



A Pure Heart, A New Hope

**A message from Namo Amitufo to
the people of Australia**



Part 1:

Who is Buddha?

Can anyone become a Buddha?

Who is Buddha, and Where is Buddha?

Buddha isn't a god or a creator of the world.

In fact, gods and creators can themselves become Buddhas!

A Buddha is someone who has achieved a complete spiritual awakening to help others escape suffering.

Buddhas see how people struggle with the unpredictability in life such as **birth, aging, sickness, and death** without any control over these experiences. They purify themselves to overcome these challenges and help others do the same.

What makes someone a Buddha?

A Buddha has:

- Great compassion and wisdom - Willingness to take **Great compassion and wisdom**: They care deeply about others and do everything they can to help free people from suffering

- **Freedom from rebirth:** They escape the endless cycle of being born, living, and dying again.
- **Infinite wisdom and abilities:** They understand everything and can guide others in many ways.
- **Selflessness:** Everything they do is for the benefit of others, not for their own benefit. They became Buddhas to help sentient beings overcome suffering and realise their own Buddha nature.



The Buddha Nature Inside Everyone

Buddha Nature is like a special seed inside all living things. This means everyone can become a Buddha and be free from suffering. People can find this inner nature through purification and spiritual practice.

All beings have this Buddha nature—from the tallest gum trees to the tiniest ants, from the water in our rivers to the very earth beneath our feet. Even the rocks and pebbles on our beaches contain this essence.

When beings become confused, do wrong things, or develop harmful thoughts, they experience suffering. Yet they deserve respect because they all have spirits and **Buddha Nature**. They can't realise it right now because they're confused. They, too, can become Buddha one day!



Even the tiniest water droplet holds the essence of Buddha Nature!

Buddhas Throughout the Universe

Countless beings in our world, galaxy, and universe have already become Buddhas.

Each Buddha creates their own Buddha Land—a special realm where their followers can live.

In the next part, we will look at the Buddha of Infinite Light and Infinite Life – Namu Amitufo and his Buddha Land – The Western Pure Land.

Part 2:

Understanding Namo Amituofo and the Western Pure Land

Lokeśvararāja Tathāgata and the Awakening of King Shirao

Now that we understand what a Buddha is and what it means to become a Buddha, let us delve into the journey of how our great teacher, Namo Amituofo, attained Buddhahood.

Before we start, let us look at the different names of Namo Amituofo at various stages of his embarkment:

1. **King Shirao:** Since Namo Amituofo was once a human being like us, he was once a king named 'King Shirao' in his kingdom.
2. **Bhikshu Dharmakara:** *Bhikshu* carries the meaning of 'a Buddhist monk,' while Dharmakara is the name of King Shirao as a monk, who, after renouncing his

throne as a king, decided to embark on a journey of spiritual cultivation.

3. **Namo Amituofo**: Amituofo means Buddha of Infinite Light and Infinite Life. We use the word 'Namo' in front (e.g. Namó Amituofo), which carries the meaning of '**pay homage to**' or 'pay respect to'. Thus, we chant the name of '**Namo Amituofo**' in our daily practice.

A long time ago in the Human realm, a Buddha named Lokeśvararāja Tathāgata was born. Over the course of forty-two **kalpas** (an incredibly long period of time), he taught Buddhist education. There was a great king named **King Shirao** who came forward to listen to his teachings.

After listening to the teachings of *Lokeśvararāja Tathāgata*, **King Shirao** had a great realisation—while the human body has a limited lifespan, the spirit does not perish. Suppose one continues to live an ordinary life. In that case, when the body's time is up, the spirit will naturally depart, wandering without a destination—just like the countless wandering spirits now scattered across the earth.

He also understood that the human body is in fact, the most advanced technology of all. Through spiritual

cultivation, the body's cells can remain youthful and free from illness—just as **Practitioner Su**, who, despite being 81 years old, appears ageless and free from illness.

Recognising that one should utilise this limited physical body in a lifetime to elevate one's spirit, **King Shirao** renounced his throne and became a monk, -- **Bhikshu Dharmakara**.



