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Land of Joy

Buddhist Retreat Community



"It is important to understand that true practice is something we do from moment to moment, from day to day. We do whatever we can, with whatever wisdom we have, and dedicate it all to the benefit of others. We just live our life simply, to the best of our ability."

- Lama Thubten Yeshe

July is here in all its abundant glory - the gardens are bursting with life, the days stretch long and golden, and there's something magical about this peak of summer that invites us to bloom alongside everything around us.

This month feels like nature's reminder that abundance isn't just about having more, but about fully embracing what's flourishing right now. The wildflowers don't hold back their colors, the fruit trees don't ration their gifts, and maybe we can take a page from their book.

As we move through these bright July days, we're holding space for all the ways our community continues to grow and flower. Whether you're joining us for retreat, practice, or simply sharing this journey from wherever you are - you're part of this beautiful unfolding.

Here's what's blooming in our Land of Joy world this month...

Celebrating the wisdom and compassion of His Holiness The Dalai Lama on his 90th Birthday



Today marks a remarkable milestone as His Holiness the 14th Dalai Lama turns 90 years old. Born in a small Tibetan village, this extraordinary spiritual leader has dedicated nine decades to spreading compassion, wisdom, and peace across the globe.

His teachings on compassion and inner peace resonate far beyond Buddhist communities, offering guidance to people of all faiths. Through books, lectures, and dialogues with scientists and world leaders, he has built bridges between East and West.

On this milestone birthday, let's reflect on how we can each contribute to

making this world a little more compassionate, one interaction at a time. After all, when we transform ourselves with kindness, we help transform our families, communities, and ultimately our world.

FPMT has also been sharing some beautiful reflections on His Holiness's incredible kindness to celebrate his 90th birthday.

- [The Kindness of His Holiness the Dalai Lama and the Tibetan People](#)
- [Three Buffalos Liberated in Honor of His Holiness the Dalai Lama's Long Life and 90th Birthday](#)

Making Offerings for His Holiness Dalai Lama's Long Life



FPMT is making some truly heartfelt offerings to mark this special occasion by presenting His Holiness with one hundred gold-plated Shakyamuni Buddha statues (each 9 inches high) along with a significant financial offering.

One of the statues has been offered by Land of Joy on behalf of our precious community and all sentient beings, with the dedication for His Holiness to continue living a long and healthy life, as well as for all sentient beings to be free from suffering as quickly as possible.

Phara Khenchen Rinpoche (Tulku-la) will also lead birthday celebrations with community members at Land of Joy, including prayers recommended by Lama Zopa Rinpoche and blessing a young oak tree which will be dedicated to His Holiness's long life and planted in our woodland in the Autumn; a symbol of long life which will support many beings as it continues to grow.

It feels so meaningful to see our dharma community coming together to honour His Holiness in these ways. What a beautiful expression of gratitude and devotion.

Wishing His Holiness continued health and peace as he enters his 10th decade of inspiring humanity. 🙏

Prayers for World Peace



Join us and our wonderful friends at @jamyanglondon for a special online gathering bringing together dharma communities across the UK.

In response to the suffering caused by wars and conflicts around the world, we're coming together for shared prayer and practice.

Thursday 10 July | 5–6:30pm UK time

Online via Zoom (+ in person at Jamyang London)

Together we'll offer:

- ✨ Medicine Buddha Puja
- ✨ Guru Rinpoche prayers
- ✨ Heart Sutra

Led by the wonderful Geshe Namdak, this is a chance for our UK dharma community to unite in compassionate practice.

Let's come together in the spirit of connection and healing. 🙏

#PrayersForPeace #DharmaUK #MedicineBuddha #CommunityPractice
#JamyangLondon

Help Guide a Buddhist Retreat Centre



We are looking for thoughtful community minded people to help shape the future of Land of Joy – a peaceful Buddhist retreat centre in Northumberland.

What You'll Gain:

- The opportunity to make a real difference in people's lives
- Experience in charity governance and management
- The chance to be part of a warm, supportive community

What We're Looking For:

- ❤️ A heart connection with our mission
- 👉 Commitment to quarterly meetings (remote or onsite)
- 🌱 Some space for development work between meetings where necessary.
- 🔧 Skills in charity law, land stewardship, general legal skills, or local links particularly useful
- 💡 A collaborative spirit

How to Apply:

If you would like to help guide Land of Joy into the future, we would love to hear from you! For an informal chat please email chair@landofjoy.co.uk and Secretary@landofjoy.co.uk.

Join us in creating a place of peace and transformation 🙏

Become a Trustee at Land of Joy

Upcoming Event

🌲 **Join Our Woodland Working Week, July 23rd-29th, 2025!** 🌲



Ready to reconnect with nature while helping preserve our precious woodlands? We're looking for wonderful volunteers to join us for a week of meaningful outdoor work in our beautiful sanctuary.



Days start at 9:30 with optional communal prayers



Woodland tasks suited to your comfort level



Morning tea breaks with biscuits under the trees



Hearty lunches and home-cooked meals provided



Wildlife spotting - kingfishers, red squirrels, deer, herons & more!



