

# 心经

Form is Void and Void is Form

How can you attain ultimate happiness from the Heart Sutra?

色不异空 空不异色

色即是空

空即是色



The Heart Sutra liberates us from grasping, takes away fear and ultimately leads us towards Buddhahood. Learn personally from His Holiness, The 14th Dalai Lama how you can attain the ultimate happiness.

Sign up for the Dharamsala, India Teaching for South East Asian Students  
8th - 10th September 2010 at [www.tibetanbc.org](http://www.tibetanbc.org).

\* Share this precious information by sending this postcard to someone whom is interested in Dharma.

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**What good is your own happiness  
if you can't share it with everyone?**

**Develop the altruistic intention – this is one of the**

**37 practices  
of bodhisattva**



The 37 Practices of Bodhisattvas are antidotes to our frenzied life and delivers the ultimate happiness that will free all of us. Learn personally from His Holiness, The 14th Dalai Lama how you can attain the ultimate happiness.

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