

FDP HERALD

Fellowship of the Order of Dionysis and Paul Newsletter

Gita Ch.XIII

The Field and its Knower

Positive Health

This months publication of Positive Health Magazine features a rather interesting article on the biochemistry of relaxation and meditation. As luck would have it our sleuth at the FDP Herald has dug deep to find out the source material in the Hope of discovering more about the author. The magazine itself has a growing reputation for authoritative and well researched approaches within the field of complementary and integrative health. We encourage our readers to take a look at both the article and the online magazine.

[Four Pillars meditation article](#)

Submissions Please

Contributions for this newsletter are needed from members of the FDP. Short letters, pieces of news, queries relating to previous articles, relevant film & book reviews. Please send your submissions in PDF format or text document via email to: austinburnjones@hotmail.com



The Beloved K.I.S.S. *(Keep it Simple Simon)*

Perhaps one of the more curious aspects of the Path towards understanding and developing our relationship with the Divine, is that at some point we are moved to create a space in our lives, both mentally and actually. For some this may be a corner of a room set aside for meditation, for others it may be a shed in the garden. For a few it may be an entire building. Whatever the space may be, it will become a reflection of the temple within ourselves and will have a certain uniqueness that matches our own unique relationship with God. However, bigger does not necessarily mean better. As many of us have I suspect experienced in our travels along the way; we may have found ourselves in a famous cathedral and found it impressive yet empty, whereas at other times a small seeming neglected Chapel we find serene and overflowing with simple light and life. ABJ

Christian Martyrs

A report found that every five minutes, one Christian is martyred for their faith somewhere in the world. According to Relevant, Christian Freedom International released a video that details the startling facts of Christian persecution worldwide. The video was released in preparation for the International Day of Prayer on November 8. Relevant reports that more Christians have been martyred for their faith in the 20th and 21st centuries than in the previous 19 centuries combined. More than 200 million Christians face persecution worldwide in 105 countries out of 190 around the world. Open Doors has released a global map, detailing the countries in which Christians face the most persecution. Number one on the list is North Korea, followed by Somalia and Iraq. Nearly all of the 50 countries listed are either in the Middle East or in Africa. Christian Freedom International quotes the Bible verse that states, "Remember those in prison as if in prison with them and those who are mistreated as if you yourselves were suffering" as an admonition to Christians to pray for their persecuted brothers and sisters in Christ. [Christianheadlines.com]

Online Recordings

The below link introduces recordings of relaxation and meditation aids as well as the morning office used by the members of the ODP that has been adapted to serve as a daily online service. The reading within the Office is changed every Sunday.

[Meditation & Daily Office Link](#)

Lectionary Readings

27 Sept	James 5 : 13 - end	Mark 9 : 38 - end
4 Oct	Heb 1 : 1 - 4 2 : 5 - 12	Mark 10 : 2 - 16
11 Oct	Heb 4 : 12 - end	Mark 10 : 17 - 31
19 Oct	Heb 5 : 1 - 10	Mark 10 : 35 - 45
25 Oct	Heb 7 : 23 - end	Mark 10 : 46 - end

Chickpea & Mango Curry

Suitable for Vegan, Vegetarian & G-Free Diet

This is a variation of a traditional Sindhi style curry. It takes a little preparation with the chickpeas to get the full flavour.

Serves 4:

Place a tin of chickpeas, 1 cup of water, 2 black cardamons, 8 cloves, 2 bay leaves, 5 peppercorns, 1 Tsp Cumin seeds and 1 Tsp sea salt into a small pan. Bring to boil, cover and simmer for 30 minutes. Strain (keep the juice) and remove the peppercorns and cloves. Put the chickpeas in a bowl.

Ingredients:

3 Tblsp Olive Oil

1 Large Mango / 125g dried Mango (soaked & chopped)

2 Medium Onions (chopped)

3 Garlic cloves (finely chopped)

15g Fresh Ginger (finely chopped)

1 tin of chopped tomatoes

1 Tsp Turmeric

1 Tsp Coriander

1 Tsp Garam Masala / Medium Curry Powder

½ Tsp Ground Black Pepper

160ml Tin of Coconut Cream / 200ml Coconut Milk

Heat the Oil in a medium sized pan. Soften the Onions for about 10 minutes. Add the spices and fry for 1 minute. then add the garlic and ginger and cook for another 3 mins. then add the rest of the ingredients including chickpeas and half of the chickpea juice including cumin seeds.

Simmer for about 45 minutes. Remove the Black Cardamons & Bay leaves. Season to taste. Then serve with Rice. Enjoy!

ABJ

Electric Dreams

In 1847 one of the first production electric cars was built. In the early 1900's there were races for electric powered vehicles in India. At the same time, electric cars accounted for 38% of the market in the USA! By the late 1920's everything had changed, with petroleum powered combustion engines being the way forward.

Fast forward to 1962 when a small UK company built an electric car for mass production called the Enfield 8000. This was a two seater car around the size of a Mini (the original, not the latest contradiction), capable of 40 mph and a range of about 50 miles. A major electricity board purchased 500 of these natty little runabouts as a company fleet car, and managed to develop the vehicle still further.

They ran these electric cars for almost a decade. By 1974 they had increased the speed of the vehicle to 50 mph and extended the range to 70 miles. The equivalent running cost at the time, allowing for coal run electric power stations to charge the battery, was about 150 mpg.

Leap forward once again to the 21st Century.

Present day.

Billions have been spent on latest research, electric powertrains & Lithium Ion batteries. All the major car manufacturers are apparently geared up for a new world of Electric Vehicles. We have the Citroen Zero, the Mitsubishi i-Miev, the VW E-Up, BMW i3 etc etc. and all of them have one thing in common - they haven't really progressed any further than the Enfield 8000. Sure they look great, but the battery range is only about 90 miles, not a terribly impressive leap forward in technology in 40 years. Could it be that we have reached the limit of what batteries can do? Or might there be something else in the way?

There are two important omissions to this list, and both are 100% electric. The first is the Tesla Model S, capable of over 300 miles range, faster than a Ferrari on take off, considerably cheaper and it doesn't look like a 'Noddy car' either.

The second is the Rimac One Supercar, again over 300 mile range, goes like a rocket and limited for safety to only 190 mph - although admittedly this one is a little over my budget.

If these two independent car manufacturers have managed to develop these vehicles from scratch, and have come up with something than blows every conception of what an electric car is - i.e. slow and doesn't go very far - out of the water, then what on earth have the big boys been playing at all these years? Could it be that someone out there doesn't want a car to be quiet and pollution free?

ABJ