The background of the slide is a golden-yellow color with a faint, repeating pattern of ancient Egyptian hieroglyphs and stylized human figures. The figures are depicted in a traditional Egyptian style, with some holding staffs or objects. The hieroglyphs are arranged in vertical columns, typical of ancient Egyptian art.

Chapter 2
A Beer Story

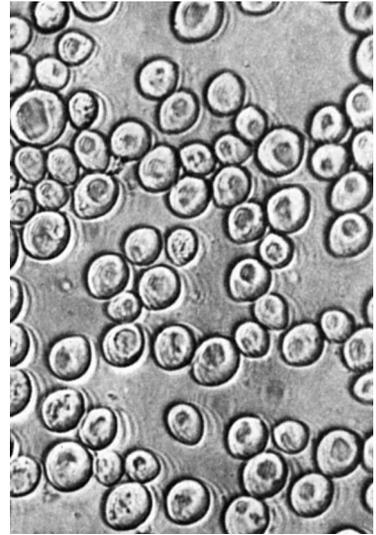
How to Make Healthy Beer

In the previous chapter we discussed what beer was really. Now we shall move on to the story of how Sphynx Beer came to be born.

1. How Do You Brew Healthy Beer?

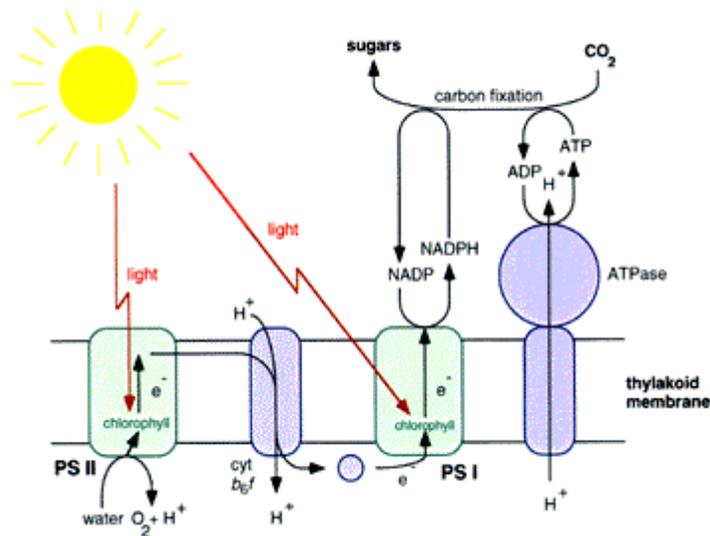
Whether or not a beer is good for the body, there are always two things that will be needed to brew it: "Sugar" and "Yeast."

Sugar, the foundation of human metabolism, has so many, almost infinite varieties. And of course, there are great variations amongst the different types of yeasts as well. Depending on how you combine which yeasts and which sugars, what other ingredients you use, and the environment you let them ferment; the possible variations of beer can be endless. Still, the foundation of beer remains basically the same. "Sugar" and "Yeast."



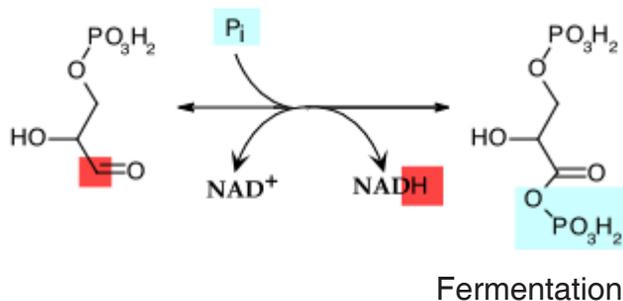
Yeast

The production of beer, or fermentation, can be seen as an opposite to photosynthesis. In photosynthesis, a cell called 'chlorophyll' uses 'light(photo-)' and 'carbon dioxide' to produce 'oxygen' and 'starch'.



Photosynthesis

During fermentation, carbon dioxide and alcohol are produced by the sugar (starch) and there should be no light¹. Also, from fermentation, there comes quite a bit of ‘carbon dioxide’ from which the stinging taste of beer originates.



Beer, in general, is very easy to brew. And it is not that hard to produce a tasty beer. All you need is to fail once or twice. Even then, since there is a pattern in most of the possible mistakes, the repetition of the same mistakes can easily be avoided. The problem, if it happens, usually lies in the containers that are not clean enough, or the beer’s pre-mature exposure to air or light. If other kinds of problems arise, then even the experts probably will not be of much help either. So we really do not need to worry about those. Not because they won’t happen, but because even if they happen, there is nothing you can do. That’s basically what beer brewing is like: it is fundamentally easy, either it works or just doesn’t. In my opinion, being an expert on beer does not mean much. Rather, it means he has made more mistakes than the rest of us. At least, that is the consensus among famous brew masters. When an untalented clumsy person such as myself can brew successful batches of beers repeatedly, then it just can’t be difficult.

Let me confess that I have failed a good many times. Every time something went wrong, I ran to my beer masters for help. When I first failed, one beer master ridiculed me, "Did you fart when you were pitching the yeast?"² I thought he was joking. But after over seven years of my own experimenting with beer and producing hundreds of batches of beer, I could

¹ ‘Light’ is always something one should avoid not only in brewing, but also in storing beers. Therefore, the darker the bottle, the better. In that sense, the famous Mexican beer, ‘Corona’, which is famous for their transparent bottles, has definite disadvantages.

not imagine any better advice myself. It is about ‘humility.’ Before the great biologist Louis Pasteur revealed scientifically and analytically how beer was made and how micro-biology works, all anybody knew was that beer should not be exposed to anything "unclean" or "impious." In ancient times, they danced ceremonially and offered solemn sacrifices immediately before the pitching stage of brewing. ‘Piety’ was the concept that governed such processes. Such concepts as ‘sanitization’ or ‘pasteurization’ were introduced centuries later by Pasteur.³ If you read a little bit of comparative mythology, you can see that the word "fart" is often used as a direct opposite to the word "piety." "Flatulence" has extremely gratifying and liberating sides to it for that matter. The gas has to come out if it has to come out, no matter how cool, noble, and pious you try to look... It does not even respect royalty. The theme of the illustration here painted by Goya is exactly such gaseous explosion with pleasantly impious consequences. In that sense, the brew master’s advice to me was profound and wise. He was not kidding. There have been serious relations between people’s concept of piety and successful brewing. Likewise, there are widespread folkloric warnings against flatulence and other unclean things during brewing process.



Fart, Goya

There is only one ‘real’ difficulty in relation to brewing beer: ‘evasive consistency.’ It is very hard to make a beer today that tastes exactly the same as the one you brewed in the past. In other words, in beer making, the 100% guaranteed consistency between different batches is inherently very

² "Pitching" means "throwing yeast into the sugar so that yeast can start to eat sugar."

³ In fact, the pasteurization process was originally invented for beer, even though it is prevalently used for dairy products these days. He was commissioned by a brewery to study it. It is a method that lets the yeast of your choice eat before any other bacteria or yeasts which are not of your choice can start feeding. More specifically, it means "cooling fast."

evasive. It is virtually impossible to attain. This is because yeast is a very 'live' living being that can bring about unpredictable events whenever and however it feels like it. So the problem of how to tame yeasts—or in other words, how to achieve a consistent flavor of beer, is an academic issue large enough and serious enough for a few universities and colleges to be entirely dedicated to it. Nothing but these yeast domestication techniques really distinguishes those famous breweries from all others. There is a built-in unpredictability in beer making, like all other projects that deal with live biological beings. I tried to tame some yeasts myself a few times, but failed to do so every time. So I gave it up altogether and worked instead on earning the good graces of the beer masters who knew how to tame the yeast relatively well. Therefore, the yeast I use is not what I domesticated.

Anyways, the readers could probably find hundreds of thousands of pages of beer making information through the Internet. Therefore, I would rather stay away from adding 'new' knowledge. So I will relate only a few memorable personal episodes that happened during my not so remarkable beer career.

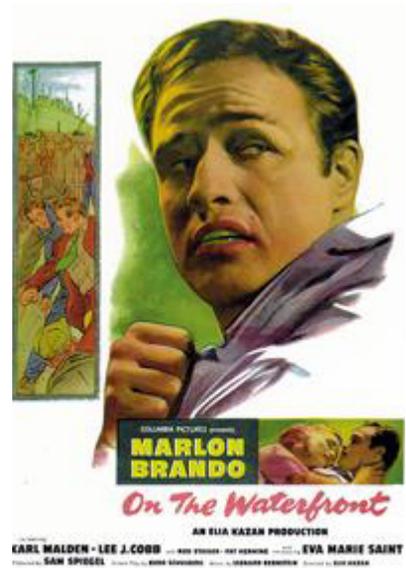
Truthfully, my goal from the start was not to brew a "great tasting beer," but a beer that would have serious health benefits and medicinal effects. It turned out to be great tasting⁴, but, that was not my primary intended goal.

The story of the Pyramid construction as told in the previous chapter, the beer that was used as proposals of friendship between primitive tribes from ancient times, the initiation rituals, Axis Mundi, and all those other stories...I had sporadically been accumulating such bits of unorganized information for a long time before I declaratorily began to study beer seven years ago in 1996. Around the same year, I started a business that produced health foods for diabetics that used medicinal herbs.⁵ My company,

⁴ Let me report that 99% of the drinkers of my beer now drink for the taste, not for medicinal benefits. Another irony of life! As we are making the 'water of irony', what else could we expect?

⁵ www.eastwoodcos.com contains a lot of information about that product. The name of the product is "Eleotin." God had mercy, which this author does not deserve, on that product and it became a commercial success. In fact, the word, "Eleotin" means "God's mercy." 40,000 people have used it for the last 7 years. It is estimated by a few experts that 70% of users of Eleotin became normal.

however, made the product in a "tea" form and it needed to be brewed and consumed like Chinese medicine. Consuming the tea made it uncommonly bothersome for the average consumer.⁶ Almost without exception, each user complained about how inconvenient it was to drink. North American consumers, who have no tradition of brewing and drinking herbal teas as Europeans and Asians have, found this 'tea' especially absurd and inconvenient. The resultant poor compliance was a constant issue. Many people did not, and could not follow the instructions of usage. So, I had to do something. Naturally, I was immensely intrigued when I heard about the



A Bomber Drinker

Ancient Egyptian health beer. There, beer was used as a vehicle to deliver the medicinal effects of its ingredients to all over the body.

Ancient Egyptian beer actually delivers these medicinal effects through the nerve system, including the brain, at a tremendous speed because of the carbon dioxide (yes, that stinging taste—that is the carbon dioxide) within it. In contrast, most other medicines that are taken orally have to go through multi-stages of the digestive system which is quite time consuming. Eventually, the effects of these medicines reach the relevant parts of the body, slowly and diminutively. They have to be chewed, mixed with saliva in the mouth, then mixed with the strong acids in the stomach, and mixed with other digestive and powerful enzymes in the intestines. Up to this point, it has already taken almost twelve hours. Then, many other enzymes in the liver all work their jobs. Then, and only then—often more than 48 hours later—the intended medicinal effects start to reach relevant organs. On the contrary, beer can be used as a means to create effects

⁶ In 2003, it became a capsule form. Concentrating the ingredients so that they can be encapsulated, without losing their efficacies, and still without adding toxicities, was such a challenging process that it took more than 6 years of repeated failures to have a commercially marketable capsule form.

that can bypass most of the above mentioned multi steps of the digestive system. Medicinal effects of beer happen mostly between the mouth and stomach. Those long digestive processes in intestines, and liver, during which powerful chemical decomposition and mechanical mixing happen, are not involved, so far as beer is concerned. Consequently, the medicinal effects carried by beer manifest themselves almost instantly.

