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Land of Joy

Buddhist Retreat Community



"I find hope in the darkest of days, and focus in the brightest. I do not judge the universe."

— His Holiness Dalai Lama XIV

As August unfolds here at Land of Joy, the garden is giving generously — a daily reminder of the abundance that comes from patient tending and good conditions. We're equally grateful for the momentum building across our community this season.

With a full slate of retreats still ahead this autumn, including Jhado Rinpoche's teaching programme, there's much to look forward to together. Behind the scenes, planning for our 2027 programme is already well underway, as we continue shaping Land of Joy into a home for the Dharma for years to come.

Thank you, as always, for being part of this growing community — whether on the land or holding us in your hearts from afar.

Retreat Hut Project Update





The retreat hut project is really taking shape now, and this month it's all about timber! Long, sturdy lengths of wood have been arriving on site, and our volunteers have stepped up once again — measuring, marking, strapping, and carrying beam after beam into place with real teamwork and good humour.

From carefully securing loads onto trolleys to hauling timber across the fields by hand, this is proper hard work — but you'd never know it from the smiles. Whether it's two pairs of hands steadying a plank for a precise cut, or a small crew working together to get materials exactly where they need to be, every measurement and every carried beam is bringing the retreat huts one step closer to reality.

It's slow, careful, physical work — the kind that doesn't always make for the most dramatic photos, but is absolutely essential to building something that will serve retreatants for years to come. Every plank in place today is a little more warmth, shelter, and sanctuary down the line.

Huge thanks to our volunteers for the sweat, the precision, and the quiet dedication that goes into this project. Land of Joy is being built quite literally by hand, one beam at a time — and we couldn't be more grateful. 🙏

More updates to come as the huts take shape — watch this space!

Make an Offering





Our Recent Woodland Working Week



🌲 **Thank You, Woodland Work Week Volunteers!** 🌲

A huge thank you to everyone who joined us for our most recent Woodland Work Week at Land of Joy! Rain or shine, this dedicated group rolled up their sleeves — clearing ferns, cutting back overgrowth, and giving real care and

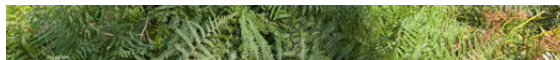
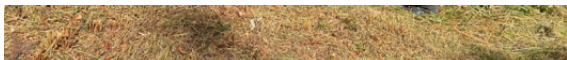
attention to the woodland that so many of our retreatants come to love.

From wielding scythes and trimmers to hauling wheelbarrows full of cuttings, no task was too big or too muddy. And of course, no work week would be complete without well-earned tea breaks in the sunshine and good conversation between tasks!

The woodland doesn't take care of itself, and weeks like this one make a real, lasting difference to the land we're so fortunate to call home. We're endlessly grateful for the time, energy, and generous spirit each volunteer brought with them.

Thank you all for your hard work — Land of Joy is more beautiful because of you. 🙏🌿





Upcoming Retreats

[Register Here](#)



Mindful Movement with Body & Breath

With Lou Beaumont, Friday, 28th to Sunday, 30th August (FULLY BOOKED,
WAITING LIST AVAILABLE)

Mindful Movement with Body & Breath is a gentle and nourishing retreat designed to reconnect you with your body's natural rhythm and subtle energy.

Through the combined practices of pranayama (yogic breathwork) and qigong (mindful movement), we explore how breath and movement can harmonise the body, calm the mind, and support overall wellbeing. These ancient systems complement each other beautifully—breath guiding awareness inward, and movement allowing energy to flow freely.

Together, they create a grounded and accessible pathway into meditation, helping you feel more present, balanced, and at ease.

