

# Dalai Lamas Cat David Michie

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**The Little Book of Buddhism** - Dalái Lama 2019-03-07

This book encompasses the essence of love and compassion, offering practical wisdom for our everyday lives. Whoever you are, whatever your beliefs, you are the creator of your own happiness.

Why Mindfulness is Better than Chocolate - David Michie 2014-06-01

Mindfulness practice can help you reduce stress, improve performance, manage pain and increase wellbeing. These are the reasons why elite athletes, performing artists and business leaders are taking up the practice, and why it is being introduced into the world's most successful companies, banks, business schools - even the US Army...David Michie introduces mindfulness practice and offers innovative solutions to common obstacles. Drawing on ancient Buddhist teachings and contemporary science, he also takes us beyond 'mindfulness lite,' offering lucid instructions on how to experience the pristine nature of one's own consciousness directly. an encounter that is truly life-changing...Written with warmth and good humour, 'Why Mindfulness is Better than Chocolate' is the ultimate guide to self-discovery. It will make chocolate taste better too!

*The Dalai Lama's Little Book of Inner Peace* - Dalai Lama 2018-10-01

His Holiness the Dalai Lama offers powerful, profound advice on how to live a peaceful and fulfilling life amidst all the conflicts of the modern world. In this distillation of his life and teachings, the Dalai Lama paints

a compelling portrait of his early life, reflecting on the personal and political struggles that have helped to shape his understanding of our world. Offering his wisdom and experience to interpret the timeless teachings of the Buddha, The Dalai Lama's Little Book of Inner Peace is fresh and relevant to our troubled times. He explains in a simple and accessible way how each of us can influence those around us by living with integrity. And he holds out hope that, through personal transformation, we can all contribute to a better world. Replaces ISBN 9781571746092

Buddhism for Pet Lovers - David Michie 2017-06-28

Bestselling meditation author David Michie explores the deep bond we have with our pets. With insights from Buddhism and modern science, and including true stories from around the world, he shows how we can provide practical support to our pets both in daily life and when they are dying.

**The Dalai Lama's Cat and the Four Paws of Spiritual Success** - David Michie 2019-11-19

The fourth book in the globally popular Dalai Lama's Cat series. His Holiness's Cat explores the four main themes of Tibetan Buddhism.

**Change Your Thoughts-Change Your Life (Easyread Large Edition)** - Dr Wayne W Dyer 2009-09

Dyer has reviewed hundreds of translations of the Tao Te Ching and

presents 81 distinct essays on how to apply the ancient wisdom of Lao-tzu to today's modern world.

**The Magician of Lhasa** - David Miche 2020-12-22

When novice monk Tenzin Dorje is told by his lama that the Red Army is invading Tibet, his country's darkest moment paradoxically gives him a sense of purpose like no other. He accepts a mission to carry two ancient, secret texts across the Himalayas to safety. Half a century later, in a paradox of similarly troubling circumstances, Matt Lester is called upon to convey his own particular wisdom as a scientist, when Matt's nanotech project is mysteriously moved from London to a research incubator in Los Angeles. Tenzin and Matt embark on parallel adventures which have spine-chilling connections. Tenzin's perilous journey through the Himalayas, amid increasing physical hardship and the ever-present horror of Red Army capture, is mirrored by Matt's contemporary, but no less traumatic challenges, as his passionate relationship with his fiancée, Isabella, and his high flying career undergo escalating crises. It is at the moment when both Tenzin and Matt face catastrophe that their stories converge, spectacularly transforming our understanding of all that has gone before.

**Hurry Up and Meditate** - David Michie 2014-06-17

For anyone who wants to start meditating but has been struggling to get to the cushion, here are all the motivation and tools you need to achieve greater balance, better health and a more panoramic perspective of life.

**From a Mountain In Tibet** - Lama Yeshe Losal Rinpoche 2020-08-27

'Brilliant and riveting. This book shows us that freedom is a choice we can all make' Gelong Thubten, author of A Monk's Guide to Happiness 'A fascinating story of an incredible life, told with unflinching honesty' Dr John Sellars author of Lessons in Stoicism

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Lama Yeshe didn't see a car until he was fifteen years old. In his quiet village, he and other children ran through fields with yaks and mastiffs. The rhythm of life was anchored by the pastoral cycles. The arrival of Chinese army cars in 1959 changed everything. In the wake of the deadly Tibetan Uprising, he escaped to India through the Himalayas

as a refugee. One of only 13 survivors out of 300 travellers, he spent the next few years in America, experiencing the excesses of the Woodstock generation before reforming in Europe. Now in his seventies and a leading monk at the Samye Ling monastery in Scotland - the first Buddhist centre in the West - Lama Yeshe casts a hopeful look back at his momentous life. From his learnings on self-compassion and discipline to his trials and tribulations with loss and failure, his poignant story mirrors our own struggles. Written with erudition and humour, From a Mountain in Tibet shines a light on how the most desperate of situations can help us to uncover vital life lessons and attain lasting peace and contentment.

