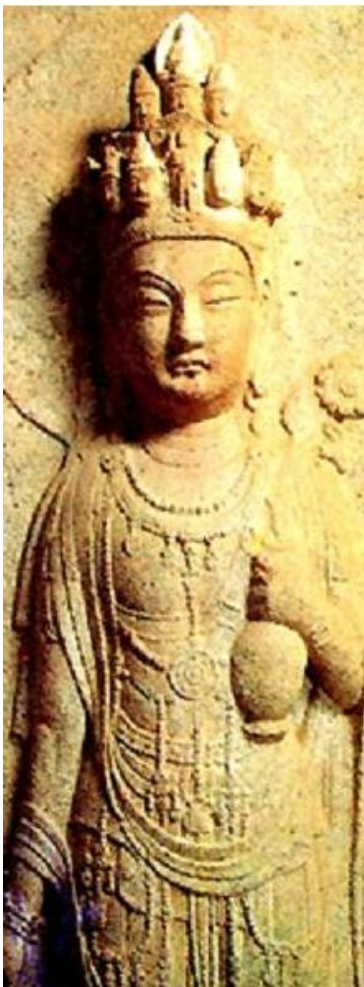
觀自在菩薩行深般若 1
波羅蜜多時照見五蘊皆空 2
度一切苦厄 3
舍利子色不異空 4
空不異色色即是空 5
空即是色 6
受想行識亦復如是 7
舍利子是諸法空相 8
不生不滅不垢不淨 9
不增不減是故空中無色 10
無受想行識無眼耳鼻舌身意 11
無色聲香味觸法 12
無眼界乃至無意識界 13
無無明亦無無明盡 14

乃至無老死亦無老死盡 15
無苦集滅道無智亦無得以 16
無所得故菩提薩埵依 17
般若波羅蜜多故心無罣礙 18
無罣礙故無有恐怖 19
遠離顛倒夢想究竟涅槃 20
三世諸佛依般若 21
波羅蜜多故得阿耨多羅 22
三藐三菩提故知般若 23
波羅蜜多是大神咒 24
是大明咒是無上咒 25
是無等等咒能除一切苦 26
真實不虛故說般若波羅蜜多 27
咒即說咒曰 28

揭諦揭諦波羅揭諦波羅僧揭諦菩提娑婆訶 Mantra

Heart Sutra

- Title** ma-ha ban-ya ba-ra-mil-ta shim gyong
- 1 kwan-ja-jae bo-sal haeng shim ban-ya
 - 2 ba-ra-mil-ta shi jo-gyon o-on gae gong
 - 3 do il-che go-aek
 - 4 sa-ri-ja saek-pur-i-gong
 - 5 gong-bur-i-saek saek-chuk-shi-gong
 - 6 gong-juk-shi-saek
 - 7 su-sang-haeng-shik yok-pu-yo-shi
 - 8 sa-ri-ja shi-je-bop-kong-sang
 - 9 bul-saeng-bul-myol bul-gu-bu-jong
 - 10 bu-jung-bul-gam shi-go gong-jung-mu-saek
 - 11 mu su-sang-haeng-shik mu an-i-bi-sol-shin-ui
 - 12 mu saek-song-hyang-mi-chok-pop
 - 13 mu-an-gye nae-ji mu-ui-shik-kye
 - 14 mu-mu-myong yong mu-mu-myong-jin
 - 15 nae-ji mu-no-sa yong-mu-no-sa-jin
 - 16 mu go-jim-myol-to mu-ji yong-mu-dug-i
 - 17 mu-so duk-ko bo-ri-sal-ta ui
 - 18 ban-ya ba-ra-mil-ta go-shim-mu gae-ae
 - 19 mu-gae-ae-go mu-yu-gong-po
 - 20 wol-li jon-do mong-sang gu-gyong yol-ban
 - 21 sam-se je-bur-ui ban-ya
 - 22 ba-ra-mil-ta go-dug-a-nyok-ta-ra
 - 23 sam-myak sam-bo-ri go-ji ban-ya
 - 24 ba-ra-mil-ta shi dae-shin-ju



