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Land of Joy

Buddhist Retreat Community

Spiritual Newsletter - July 2026



Welcome to our July newsletter! ☀️

July arrives with the full glow of summer - warm days, long light, and the land flourishing all around us. It's a season of growth and activity here at

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the people, and we're delighted to share all that's unfolding in our community this month.

In this issue, you'll find news and updates from Land of Joy, a look at the retreats and gatherings ahead, and glimpses of the everyday moments that make this such a special place.

As always, this newsletter comes to you with love and deep gratitude for your continued connection to our community — whether you join us here in person or hold us in your heart from afar. You are the heart of Land of Joy. 

Registration is Open!

H.E. JHADO RINPOCHE

EUROPEAN TOUR 2026



UNITED KINGDOM

9 - 13 SEP

UK Collaboration:
Jamyang Buddhist Centre London

ITALY

16 - 23 SEP

Instituto Lama Tsong Khapa

26 - 27 SEP

Jonang Shambhala Tibetan Centre

30 SEP - 6 OCT

Centro Muni Gyana

SPAIN

9-11 OCT

Nagarjuna C.E.T. Barcelona

NETHERLANDS

21 - 23 NOV

Maitreya Instituut Loenen

FRANCE

15 - 23 OCT

Nalanda Monastery

26 OCT - 3 NOV

Institut Vajra Yogini

6 NOV

Tibetan Paris Community

7-8 NOV

Kalachakra Center

SWITZERLAND

13-15 NOV

FPMT Switzerland

ROMANIA

18 NOV

Center of White Mahakala



Organised by FPMT European Coordination
Please visit individual center for full details at:
<https://fpmt.org/centers/#europe>



 **His Eminence Jhado Rinpoche visits Jamyang London**

this September 🙏

We are so fortunate: His Eminence Jhado Rinpoche will visit the UK for five special days — Wednesday 9th to Sunday 13th September — offering a rich programme of initiations, transmissions, and teachings:

- Teachings on the Three Principal Aspects of the Path and Lojong
- Kalachakra Initiation
- Cittamani Tara Torma Initiation
- Cittamani Tara Body Mandala Initiation
- Reading Transmission of Cittamani Tara Sadhana, The Four Mandala Ritual of Cittamani Tara and Praises to the Twenty-One Taras
- Lama Tsongkhapa Three Deities Jenang
- Medicine Buddha Jenang
- Lama Chopa Commentary

Only a few tickets remain — this is the moment to book! Spaces in the gompas are now full, but the teachings continue throughout the centre: screens in the Tara Room, the library, reception, and across the building will show the empowerments, so wherever you are seated, you'll be fully part of the mandala of these precious initiations.

Join for the full five days, or book just the part of the programme that speaks to you:

- Kalachakra initiation & teachings on the Three Principal Aspects of the Path & Lojong (days 1–2)
- Cittamani Tara initiations & transmissions (day 3)
- Medicine Buddha & Lama Tsongkhapa Three Deities jenangs plus Lama Chöpa commentary (days 4–5)

Note: this event is in-person only for now — online options may be announced later.

[Learn More and Register Here](#)

Welcome Back!



Welcoming Phara Khenchen Rinpoche Back to Land of Joy

It is with tremendous joy that we welcome **Phara Khenchen Rinpoche (Tulku-la)** back to Land of Joy!

Tulku-la holds a treasured place in our community as Minister of Religion, and his presence here is always a profound blessing. From leading a retreat this year to guiding our pujas and offering heartfelt counsel to those who seek it, his wisdom, warmth, and generosity of spirit have enriched Land of Joy in countless ways.

We feel deeply fortunate to have him among us once again, and we look forward to the many contributions he will make to the life of our centre in the days ahead — the practices and the quiet moments of guidance that help our whole community grow along the path.

Please join us in extending a warm, joyful welcome back to Tulku-la. His return is a true cause for celebration. 🧡



Celebrating His Holiness the Dalai Lama's 91st Birthday



This week, our community gathered at Land of Joy to celebrate the 91st birthday of His Holiness the 14th Dalai Lama.

