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Land of Joy

Buddhist Retreat Community

Spiritual Newsletter - October 2026



Welcome to our October newsletter! 🍁

Autumn has settled over Northumberland. The birch leaves are turning gold, the mornings have grown crisp and still, and the change of season is a gentle reminder of impermanence and of how precious each moment of practice is.

It’s been a lovely month here at Land of Joy. Join us as we look back on our Shamatha retreat with Ven. Mary, share the latest progress on the

retreat huts (with exciting news on the way), and give you a first glimpse of our 2027 retreats.

Thank you for being part of this community, whether you're here with us in Northumberland or holding us in your heart from afar. 💚





Our 2027 Programme Is Here! 🌿

We're delighted to share our full programme of retreats for 2027, a year of teachings, practice and community at Land of Joy. This programme has been six months in the making, and we're thrilled to finally share it with you.

Teachers both familiar and new will guide retreats across the year. Phara Khenchen Rinpoche (Tulku-la) will lead our Medicine Buddha Retreat, Ven Tenzin Palmo joins us for Exploring the Buddhist Path, Ven Lhundup Jamyang joins for Lama Tsongkhapa retreat and Ven Mary Reavey returns to lead several offerings, including Shamatha, Vipassana and a practical workshop on developing a daily practice.

You'll also find:

- 🙏 **Foundations and everyday practice:** *Developing Our Capacity to Love*, *A Mindful Heart*, *Falling in Love with Life*
- 🔥 **Deeper study and tantric practice:** Mahamudra, EVAM, Vajrayogini, Lama Tsong Khapa Guru Yoga and the Kalachakra Mandala
- 🌸 **Body and energy:** *Tasting Kum Nye: Tibetan Yoga, Massage & Visualisation* and *Balancing the Elements*
- 🕯️ **Time for your own practice:** a Supported Self-led Retreat with Ven Mary Reavey

More retreats for June and October will be announced soon.

We are deeply grateful to all of our teachers for their kindness and generosity in coming to Land of Joy to share the Dharma with us. Their enthusiasm to teach at Land of Joy is what makes a programme like this possible. 🙏

✨ **Registration opens on 1st November.** Popular retreats fill quickly, so mark your calendar and book early to secure your place. Full details are at landofjoy.co.uk/retreat-programme.

We look forward to practicing with you in 2027. 💚

H.E. Jhado Rinpoche at Jamyang London



Five Days with H.E. Jhado Rinpoche 🌸

We were overjoyed to recently receive some photos of Jhado Rinpoche's first visit to the UK. It was a wonderful reminder of such a special visit and we wanted to share some with you.

In September, Land of Joy joined Jamyang London and Jamyang Leeds to host His Eminence Jhado Rinpoche for five days of teachings, initiations and transmissions at Jamyang London, seven years after the visit was first requested.

We were so incredibly fortunate to receive such sublime teachings and initiations from a truly incredible being and overjoyed that so many of the Land of Joy team members and community could join us in London.

It was made possible by the many volunteers from the three hosting centres and beyond who planned the event, prepared the gompa each day, welcomed guests, took care of the technology, looked after the Sangha and served in the café.

It was an absolute privilege to come together with Jamyang Leeds and Jamyang London to make such an incredible gathering possible. Rinpoche made it clear how happy he was to see such teamwork and harmony between us all.

Our heartfelt thanks to Rinpoche, the organisers, and every volunteer and benefactor who made this visit possible. We celebrate the contribution of every individual.











Building Retreat Huts Together Project Update






What began as a vision to create more opportunities for individual retreat at Land of Joy is now becoming a reality! With our three existing huts frequently booked months in advance, these two beautiful new spaces, nestled in a peaceful birch glade at the edge of our woodland, will allow us to offer these special spaces to more practitioners.Thanks to the extraordinary generosity of our supporters and the dedication of our volunteers, we're now nearing the

end of a journey that has involved years of planning, preparation and hard work. With the first three stages now complete, we're turning our attention to the finishing touches before we welcome the first retreatants to enjoy these new spaces.



