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Land of Joy

Buddhist Retreat Community



"Every day, think as you wake up, today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings. I am going to have kind thoughts towards others, I am not going to get angry or think badly about others. I am going to benefit others as much as I can."

— His Holiness Dalai Lama

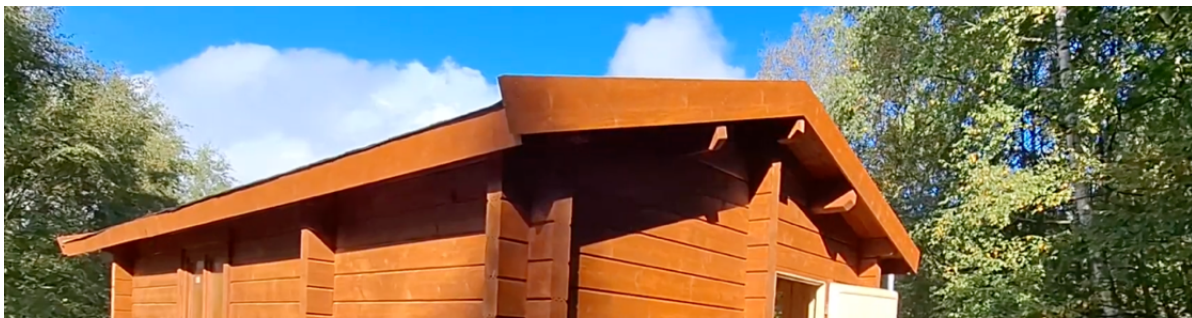
Welcome to our September newsletter! 🍁

September has brought a sense of momentum to Land of Joy. Our retreat huts are rising among the birch trees, frame by frame, thanks to the dedication of our volunteer construction team. We were also thrilled to take part in welcoming His Eminence Jhado Rinpoche to the UK for the first time, alongside our friends at Jamyang London and Jamyang Leeds.

In this issue, you'll find an update on the hut build, a look back at Rinpoche's visit, and a preview of the retreats ahead this autumn — from an introduction to Buddhism to a Kalachakra nearing retreat.

As always, thank you for being part of this community, whether you're with us here in Northumberland or holding us in your heart from afar. ❤️

Retreat Hut Project Update





Wonderful progress to share this month — the structure of our first retreat hut is officially built! The team has built the internal and external walls, fitted the wooden roof and topped it with shingles. They've now moved on to insulating and fitting out the interior while Russell and Michael (our local trades people) complete the plumbing and electrics.

Since finishing the exterior focus turned to finishing the base for the second hut, transporting the pieces over to the site then starting to build the walls. Work has now paused for a few days for the team to have a break before tackling the rest.

 [Watch a snap shot of the latest progress here](#) 

 [Watch an in depth walk through of the building process here](#) 

There's still a good way to go, but each step forward brings us closer to huts that will hold quiet, dedicated space for practice for years to come. **Soon our focus shifts to interiors and furnishings — and we have some exciting news brewing about how you can help us with that exciting new phase. Stay tuned.** 🙄

As ever, this project moves forward because of you — our volunteers giving their time and skill, and the generosity and heart felt support of our wider community. Thank you 🙏





Make an Offering

Our 2027 Programme Is Landing Soon!

Save the *dates*
2027 Retreat Registration will open soon

21 - 24 January	<i>Developing Our Capacity to Love</i> with Alison and Anna
29 - 05 January - February	<i>Mahamudra</i> with Roy Sutherwood
12 - 21 February	<i>Medicine Buddha Retreat</i> with Phara Khenchen Rinpoche and Di Carroll
25 - 28 February	<i>Awakening the courage of the Bodhisattvas: Training in the perfection of patience.</i> with François Schick

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landofjoy.co.uk

Save the dates: our 2027 retreats 🌿

We're delighted to share the first four of our 2027 retreats. As these will be happening in January & February, we wanted to give you plenty of time to plan ahead:

- **21–24 January:** *Developing Our Capacity to Love*, with Alison and Anna
- **29 January – 5 February:** *Mahamudra*, with Roy Sutherwood
- **12–21 February:** *Medicine Buddha Retreat*, with Phara Khenchen Rinpoche and Di Carroll
- **25–28 February:** *Awakening the Courage of the Bodhisattvas: Training in the Perfection of Patience*, with François Schick

The full 2027 programme will be released on **25 October**, and **registration for all retreats opens on 1 November**. Keep an eye on your inbox and on landofjoy.co.uk for details.