The gompa was decorated with balloons and bunting, and the shrine was beautifully arranged with flowers, lotus lights, and an abundance of offerings.

It was a joyful occasion, filled with practice, celebration, and good company. His Holiness remains a shining example of compassion and wisdom for our world, and it was a privilege to honour him. ❤️



Looking Ahead: Building our 2027 Programme



Behind the scenes at Land of Joy, we've been busy planning something wonderful — our 2027 spiritual programme is taking shape!

We've been having the most inspiring conversations with a remarkable group of teachers, many who have already been offering their time, energy and knowledge so generously to our community as well as some new and exciting connections being made.

We're truly bowled over by the generosity and strong wish to come to Land of Joy to share with our community. Getting to collaborate with such wonderful people is a real gift, and these planning conversations have left us energised, inspired and excited about all that's to come.

There's still work to do as the pieces come together, but we couldn't wait to let you know how much joy this process is bringing us. We're looking forward to sharing the full programme with you this autumn.

Watch this space — good things are coming. 🧡

Chökhör Düchen July 18th

A Precious Merit-Multiplying Day

This month brings one of the four great holy days of the Tibetan Buddhist calendar. Chökhör Düchen. Taking place on 18th July, it will commemorate the Buddha's first teaching, when he turned the Wheel of Dharma and taught the Four Noble Truths.

On this most auspicious day, the merit of every positive action is multiplied by **100 million times**. Think of it like planting seeds: on an ordinary day, one seed grows into one plant — but on Chökhör Düchen, that single seed grows into a hundred million. A single light offering becomes like a hundred million offerings.

Following Lama Zopa Rinpoche's advice for these holy days, we're encouraged to step back from worldly distractions and turn our energy toward practice. Suggested practices include:

- **Taking the Eight Mahayana Precepts** for 24 hours
- **Reciting sutras**, such as the Sutra Remembering the Three Jewels
- **Mantra recitation**, such as *Om Mani Padme Hum*
- **Acts of generosity** — making offerings, sponsoring pujas, or supporting the monastic community

Chökhör Düchen also marks **International Sangha Day**, making it a especially meaningful time to support monks and nuns who dedicate their lives to preserving and sharing the Dharma.

Whatever practice you choose, may this precious day be a wonderful opportunity to plant seeds of merit for the benefit of all beings. 🙏

Celebrating our Recent Retreat 'Falling in Love

with the Future'



🌻 **Thank you to everyone who joined us for Falling in Love with the Future!**

What a luminous Summer Solstice weekend it was! Blue skies, sunshine on the lawn, artwork made and shared, gentle movement under open skies, and long golden evenings gathered around the fire — wrapped in blankets, telling stories, and simply being human together. ☀️🔥

Thank you for bringing your curiosity, your openness, and your willingness to be surprised by your own aliveness. Together you rested in the quiet magic of the land, tended the soil of possibility, and remembered a simple but profound truth: that our joy arises from our natural state of inter-being. 🌱 We hope you found what it means to fall in love with the future — not through control, but through connection. 💚



We were so touched by the reflections our retreatants shared with us — here are just a few:

"So, so beautiful. I wouldn't be exaggerating to say I think my experience here has changed my life. Thank you so much, for your gorgeous site and the peaceful surroundings, amazing food and warm, welcoming atmosphere."

"Informative, emotional and very loving open space."

"Amazingly eye-opening content — has made me remember the good in myself and the world."

"Paul is so calm, witty — he made me feel at ease, safe and so friendly, wanting me to smile smiles. So nourishing."

Upcoming Retreats



Mindful Movement with Body & Breath

with Lou Beaumont

Friday 28th – Sunday 30th August

Step away from the busyness of daily life and join us for Mindful Movement with Body & Breath, a gentle and nourishing retreat designed to help you reconnect with your natural rhythm. This retreat will offer a grounded, accessible pathway to inner peace, using the ancient wisdom of the body to steady the mind.