The Final Steps — Preparing the Huts for Retreat

With the main construction work now complete, our attention is turning towards making the huts ready to welcome their first retreatants.There are still a number of important finishing touches to complete, including:

- Completing the internal plumbing and electrical installations.
- Laying flooring and finishing the interior spaces.Installing essential fixtures and fittings.
- Purchasing and assembling beds, storage and other furniture.
- Hanging curtains and adding other soft furnishings that will make each hut comfortable and welcoming.
- Equipping the kitchenette and bathroom with everything retreatants will require.

These final stages may be less dramatic than seeing the structures rise from the ground, but they are just as important. Every detail contributes to creating an environment in which practitioners can settle comfortably into retreat, free

from unnecessary distractions. We are very much looking forward to the day when the first retreatants can enter these new spaces and begin their practice.

On Sunday 1st November - Lhabab Duchen, the last Buddha day of the year, we'll launch our final appeal to invite you to help finish the inside of each hut.

Keep an eye on your inbox. We'd love you to be part of this final step.



Shamatha



A Heartfelt Thank You: Shamatha Retreat 🙏

Thank you to everyone who joined us at Land of Joy for our recent Shamatha retreat with Ven. Mary. It was a joy to share these days of practice together.

Some participants came new to meditation and others brought years of practice, but everyone arrived with curiosity, patience and gentle effort, and together they created a calm, supportive space for training the mind. Session by session, through the teachings, the group discussions and the many 24-minute sittings, we hope each person found a little more stability and clarity, and perhaps a glimpse of the steady, spacious mind that shamatha can open up.

Our heartfelt thanks go to Ven. Mary for guiding the retreat so warmly and skilfully, drawing on her many years of training. Thank you as well to our volunteers and kitchen team, who looked after everyone so well throughout.

To our retreatants, now back in daily life: remember that progress comes from continuing to engage, not from striving. If you weren't able to join us this time, keep an eye out for our 2027 programme, released on **25 October**. We'd love to practise with you. 💚

*"So kind, compassionate and considerate. Thank you **very** much for welcoming retreatants into this sacred space, for meeting everyone "where they are at!" Your generosity and dedication is truly special."*

"I sincerely appreciated how Ven. Mary led the retreat with an open heart and mind. She allowed space for curiosity through Q&A and facilitated learning with practical opportunities, while encouraging us to challenge ourselves and remain open to a variety of perspectives. Gratitude and thanks to Ven. Mary." 💚

Upcoming Retreats



Introduction to 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.

This retreat is for anyone who wants to:

- Get a short introduction to Tibetan Buddhism, learning the basics in a gentle and welcoming setting.
- Learn how meditation can support understanding and develop the mind.
- Ask questions and discuss the Buddhist path with an experienced teacher.
- Reflect on life's big questions, such as karma, rebirth, and how to cultivate kindness and clarity.
- For those who have studied buddhism and would like to reconnect/receive a reminder of lam rim topics this would be useful.

It is for anyone who would like to take a first step into Tibetan Buddhism, explore its teachings, and see if they would like to learn more — all in a friendly, engaging, and practical way.

Book Your Place Here



Emptiness in Everyday Life

With Ven Mary Reavey
Thursday 5th – Sunday 8th November

**NOTE: This retreat was originally scheduled with Geshe Rinchen but Ven Mary is now kindly leading in his absence*

We are delighted to welcome Ven Mary 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 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.

This is a perfect opportunity for those who recently received the Kalachakra initiation from Jhado Rinpoche to learn more about this precious practice from an experienced practitioner.