- 25 she dae-myong-ju shi mu-sang-ju
- 26 shi mu-dung-dung ju nung je il-che go
- 27 jin-shil bur-ho go-sol ban-ya ba-ra-mil-ta
- 28 ju juk-sol-chu-wal

a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha
a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha **mantra**
a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha

ma-ha ban-ya ba-ra-mil-ta shim gyong **Title**



A typical example of the “Korean” Heart Sutra spelled out phonetically for English speakers.

Line numbers have been added **in red**.

Note that what is being chanted is **not Korean**. It is the Chinese version of the Heart Sutra from Master Xuanzang, but with a Korean pronunciation for each character. This is called “Sino-Korean”.

ma-ha ban-ya ba-ra-mil-ta shim gyong // The Maha Prajna Paramita Hridaya Sutra
kwan-ja-jae bo-sal haeng shim ban-ya // Avalokitesvara Bodhisattva while practicing deeply the Prajna
ba-ra mil-ta shi jo-gyon o-on gae gong // Paramita, perceives that all five skandhas are empty
do il-che go-aek // and is saved from all suffering and distress.
sa-ri-ja saek-pur-i-gong // Shariputra, form does not differ from emptiness
gong-bur-i-saek saek-chuk-shi-gong // emptiness does not differ from form. That which is form is emptiness

Title
1
2
3
4
5

	摩訶般若波羅蜜多心經	
1	觀自在菩薩時照見五蘊皆空	
2	度一切苦厄不異空	
3	舍利子色色色色色色	
4	空是空	
5		

6

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17

ban-ya ba-ra-mil-ta go-shim-mu gae-ae // Prajna Paramita and the mind is no hindrance;
mu-gae-ae-go mu-yu-gong-po // without any hindrance no fears exist.
wol-li jon-do mong-sang gu-gyong yol-ban // Far apart from every perverted view one dwells in
sam se je bur ui ban ya // nirvana, in the three worlds all Buddhas rely on Prajna
ba-ra-mil-ta go-dug-a-nyok-ta-ra // Paramita and attain Anuttara
sam-myak sam-bo-ri go-ji ban-ya // Samyak Sambodhi. Therefore know that Prajna

18
19
20
21
22
23

般	若	波	羅	蜜	多	故	心	無	罣	礙	18
無	罣	礙	故	無	有	恐	怖				19
遠	離	顛	倒	夢	想	究	竟	涅	槃		20
三	世	諸	佛	依	般	若					21
波	羅	蜜	多	故	得	阿	耨	多	羅		22
三	藐	三	菩	提	故	知	般	若			23

24
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Mantra

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ma-ha ban-ya ba-ra-mil-ta shim gyong // The Maha Prajna Paramita Hridaya Sutra

Title

kwan-ja-jae bo-sal haeng shim ban-ya // Avalokitesvara Bodhisattva while practicing deeply the Prajna

1

ba-ra mil-ta shi jo-gyon o-on gae gong // Paramita, perceives that all five skandhas are empty

2

摩訶般若波羅蜜多心經

T
i
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l
e

觀自在菩薩行深般若

1

波羅蜜多時照見五蘊皆空

2

do il-che go-aek // and is saved from all suffering and distress.

3

sa-ri-ja saek-pur-i-gong // Shariputra, form does not differ from emptiness

4

gong-bur-i-saek saek-chuk-shi-gong // emptiness does not differ from form. That which is form is emptiness

5

度一切苦厄

3

舍利子色不異空

4

空不異色色即是空

5

gong-juk-shi-saek // that which is emptiness form.

6

su-sang-haeng-shik yok-pu-yo-shi // The same is true of feelings, perceptions, impulses, consciousness.