It is a popular fad in Korea to drink "bombers"⁷, but this strong mix



Hydrogen Bomb

was actually a method the laborers at American wharfs used during the 1950's to get drunk faster. The carbon dioxide in the beer was what enabled the esophagus and stomach to rapidly absorb the alcohol in whiskey. As a result, the blood alcohol level rose quickly, or in other words, the brain perceived the alcohol's presence in the blood at a rate more accelerated than when whiskey is carried by beer than taken alone.



Opium Pipe

But if speed were all that mattered, then "aromatherapy" that uses smell would be the fastest. Aromatherapy is very effective for the first minute or two; however, the effects quickly diminish after that. This is because among all the senses of human body, the olfactory senses tend to become numb and dull the fastest. After all, we are not dogs. Unless we wake them up on a minutely basis, our noses can not smell the same scent continuously. Accordingly,

⁷ Here's how to make 'a bomber': Pour strong whiskey into a small glass. Put the small glass in a larger glass which is already filled with beer. Let the small glass float for a while. But, as one starts to drink from the larger glass, the small glass sinks into beer, creating a whiskey explosion inside the beer. In order to make 'a hydrogen bomber,' beer and whiskey are switched. Beer in a small glass in the sea of whiskey. Then, the explosion is not really impressive, in my personal opinion.

aromatherapy can have only very limited effects. This is not unlike the practice of eating sherbet in the middle of a full French dining course to wash our tongue. Similarly, one would need to cleanse (wake up) the nose by using a different scent before using the original scent again. Otherwise, our nose can not perceive the original scent. To achieve the medicinal effect of the smoke or scent without this alternate stimulation, one needs to use instruments like those opium pipes with a size and an appearance of trunks of small elephants. With this pipe, a massive amount of smoke is forced down to the lung through throats, not through nose. It is the same with tobacco, these days. Specially designed gunpowder is mixed within cigarettes to continuously ignite small explosions. This is why cigarettes do not get put out easily, and how nicotine gets packed into the lungs of the smoker ever so massively.⁸ These are certainly horrible methods. Lung cancer, pneumonia... The lung is a vital, but, very feeble organ. We should never abuse it. Frankly, lungs and olfactory senses do not seem to be the way God intended to deliver medicine into human body. It seems like that noses were given mainly for detection, not for healing, even though remarkable healings through aromatherapy are well documented.

In Korea, it was a fad for a while to insert medicinal herbs into the ears.⁹ This is called "Ear Candle Therapy" in the west. It may be intuitive



Cigar Smoking



Aroma Therapy

⁸ Readers who love movies may remember that the movie 'The Insider' by Russel Crowe is related to this issue. It was a great movie.

⁹ It used a rolled piece of paper previously soaked in herbs. The roll is placed in the ear and



Ear Candle

to do so when there is something wrong with the ear, for example a trespassing insect refusing to vacate. But, to put medicine into the ears when another part of the body is ailing is a fruitless method. Serious side effects can obviously occur and it is frequently the cause of mortal accidents. I have never seen a therapy to which physicians object more. It is the kind of remedy that is popular at first, but quickly disappears as soon as people's curiosity disappears. Considering that this method puts medicine unnaturally into the "sensory organs" God gave us to recognize dangers with, it is

understandable, even inevitable, that some serious side effects appear sooner or later. Sensory organs are for 'sensing.'

In addition, I object to using anal suppositories except for children's fevers, and, some obvious diseases directly related to the anus. God gave us an anus for certain specific purposes. Using it for other purposes is, in fact, what spread this terrible modern plague, called AIDS. There is another treatment these days called the "Ring hip bath" where women take off their bottoms and squat on an aromatherapeutic incense burner. I think one should be cautious about such a therapy also. If people use this therapy for any thing more than recreational experiments to satiate the passing curiosity, then, they will encounter not only disappointing but also gravely serious consequences. The same goes for the medicinal patches we stick on our skin. Skin is something that God uses to tightly wrap around our

slowly burned right down to the last point. I tried this method on myself when I was thirteen. The results of this venture were many trips to a few professional ear doctors. They all wondered what had happened. They could not figure out what I did to my ears. I could not tell them what really happened. If I had told them what I had done to my own ears, I could have quite likely been transferred from the ear hospital to a mental institution. This incident is the beginning of my terrible habit of not 'listening to' other people and stubbornly insisting on only my opinions. After all, the side effects of this questionable therapy were quite serious, often fatal.

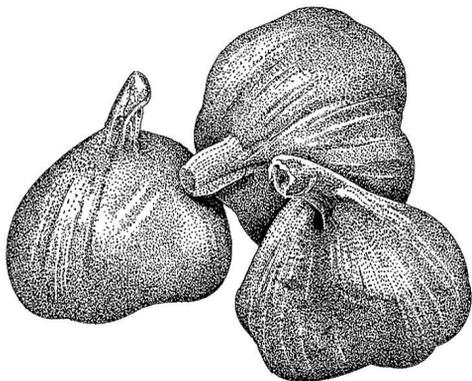
vital organs in multiple layers so that unfriendly elements like rain, and harmful germs would not be able to enter our bodies. In other words, 'skin' is basically a 'barrier.' If we push and force potent foreign elements into our bodies through this barrier, harmful effects and reactions will inevitably and necessary follow. So I tend not to take patches not so seriously as a delivery mechanism. Some times, you have to make holes through a rain-coat, but, it should be an exception. If you do it too often, on too many places, sooner or later, you will have to buy a new raincoat. If there are needs for delivery of something into the raincoat, there are natural holes, such as pockets, already there.

In summary, I can not emphasize strongly enough my conviction that the most foundational and essential treatments of every disease and ailment should be definitely "nutrition taken orally" and "prayer spoken orally." Beer is precisely the miracle water that has both "nutrition" and "prayer." It is the perfect holy water that embodies the harmony between "nutrition" and "prayer." To put it conclusively, I believe that it is God's will for us to drink preventively a proper beer before we get ill, and to drink curatively good beer once we become ill. This belief of mine is the result of my long involvement in the business of medicinal herbs, and many investments in the biomedical field. Thus, no one should be surprised when they learn that when monks "fasted" during medieval times, it really meant that they only drank beer. ¹⁰ ---Feel free to laugh at this author, but, not at God. About that, Bible says, "It is a dreadful thing to fall into the hand of the living God." (Hebrews 10:31)¹¹

¹⁰ Many protestant pastors would probably become hopping mad when they hear this. No matter how high they hop, it's still a historical fact. They may feel like overriding this historical fact with their mountain moving faith. But, in order to do that they may need some good beer. Of course, this might not have been true of all monks as some monks are known to be more faithful toward cognacs. Even now, the majority of the best equipment and ingredients for brewing beer are still produced exclusively by monasteries, especially Franciscan monasteries. Besides beer, the monasteries have complete monopolies on a few famous cognacs and champagnes. For example, a priest, whose name happens to be "Dom" Perignon, invented the most expensive of champagnes, Dom Perignon. Heil Aqua Vitae Dom Perignon!

¹¹ Previously, I warned about the frequent usage of this Bible verse in this book.

2. The First Step to Making Healthy Beer



Garlic

For the last 7 or 8 years, there was never a single day in which I did not think about "How can I make beer carry the medicinal herbs?" Since the ancient Egyptian 'garlic' beer intrigued me into this whole venture, I chose to experiment with garlic first. (This was about 6 years ago. Later, I experimented with many other herbs.¹²) But this was not easy at all. Whenever I tried to squeeze and mix the garlic juice into the brew; or

soak the garlic in water for a long time, and use the water to brew the beer; or put garlic extracts in the beer; or stir in powders of burnt garlic,

- 1) Either the fermentation did not happen and no alcohol was produced,
- 2) The smell of garlic was so strong that the beer was completely undrinkable, or
- 3) The effectiveness of the garlic had completely disappeared.

The Germans are known to possess the technique of making odorless garlic powder. Of course, I know that this could easily be done chemically. But, then, what happens to the 'naturalness' which is the most important value that I am striving for? In the process of attaining 'naturalness', we need to use "unnatural" chemical process? That, to me, was pointless and a contradiction. Then, why bother with 'garlic?' Then, why bother with 'naturalness?' I could go directly to Steroid, or, other chemically synthesized powerful

¹² Other herbs are easier to be carried by beer. So, in this book, I concentrate on garlic beer, the hardest to make. But, I want to report that I succeeded in making beers that carry a few herbs beautifully, and they are all being sold quite well.

stimulants. I wanted to insist on using ‘natural’ ingredients processed ‘naturally’ for ‘natural’ purposes. If not, why should people bother with me or my products? There are hundreds of big pharmaceutical companies around the world who can provide some chemical solutions to almost any problems we have, if we just don’t ask whether their solutions are good or not. In fact, there are many instances when the so called ‘natural’ medicines coming out of China contain many of these synthetic chemical ingredients. If I use chemical processes to make my beer carry garlic, like the Germans, where am I different from these shameless Chinese manufacturers who shamelessly mix western pharmaceutical drugs with their ‘natural’ herbal products? I had to find ‘natural ways’ to make my beer carry garlic or garlic’s health promoting power. Plus, of course, it should taste good. Otherwise, it, too, would be meaningless.

Garlic is thought to be a "recalcitrant" ingredient: you can really appreciate how challenging garlic is as an ingredient of any medicine or food just by noticing how the odor lingers on no matter how many times you brush your teeth after eating it. Any project that involves garlic is an inherently difficult project.

In my desperation and determination to infuse garlic into beer, I often had to perform experiments purely on the basis of baseless rumors and dubious superstitions. When I heard that "seaweed" removes garlic odor, I immediately mixed garlic and seaweed into an experimental batch of beer. I surmised that the calcium in the seaweed would perhaps neutralize the recalcitrance of garlic, thus tame this pesky clove. But the resulting brew was closer to ‘dog vomit’ than a beer. Totally anti-drinkable....

3. The Answer is Always in the Bible.



Samson and Lion

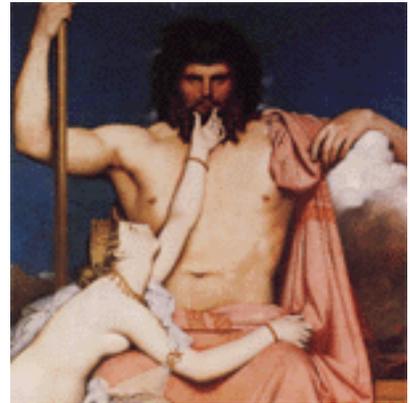
This had been my headache for several years until the day I happen to read the book of Judges from the Bible. By chance I came across a story where Samson observed a swarm of bees making honey in the carcass of a lion. He presented a riddle about this scene to his wife's family, and they proceeded to solve it. (Judges 14:8-9) As soon I read this story I felt as if I was hit by a lightning bolt. I could feel a strong current of electricity run through my whole body.

