

# FOOD

Give up your desire  
for fancy teas = once  
you have on your robes  
that's all you need

- shabkar's advice

①

The three-year retreat  
I've been here three weeks  
and eaten all the snacks =  
Mila shakes his head in dismay



A sudden thaw =  
food going to rot =  
an opportunity to feast

Tsoknyj said,  
"The advertisements  
are so good we could  
eat plastic."

②



"Miso, I don't get it,  
it's just like bouillon."  
"Oh, no, my dear,  
much more mysterious."

Kapala Press



# JAMPA DORJE'S WILD EDIBLE WORDS



An Archival Idyll  
by Bouvard Pécuchet

For many days it was that deep snow  
which set the boundaries of my retreat;  
I wasn't even able to boil any tea. I drank  
melted snow mixed with a little tsampa,  
and rested evenly in meditation.

- Shabkar MEDITATION ON MT. MALHEN

I went to sleep in order not to feel hungry and sad  
I dreamed of my friends, the Ideal Library,  
baby elephants & food  
hungry in my dream

\*  
awake, I'm not hungry any more  
I have the chance to steal some food.

\*

choice r hodo dendron vinaigrette  
melted mountains  
live birds en masse  
the whole cheese

MENU

- Philip Whalen MY SONGS INDUCE PROPHETIC DREAMS

Thinking I may have appeared contentious to Lama T, when  
she visited, I sent her a short note and a ditty.

Dear Lama Tsultrim,

I did not mean to seem ungrateful  
for your kindness in bringing me special foods.  
It is hard to teach an old yogi new tricks, but  
a yogi must be flexible; so, I bend, or rather  
bow, to your wishes, realizing you only have my  
best interests at heart. In a lighthearted vein:

LAMA TSULTRIM IS MY TREASURE  
I TRUST HER IN WORDS + DEEDS  
OF HER WISDOM I GET FULL MEASURE  
SHE LOOKS AFTER ALL MY NEEDS



# JAMPA DORJE'S WILD EDIBLE WORDS AN ARCHIVAL IDYLL BY BOUVARD PÉCUCHE

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Dream of Lama Tsultrim stepping out of a pine tree wearing caribou antlers

Later in the morning, there she is coming along the stepping stones, past pine tree wearing her black, widebrimmed hat, carrying a red linen shopping bag full of shaman treats

For Matt

Gama-Sennin is a benign sage (sennin are immortals living in the mountains some are hermits, or visit hermits, and appear to mortals in dreams) Gama has a lot in common with Lama magical knowledge about medicinal foods



Gama is always accompanied by a three-legged toad

Soga Shōhaku painted Gama Sennin with his toad upon his head

a shapeshifter, he could take toad form, also change his skin and become young again

[www.artelino.com/articles/japanese-gods-and-goddesses.asp](http://www.artelino.com/articles/japanese-gods-and-goddesses.asp)

Lama T. does not wear a toad on her head

she does seem ageless, but

to the point, she was concerned about Jampa's diet —

doesn't like my starchy, sugar loaded menu

gifted me with hemp protein fiber drink

silken tofu and "perfect food"

says I haven't been eating enough fresh vegetables

I'm not sure I want to know what's

in this super green formula



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[www.kapalapress.net](http://www.kapalapress.net)

## CITY MARKET

- produce
  - 1 avocado, 1 tomato, 1 bag baby carrots
  - 1 grapefruit, 1 banana, 1 kiwi, 1 tangerine
- bakery
  - 1 loaf Sara Lee wheat bread
- aisle 1
  - 1 jar Private Selection creamy peanut butter
  - 1 jar Hero raspberry jam
- aisle 2
  - 1 bottle (32 oz.) Kroger Extra Virgin Olive Oil
  - 2 pkgs. McCormick's Brown gravy
- aisle 3
  - 2 pkgs. Bear Creek soups (creamy potato & dumplings chili)
- aisle 8
  - 1 (3 pack) Rice Dream
- aisle 9
  - 1 jar (30 oz.) Otville Redenbacher's "Original" Poppingcorn
- aisle 10
  - 1 pkg. (11 oz.) Kroger gummy worms
- meat
  - 1 T-bone steak
  - 1 pkg. ground beef (1#, sirloin)
- aisle 17
  - 1 pkg. (2) uni ball per micro-rollerba
- dairy
  - 1 pound salted butter
  - 4 (6 oz.) Brown Cow yogurts
- film counter
  - 1 roll 35mm to develop
  - 4x6, matte, 24 exp