**The Dalai Lama's Cat and the Power of Meow** - David Michie 2015-06-16

"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.

**I Hunt Killers** - Barry Lyga 2012-04-03

It was a beautiful day. It was a beautiful field. Except for the body. Jazz is a likable teenager. A charmer, some might say. But he's also the son of the world's most infamous serial killer, and for Dear Old Dad, "Take Your Son to Work Day" was year-round. Jazz has witnessed crime scenes the way cops wish they could--from the criminals' point of view. And now, even though Dad has been in jail for years, bodies are piling up in the sleepy town of Lobo's Nod. Again. In an effort to prove murder doesn't run in the family, Jazz joins the police in the hunt for this new serial killer. But Jazz has a secret--could he be more like his father than anyone knows? From acclaimed author Barry Lyga comes a riveting thriller about a teenager trying to control his own destiny in the face of overwhelming odds.

**Buddhism for Pet Lovers** - David Michie 2017-07-15

Bestselling meditation author David Michie explores the deep bond we have with our pets. With insights from Buddhism and modern science, and including true stories from around the world, he shows how we can provide practical support to our pets both in daily life and when they are dying. The bonds we share with our pets go beyond words and are often deeper than many of our human relationships. What is the nature of these close connections? And what if our influence on pets, both in life and especially through sickness and death, is far more powerful than we ever conceived? David Michie draws on ancient Buddhist wisdom, supported by contemporary science, to provide fascinating insights into animal consciousness. He proposes that the pets with whom we share our lives are not there by accident. Whether your animal companion has fur, feathers or fins, he offers a treasury of practical tools to enhance your relationship with them in everyday life, as well as during times of challenge. Written with humour and compassion, and including extraordinary true stories from around the world, *Buddhism for Pet*

*Lovers* reveals how our animal companions may indeed be among our most precious partners. For in helping them, our own lives are incomparably enriched too.

**Claws of Action** - Linda Reilly 2019-08-13

Purr-suing a killer ... The only thing that could make the High Cliff Shelter for Cats even cozier is a reading room where kids can snuggle up with a furry feline and a book. But as Lara and Aunt Fran prepare for the reading nook's official opening, the health inspector in their New Hampshire town, Evonda Fray, decrees that the shelter qualifies as a "cat café," thanks to the free snacks it serves to visitors—and that it must be shut down. When Evonda's body is found in her car clutching a copy of the cease-and-desist order, suspicion naturally falls on Lara and Aunt Fran. But there's a whole litter of potential culprits, including a tenant in one of Evonda's buildings who'd been ordered to give up his rescue cat, a disgruntled daughter-in-law, and more. Now Lara—with some help from her aunt and her spirit cat, Blue—has to pin the tail on the right suspect ...

**Enlightenment to Go** - David Michie 2011-03-04

The Dalai Lama always recommends a classic text by the Buddhist sage Shantideva as essential reading for those seeking a practical approach to Buddhism. With its life-changing psychological tools and transcendent wisdom, it is one of the world's great spiritual treasures. In *Enlightenment to Go*, David Michie provides a lively, accessible introduction to the 'best of' Shantideva. He shows how modern psychology confirms the insights of Shantideva's *Guide to the Bodhisattva's Way of Life*, and he unpacks its powerful antidotes to contemporary problems, including stress, anxiety and depression. He also offers a structured meditation program to help readers integrate transformational insights at deeper levels of consciousness where genuine change becomes possible. Recounting stories from his own journey, Michie illustrates the relevance of Shantideva's breakthrough teachings to a typically busy Westerner, with warmth and humour. Whether you are a newcomer to Buddhism or a seasoned practitioner, *Enlightenment to Go* offers a glimpse of a radiantly different reality. 'As

always David Michie's work is both thought-provoking and interesting. We would live in a better world if we were to implement some of his philosophy.' - Justin Langer, former Australian Test cricketer 'the compassionate wisdom of Shantideva is brought alive in this practical and helpful guide.' - Jetsunma Tenzin Palmo, Tibetan Buddhist nun from Cave in the Snow

