

心經

般若波羅蜜多心經



Heart Sūtra

The Heart of the Perfection of Wisdom



心經

般若波羅蜜多心經

□ L ♥ □

□ ∨ L □ ∪

Heart Sūtra

The Heart of the Perfection of Wisdom



Heart Sūtra in toki pona / sitelen pona

(Traditional Chinese / toki pona / English)

Translation and arrangement © 2026 ABVX Anton Biletskyi-Volokh.

Free PDF for noncommercial use. You may download, copy, share, and print this book for personal or educational purposes. Selling, paywalling, or bundling it in paid products is not permitted. Please credit the source if you reuse or adapt any part.

Series: <https://dao-toki.abvx.xyz/>

Reader's Kit: <https://toki.abvx.xyz/kit/en>

Version 0.1 — 2026-02-19

Table of Contents

Preface.....5

 How to Read This Edition.....6

Heart Sūtra.....7

 Fragment 1.....7

 Fragment 2.....8

 Fragment 3.....10

 Fragment 4.....11

 Fragment 5.....12

 Fragment 6.....13

 Fragment 7.....14

 Fragment 8.....15

 Fragment 9.....17

 Fragment 10.....18

 Fragment 11.....20

 Fragment 12 — Mantra.....21

lipu ale pi toki pona.....22

lipu ale pi sitelen pona.....24

Colophon.....26



Preface

This mini-book is part of a free series of translations of Chinese Buddhist and philosophical texts into **toki pona** and **sitelen pona**. The aim is simple: to make a short classic readable in a very small language, and to provide clean material for learners who want to practice reading, comparing, and translating.

If you are new to philosophical texts in toki pona, you may find it helpful to start with **The Toki Pona Reader's Kit**, which includes a beginner's guide and reading support for **Chinese wisdom texts**: <https://toki.abvx.xyz/kit/en>

The rest of the series **Chinese Wisdom in toki pona** is collected here: <https://dao-toki.abvx.xyz/>

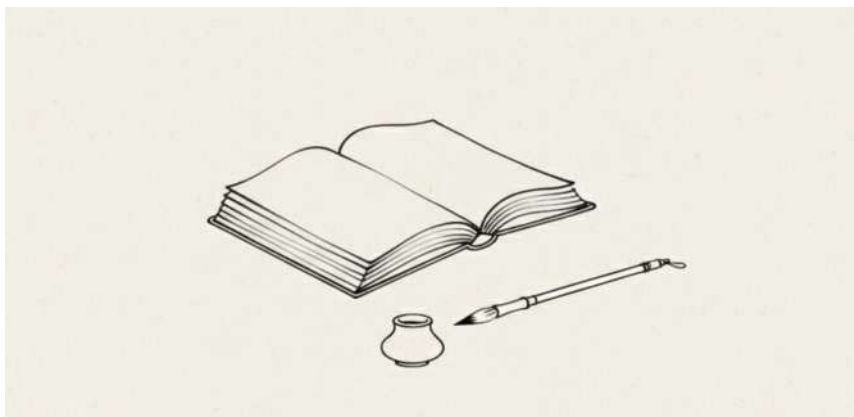
Text layout: the Heart Sūtra is presented in fragments. In each fragment you will see, in order: **English, Traditional Chinese, toki pona**, and a second **toki pona** line prepared for conversion into **sitelen pona**.

How to Read This Edition

Each section is shown in four lines:

1. **English** — a reading scaffold
2. **Traditional Chinese** — the source text
3. **toki pona** — the translation
4. **toki pona (sitelen-ready)** — the same line, formatted for conversion into sitelen pona

Traditional Chinese is used throughout. Proper names and the mantra are kept as transliterations.



Heart Sūtra

Fragment 1

Avalokiteśvara Bodhisattva, practicing deeply the Perfection of Wisdom, clearly saw that the five aggregates are empty, and thus crossed beyond all suffering.

觀自在菩薩

行深般若波羅蜜多時

照見五蘊皆空

度一切苦厄

jan sewi Awalokitesawa li kama awen lon sona pi pona mute.
tenpo ni la ona li lukin pona e ni: kulupu luka pi ijo insa jan li
ijo ala. ni la ona li tawa weka tan pilin ike ale.

Q w| (∞ △ × √ ∞ 𐍈 𐍆 ≈ >> ☐ Y W X) > ʌ ʌ ÷ 𐍂 L ∪
||| ⌚ ↓) ∞ > ∞ ∪ >> ↓ ∅ ∩ L O ⊂ Q > O X ↓) ∞ >
△ × ∩ ♥ ∩ ∞

Fragment 2

Śāriputra, form is not different from emptiness, and emptiness is not different from form. Form is emptiness, and emptiness is form. Feeling, perception, formations, and consciousness are also like this.

