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Land of Joy

Buddhist Retreat Community



As long as space exists,
As long as sentient beings exist,
May I too abide and eliminate the
sufferings of sentient beings.

Shantideva

“As we wish each other a Happy New Year, let us determine to be more sincere, compassionate, warm-hearted human beings, trying to make our world a more equal place. That way we’ll actually make it a happy year.”

-His Holiness The Dalai Lama-

As we step into this new year, we're reminded that every moment offers us the opportunity to begin again, a truth at the heart of our practice and one that January invites us to embrace with fresh intention.

The turn of the year naturally calls us to reflect on where we've been and envision where we're going. At Land of Joy, we enter 2026 with gratitude for the sangha that has sustained this refuge and excitement for the year ahead. Our 2026 retreat programme is ready to begin, our community continues to grow, and the ongoing transformation of our spaces, including the beautiful East Wing renovation, reminds us that growth and renewal are constant companions on the path.

Whether you're returning to the cushion after the holiday season or discovering Land of Joy for the first time, we welcome you. This year, we invite you to deepen your connection with our community, explore our retreat offerings, and find the support you need for your practice.

May 2026 bring you clarity, compassion, and the courage to meet each moment with an open heart.

Volunteer Update





This Christmas, our sangha gathered to share in the warmth of community and the generosity of spirit that defines Land of Joy. At the heart of our celebration was a beautiful meal lovingly prepared by Marie, whose dedication in the kitchen brought us together around tables filled with wonderful, tasty dishes that nourished both body and spirit.

Marie's gift of time and care exemplifies the volunteer spirit that makes Land of Joy possible. Her efforts created not just a meal, but a space for connection, gratitude, and the kind of presence we cultivate in our practice—extended now to breaking bread together.

Life at Land of Joy



Our last Tara Puja of the 2025 was held on December 27th - May she help remove any obstacles for Land of Joy and all our community in 2026 to enable the centre and all those we benefit to continue to flourish. May she bring happiness and success for all sentient beings.





Group Dorje Khadro offering to say goodbye to 2026. Burning all our negative karma and obstacles and that of all sentient beings.



Spiritual Programme Coordinator Recruitment

We are looking for a part-time Spiritual Programme Coordinator (SPC) to join our SPC team. This role is remote, with optional occasional visits to the centre.

This is an opportunity to be part of a professional and friendly team working in a collaborative environment whilst creating the conditions for those attending retreats to explore their minds and develop the realisations of the path to enlightenment.



Learn more and apply

East Wing Transformation: Work Underway!

We're thrilled to share that work has officially begun on the East Wing renovation project! The wallpaper has been stripped, and our beautiful spaces are being prepared for their transformation into refreshed, welcoming areas for our sangha.

This project has been made possible through the extraordinary generosity of our community. Thanks to your support, we came within just £90 of our fundraising target, a remarkable achievement that demonstrates the strength of our collective commitment to maintaining Land of Joy as a refuge for practice.

To everyone who contributed to this project: thank you. Your generosity is creating spaces where practitioners will study, reflect, and deepen their practice for years to come. We'll continue sharing updates as the work progresses, and we look forward to welcoming you into these renewed spaces soon.





Upcoming Retreats



With Roy Sutherwood: Saturday 7th February to Saturday 14th February

Land of Joy warmly welcomes back the much-loved annual Mahamudra retreat. In the dark winter days, join us to turn inward under the guidance of the experienced and kind-hearted teacher Roy Sutherwood. The retreat is open to both newer and more experienced meditators, and is most suitable for those with a little stability in meditation.

[Register Here](#)



A Mindful Heart with Wendy Ridley, Wednesdays 7pm-8:10pm from the 18th February until 3rd June with a 4 week break from 15th April until 13th May - ONLINE ONLY

A Mindful Heart is a new 12-week course developed by the Foundation for Developing Compassion and Wisdom (FDCW), inspired by Pam Cayton's Creating Compassionate Cultures program and currently being offered as a pilot by Land of Joy. This course is designed to support participants in developing a deeper understanding of how the mind works, gradually letting go of destructive patterns of thought and behaviour while cultivating a healthy self-confidence and a deep, compassionate connection with others.

[Register Here](#)



With Phara Khenchen Rinpoche (Tulku-la) and Di Carroll: Monday 23rd February to Wednesday 4th March

Requirements to attend: [See retreat information page](#)

We are delighted to host a 10-day White Tara Long Life Retreat dedicated to the long life of His Holiness the Dalai Lama. Held during the Days of Miracles—the auspicious period after Tibetan New Year (Losar) when virtuous actions are said to be powerfully multiplied—this retreat offers an exceptional chance to gather merit and make strong prayers for His Holiness's continued health and activity.

