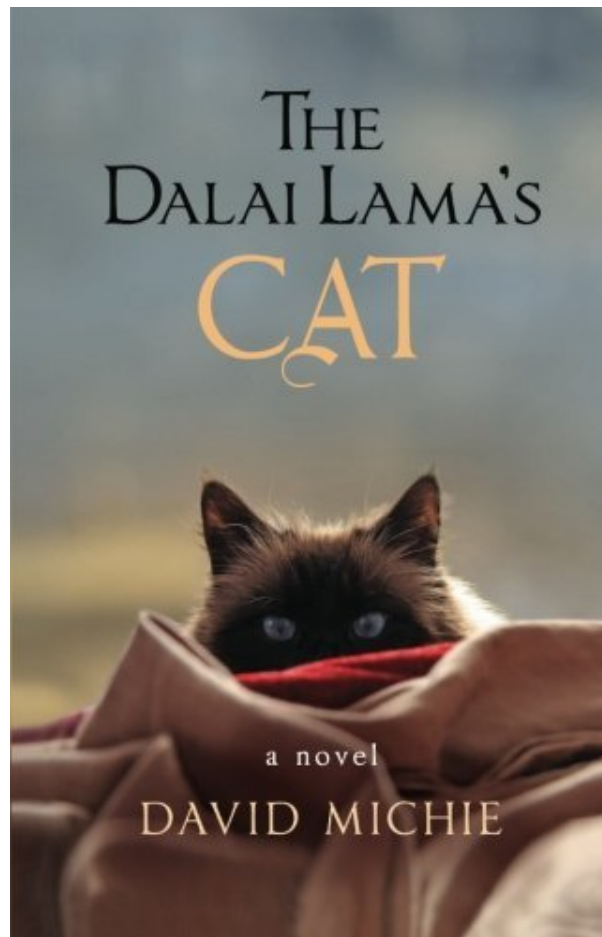
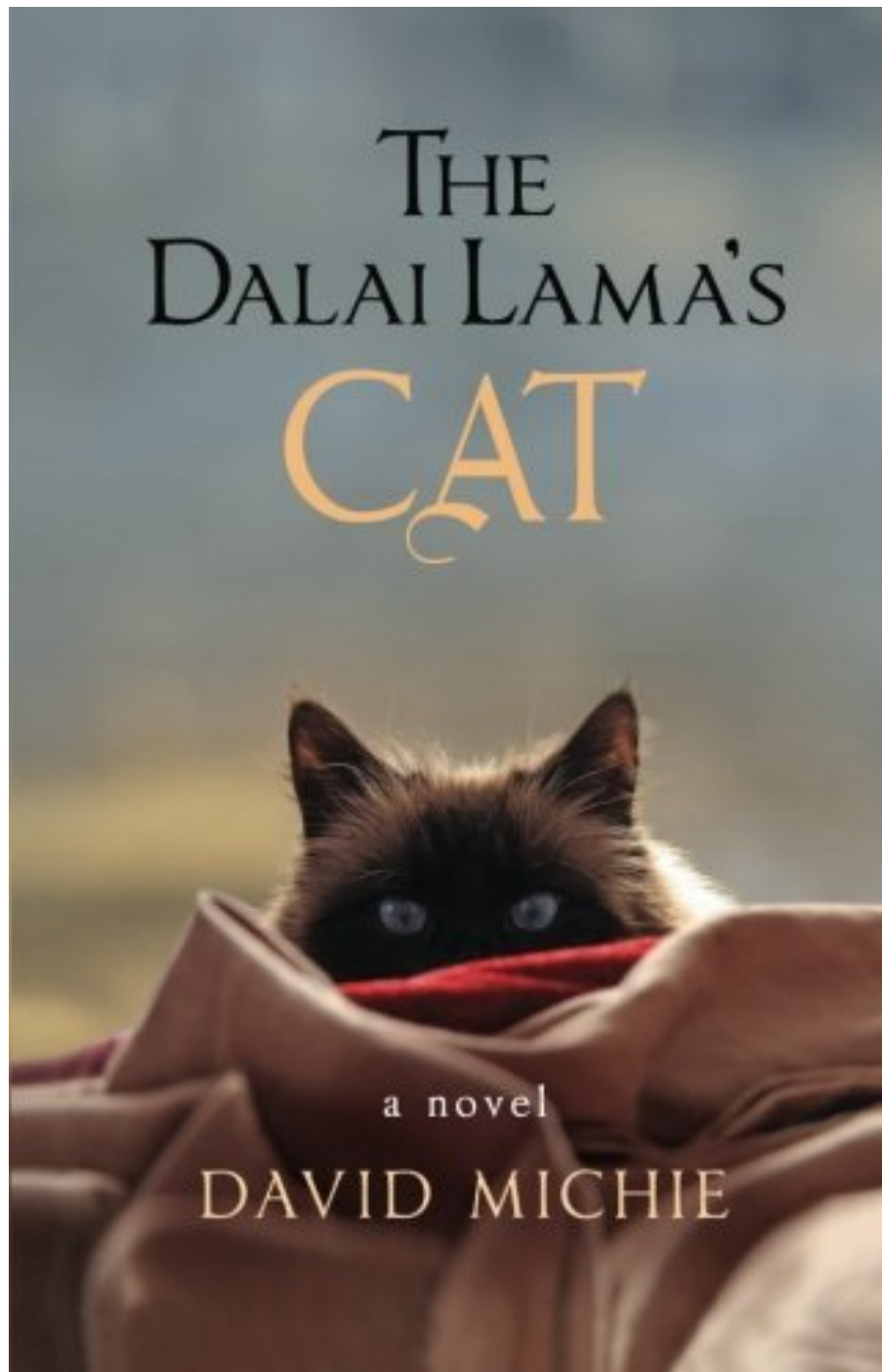