舍利子

色不異空

空不異色

色即是空

空即是色

受想行識

亦復如是

o jan Saliputa, ijo lukin li ante ala tan ijo ala. ijo ala li ante ala tan ijo lukin. ijo lukin li ijo ala. ijo ala li ijo lukin. pilin en sona en wile pali en sona awen li sama kin.

! Q 6 x n w ä ø Δ X O o > x X n O X O X > x
 X n O o O o > O X O X > O o ♥ + ð + ω 8 + ð Λ
 > = ‡



Fragment 3

Śāriputra, all phenomena have the mark of emptiness: they are not born and not destroyed, not defiled and not pure, not increasing and not decreasing.

舍利子

是諸法空相

不生不滅

不垢不淨

不增不減

o jan Saliputa, ijo ale li jo e sitelen pi ijo ala. ona li open ala li pini ala. ona li jo ala e jaki li jo ala e pona. ona li sulì ala li lili ala.

! Q (6 x n w n y d x) o ∞ > e >> □ L O X ∞ > H
X > I X ∞ > e X >> e > e X >> ∞ ∞ > V X > ∙ X

Fragment 4

Therefore, in emptiness there is no form, no feeling, no perception, no formations, and no consciousness; no eye, no ear, no nose, no tongue, no body, no mind.

是故空中無色

無受想行識

無眼耳鼻舌身意

tan ni la lon ijo ala la ijo lukin li lon ala. pilin li lon ala. sona li lon ala. wile pali li lon ala. sona awen li lon ala. oko li lon ala. kute li lon ala. nena pi kon li lon ala. uta li lon ala. sijelo li lon ala. lawa li lon ala.

↺ ↓) ÷ ○ ×) ○ ◯ > ÷ × ♥ > ÷ × 𐄂 > ÷ × ω 8 >
÷ × 𐄂 ʌ > ÷ × 𐄂 > ÷ × ʔ > ÷ × ʌ ʂ > ÷ × 𐄂 >
÷ × 𐄂 > ÷ × 𐄂 > ÷ ×

Fragment 5

No sights, no sounds, no smells, no tastes, no touches, no mental objects; no realm of the eye, up to and including no realm of the mind.

無色聲香味觸法

無眼界

乃至無意識界

ijo lukin li lon ala. kalama li lon ala. kon pi pilin nena li lon ala. pona uta li lon ala. pilin sijelo li lon ala. ijo pi lawa li lon ala. ma pi oko li lon ala, tawa ma pi sona awen pi lawa kin la lon ala.

○◉ > ÷ × ☼ > ÷ × √ ∟ ♥ ∩ > ÷ × ∪ ∩ > ÷ × ♥ ∟
> ÷ × ○ ∟ ⊕ > ÷ × ⊕ ∟ ∅ > ÷ × ∟ ⊕ ∟ ∩ ∟ ⊕ !
) ÷ ×

Fragment 6

No ignorance and no ending of ignorance, up to and including no aging and death and no ending of aging and death.

無無明

亦無無明盡

乃至無老死

亦無老死盡

sona ala li lon ala. pini pi sona ala li lon ala. tawa ni kin:
kama suli en moli li lon ala. pini pi kama suli en moli li lon ala.

ǂ X > ÷ X I L ǂ X > ÷ X ʌ ↓ ! ʌ V + ⊗ > ÷ X I
L ʌ V + ⊗ > ÷ X

Fragment 7

No suffering, no origin, no cessation, no path; no wisdom and no attainment.

無苦集滅道

無智亦無得

pilin ike li lon ala. open pi pilin ike li lon ala. pini pi pilin ike li lon ala. nasin li lon ala. sona li lon ala. kama jo li lon ala.

♡ ∩ > ÷ × ⊔ ⊥ ♡ ∩ > ÷ × ⊥ ⊥ ♡ ∩ > ÷ × † > ÷ ×
☐ > ÷ × ∟ & > ÷ ×



Fragment 8

Because there is no attainment, the bodhisattva relies on the Perfection of Wisdom. The mind has no obstruction; with no obstruction there is no fear. Far beyond inverted views, one reaches nirvāṇa.

以無所得故

菩提薩埵

依般若波羅蜜多故

心無罣礙

無罣礙故

無有恐怖

遠離顛倒夢想

究竟涅槃

tan ni: kama jo li lon ala. jan pi pona sewi li awen lon sona pi
pona mute. lawa li jo ala e ijo awen. tan ni la ona li jo ala e

monsuta. ona li weka tan lukin ike pi sona nasa, li kama tawa
pini pi ni: ni li pini pi ike.

