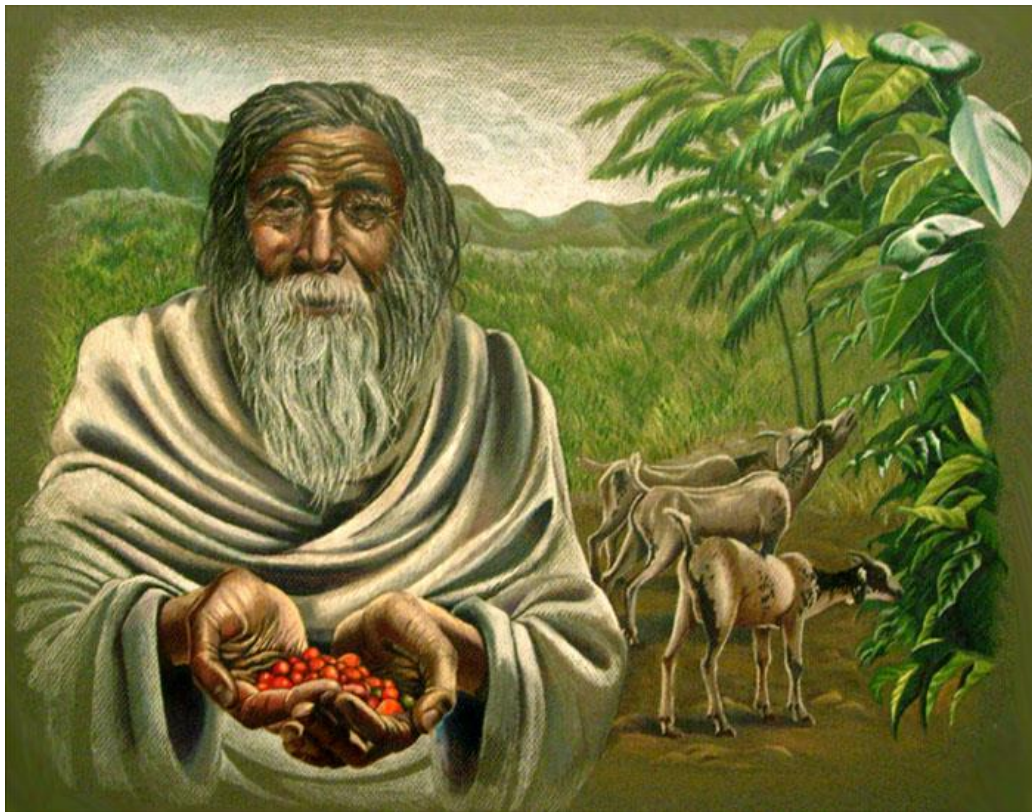


## Chapter 1. The History of Coffee - Getting High and Attaining Spiritual Enlightenment

Let's begin with the legends about how coffee was first discovered back in the 6th Century A.D. and how the "Ethiopian Method" and coffee ceremony came to be. How coffee was originally used as a powerful medicinal drug that helped usher in "The Age of Enlightenment."

### Coffee Origins



There are varying legends on how coffee was first discovered, but the most popular and widely used goes like this:

Wikipedia: According to popular legend, the origin of coffee can be traced to the day, maybe a thousand years ago, when an Abyssinian (Ethiopian) goatherd named Kaldi

observed his goats prancing and frolicking about. Kaldi had previously found the behavior of his goats to be “irreproachable,” so he knew that something unusual was going on.

When Kaldi investigated, he saw that the goats were merrily eating the red berries and shiny leaves of an unfamiliar tree. Kaldi decided to try some, and when he did he joined the dancing goats and became “the happiest herder in happy Arabia.”



For me, this legend seems dubious because coffee cherries contain very little caffeine, about 1/8 the amount that is in a cup of brewed coffee. So, Kaldi’s goats eating the cherries would only have had access to the amount of caffeine in the coffee cherries. There are many steps involved “from the cherry to the cup”.....harvesting, washing, de-pulping, fermenting (24 hours), drying, milling, roasting, grinding, and then brewing.....in order to produce the kind of coffee that would make the goats happy, energetic, and

playful. Nevertheless it is a legend.....and is repeated by so many that it has become lore and history.

Another legend about coffee goes like this:

Wikipedia - Other accounts attribute the discovery of coffee to Sheik Abou'l Hasan Schadheli's disciple, Omar. According to the ancient chronicle (preserved in the Abd-Al-Kadir manuscript), Omar, who was known for his ability to cure the sick through prayer, was once exiled from Mocha to a desert cave near Ousab. Starving, Omar chewed berries from nearby shrubbery, but found them to be bitter. He tried roasting the beans to improve the flavor, but they became hard. He then tried boiling them to soften the bean, which resulted in a fragrant brown liquid. Upon drinking the liquid Omar was revitalized and sustained for days. As stories of this "miracle drug" reached Mocha, Omar was asked to return and was made a saint.[\[12\]](#)

In this legend the coffee making process has been simplified to boiling the roasted coffee beans (which are seeds actually) and drinking the brown liquid. That would produce a liquid that would be much more tea-like than what we know as coffee, and not very aromatic or rejuvenating to drink. This one also does not sound feasible to me.

