

# The Insight that Brings Us to the Other Shore

Avalokiteshvara  
while practicing deeply with  
the Insight that Brings Us to the Other Shore,  
suddenly discovered that  
all of the five Skandhas are equally empty,  
and with this realisation  
he overcame all Ill-being.

“Listen Sariputra,  
this Body itself is Emptiness  
and Emptiness itself is this Body.  
This Body is not other than Emptiness  
and Emptiness is not other than this Body.  
The same is true of Feelings,  
Perceptions, Mental Formations,  
and Consciousness.

“Listen Sariputra,  
all phenomena bear the mark of Emptiness:  
their true nature is the nature of  
no Birth no Death,  
no Being no Non-being,  
no Defilement no Immaculacy,  
no Increasing no Decreasing.

“That is why in Emptiness,  
Body, Feelings, Perceptions,  
Mental Formations and Consciousness  
are not separate self entities.

The Eighteen Realms of Phenomena  
which are the six Sense Organs,  
the six Sense Objects,  
and the six Consciousnesses  
are also not separate self entities.

The Twelve Links of Interdependent Arising  
and their Extinction  
are also not separate self entities.

Ill-being, the Causes of Ill-being,  
the End of Ill-being, the Path,  
insight and attainment,  
are also not separate self entities.

Whoever can see this  
no longer needs anything to attain.

Bodhisattvas who practice  
the Insight that Brings Us to the Other Shore  
see no more obstacles in their mind,  
and because there  
are no more obstacles in their mind,  
they can overcome all fear,  
destroy all wrong perceptions  
and realize Perfect Nirvana.

“All Buddhas in the past, present and future  
by practicing  
the Insight that Brings Us to the Other Shore  
are all capable of attaining  
Authentic and Perfect Enlightenment.

“Therefore Sariputra,  
it should be known that  
the Insight that Brings Us to the Other Shore  
is a Great Mantra,  
the most illuminating mantra,  
the highest mantra,  
a mantra beyond compare,  
the True Wisdom that has the power  
to put an end to all kinds of suffering.  
Therefore let us proclaim  
a mantra to praise  
the Insight that Brings Us to the Other Shore:

*Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!  
Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!  
Gate, Gate, Paragate, Parasamgate, Bodhi Svaha!”*