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Land of Joy

Buddhist Retreat Community



"We are visitors on this planet. We are here for one hundred years at the very most. During that period we must try to do something good, something useful, with our lives. if you contribute to other people's happiness, you will find the true meaning of life." - His Holiness the Dalai Lama

A Message from our New Director



Beth Halford, Land of Joy Director

Dear Friends,

I'm writing with a deep sense of gratitude having accepted the role of Centre Director at Land of Joy.

Many of you know that Land of Joy has been close to my heart for a long time. Over the years I've had the privilege of serving in different ways, each of which has been an opportunity to learn, grow, and support this precious retreat centre as it continues to grow and adapt.

As we step into this new chapter, we look to build on the strong foundations already in place thanks to those who have come before, while helping to shape a more collaborative, sustainable, and community-rooted future. We'll be focusing on how we can support both the daily operations and the long-term vision of the centre — evolving our structure, integrating useful technologies, and strengthening support for volunteers, both onsite and remote. Most of all, we hope to continue creating and nurturing an environment and culture where everyone feels part of a shared purpose, whether you're here in person or connected from afar.

This work will only be possible together — and I truly look forward to connecting with many of you over the coming months, hearing your ideas, and continuing to serve the Dharma alongside you.

With warm wishes,

Beth



Saka Dawa, which occurs this year on June 11, is one of the four great holy days of the Tibetan calendar, each of which celebrates an anniversary of Shakyamuni Buddha's display of extraordinary powerful deeds for sentient beings' sake. On this particular holy day, karmic results are multiplied by 100 million times as it commemorates Shakyamuni Buddha's three major life events.

Lama Zopa Rinpoche's [advice for merit multiplying days](#):

- Taking the [eight Mahayana precepts](#). Students can receive the lineage of these precepts from a specially produced video of [Lama Zopa Rinpoche granting them](#), recorded in 2020 at Kopan Monastery.
- Reciting the [Sutra Remembering the Three Jewels](#)

Offerings on Saka Dawa - Your Merit Multiplied 100 Million Times

We're in the home stretch of our latest project contributing to the continued transformation of Land of Joy into an even more welcoming sanctuary for our community. With your support during this merit-multiplying time, we can complete our dining room refresh project - check out our progress below!



Your Saka Dawa Contribution Creates Profound Merit

By contributing to Land of Joy on this holy day, you're not only supporting our physical space - you're creating causes for your own spiritual development and the benefit of all beings.

Every gift, no matter the size, makes a difference. Your generosity during Saka Dawa helps ensure this special place continues to serve our wonderful community for years to come.

May all beings benefit from this virtuous activity.

Support Land of Joy

Teachings of Khandro Tseringma Rinpoche

During a recent visit to London, over 860 students (either in person or online) attended profound teachings from Khandro-la. The ***Path of Peace: Through Wisdom & Compassion*** was a wonderful event, and we are grateful to be able to share the event recordings you all so the benefit can continue to increase. 🙏



[View Recordings](#)

Volunteer Appreciation Week

Please join us as we celebrate the incredible volunteers who make Land of Joy possible! From sunrise to sunset, our amazing volunteer family pour their hearts into this beautiful retreat spot every single day. Whether they're tending gardens, maintaining the website, processing retreat bookings, bookkeeping, welcoming guests, maintaining trails, preparing meals, leading activities, or lending a hand wherever needed - our volunteers are the heartbeat of this community. Their dedication, kindness, and generous spirit transform this place into something truly special.

To every volunteer - past, present, and future - THANK YOU! 🌻
Your service doesn't go unnoticed. You're not just helping maintain a

space; you're nurturing a community, supporting fellow souls on their journeys, and spreading joy in countless ways.

Volunteer Appreciation Week falls during June, and we want to honour all of the wonderful volunteers who make Land of Joy shine. ✨

Volunteers... THANK YOU



Thank you for being the heart and soul of Land of Joy. Thank you for lighting the way for others while brightening your own path. Thank you for showing us daily what it means to live with purpose.



With infinite gratitude 🙏❤️





Behind the Scenes with the Land of Joy Volunteers (Click on the image above)

Upcoming Retreats

Spaces are still available to join Ven Mary at our Lam Rim Retreat in July. She will be sharing clear teachings on the whole path to enlightenment through her engaging, approachable and supportive style. This is a wonderful opportunity to learn how buddhist principles join together as a path to help us better understand our minds and the influence of our actions, whilst meditations help deepen understanding.