## Author's preface

*The Library is unlimited but periodic.* If an eternal traveler would journey in any direction, he would find after untold centuries the same volumes are repeated in the same disorder—which, repeated, becomes order: the Order. My solitude is cheered by that elegant hope.

—JORGE LUIS BORGES, "The Library of Babel"

Let me give the context for presenting grocery lists as part of the Richard Denner archive. As a monk, Jampa Dorje, aka Richard Denner, completed a traditional Tibetan Buddhist retreat in a cabin, called Luminous Peak, near Pagosa Springs, Colorado, under the guidance of a Nyingma school lama. A practitioner is not able to go out into the world for supplies. Fuel, water, and food are delivered. Long retreat is done in a concerted effort to attain enlightenment. This requires the psychological support and physical help of persons outside of the retreat who understand the point of being in long retreat.



Jampa's practice required him to follow the structure of four or five two-hour sessions of meditation each day for three years and to work his housekeeping, hygiene, and sleep into the interim moments. Meditation in the Tibetan Buddhist tradition (Vajrayana) is ritualistic and incorporates deep visualization along with rigorous mantra chanting and specific ceremonial ac-

tions. Between the meditation sessions, other ritual activities are required—formal feasts (*tsoks*) for female and male tutelary deities, incorporating the offering of *tormas* (figures made of barley flour and butter), *sang* rituals (smoke offerings, also with prepared substances), and a charnel ground practice, called *chöd*, are performed.



One begins with the *ngöndro*, a preliminary practice composed of five sub-sets of practice: it begins with the taking of refuge (a recited prayer), while performing a full-length body prostration and visualizing the Guru Rinpoche Lineage Tree Mandala in full-detail, 100,000 times; followed by the practice of raising of compassion, *bodhicitta*, 100,000 times;



followed by 100,000 recitations of the Vajrasattva purification mantra; followed by 100,000 mandala offerings; and concluding with one million recitations of the heart mantra of Guru Rinpoche. Once the *ngöndro* is completed, the main practices of the cycle begin. Depending on one's lineage, these can vary. Jampa completed the *Dzinpa Rangdröl* (self-liberation from clinging), a mind-ter

(mind treasure) of Do Khyentse Yeshe Dorje (1800-1866).

In the late fall, Jampa would prepare to be alone for six months. During the less inclement months, he would take teachings from

HAPPY VALENTINE'S DAY    
Hi, Anila - got your note. Have a great retreat. Blessings,  
A couple of candies for you.

Tuesday, February 15, 2011  
Dear Ani Kunsang,

Hi! How ya doin'? All's well in Luminous. However, Machig wonders what became of her Whopper Malt Shoppe Ice Cream Pie, and I told her the ice cream was purchased but likely was left in the freezer and didn't get delivered. If it got eaten, that's ok - my treat - get another pint of Hagendass vanilla. → no problem!  
Can't think of anything else.  
Take care. Love, Jampa

CHECK OFF LIST

- groceries
- pens  film
- ice cream?
- note to Cady
- 2 jugs water (both drinking)
- incoming mail

- The film place in City Market is closed; there will be a private place opening up by the bike shop in town soon. Anyway, I'll see what we can do to get this processed!