7

sa-ri-ja shi-je-bop-kong-sang // Shariputra, all dharmas are marked with emptiness

8

空即是色

6

受想行識亦復如是

7

舍利子是諸法空相

8

bul-saeng-bul-myol bul-gu-bu-jong // they do not appear or disappear, are not tainted or pure

9

bu-jung-bul-gam shi-go gong-jung-mu-saek // do not increase or decrease. Therefore in emptiness no form

10

mu su-sang-haeng-shik mu an-i-bi-sol-shin-ui // no feelings, perceptions, impulses, consciousness. No eyes, ears, nose, tongue, body, mind;

11

不生不滅不垢不淨

9

不增不減是故空中無色

10

無受想行識無眼耳鼻舌身意

11

mu saek-song-hyang-mi-chok-pop // no color, no sound, no smell, no taste, no touch, no object of mind;

12

mu-an-gye nae-ji mu-ui-shik-kye // no realm of eyes and so forth until no realm of mind consciousness.

13

mu-mu-myong yong mu-mu-myong-jin // No ignorance and also no extinction of it

14

無色聲香味觸法

12

無眼界乃至無意識界

13

無無明亦無無明盡

14

nae-ji mu-no-sa yong-mu-no-sa-jin // and so forth until no old age and death and also no extinction of them

15

mu go-jim-myo-to mu-ji yong-mu-dug-i // No suffering, no origination, no stopping, no path, no cognition, also no attainment

16

mu-so duk-ko bo-ri-sal-ta ui // with nothing to attain. The Bodhisattva depends on

17

乃至無老死亦無老死盡

15

無苦集滅道無智亦無得以

16

無所得故菩提薩捶依

17

ban-ya ba-ra-mil-ta go-shim-mu gae-ae // Prajna Paramita and the mind is no hindrance;

18

mu-gae-ae-go mu-yu-gong-po // without any hindrance no fears exist.

19

wol-li jon-do mong-sang gu-gyong yol-ban // Far apart from every perverted view one dwells in

20

般若波羅蜜多故心無罣礙

18

無罣礙故無有恐怖

19

遠離顛倒夢想究竟涅槃

20

sam se je bur ui ban ya // nirvana, in the three worlds all Buddhas rely on Prajna

21

ba-ra-mil-ta go-dug-a-nyok-ta-ra // Paramita and attain Anuttara

22

sam-myak sam-bo-ri go-ji ban-ya // Samyak Sambodhi. Therefore know that Prajna

23

三世諸佛依般若

21

波羅蜜多故得阿耨多羅

22

三藐三菩提故知般若

23

ba-ra-mil-ta shi dae-shin ju // Paramita is the great transcendent mantra,

24

shi dae-myong-ju shi mu-sang-ju // is the great bright mantra, is the utmost mantra,

25

shi mu-dung-dung ju nung je il-che go // is the supreme mantra which is able to relieve all suffering

26

波羅蜜多是大神咒

24

是大明咒是無上咒

25

是無等等咒能除一切苦

26

jin-shil bur-ho go-sol ban-ya ba-ra-mil-ta // and is true, not false. So proclaim the Prajna Paramita

27

ju juk-sol-chu-wal // mantra, proclaim the mantra which says:

28

a-je a-je ba-ra-a-je ba-ra-sung-a-je mo-ji sa-ba-ha

Mantra

眞實不虛故說般若波羅蜜多

27

咒即說咒曰 揭諦揭諦波羅

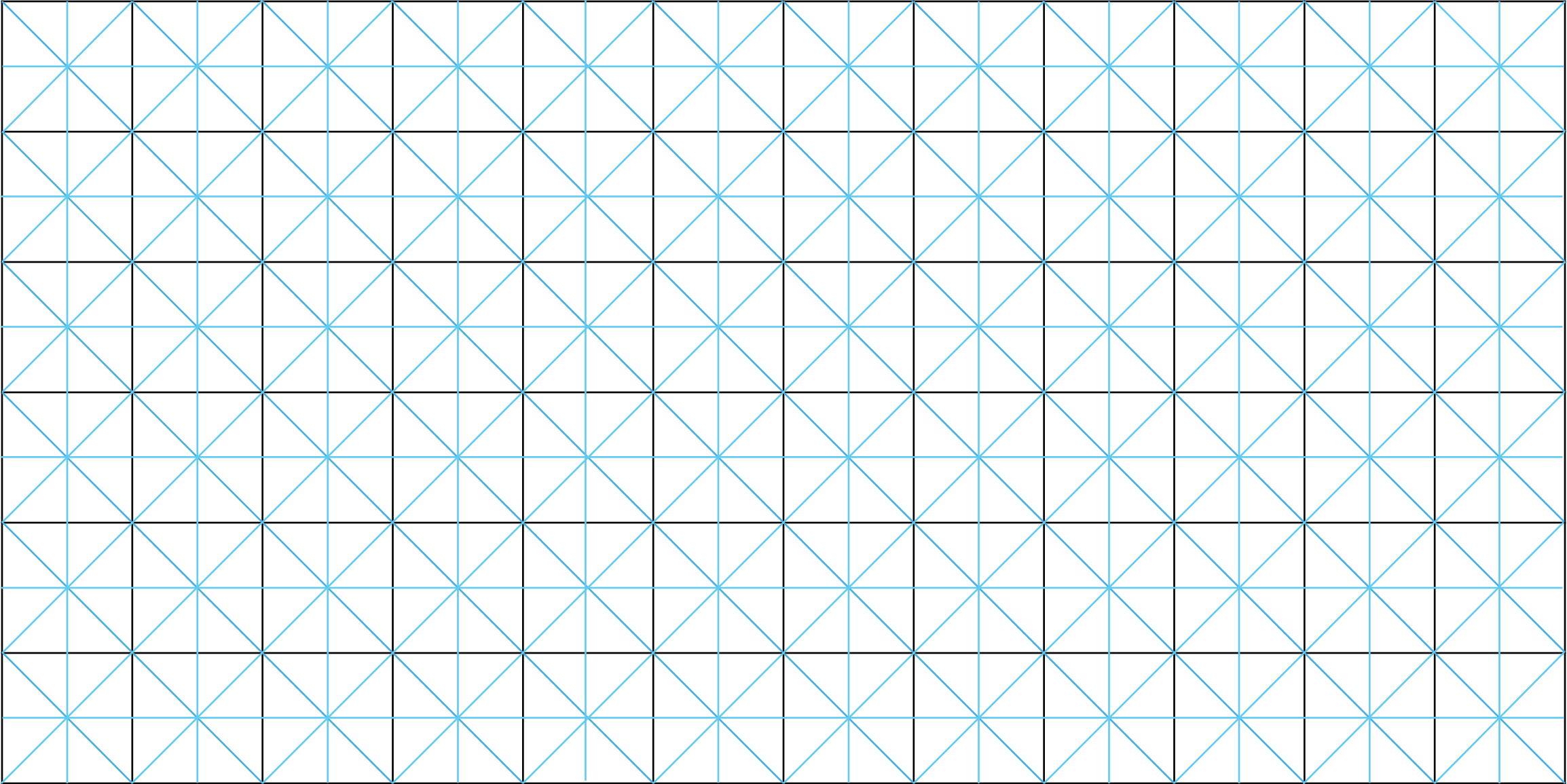
