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Land of Joy

Buddhist Retreat Community



When you plant seeds in the garden, you don't dig them up every day to see if they have sprouted yet. You simply water them and clear away the weeds; you know that the seeds will grow in time. Similarly, just do your daily practice and cultivate a kind heart. Abandon impatience and instead be content creating the causes for goodness; the results will come when they're ready.

— Bhikshuni Thubten Chodron

In the gentle warmth of summer, we find ourselves surrounded by abundance—the fullness of nature in bloom, hearts opened by celebration, and the continuous turning of the dharma wheel that connects us all.

This month has been particularly rich with blessings. The recent celebration of His Holiness the Dalai Lama's 90th birthday filled our community with joy and reverence, reminding us of the precious gift of having living wisdom teachers who embody compassion in our world. The laughter, prayers, and shared gratitude created ripples of happiness that continue to resonate through our days.

As July unfolds, we're also honoured to mark Chökhör Düchen. As we commemorate this turning of the wheel of dharma, we're inspired to reflect on how the teachings continue to unfold through our community—in our retreats, our daily practice, and the connections we share.

In these summer days, may we each find moments to pause, breathe deeply, and recognise the extraordinary grace of walking this path together. Whether in the silence of meditation, the warmth of community, or the simple act of tending to one another, we are participating in something both ancient and ever-new.

Chökhör Düchen: Celebrating the First Turning of the Wheel of Dharma

On July 28th, we commemorate Chökhör Düchen, the Festival of the First Turning of the Wheel of Dharma. This sacred day marks the Buddha's first teaching after his enlightenment, when he shared the profound insights that would become the foundation of Buddhist practice. His first teaching, the Four Noble Truths and the Eightfold Path, set in motion a tradition of wisdom and compassion that continues to benefit countless beings today.

Chökhör Düchen is considered one of the most auspicious days in the Buddhist calendar. Traditional teachings tell us that positive actions performed on this day are multiplied many times over. This makes it an especially powerful time

for meditation practice, generous giving, ethical conduct, study, and community practice.

The Buddha's first teaching remains relevant in our modern world. As we face contemporary challenges—climate change, social inequality, personal stress—these ancient insights offer a clear framework for understanding and addressing the roots of our difficulties. Every time we sit in meditation, contemplate the nature of suffering, or practice compassion, we participate in that original turning of the wheel. We become part of an unbroken lineage of seekers who have found wisdom in the Buddha's first teaching.

May this Chökhör Düchen inspire us to deepen our practice, strengthen our commitment to the path, and share the gifts of wisdom and compassion with all beings.



Celebrating His Holiness the Dalai Lama's 90th Birthday

What a joyful day we shared celebrating His Holiness the Dalai Lama's 90th birthday at Land of Joy! Our dharma community gathered with hearts full of devotion, filling the gompa with beautiful offerings and joining together in

prayers led by Tulku-la.

The highlight of our celebration was blessing a young oak tree that will be planted in our woodland as a living symbol of His Holiness's long life and enduring teachings. Seeing our community come together with joy reminded us of the profound gift we have in His Holiness's living example of compassion and wisdom.

Happy 90th Birthday to our beloved teacher! May his precious life continue long, and may his teachings benefit all beings everywhere.



Precious Teachings From Lama Yeshe at Vajrapani Institute

In this beautiful exchange, beloved Lama Yeshe shares his wisdom on retreat practice, the significance of dreams in spiritual development, and moving stories from his journey out of Tibet. This intimate Q&A session followed his commentary on Thousand-arm Chenrezig practice - such a gift to have these teachings preserved.

Lama Yeshe's warmth, humor, and profound insight shine through every word. His ability to make the deepest dharma teachings accessible and relevant continues to inspire practitioners worldwide, even decades later.

✨ "The most important thing is to have a good heart" - words that remain as relevant today as they were 45 years ago. ✨



Watch and be inspired by this master teacher's timeless wisdom

Retreat Hut Availability



Land of Joy is a wonderful environment for retreat. Our semi-rural location offers quiet, spacious and beautiful grounds which can be explored during your breaks whilst the retreat facilities provide a private space that will support your practice.

Our three private retreat huts are in a part of the woodland close to the main house overlooking the valley. We ask that you plan to stay for a minimum of one week and a maximum of three months.