Been there, done it, played the game  
Had horses, houses, health, wealth & fame  
Playboy, businessman, sideshow freak  
Now, I'm a hermit at Luminous Peak

## CITY MARKET

- produce
  - 1 grapefruit, 1 avocado, <sup>not too ripe</sup> 2 tangerines, 1 tomato, 1 head broccoli
- bakery
  - 2 bagels, any type and 1 banana
- deli
  - 1 container lunch meat (sliced beef)
  - 1 container fried chicken (from the counter)
- aisle 1
  - 1 container Newman's Own raisins
- aisle 2
  - 1 bottle Saffron
- aisle 3
  - 1 box Stovetop stuffing mix
- aisle 6
  - 1 pkg. flour tortillas (burrito size)
- aisle 1
  - 1 large container (42 oz.) <sup>or smaller containers</sup> Instant Oatmeal (unflavored)
    - can be Kroger or Quaker but not individual packages
- aisle 8
  - 1 (3-pack) Rice Dream (original)
- aisle 9
  - 1 pkg. (1 lb.) Rold Gold pretzels
- aisle 10
  - 1 pkg. Oreo cookies
- aisle 13
  - 1 roll paper towels
- dairy
  - 1 doz. "cage free" eggs
  - 4 Brown Cow Yogurts (6 oz.) <sup>assorted flavors</sup>
    - vanilla, maple, coffee, prefer
- photo counter
  - 1 pkg. developed film to be picked up

- aisle 4 or 5
  - 1 pint Hagendass vanilla ice cream
  - 1 small pkg. peas
    - large size frozen

- CHECK OFF LIST

  - groceries
  - paper towels
  - photos
  - incoming mail
  - 2 jugs wash HzO



his guru, Tulku Sang-ngag, at the temple at Tara Mandala Retreat Center, and then return to Luminous Peak, where he would ritually seal the boundaries, again, for one-hundred days.

Once a week, Jampa would take a plastic, zippered bag to a depository at the road-head, just inside his boundary, roughly 300 yards from his cabin. His grocery list and his credit card would be in the bag. This task was done on Wednesday, before noon; and, on

Thursday, he would pick up his groceries. For much of his retreat, Jampa's gatekeeper was his friend, a nun, named Ani Kunsang. A letter from an administrative figure appears in the following sequence of communications; Cady assisted Jampa in a business matter with his bank. Although the point of being in retreat is to get away from the world, maintaining a yogic lifestyle in the United States, which is not supportive of dropping-off-the-grid, requires occasional maintenance. Samsara is samsara, whether you spend time in retreat or not. As Guru Rinpoche says, "Samsara and nirvana are just concepts of the mind." Luckily, Jampa had these *dakinis* looking after him.

Any archive can be expanded. What should be included? Skewed now with grocery lists—the 156 lists covering three years—along with other letters and detritus, make it seem like Jampa did nothing but eat and write poems during his entire retreat. Many masters of meditation spent the greater part of their lives in retreat, living in forests and caves without possessions, surviving on *tsampa* (roasted barley flour mixed with yak butter) and the occasional turnip. So, Jampa had it relatively

easy; and, yes, he did make an ice cream pie for his main *yidam*, Machig, when she was in her wrathful aspect...whatever she wanted!...and he did include a poem each week with his list, hoping Ani Kunsang would read it to the sangha in the temple; but he was unaware that she was also reading these poems at City Market, and that the cashiers asked for Jampa's "wild edible words" each week when she passed through the check-out line.

Early into his retreat, Jampa was visited by Lama Tsultrim, the founder of Tara Mandala, who admonished him about trying to survive on Top Ramen and chocolate cake. I conclude this book with an excerpt from Jampa's journal in response to that visit.

Before he entered retreat, Jampa copied the marque of each aisle at City Market, so that he could organize his list in such a fashion that the person shopping could save time finding the items he wanted. Anything to assist wandering sentient beings.



