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# Land of Joy

Buddhist Retreat Community



*"May you be happy in the here and now and may you finally achieve definitive goodness."*

-His Holiness The Dalai Lama-

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February arrives with a sense of quiet momentum here at Land of Joy and we're writing this with a real warmth in our hearts.

Our 2026 retreat programme is now underway, and we're thrilled to be welcoming retreatants through our doors. It is deeply satisfying to begin the year his way - practitioners arriving to settle into the stillness, ready to work with the teachings in the space and quiet that only retreat can offer. This is what Land of Joy is here for, and it feels wonderful to see it in full flow.

Looking ahead, we're also preparing for Losar on February 18th. Losar marks the beginning of the 15 Days of Miracles, one of the most auspicious periods in the Buddhist calendar, culminating in the full moon of Chötrul Düchen on March 3rd. It's a time for fresh beginnings, for setting wholesome intentions, and for recognising the extraordinary opportunity this period offers for practice and generosity alike.

Thank you for being part of our community, we are so grateful that you are here.

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## Volunteer Update



As the new year unfolds, our volunteer team has been quietly weaving joy, care, and dedication into every corner of Land of Joy. February has brought a flurry of activity - and a deep sense of purpose.

We've completed our Taj Mahal puzzle, a fitting symbol of beauty built through patience and collaboration. We've worked on the East Wing renovation, transforming tired spaces into fresh, welcoming rooms where future retreatants can rest and reflect. Most importantly, we've prepared the centre to warmly welcome our first retreatants of the year, with everything from sustenance to meditation cushions thoughtfully arranged.

Behind the scenes, preparations for the upcoming retreat season are well underway. Each task - whether sanding walls or making tea for the team — is an offering of service, made with love and intention.

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## Update from Our January Board Meeting

**Each of our board meetings is a precious opportunity to reflect upon and celebrate the previous three months. Here are some highlights we'd like to share with you from our latest meeting on 28th January.**

### **Retreat Programme**

Our retreat programme continues to feel wonderfully alive, with lots of registrations already received for our 2026 programme. The retreat huts have also been well used through December and January, supporting people to settle into longer periods of practice in a simple, quiet space.

We're also expanding what we can offer online, with new online-only retreats being added — including the pilot of *A Mindful Heart*, a 12-week course starting in February.

### **Spiritual Life & Community**

Spiritual life at the centre has had a steady, grounded rhythm over the winter months — less “busy”, but deeply nourishing. One real highlight has been supporting a group of incredibly committed practitioners who completed a full month-long Yamantaka retreat, finished beautifully with a purifying fire puja. It’s always inspiring to witness that level of dedication, and it feels like a real blessing for the centre and everyone connected with it.