This will be the first retreat Phara Khenchen Rinpoche (Tulku-la) will lead at

Land of Joy and we are extremely grateful to him for offering his precious time and knowledge, supported by the wonderful Di Carroll.

[Register Here](#)



Vajrayogini Enabling Action Retreat

With Paula Chichester (supported by Yeshe Palmo), Friday 10th April to Thursday 7th May. Requirements: [See retreat information page.](#)

Land of Joy warmly welcomes the return of the Vajrayogini Enabling Action 100,000 Mantra Retreat, an important step for those wishing to deepen their connection with Vajrayogini.

It offers the chance to accumulate the required mantra recitations within the supportive and peaceful conditions of retreat. More than this, it creates space for the heart to open, for clarity to grow, and for Vajrayogini's fearless wisdom to become ever more alive within us.

[Register Here](#)

A recipe from the Land of Joy kitchen



Banana Bread Recipe (Gluten free & vegan)

1lb ripe bananas

5oz buckwheat flour (gluten free) or wholewheat flour

3oz porridge oats (gluten free)

4oz vegetable oil

2oz chopped nuts

4oz dried fruit

1tsp baking powder

Cinnamon or ginger as you like for extra flavour

Mash the bananas

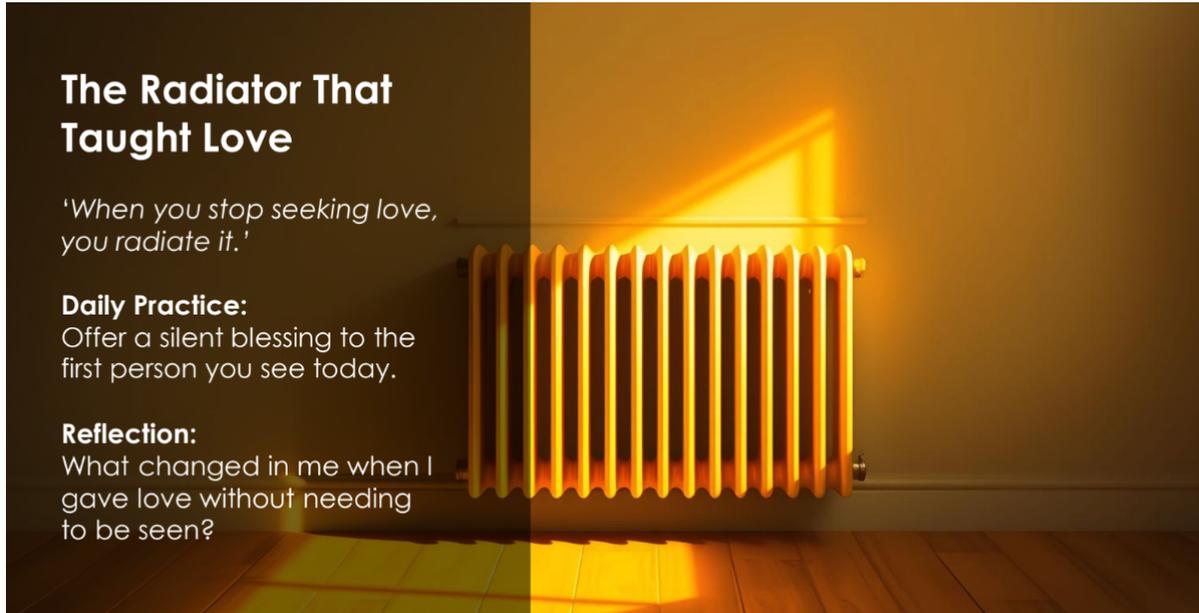
Add all the other ingredients and mix well

Pop in a loaf tin to a preheated oven

Bake for 40 - 45 mins

Enjoy!

Stories from Land of Joy



Bridge: Between View and Practice

Madhyamaka explains why warmth cannot belong to anyone.

Zen shows how to feel that warmth directly, without words.

Together they point toward the simplest practice.
Be like the radiator.
Let the warmth that moves through you move freely.

When you stop seeking love,
you find it everywhere,
already shining in all directions.

You no longer seek love, you radiate it

Practice Focus: Letting love move through you without needing return.

Daily Practice: Offer a silent blessing to the first person you see today.

Reflection: What changed in me when I gave love without needing to be seen?

Mantra: *When you stop seeking love, you radiate it.*

We're honoured to share this series written by Land of Joy volunteer Sandeep Krishnappa, who spent forty days in a volunteer room at Land of Joy. What began as a quiet corner for rest became a mirror for awakening.

The Room That Teaches: A 40-Day Journey from Seeking to Seeing is a collection of short, luminous stories—each born from an encounter with the ordinary. A drawer. A spider. A salad bowl. Each one a window into awareness.

This is not a book of reflections. It's a book of windows. Three minutes to read. A lifetime to live.



**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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