Bhikshu Dharmakara's Dedication to Spiritual Cultivation

After becoming a monk, **Bhikshu Dharmakara** dedicated himself wholeheartedly to spiritual cultivation and continuous self-purification. With extraordinary determination, far surpassing that of others, he worked to eliminate his desires and attachments—such as emotions,

wealth, pleasure, fame, food, and sleep—along with his negative personality traits.

He also overcame the challenges of drowsiness in his practice. Following the teachings of *Lokeśvararāja Tathāgata* without deviation, he remained steadfast in his vow to benefit all beings. No matter what obstacles or difficulties he encountered, he persisted in breaking through the limitations of his physical body, demonstrating unwavering dedication to the path of enlightenment.

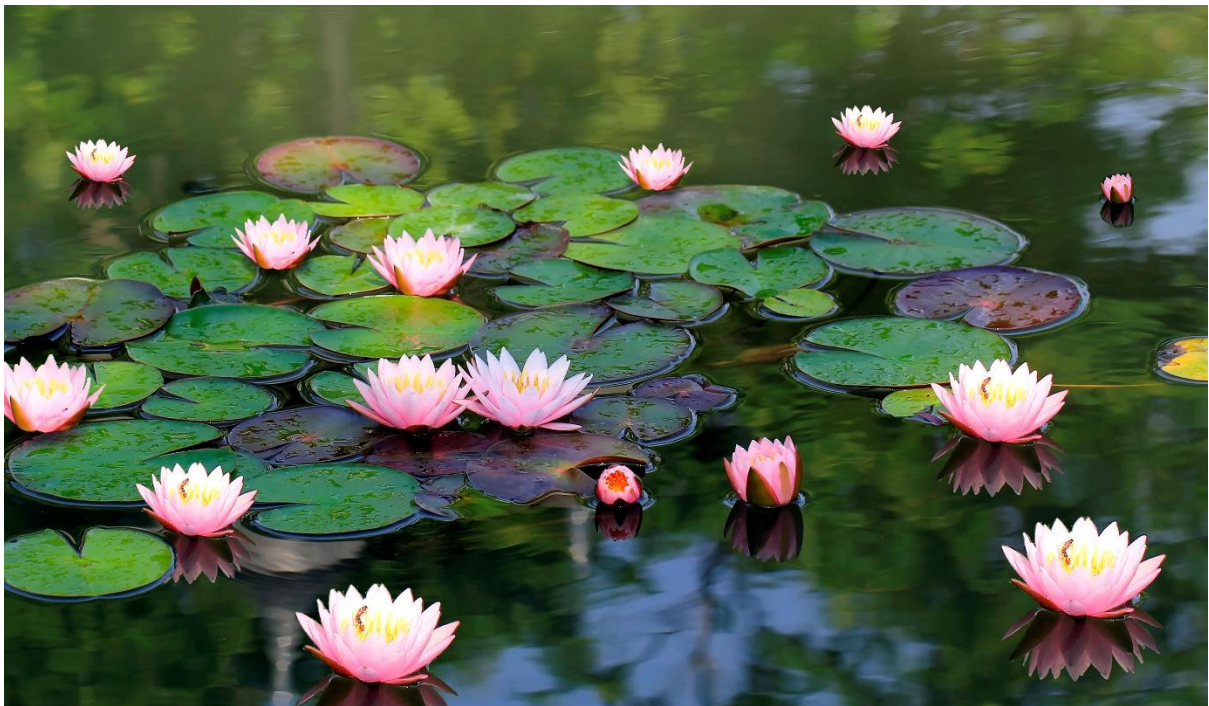
The Aspiration to Create the Western Pure Land

One day, **Bhikshu Dharmakara** approached *Lokeśvararāja Tathāgata* to seek guidance. He asked the Buddha,

"I vow to have a heart like the Buddha's. How can I establish an incomparably supreme Buddha-Land, one that can welcome both humans and all wandering spirits, allowing them to cultivate in a pure and serene environment?"

Recognising **Bhikshu Dharmakara's** boundless aspiration, *Lokeśvararāja Tathāgata* took extraordinary measures to guide him. Understanding that humanity

lacked proper education and that many people were influenced by **spiritual attachments** (spiritual beings attaching to one's body due to various reasons – past enmities or relationship in past lives/wandering spirits attaching to a person or other reasons) affecting their thoughts and actions, he spent one hundred billion years introducing and explaining the countless Pure Lands throughout the universe, offering them as examples of perfected realms to inspire and guide beings.



