

The background image shows a majestic mountain range under a blue sky with scattered white clouds. In the foreground, there's a dense forest of trees displaying vibrant autumn colors, including shades of orange, yellow, and red.

# Bodhichitta Land

---

Request for kind support

# Bodhichitta Land: A Place for Sincere Retreat

There is a growing reality that the West cannot continue to rely solely on Tibetan teachers coming over from the East but has to be able to produce its own realized teachers. Part of this means having **adequate retreat facilities** for deep long term meditation.

For that purpose Nalanda Monastery has a **retreat cabin** in the French Pyrenees in an ideal tranquil spot, in the heart of nature, far from the uproar of the market place and with spacious views of the chain of snowy mountains, which forms the border between France and Spain.



# The Cabin

The cabin sits peacefully at **3,000ft in the Pyrenees** and accessible only by foot. The walk takes near to one hour from the nearest small village navigating streams and steep terrain.



The cabin also serves as a retreat place for Nalanda Monastery, for the monks who study FPMT Basic Program, and are required to complete 3 month's retreat, and Masters Program students, who are required to complete a 1 year retreat. The cabin has **undergone several successful renovations** in the last few years, including roof and window renovations.



# A Brief Visit

I had the fortune to visit Geshe Losel, also known as **Geshe Graham Woodhouse** in October 2019. Geshe Losel has lived in Bodhichitta Land for over a year focused on making faithful translations of important Tibetan Buddhist texts.



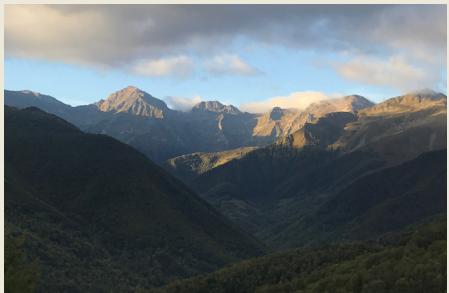
We want to **continue to improve conditions** and offer the best insulation we can at the cabin. Previous successful work has been completed but there is still some heat escaping through some parts of the walls.

I visited again the next month. This time there were **hundreds of flies inside the meditation room** which also acts as a bedroom. There were so many flies all you could hear was a loud buzzing sound. The **flies are entering through small gaps** in the back wall.

This of course is not conducive for the practitioners who use this amazing place for retreat.

# The Work Needed

I created this fundraising campaign because I felt as winter is here, if we can do something to **help these special practitioners keep warm and live in cleaner conditions** then we should do what we can. We will also be contributing to the future of Bodhichitta Land to enable future generations to practise here in comfort.



The upper part of the back, north-facing end **wall of the Bodhichitta Land cabin is made of dried mud filling in the spaces between the wooden structure of pillars and cross pieces. It needs sealing and weatherproofing.**

There are cracks, gaps and loose boards. Very many flies get into the upper part of the house. This work will hopefully keep them out.



The outside of the north wall of the cabin will be finished with a 1 to 2 cm **thick coat of durable and waterproof lime plaster** (lime and sand). That end of the roof and the chimney will be checked at the same time and repaired, weather-proofed and strengthened as necessary. The inside of the north wall upstairs will be finished with a thinner coat of the same material.

Also, the upstairs section of the chimney from the downstairs fireplace and stoves, at the moment bare brick, will be plastered, primed and painted. A special primer is required to prevent the soot stains coming through the bricks showing inside the room. **Almost all natural materials will be used.** If possible the plaster work will be carried out by monastery volunteers, who have the necessary expertise.

# The Costs

Two capable people with knowledge of plastering and house carpentry have volunteered their skills for free. This will be a great cost saving. The **cabin is around an hour walk off-road, up a steep and often wet path**, so there will be extra cost of bringing materials up from the road head by horse.



Item	Quantity	Cost €	Total Cost €
For outside wall - 12 m2 x 3 coats			
Lime plaster (dry powder)	112 kg	73	
Sand	800 kg	40	
Wire netting, to go underneath the plaster, as support	10 m2	33	
<b>Total, outside wall</b>	912 kg		146
Same for inside wall - 20 m2 x 1 or 2 coats			
Wire netting, as above	769 kg	91	
	20 m2	33	
<b>Total, inside wall</b>			124
Scaffolding: the three main uprights will be trees taken from the forest. Tree cutter needs payment and transport to cabin.		200	
Some standing boards and other supports and cross-pieces to be purchased.		200	
Screws & nails		50	
Materials to fix chimney and surrounding roof		200	
Plastering tools: plastering trowel, bucket trowel, plastering float, hawk, brush, rubber bucket, sieve.		200	
Primer for the chimney (to prevent soot stains)		50	
<b>Total supporting tools and materials</b>			900
To the village, of building materials, food, volunteers		350	
Village to cabin, 20 horse loads at 50 € per load		1000	
Food for workers, 3 people for 3 weeks		630	
Extra Contingencies		350	
<b>Total supporting tools and materials</b>			2330
<b>Grand Total</b>			<b>€3,500</b>

# How to Donate

By giving generously, your donation will go directly to buy materials, tools, labour and transport costs to improve conditions at Bodhichitta Land. You will help to produce fully educated and trained western sangha for generations to come!

Your help is greatly appreciated **many** **thanks for your generosity!**

## Online Payment

The easiest way to pay is to send a donation online directly using our **GoFundMe** page, **Paypal** or the secure banking platform **Revolut**.

[paypal.me/dombriggs](https://paypal.me/dombriggs)

[pay.revolut.com/profile/dominiyq2](https://pay.revolut.com/profile/dominiyq2)



Clickable  
links!



You can donate in £ GBP securely on our **GoFundMe page** and choose to be **anonymous** if you wish.

<https://www.gofundme.com/f/bodhichitta-land-improve-conditions-for-retreat>

## Bank Transfer

If you would like to make a direct transfer to Nalanda please use the details below.

**International Bank Account Number (IBAN)**

FR76 1120 6200 0623 5985 7311 087

**Credit Agricole Nord Midi-Pyrénées**

219, Ave. Francois Verdier,

81022 Albi Cedex 9

France

SWIFT/BIC Number: AGRIFRPP812

**Account Name: Monastere Nalanda**

Bank code: 11206

Branch code: 20006

Account number: 2359 8573 110

Check number: 87

Please email Nalanda when the money has been transferred to let them know the purpose of the donation is for **Bodhichitta Land Improvements**: [info@nalanda-monastery.eu](mailto:info@nalanda-monastery.eu)