

The Beer Guru's Guide

Enlightenment for Those Who Thirst for
Knowledge

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Published by Souvenir Press

Extract

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Monks, Drunks and Holy Men

Surprisingly, the Beer Guru is not the first to create an unlikely combination of beer and spirituality. Holy Ale has a long and illustrious history.

In the middle ages, the biggest brewers were
abbeys and monasteries.

“They are not drunks. They are holy men.”

The Beer Guru

Nor did they limit themselves to beers. All manner of wondrous wines, liqueurs and spirits were concocted by the monks, who were allowed a generous daily ration for their personal consumption.

Buckfast Abbey in South Devon, produces a brew so potent that Glasgow’s most hardened boozers revere it.

The Benedictine Order is responsible for a concoction so potent it could render you insensible with alarming rapidity were you unwise enough to consume it in intemperate measures.

Abbott's Ale, The Bishop's Tipple, Augustinian Ale, Biere des Templiers and many other names on modern beer bottles bear witness to the fact that the history of beer is inextricably entwined with the great spiritual institutions of Europe.

Even the world's most famous beer festival, the Munich Oktoberfest, shares these religious roots. Munchen, as Munich is known in German, means the place of the monks.

Today's drinkers do not partake of these holy fermentations to bring themselves closer to an experience of the divine, but perhaps the original monks who brewed them did.

It is a well known fact that mystical experience is sometimes easier to come by when under by the influence of drink, or some other intoxicant.

**"After just one bottle, I remembered
several previous lives."**

The Beer Guru

Many ancient cultures deliberately indulged in intoxication for enlightenment, or to induce an altered state of consciousness.

In Viking tradition, ceremonial drinking was known as Sumbel or Symbol and undertaken with great enthusiasm. Beer was consumed in vast quantities for inspiration and to promote the spontaneous recitation of poetry in the belief that it would encourage the words to flow as freely as the ale.

In the Mediterranean, initiates in the Eleusian Mysteries partook of a special ceremonial drink known as Kykeon, which played a large part in precipitating their visionary awakening or “epoptia”.

These examples of ritual intoxication highlight the difference between everyday beer drinking and the path of enlightenment followed by the Beer Guru.

To the Beer Guru, drinking is part of a sacred ceremony a deeply spiritual experience undertaken with great reverence.

Not a bender.

“He who drinks beer, sleeps well. He who sleeps well cannot sin. He who cannot sin goes to heaven. Amen”

An old German monks’ saying.

The Path of the fool

When embarking on the way of the Beer Guru, be aware that many will regard you as a fool, rather than a wise man.

This is true of any path of enlightenment,
not just this one.

"He's not a Guru. He's a piss-artist."

An unenlightened mortal.

When you take your first steps on a spiritual journey, you will begin to see the world through different eyes.

You will have experiences that others would never imagine and cannot comprehend unless they walk in your shoes.

Once you set foot on the way of the Beer Guru, many things that you do, say or believe will seem like madness to them. You will not be able to share your experiences fully, for fear of ridicule.

For instance, you will not be able to speak to your Spiritual Guide, the Beer Guru in public. No-one else will be able to see him. People will think you are talking to yourself. They will suspect schizophrenia or drunken rambling, rather than a conversation with a wise and knowledgeable astral-travelling entity.

If you see a vision of the divine Beer Goddess, people will not immediately assume you are having a profoundly enlightening road-to-Damascus experience like St. Paul. They are more likely to think you are off your trolley.

In fact, some of the people you see in the street looking like drunks, talking to themselves, dancing with invisible partners and generally behaving very oddly may well be followers of the Beer Guru.

Though they appear to be suffering the symptoms of either complete and utter madness or total intoxication, they may, in fact, be experiencing the side effects of spiritual advancement.

As you can imagine, this is not a path for anyone who may be suffering similar symptoms already, so if you have a history of mental instability, emotional insecurity, anxiety, neurosis or alcoholism, The way of the Beer Guru is not for you.

On the other hand, if you don't take yourself too seriously and like a laugh, it probably is.