**Do Less** - Kate Northrup 2019-04-02

A practical and spiritual guide for working moms to learn how to have more by doing less. This is a book for working women and mothers who are ready to release the culturally inherited belief that their worth is equal to their productivity, and instead create a personal and professional life that's based on presence, meaning, and joy. As opposed to focusing on "fitting it all in," time management, and leaning in, as so many books geared at ambitious women do, this book embraces the notion that through doing less women can have--and be--more. The addiction to busyness and the obsession with always trying to do more leads women, especially working mothers, to feel like they're always failing their families, their careers, their spouses, and themselves. This book will give women the permission and tools to change the way they approach their lives and allow them to embrace living in tune with the cyclical nature of the feminine, cutting out the extraneous busyness from their lives so they have more satisfaction and joy, and letting themselves be more often instead of doing all the time. Do Less offers the reader a series of 14 experiments to try to see what would happen if she did less in one specific way. So, rather than approaching doing less as an entire life overhaul (which is overwhelming in and of itself), this book gives the reader bite-sized steps to try incorporating over 2 weeks!

Rolling in the Deep - Mira Grant 2015-04-07

**What If This Is Heaven?** - Anita Moorjani 2017-09-12

If life is about the journey and not the destination, could it be that this is heaven—this physical life we are living here on Earth? What we experience in our daily lives often feels like anything but heaven. But what if we understood how powerful we are—that we are powerful

enough to mold both our internal and our external reality? Anita Moorjani, the New York Times bestselling author of *Dying to Be Me*, is convinced we can do exactly that. The process, she explains, requires dismantling many cultural myths mistaken for indisputable truths. Beliefs such as "We get what we deserve," "Loving ourselves is selfish," and "Coincidences are just that—coincidences," are ingrained within us from birth, pervasive and influential, leading to generations of misguidance. Following her near-death experience, Moorjani began to embody truths she learned in the other realm, discovering that letting go of these outmoded myths allowed her to experience heaven not as a physical place but as a state of mind, right here and right now. In this examination of our common myths, she shares stories and examples from her own life, revealing the lies beneath the surface of what she was taught and absorbed. By freeing ourselves from these falsehoods, Moorjani asserts, we can leave fear, heartache, and self-imposed boundaries behind and instead live lives full of purpose and joy.

*The Mindful Leader* - Michael Carroll 2007

Drawing on the ancient tradition of the bodhisattva warrior, a Buddhist model for enlightened leadership, Carroll explains what mindfulness is and how to develop it in the hectic and often stressful environment of the 21st-century workplace.

**The Art of Purring** - David Michie 2013-11-28

The Dalai Lama's cat is back - older, a bit wiser and as curious as ever. "What makes you purr? Of all the questions in the world, this is the most important... Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." In this book, the Dalai Lama sets for his lovable feline companion the task of investigating *The Art of Purring*. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat

encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved - and growing - cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from far and wide, *The Art of Purring* will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and non-attachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness.

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

2015-06-15

"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.

The Queen's Corgi - David Michie 2018-05-01

Rescued from unscrupulous breeders who plan to destroy him because of his floppy ear, when the Queen's littlest corgi arrives at Windsor Castle, he finds himself in a world of red carpets, gilded chambers - and not a pile of dirty laundry to be seen. Charming his way into the affections of the royal household, Nelson offers a dog's-eye view of life with the Queen. He eavesdrops on her encounters with celebrities, philanthropists and advisers, catching rare insights into the secrets of a purposeful life. Through one of Her Majesty's most mysterious advisers, he discovers how the ancient ways and powerful symbols continue to exert a transformative presence. He also becomes familiar with the Queen's most surprising quality: her gentle but firm expectation that everyone she encounters is striving to be the best that they can be. The Queen's Corgi bursts with zest, humour and adventure. Romping through the litany of Nelson's misdemeanours are a warm-heartedness and deep wisdom sure to delight anyone who has known the smiling face and warm tongue of a dog. It is not by chance that you hold this book in your hands.

Purrs of Wisdom - Ingrid King 2012-11-01

A collection of essays featuring lessons in conscious living, inspired by the cats who have shared the author's life."--Cover.