We look forward to welcoming you in the new year. 🙏

Volunteer Update



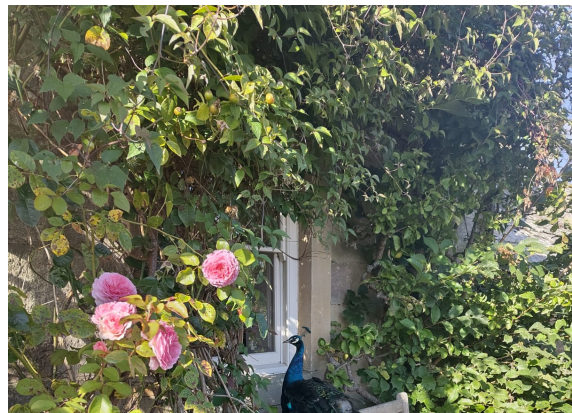
A Visit to Our Neighbours at Harnham

Our Land of Joy volunteers recently spent a lovely day with our friends at Aruna Ratanagiri, Harnham Buddhist Monastery, just a short drive away across the Northumberland countryside.

Aruna Ratanagiri is a monastery in the Thai Forest tradition, part of the lineage of the late Ajahn Chah. The Sangha welcomed us warmly. We spent some time with them and were invited to explore the peaceful grounds. Along the way we passed a serene Buddha rupa set among the trees, the quiet lakeside, and one very photogenic resident peacock, who posed proudly among the roses.

Visits like this are a beautiful reminder that the Buddha's teachings flow through many streams. Different traditions share the same aspiration to wisdom and compassion, and it was a joy to sit together and celebrate our friendship as Dharma neighbours.

Our heartfelt thanks to whole Harnham community for their generous hospitality. We hope to someday welcome them to Land of Joy. 🙏





Upcoming Retreats

[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

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.

Retreat Hut 1: October 16th - 23rd, November 21st - December 3rd

Retreat Hut 2: November 13th - 28th

Retreat Hut 3: October 17th - 28th

“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



Carrot, Orange & Ginger Soup

Time

- Prep time: ~25 minutes

- Cook time: ~35 minutes
- Total: ~60 minutes

Ingredients: (5 servings)

- 0.9 - 1.0 kg carrots
- 165-185g celery (about 3 sticks)
- 1 large onion (optional)
- 1.0-1.5L vegetable stock
- 250 mL oat milk
- 250 mL coconut milk
- 1tbs fresh ginger
- 125-150 mL orange juice
- 1tbsp oil
- salt & pepper to taste



Method

1. Soften the base:
Heat oil in a very large stock pot. Add celery (and onions if using) and cook 6–8 mins until soft.
2. Add carrots + ginger:
Stir in chopped carrots and grated ginger. Cook 3–5 mins.
3. Add stock + simmer:
Pour in stock until vegetables are just covered. Simmer 25–30 mins until carrots are fully soft.
4. Blend smooth:
Blend with a stick blender (or in batches) until silky.
5. Add milks + orange juice:
Stir in oat milk + coconut milk + orange juice. Simmer gently 5–10 mins (don't boil hard).
6. Season + serve:
Add salt/pepper to taste. Loosen with extra stock/water if needed.