### **Retreat Huts Project**

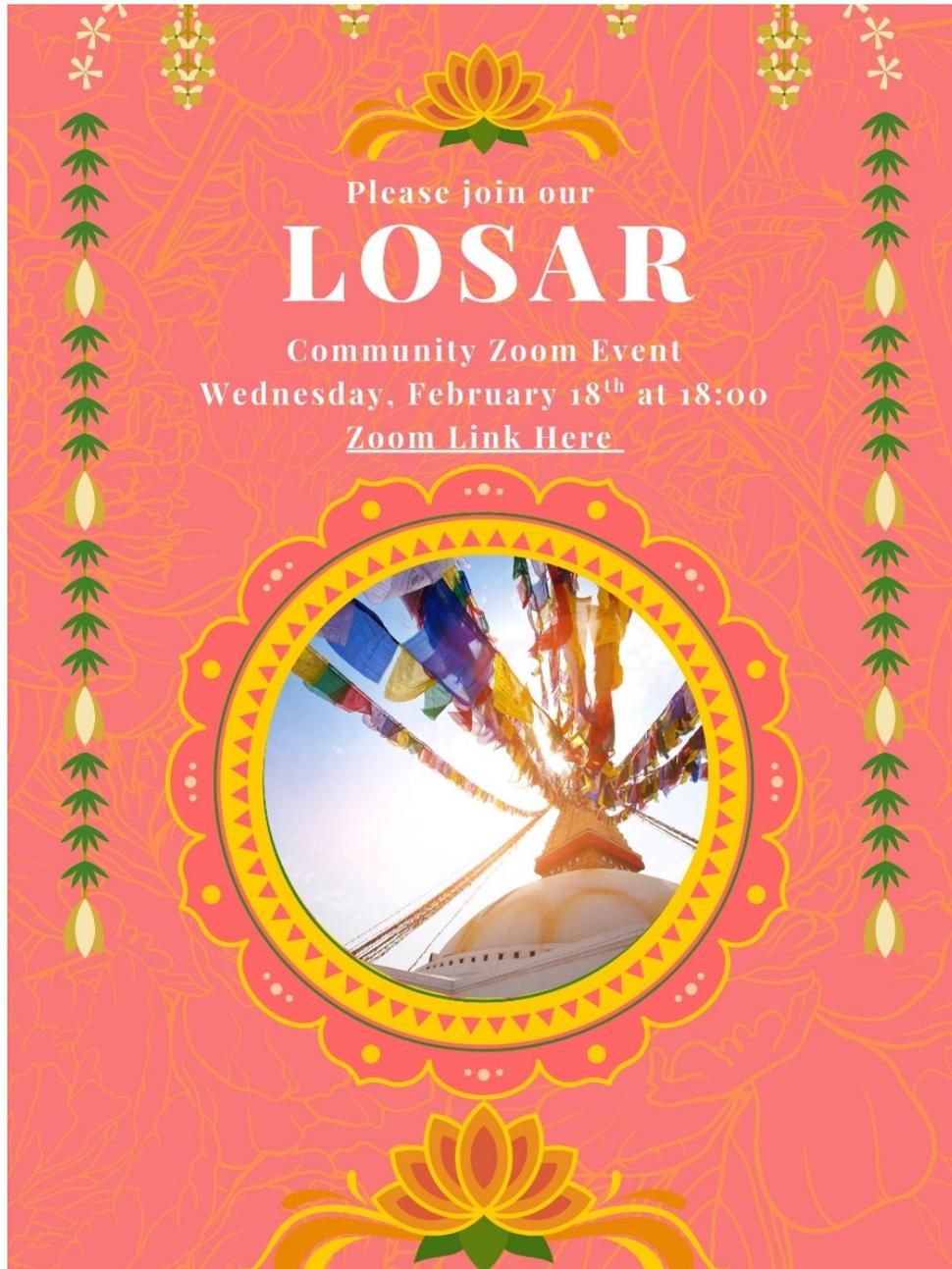
The retreat huts project is continuing to gather momentum, and we’re now moving into an exciting new phase. A dedicated fundraising campaign is being shaped, with plans to launch it at Losar as a heartfelt invitation for our wider community to be a part of bringing this vision into being. In the background, we’ve also been working steadily on the practical foundations — ironing out the plans for the groundworks so everything is ready to move forward smoothly when the time comes.

### **Volunteer Community**

Our volunteer community continues to be the heartbeat of the centre, and the atmosphere has remained warm, supportive, and genuinely up-lifting. Volunteers are continuing to really enjoy the weekly book club and Q&A sessions, which have been such a meaningful way to build connection and integrate Dharma into daily life. We’re happy to share that these sessions have now been opened to the wider local community once a month too — a gentle and welcoming way for others to connect with what’s happening at the centre.

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## Losar



On the evening of February 18th, we're hosting a short community Zoom celebration to mark Losar and share updates and next steps for our exciting retreat hut project.

Phara Khenchen Rinpoche will be joining us to share his reflections and lead a Tara mantra recitation to help remove obstacles for such a precious project.

We'd love to see you there - [here's the Zoom link to join us.](#)

**DATE:** February 18th, 2026

**TIME:** 6:00PM

**ZOOM:** <https://us02web.zoom.us/j/81530323600?pwd=Ta0chPRbAamQmFi63inbcWowgYkMxx.1>

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## 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](#)***

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## East Wing Transformation: Our Work Continues

We're delighted to share that the East Wing renovation is progressing beautifully, we are getting closer to completing this phase of the project! Over the past few weeks, our team has been hard at work transforming these spaces into refreshed, welcoming areas where our sangha can study, reflect, and deepen their practice.

The wallpaper has been fully stripped, the walls repaired and repainted, and the rooms are beginning to shine with new life. From scaffolding and sanding to careful brushwork and joyful teamwork, each step has brought us closer to creating a space that truly supports inner transformation.

This project was made possible through the extraordinary generosity of our community. Your donations, encouragement, and belief in Land of Joy's mission have turned vision into reality. We can't wait to welcome you into these renewed spaces soon.





