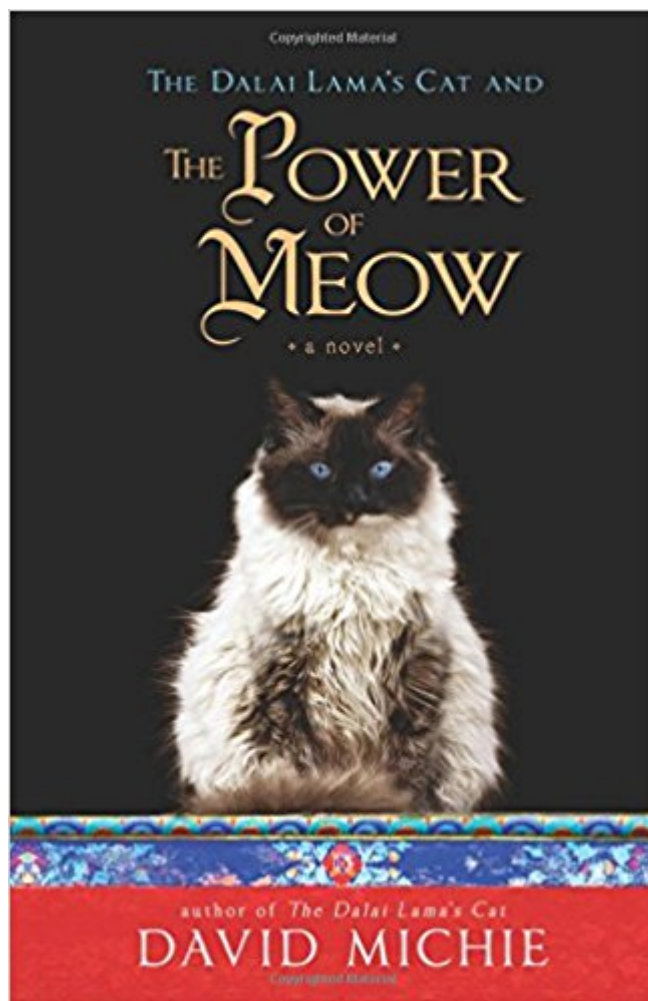


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# The Dalai Lama's Cat And The Power Of Meow



## Synopsis

â œlf 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.â •Â In the latest installment of the Dalai Lamaâ ™s Cat series, His Holinessâ ™s Cat (â œHHCâ •) 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 lifeâ ™s greatest joy, the here and now. Â 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 Valleyâ ™s most famous social media companies (hint: the name rhymes with â œlitterâ •), the Popeâ ™s beloved dog (who shares a shockingly similar title: HHD, His Holinessâ ™s Dog), and a public health inspector who threatens to have our poor narrator banned from the Himalaya Book CafÃ©. Â In this follow-up to the Dalai Lamaâ ™s Cat and the Art of Purring, readers escape to the enchanting and exotic world of the Dalai Lamaâ ™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

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## 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, "beautiful 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 Dalai himself and other rinpoches about topics such as mindfulness, equanimity, 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!

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