# THE DALAI LAMA'S CAT BY DAVID MICHIE



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## Review

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“This enchanting story is a rare treat. I highly recommend it!” — Gay Hendricks, Ph.D., author of *Conscious Loving* and *The First Rule of Ten*

## About the Author

David Michie is the best-selling author of *Buddhism for Busy People*, *Hurry Up and Meditate*, and *Enlightenment to Go*.

Website: [www.davidmichie.com](http://www.davidmichie.com)

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# THE DALAI LAMA'S CAT BY DAVID MICHIE PDF

““Oh! How adorable! I didn't know you had a cat!” she exclaimed.

I am always surprised how many people make this observation. Why should His Holiness not have a cat?

‘If only she could speak,’ continued the actress. ‘I'm sure she'd have such wisdom to share.’

And so the seed was planted . . .

I began to think that perhaps the time had come for me to write a book of my own—a book that would convey some of the wisdom I've learned sitting not at the feet of the Dalai Lama but even closer, on his lap. A book that would tell my own tale . . . how I was rescued from a fate too grisly to contemplate to become the constant companion of a man who is not only one of the world's greatest spiritual leaders and a Nobel Peace Prize Laureate but also a dab hand with a can opener.”

Starving and pitiful, a mud-smearred kitten is rescued from the slums of New Delhi and transported to a life she could have never imagined. In a beautiful sanctuary overlooking the snow-capped Himalayas, she begins her new life as the Dalai Lama's cat.

Warmhearted, irreverent, and wise, this cat of many names opens a window to the inner sanctum of life in Dharamsala. A tiny spy observing the constant flow of private meetings between His Holiness and everyone from Hollywood celebrities to philanthropists to self-help authors, the Dalai Lama's cat provides us with insights on how to find happiness and meaning in a busy, materialistic world. Her story will put a smile on the face of anyone who has been blessed by the kneading paws and bountiful purring of a cat.

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Most helpful customer reviews

195 of 198 people found the following review helpful.

Paws down, one of the best of 2012

By Michelle Fabio, Bleeding Espresso

The Dalai Lama's Cat is written from the perspective of a (self-described) gorgeous Himalayan who was rescued by the Dalai Lama's staff and who spends copious amounts of time around His Holiness and those closest to him.

As you might imagine, "Bodhi catva" is privy to many spiritually intense conversations, and not only does she recount some of the most important nuggets of Buddhism, she also applies the principles to her own life as she continues to strive to live up to her title of HHC (His Holiness's Cat). We also get a clue into the feline mind on issues such as playing the cello, "as we cats refer to that most delicate part of our grooming regimen when we attend to our nether regions."

Yes, there's a good dose of humor throughout the book as well.