Throughout this retreat, we will explore the beautiful synergy between two powerful systems of wellbeing:

- **Pranayama (Yogic Breathwork):** Discover how to regulate your nervous system, cultivate inner calm, and energise the body through intentional breathing.
- **Qigong (Mindful Movement):** Engage in slow, flowing sequences designed to release tension, improve mobility, and harmonise the flow of *chi* (subtle energy).

By combining these practices, we create a bridge to deeper meditation, allowing energy to flow freely while anchoring our awareness in the present moment.

This retreat is open to **everyone**. No prior experience with yoga or meditation is necessary. It is particularly supportive if you are feeling stressed or overwhelmed, or if you simply wish to explore how light movement and breath

can transform your sense of wellbeing. All you need is the ability to engage in light standing or sitting movement - and, of course, your breath!

Book Your Place Here



Living with Integrity: A Weekend on the Second Perfection - Ethical Discipline

With François Schick

Friday 4th - Sunday 6th September

During this weekend at Land of Joy, François Schick will guide us into a gentle exploration of the second pāramitā — ethics and morality. Together, we will deepen our understanding of this essential practice and the ways it supports a meaningful life.

Throughout the retreat, François will invite us to reflect on how ethical conduct nurtures inner peace and how our choices shape both our present and future through the law of karma. Rather than abstract philosophy, we will focus on how these timeless teachings can be applied to the small moments of daily life — in our words, our actions, and our relationships.

The retreat will weave together guided reflections, simple practices, and quiet time for personal contemplation. Through this balance, we will discover how living with integrity can bring steadiness, clarity, and ease to the way we move through the world.

Learn More and Register Here



Emptiness in Everyday Life

With Geshe Rinchen

Thursday 15h – Sunday 8th November

****NOTE: This retreat was originally scheduled for September but was moved due to [Jhado Rinpoche's exciting visit to the UK the 9th-13th of September.](#)***

We are delighted to welcome Geshe Rinchen, resident teacher at Jamyang Buddhist Centre Leeds, for a retreat exploring one of Buddhism's most profound and liberating insights - emptiness.

Emptiness lies at the very heart of the Buddha's wisdom: the key to freedom from confusion and the ground from which genuine compassion naturally arises. Over this long weekend, Geshe Rinchen will guide participants through a step-by-step exploration of emptiness as presented in the Tibetan Buddhist tradition, drawing on the works of great masters such as Je Tsongkhapa. Through a balance of teachings, guided meditation, and quiet reflection, we will explore how freeing ourselves from the notion of an inherent self can bring greater clarity, peace, and kindness into the texture of everyday life.

This retreat is open to everyone - no prior knowledge required. All that is needed is curiosity, openness, and a sincere wish to understand more deeply.

Book Your Place Here



Kalachakra Six-Session Guru Yoga Nearing Retreat

With Linda Noble & Andy Wistreich

Saturday 14th – Saturday 28th November

We are honoured to host a Kalachakra Six-Session Guru Yoga Nearing Retreat, a rare and precious opportunity for practitioners to stabilise their commitments and immerse themselves in the profound vision of the Kalachakra mandala.

This retreat is designed as a "nearing retreat," focusing on the daily recitation and contemplation of the Six-Session Guru Yoga to renew *samaya* and deepen devotion to the lineage. By stepping away from worldly distractions, we create a sacred container where the visualisations, prayers, and commitments of this practice can move from the page and become deeply integrated into our hearts.

Important Prerequisites

To maintain the integrity and energy of this intensive practice, participants must meet specific requirements:

- **Empowerment:** You must have received a Kalachakra initiation from a fully qualified teacher.
- **Existing Practice:** To be familiar with Six-Session Guru Yoga practice.
- **Stability of Mind:** A firm foundation in the Three Principal Aspects of the Path (Renunciation, Bodhicitta, and Right View) is essential.
- **Recommended Reading:** We highly encourage reading *How to Practise Kālacakra in the 21st Century (Volume One)* by Andy Wistreich in preparation.