After listening to these teachings, ***Bhikshu Dharmakara*** developed an extraordinary vow. He then spent five kalpas (a very very long time) thoroughly comprehending the virtues and supreme qualities of these Pure Lands,

carefully planning the blueprint for his own Buddha land—the **Western Pure Land** —which he would establish upon attaining Buddhahood.

Later, **Bhikshu Dharmakara** reported his plan to *Lokeśvararāja Tathāgata* and made forty-eight great vows based on his vision of the **Western Pure Land**. He vowed that if even one of these vows remained unfulfilled, he would not attain Buddhahood.

The Attainment of Buddhahood—Becoming Namo Amituofo

After that, **Bhikshu Dharmakara** spent an immeasurable amount of time diligently cultivating the path. He transcended all worldly emotions and desires—such as wealth, pleasure, fame, food, and sleep—and tirelessly spread the Buddha’s teachings, helping sentient beings to overcome delusion and attain enlightenment. He dedicated himself entirely to fulfilling his Forty-Eight Great Vows, offering himself completely for the benefit of all beings.

At last, ten kalpas ago, he attained Buddhahood and became known as Namo Amituofo.

Since then, Namo Amituofo has remained true to his great and extraordinary vows, continuously welcoming and guiding all beings —across the **Dharma realm**, the Universe, the Milky Way, Earth, humans, animals, plants, mountains, rivers, the land, and wandering spirits—to be reborn in the Western Pure Land for spiritual cultivation.

Countless, immeasurable beings have already entered the Western Pure Land, where they now live a life of infinite lifespan, boundless light, and endless joy.



Part 3:

Hsiang Kuang Pure Land Buddhist Centre in Australia and Practitioner Su

Practitioner Su's Path of Cultivation and Compassion

For thirty years, Practitioner Su has dedicated herself to deep spiritual cultivation through relentless effort and unwavering commitment. Through her purification and progress in practice, she rediscovered the innate natural abilities that all sentient beings possess. Her vision expanded beyond the ordinary, enabling her to see into the unseen spiritual realms, where she witnessed the immense suffering of wandering spirits with no one to rescue them.



With great compassion, she established the Hsiang Kuang House, a Buddhist study group, to guide people in learning Pure Land education, understanding the laws of **karma** (The law of cause and effect) and **reincarnation** (cycle of rebirth in the 6 realms – heaven realm, human realm, asura realm, animal realm, hungry ghost realm and hell realm) introducing them to Namu Amitufo and the Western Pure Land. Through her teachings, she helped others realise the suffering and helplessness of birth, aging, illness, and death.



Sacrificing Herself to Resolve Karmic Hatred

Ten years ago, Practitioner Su faced a tremendous spiritual attack from resentful spiritual beings, causing uneasiness in her legs, and leaving her unable to walk for a long time until today. Later, she learnt that the spiritual attack came from the attack of **karmic creditors** belonging to her followers.

How does this happen and what does karmic creditors mean?

All of us have past lives. This means we have people to whom we owe debts in our past lives. Many of them exist in a spiritual form – so do the countless wandering spirits existing today. However, possessing a human body like ours could provide them with the opportunity for them to reside in our body and eventually cause uneasiness when they are awake.

Therefore, with Practitioner Su's ability to see into the unseen spiritual realms, she is able to help people resolve hatred and grudges formed with these entities in past lives by guiding them to be reborn in the Western Pure Land. However, her dedication does not spare her from these attacks.

Despite experiencing excruciating physical pain, her absolute faith in Namu Amitufo remained unshaken. She

opted for alternative treatment – she did not take any medications or medical treatment while continuing to teach and guide people in learning Pure Land education, understanding Namo Amitufo, and aspiring for rebirth in the Western Pure Land.



Through her compassion and wisdom, she has helped countless individuals reconcile with their karmic creditors. Her efforts have relieved people from the aging and illnesses caused by these attached spirits, liberated countless beings through **Chao Du** (Spiritual deliverance Rituals where people who has attained Buddhahood could guide the spirits of

spiritual beings to a better realm), and helped them attain rebirth in the Western Pure Land, freeing humans and spirits from suffering.