Tuesday, Feb. 8, 2011  
Dear Ani Kunzang,  
Everything is fine at Luminous Peak. Hope all is OK in Downtown TM and that you are joyous living your dharma.  
Thank you for the substitute Instant Oatmeal last week. I will use it for my breakfast. However, I need the large bulk container to make tormas. It can be any brand but not flavored or in small packages. I have enough still for the upcoming Rinpoche Day tsok, so if it is still out of stock, don't make a substitution, and I'll try again next week.  
Machig wants a Whopper Candy Malt Shoppe Pie, and I have all the ingredients on hand except vanilla ice cream. If it arrives in soft condition, that's OK because I need to scoop it into my pie pan. A pint is enough.  
Thanks for all you do.  
Much Love & Many Blessings,  
Jampa

*Hunting for your Buddha nature  
is like beating around a bush  
for a rabbit that's in your hat.*

*Meanwhile, the Universe is  
on a self-exploration trip  
and you're onboard for the ride.*

## CITY MARKET

- produce  
1 grapefruit, 2 tangerines, 1 banana, 1 avocado  
1 tomato, 1 bok choy, 1 bunch spinach <sup>not too ripe</sup>
- bakery  
1 loaf Sara Lee wheat bread
- aisle 6  
1 pkg. (burrito-size) flour tortillas
- aisle 7  
1 box Kellogg Raisin Bran  
1 container ~~Kroger~~ Instant Oat Meal (only flavored)
- aisle 8  
1 jar Knudsen's grapefruit juice  
1 (3-pack) Rice Dream
- aisle 10  
1 pkg. Archway Molasses Cookies (or Oreos, if o/s)  
1 container Whoppers malted milk balls
- meat  
1 pound ground beef (sirloin)
- dairy  
1 pound salted Butter  
1 pint  $\frac{2}{3}$  &  $\frac{1}{3}$   
4 Brown Cow yogurts (6oz.)
- outside  
propane tank
- film counter  
✓ 1 roll 35mm film (25 exp.)  
✓ to be developed  
✓ 4x6 matte finish

Tuesday 4 Jan. 2011

Dear Ani Kunzang,

I inclose your note to me from last week because it baffled me. I not sure you were writing to me, as I had made no mention in my note to you about any "magazines," especially not any kind in a "non-ani section of the literary world." Also, I do not know anything about "Lady Gaga CD's in the file marked Kali Yuga." Should I? It's good to hear that Jack Kornfield was here. I had thought all retreats had been cancelled. I'm glad you enjoyed it. Did many attend?

This week, while the weather holds, I want you to bring me 4 jugs of water (2 drink & 2 wash). If this is too much work for the Thursday delivery, do it later in the week and let me know when that might be. Don't fill the jugs to the top.

Happy New Year, 2011! Would you ask Ani Pema if she has any Rigpa Calendars from last year and if I could have one cheap? On the last pages, there is usually next year's months & days on a simple spread, which is all I need to keep track. If not, I will buy a new 2011 Rigpa Calendar, when she gets them.

Much love, Jampa

There's no way to know whether the Universe is upside down or not but Earth is definitely at a tilt and Samsara, completely twisted.

Note: a Rigpa calendar (a brand name) is a lunar calendar with feast days and other auspicious days to do extra practice marked.

CITY MARKET

- produce
  - 2 avocados, 1 tomato, 1 bag baby carrots
  - 1 grapefruit, 1 banana, 1 kiwi, 1 tangerine

- bakery
  - 1 loaf Rudi's raisin bread

- deli
  - 1 container fried chicken

- aisle 1
  - 1 container raisins (Newman's Own)

- aisle 3
  - 1 jar bouillon cubes (B chicken)

- aisle 7
  - 1 box Irish Breakfast tea (Twillings)
  - 1 box (B) Pancake & Waffle Mix ("just add water")

- aisle 10
  - 1 pkg. Oreo cookies

- dairy
  - 1 pint  $\frac{1}{2}$  &  $\frac{1}{2}$
  - 4 Brown Cow (6oz.) yogurts

- aisle 13
  - 1 pkg. (100 count) napkins

- aisle 17 (school supplies)
  - 1 pkg. glue sticks

- photo counter
  - pick up 1 pkg. photos

- CHECK OFF LIST
- groceries
  - napkins
  - glue
  - photo
  - mail letter
  - incoming mail
  - calendar
  - 2 wash waters
  - 2 drink waters
- not yet

Tuesday, Feb. 1, 2011  
Dear Ani Kuzang,

Everything is ok in Luminous Peak. Hope you are ok, too.

