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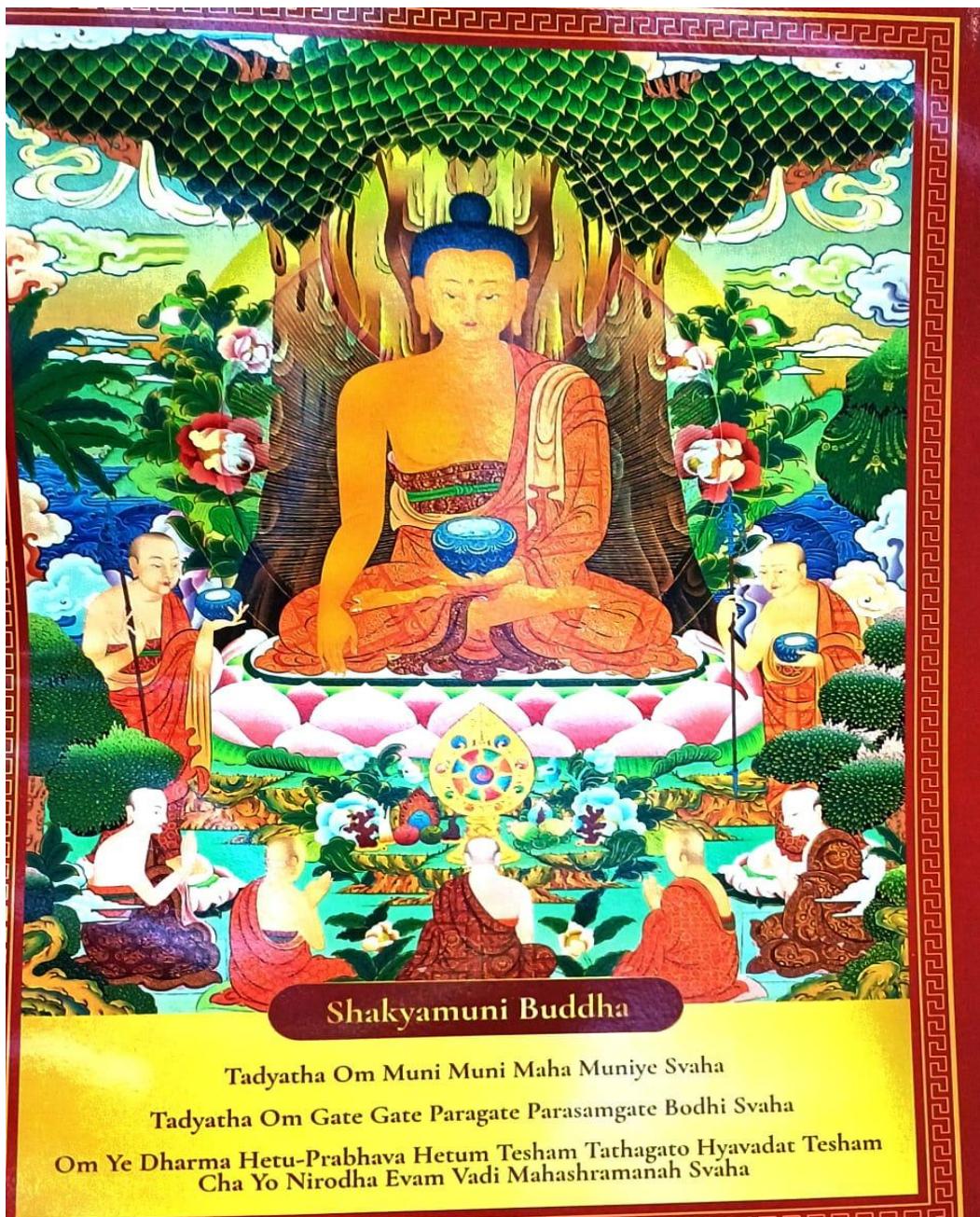
Calm in Chaos

Gain insight into cultivating inner calm, heartfelt compassion & true balance. Timeless wisdom for navigating today's fast-changing world.

by Singha Rinpoche
SINGAPORE

A quiet mind roots you.
A kind heart opens you.
A balanced life lets you blossom.

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The Heart Sutra

Thus have I heard. Once the Blessed One was dwelling in Rajagriha at Vulture Peak mountain, together with a great gathering of the sangha of monks and a great gathering of the sangha of bodhisattvas. At that time the Blessed One entered the samadhi that expresses the dharma called "profound illumination," and at the same time noble Avalokiteshvara, the bodhisattva mahasattva, while practicing the profound Prajnaparamita, saw in this way: he saw the five skandhas to be empty of nature.