Practitioner Su's Compassion and Wisdom—The Establishment of Hsiang Kuang Pure Land Buddhist Centre

Through Practitioner Su's profound compassion and wisdom, as well as her sacrifice in enduring suffering on behalf of others, she demonstrated a heart and actions fully aligned with the vows of Namo Amituofo.

As a result, Namo Amituofo appears in spiritual form at Hsiang Kuang House. Under Namo Amituofo's guidance, Practitioner Su led the establishment of the Hsiang Kuang Pure Land Buddhist Centre.



Since then, Namo Amituofo has resided in Hsiang Kuang Pure Land Buddhist Centre in Goombungee, Toowoomba, Queensland, Australia.

The Monastic Path and Spiritual Development

Following Namo Amituofo's instructions and inspired by Practitioner Su's teachings and example, several practitioners dedicated themselves to *Bhikshu Dharmakara's* spirit of renunciation, leaving behind worldly attachments. They were ordained as monks and nuns, while others continued as dedicated lay volunteers, cultivating the path together at Hsiang Kuang Pure Land Buddhist Centre in Australia.



Under the direct guidance of Namó Amituófo,
Practitioner Xia Lian Ju (our spiritual teacher, also appearing in a spiritual form at Hsiang Kuang Pure Land Buddhist Centre. You can read more of his readings on our website) and Practitioner Su, practitioners purify their minds and cultivate their innate, natural abilities—abilities that all beings initially possess. With these abilities, they can communicate with the Buddha and all beings – including spirits residing in all realms and the visible objects we encounter every day, such as trees and water droplets.



A picture of **Practitioner Xia Lian Ju**. Today, he is our spiritual teacher who appears in a spiritual form at Hsiang Kuang Pure Land Buddhist Centre. (You may read his autobiography on our website!)

Additionally, when someone has fully realised their Buddha nature and innate abilities, they can help people overcome aging, illness, and the suffering of death and assist spirits and wandering spirits in leaving their existing realm and eventually be reborn in the Western Pure Land



Hsiang Kuang Pure Land Buddhist Centre's Rain Prayer to End Drought and Ease the Spread of COVID-19

Five years ago, Australia experienced severe droughts across the country while the world was facing the COVID-19 pandemic. Namo Amitufo understood that these disasters were the result of a lack of Buddhist education in humanity. People were caught up in their selfishness and attachment to their **illusory self** (Given that we are trapped in an endless cycle of birth and rebirth in a single soul, the body we currently possess is a temporary one, therefore it is not permanent and real), causing unnecessary suffering.

In particular, many people consume large amounts of beef, among other types of meat, unaware that animals possess spiritual consciousness. The act of killing animals generates resentment among these spirits, especially the spirits of slaughtered cattle, which gathered in the sky, obstructing rainfall and leading to drought (karma in action)