At that time, I already knew that the honey from the lion's carcass was an ancient idiom meaning "word that comes from the mouth of God." Yes, I mean those words spoken by Jesus:

"A man does not live by bread alone, but by every word that comes from the mouth of God." (Mathew 4:4)¹³

¹³ There are many examples of ancient idioms like these scattered all over the Bible. We can read Proverbs 24:13-14 for an example. I counted more than 50 places in the Bible where these ancient idioms are used.

When I thought about it, the bee was also a symbol of Zeus, the master god in Greek mythology; and also that of Vishnu, one of the major gods in Indian mythology.¹⁴ I also knew that the honey featured in ancient mythology was really more often "alcoholic honey" rather than plain honey. "Mead" is the name of such alcoholic honey. Also, it is an established archaeological fact that the first alcohol that human beings drank was mead, the drink fermented from honey. Stories of John the Baptist eating wild honey¹⁵; Israelites, also in the wild, not living on "bread alone, but by honey (the



Zeus



Napoleon



Kim Jong Il

¹⁴ There was a time when Napoleon believed that he was the reincarnation of Christ cum Zeus. He wanted to be worshipped as God by his people as Roman emperors had wanted. Accordingly, Napoleon used the bee as his symbol of deity equivalent to Zeus. The reader will later in this book understand why Napoleon shot a canon ball at the nose of the Gaza Sphynx during the Egyptian campaign. That has something to do with this honey and bee story. Let's stop further digression right here and go back to the main story.

¹⁵ Which exist only in the form of mead.

word that comes out of the mouth of God)¹⁶... At first, I couldn't quite put my finger on it, but, I could sense a gigantic secret lurking in honey. Health, Honey, the Word of God... The triune relations among these three were as obvious as the triune relations among Hope, Beer, and Hop we mentioned before. From a storytelling viewpoint, 'health', 'honey', and 'the word of



Qi Gong

God' can be substituted with each other, without incurring any changes in the basic structures and the main messages in all of the myths and tales of the ancient times. There are obvious equivalence relations among these three. Also, quite notably, innumerable myths and folktales about these three are uncannily similar to each other across many ethnic groups of different ages. Actually, it is a well known fact that these days large international pharmaceutical companies are spending huge sums of money in the efforts to discover new medicines through the study of comparative mythology.¹⁷

Furthermore, I heard that the secret those famous Qigong practitioners in China attribute their miraculous powers to was that they would eat only aged, thus fermented honey. A few Qigong masters that I personally know can kick down entire electricity poles.¹⁸ It is the secret behind Samson's

¹⁶ Deuteronomy 8:3

¹⁷ This is why I believe that some ingredients contained in peaches are deeply related with schizophrenia. In myths and legends scattered all over the world, patients displaying schizophrenic symptoms are fed peaches or beaten with a branch of the peach tree as treatment. There are too many occurrences of the same story to brush them off as being coincidental. I just know that something is there. But let us talk more about this later at more appropriate times.

¹⁸ Some argue that this is a proof of the weakness of Chinese electric poles, rather than the strengths of these masters. 'Relative strengths' could have been academically relatively more accurate phrases.

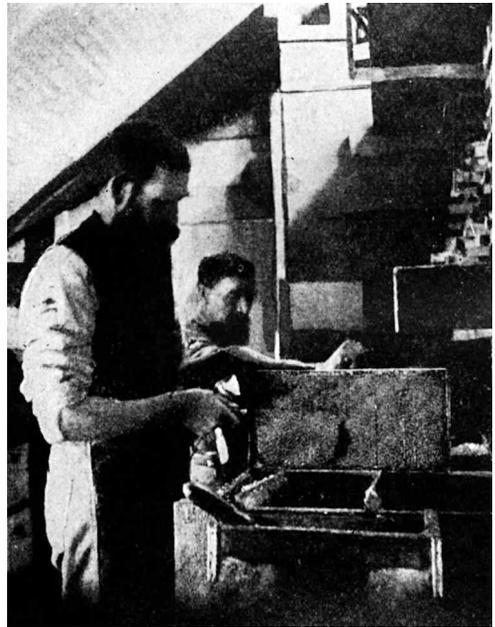
strength, and the secret that protected millions of people from epidemics for 40 years in the harsh, unsanitary conditions of the desert... As garlic beer sustained the health of those pyramid builders, so did fermented honey remarkably strengthening many people. And so, my journey that started from the study of Ancient Egyptian beer led to the study of alcohols that were made with honey. The curse of a study: It always leads to other studies. Therefore, a true student always becomes a permanent student.

4. Bees and Honey

On a geological time table, bees and humans appeared on earth almost simultaneously, scholars argue, and as a result, not only do bees and humans relate to each other on a genetic level, but, that almost every product made of, or, from bees (Royal Jelly, bee hives, bee's wax, honey, bee stings, etc.) gives medicinal benefits. The field in which these products and their health benefits are studied occupies quite a large territory in the scholarly world.

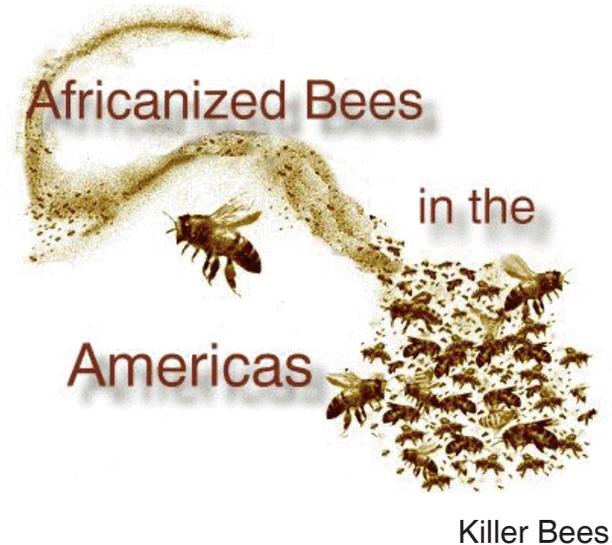
However, I found that unlike other fields of the scholarly world, the vast knowledge accumulated in this field has a look of strange disorganization. There was also a closed off atmosphere of strictly respecting each other's secrets. Just as there are great "dynasties" that produce perfumes and whisky; there are a few "beekeeper dynasties" in Europe that have handled bees for generations. I learnt that these dynasties also own vast empires of real estate in jungle areas around the world, including the Amazon rainforest. The influence that they hold in their hands is genuinely mighty.

Presently in the United States there is an uproar about Killer Bees that



Bee Keeping

are exterminating other types of bees. These Killer Bees are the accidental products of these bee dynasties that shipped African bees into the Americas



and mated them with Brazilian bees.¹⁹ The beekeeper dynasties are so powerful that nobody dares to complain about them, not to mention punish them. If an ordinary individual or a small business had committed something like this on a many times smaller scale, they would still have been either bankrupted by fines or even imprisoned. Even before 9-11, guns were pointed at a tourist carrying a single apple

across the American border.²⁰ But, not a single penny is charged to those responsible for these hundreds of millions of Killer Bees swarming into the country. You really do have to marvel at the enormity of their lobbying power. (This world seems to be for big guys. Small guys like me just drink beer.) These people privately manufacture an amazing series of products without publicizing or announcing their findings. They provide their goods only to those few who purposely come seeking for them. I consider it one my greatest pieces of luck to have become acquainted by chance with a member of such a bee dynasty with a vast wild honey bee farm in the Canadian Rockies.

¹⁹ These European beekeepers also naively believed that they could dramatically increase the amount of honey produced by taking bees from regions where flowers were scarce into regions where flowers were plentiful. But when they did move the European bees into tropical regions, the bees did not produce honey, but took to attacking humans and other bees instead. The greatness of nature is something to be respected in awe and tremblingly dreaded. The petty schemes of humans will always be crushed in the face of it.

²⁰ I can personally witness that incidents like this really happened at least once at the border checkpoint in Bellingham, Washington.

Anyways, after being intrigued by the remarkable medicinal benefits from honey, I finally made up my mind to try an indirect method, via honey, to replicate this ancient Egyptian beer. I would first get bees to eat from garlic blossoms, which look quite like lilies. Then, from the honeys these bees produced, I would then brew beer, which is technically very easy. Once I established this direction, I felt as if the sun had finally broken up the dark clouds above me.

On top of that, it was during this I time I became acquainted with the writings of Buhner.²¹ It was as if I had gained a thousand cavalry troops to stand behind me! His book is considered a beer makers' Bible. If you ask any beer brewer worth his salt "What beer books have you read?" I guarantee that the title of this book will appear on all of their lists without exception. It is quite an intellectual and scholarly book. A great, serious scholar with a systematic educational background must have written it, and from where I see it, the author has concealed his real name: Anybody that can mobilize that much of high powered knowledge in such a comfortable way must be a well known scholar. But, Buhner is not that well known outside the beer inner circle. Frankly, I have in mind a few scholars as suspects.

In any way, I believe that the author, who must have used a pseudonym, not only holds great intellectual knowledge but has great pride in his wide array of erudition as well. Chinese people would describe him as one who "fathoms ten thousand books from cover to cover", and I could tell by his writing that he truly was someone who freely swung from culture to religion to science to display flawless wisdom and confident mastery in each areas of study, which he fully does to his heart's content. "Buhner" does this especially from page 479 onwards in his book where he kindly tells his readers about additional books to read, and even where to buy good ingredients; and it is precisely by reading from page 479 onwards that I began to study about beer in earnest. Especially considering the book's presentation of the studies of Mikal Assved, where the Tantric Buddhist

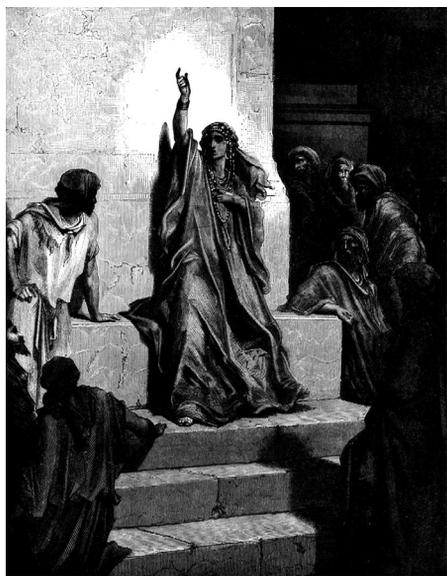
²¹ Stephen Harrod Buhner, *Sacred and Herbal Healing Beers: The Secrets of Ancient Fermentation*, Siris Books, an imprint of Brewers Publications, Boulder Colorado, 1998.

secrets to beer brewing are officially published in the Western readership for the first time in history, it is impossible to deny the magnificence of Buhner's contribution. A student of Humanities can not find any book worthier of serious study than the Buhner's book, no matter whether one makes beer or not. Well, I, however, have to admit most reluctantly that the present author's books may be potential candidates, though.

5. Garlic Blossoms and the Cure-all Beer

At this point, I would like the reader to recollect those stories in the previous chapter of the priestesses and beers: how beer was originally made and ministered exclusively by women, thus creating the class of 'priestesses.' And how these priestesses lost their powers, once men discovered the secret to brewing beers. In what follows, this chapter will reveal further why the priestess was the medium through which honey was introduced to beers.

