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Land of Joy

Buddhist Retreat Community

Spiritual Programme Newsletter - August 2025



"Share your love, your wisdom, and your wealth and serve each other as much as possible. Live in harmony with one another and be an example of peace, love, compassion, and wisdom. Try to be happy in your practice, to be satisfied with your life. Be reasonable in the way you grow, and don't ever think that it is too late. And don't be afraid of death. Even if you are going to die tomorrow, at least for today keep yourself straight and clean-clear, and be a happy human being."

- Lama Thubten Yeshe -

As summer reaches its golden peak, we find ourselves in a season of abundance and gentle reflection. The gardens at Land of Joy are in full bloom, the woodlands offer cool refuge for walking meditation, and our community continues to flourish with the warmth of shared practice and mutual support.

This month we celebrate the beautiful tapestry of our sangha life: news of our Supporting Sangha Fund, an invitation to join the groundbreaking Planetary Crises Summit, and glimpses into recent retreats where wisdom and laughter walked hand in hand.

August invites us to slow down, savour the warmth of community, and to appreciate those simple moments that often hold the deepest teachings.

May this month bring you peace, unexpected joy, and the recognition that wisdom often comes disguised in the most ordinary moments.

The Supporting Sangha Fund: A Sacred 30-Days of Offering



During August Land of Joy has been offering the opportunity to practice generosity in one of the most joyful and meritorious ways – supporting our ordained Sangha.

By supporting the Sangha, you're not just helping individuals—you're preserving and transmitting the Buddha's teachings for future generations.

Thanks to the generosity of our community an amazing £1,208 has been raised towards our £2,000 goal. There is still an opportunity to give until the 27th August.

Whatever the size of your gift, it will create ripples of benefit that extend far beyond what we can measure. Every contribution sustains the heart of the Dharma and enables the profound transformation that happens when qualified teachers and sincere students come together.


Make an Offering

Planetary Crises Summit 2025



When the world feels overwhelming, where do we find hope?

Join us on 27th & 28th September for a transformative weekend connecting Buddhist wisdom with global action. This hybrid event links Land of Joy with Buddhist centres across Europe, combining inspiring online teachings with grounding practice in our beautiful natural setting.

 **Morning:** Online teachings with renowned Buddhist teachers

 **Afternoon:** Walking meditation & dialogue in nature  **All**

weekend: Building resilience & discovering empowerment

Drop in for what calls to you - no need to attend the full weekend.

Teachers include: Ven. Amy Miller, Ven. Losang Gendun, Paula Chichester, Andy Wistreich, David Midgley, Paul Wielgus & more

because it IS a crisis of mind - and we have the Dharma tools to respond.

Book Your Place

Heartwarming Feedback



♥ *It's always lovely to be reminded of the Impact Land of Joy has on people and their lives.* ♥

Feedback from our recent 'Building Inner Strength with the 16 Guidelines' retreat:

"As an educator I was intrigued by the 16 Guidelines retreat and signed up in the hope that it might equip me with some tools to help me in a professional capacity. The retreat fully exceeded my expectations. The 16 Guidelines are universal. They can be applied to any situation and are relevant to everyone - I've since been teaching them to my children.

From the moment I arrived at the retreat I felt welcome and at home. The setting and the volunteer team create an atmosphere of well-being and a sense of belonging. Over the weekend I had the privilege to genuinely connect with others on a spiritual level and the contents of the course allowed me to deeply examine my own thoughts, words and actions.

Wendy is a joy to be around, her energy and clear dedication to the 16 Guidelines is inspiring and uplifting. She facilitates in a way that makes every participant feel valued. Her compassion and ability to really listen made everybody feel at ease and begin to unwind from busy to-do lists, demands and the over stimulation of the 'real world.'

I cannot recommend this course highly enough. I would happily do it all again. I now feel armed with strategies to face whatever life throws at me with love and understanding of myself and others. It reminded me of the things that truly matter. I am ready to embrace the next school term with a new perspective, knowing that I have everything I need already, the 16 Guidelines being there as a helping hand to support my day."

- S. Crombie

Practice and Resource Library



A Treasure Trove of Wisdom at your Fingertips

Spiritual development is unique to each of us. We resonate with different teachings, connect with various approaches, and find inspiration through diverse pathways on our dharma journey. Recognising this, we're offering something special for our community - the Land of Joy Practice and Retreat Resource Library.

Born from our desire to support practitioners, this online library brings together an incredible collection of resources from inspiring teachers who have touched our Land of Joy community. From videos and audio recordings to books, PDFs, and information about retreats and courses, this curated collection offers something for every stage of practice.

The library is thoughtfully organised so you can explore by teacher or dive into topics that call to you.

[Click here to explore](#)

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 2:** 25th August - 4th September; 18th - 29th October
- **Retreat Hut 3:** 28th August - 4th September; 17th November - 3rd December

[Learn More, Check Availability and Book Your Stay](#)

Upcoming Retreats

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



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

Recent Retreats



Awakening Abundance: The Joy of Giving: August 8th-10th with François Schick

Our recent retreat exploring the practice of generosity brought together a wonderful group of practitioners eager to dive deep into this foundational Mahayana teaching. It was beautiful to witness how this first perfection - considered the easiest to master yet so central to the Mahayana path - naturally became a source of deep joy as our community practiced together.

Participants left with practical tools for integrating generosity into daily life, along with a deeper understanding of how this practice extends far beyond material giving to include offering protection, sharing the Dharma, and giving the gift of fearlessness to others.

The retreat served as a powerful reminder that generosity, when practiced with awareness and compassion, creates ripples of joy that extend far beyond ourselves to touch all those whose lives we encounter. We're grateful to

Francois for his skillful guidance and to all who participated in this exploration of one of Buddhism's most transformative practices.

"Fabulous - loved it. Great atmosphere, very welcoming. Comfortable facilities. Delightful. I've come away with some new perspectives and practical tips to take into the daily life and a new found enthusiasm to 'train' myself to develop these practices further. I loved the deep dive into generosity and to reflect on my own conduct"

"Wonderful. Peaceful. Restorative!"

In Memory of Phil Bowyer



We have been deeply saddened by the sudden and unexpected passing of Phil Bowyer, a cherished friend of our Land of Joy community who loved to help in our woodland, library and attend retreats. Phil's presence enriched our sangha, and his loss is felt by all who knew him.

Tulku-la kindly offered prayers followed by community members gathering online to recite an Amitabha puja and The Kings of Prayer, led by Ven Mary. Phil's memory will continue to inspire our community as we walk the path together.

Phil's passing has reminded us of the importance of being prepared for the time of death and inspired to consider how we can support others who have died or are in the process of dying, as well as those assisting people who are travelling through the death process.

May Phil's passing become the cause for much benefit to arise for others

and may his family and friends receiving all the love and support they need to navigate this difficult this time.

Enjoy this 'Something to Think About' - a short video from Ven. Robina Courtin



We're constantly having opinions, so try to make them positive ✨

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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