Another legend involves the same goat herder, Kaldi, and the same, unlikely, concept of feeling energized from eating the coffee cherries....but adds the final part of the coffee making process, i.e., roasting, grinding, and brewing. It goes like this.....



Wikipedia: Another probably fanciful [\[1\]](#) account involves a 9th-century Ethiopian goat-herder, [Kaldi](#), who, noticing the energizing effects when his flock nibbled on the bright red berries of a certain bush, chewed on the fruit himself. His exhilaration prompted him to bring the berries to a monk in a nearby monastery. But the monk disapproved of their use and threw them into the fire, from which an enticing aroma billowed, causing other monks to come and investigate. The roasted beans were quickly raked from the embers, ground up, and dissolved in hot water, yielding the world's first cup of coffee. Since this story is not known to have appeared in writing before 1671, 800 years after it was supposed to have taken place, it is highly likely to be apocryphal.[\[1\]](#)

All of these legends have a common theme, the discovery of a special tree that produces fruit, a cherry, which contains energetic healing properties that was used for medicinal and spiritual purposes. These legends focus on the coffee cherries and the coffee seeds (referred to as “beans”) being roasted and made into a beverage that we know today as “coffee”. They also involve Monk’s, holy men, who were among the first to make and use coffee and did so in conjunction with their spiritual practices.

Wikipedia - "The history of coffee goes at least as far back as the 10th century, with a number of reports and legends surrounding its first use. The native (undomesticated) origin of coffee is thought to have been Ethiopia. The earliest substantiated evidence of either coffee drinking or knowledge of the coffee tree is from the 15th century, in the Sufi monasteries of Yemen.[\[1\]](#)

The earliest uses of coffee was as a sacred medicinal beverage that enabled spiritual seekers, the Monk’s and Sufi’s, to attain higher levels of

consciousness....they were literally getting high off the stuff! Like any drug, set and setting is an important factor as is conscious awareness and intention. These early users honored this new found substance that assisted them in their spiritual practices and attaining enlightenment. Their setting was in Monasteries and their intention was to attain higher states of consciousness in which the coffee they were drinking was assisting them. I can imagine how they must have experimented with the methods of roasting, grinding, and brewing.....and sharing with each other what they had discovered. I believe that the Ethiopian Coffee Ceremony was the result of these experiments and has been in use, in the same way, for hundreds of years.



Wikipedia - "A coffee ceremony is a ritualized form of making and drinking coffee. The coffee ceremony is one of the most recognizable parts of Ethiopian culture" The Coffee Ceremony is a spiritual exercise that involves roasting, grinding, brewing, and then drinking the coffee. They do this one step after the other without any long breaks in-between, and without using any special equipment.

If they have been doing it this way for the past 1,000 years, it must create the best and most potent form of this drug. I mean, don't you think they probably experimented with different methods of preparation as well as

different time frames? Roast enough coffee for a few days and then see how it tastes 2, 3, 4, or more days after roasting? There was plenty of time, 1,000 years of more, to try different things. And yet, today, the Ethiopian Coffee Ceremony, is conducted by roasting, grinding, brewing, and then drinking, one step after the other with no long breaks in-between.

In the modern world, coffee has become commoditized and this sacred usage aspect has disappeared. Ideas about potency and the chemical / drug effects have been ignored and forgotten about as economics and profits have replaced the ceremonial ritual, as well as the mind altering effect. Today's fast paced lifestyle has required service that is efficient and quick. We "grab" a cup of coffee, pick-up a "to go" version of our favorite drug on the way to work. We use coffee as a caffeinated stimulant to help us transition from one form of consciousness (sleep state), to another (awake state in the physical, material world). Storage, shelf life, delivery, packaging, preserving, have dictated and created the "new" ideas about how to make the best cup. "Resting", "De-gassing", "Vacuum Sealed", have become, intentionally and mistakenly, terms used to define quality. The Specialty Coffee Association (SCA)...which represents big specialty coffee companies...has created rating systems, charts, and competitions based solely on one factor alone, taste. But these tastes, are actually coffee's "flavors".....defined with descriptions like: chocolate, citrus, cinnamon, black pepper, etc., etc. However, coffee is much more than its taste (flavors) and in fact, the potent chemicals that are so important in coffee, needs to be eliminated (through the decomposing that starts happening immediately after roasting), in order for the tastes, as flavors, to be experienced. But there are other ways to experience taste. It is possible to taste "freshness", "aliveness", "vitality". These are words that describe coffee prepared in the "Ethiopian Method". The SCA's propaganda and practice supports the economics, methods, and techniques of the big

coffee companies. As with so many things in our capitalist system, the original benefits, uses and practices have succumbed to economics and profits. Today, coffee is mostly used as a caffeine delivery system (with a focus on flavors) to “wake-up” from sleeping and begin the process of transitioning into the physical, material world. Yet, it has the potential to be so much more. Equipment and technology have come a long way in the past 1,000 years. If we take the original idea and understanding....that coffee is a powerful drug that can help humans attain higher states of consciousness, helping us to be more creative and innovative as well as more productive and happier.....and apply our superior technology in the form of equipment and machinery, we can make and consume the best coffee in history!