Evening meditation and relaxation time

What We Offer:



Accommodation at Land of Joy (shared rooms)



All meals provided as our thank you



The chance to care for a wildlife haven



Deep connection with nature and community

Whether you're handy with tools or new to woodland work, we'll find tasks that suit you perfectly! Concerned about what's involved? Email bookings@landofjoy.co.uk and we'll chat.

This is more than volunteering - it's a chance to nurture the land that nurtures so many souls (and wildlife friends!) 🦋. **If you're ready to get your hands in the earth book your place below!**

Book Your Place at Woodland Working Week

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.



Land of Joy
Buddhist Retreat Centre

Lam Rim Retreat

Friday 11th –
Saturday 19th July

Hybrid



With
Ven Mary Reavey





Land of Joy
Buddhist Retreat Centre

**Building Inner
Strength with the
16 Guidelines**

Friday 1st - Sunday 3rd
August

Onsite



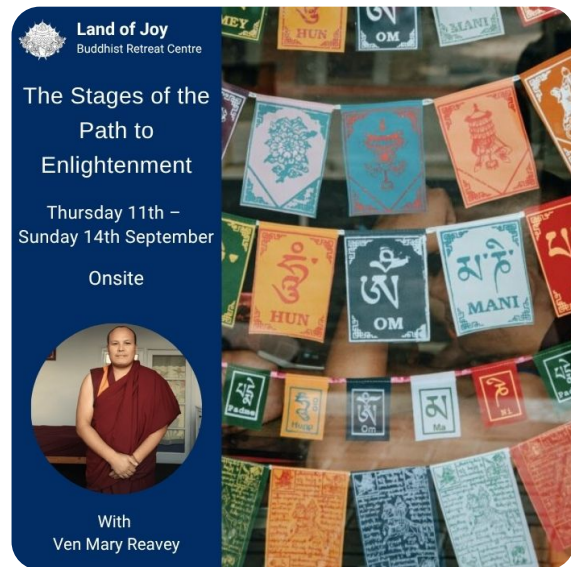
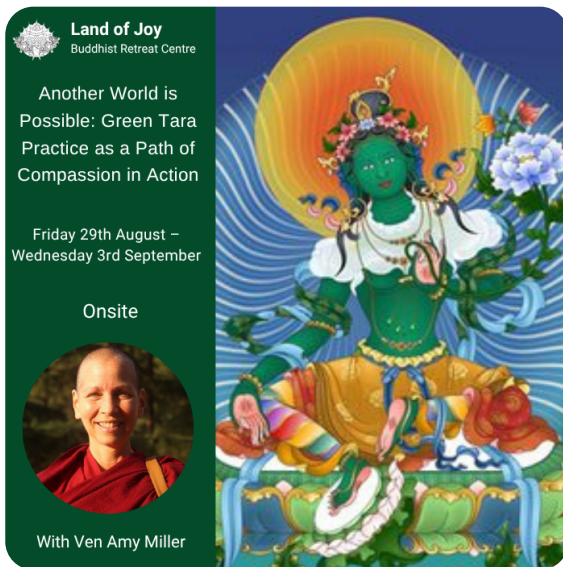
With
Wendy Ridley



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.

We invite you to join us for "The Stages of the Path to Enlightenment", an immersive Lamrim retreat focused on "The Foundation of All Good Qualities" by Je Tsongkhapa. The retreat offers a unique opportunity to weave together meditation, contemplation, and discussion as we explore the graduated path to enlightenment. The practice components create a complete spiritual immersion that allows you to integrate the Dharma knowledge you've cultivated throughout the year into a cohesive, lived experience.



See the Entire 2025 Programme



Fresh from our Land of Joy garden - nearly every ingredient in these beautiful meals were lovingly grown right here on our grounds. There's something so nourishing about eating food that's been tended with mindful hands and blessed by our peaceful land.

From soil to soul ✨



Recent Retreats



Kum Nye Tibetan Yoga

What a beautiful weekend we had exploring Kum Nye with the wonderful Liza! To everyone who joined us for "Kum Nye Tibetan Yoga" - thank you for bringing such open hearts and curious spirits to the practice.

Watching you all discover that deep, lasting relaxation that Tarthang Tulku speaks of - that quality that goes beyond just feeling good - was truly special. Whether you came as complete beginners or seasoned yogis, you each found your own way into this gentle but profound practice.

There's something magical about Kum Nye - it really is as much a yoga of the mind as the body. You don't need to touch your toes, but you do need to be willing to touch into the feelings and sensations that arise...and you all did that

so beautifully. 🌸

The sacred visualizations, the gentle movements, the massage techniques - it all wove together into something really nourishing. Thank you for being part of this journey with us.



"Insightful. Excellent communication. Beautifully paced!"

"Good pace, informative, plenty of breaks, friendly teacher, relaxed atmosphere."

"Spot on. Absolutely perfect, friendly, welcoming & relaxed. All keen to do such a great job."

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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Affiliated with Foundation for the Preservation of the Mahayana Tradition
Lama Thubten Yeshe, Founder
Founder and Spiritual Director, Lama Zopa Rinpoche