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!):

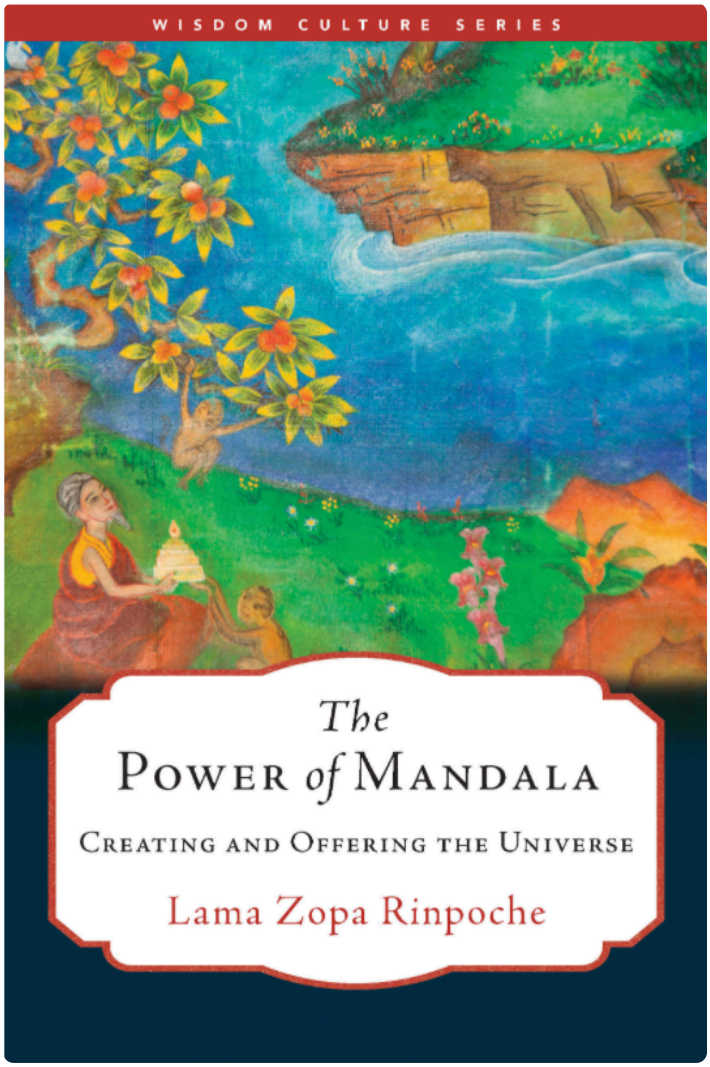
- **Retreat Hut 1:** 21st November - 3rd December
- **Retreat Hut 2:** 13th November - 19th December
- **Retreat Hut 3:** 17th-27th November

"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: The Power of Mandala -

Creating and Offering the Universe



📚 **Book of the Month: *The Power of Mandala: Creating and Offering the Universe*, by Lama Zopa Rinpoche**

What can we offer when we feel we have nothing of value to give? One of King Ashoka's previous lives shows us. With nothing precious to offer the Buddha, he offered a handful of sand that he visualised as gold. The merit of an offering comes from the mind that offers it, not from the materials themselves.

In this new title from Wisdom Publications' *Wisdom Culture Series*, our beloved Lama Zopa Rinpoche brings this understanding to one of the most

essential practices of our tradition: the **mandala offering**. Drawing on traditional Buddhist cosmology, Rinpoche shows how to visualise the entire universe as a pure realm and offer it to the merit field. The visualised universe includes Mount Meru, the four continents and eight subcontinents, and the sun and moon. The offering is a powerful way to accumulate merit and purify obstacles.

Inside, you'll find:

- 🌏 An explanation of the **outer, inner, secret and absolute** mandala offerings
- 🌾 Step-by-step guidance on using a **mandala set**, including detailed instructions for the **37-heap long mandala**and the shorter **7-heap mandala**
- 🙏 A prayer for offering the objects of the **three poisons**: attachment, anger and ignorance
- 💛 Rinpoche's emphasis on **dedicating the merit** for the enlightenment of all beings
- 🖼️ Full-colour images of Lama Zopa Rinpoche and Lama Yeshe with students, along with mandalas, merit fields and diagrams

The book is a precious guide whether you're new to mandala offering or want to bring fresh understanding to a daily practice.

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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