↱ ↓ ∆ ε > ÷ × Q L ∪ ∞ | > ∆ ÷ ð L ∪ ∩ ∅ > ε × >>
○ ∆ ↱ ↓) ∪ > ε × >> ∞ ∪ > × ↱ ∅ ∩ L ð © > ∆ ∆
I L ↓ ↓ > I L ∩



Fragment 9

All buddhas of the three times rely on the Perfection of Wisdom and therefore awaken fully to unsurpassed, complete enlightenment.

三世諸佛

依般若波羅蜜多故

得阿耨多羅三藐三菩提

jan sewi ale pi tenpo pini en tenpo ni en tenpo kama li awen
lon sona pi pona mute. tan ni la ona li kama sona sewi pi
pona mute, li kama tawa pona pi anpa ala.

Q ω|∞ L ⊕ I + ⊕ ↓ + ⊕ ∟ > ∟ ÷ ǂ L ∪ ||| ∞ ↓) ∞
> ∟ ǂ ω|L ∪ ||| > ∟ ∟ ∪ L ⊣ X

Fragment 10

Therefore, know that the Perfection of Wisdom is the great mantra, the mantra of great clarity, the unsurpassed mantra, the unequaled mantra. It removes all suffering; it is true, not false.

故知般若波羅蜜多

是大神咒

是大明咒

是無上咒

是無等等咒

能除一切苦

真實不虛

tan ni o sona e ni: sona pi pona mute li kalama wawa suli.
ona li kalama pi lukin pona suli. ona li kalama wawa pi sewi
mute. ona li kalama wawa pi sama ala. ona li weka e pilin ike
ale. ona li lon, li lon ala e toki pi sona ala.

ʀ ↓ ! ǫ >> ↓ ǫ L ʁ III > ʁ ʁ V ʁ > ʁ L ʁ ʁ V ʁ >
 ʁ ʁ L ʁ III ʁ > ʁ ʁ L = X ʁ > X >> ʁ ʁ ∞ ʁ > ÷ >
 ÷ X >> ʁ L ǫ X



Fragment 11

So the mantra of the Perfection of Wisdom is spoken. It goes like this:

故說般若波羅蜜多咒

即說咒曰

tan ni la mi toki e kalama wawa pi sona pi pona mute. ni li kalama:

ॐ ↓) १ ॐ >> ॐ ॐ L ॐ L ॐ ॐ ↓ > ॐ



Fragment 12 — Mantra

Gate gate pāragate pārasaṃgate bodhi svāhā.

揭諦揭諦

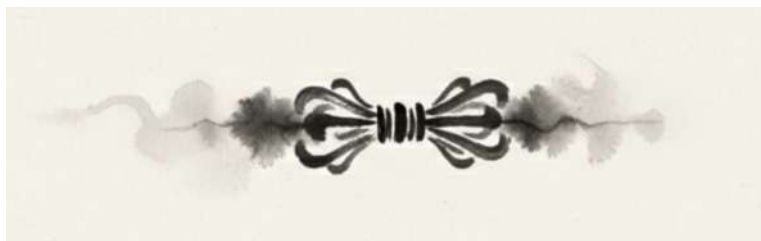
波羅揭諦

波羅僧揭諦

菩提薩婆訶

kate kate palakate palasan kate poti sawa

！ >> ！ >> X ！ >> 卐 ！ ！ >> ！ ！ ！



lipu ale pi toki pona

jan sewi Awalokitesawa li kama awen lon sona pi pona mute.
tenpo ni la ona li lukin pona e ni: kulupu luka pi ijo insa jan li
ijo ala. ni la ona li tawa weka tan pilin ike ale.

o jan Saliputa, ijo lukin li ante ala tan ijo ala. ijo ala li ante ala
tan ijo lukin. ijo lukin li ijo ala. ijo ala li ijo lukin. pilin en
sona en wile pali en sona awen li sama kin.

o jan Saliputa, ijo ale li jo e sitelen pi ijo ala. ona li open ala li
pini ala. ona li jo ala e jaki li jo ala e pona. ona li suli ala li lili
ala.

tan ni la lon ijo ala la ijo lukin li lon ala. pilin li lon ala. sona
li lon ala. wile pali li lon ala. sona awen li lon ala. oko li lon
ala. kute li lon ala. nena pi kon li lon ala. uta li lon ala. sijelo
li lon ala. lawa li lon ala.

ijo lukin li lon ala. kalama li lon ala. kon pi pilin nena li lon
ala. pona uta li lon ala. pilin sijelo li lon ala. ijo pi lawa li lon
ala. ma pi oko li lon ala, tawa ma pi sona awen pi lawa kin la
lon ala.

sona ala li lon ala. pini pi sona ala li lon ala. tawa ni kin:
kama suli en moli li lon ala. pini pi kama suli en moli li lon
ala.

pilin ike li lon ala. open pi pilin ike li lon ala. pini pi pilin ike
li lon ala. nasin li lon ala. sona li lon ala. kama jo li lon ala.