[Register Here](#)



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

With François Schick

Friday 4th - Sunday 6th September

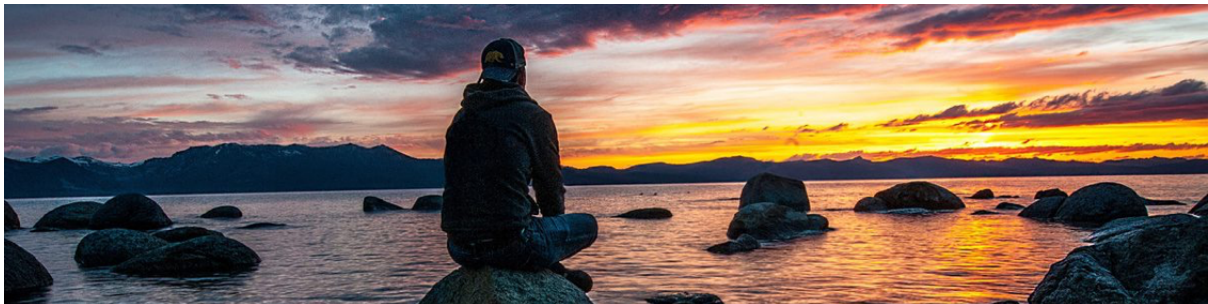
During this weekend at Land of Joy, François Schick will guide us into a gentle exploration of the second pāramitā — ethics and morality. Together, we will deepen our understanding of this essential practice and the ways it supports a meaningful life.

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.

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.

[Register Here](#)



Shamatha Retreat

With Ven Mary Reavey: Friday 25th September – Saturday 3rd October.

Shamatha is the development of attention which enables us to focus our attention on an object without agitation or dullness, eventually reaching the clear mind of. Shamata (calm abiding) is the clear mind that provides us with the focus we need to positively transform our minds for ourselves and others. We all need to start where we are so no matter what our level of meditation might be, you will find benefit from training your attention.

[Register Here](#)



An Introduction to Tibetan Buddhism

With Phara Khenchen Rinpoche (Tulku-la) & Di Carroll, Friday 30th October – Sunday 1st November.

Tibetan Buddhism is a rich spiritual tradition that combines philosophical teachings, meditation practices, and ways of living with compassion and wisdom. It offers practical guidance for understanding the mind, working with emotions, and developing clarity, kindness, and insight.

This weekend retreat is a short introduction, designed for anyone curious about Tibetan Buddhism who wants to learn a little and see if they would like to explore further. You'll touch on foundational Buddhist concepts such as bodhicitta (the mind of awakening), wisdom, ethical conduct, karma, the Four Noble Truths, the Eightfold Path, rebirth, impermanence, death and dying, and taking refuge in the Three Jewels.

No prior experience is needed — you can come simply curious and see how these teachings resonate with you.

[Register 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.

[Check our website for the latest availability](#), we have a few dates left in 2026 and are already booking in 2027!

“I was very happy to see so much wildlife now - I saw an otter twice, bats, two herons, and three white-tailed deer! Happy sentient beings!”

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

A recipe from the Land of Joy kitchen



Generosity Pie (Vg, GF)

Prep time: 20 minutes

Cooking Time: 60 minutes

Ingredients

- Maris Piper potatoes
- Vegan butter & Olive oil
- Onions & Garlic
- Brown lentils (uncooked) & Plant-based mince
- Dried porcini mushrooms (soaked)
- Vegetable stock
- Frozen mixed veggies
- Fresh thyme & Pumpkin seeds

Method

1. Prepare Mash: Boil halved potatoes for 20–30 minutes until tender. Drain, evaporate excess water, and mash with vegan butter and salt/pepper.

