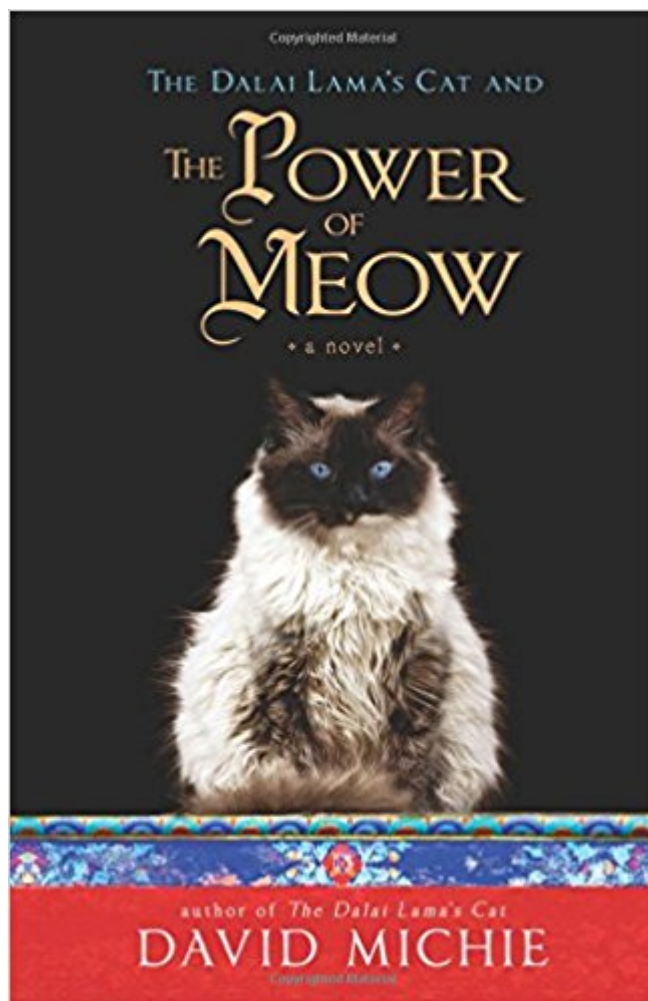


The book was found

The Dalai Lama's Cat And The Power Of Meow



Synopsis

“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, there are 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.

Book Information

Paperback: 216 pages

Publisher: Hay House, Inc. (June 16, 2015)

Language: English

ISBN-10: 1401946240

ISBN-13: 978-1401946241

Product Dimensions: 5.5 x 0.5 x 8.5 inches

Shipping Weight: 0.3 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 244 customer reviews

Best Sellers Rank: #37,194 in Books (See Top 100 in Books) #22 in Books > Literature &

Fiction > Genre Fiction > Religious & Inspirational > Mystery #1147 in Books > Literature &

Customer Reviews

David Michie is the best-selling author of *The Dalai Lama's Cat*, *Buddhism for Busy People*, and *Hurry Up and Meditate*. All have been published internationally in many different languages. David was born in Zimbabwe, educated at Rhodes University, South Africa, and lived in London for ten years.

This is the third in a series of novels featuring the Dalai Lama's cat, Rinpoche, who is, according to her, "gorgeous beyond words, with my mesmerizing blue eyes, charcoal face, and sumptuous cream coat." She lives with the Dalai Lama on the grounds of the Namgyal Monastery. She is pampered by all who know her as well as those she meets during her daily rounds of the small neighborhood surround the Monastery, and which includes the Downward Dog School of Yoga and the Himalayan Book Cafe. In this outing, HHC (His Highness's Cat) decides she must learn to meditate and be more mindful. Like most beginners, she finds her mind to be more like fleas jumping around than the serene meditators she is more familiar with. When the Dalai Lama's private chef, Mrs. Trinci has a heart attack, HHC's world begins to change. She sits in on sessions where the Dalai Lama begins helping Mrs. Trinci to meditate. What happens when HHC succeeds in clearing her mind astonishes her. In this entry in this delightful and insightful series, Rinpoche's thoughts are more human-like than in previous books, but cat lovers won't be surprised that she's an intelligent creature. Some may find it off putting, but most won't. While reading of HHC's latest adventures, the reader is given insight into the benefits of meditation and mindfulness without feeling preached at. Rather the information is given as part of HHC's story. Even if the reader chooses to ignore the underlying information, this will still be a delightful story, and well worth the read.

I read the first two books in the Dalai Lama's Cat series and was thrilled to find out that a third one had come out. Each book I end up completely immersed in it and start to get sad when I see 80% completed on my Kindle. I don't want it to end! David Michie is a fantastic writer, very engaging with a fantastic sense of imagery. I love that it's from the perspective of a cat who is working on her spirituality. As a human being working on my own spirituality, many of the lessons the cat learns really resonate with me. I am working on incorporating meditation into my daily routine and this book

fit perfectly with where I am at currently. I am also concurrently reading Buddhism for Busy People by David Michie and would highly recommend it if you are interested in Buddhism, especially as it relates to people living in today's busy western world. Whether you are spiritual or not, interested in Buddhism or not, the Dalai Lama's Cat series are wonderful reads and filled with valuable life lessons.