Then, through the power of the Buddha, venerable Shariputra said to noble Avalokiteshvara, the bodhisattva mahasattva, "How should a son or daughter of noble family train, who wishes to practice the profound Prajnaparamita?"

Addressed in this way, noble Avalokiteshvara, the bodhisattva mahasattva, said to venerable Shariputra, "O Shariputra, a son or daughter of noble family who wishes to practice the profound Prajnaparamita should see in this way: seeing the five skandhas to be empty of nature. Form is emptiness; emptiness also is form. Emptiness is no other than form; form is no other than emptiness. In the same way, feeling, perception, formation, and consciousness are emptiness.

Thus, Shariputra, all dharmas are emptiness. There are no characteristics. There is no birth and no cessation. There is no impurity and no purity. There is no decrease and no increase.

Therefore, Shariputra, in emptiness, there is no form, no feeling, no perception, no formation, no consciousness; no eye, no ear, no nose, no tongue, no body, no mind; no appearance, no sound, no smell, no taste, no touch, no dharmas, no eye dhatu up to no mind dhatu, no dhatu of dharmas, no mind consciousness dhatu; no ignorance, no end of ignorance up to no old age and death, no end of old age and death; no suffering, no origin of suffering, no cessation of suffering, no path, no wisdom, no attainment, and no non-attainment. Therefore, Shariputra, since the bodhisattvas have no attainment, they abide by means of Prajnaparamita.

Since there is no obscuration of mind, there is no fear. They transcend falsity and attain complete nirvana. All the Buddhas of the three times, by means of Prajnaparamita, fully awaken to unsurpassable, true, complete enlightenment. Therefore, the great mantra of Prajnaparamita, the mantra of great insight, the unsurpassed mantra, the unequaled mantra, the mantra that calms all suffering, should be known as truth, since there is no deception. The Prajnaparamita mantra is said in this way:

Tadyatha (Om) Gate Gate Paragate Parasamgate Bodhi Svaha

Thus, Shariputra, the bodhisattva mahasattva should train in the profound Prajnaparamita. Then the Blessed One arose from that samadhi and praised noble Avalokiteshvara, the bodhisattva mahasattva, saying, "Good, good, O son of noble family; thus it is, O son of noble family, thus it is. One should practice the profound Prajnaparamita just as you have taught and all the tathagatas will rejoice."

When the Blessed One had said this, venerable Shariputra and noble Avalokiteshvara, the bodhisattva mahasattva, that whole assembly and the world with its gods, humans, asuras, and gandharvas rejoiced and praised the words of the Blessed One.



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Our prime purpose in this life is to help others.
And if you can't help them, at least don't harm them.

H.H The 14th Dalai Lama

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The Department of MBA, KL Business School, KL University, organized a spiritual awareness program for **I MBA students** on the recitation and reflection of the **Heart Sutra** and the teachings of **Shakyamuni Buddha**. The objective of the program was to introduce students to Buddhist wisdom, focusing on mindfulness, compassion, and inner clarity, which are valuable for personal growth and professional development.

The session commenced with the chanting of the **Heart Sutra**, one of the most profound scriptures of Mahayana Buddhism. The sutra emphasizes the principle of **emptiness** (**Śūnyatā**), teaching that form is emptiness and emptiness is form. This understanding helps overcome ignorance, fear, and attachment, guiding individuals toward enlightenment and peace of mind. The sacred mantra “**Tadyatha (Om) Gate Gate Paragate Parasamgate Bodhi Svaha**” was recited, symbolizing the path to liberation and higher wisdom.

The program also highlighted the life and teachings of **Shakyamuni Buddha**, the Enlightened One. Through visual representation and recitation, his message of compassion, dependent origination, and mindfulness was conveyed to the students. Mantras such as “**Tadyatha Om Muni Muni Maha Muniye Svaha**” and “**Om Ye Dharma Hetu-Prabhava...**” deepened their understanding of Buddhist philosophy and universal truths.

Further, the message of **H.H. the 14th Dalai Lama** was shared: “*Our prime purpose in this life is to help others. And if you can't help them, at least don't harm them.*” This teaching inspired students to practice kindness, empathy, and responsibility in their everyday lives.

In conclusion, the program created a serene and reflective environment for the **I MBA students**. It enriched them with spiritual values and encouraged them to apply mindfulness and compassion in their academic journey, professional careers, and personal lives.