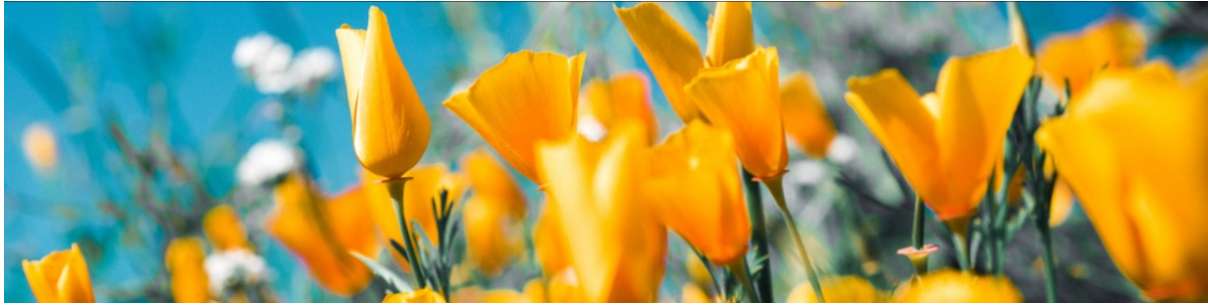
We have some availability in the coming months:

- **Retreat Hut 3:** 15th-21st September, 2025
- **Retreat Hut 3:** 17th November - 3rd December, 2025

Learn More, Check Availability and Book Your Stay

Upcoming Retreats

There are many precious opportunities to attend retreat still to come this year. Here's what's coming up next:



Building Inner Strength with The 16 Guidelines (offered onsite)

With Wendy Ridley: Friday 1st - Sunday 3rd August

Overwhelmed by global, work, family or personal challenges? This weekend retreat offers practical tools for resilience and positive change.

Experience Level 1 of the 16 Guidelines for Life Program (FDCW), exploring embodied mindfulness and universal ethical values. This simple yet profound framework helps transform how we think, act, relate to others, and find meaning.

Through mindfulness practices and self-inquiry, develop tools for well-being, purpose, and inner strength amid life's difficulties.

Learn More & Book Your Place



Awakening Abundance: The Joy of Giving

With François Schick: Friday 8th - Sunday 10th August

Generosity goes far beyond the mere act of giving. It actually refers to the wish to give and the actions motivated by that wish. It also goes far beyond giving material things.

For example, protecting life is itself considered a practice of generosity, by giving protection against fear and dangers. During this weekend, you will cultivate the strength and the motivation to better integrate this training into your daily lives, including the various forms of generosity.

Taken to be the first perfection, the first to be accomplished, the easier to master, it is central in the Mahayana tradition and a source of deep joy.

Generosity is a counterforce to craving and greed. These are considered strong producers of suffering. How many times did we encounter finding resistance in giving, only to find ourselves so glad when we did it? How to make a solid and long lasting training out of that?



Learn More & Book Your Place



Another World is Possible: Green Tara Practice as a Path of Compassion

With Ven Amy Miller: Friday 29th August - Wednesday 3rd September

As we emerge from the global Covid experience, the path may seem littered with confusion, violence, and alienation. Rather than grow dismayed by external experiences that show cruelty and heartlessness, how can we use our vulnerability to effectively channel this energy into a more supportive practice?

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. Open to all levels.

Learn More & Book Your Place



The Stages of the Path to Enlightenment

With Geshe Rinchen: Thursday 11th – Sunday 14th September

This retreat is a collaboration between Jamyang Leeds and Land of Joy, and is led by Jamyang Leeds' resident teacher Geshe Rinchen.

Aimed at Geshe Rinchen's students, it is open to all students with a solid grounding in the Lam Rim. It will offer an immersive experience in the Lam Rim, combining meditation, contemplation, and discussion based on Lamrim teachings. It provides a unique opportunity to integrate the knowledge gained throughout the year into a cohesive practice.

Learn More & Book Your Place

Dorje Khadro Hut Available



Land of Joy is incredibly fortunate to have a cosy Dorje Khadro hut with wood burning stove where practitioners who are staying in a retreat hut (year-round), or in a coachhouse room (December-February) can engage in this inspiring practice.

Whether you are completing your ngöndro or a stand-alone retreat, it is a precious space to settle into and experience such a powerful method for purifying obscurations, restoring vows, and generating merit. We particularly

recommend the colder months from November to March

Inquire about availability and make a reservation below.

Email to Inquire

Nurturing Our Branches of Joy



We have updated our Branches of Joy programme, and are excited for this important initiative to bloom.

Our monthly donors help us:

- Maintain our retreat sanctuary and cover operating costs
- Offer retreats to everyone regardless of finances
- Fund improvements like new windows and guest spaces

Thanks to the generosity of the Branches of Joy, last year we were able to:

- Offer 22 group retreats serving 220 people
- Welcome Phara Khenchen Rinpoche as our first Minister of Religion
- Host 60 individuals for personal retreats (1 week to 3 months)

Your steady support allows our work to flourish!

Learn more about and join our Branches of Joy

**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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