**My Spiritual Journey** - Dalai Lama 2011-10-04

In His Own Words The Compelling Personal Story of the Spiritual Life of the Dalai Lama

**The Astral Traveller's Handbook and Other Tales** - David Michie 2019-08-27

In this collection of short stories, David Michie offers life-enhancing insights with the same heart-warming compassion that pervades his Dalai Lama's Cat books. "Whatever dreams he was having, Jason knew they had nothing to do with his physical body. His eyes were firmly shut and his consciousness withdrawn from his senses when all this was going

on. Yet in his dreams he experienced sights, sounds and even visceral sensations much more intensely than when he was awake. From this he understood that you didn't need a physical body to see, or smell, or endure any kind of experience with an acuteness that was more real than reality. From an early age he deduced that heaven or hell need not be material places so much as states of mind - and no less glorious or horrifying because of that. There were no limits to mind untethered from form." What if you could re-live the enchantment of childhood bedtime—but with magic that is real? What if you felt the wonder you once sensed when you believed that anything is possible? Or were inspired to see the world through fresh eyes? In this compendium of delightful short stories, David Michie draws us into the extraordinary experiences of everyday people as they encounter those tell-tale cracks exposing reality as not quite what it seems. Four female book club members are unexpectedly propelled, by the same black and white photograph, to discover a shared purpose beyond their wildest imaginings. An earnest young seeker finds that drawing aside the veil to an immeasurably more wonderful reality, doesn't depend so much on the arcane books he reads as on a source much closer to home. A cat-crazy woman, who wishes her beloved felines would talk to her, is shaken when she realises what they have been trying to communicate all along. Through intriguing storylines and revelations, David Michie offers life-enhancing insights with the same heart-warming benevolence that pervades his Dalai Lama's Cat books. How better to gently unwind at the end of the day - and to prepare for the infinite possibilities we may encounter in the realms of our dreams?

[The Dalai Lama's Cat and the Four Paws of Spiritual Success](#) - David Michie 2019-11-19

The Dalai Lama's Cat is back! Latest title in the ever-popular and bestselling series. The Dalai Lama's Cat is back: irreverent, vain-and delightfully insightful as ever! When the Dalai Lama's inner circle is set the task of providing His Holiness with a book he can give his visitors, an unexpected volunteer stretches out her paws. The book is to summarise the four key elements of Tibetan Buddhism-and, importantly, to

communicate how it feels to be in the profoundly reassuring presence of His Holiness. Who better to do this than his much-loved feline? Through encounters with celebrity visitors and her own intriguing adventures, the Dalai Lama's Cat explains all four key themes, not so much as ideas but as practices to be embodied. Along the way she even gets a new title: "Therapy Cat". If you have ever sought a summary of Tibetan Buddhist wisdom, albeit from an unusual and whiskery source, this may just be the book to get you purring!

**The Dalai Lama's Cat** - David Michie 2012

'In the months that followed I watched His Holiness working on a new book... I began to think that perhaps the time had come for me to turn my paws to a book of my own . . . one that tells my own tale . . . How I was rescued from a fate too grisly to contemplate, to become constant companion to a man who is not only one of the world's greatest spiritual leaders and a Nobel Peace Prize laureate, but who is also a dab hand with the can opener.' Not so much fly-on-the-wall as cat-on-the-sill, this is the warm-hearted tale of a small kitten rescued from the slums of New Delhi who finds herself in a beautiful sanctuary with sweeping views of the snow-capped Himalayas. In her exotic new home, the Dalai Lama's cat encounters Hollywood stars, Buddhist masters, Ivy-league professors, famous philanthropists, and a host of other people who come visiting His Holiness. Each encounter offers a fresh insight into finding happiness and meaning in the midst of a life of busy-ness and challenge. Drawing us into her world with her adorable but all-too-flawed personality, the Dalai Lama's cat discovers how instead of trying to change the world, changing the way we experience the world is the key to true contentment. Featuring a delightful cast of characters, timeless Buddhist wisdom, and His Holiness's compassion pervading every chapter, The Dalai Lama's Cat is simply enchanting.

*Yours with Love* - Burchell, Mary 1987

*The Girl with the Kitten Tattoo* - Linda Reilly 2020-05-26

The fur is going to fly . . . Wedding bells will soon be ringing in Whisker Jog, New Hampshire. But instead of church bells, they may be tinkling