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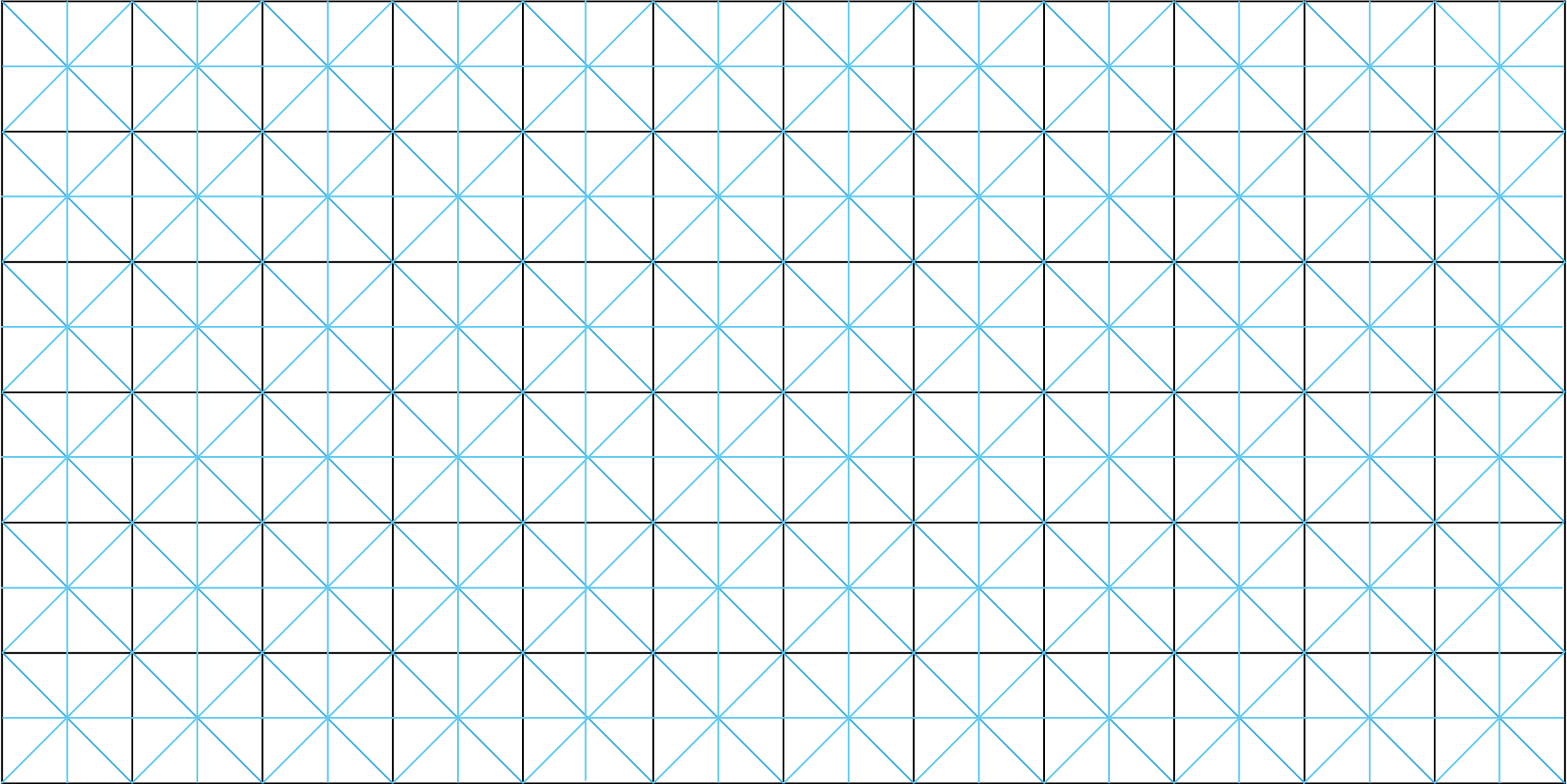
揭諦波羅僧揭諦菩提娑婆訶