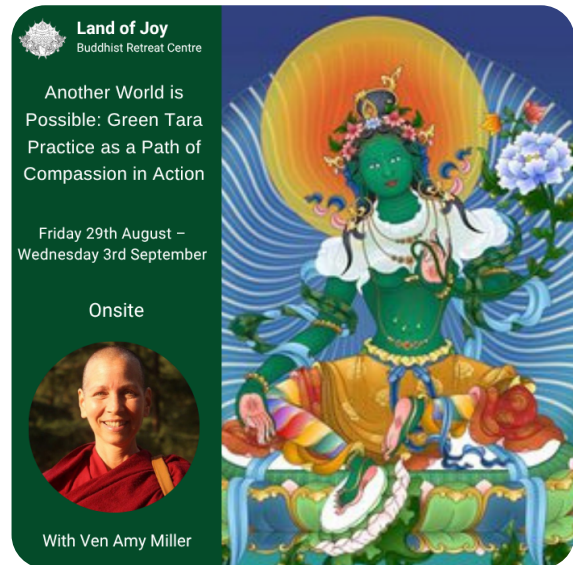
In August, Wendy Ridley returns to lead the popular Building Inner Strength with The 16 Guidelines weekend. This is a chance to explore embodied mindfulness and universal ethics with a chance to reflect on how you think, act and relate to others with meaning.



Also in August, François Schick will be sharing 'Awakening Abundance: The Joy of Giving', an opportunity to learn about generosity and how it goes far beyond the act of giving. Central in the Mahayana tradition, generosity is a source of deep joy. Join us to cultivate the strength and the motivation to better integrate various forms of generosity into your daily life.

As the summer begins to wind down, Ven Amy Miller will be sharing 'Another World is Possible: Green Tara Practice as a Path of Compassion

in Action'. This beautiful practice explores a path of inner transformation by being present with our pain, fear, and aversion. It incorporates Lam Rim meditation along with the sadhana and mantra recitation of Green Tara. By opening our hearts in kindness to ourselves, the potential exists for our external reality to shift more beneficially as well.



[See the Entire 2025 Programme](#)

Recent Retreats



Owning Your Own Death Retreat

What a profound journey we shared together in our recent online retreat! Over the course of our time together, we dove deep into understanding karma and its powerful influence on our daily lives.

Participants explored how embracing Buddhist wisdom around karma can be a direct path to greater happiness and reduced suffering. We examined practical methods for working with karmic principles in everyday situations, and courageously approached one of life's most challenging topics - death itself.

Through guided teachings and reflection, retreat participants discovered how understanding karma can transform our relationship with mortality, helping us not just accept but embrace the inevitability of death as part of our spiritual journey.

The insights shared and wisdom gained will continue rippling through participants' lives long after our sessions ended. Thank you to everyone who joined us for this transformative exploration.

Connect with Nature and Make a Difference at our Upcoming Woodland Working Week

Join us for a rewarding woodland conservation experience that nourishes both body and soul

Are you looking for a meaningful way to reconnect with nature while making a positive impact? Land of Joy invites you to join our upcoming **Woodland Working Week** – a unique opportunity to help preserve precious natural habitats while enjoying the peace and restoration that comes from working outdoors.

We offer a diverse range of woodland tasks requiring different levels of physical effort. Our priority is ensuring you feel comfortable and engaged with work that suits your abilities and interests. Concerned about what you might be doing? Simply email us at **bookings@landofjoy.co.uk** and we'll be happy to discuss options that work for you.

As our way of saying thank you for your invaluable contribution:

- **Accommodation:** Stay in our welcoming shared rooms at Land of Joy, or choose local accommodation if you prefer
- **All meals included:** Nutritious breakfast, hearty lunch, and satisfying supper provided daily
- **Community experience:** Connect with like-minded volunteers who share your passion for nature

Make Your Mark on Conservation

This is more than just volunteer work – it's a chance to actively participate in maintaining these precious woodlands for future generations, both human and wildlife. Your efforts directly contribute to preserving the natural habitat that so many species depend on.

Ready to Join Us?

To volunteer or learn more: [Visit our website](#) or email us at **bookings@landofjoy.co.uk**

Help us maintain our precious woodlands for all to enjoy, including the incredible wildlife who call it home. Your hands, your heart, and your time can make all the difference.



The woodlands of Land of Joy offer endless pathways for peaceful contemplation. 🌿✨

**A big thank you, as always, for your ongoing support of Land of Joy.
Please continue to visit us and support us in any way you can.**

We hope to see you soon!



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Lama Thubten Yeshe, Founder

Founder and Spiritual Director, Lama Zopa Rinpoche