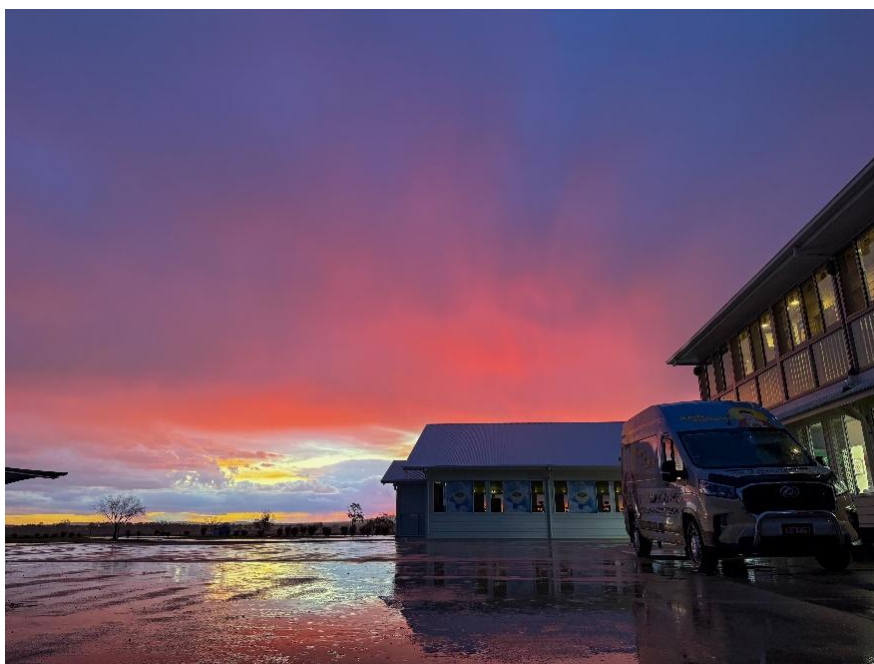
Praying for Rain with Namo Amitufo

Thus, Namo Amitufo and Practitioner Su began educating people to chant "**Namo Amitufo**," teaching them to change their bad personalities and habits. They

also guided the spirits of cattle in the unseen realm to chant “Namo Amituofo.”

This sacred name embodies the incredible power of virtue and the blessings of Namo Amituofo, who encompasses the entire **Dharma realm** (A realm said to be larger than that of a universe). Chanting “**Namo Amituofo**” can open up multidimensional space, allowing the compassionate Buddha’s boundless, radiant, and soft light to shine forth.

Through Practitioner Su’s communication with the spirits, she persuaded the resentful and suffering spirits in the air and on the earth’s surface to release their hatred and chant “**Namo Amituofo.**” Relying on the power of virtue and the blessings of Namo Amituofo, the grievances and suffering of all human beings, sentient beings, animals, plants, insects, and the entire earth were relieved from the agony of drought.



Practitioner Su's Dedication to Teaching the Name of Namu Amitufo

During that time, Practitioner Su tirelessly taught the wandering spirits, animals, plants, and sentient beings of Brisbane, Toowoomba, and Goombungee in Queensland, Australia, to chant "**Namo Amitufo.**"

As a result of her compassionate efforts, she endured spiritual attacks, with spirits attaching to her body and invading her scalp and skin. This caused rashes, ulcers, swelling, pain, extreme itching, and hair loss. Yet, she persisted without hesitation, continuing to guide wandering spirits, animals, plants, and all beings of the land to chant "**Namo Amitufo.**"



One day, after a faint and weak chant of "**Namo Amitufo**" arose from the spirits, a few raindrops fell

from the sky. Soon, a light drizzle followed. The spirits were astonished and overjoyed. Encouraged by Namo Amitufo's radiant light and Practitioner Su's unwavering support, they continued chanting.



Initially, many were unsure how to chant. Some could only whisper the sacred name, but their voices grew stronger gradually. Eventually, they chanted "**Namo Amitufo**" loudly and willingly. Then, after several rounds of chanting, the skies flashed with lightning and thunder, and a heavy downpour finally arrived, breaking the drought.

The rain nourished the earth, allowing fresh green sprouts to emerge from the once-barren land. With the drought lifted and water flowing once more, people smiled with relief as the long-awaited rainfall transformed their lives.

Healing Through Namu Amitufo and Resolving the Suffering of Animal Spirits

As Practitioner Su continued to send attached spirits out of her body and receive the blessings of Namu Amitufo, her skin gradually recovered, and new, thicker hair began to grow on her head.

In the unseen realm, countless spirits of slaughtered animals—cattle, pigs, chickens, geese, and fish—had once filled the sky, blocking the rain. Through the compassionate guidance of Namu Amitufo, Practitioner Xia Lian Ju, and Practitioner Su, these spirits let go of their



resentment, received the power of **Chao Du** (Spiritual deliverance Rituals where people who has attained Buddhahood could guide the spirits of spiritual beings to a better realm), and found peace at heart.

The merit generated from the spirits chanting "**Namo Amitufo**" helped dissolve the disasters. Most importantly, the spirits of the slaughtered animals are freed from their suffering. The resentment that caused the drought has now dissipated from the sky through the removal of the hateful animal spirits, allowing the rain to return and bring relief to both humans and the natural world.