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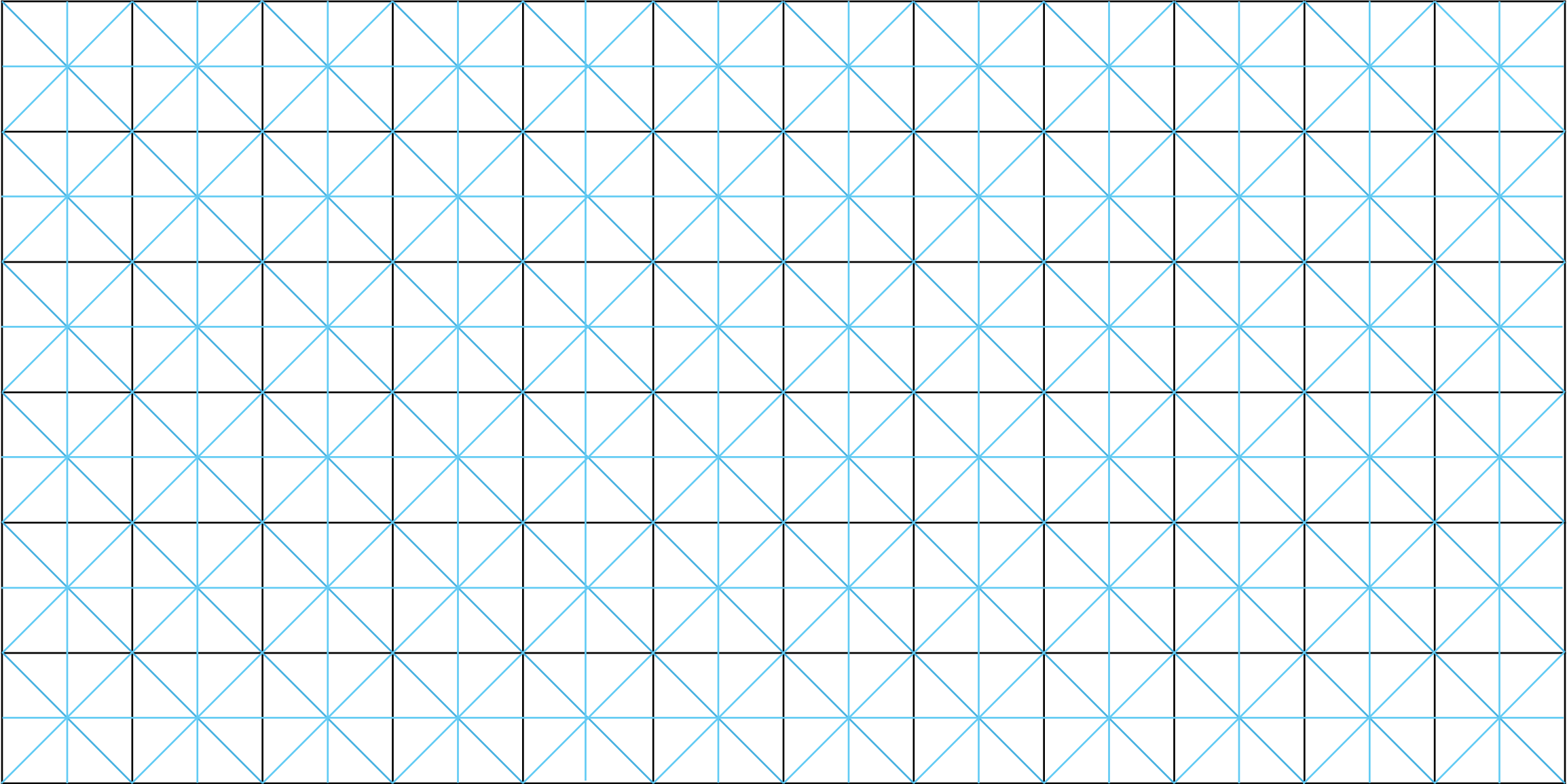
Blank Hanja grid



