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*The Heart of the Prajna Paramita Sutra,*  
often called *The Heart Sutra*

**GATE GATE  
PARA GATE  
PARASAMGATE  
BODHI  
SVĀHĀ**

Mantra of the Prajna Paramita  
(Hint: Gate is pronounced like "gah-tay")

The mantra of the Prajna Paramita is found at the end of a brief, but classic Buddhist scripture, *The Heart of the Prajna Paramita Sutra*, often called *The Heart Sutra* or *The Great Heart of Wisdom Sutra*. 'Prajna' means 'wisdom.' 'Paramita' means a crossing over, or going beyond.

An Internet search for the terms "Heart Sutra" or "Prajna Paramita" will yield numerous translations of the mantra. These include:

- **Gone, gone, gone beyond, gone altogether beyond. Oh what an awakening! All hail! Gate means Gone; Para PARA means the bank of a river opposite to the one on which one is presently standing.**
- **Gone, gone, together gone beyond altogether beyond, Awakening, fulfilled!**
- **Gone, gone, gone to the Other Shore, attained the Other Shore having never left.**
- **Gone, gone, totally gone, totally completely gone, enlightened | So be it.**

The marvel of Sanskrit mantra: Hold a word or sound in your heart, mind and soul until the meaning comes through repetition and involvement.

**Practice:** Use the mantra of the Prajna Paramita to take you *beyond the beyond*. **Let it take you to the other shore. ALLOW IT TO AWAKEN YOU.**

Resources: <http://www.interluderetreat.com/meditate/ppsutra.htm>  
<https://www2.kenyon.edu/Depts/Religion/Fac/Adler/Reln260/Heartmantra.htm>

**MORE: LET IT REMIND YOU OF YOUR BECOMING.**

Repeat the mantra to yourself. Say it out loud or silently to yourself. Say it over and over. Through repetition it will become part of you. Through diligent practice you may become part of it. As you repeat this "most divine mantra" hold in your mind the alternate interpretations noted above. Sense the subtle differences in meaning. Carry the various meanings until they merge and all the meanings blend into one pure understanding.

**GATE GATE | PARA GATE  
PARASAM GATE  
BODHI | SVĀHĀ**

**The *mantra* at the end of the *Heart Sutra*:**

**GATE GATE PARAGATE PARASAMGATE BODHI SVAHA.**

The key word is *BODHI*, a feminine noun in the vocative case, which means awakening. All the other words are also in the vocative feminine and therefore modify *BODHI*. In Buddhism, a *bodhisattva* is any person who is on the path towards Buddhahood. In the Early Buddhist schools as well as modern Theravada Buddhism, a *bodhisattva* refers to anyone who has made a resolution to become a Buddha and has also received a confirmation or prediction from a living Buddha that this will be so.



*GATE* means gone.

*PARAGATE* means gone to the further shore and is a stock Sanskrit expression used by Jains and Buddhists to refer to arahants. (The word *PARA* means the bank of a river opposite to the one on which one is presently standing.)

*PARASAMGATE* means completely gone to the further shore. (The prefix *SAM* is intensive in meaning: completely, thoroughly, altogether.)

*SVĀHA* is an indeclinable particle from Vedic Sanskrit. It is said to be the name of the wife of Agni, the god of fire. It is used at the end of a recitation that accompanies a burnt offering made at a Vedic sacrifice (rather as "amen" is used at the end of a prayer in Christian liturgy). It cannot really be translated, since it is a performative word rather than a word that conveys meaning.

The whole mantra, literally translated, comes out a bit like this: "Oh awakening that has gone, gone, gone to the further shore, gone completely to the further shore. Amen."

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**Allen Ginsberg's version:** "Gone gone totally gone totally gone over the top, awakened mind, So, ah!"