This week, besides groceries, I need a refill on the propane tank and a bit of information. If you are rushed for time, let the propane go until next week. I'm using my back-up tank. The info I need concerns the month of February. Is this year a leap year? & when is Losat? That does it. May your Tipping Karma produce perfect fruit. Love, Jampa

- CHECK OFF LIST
- groceries
  - propane
  - film
  - info on February
  - incoming mail
  - 2 wash waters

none

Dear Jampa,  
This is not a leap year. - Feb. 28<sup>th</sup> (Monday) is the last day of the month. March 1 is Tuesday. Losar is Saturday, March 5<sup>th</sup>.

♥ Ani Kuzang

Then, one fine day, you come face to face with your original face & no matter what direction you face this face stays in place.

## CITY MARKET

- produce
  - 2 avocados, 1 tomato, 2 bananas, 1 grapefruit
  - 1 pkg. sugar snap peas ← greenish if possible
  - 1 tangerine
- bakery
  - 1 loaf Sara Lee wheat bread
  - 1 container Raisin Oatmeal Cookies (or chocolate chip)
- aisle 1
  - 2 cliff Bars (you pick)
- aisle 3
  - 1 tin King Oscar Kipper snacks
  - 2 cans Progresso Clam Chowder
- aisle 6
  - 1 jar salsa (medium)
- aisle 7
  - 1 box Life cereal
- aisle 8
  - 1 (3-pack) Rice Dream
- meat
  - 1 pound ground beef (sirloin)
- dairy
  - 1 pound salted butter
  - 4 Brown Cow yogurts, assorted
- aisle 19
  - 1 container 7<sup>th</sup> Generation Dish soap

### CHECK OFF LIST

- groceries
- soap
- 2 letters to mail
- note to Cady
- package to Lizzy
- incoming mail

Tuesday, Jan. 11, 2011

Dear Ani Kunsang,  
Happy 1.11.11, oh happy one!

All's well in Luminous Peak. Hope the same goes for you. Groceries and a few items to deliver are on the agenda. Two letters to mail, a note to Cady, and a package to Lizzy. Careful with the package, as it contains glass.

Thank you, Ani, you are so kind.  
Love & blessings,

Jampa

You are conscious, but are you conscious of being conscious? You see, but do you see that what you see

are only appearances? These words are paintings on the air. The sense is not in the sentence.

CITY MARKET

- ✓ produce  
1 grapefruit, 1 banana, 1 tangerine, 1 red apple  
✓ bunch celery, 1 avocado, 1 tomato, 1 onion
- ✓ bakery from cabinet  
4 bagels (assorted) or 1 package plain (or sesame)  
✓ berry pie
- ✓ aisle 3  
1 pkg. Bear Creek (8cup) Soup Mix  
cheddar-Broccoli was good; what other one might I try?
- ✓ aisle 6 (ethnic)  
1 jar salsa (medium)  
1 pkg. flour tortillas  
1 box Barilla Rotini pasta
- ✓ aisle 7  
1 box Kroger Pancake & Waffle Mix
- ✓ dairy 1 doz. "cage-free" eggs  
4 (6oz.) Brown Cow Yogurts  
1 small container cream cheese
- ✓ meat (hot table in front)  
1 roasted chicken
- ✓ aisle 18  
1 bottle Crest Mouthwash (1 liter, wintergreen)

Wow! Fuji  
Braeburn Cameo  
Jama Gold  
Honeycrisp  
Golden + Red Delicious  
Granny Smith  
Gala Rainier  
or Roma (R?)

Vegetable Bul  
Creamy Potato Chicken Noodle  
'Darn Good' Gfili Tortilla  
Cheddar Potato

Ani Kuntzang

Tuesday, Jan. 25, 2011

Dear Ani Kuntzang,

Everything super in Luminous Peak.  
This week:

- ✓ groceries
- ✓ 2 jugs drinking water
- ✓ 2 jugs washing water
- ✓ note to Cady
- ✓ incoming mail
- thank everyone for the nice card & delicious pasteries

SECOND CHANCES

oops! I'll copy this + hang on staff room announcements board

You may ask, "Don't I get another chance?"  
"Of course — as many as you need.  
Every time you stub your toe  
every time you sneeze  
every cut & bruise  
can be construed as a kiss & hug  
an opportunity, another chance  
to attain enlightenment."