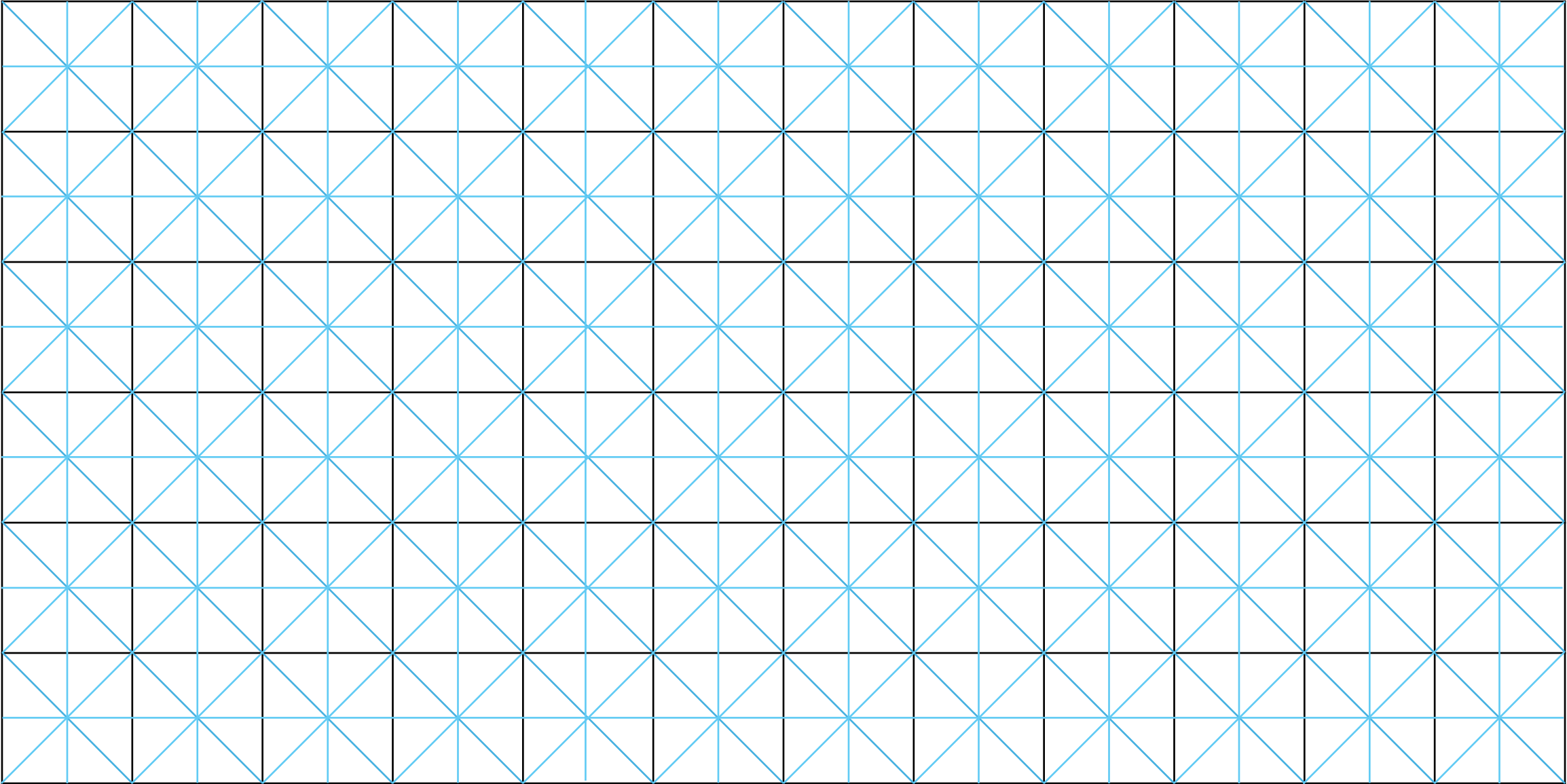
Blank Hanja grid



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