



The Dalai Lama's Cat and the Power of Meow

David Michie

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"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 famous social media companies (hint: the name rhymes with "litter"), the Pope's beloved dog (who shares a shockingly similar title: HHD, His Holiness's Dog), and a public health inspector who threatens to have our poor narrator banned from the Himalaya Book Café.

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.



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David Nester:

The feeling that you get from The Dalai Lama's Cat and the Power of Meow is the more deep you excavating the information that hide inside the words the more you get interested in reading it. It does not mean that this book is hard to know but The Dalai Lama's Cat and the Power of Meow giving you excitement feeling of reading. The author conveys their point in selected way that can be understood by anyone who read the idea because the author of this guide is well-known enough. This specific book also makes your own vocabulary increase well. That makes it easy to understand then can go together with you, both in printed or e-book style are available. We propose you for having this particular The Dalai Lama's Cat and the Power of Meow instantly.

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Edward Upton:

On this era which is the greater person or who has ability in doing something more are more precious than other. Do you want to become one of it? It is just simple way to have that. What you are related is just spending your time not much but quite enough to possess a look at some books. Among the books in the top listing in your reading list is The Dalai Lama's Cat and the Power of Meow. This book that is qualified as The Hungry Hills can get you closer in becoming precious person. By looking upward and review this book you can get many advantages.

Marc Medina:

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