Returning to the book of Judges in the Bible as an example, the one

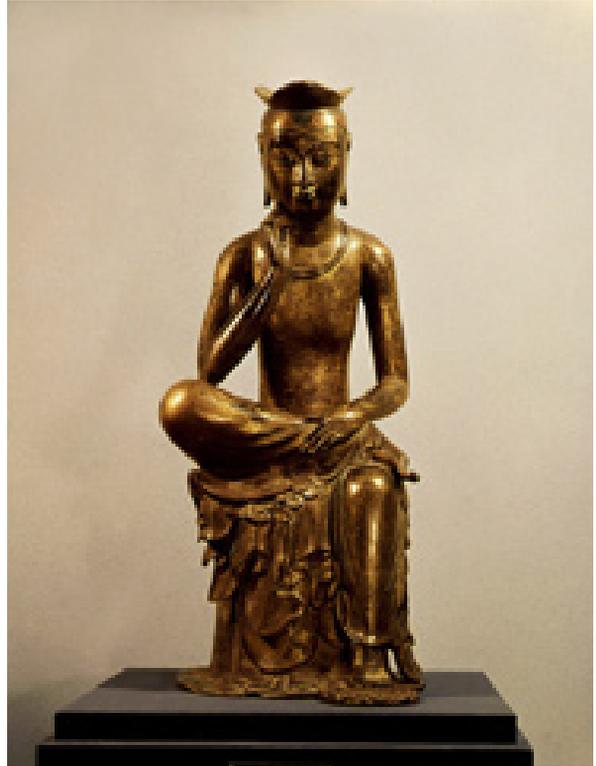


Deborah

and only female Judge of the Israelites (the word 'Judge' here can be also understood as "chief priest") was Deborah, whose name also means "bee." Let us think carefully about this. Why would any parents give this name to their precious daughter? There must be serious reasons. Also, in Korea, there is a "bee" story about Queen Sun Duk, the first female ruler of Korea. A Chinese envoy presented her with a painting of an exotic flower as a gift. When Queen Sun Duk saw this picture, she declared that this flower did not hold any scent. The flower really did not hold any scent; and the envoy, surprised by the

wisdom of the Queen, asked her how she knew. She answered that no bees could be seen in the painting... For certain, Queen Sun Duk had been

specifically looking for bees in the painting. Otherwise, how could she recognize the absence of bees? Bees were not the only thing that was absent... The first female Chief Priest in Israel's name is "Bee." The only remaining legend of the first female king in Korea is about "bees." Even occasional readers of comparative mythologies will find that bees and honey actually appear quite often in the ancient stories of female kings and female priests. Bees and honey appear in those stories symbolizing some sort of psychic powers these ladies have. Here is one more from Tibet:



National Treasure of Korea No.83²²

"Once upon a time, there lived a phenomenally beautiful princess. Every man around her sought her hand in marriage. To find the most worthy husband for his daughter, the king placed the princess in a line of other exceptional beauties and declared that the one who could correctly pick out the princess among these beauties could have her hand in marriage. A beggar from Tibet was the one who made the right selection. A scullery maid had told him earlier that the real princess was the woman who had no fear of bees. Since she was young she had lathered her hair with perfumed oils

²² The bronze statue of a seated Maitreya used Queen Sun Duk as a model, as it was thought that happiness, simplicity, and peaceful limbs would be best animated through the sensual beauty of a living body. Maitreya is translated into a Greek word, Metatron, which means the reincarnated Messiah.

that had attracted bees to her. So when a bee flew into the room and only one woman remained calm, the envoy knew that she was the true princess..."²³

Really, this story is much more profound than it seems at first glance. John, the Baptist, was waiting for a man on whom Holy Ghost comes down in the form of (or, like) a pigeon. That was a sign of Messiah. Likewise, wise bridegrooms were expecting to find their true brides by just looking at the spiritual powers coming down on their true brides in the form of bees. It is actually showing how only the women who held the spiritual secrets were the true and destined princesses and queens. They were the ones who grasped the unique know-how of biomedical technology of that era, how to make medicinal beer, the technology to raise the value of agricultural goods by many hundreds of times over. As a retainer of such power, Queen Sun Duk was able to "select the true envoy out of a crowd", playing out the duty of "recognizing true identities" that runs in the stories of royal woman all over the world.

Who knows how to make the ultimate medicinal beer? Who is the truly beautiful woman? Who is the true priestess? These questions appear in thousands of Eastern and Western tales, both ancient and recent; and seem to be seeking three separate answers. But they are really circling the same, one question, to which the answer is always "Honey." This feminine spiritual power is what makes the production of beer (with honey as an ingredient) such a wondrous and mysterious act indeed. The first priestesses who held the secret of bees, honey, and the secret production of 'medicinal' beer; and the "first queens" of many nations who were profoundly involved with bees through stories and symbols... could we really group all of these together as a mere coincidence?

In any way, these stories deepened my belief that the secret of those mythological beers that could cure all diseases, lies with making honey carry medicinal herbs into beer. This secret made perfect sense: silkworms that eat mulberries are known to bring about stronger medicinal effects than

²³ A story from *Springs of Butterflies* by He Yi (Lothrop, Lee and Separd Books, New York, 1985. pp.42-51.)

mulberries themselves.²⁴ Likewise, honeys from the plants with poisonous roots are in general more poisonous than the roots, too. There is no reason why the honey from garlic blossoms should be any different. It must have a concentrated medicinal power of garlic.

Also, I learnt that honey, in general, was a perfect ingredient to mix into beer. There are actually hundreds of kinds of beers in Europe called Honey Lagers that are half brewed from barley, and half from honey. I could also confirm that beer and honey, whether from the perspective of the yin and yang philosophy or simply that of taste, was a truly well matched couple. Furthermore, the pungent smell of garlic is not there. Just nice fragrance not unlike that of lilies. Honey was the perfect vehicle via which beer can carry the medicinal power of garlic!

Having come this far, I could guess that the secret behind the Pyramids' construction was not 'garlic beer' but 'garlic honey beer.' And it really needs no further mention that honey was a necessary ingredient of beer at that time. I began to believe that the reason there was no record of honey being used in beer was the same reason why there was no record of water being used to make beer: it was just too obvious a fact to bother mentioning. The matter of importance at that time was not 'whether or not' honey was used, but 'what' kind of honey.

Now, I had to prove my belief by actually making such a beer. Even though I had mountain moving faith, I knew that there are thousands of traps into which I might fall, and hundreds of Murphy's laws that were waiting to go wrong. But, unless I actually did it, how would I know it? I started to brew the beer. In addition to the honey from garlic blossoms, I mixed in the honey from the blossoms of a few medicinal herbs that would complement the medicinal power of garlic prescribed by Oriental herbal traditions.

²⁴ In China, Korea, and Japan, the powder of dried silkworm, has been used as anti-diabetic medicine for many thousand years.

6. The New Product

Inevitably, there were failures. There were, in fact, many failures like any developing of new products; but, the beauty of these failures is that one eventually succeeds, and I somehow succeeded! Also, when I finally did succeed, the resulting beer tasted great! There were fortunately no traces of garlic in the flavor, the honey even enhanced the taste of beer and brought out a drier and more refreshing quality from the beer. The brew was obviously more alcoholic than commercial beer, and emitted the color of dark ale. It was an incredibly delicious color and compared to the colors that commercial brewers made by mixing in burnt sugar, it had a very healthy shade too.

But a strange and completely unexpected occurrence took place. Three or four days after the beer was brewed, the drink would congeal into a jellylike substance. This transformation was neither drastic nor dramatic, and a little bit of shaking would liquefy the brew again; but the beer would eventually congeal again.

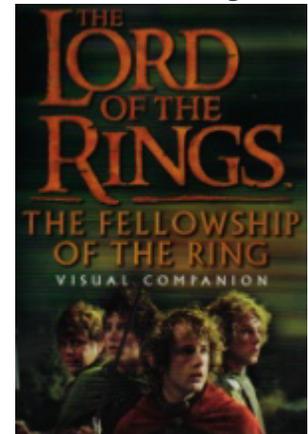
Perplexed as well as concerned, I researched the matter and inquired about it here and there. I discovered that this congealing was called "Thixotropy" which happened often to wild honeys of good quality. I learnt to my amusement that there were archaeologists who argued that this congealing was precisely the source of the first great debate of mankind: whether beer was Ambrosia²⁵ or Nectar²⁶, in other words whether beer was

²⁵ "Food of the gods." In Greek, the word "a-mbro-sia" is the English equivalent of "im-mortal." The ChunDo peach (a mythical peach that grows in Heaven) that Go-ku ate in Chinese mythology, Trip to the West, is a prime example of ambrosia. A popular children's animation, 'Dragon Ball' is based on this Chinese mythology.

²⁶ "Drink of the gods." For reference, the drink that exists only in heaven and not in this world is also called "Stelae." It might have been the inspiration behind the name of the Belgian beer that has recently been creating a sensation in the United States, "Stella Artois." Another opinion reports that a brewmaster named Artois made the beer to sell on Christmas Day, and was inspired by the star (Stella) that decorated his Christmas tree. But in anyway, "Stella Artois" is a very intelligent and a highly scholarly name. There are small, dirty restaurants in the back alleys of China with profoundly scholarly names quoted from esoteric ancient classics. Often, the menus thereof are calligraphic masterpieces. To see beers, like "Stella Artois," with such intellectual titles also hardly fails to bring small pieces of joy into my life.

a sacred food to eat, or a sacred drink to drink. To argue whether beer was consumed to get drunk, or to get full...isn't it a fun debate to carry out? Even a seemingly grave character like Immanuel Kant, the famous German philosopher, took an active part in this very debate. He insisted that beer was a kind of meal.²⁷ I personally do not know which side of the argument I should take since I have merely a beginner's understanding and superficial knowledge about beer... Anyways, I personally think it is good enough to have a vague, ambiguous idea of beer as "something healthy and tasty that you swallow and digest." To determine which side of the debate you yourself are on, try to recall that the monks in the monasteries during the Middle Ages "fasted" by consuming nothing except for beer. Those who find this definition of "fasting" ridiculous are Ambrosianists who think of beer as Ambrosia (food), and those who think this version of fasting is a great idea are Nectarists, who view beer as Nectar (drink).

So it is said that wild honey will not fetch its proper price if it doesn't display any Thixotropy. I also learnt that there was a tradition of treating beer that displayed Thixotropy as a precious drink from the heavens, and the price of such a beer would be extremely high. Specifically, an indigenous group in England called the Picts²⁸ made this kind of congealing beer with Heather honey. I read that this brew could be found in England until the nineteenth century but regrettably can not be restored anywhere



Lord of the Rings

²⁷ It is known that Aristotle, the son of a doctor and one whose name we equate with philosophy, also studied beer extensively. This gentleman philosopher records a medical observation he had made. According to his objective scientific studies, people who got drunk with beer only tumbled backwards, and those who got drunk from wine fell down in all directions. I am curious what this philosopher would diagnose if he was exposed to 'break dancing.'

