



## The Dalai Lama s Cat and the Power of Meow (Paperback)

By David Michie

Hay House Inc, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book. If 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 Lama s Cat series, His Holiness s 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 life s 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...



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