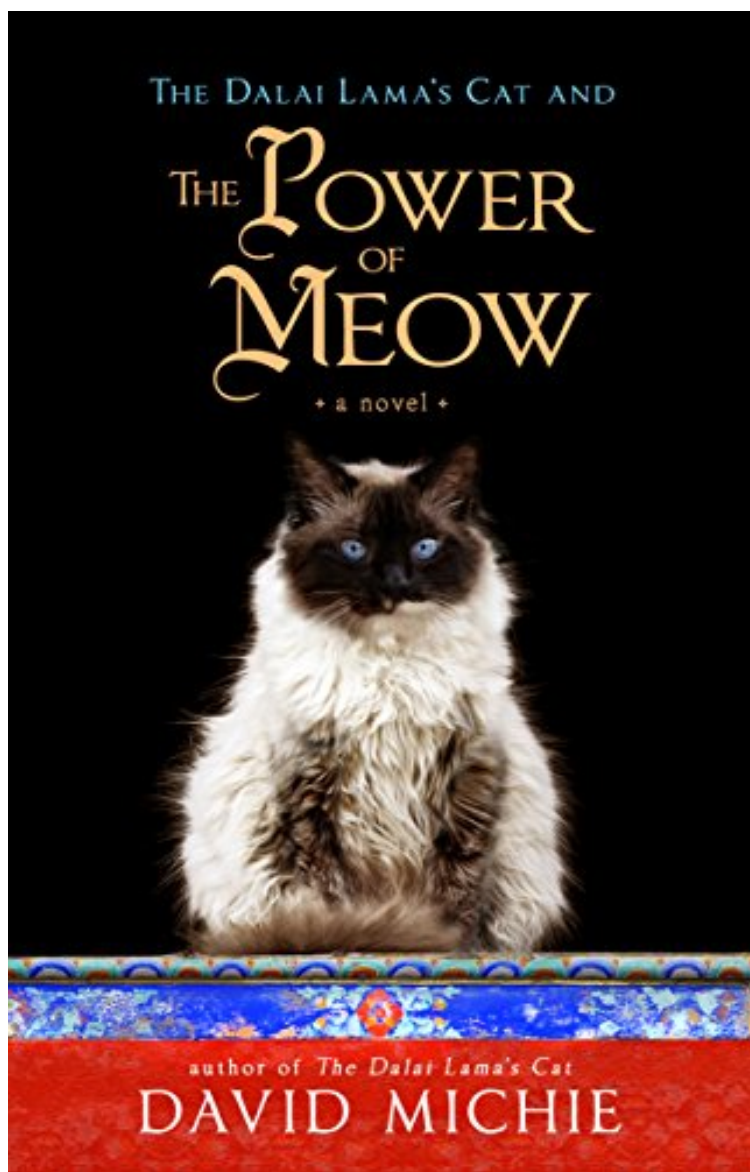


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The Dalai Lama's Cat and the Power of Meow



Par David Michie
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Description :

Prsentation de l'diteurIf you ever doubted that your feline companion has her own inner life, just watch what happens when she falls asleep, and loses conscious control of her physical being . . . a twitching of limbs, a quivering of the jaw, sometimes perhaps a snuffling noise or a meow. . . . Cats may indeed be capable of great mindfulness. But we are thinking beings, too. In my own case, unfortunately, a being who thinks rather too much.In the latest installment of the Dalai Lamas Cat series, His Holiness Cat (HHC) is on a mission: to think less, to experience more, to live in the moment. She soon learns the proper phrase for this, being mindful, or, a concept better known to her as the power of meow. What ensues is a journey to discover her own true nature, to gain a deeper understanding of her mind, and to experience lifes greatest joy, the here

and now. Throughout, she shares encounters with familiar inhabitants of Dharamsala, as well as a whole new cast of characters: a senior exec from one of Silicon Valley's most famous social media companies (hint: the name rhymes with litter), the Pope's beloved dog (who shares a shockingly similar title: HHD, His Holiness Dog), and a public health inspector who threatens to have our poor narrator banned from the Himalaya Book Caf. In this follow-up to the Dalai Lama's Cat and the Art of Purring, readers escape to the enchanting and exotic world of the Dalai Lama's monastery in the Himalayas, and take a peek inside the mind of a delightfully imperfect creature on the path to enlightenment. By accompanying HHC on her journey, you will learn new ways to relate to your own mind: slowing down, finding peace, and abiding in the boundless radiance and benevolence that is your own true nature.

Revue de presse Praise for The Dalai Lama's Cat: A truly heartwarming story that'll have you hooked from the first page. --Soul Spirit magazine

This enchanting story is a rare treat. I highly recommend it! --Gay Hendricks, author of Conscious Living and The First Rule of Ten

Some cat books are catnip for the soul but The Dalai Lama's Cat is best described as nirvana for the cat lover's soul. A transcendent book destined to be a classic. --CatWisdom101.com

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