²⁸ The etymology of the word "picture." The Picts were also the prototype for the seven dwarves that appear in the story of Snow White. It is said that the reason why there are many short people with healthy physiques in England today is because they are the descendants of this tribe. Actually, it was with the Picts in mind that J.R.R. Tolkien created his fictional tribe of the Hobbits in *The Lord of the Rings*.

today. There were so many interesting stories in general... It was simply thrilling and satisfying to see the efforts I made so unskillfully and almost randomly actually return in the form of these highly acclaimed mythical beers. This must have been rightfully what they call "Beginner's Luck!"

Another fascinating discovery was that the amount of carbon dioxide in the beer varied greatly depending on the timing when the honey was mixed into the bottle. If the honey was inserted too soon, the bottles would even explode. This method could be used, of course, to produce a bubbly drink like champagne; but the large amount of bubbles and the brew's tendency to congeal would make it difficult to drink the beer in anything but small amounts.²⁹ Most people could drink three teacups of this beer before they become too full to drink anymore. This is why it is impossible to become an alcoholic if you drink only properly brewed beers. And, as I mentioned previously, drinking such a natural brew can help to cure alcoholism.

The level of alcohol concentration in the beer would change according to the ingredients and methods I used with the ingredients. Because I did not mass-produce large batches of beer on a commercial basis, and also because my beer-making skills were no where near a professional level, every batch I made had a different concentration of alcohol in it. However, I can say that the average amount alcohol in these beers of mine was near the one usually found in wine. As a result, the brew can not be sold as "beer." To do so, the mix would have to be somewhat diluted, which I did not intend to do.

A secret that I learnt was that people of ancient times would not only mix in the honey the bees produced, but the entire beehive: the bee's wax, the pollen, the Royal Jelly, and even the bee stings. Inevitably, I also learnt that all these items were prized ingredients of Eastern medicines.

Let us now return to the stories about the witch hunting that took place during the Middle Ages. We all know how a typical witch was known to

²⁹ While we are on this point, I would like to present my reserved position on the claims of restoration of Egypt Beer from Kirin Beers. The reason this brew does not bubble is because they have packed too much into the bottle, or they have not used a container that is completely sealed off. Even after the first and second fermentation, large amounts of yeast are still living in the beer. So a small addition of sugar into a sealed container cannot fail to produce bubbles. Kirin cannot possibly claim that Egypt Beer holds no bubbles, but only that a different kind of bottle has been used.

cook strange potions and stir in all sorts of gruesome ingredients like bat wings. I guess these "witches" were actually putting whole beehives into their pots to produce the cure-all beer. There is so much foam before and during the first fermentation that the brew looks like it is boiling. During the first fermentation, all sorts of objects pop out of the beehive. Bee larvae and of course, bee corpses...it does not look like anything that you could possibly drink. No light can touch the mix during the fermentation and so this gruesome process must take place in darkness. When you observe the fermenting process at this stage, it looks as if there is a live creature inside that black liquid. This creature swirls around by itself in the dark fermenting tank and exhales by releasing sounds of "Poo-shee! Poo-shee!" It is a little frightening to observe this alone.



Witch with Pot

When entire beehives are being placed into the pot, this will appear to unknowing men as if strange and evil objects like bat wings are being thrown in. On top of that, these grandmas would only smile with cunning twinkles in their eyes when asked about what they were making. To stern brainless Christians who staunchly believe that abstaining from alcohol was crucial in keeping their faith, such queer and secretive old women would undoubtedly look like witches. If you go to an old Asian restaurant even today and ask the grandmother of the house about the recipe she used, she will probably show the same reaction. She will just smile and remain silent about her secrets. Perhaps she is reacting this way because it would simply be too difficult to explain. It doesn't seem like a crafty response displayed to guard her intellectual property.

Furthermore, the method used for storing yeast between fermentations was slightly bizarre during the Middle Ages. They would put several branches of pine trees to soak in the liquid during the first fermentation, and then hang them on the wall to dry until they were soaked again during the next round fermentation. When hung, it would appear like a 'broom.'

When a daughter left her family to become married, a branch from this group would be given to her. In this way, the specific kind of the yeast the family used could be passed on and regenerated. There are several houses in Europe where the family's unique type of yeast has been passed down from generation to generation in this manner for hundreds of years. But, that's not how the inquisitors saw it. "A broom?! Why is it hanging on the wall? Making potions with bat wings?... Enchanting with those brooms to at night?"³⁰ Hey, these bitches must be witches!" Inquisitors couldn't be more convinced. On top of that, "they're using the spirits of nature to make the ultimate cure of all diseases" Of course they are guilty, guilty, and guilty on all capital charges of witchcraft and black magic!

The word "witch" is, in fact, a term coined by men that embodies the vague fear and repugnance men have toward women, and also a generic label men stick on those women who have failed to properly execute their roles as priestesses. (As many could have vaguely guessed, it has the same etymology as "bitch.") Hence, the full moon that appears so often in tales of witchery is a symbol of the menstruating woman. Menstruation (meaning 'fool mooning'), brooms, and a boiling cauldron brimming with unknown ingredients; these symbolize all the things men fear. As a result, immature priests of the male sex with thorough misunderstandings of Christianity would wipe out the descendants of these priestesses through cruel Inquisitions and the horrible tortures that followed. "What? An uneducated hag who lives alone in a hut in the forest can brew a tastier beer? Medicinal beer? Of course she is a wench who needs to die. Hags like her are the enemy of God, a paw of Satan, and burning is too good for her. Chop her alive before burn her. If you really aren't practicing sorcery, then tell the priest how you do make your brew. You can't? Beat it out of her! Look at that filthy wretch, how dare she menstruate at this time."³¹ And so the story goes.

³⁰ The reader will remember that sacrifices were often offered before pitching in yeast, and, because the fermentation should happen in the darkness, this should be done at night.

³¹ Women typically start to menstruate within two or three days of facing extremely painful tortures. Sometimes this even happens to women who have left menopause long behind them. It may be seen as a sage way of the Creator to install the power in women to give life, especially

Many brew mistresses confessed the brewing secrets to the Inquisitors. The monopoly to beer thus rolled into the hands of the monasteries. Around this time, the knowledge of alchemy and what we call magic also became the intellectual properties of monasteries through similar Inquisition interrogations. Even to this day monasteries still have a monopoly on some famous cognacs, champagnes, and perfumes.

Crime families in Korea have also fought deadly battles over the territorial rights to produce and distribute liquors, beers in particular. Famous Mafias fought fiercely over the liquor rights during the Prohibition. Underneath the noble propaganda of morality and divine calling, the rivalry over the monopoly rights to beer actually played important ‘real’ role in the wars between the Protestant and Catholic Churches.³² People do not fight so viciously just for the sake of noble



Inquisition

religious doctrines.³³ We are not such noble animals to kill each other over a disagreement in abstract theories. Have you ever seen a war that was fought about thermodynamics or differential equations? Religious doctrines seldom teach violence. Furthermore, the doctrines of established religions are so remarkably similar that it is virtually impossible for violence to arise

when their own life is threatened; or as desperate screams of protest towards God during times of immeasurable pain...how weak and savage we humans are!! One can really understand how cruel an animal man is from reading Michel Foucault's *Discipline and Punishment* (Vintage Books; Reprint edition, May 1995).

³² www.beer.co.kr, introduces quite accurately the relationship between beer and monasteries. Of particular interest in the present context, Saint Florian, Saint Augustinus, Saint Bonipatius are revered by the Catholic Church as the patron saints of beer. They are basically the founding fathers of Catholic Church.

³³ We will talk more about this. I forgot the author of this dictum. But, this is a rather famous dictum in political science.

from such fine doctrinal differences. People who fought usually do not care about those fine differences, and, with such thick skulls, can not know the differences even if they do care. Financial and other more down to earth practical motives always provide better explanations for the violence done under the name of religion. The witch hunts of the Middle Ages were not an exception. It was just another story of organized crime with a religious twist. Violence does tend to be at its most frightening zenith when it is committed in the name of religion. All the more so because the more horrible hypocrites they are, the more they have to hide.

For true feminism, the true restoration of full femininity, to have any chance to succeed, the past wrongs of the witch hunts must be truly repented about by all participants, especially the Catholic Church. In this light, the present Pope's recent declaration of penitence regarding the Inquisition and witch hunts can only be seen as a positive first step toward the restoration of full femininity for the female sex, even though it is late by 400 years. All that remains is for women to start brewing real beer again.³⁴

Before we move on, let us read one more story. Here again, a woman was accused of being a witch just because she brewed beer.

"Once upon a time in a kingdom ruled by a greedy king, there lived a father and his beautiful daughter. One day the father offended the king so that the king locked the daughter up in a tower. The king promised the daughter that her father would

³⁴ In Isaiah 28:7 from the Bible, it is written that male priests must not seize the power of beer (incorrectly translated into "poison") This author argues, that the current problems of the Church, both Protestant and Catholic, rooted deeply in the misappropriation of the beer related rights from the female sex. Again, one may laugh at this author, but, should not laugh at the word of the living God in whose hand it is a dreadful thing to fall.

³⁵ In the Grimm brothers' book, this character is named Rumpelstiltskin. They are exactly the same character; the slight difference in their names arose just because of the alternation between German and English translations. If I were ever to become a minister of education, or the chancellor of a university, I would make it mandatory for all students to read illustrated fairy tales of Grimm brothers. The book of Grimm brothers (Jacob and Wilhelm), which features around three hundred fairy tales, succinctly summarizes the world of the European subconscious psyche. To understand the European mentality, all one has to do is read the Bible, and an illustrated collection of fairy tales of Grim brothers. For the Korean mentality, one can read

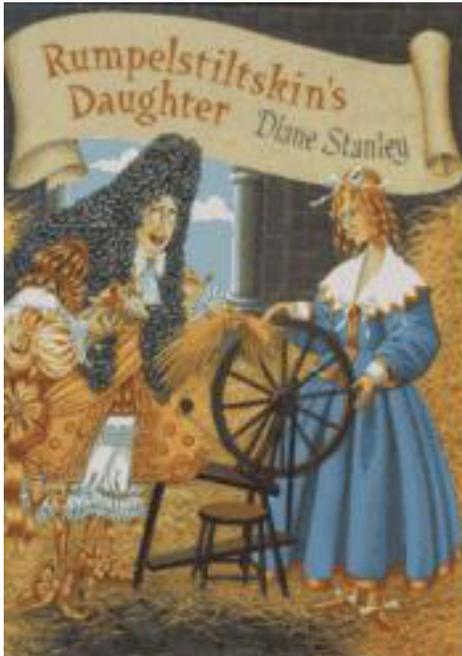
be released if she could spin common hay into gold. The daughter was crying in despair when a "witch" entered the tower and spun the hay into gold. She did this several times and left each time without introducing herself. Eventually the king became so impressed by the daughter's work that he offered to marry her if she would spin hay into gold one more time. The witch obliged the daughter one last time and agreed to spin the hay into gold in return for the promise that the daughter's first son would be given to her. The daughter agreed, the gold was spun, and she triumphantly became queen. When the queen did bear a son, the witch arrived to collect her due. The queen begged the witch not to take away her child and finally the witch agreed to release the queen from the contract if she could guess what her name was. The queen had the witch followed and the name in question was discovered when the witch, unaware of the hidden listener, declared her name was Rumpelstiltskin³⁵ by singing a song that began, "I brew my own beer..."

