

Alphabet Heart Sutra: A Mother's Day Offering by Aura Glaser

Photo credit: Aura Glaser

The Alphabet Heart Sutra came to me whole, arriving with the light of morning. I followed an inner prompting and immediately wrote it down. Never having composed poetry or prayer in acrostic form before, I was quite surprised by the structure it took. Upon reflection, I wondered if perhaps impressions from childhood, reciting acrostic Hebrew prayers and passages, filtered into the Alphabet Heart Sutra that early morning.

It is said that the essence of the Heart Sutra, and the entire voluminous Perfection of Wisdom Sutras to which it belongs, is contained and expressed in one syllable: Ah. Knowing this, I also refer to the Alphabet Heart Sutra as the AH Sutra.

I have lived with, breathed with, recited, and loved the Heart Sutra in a more traditional form for many years. I offer this poem prayer with joyful appreciation for the ever-evolving fearless proclamations of timeless truths. May it inspire and illuminate.

Alphabet Heart Sutra

To the Great Mother,
everywhere present,
nowhere found, I bow.

To the Great Mother,
in your endless, luminous,
empty guises, I bow.

To the Great Mother,
essence of my heart, I bow.

Ah
Boundless
Compassionate
Dharmakaya,
Everpresent
Formless
Ground.
Holy
Immanence,
Joyful
Kinship,
Loving
Manifestation
Nondual.
Ordinary
Presence
Quickens
Radiant,
Spontaneous,
Truth,
Unceasing.
Vivid
Wisdom
Xpressions,
Yet
Zero.

Gate Gate Paragate Parasamgate Bodhi Soha

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