tan ni: kama jo li lon ala. jan pi pona sewi li awen lon sona pi
pona mute. lawa li jo ala e ijo awen. tan ni la ona li jo ala e
monsuta. ona li weka tan lukin ike pi sona nasa, li kama tawa
pini pi ni: ni li pini pi ike.

jan sewi ale pi tenpo pini en tenpo ni en tenpo kama li awen
lon sona pi pona mute. tan ni la ona li kama sona sewi pi
pona mute, li kama tawa pona pi anpa ala.

tan ni o sona e ni: sona pi pona mute li kalama wawa suli.
ona li kalama pi lukin pona suli. ona li kalama wawa pi sewi
mute. ona li kalama wawa pi sama ala. ona li weka e pilin ike
ale. ona li lon, li lon ala e toki pi sona ala.

tan ni la mi toki e kalama wawa pi sona pi pona mute. ni li
kalama:

kate kate palakate palasan kate poti sawa

□ ∞ L □ ∪

Q w | (∞ Δ X ∩ ∪ ∩ ∅ ≈ >> □ Y W X) > ∆ ∆ ÷ ∩ L ∪
III ⊙ ↓) ∪ > ∅ ∪ >> ↓ ∅ ∩ L O ⊃ Q > O X ↓) ∪ >
Δ X ∩ ∪ ∞

! Q (6 X ∩ ⊃ ∩ ∅ Δ X) O ∅ > X X ∩ O X O X > X
X ∩ O ∅ O ∅ > O X O X > O ∅ ∪ + ∩ + ∅ ∆ + ∩ ∆
> = !

! Q (6 X ∩ ⊃ ∩ ∅ Δ X) O ∞ > ∅ >> □ L O X ∪ > ∅
X > I X ∪ > ∅ X >> ∅ > ∅ X >> ∪ ∪ > V X > ∪ X

∩ ↓) ÷ O X) O ∅ > ÷ X ∪ > ÷ X ∩ > ÷ X ∅ ∆ >
÷ X ∩ ∆ > ÷ X ∅ > ÷ X ∅ > ÷ X ∩ L ∅ > ÷ X ∅ >
÷ X ∅ > ÷ X ∅ > ÷ X

O ∅ > ÷ X ∅ > ÷ X ∅ L ∪ ∩ > ÷ X ∪ ∅ > ÷ X ∪ ∅
> ÷ X O L ∅ > ÷ X ∅ L ∅ > ÷ X ∅ L ∩ ∆ L ∅ !
) ÷ X

$\checkmark X > \div X \text{ I } L \checkmark X > \div X \Delta \downarrow ! \Delta V + \textcircled{xy} > \div X \text{ I}$
 $L \Delta V + \textcircled{xy} > \div X$

$\heartsuit \cap > \div X \sqcup L \heartsuit \cap > \div X \text{ I } L \heartsuit \cap > \div X \uparrow > \div X$
 $\checkmark > \div X \Delta \& > \div X$

$\cap \downarrow \Delta \& > \div X Q L \cup \omega \mid > \wedge \div \checkmark L \cup \text{III} \Theta > \& X \gg$
 $O \wedge \cap \downarrow) \cup > \& X \gg \text{W} \cup > \times \cap \Theta \cap L \checkmark \textcircled{G} > \Delta \Delta$
 $\text{I } L \downarrow \downarrow > \text{I } L \cap$

$Q \omega \mid \infty L \textcircled{1} \text{ I } + \textcircled{1} \downarrow + \textcircled{1} \Delta > \wedge \div \checkmark L \cup \text{III} \cap \downarrow) \cup$
 $> \Delta \checkmark \omega \mid L \cup \text{III} > \Delta \Delta \cup L \neq X$

$\cap \downarrow ! \checkmark \gg \downarrow \checkmark L \cup \text{III} > \varnothing \backslash V \cup > \varnothing L \ominus \cup V \cup >$
 $\varnothing \backslash L \omega \mid \text{III} \cup > \varnothing \backslash L = X \cup > \times \gg \heartsuit \cap \infty \cup > \div >$
 $\div X \gg \ddot{O} L \checkmark X$

$\cap \downarrow) \rho \ddot{O} \gg \varnothing \backslash L \checkmark L \cup \text{III} \downarrow > \varnothing$

$! \gg ! \gg X ! \gg \textcircled{+} ! ! \gg ! ! !$

Colophon

Traditional Chinese text is presented for reference. The English line in each fragment is a reading scaffold, and the toki pona lines are a new translation and formatting for sitelen pona conversion.

Series: <https://dao-toki.abvx.xyz/>

Reader's Kit: <https://toki.abvx.xyz/kit/en>

Version 0.1 — 2026-02-19