Many of European folktales from the Middle Ages are similar to this tale in that they equate old female brewers with sorceresses. For example, the original version of the "Snow White" story, with which, all of us think, we are familiar, thanks to brilliant Disney commercialization contains a few grim scenes where the witch brews beer.³⁶

Annals of the Three Kingdoms; and in the case of China, Xi You Ji (Trip to the West—I mentioned this before) and The Tale of Three Kingdoms. During my own life, I have read Grimm Brothers five times. The later the time I read the tales in my adulthood, the more benefits I reaped. The fact that there is no such book for Japan is a vivid display of the nation's spiritual bankruptcy. It is well known that the Manyo anthology they exhibit is just an extension of native chants. There are no 'stories' within that anthology. It is not completely incomprehensible why the Japanese molded millions of gods out of petty aggression war criminals and annoyed their neighboring countries by discussing whether or not the leaders of what they would call "nations" worshipped superficial deities. Among all the commentaries on this Japanese anthology, the one I see as being the best written is not even Japanese but a Korean book, *History That Sings*, by a female professor named Kim Young Hee. If I were a Japanese man, I would commit Harakiri for the shame.

³⁶ Of course, there are many blatantly erotic scenes in the original story as well. This story is also

In Freudian terms, all these tales depict young girls overcoming the vague fears, symbolized in the form of, (or personified by) witches, maturing



Rumpelstiltskin

into a socially functioning healthy adult. General, hard to define, vague, but still real fears toward the unknown and the uncontrollable elements of life. That's what is symbolized in the witches in all those tales. They are exact equivalents of the Strong Man Jesus spoke about in Luke 11:21. The Selfish Giant that appears in the tale of Oscar Wilde is still another form of this witch. Strong Men, Selfish Giants, and Witches represent those parts inside us that are poorly handling the unpredictable events in life. These tales all end with those seemingly unconquerable witches and giants defeated. These tales bridge smoothly the unknown to the known, the subconscious to the conscious. These tales

actually tell us this world is actually not that dangerous a place to live, that the unknown is not necessarily dangerous, that you can be still generous, loving, forgiving, and by the way, that you, young girls, can joyfully play with the unknown, thus becoming 'priestesses.'

"Modernization" destroyed all of these. These tales lost their psychosomatic powers in the modern world. Women, who used to be priestesses that bridge the unknown to the known became the playthings of men. The developmental psychology often ascribes the immaturity of men to the fear of castration untreated, and women's inability to mature psychologically is attributed to the fear of having to play the role of a witch in the witch hunts.

from the work of the Brothers Grimm also. (Where else?) While Eastern fairy tales are always based on only one theme: the encouragement of good and the punishment of evil; Western fairy tales freely navigate the world of the human subconscious. This is why we Koreans waste our lives just as workaholic money making machines, while the Westerners simply blurt out whatever their hearts desire. I often envy them very much.

I hold a firm conviction that the women's role in producing the perfect beer, the restoration of true feminism, and the completion of postmodernism are all bound tightly together in an inseparable relationship. If one fails, the other two fail for sure. If one succeeds, the other two must be successful.

Actually, Jesus had a point to make on this subject. He meets a woman in Samaria who has failed in her marriage life and become the sexual toy of multiple men. To this particular woman Jesus shows how to keep the Aqua Vitae (water of life)³⁷ continuously flowing. (John 4:13) Of course this passage of the gospel is a symbolic lesson in how to receive the Holy Spirit through Jesus, but I also read in there the true restoration of full feminism through beers. Jesus was actually telling her to become a true priestess.

In the Bible, there are no instances where Jesus says, "Come out to the women's prayer meetings as well as the community prayer meetings, join the choir, give offerings, regular offerings, special offerings, tithes, go to early morning prayers, Friday night vigils, women's bible study, mother's ministry meeting, church leadership meeting, local cell group meetings, and, special prayer meetings... and do this, and do that." If this were the case, even healthy marriages would break up by trying to obey this onus. Something has definitely gone awry in the development of these institutionalized religions.³⁸ The teaching of Jesus is a lot more than that. No, to be precise, a lot, I mean, a lot simpler than that.

At the beginning of the Jewish Sabbath, every Friday, the lady of the household will bring out the alcoholic drinks. By doing this, she is actually declaring that her role as a priestess is firmly established, and thus she proclaims that the house is the Temple. "Sabbath" means "a genuine rest" and signifies the celebration of the completion of God's good creation; and the Jews are well aware of these truths because, according to them, it is Jehova, the Jewish God that created the universe. Therefore, it is only proper to start the celebration of each Sabbath with beer and wine. (The

³⁷ Recall that the etymology of "Whiskey" is precisely this "Aqua Vitae." 'Aqua,' as in aquarium, means 'water,' 'Vitae,' as in curriculum vitae, means 'life.'

³⁸ "To go awry" in Hebrew is "Chef", and the term translates back into English as "sin." What this means is that, even though I have written the euphemism "to go awry," a woman's failure to properly fulfill her role as a priestess is actually a monstrous sin.

Jews always offer something to learn.³⁹) When the lady of the house carries out her priestess duties, the men need to recite Chapter 31 of Proverbs. The chapter in sum is a display of an infinite amount of highest respects and adoring praises for the woman, the priestess.

"Who can find a more virtuous woman than she? For her price is far above rubies.

The heart of her husband doth safely trust in her, so that he shall have no need of spoil.

She will do him good and not evil all the days of her life.

She seeketh wool, and flax, and worketh willingly with her hands.

She is like the merchants' ships; she bringeth her food from afar.

She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens.

She considereth a field, and buyeth it: with the fruit of her hands she planteth a vineyard.

She girdeth her loins with strength, and strengtheneth her arms.

She perceiveth that her merchandise is good: her candle goeth not out by night.

She layeth her hands to the spindle, and her hands hold the distaff.

³⁹ How better this world could be if they teach correct things only!

She stretcheth out her hand to the poor; yea, she reacheth forth her hands to the needy.

She is not afraid of the snow for her household: for all her household are clothed with scarlet.

She maketh herself coverings of tapestry; her clothing is silk and purple.

Her husband is known in the gates, when he sitteth among the elders of the land.

She maketh fine linen, and selleth it; and delivereth girdles unto the merchant.

Strength and honour are her clothing; and she shall rejoice in time to come.

She openeth her mouth with wisdom; and in her tongue is the law of kindness.

She looketh well to the ways of her household, and eateth not the bread of idleness.

Her children arise up, and call her blessed; her husband also, and he praiseth her.

Many daughters have done virtuously, but thou excellest them all.

Favour is deceitful, and beauty is vain: but a woman that feareth the LORD, she shall be praised.

Give her of the fruit of her hands; and let her own works

praise her in the gates."

The women who receive such praises are happy women. The men loudly recite these phrases to their wives each Friday; what a truly beautiful scene it is! How wise are the Jews who established this tradition! Even if the husband has done some wrong, it would be an easy task to earn his wife's forgiveness when he recites such a passage every week. Likewise, a wife who did something terrible behind the back of the husband will correct it in time. No matter how awful a husband he is, the man who praises his wife like this will never eat a cold meal. He will also never fail to get a few good drinks from his wife. Praise most suitable for a competent, Spirit filled, holiest priestess, and most definitely a bountiful source of a beautiful marriage.⁴⁰

A common complaint among women is that their husbands "don't respect me enough" or that they "don't pay enough attention to me." But I would like them to carefully consider first whether they have been fulfilling their roles as priestesses. Then, they can decide whether the complaints are justified. Drinks presented by a priestess, words of praise for the priestess, marital bliss, genuine rest; isn't this the paradise on earth we should all be pursuing? This is exactly why there is a Jewish saying that "the world you look upon with two eyes is hell, but the one you look upon with four eyes is heaven."⁴¹ In truth, is there another being on this earth nearly as wondrous, mysterious and cute as the woman whose name is "my wife"?

Jesus was teaching the Samaritan woman that she needed to recover her stature as a priestess, and how to do that: brewing and serving proper beer, Aqua Vitae, for her husband. Then, the true Sabbath will start in her house, which will become the paradise on earth... Isn't this all obvious?

In fact, it is due to this Freudian consideration, that I named my beer

⁴⁰ About myself as a husband, my in-laws say, "He is a failure of a husband in everything else, but two areas. He used to be ill very often, but not any more, and he compliments his wife a lot." *The Survival Guide for Failure Husbands*: I am more qualified to write a book with such a title than any one still alive. At least, my good beautiful wise wife says so.

⁴¹ Let me remind you that this saying was made a long time before optical glasses were invented. Therefore, it couldn't refer to an improved vision after purchasing a new pair of glasses.

"Sphinx beer," and also its Egyptian origin.

The Sphinx symbolizes a crucial milestone in the psychological development of a man's inner being. According to Freud, all men retain an Oedipal complex and it was this same Oedipus who began his stormy and tragic life as a king, as an adult, and as a hero by solving the riddle of the Sphinx. (Freud borrowed from a Greek tragedy written by Sophocles. In the tragedy, Sphinx threw a riddle to every passenger. The riddle was, "What has one voice, but walks on four legs in the morning, two legs in the afternoon, and



Oedipus and Sphinx

three legs in the evening?" Oedipus answered, "Man." As soon as Oedipus solved the riddle, Sphinx hurled itself into the sea, and Oedipus became the king of Thebes. Of course, later, he marries his own mother and gouges his own eyes. This riddle of Sphinx is called 'Enigma.')

⁴² 'Enigma' also happens to be the name for German encryption machines during the Second World War. It was after the Allies solved the Enigma of the Enigma, that they could start fighting like an adult.

Also, it was the riddle of the Pyramids that first got me interested in beer, and, in turn, the Sphinx who has its own riddle protects the riddle of the Pyramids. For me, solving the riddle of Pyramid, or solving the secret of ancient garlic beer, was identical to solving the Enigma of Sphinx in terms of its implications on the psychological development of myself. Both were about my inner growth, in a way. Furthermore, the yeast I used to brew my beer was collected from the town of Giza that lies in the shadow of the Sphinx.

When all these "coincidences" have joined forces to point to a single name, to use any other names would be an intentional and earnest challenge to the One who had generated all these "coincidences." Obviously the name of my brew had to be "Sphinx Beer." I could not possibly imagine any other names. Once I did name the beer, I noticed how it sounded very pleasant. I felt a great relief.

Beer is destined to play an important role in the restoration of the priestesshood snatched away by Catholic Church. For exactly the same reasons, the ability to answer correctly to the Enigma of the Sphinx is as important as the initiation ritual that marks the passage from childhood to adulthood. In innumerable legends and myths scattered throughout the world, there are common themes in which 'heroes' commence their 'heroic' journeys by solving riddles asked by monsters. In those stories, solving the enigma marks the start of a journey, and the journey is the initiation ritual.

For example, Jesus also solved three riddles that Satan threw at him in the wilderness. Just as a good young Jewish rabbi would, Jesus found his answer from the Jewish Old Testament, or more specifically, from Deuteronomy. In the story of Rumpelstiltskin I mentioned earlier, the daughter begins her adult life by solving the riddle the witch gives to her. The boys in the myths of the Navajo tribe (of the United States) also enter adulthood by solving riddles presented to them by the spider woman...

