



# The Heart of the Universe: Exploring the Heart Sutra

*Mu Soeng*

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**The Heart of the Universe: Exploring the Heart Sutra** Mu Soeng

Form is emptiness; emptiness is form.

This is the bold and intriguing assertion of the Heart Sutra, a text of seminal importance to the Buddhist tradition made even more fascinating by its deep resonance with the cutting edges of quantum physics and cognitive science. In spare and approachable language, *The Heart of the Universe* deftly explores this gem of world religious literature from a variety of perspectives--historical, spiritual, linguistic, and scientific--each serving to interdependently illuminate the other.

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