Book Your Place Here

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 still have very limited availability in the next few months ([more dates are available throughout the year, please check the website!](#)):

- **Retreat Hut 1:** 11th - 19th November | 2nd - 19th December
- **Retreat Hut 2:** No availability until September 2027
- **Retreat Hut 3:** 20th September - 3rd October | 17th - 25th November | 10th - 19th December

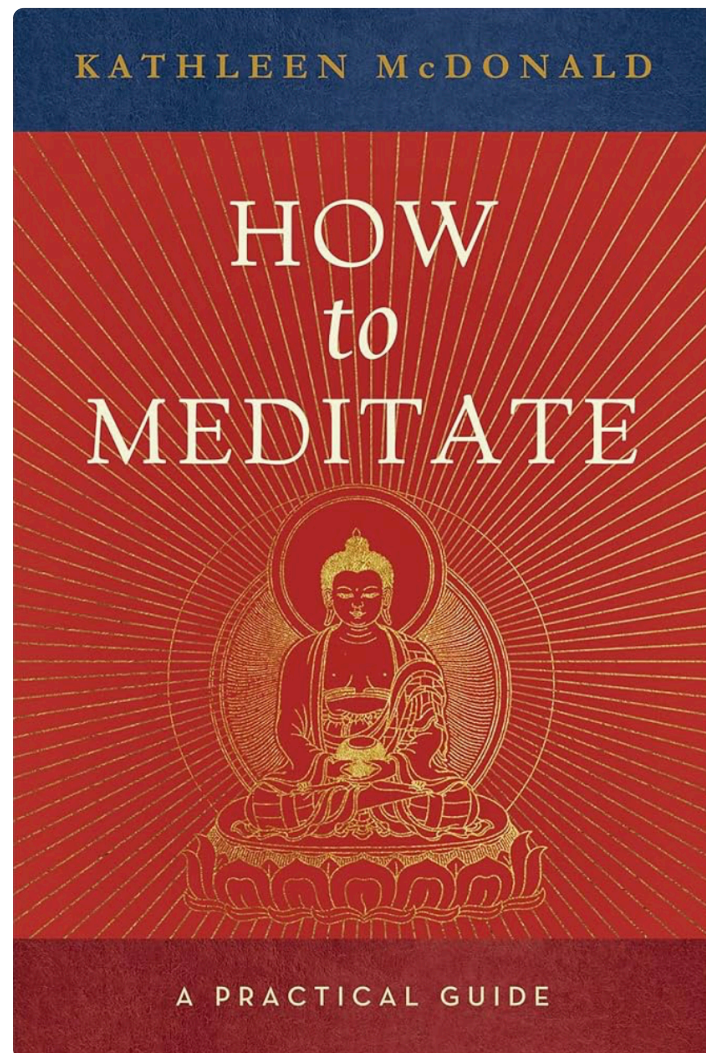
NOTE: Our retreat huts bookings are open to 2027, please be sure to book in advance!

“I am very grateful for the opportunity to have a retreat in a place like this. So much work and care went into these huts! Thank you!”

-Luisa, a recent retreatant in a private retreat hut-

Learn More, Check Availability and Book Your Stay

Monthly Recommendation: “How to Meditate” by Kathleen McDonald



How to Meditate by Kathleen McDonald is a down-to-earth, practical guide that has become a trusted companion for anyone wishing to begin or maintain a meditation practice.

Written by a Western Buddhist nun with deep experience in both practising and teaching meditation, the book offers a wealth of clear, practical advice on a range of authentic techniques — from what to do with the mind, to how to sit, to visualisations and other traditional practices. Best of all, McDonald's approach is warm and encouraging throughout. 🙏

Become a Branch of Joy



Branches of Joy: Growing Strong Together

Like a tree that needs deep roots to flourish, Land of Joy depends on the steady support of our monthly donors. Your consistent generosity creates the stable foundation that allows us to plan ahead, invest in our facilities, and ensure the Dharma remains accessible to all.