To all the riddles given unto heroes by monsters as initiation rituals, the correct answer is always that "life as it is." That is exactly what Oedipus said. Also, that is what Jesus said. Unless "life" is begun with an objective view of its reality, one has to deceive people, as well as, but more sadly, cheating oneself. Overly ambitious, or, overly pessimistic attitudes are

actually all the same immature position. "In life, there is nothing to be ambitious about, neither to be pessimistic about. It just goes day by day. Therefore, be faithful today..." That is always the correct answer to the Enigmas by the monsters. With the passing of every day that one does not live like that, he is just one day closer to the ultimate disappointment and the final disaster which we call, Death. Depression is just a temporary self-defense mechanism through which a person's inner being defends itself from the discomfort that arises from the divergence between the reality and one's own immature fantasy. Unless one starts life with an objective view, one can not avoid falling prey to depressions and suicide. Even in the tale of Rumpelstiltskin, wasn't the crucial answer that "skin" would eventually get "rumped?"

Even though the word "Enigma" is commonly used synonymously with "riddle," mythological meaning of "Enigma" is specifically the riddle of the Sphynx. In fact, "Enigma" represents all the questions in the world. Therefore, the correct answer to "Enigma" symbolizes 'The' correct answer to all the questions in the world. The real question—the ultimate question—that Enigma Sphynx is asking is, "What is 'Life'? What is that matter called 'Time'?" Oedipus' answer to this is simply "to live as it is." In more academic terms, the Sphynx's question is about "being and essence" and Oedipus' answer was "existence." The hero's answer was that "existence precedes essence."⁴³ He would also shout at the monster, "OK! I am ready to be condemned to be free! Go ahead and curse me! You are not my Master any more." In fact, that was the response God expected during the Temptation and Expulsion at the Garden of Eden. But, there, the response of Adam and Eve were nothing but heroic. Alas! The whole of human history starts not as an adult history,⁴⁴ but, as an immature spineless cowardly history.

⁴³ A French version of this phrase by Sartre could be found on the lips of any college student during the 1970's. Back then there were so many people who could sing, "Les Feuilles Mortes" by heart. The name "Sartre" itself means "a sanctuary." It is a name that reminds me of the Bible verse, "Destroy this temple as I will raise it again within three days... Do you not know that your body is a temple?" Again, it was said by the Rabbi we quoted over and over.

⁴⁴ Totally against the intention of this author, an 'adult history' sounds like an X rated history. Well, as a person, for whom English is a foreign language, this author suffers from serious

Human history from Adam's time on is summarized in one single word: Fall. It had to wait to be redeemed (bought back) by Jesus who starts life



Gadarenes

as the Redeemer by providing correct answers to the Enigma. These false masters always tempt us to short change our true inheritance. Unless we respond heroically, they always succeed. We need some Great Advocate to get back the wealth fraudulently taken away from us. He actually showed us how. Now we realize that we only had to play cool. But, we just didn't know it. Yes, playing cool, yes with class... how could we not know it? How can there be any other way?

I believe that Oedipus drank beer at this moment. Beer could not have been absent when such an existential self-identity was discovered. In other words, it is the instant when a child

becomes an adult. There must have been an initiation ritual, and in the initiation ritual there should be beer. In Sophocles' tragedy, Sphynx jumps into the sea the moment he confirms that Oedipus has become an adult; just as Captain Hook⁴⁵ dives into the water when he discovers that Peter Pan has become an adult. The Oedipus syndrome, and the Peter Pan syndrome,⁴⁶ a "child" has to conquer these two syndromes in order to be an adult. If it finally happens, the monsters that tormented the child before will plunge

shortage of proper expressions at proper times, for which generous forgiveness from the readers is begged for.

⁴⁵ A 'Hook' being a general symbol of something that nabs you and prevents you from growing, no other name could be more appropriately for this Captain.

⁴⁶ Think of "James Bond." Then, you will know what a Peter Pan syndrome is. I am the Center of Universe. I have to get to sleep with all the pretty girls, while I have to kill all others with my shining new toy guns. But, after a while, I will blow them all up.

themselves into a certain body of water. That is common in all these stories. Even in the gospel of Matthew, we read a similar story about the madman of Gadaranes. The demons that plagued the madman in this story also jumped into the water when this man was saved.⁴⁷ Sphynx dives in when he witnesses the adulthood of Oedipus, and Captain Hook dives in when he discovers Peter Pan's maturation. In the same manner, the legion of demons that tortured the madman leap into the water once they saw him reach a spiritual maturity.

The waters they dive into represent beer,⁴⁸ or rather, beer represents such waters; symbolizing the hope that still remains in the midst of all the daily anguish and hourly despair one must face as an adult; and also the Hop that allows us to undergo spiritual experiences through hallucinations of understandably legitimate strength.⁴⁹

The question we should focus at this point is the "Question of Time." Invariably, in all of these studies, the questions thrown by the monsters are always about "Time." Those questions, thus, can be always rephrased as "What is Time?" There was a clock ticking in the belly of the alligator that swallowed Captain Hook, and the question the demons hissed at Jesus was also about time. That's right! These are all questions about 'Time,' and the answer is no more or no less than, "Live today to the fullest." When the

⁴⁷ By Jesus. Yes, the same Jesus!

⁴⁸ Let us skim over again the "Beer Song" by Kim Dong Myung from earlier in the book. Isn't the sea in the poem precisely the same sea the Sphynx leaps into when Oedipus solves his riddle! The Korean version of this book uses a picture of sea as the cover.

⁴⁹ When Jesus was being tested by Satan in the desert, his answer to the first riddle was, "Man does not live by bread alone, but by every word that comes from the mouth of God." I mentioned earlier while telling the story of Samson that there are instances in the Bible where "honey (honey beer)" are used interchangeably with word of God. I dare not imply that Jesus meant to say "Proper beer must be properly drunk to lead proper lives," but just wish that some one with nothing to lose or someone stupidly brave will say it on my behalf. I can not say so because I still have some status that I intend to maintain within the church I go to... As I continue my walk with Christ, I feel Jesus in a more and more comfortable and intimate way. I do not think he was someone who was constantly sad, grave, and always boringly serious; but someone who was concerned about the same mundane daily problems as we are and have the same weaknesses as we do. I just know that Jesus drank beer quite often. Because he was a normal guy, a God among normal guys.

Time comes for us to meet God finally,⁵⁰ those of us who always plan grand schemes for the distant futures, while presently leading disastrous half-lives will always scream, "I need more time! Not yet!" Hence the demons of Gadarenes screamed to Jesus that they needed more time; a chorus of the same wails will erupt when the coffin's lid is lowered on most of us. "I need more time!" After eighty years, no, ninety years, how come you need more time? What are you going to do if, in fact, you are given more time? You will still waste it again by worrying and planning. For the same reason, there are always one or two students who shout, "there is not enough time" at the end of each simple multiple choice exam. Why? Their grades will not be any better even if they were given 5 more minutes. What they do not know is what they do not know.

In a way, the demons of Gadarenes the Bible talks about are not the creatures we would see in a horror film, but actually signify those of us who have not lived Today to its fullest. Thus the Fundamental conclusion of Christianity and Judaism is simply to live to the maximum, faithfully to the "Now, and Today" and to be maximum kind to the people who stand before me "Now, and Today". This can not be anything else but the answer to all Enigmas, and all other questions of the world. This is precisely what is called the Wisdom of Wisdom in the book of Ecclesiastes. On the other hand, the Wisdom of Diamond Sutra prescribes still the same conclusion.⁵¹ Moses, the prophet of prophets approached the end of his life by leaving one definite prayer, "Teach us to number our days aright, that we may gain a heart of wisdom" (Psalm 90:12). The greatest Korean intellect of our time, Professor Lee Uhryung⁵² titled the complete collection of his essays *What Time Is it Now?*

⁵⁰ Winston Churchill once said, "I am ready to meet my Maker. But, whether He is prepared for the ordeal of meeting me is another matter." I like this man. Jesus must like this man.

⁵¹ The Holiest Scripture of Buddhism. Considered to be the wisest. Often compared to the Book of Ecclesiastes in Judaism. Interestingly, the Diamond Sutra, the book of Ecclesiastes, Plato's works, Confucius' work, Laozi's work, and Zoroasterism Scriptures are all written contemporaneously, forming the basis of all the major religions of the world. I guess that the traffic and intellectual exchanges of the ancient worlds were a lot more active than we think.

⁵² The same Professor, who wrote "Minimalism and Japan." It was regarded to be the most accurate analysis of Japanese mentality in all categories.

Most of us do not live each "Today" to its fullest. Every day, we waste "Today" for those "Tomorrows" when we will be richer. Then, I will donate money to the good charities. Then, I will help orphans. Then, I will help homeless elders, might as well achieve world peace, in the spare time... When I have more time someday I will go see this friend and visit that relative, I will be more kind to my children, and even read the Bible once... These are exactly the sayings and excuses that the legions of Demons of Gadarenes used "Have you come before the appointed time to torture us?" They are the utterances of ghosts and demons, and the gibberishes filling the entire useless futile lives of most of us, and most of us let our lives slip by on and on while talking such nonsense on and on. The stories of the Sphinx, Captain Hook, the madman of Gadarenes, and all other stories of Monsters-Enigmas teach us not to live that way. They all teach us why we need to drink beer. They all require us to drink "Sphinx Beers."⁵³

The same message appears in the incident of the burning bush⁵⁴ where God reveals himself to Moses. God introduces himself here as Jehova, "one who exists by himself." "Jehova" is translated from Jewish into English also as "I am who I am," or sometimes as "I will be what I will be." The most accurate translation, however, is actually "Eternity is now." That's right, "Eternity is now." It is the essential and absolute truth so central that even God used his own name after it. Live today to the fullest. Eternity is now. Martyrdom in the future is uncalled for. Neither are large offerings in the future. There is no need for commitment to build churches in the future, become famous pastors. Because the "universe is here," and "eternity is now," all that is needed is to live here today in maximum earnest. And if you do actually become a martyr one day while living each day in this whole-hearted way, then, become one fearlessly on that day; if you actually get to make an offering one day, do that fearlessly too; if you finally get to build a church, then, build one brilliantly; and become an outstanding pastor or monk if you are destined to become either of these, then, be my

⁵³ I have a 200% confidence in the bright future of my company for this reason. How can I not be?

⁵⁴ Chapter 3 of Exodus

guest. Let's just live Today in maximum earnest in the meantime.

So how could I have possibly named my beers anything else besides "Sphynx Beers"? How would it be ever possible for any one to debate seriously about the meaning of life without drinking "Sphynx Beer"? Simply impossible! Contradiction in terms and oxymoronism at its zenith.

You will remember how the mythologies of many cultures introduced in Chapter 1 share parallel meanings for three words: Hope, Hop, and Beer. Likewise, "Sphynx Beer," and the "Wisdom to Live by Today"... these two can be used interchangeably and synonymously.

Thus, I succeeded in creating "Sphynx Beers." At first, a beer with Garlic Honey, then, another herb, then, another herb... Once I succeeded, there was no stopping. As of 2003, I have a few beers that are commercially successful. God, again, made some intentional administrative errors!

7. Reactions to the Test Prototype

Anyways, the next but more important question was, what are the health effects of my beer? There are other questions that follow immediately. If there were any benefits, how would it be proven? Even if Sphynx Beer was good for the health, would it make economic sense to prove it, produce the beer and supply it to others? If any of the answers to these questions is no, then there should be no product.

