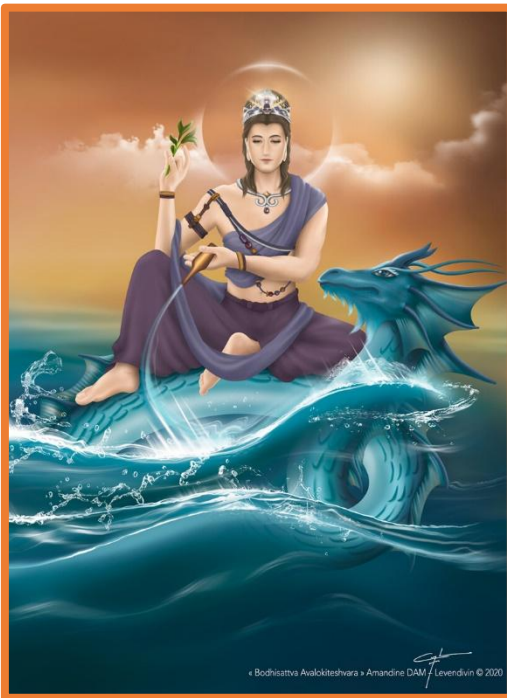


No Eye, No Ear, No Nose

Unpacking the Heart Sutra

A Four-session workshop with David Cockrell



Buddhism in a nutshell? The mother of Buddhas? How could this be? But as Red Pine (2004) says of the Heart Sutra, “the conceptual truths on which early Buddhists relied for their practice are held up to the light and found to be empty. . .”

This anonymous sutra from the 7th century, first disseminated on the Silk Road, is now chanted in all Mahayana Buddhist temples across the world, including ours! In it, Buddhism’s most revered bodhisattva, Avalokiteshvara, introduces the teaching of Prajnaparamita, the Perfection of Wisdom, to the Buddha’s wisest disciple, Shariputra.

Come share an opportunity to dive into this timeless work of Buddhist art. We’ll learn about Prajnaparamita and the skandas, see how the Abhidharma is reframed, and feel the power of the incantation that guides us on the path of wisdom.

We’ll base our conversations on Red Pine’s wonderful translation and commentary, *The Heart Sutra*.

**We’ll work with the sutra in four sessions:
Saturdays 11:00 – 12:20, October 10 and 31, and November 7 and 21.**

No cost, but donations to the Wet Mountain Sangha are appreciated.

Questions invited and RSVP’s appreciated to [David Cockrell](#) (719) 994-3278.



David Cockrell is a long-time Zen practitioner, 15-year student of Joan Sutherland, Roshi, and former meditation instructor for the Wet Mountain Sangha.