In 2025, Branches of Joy members made it possible to welcome hundreds of

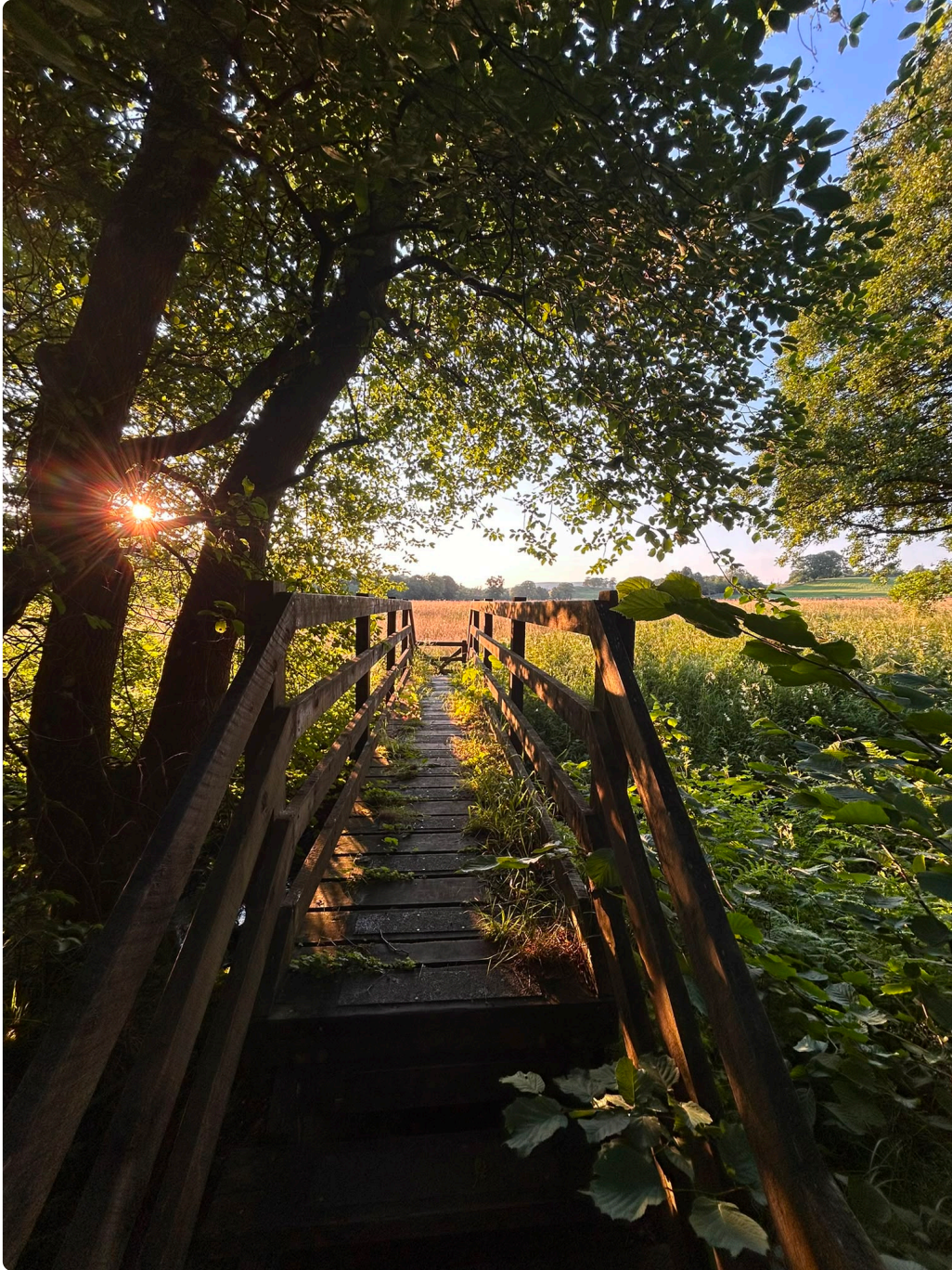
retreatants, complete the dining room renovation and make progress on our East Wing renovation. Your monthly gifts combine to create lasting refuge for practitioners for years to come.

Join the Branches of Joy community and help us continue offering retreat opportunities under our pure generosity model.

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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