Timeless truths and quantum science converge in this entertaining, imaginative, effective "fictional" guide to the many benefits of meditation for oneself and for the world. I suppose it helps if you're a cat lover, too, but that's probably not essential for enjoyment of this novel. Engaging characters, believable challenges, sound psychological as well as spiritual insights, and credible transformations unfold through an interesting, well-thought-out plot, narrated by a most appealing cat. The author's a keen observer of both human and feline psychology and behaviour, and if that is a result of the meditative practices described in the story, sign me up!

Enjoyable, pleasant book. The book's narrator is a cat ,aka HHC. HHC stands for His Holiness's Cat, the rescued cat now owned by His Holiness Dalai Llama, and he memoirs of life living with the Dali Llama . The narrative part of the book's stories lead to lessons HHC learned from the Dialai himself and other rinpoches about topics such as mindulness, equiminity, love, and meditation. If you are a Buddhist that has a cat you have to read this now. If you have no cat but are interested in Buddhism, it is a very worthwhile read.

This book is so delightful that I have already shared it with several cat-lover friends (and delightful is not a word I often use.) Charming is another one that describes it well. The author has captured the personality of a cat -- or at least what we perceive to be the personality of a cat -- perfectly. We learn about the characters, the adventures ,and most importantly, the Dalai Lama's life lessons from the perspective of a rescue cat who thinks she is royalty -- after having been adopted by the Dalai Lama and pampered by his staff and the local villagers. It takes us behind the scenes with the Dalai Lama, exposes us to his important and famous guests and teaches us how to seek and find happiness through simple every day lessons The tales that are woven through all three of the series leaves you wanting a fourth. These are characters that I enjoyed getting to know and would fully expect to find were I ever to make a pilgrimage to India. This cat and these lessons will stick around long after you're done reading. They are easy to read and highly recommended for improving your mood.

A joyful, entertaining way of receiving the Dalai Lama's message through a lovable cat. The third in a series and just as much fun as the other books. I love "HHC" (his holiness' cat) and will always smile when I think of how subliminal messages can affect us in such a positive way. Highly recommend this book.

This is the third in a series of the Dalai Lama's Cat (novel). I can't get enough of this series. First of all, I have a cat that looks like the one on the cover and after reading these books, I can't help but look at life through her eyes! The author is clever, creative, fun, and thought-provoking. Everyone that I have shared this book with agree that there are such great words of wisdom in the text that we want to write the quotes down to remember them. A wonderful way of personifying acts of kindness, compassion, and mindful living! I am waiting for David Michie to continue this series as these are gems!

[Download to continue reading...](#)

The Dalai Lama's Cat and the Power of Meow The Dalai Lama : The Best Teachings of The Dalai Lama, Journey to a Happy, Fulfilling and Meaningful Life ! The Dalai Lama: Foreword by His Holiness The Dalai Lama Cats: Cat Breeding for beginners - Cat Breeding 101 - Cat Breeds and Types, Cat Breeding, Training, Whelping (Cat people Books - Cat Breeds - Cat Lovers Books) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) The Complete Cat Care Guide For the New Cat Owner: Basic Details On Caring for Cats And Kittens Including Information On Cat Breeds, Cat Diet, Cat ... Possible Care and Keep Him Happy And Healthy Pete the Cat Audio CD Pack : Includes 3 Audio CDs : Pete the Cat and His Four Groovy Buttons CD / Pete the Cat: I Love My White Shoes CD / Pete the Cat: Rocking in My School Shoes CD (Pete the Cat Audio CDs) Very Cutest Cat Cutest Kittens Cats Photobook for Kids Cat Memes Baby Kittens Cats Photobook, Cat Sebastian, Cat bybee, Cat) Vol.2 (Photo book) Very Cutest Cat Cutest Kittens Cats Photobook for Kids Cat Memes Baby Kittens Cats Photobook, Cat Sebastian, Cat bybee, Cat) Vol.3 (Photo book 1) The Mind's Own Physician: A Scientific Dialogue with the Dalai Lama on the Healing Power of Meditation Pete the Cat Set (Pete the Cat I Love My White Shoes, Pete the Cat Rocking in My School Shoes, and Pete the Cat and His Four Groovy Buttons) by Eric Litwin (2013) Paperback Witness: A Lawyer's Journey from Litigation to Liberation, with a Little Help from Nelson Mandela, Archbishop Desmond Tutu, the Dalai Lama, and the ... Cuba and North Korea (The humanKIND Project) The Monastery and the Microscope: Conversations with the Dalai Lama on Mind,

Mindfulness, and the Nature of Reality Stop Negative Thinking in 7 Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Ramana Maharshi and more!): Easy Training to Beat Depression! (The Secret of Now Book 6) The Delight of Being Ordinary: A Road Trip with the Pope and the Dalai Lama Man of Peace: The Illustrated Life Story of the Dalai Lama of Tibet (Tibetan Art and Culture) Why Is the Dalai Lama Always Smiling?: A Westerner's Introduction and Guide to Tibetan Buddhist Practice Summary of The Book of Joy by Dalai Lama, Desmond Tutu, and Douglas Carlton Abrams: Lasting Happiness in a Changing World Living in The Now in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)