The first drinkers of the test prototype would generally say that, "It is delicious," "I feel less fatigued," "I see better," and even "I've lost weight."⁵⁵ But truthfully, nobody said they felt the brew was an all-curing miracle drink. Even though I do wish that the product that I have made could be a serious treatment for serious diseases, I do not think that the modern scientific mindset would accept beer as a remedy to serious illnesses. I supposed that the drink could be claimed as an aid in reducing fatigues... but really, I wouldn't have needed to work so hard just for that. You can alleviate fatigue simply by replenishing the body with liquids after having sweated a lot. You do not need the spiritual power of "Sphynx Beer." In any way, let me confess that it was a little disheartening to see my beer being

drunk not as a cure to all diseases, but merely for being tasty. There are tens of thousands of beers that are tasty. If it is just for the taste, I would not have spent 7 busy years of my life to develop my God Blessed "Sphynx Beers."

Running to get clinical tests done to prove the effects of "Sphynx Beers" was a ridiculous idea;⁵⁶ The participants would join the 'in-house' tests half jokingly, and half seriously. For them, the tests would be just a chance to drink delicious beer for free, which was quite correct.

However, purchase orders for the "Sphynx Beer" started to flow in immediately after I finished my first test prototype, despite the fact I had not advertised it at all. I had told a few handfuls of acquaintances about the beer I was brewing and they and their acquaintances had kindly placed the orders, saying that they liked the taste of the beer. I was only thankful to hear that there were people who genuinely enjoyed my product. They all say, "Health Effects? Well, we believe so." Nothing more. Just laughter.

But, the fact of their purchasing beers from me, at least proves clearly that they are peace loving law abiding intellectually advanced decent people. God bless them! Also, they all said, "I could see better." This was quite encouraging. The Bible verse Psalm 13:3, "Give light to my eyes, or I will

⁵⁵ Although the chief element in beer is alcohol, there are also around one hundred other elements like sugars, many kinds of peptides, nucleic acids, amines, calcium, ions, and Vitamin B that are all good for the body. The alcoholic drinks that are healthy in general are beer, (grape) wine, and rice wine; and distilled alcohols can contain organic acids like tartaric acid, as well as necessary minerals and vitamins that remain intact during the manufacturing to be beneficial for the drinker's health. A distinct characteristic of beer is that 1 g of alcohol will generate 7 cal, while proteins like meats generate 4 cal and fats 9 cal. Even though it is often said that "drinking beer will make you gain weight," but this is a misconception. What they are saying is only true for commercial beers. Only a tenth of the calories from alcohol will be absorbed, and the rest will all be burnt away. Actually, drinking beer will automatically help you lose weight. In addition, beer contains female hormones that make the drink a useful beauty product. It is no wonder that the "beer diet" is fashionable in the United States these days.

⁵⁶ To test the efficacy of an all-cure, the brew must be tested on all ailments. But there are logical and philosophical reasons why the Randomized Double Blind Test is basically impossible to run. Of course, other kinds of tests could be conducted. For more information about these tests, I refer you to the papers I have written, "Diabetes and Markets for Diabetes Care: Double Blind Tests and other Controversies" and "Common Methodological Confusions in Diabetes Care (Other answers to questions and criticisms about Eleotin)" that are posted on www.eastwoodcos.com/Science/Science.php. This paper received the honor of being highly (undeservedly) praised by important doctors all around the world.

sleep in death" shows the definite interrelationship that exists between the health of the eyes and that of rest of the body. A food that betters your sight must be beneficial to other body parts as well. Therefore, "Sphynx Beers" must be good for the body.⁵⁷ I just can't prove it now. Considering the kinds of ingredients that went in, the drink can not be anything but good for the body. I just can't prove it now. Modern, clinical trials may not have been run, but according to archaeological literature, a beer brewed in such a way could be a general cure for stress, rheumatism, cancer, high blood pressure, depression, alcoholism, blade-inflicted wounds, and even impotency.⁵⁸

The cost of production was another problem: one had to consider the expenses that were involved in adding garlic indirectly through the honey; it would be too expensive to mass-produce the garlic honey among other things. To price the beer as an expensive luxury liquor seemed to me to go against the basic *raison d'être* of beer: Beer must be cheap. This is a people's drink. The Ancient Egyptians must have known a way to mass-produce this beer in an affordable way. There are verses in Books of Exodus and Isaiah that describe attacks by immense swarms of insects, especially bees. In ancient documents, massive attacks of bee swarms are frequently cited.

If a specific area in the Middle East flourished with garlic blossom, and there was a cycle where these swarms of bees flew in and out of this area; it is possible that great amounts of garlic honey, and thus garlic beer, could have been cheaply generated. Or they might have put only small drops of the garlic honey into the beer and told everyone they had put buckets of it into the bottle; and on naïve people like myself, the diluted beer might have had positive psychological 'placebo' effects that were second only to eating

⁵⁷ Those who oppose this statement, oppose the Bible, and thus are opposing God. It is always OK to oppose this author, but, remember that it is a dreadful thing to fall into the hand of Living God.

⁵⁸ I like footnotes because you can say things in them you can't possibly write in the main body. According to a program on the famous BBC, an American medical journal *High Times* stated that Jesus used marijuana in the form of "cannabis oil" when he cured the sick through prayer. "Cannabis oil" is actually a type of hop that can be used to brew premium beers. If Jesus himself used an ingredient of Sphynx Beers for healing, then, who are we, of little faith, that doubt the health benefit of my beer? Dreadful! Dreadful! Just believe, then, you will see.

actual bulbs. Whether it was physical or mental, there needs to have been an inexpensive method that could secure the required honey. Also, there is a possibility that they also spent large sums of money because there are a few archaeological records that some Pharaohs spent 50% of yearly budget on garlic. Imagine that the US has to spend 700 billion dollars on garlic to match the proportion in which Egyptians spent. Garlic could have been very expensive in ancient times too.

However, I decided against struggling for the further discovery of this 'next' secret of making cheap Sphynx Beers. I would not want to make my living by selling beers since it is different from all other commodities. It is the "word of God" that contains wondrous miracles that you should drink with utmost sincerity; because it is Ambrosia as well as Nectar. I can not simply treat it as something I sell insincerely for profit. I would keep on making it and try to sell it but not for profit. I reached the conclusion that I should be more than satisfied to have discovered this much about the garlic beer, or more exactly the secret to producing the garlic honey beer. I am not responsible for discovery of all the secrets of the world. To be dissatisfied with having obtained such wonderful knowledge as I have done regarding Sphynx beers, but to dig even further to find exhaustively a way of using this knowledge on an industrial scale to make big money, would be the surest way to invite sufferings and hardships into the lives of ordinary humans like myself. I am more than satisfied just for having discovered what I have discovered so far. I believe I will keep on being extremely content with making my beer on a small scale, and receiving the thanks and compliments from the circle of friends with whom I have shared the brew.⁵⁹

There are actually many brilliant scholars who make interesting products out of beers to help mankind, but invariably, they were respected

⁵⁹ Besides, I had to face my wife's fervent opposition to my producing and selling the beer. As a compromise, we decided that I would share the beer with my friends for free and only sell the vinegar products made from the beer. Dozens of years ago, I would court after my wife declaring I wouldn't desire any fame, power, or fortune if only she could be my bride: I am now paying the price for making such an oath so lightly. So the business aspect of Sphynx Beer was given to a close friend to manage, and a separate product, Sphynx Beer-Vinegar, was born as a result. Now about this particular product, let's discuss it in another book... Vinegar, another truly profound topic. I like profound topics. So does God.

for some works other than beers. Their works on or about beer were always laughed at. That is why many brilliant scholars do the research on beers secretly and under pseudonyms.⁶⁰ As mentioned before, the father of modern biology, Pasteur, belonged to this group of scholars. Also, the modern Egyptology was started by Cambridge University, and was mainly funded by the sales of a beer named "King Tut" that was brewed using a secret recipe of the Ancient Egyptians.⁶¹ Bottles of "King Tut" occasionally turn up at auctions nowadays, and I remember that one bottle was sold for up to \$44,000 (US) in 1999. American universities such as the University of Chicago and the University of Pennsylvania made several attempts to recreate these kinds of ancient beers. An especially famous result was the beer made from the attempt to recreate Sumerian beer. This is the very beer called "Ninkasi" manufactured by the Anchor beer company today. It could be looked upon as a competitor to the beer that I brew myself. "Ninkasi" is the name of a barmaid that appears in Sumerian cuneiforms, and also the name of a goddess that frequently appears in Sumerian myths. (As a name it obviously stands several notches below the Sphynx in terms of character and nobility.)

Furthermore, it was reported in the news recently that Japan's Kirin Beer and Osaka University⁶² had recreated the Ancient Egyptian beer. I remember strongly objecting to their claims of being the first ones to do this

⁶⁰ Like Stephen Harrod Buhner, introduced earlier in this Chapter.

⁶¹ Menon, Shanti, "King Tut's Tipple", *Discover* Jan.1997, v18, n1, p.13. Samuel, Delwen "Investigation of Ancient Egyptian Baking and Brewing Methods by Correlative Microscopy" *Science*, July 1996, v273, n5274, p.488. For reference, *Science* is a magazine that was established by the inventor of the telephone, Alexander Graham Bell; it enjoys the reputation of being the highest authority in science magazines. And one more thing! The Hollywood blockbusters, the Indiana Jones series, were actually based on the stories of these Egyptologists at Cambridge University.

⁶² It is well known that the research of Osaka University on the Pyramids have reached a high level of sophistication. They were the ones who revealed that circular rulers (to measure how many times the wheels had rolled, or the distance in other words) were used to attain incredible accuracy when building the Pyramids, and the reason why the ratio of the buildings' height to their width was exactly π (pi). This is a stunning discovery. They say that there is no such perfect instrument when traveling over bumpy surfaces. This is why international marathons use circular rulers to measure the exact distances of their courses.

ever. Besides scientists who recreated ancient beers, there are also scientists who stumbled on to tremendous discoveries while experimenting with beer. For example, Louis Pasteur was working for a beer manufacturer as a consultant, helping the firm find a way to decrease the rate of failure in the production, when he became the founder of modern biology. It is also said that Jason Priestly discovered oxygen by observing the foam that arose from beer.⁶³ Priestly was the first scientist to study human respiration. Beer always opens the door of the studies of biology and medical breakthroughs... By now, no readers of this book will be surprised. If I also follow in their footsteps, it may only be a matter of time before I make an important discovery myself. Let's close this chapter to go to the next.



Louis Pasteur

⁶³ James Burke, *Connections*, Little Brown and Company, pp. 176-77, 1995. This is an exceptionally useful book. It paints a blunt portrait of the British Empire's great power. It is a book that the British may use to frighten other countries by boasting of it, "We are a country so great that we can produce this kind of scholar." James Burke is one of the scholars that invoke in me both envy and jealousy, and an inferiority complex on top of everything else. Other scholars in this group include the economist Keynes, the physicist Wiener, the comparative mythologist Joseph Campbell, Chinese know-all Sodungpa, and C.S. Lewis who wrote extensively on the subject of Christianity.