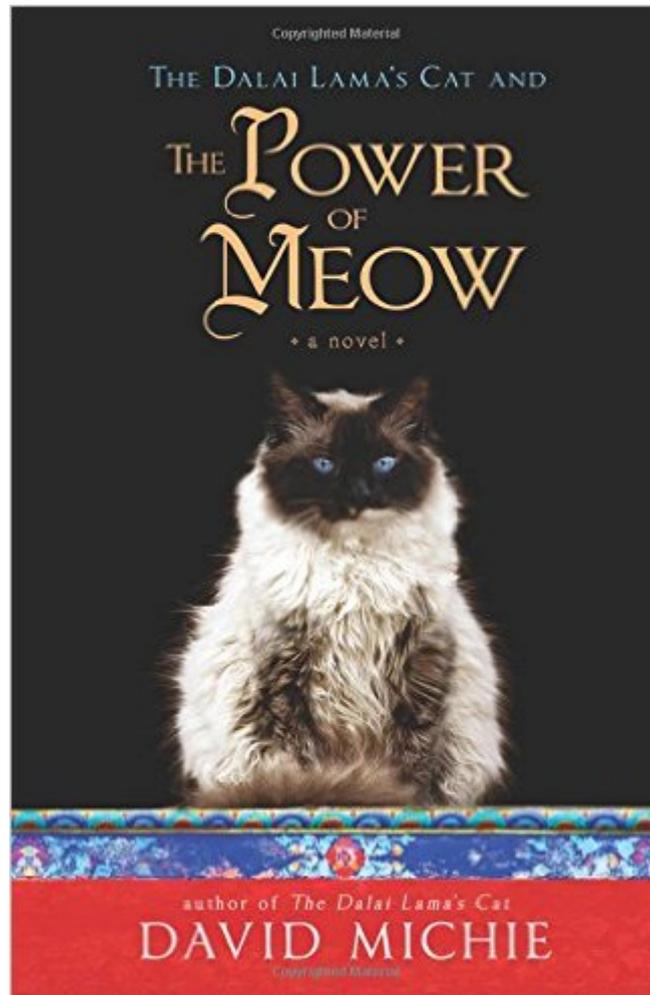


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# The Dalai Lama's Cat And The Power Of Meow



## 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.

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## Customer Reviews

HHC (His Holiness' Cat), a Himalayan, a cat of many names amongst them Snow Lion, Rinpoche and Little Sister is a wonderful character. Life in Dharamsala is viewed through this important little personage's eyes. A cat of consequence, although humble, HHC is working on becoming more 'mindful' cat, on exercising the power of the moment, the power of meow as the path to enlightenment is trod. A cat who 'couldn't change the world but could change how he experienced it.' Today 'Mindfulness' seems to be a buzz word cropping up all over the place. In 'The Power of Meow', we see this concept discussed between the Dalai Lama, Serena and Mrs Trinci, when they talk about the exercising of meditation cultivating awareness and creating space of the mind, 'Little by little, you become more mindful, more aware of every action of your body, speech and mind. Not just when you are meditating. This is most useful, because it is only when we are awareness what is happening that we can change.' Life around the Dalai Lama as seen through his cat's eyesight is insightful and humorous with a huge dose of love. I enjoyed HHC's discovery of catnip. The further discovery of how it came to be in the garden is even more illuminating on several levels. Also HHC's discussion with the Dalai Lama's driver who is also the gardener. I loved the gardener's statement, 'The mind is like a garden...you choose what to grow: weeds or flowers.' Throughout this gentle story of life in Dharamsala we are treated to the wisdom of being in the moment, of meditative practices presented in gentle terms, pertinent to the lives of the people involved, and to us. Gems of "how to's" trail across the pages. Observances about love and compassion are thought provoking.

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