+ Optional Extras (Protein Boost Ideas)

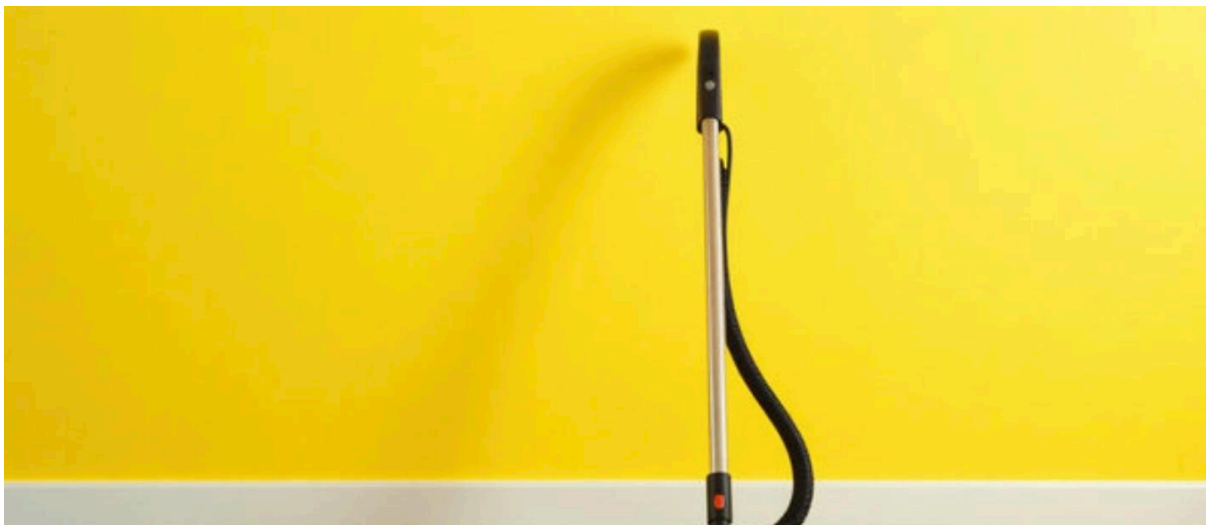
- Add 1–1.5 kg cooked red lentils blended in (big protein + thickens)
 - Serve with bread + hummus
 - Top with toasted seeds or croutons
 - Add white beans and blend smooth
 - Fresh coriander/parsley
-

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 10: The Hoover That Learned Humility

He doesn't like vacuuming.
It's too loud, too mundane, too... non-spiritual, apparently.

Every time the hover roars to life, he mutters something about “disturbing the peace.”

This morning was his turn to clean the corridor.
He plugged it in dramatically, as if preparing for battle.

The hover whirred, the cord tangled, and the nozzle refused to cooperate.
But then something shifted.

Halfway through, he stopped resisting and just followed the hum.
Back and forth, steady, patient, like breathing with a machine instead of against it.

Dust disappeared. So did his irritation.
By the time he unplugged it, the hall was spotless and his mind was quiet —
not because the hover was silent,
but because he finally was.

Turns out enlightenment sometimes sounds like 1200 watts on carpet mode.

Moral: When you stop trying to fix the world, you serve it quietly.

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: Emptiness of Labor

The hover demonstrates dependent origination in motion.

Noise, dust, effort, and cleanliness exist only in relation to one another.

There is no independent “mundane task” apart from the mind that labels it so.

Nāgārjuna might note:

The hover is not inherently noisy, nor the act of cleaning inherently profane.

They are called such in dependence upon expectation, resistance, and the view of what counts as spiritual.

When he stopped separating “sacred” from “ordinary,”

the noise became rhythm, and rhythm became practice.

The act of cleaning revealed itself as the field of awakening.

In the Middle Way, humility is not submission but intimacy with what is.

The world does not need fixing, only attention.

Every sweep of the corridor, every hum of the motor, is an offering to interbeing itself.

Zen Poetic Mirror: Thusness of Labor

The machine hums.

Dust dances.

He breathes.

The floor listens.

No one cleans.

No one is clean.

Only movement
meeting movement.

A hall empty of noise,
yet full of sound.





**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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