



The Dalai Lama's Cat and the Power of Meow

By David Michie

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The Dalai Lama's Cat and the Power of Meow By David Michie

“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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Editorial Review

About the Author

David Michie is a corporate communications consultant, published novelist and Buddhist practitioner who works in both Australia and the UK.

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Users Review

From reader reviews:

Linda Henderson:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them household or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you wish to try to find a new activity here is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you read you can spent all day every day to reading a publication. The book The Dalai Lama's Cat and the Power of Meow it is very good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In case you did not have enough space to develop this book you can buy typically the e-book. You can m0ore quickly to read this book through your smart phone. The price is not to fund but this book offers high quality.

Joshua Cameron:

The book untitled The Dalai Lama's Cat and the Power of Meow contain a lot of information on the item. The writer explains your ex idea with easy technique. The language is very clear and understandable all the people, so do not worry, you can easy to read the idea. The book was published by famous author. The author will take you in the new era of literary works. You can actually read this book because you can keep reading your smart phone, or device, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can start their official web-site and also order it. Have a nice go through.

Jason Wahl:

In this period of time globalization it is important to someone to find information. The information will make someone to understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Typically the book that recommended to you personally is The Dalai Lama's Cat and the Power of Meow this book consist a lot of the information on the condition of this world now. That book was represented how can the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. Typically the writer made some study when he makes this book. Here is why this book acceptable all of you.

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