Resolving the Global Pandemic Through Nammo Amituofo's Compassion

During this time, the COVID-19 pandemic swept across the globe, leading to significant loss of life and major disruptions to international trade and production. The root causes of this crisis were the decline in compassion and the unchecked pursuit of human desires. The large-scale killing of animals has triggered an environmental response, allowing the virus to evolve uncontrollably.

At the same time, the resentful spirits of slaughtered animals, as well as beings from the demonic realm, were drawn into the human world. This spiritual interference not only harmed people physically, mentally, and spiritually but also exacerbated the pandemic. The situation had become far beyond what human efforts alone could resolve.

In response, Nammo Amituofo, Practitioner Xia Lian Ju, and Practitioner Su called upon the spirits of the virus, the spirits of slaughtered animals, resentful beings, and the spirits of those who died from the pandemic. They guided them to release their anger, accept reconciliation, and receive **Chao Du** (Spiritual deliverance Rituals where people who has attained Buddhahood could guide the spirits of spiritual beings to a better realm), aka spiritual deliverance.

At the same time, they subdued the demonic forces responsible for the spread of the pandemic, offering these beings the chance to be reborn in the Western Pure Land, the human realm, or the Heaven realm.

Through this compassionate intervention, the pandemic was eased, and the spirits of those who suffered found peace.

Hsiang Kuang Pure Land Buddhist Centre's Ongoing Dedication

Throughout the years, Hsiang Kuang Pure Land Buddhist Centre has been silently and persistently carrying out these compassionate efforts. The temple has continuously performed **Chao Du** rituals for the beings who passed away due to the pandemic, offering them peace and liberation.



Current Situation and Response

Due to the lack of Buddhist education, many wandering spirits attach themselves to people, attracted by human thoughts and selfishness, leading to aging and illness. These cases have become far too common. Therefore, Namo Amitufo hopes for the widespread sharing of Buddhist education, allowing everyone to learn and gain wisdom, hence living a healthy and balanced life—free from spiritual attachments.

Namo Amitufo teaches that spiritual growth and purification come from embracing these principles:

- Everything we encounter in life is meant to be used temporarily, not owned forever.
- We should use things responsibly without becoming overly attached to owning them.
- By letting go of attachments, we can free ourselves from suffering and even illness.

Additionally, one must eliminate the **five poisons** -- greed, anger, ignorance, arrogance, and doubt while keeping desires for wealth, pleasure, fame, food, and sleep in moderation.

Buddhism is not a religion, but rather an education. It serves to help people escape suffering and attain

happiness and to guide spirits to be reborn in the Western Pure Land.

The Western Pure Land is a pure and compassionate Buddha Land created by Namo Amituofo, offering beings a place of ultimate reliance and spiritual liberation, making it the ideal land for cultivation and enlightenment.