above the door of Bowker's Coffee Stop. Lara Caphart's best friend Sherry and her fiancé David want to tie the knot where they met—in her family's coffee shop. Lara is overjoyed for her friend, but as she feeds and grooms the kitties at the High Cliff Shelter for Cats in her aunt Fran's Folk Victorian, she can't help but wonder when her own beau, lawyer Gideon Halley, will stop hinting and make their union legal. It doesn't help that Gideon's old flame, Megan Haskell, just showed up with a tearful yarn about being fired that smells fishier than a can of tuna. But Blue, the Ragdoll cat who only Lara can see, appears to be on Megan's side. Should she ignore her green-eyed monster of jealousy in favor of her blue-eyed spirit cat? When Megan's ex-boss is found dead, Lara has to retract her claws long enough to follow Blue's uncanny clues and clear her rival of a murder charge . . . [For POD Only: Don't Miss the Other Cat Lady Mysteries! Show cover: ESCAPE CLAWS / CLAWS OF DEATH / CLAWS FOR CELEBRATION / CLAWS OF ACTION] Praise for Linda Reilly's Mysteries "I was kept guessing until the final chapter. . . . A perfect cozy mystery." —Susan Furlong, author of the Georgia Peach Mysteries, on Escape Claws "Engaging characters, the psychic cat Blue, and the extraordinary healing power of cats are a winning combination for this enjoyable, heart-warming novel." —Kings River Life Magazine on Claws of Death "I thoroughly enjoyed this puzzler of a mystery. Reilly cooks up a perfect recipe of murder and mayhem in this charming cozy." —Jenn McKinlay, New York Times bestselling author of the Hat Shop Mysteries, on Fillet of Murder "Smart, sassy, and a little bit scary. Everything a good cozy should be!" —Laura Childs, New York Times bestselling author of the Tea Shop Mysteries, on Fillet of Murder Visit us at [www.kensingtonbooks.com](http://www.kensingtonbooks.com)

**The Power of Meow** - David Michie 2015-06-16

Take a peek inside the mind of a delightfully imperfect creature on the path to enlightenment. In the latest instalment of the Dalai Lama's Cat series, readers escape to the enchanting and exotic world of the Dalai Lama's monastery in the Himalayas. 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. 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.

**Dalai Lama's Cat and the Four Paws of Spiritual Success** - David Michie 2019-11-19

If you're wondering how being in the presence of an enlightened person may be communicated on the pages of book written by a flawed and complex-if extremely beautiful-cat, let me confess that my only job here is to offer you a mirror. A looking glass of a particular kind. One that reflects back not the contours of your nose or the arch of your brow, but which provides a much deeper reflection of who and what you are. Look closely, dear reader, there's no need to be afraid. For what you will discover, if you ever doubted it, is that your own true nature is quite different from whatever flecks and imperfections may temporarily obscure it. At heart you are a being whose pristine nature is nothing other than pure, great love and pure, great compassion. Mine too!

**The Dalai Lama's Cat and the Art of Purring** - David Michie 2013-11-28

"What makes you purr? Of all the questions in the world, this is the most important. . . . Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." His Holiness's cat is back—older, a bit wiser, and as curious as ever. In this book, the Dalai Lama sets for his lovable feline companion the task of investigating The Art of Purring. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she

sees herself forever. With a much loved—and growing—cast of characters from the local community and His Holiness’s residence, as well as encounters with intriguing strangers and celebrities from far and wide, *The Dalai Lama’s Cat and the Art of Purring* will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and nonattachment that radiate from the heart of the Dalai Lama’s teachings about our quest for enduring happiness.

*The Dalai Lama's Cat and the Art of Purring* - David Michie 2013-11-28  
What makes you purr? Of all the questions in the world, this is the most important. It is also the great leveler. Because no matter whether you are a playful kitten or a sedentary senior, a scrawny alley Tom or a sleek-coated uptown girl, whatever your circumstances, you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna but an enduring happiness. The deep-down happiness that makes you purr from the heart. Before leaving for a teaching tour to America, the Dalai Lama poses a challenge to his beloved feline, HHC (His Holiness’s Cat): to discover the true cause of happiness. Little does she know what adventures this task will bring! A hair-raising chase through the streets of McLeod Ganj leads to an unexpected revelation about the perils of self-obsession. An encounter with the mystical Yogi Tarchen inspires a breakthrough discovery about her past—one with dramatic implications for us all. And overheard conversations between ivy-league psychologists, high-ranking lamas, and famous writers who congregate at the Himalaya Book Café help her explore the convergence between science and Buddhism on the vital subject of happiness. Sparkling with wisdom, warmth, and a touch of mischief, *The Dalai Lama’s Cat and the Art of Purring* is a charming reminder of why HHC is becoming one of the most-loved cats around the world. So what is the true cause of purring? The Dalai Lama whispers this secret on his return—only for the ears of HHC and those with whom she has a karmic connection . . . that, dear reader, means you!