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## Upcoming Retreats



**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**

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## 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](#)



## Loving Kindness: A Journey into Compassion & Equanimity

With Paula Chichester & Lou Beaumont, Friday 15th to Sunday 17th May.

This weekend retreat at Land of Joy is an invitation to open our hearts to the power of loving kindness — for ourselves, for others, and for the world we share.

Through a blend of teachings, guided meditations, group discussion, and gentle body practices, teachers Lou Beaumont and Paula Chichester will guide us in exploring kindness as a profound source of strength and happiness. Together, we will look closely at what supports kindness, what can prevent it, and how we can cultivate it in daily life with courage, balance, and warmth.

[Register Here](#)

## Recent Retreat



This past weekend, we welcomed our first retreatants of the year to Land of Joy for Making Space for Joy: Learning to Let Go, a beautiful, heart-opening journey for our community.

We explored what it means to release the patterns that no longer serve us and to reconnect with our natural clarity, compassion, and joy. Through meditation, movement, reflection, and shared silence, we created a space where people could soften, settle, and rediscover the freedom of simply being.

We're deeply grateful to everyone who joined us, for your openness, your courage, and your presence. May the insights and peace you touched this weekend continue to ripple through your life and into the world.

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## A recipe from the Land of Joy kitchen



### ★ A Shining 5-Star Success for Our Kitchen Volunteers ★

We're delighted to share some wonderful news: during a recent surprise inspection, our Land of Joy kitchen volunteers received a **5 out of 5 star rating** for their food hygiene and safety practices. This achievement reflects not only their hard work and attention to detail, but also the deep care and kindness they bring to nourishing everyone who comes through our doors.

To our incredible volunteers - thank you. Your dedication, teamwork, and joyful service creates meals that support retreatants in body and spirit. This recognition is so well deserved, and we are profoundly grateful for all you offer.





## **Buddha Bowl with Crispy Tofu (Serves 20)**

**Prep time: 40 minutes**

**Cooking time: 40 minutes**

**Total time: ~1 hour 20 minutes**

29–31 g protein per person

£1.71 per serving

### **Ingredients**

#### **Base**

- 8 cups (uncooked) short-grain brown rice  
→ yields about 20 cups cooked

## Crispy Tofu

- 3 kg firm tofu (about 6 standard blocks)
- 1 cup cornflour (cornstarch)
- 12 tbsp neutral oil (canola, sunflower, or avocado oil)

## Vegetables & Toppings

- 10 medium carrots, grated
  - 6 large cucumbers, diced into cubes
  - 10 ripe avocados, sliced
  - 4 large heads romaine lettuce, chopped
  - 6 cups shelled edamame (steamed or boiled and cooled)
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## Sauces

### Peanut Sauce (Garlic-Free)

- 2 cup natural peanut butter
- 1/2 cup soy sauce or tamari (for gluten-free)
- 1/2 cup rice vinegar or lime juice
- 4 tbsp maple syrup
- 2 tsp grated fresh ginger (optional but adds brightness)
- 1 cup warm water (to thin to drizzle consistency)

#### Instructions:

Whisk everything together until smooth. Add more warm water as needed until it's pourable but not runny.

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## Thai Sweet Chilli Mayo (Garlic-Free)

- 2 cup vegan mayo
- 1/2 cup Thai sweet chilli sauce
- 2 tsp lime juice (optional)

Instructions:

Stir all ingredients together until smooth and chill until ready to serve.

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## Method

### 1. Cook the rice:

Rinse the short-grain brown rice and cook according to package instructions (usually 2 parts water to 1 part rice). Fluff with a fork and let cool slightly.

### 2. Prepare tofu:

- Drain and press the tofu for at least 20 minutes to remove excess moisture.
- Cut into 2 cm cubes.  
In a large bowl, dip each piece of tofu in the oil and then toss the tofu in with the cornflour until evenly coated.
- Place each piece on a tray with baking paper and bake in the oven on 220° for 25 minutes until crispy and slightly golden.

### 3. Prepare veggies:

While tofu cooks, grate carrots, dice cucumbers, slice avocados, and chop romaine lettuce.

4. Garnish (optional):

Sprinkle with sesame seeds, chopped green onion tops (only green part for garlic-free), shredded Nori sheets or crushed peanuts.

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## Serving Tip

Serve buffet-style so guests can build their own bowls — it keeps everything fresh and customizable!

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## Stories from Land of Joy

*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.*