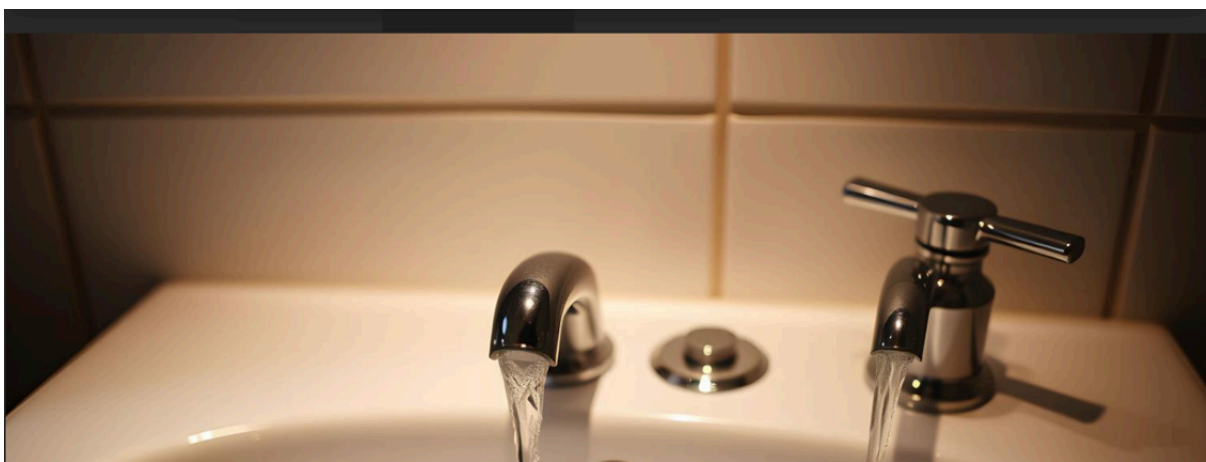
2. Sauté: Preheat oven to 220°C. Sauté onions and garlic in olive oil for 5 minutes until browned.
 3. Simmer Filling: Add tomato paste, lentils, stock, and thyme. Bring to a boil, then cover and simmer for 35–40 minutes until lentils are tender.
 4. Thicken: Uncover and simmer to reduce liquid. In the last 10 minutes, stir in frozen veggies, plant mince, and mushrooms.
 5. Assemble: Transfer filling to a baking dish. Top with mashed potatoes, smooth with a fork, and sprinkle with seeds.
 6. Bake: Bake for 10–15 minutes until the top is lightly browned. Let cool briefly to thicken before serving.
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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.





Story 9: The Sink That Spoke of Pain

The sink has seen everything.
Tea stains, toothpaste, ginger, turmeric, even tears, sometimes all before
breakfast.

This morning, he turned on the hot tap, then the cold, trying to find that
perfect in-between.

He dipped a hand under the stream, flinched, adjusted, sighed.
He does this every day, the ritual of too much or too little.

As the steam rose, I thought:
Pain is like that.

Too much resistance, and it scalds.
Too much avoidance, and it numbs.

The only way to learn its temperature is to feel it directly, not for drama,
just for truth.

He finally found balance and began rinsing his cup.
The water ran clear.
So did he.

I've noticed he doesn't run from discomfort anymore.

*He meets it, like washing a stubborn dish, gently, repeatedly, without
complaint.*

That's how wisdom shines through: rinse by rinse.

Moral: When you stop hiding from pain, you meet it as a teacher.

COMMENTARY SECTION:

*The commentary sections are for those who want deeper philosophical context.
If you prefer to stay with the stories and practices, that's perfect too.*

Madhyamaka Reflection: The Middle Way of Feeling

madhyamaka reflection: the middle way of feeling

The sink is a small mandala of dependent origination.
Hot and cold have no independent existence, each defines the other.
What we call "too much" or "too little" arises only through the body's
relationship to sensation.

Nāgārjuna might say:

Pain is not inherent in heat or in mind.

It is called pain in dependence upon contact, perception, and the story of self.

When we see this, pain ceases to be an enemy.
It becomes a signal, the meeting point where causes reveal their limits.
Resistance turns it into suffering; avoidance freezes its lesson.

But when we meet pain directly, without grasping or fleeing, it transforms into
wisdom.

This is the living Middle Way:
not clinging to comfort, not rejecting discomfort, but attending to the exact
temperature of experience.

The sink demonstrates it daily, balancing streams of warmth and coolness until
clarity returns.

Zen Poetic Mirror: Thusness of Pain

Steam rises.

Water sings against metal.

*Hand meets heat,
mind meets story.*

*Too much burns,
too little fades.*

*In between,
truth flows.*

*Rinse once,
rinse again.*

The heart clears like glass.

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**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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