

The Perfection of Wisdom Sutra

The One Who Hears the Cries of The World, in the practice of awakened awareness, discerns that what appears as form is truly fluid by nature and discovers that it is the mind that makes these forms appear permanent and abiding.

All of the material that makes up our reality is free from a perceived separate self (ego-self) and it is this selflessness that appears as form. In this awakened state, nothing is fixed by thoughts or feelings or impulses, or the apparent abiding ego-self. Feelings, perceptions and impulses simply come and go but do not owe their existence to any abiding ego-self.

In infinite reality no-thing contains an ego-self; everything that appears in moment to moment awareness exists in a fluid continuity. No-thing is fabricated, and therefore no-thing is terminated or omitted from existence; no-thing can be determined to be complete or incomplete or as good or bad. In this awakened awareness everything is just as it is and is free from the evaluations of an ego-self.

Therefore, in this awakened awareness, free from the discriminations of an ego-self, there is nothing that constitutes an ego-self that is separate from the fluid continuity of reality. The six sense fields of the eyes, ears, nose, tongue, body and mind do not form a separate ego-self. The six sensations of sight, sound, smell, taste, touch and mind consciousness also do not form a separate ego-self. Even the apparent cause and effect, beginning and ending of all phenomena do not constitute a separate ego-self. Ultimately even the Buddha's Four Noble Truths are void of anything substantial because there is no ego-self to suffer, and since there is no ego-self that is suffering, there is no cause of suffering, and since there is no cause of suffering, there is no need to stop any suffering. Since there is no need to stop any suffering, there is not a substantial path to follow. There is no-thing to know and therefore no-thing to attain. There is no-thing that is separate from this moment to moment awareness.

Therefore, from this place of awakened awareness, there is no foundation on which to build a self that is seen to be separate from the unity of the whole. From this place of awareness all things are spontaneous and pure just as they are. In this awareness, one can move about the world unfettered by fear. Through transcending the perceived "unsatisfactoriness" of this human condition, one dwells in complete, awakened awareness.

Whenever someone who is able to remain awake and aware appears in the world, that person remains fully awakened to the perfection of wisdom.

This world of awakened consciousness can simply be attained by remembering that this faulty notion of perceived separateness and transcending this perception both arise from the same source of consciousness. This realization of complete awakened awareness happens right here in this moment, in this body, on this ground.

Gone, Gone, Gone, Gone utterly beyond.

Gone, Gone, Gone, Arriving right here. (William McCracken: Translated from several translations of the Heart Sutra)