It may seem the Universe is indifferent  
just a heartless food chain or chain gang  
and it's easy to despair.  
The poet said, "No one gets out of here alive,  
but the compassion  
of the Primordial Ground guarantees  
You DO GET OUT."

duy

Love, Jampa

CITY MARKET

- produce
  - 1 tomato, 2 avocados, 1 banana, 1 grapefruit
  - 1 (2# bag) "Farm Fresh" No. 1 Red Potatoes

- aisle 1
  - 1 container (Free Range) walnuts
  - 1 small can chopped olives

- bakery
  - 1 loaf Rudis raisin bread

- meat
  - pkg. pre-cooked spare-ribs (may be on aisle 1 w/ hot dogs)
    - a long package
    - no substitute necessary
  - pound ground pork

- aisle 7
  - box Earl Grey tea (Private Selection)
  - box Irish Breakfast tea (Twillings)

- aisle 8
  - 1 (3-pack) Rice Dream
- aisle 9
  - 1 bag pretzels

- aisle 10
  - 1 box Kroger Honey Graham crackers
  - 1 pkg. Oreo cookies

- aisle 11
  - 1 case La Croix (pure) sparkling water

- dairy
  - doz. cage-free eggs
  - pound salted butter
  - pint  $\frac{1}{2}$  &  $\frac{1}{2}$
  - 4 Brown Cow yogurts (6oz.)
  - 1 pkg. white, non-scent tealights
- aisle 13
  - (4-pack) toilet paper
  - Seventh Generation
  - there is a removable one (2x corp) or pan
- aisle 17
  - 1 roll "double-backed" tape
  - (on regular clear tape)

CHECK OFF LIST

- groceries  tt
- candles  tape
- note to Cady
- incoming mail

Dear Jampa, **UPDATE** Tuesday 1/11 12:10 pm

~~Hello, Robin said your bank called and needs to redo your accounts. They said no one else can do this but you and it needs to be done ASAP. ~~Or is there~~~~

Cady is TRYING TO DO THIS. I GAVE HER YOUR PIN# Last night at TSOG.



Jampa author.

else ANI Kunzang

What do you think? And what can I do to help facilitate this? Please let me know.

♥ Ani Kunzang



Dear Sweet wonderful Jampa,

I was able to complete the online transfer - one thing though - the system (see enclosed) asked for a new password, so your new password is: dakini108 - hope that's OK, it can always be changed again.

In regards to rent, the rate for the cabin is \$700/mo. (not \$800!) so you can adjust the calculations accordingly.

Ani Kunsang read a poem of yours last night at Tsog and I was really moved by how much I miss and love and admire you. Thanks again for all your support. We'll keep doing our best out here.

Big hugs. love  
Cady

Tuesday, Jan. 18, 2011

Dear Ani Kunsang,

All's well in Luminous Peak. Thank you for offering to help with my bank business last week. Cady handled the problem, I think. There is another note to her, as a follow up to Robin's message, as well as some other Tara Mandala business.

Among the things I asked for this week, there is a roll of "doubled-backed" tape that I want to mount some photos. If it's not with school supplies, maybe with the photo albums or aisle 15. However, if you don't find this item, don't go to extra trouble. Just get regular clear, plastic tape, and I'll loop it.

And so, the days spin by. Hope you are enjoying the mild weather.

Peace be,

Jampa

Hard to get beyond  
the City of Cyclic Existence  
on the streetcar named Desire  
or on the streetcar named Ignorance  
or on the streetcar named Anger

There is a train - Habitual Tendencies -  
expensive food on that one

And there's a ship of fools  
actually a whole fleet -  
a fleet of fools bound  
for the Isle of Deception