[Conflict of Interest](#) - David Michie 2020-06-26

Mainstream thriller

[Buddhism for Busy People](#) - David Michie 2017-05-16

In this simple and accessible but beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism, and shows us how he himself first began incorporating Buddhist practices into his daily life. What does it take to be happy? We've all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment. David Michie thought he had achieved his life's goals--the high-level job, the expensive city apartment, the luxury car, the great vacations--but a small voice was telling him he wasn't really happy. A chance remark from a naturopath sent him to his local Buddhist center. There he began the most important journey of his life. In *Buddhism for Busy People* Michie explains how he came to understand the difference between the temporary pleasures of ordinary life and the profound sense of well-being and heartfelt serenity that comes from connecting with our inner nature.

[The Dalai Lama's Cat Awaken the Kitten Within](#) - David Michie 2021-11-05

*The Dalai Lama's Cat* is getting old. A visit to the vet confirms. Is a future of decrepitude inevitably a cause for despair? She soon finds that a startling reminder of life's transience renews our gratitude for life.

*The Secret Mantra* - David Miche 2020-12-22

In a remote, Himalayan monastery, Matt Lester has devoted five years of spiritual preparation for this moment: it is his destiny to open an ancient, sealed scroll containing prophetic wisdom the world urgently needs. But when his time comes, violent assailants steal the scroll. Matt is caught up in a dangerous, high-stakes hunt to recover it, turning him from the pursuer to the pursued. On the other side of the world, the results of scientist Alice Weisenstein’s mind-body healing research are about to be revealed. Things take a sinister turn when her supervisor goes missing - and she realizes she is being followed. Guided by the lamas, Matt’s search for the scroll takes him to Alice. The pair become caught between powerful influences and escalating threats. Together they must decide who they can really trust. *The Secret Mantra* weaves breakthrough

science and spiritual insights into a heart-stopping storyline. It won't just have you turning the pages. It will shake up your whole idea of who you are, and the transformation of which you are capable.

**The First Rule of Ten** - Gay Hendricks 2014-02-03

"Don't ignore intuitive tickles lest they reappear as sledgehammers." That's the first rule of Ten. Tenzing Norbu ("Ten" for short)—ex-monk and soon-to-be ex-cop—is a protagonist unique to our times. In *The First Rule of Ten*, the first installment in a three-book detective series, we meet this spiritual warrior who is singularly equipped, if not occasionally ill-equipped, as he takes on his first case as a private investigator in Los Angeles. Growing up in a Tibetan Monastery, Ten dreamed of becoming a modern-day Sherlock Holmes. So when he was sent to Los Angeles to teach meditation, he joined the LAPD instead. But as the Buddha says, change is inevitable; and ten years later, everything is about to change—big-time—for Ten. One resignation from the police force, two bullet-wounds, three suspicious deaths, and a beautiful woman later, he quickly learns that whenever he breaks his first rule, mayhem follows. Set in the modern-day streets and canyons of Los Angeles, *The First Rule of Ten* is at turns humorous, insightful, and riveting—a gripping mystery as well as a reflective, character-driven story with intriguing life-lessons for us all.

*The Magician of Lhasa* - David Michie 2017-01-23

Buddhist thriller written by the best-selling author of *The Dalai Lama's*

*Cat* series, David Michie.

**Northanger Abbey** - Val McDermid 2014

A modern retelling of Jane Austen's classic novel finds bookish minister's daughter Cat Morland joining her well-to-do friends in Edinburgh and falling for an up-and-coming lawyer who may harbor unsettling secrets.

**Enlightenment to Go** - David Michie 2012-01-03

The Dalai Lama always recommends a classic text by the Buddhist sage Shantideva as essential reading for those seeking a practical approach to Buddhism. With its life-changing psychological tools and transcendent wisdom, it is one of the world's great spiritual treasures. In *Enlightenment to Go*, David Michie provides a lively, accessible introduction to the 'best of' Shantideva. He shows how modern psychology confirms the insights of Shantideva's *Guide to the Bodhisattva's Way of Life*, and he unpacks its powerful antidotes to contemporary problems, including stress, anxiety and depression. He also offers a structured meditation program to help readers integrate transformational insights at deeper levels of consciousness where genuine change becomes possible. Recounting stories from his own journey, Michie illustrates the relevance of Shantideva's breakthrough teachings to a typically busy Westerner with warmth and humor. Whether you are a newcomer to Buddhism or a seasoned practitioner, *Enlightenment to Go* offers a glimpse of a radiantly different reality.