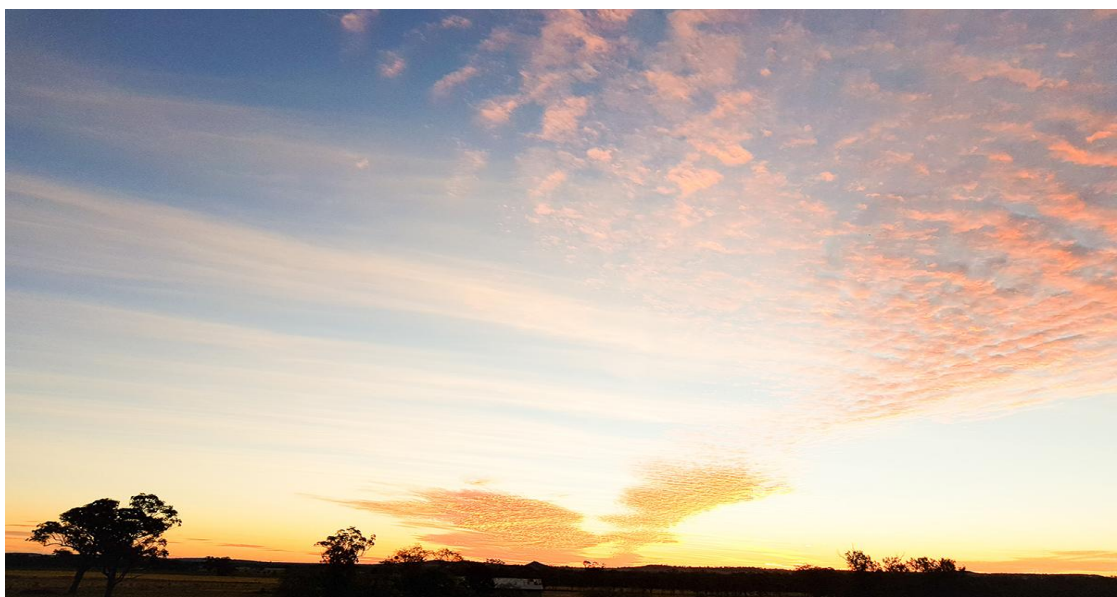


A Message from Namo Amituofo to the People of Australia

Namo Amituofo shares an essential truth with Australians: every element of existence—whether it's animals like cattle, sheep, and horses, or smaller creatures like insects, as well as plants, trees, the land, and even the clouds—has the ability to connect with humans on a spiritual level.

Human beings do not have to age, fall ill, or rely on medicine. If one transforms one's personality and resolves any past grievances with the spirits attached to them, any illness can be healed. It is crucial to understand that:

- Good deeds bring good results, and evil deeds bring suffering. (karma!)
- Aging, drowsiness, and illness arise because people have lost touch with their true selves – their **Buddha Nature**.



Buddhism is an Education, Not a Religion

The teachings of the Buddha are not a religion but an education. Buddhism originated in India, spread to China, and flourished due to the great virtues that the Chinese people had accumulated in ancient times. However, Buddhist education is universal — it does not belong to any single culture or nationality.

If a person can truly see others' suffering as their own and genuinely help others, they will rediscover their original, untainted nature—the state of complete purity and goodness. In this state, everything they see is good and beautiful, and their heart are free from selfish thoughts.



Experience the Power of Purification at Hsiang Kuang Pure Land Buddhist Centre

At Hsiang Kuang Pure Land Buddhist Centre in Goombungee, Toowoomba, Queensland, visitors can experience profound transformation. Whether they come to stay, seek spiritual cleansing, or rejuvenate their mind and body, listening to Pure Land teachings and embracing personal change can make a noticeable difference. In just three months, many find themselves feeling clearer and more at peace.



(A picture of the Buddha's light was taken on 26th December 2024 during the grand opening of Namu Amituofo Buddhist Hall at Hsiang Kuang Pure Land Buddhist Centre)

Namu Amituofo urges Australians not to be trapped in an illusory life. It is not worth sacrificing our chance to regain our **Buddha nature** and abilities for the sake of our **illusory self**, which includes the emotions and desires we

experience every day. If a person is heavily attached and influenced by wandering spirits as well as karmic creditors, he will age, fall ill, and die. By embracing Buddhist education, transforming their personality, and discovering their true self, they can elevate their spirit, keep their body youthful and free from illness, and realise that the spirit never dies.

Namo Amitufo Resides in Australia—Come and See the Buddha

Australians are truly fortunate to have such a blessing: Namu Amitufo now resides at Hsiang Kuang Pure Land Buddhist Centre in Goombungee, Toowoomba, Queensland. Everyone is warmly invited to visit, connect with the Buddha, and seek spiritual renewal for the mind and body.

Belief has the power to spread, starting with just one person. One shares it with ten, ten with a hundred, and soon, many Australians will come to know this truth. When our physical bodies reach the end of their journey, the spirit continues and can find rebirth in the Western Pure Land.

Now, both Namu Amitufo and **Master Xuan Zang** (Practitioner Xia Lian Ju in his past life) reside at Hsiang Kuang Pure

Land Buddhist Centre in Australia. This sacred space offers an opportunity to uncover the incredible hidden potential of the human body. A shining example is Practitioner Su, whose vitality and energy at 81 surpass that of many young people. Her profound wisdom in sharing Buddhist teachings is as vast and boundless as the ocean.

All Are Welcome to Make a Pilgrimage—Come and See the Buddha

Everyone is warmly invited to visit Hsiang Kuang Pure Land Buddhist Centre, pay homage to the Buddha, and experience true wisdom and transformation.