I love me some anthropomorphism, and Michie pulls this off brilliantly. Both the premise and the writing are sharp, snappy, and clever; the story is warm and fulfilling. The lessons in Buddhist principles are an added, wonderful bonus because Michie, an established authority on Buddhism, not only shares them but also illustrates them in lighthearted, everyday situations to which anyone can relate.

I highlighted so many bits in my Kindle version, but one I want to leave you with is this, just in case the idea of reading a book about Buddhism, or any religion, puts you off: "The purpose of Buddhism is not to convert people. It is to give them tools so they can create greater happiness. So they can be happier Catholics, happier atheists, happier Buddhists."

Despite its deep topics, this book is an easy, enjoyable read; it reminds me a lot of Paulo Coelho's *The Alchemist* in that you can either fly through this for the story or stop at every page and think on what you've just read for hours, days, weeks, months, or years.

I highly, highly recommend this book to anyone who loves cats, is interested in learning more about mindfulness and other Buddhist principles, or who simply wants a great read. I couldn't love this book more, and I consider it an absolute must-read for 2012.

123 of 124 people found the following review helpful.

True Cause

By Roni Teson

The Dalai Lama's Cat is an outstanding read! I must say, initially I was not compelled to read this book. In fact, it travelled with me to Arizona and to Missouri with only a few pages read. What happened on the long plane ride home was simply not a coincidence. I fidgeted in my seat, Wi-Fi wasn't offered, my neighbor was drinking heavily, and I couldn't get situated--until I picked up the book and buried my head in the pages. After a few more pages, I was hooked!

You might NOT be a cat person, it's okay--don't let the name of this book deter you, and if you are a cat person--rejoice and turn the pages.

Wow, advise on happiness and living life in a novel that is filled with stories (within the story). Engaging daily situations that teach from the author's perception of the Dalai Lama's beliefs, or more specifically Buddhism. The book is also a pure example of learning through stories--so pleasant to have those `aha' moments shown in tale versus telling in a non-fiction instructional guide.

The tale (tail) begins with a kitten that is saved from the slums of New Delhi. A visual any reader can gain from the trailer of the movie Slumdog Millionaire. Am I shallow to say the hints throughout the book about famous people visiting the Dalai Lama kept me guessing and more than interested? Maybe a little, but I found it fascinating. Sharing the Dalai Lama's teachings within life's moments as seen through the eyes of the cat (who also learns from each happening!) and always on topics the reader can relate to. Although the work is fiction, I believe, the author, David Michie has an understanding of Buddhism, and does a fabulous job of spinning his tale with relevance toward today's times. Bravo! Well done.

In the early stages of the book a nun discusses her visit to a prison (this is when I became hooked) and how an inmate had a conversation with her and compared her own living situation with his. Ultimately, the inmate informed the nun, `if it all gets too hard' she could live with them. The nun was astonished that the inmate viewed the conditions in the nunnery harsher than his conditions in jail. And the Dalai Lama made a simple statement, "It's not the circumstances of our lives that make us happy or unhappy but the way we see them." Personally, something I've relearned throughout my life, and a topic that hits home with me when I remember my time in the `chemo' circle and the other folks with me.

My own immediate learning experience happened when the plane landed and I wasn't finished with the book! Had I not messed around for the entire first hour of that flight, and just picked up the book and read it--I would have been done, and satisfied. I can relate to HHC when she was taken to another location during the painting and refurbishing of the Dalai Lama's house, she behaved poorly. She hid under the blanket and did not step out of the room for a few days. On the day she finally stepped out--she met her `cat' friend, but was whisked away the following day, having no time to spend with her new friend. HHC identified that she robbed herself of the opportunity to spend time with her new friend--all over her ridiculous self-pity. Three days of sulking could have been spent with her new friend instead of wasted time hiding under the duvet.

Do you believe that every living being strives for happiness and wants to avoid all forms of suffering? And the True Cause of happiness is not from any physical external thing? Deep, isn't it? Well I like the way the Dalai Lama's cat handles these topics, and you will too.

I'm compelled to share with you what I learned about True Cause, but instead I will leave that as the title of this document and let you read the book, and discover for yourself the true cause of happiness (literally).

Lastly, I'm so enamored with this book because of my own personal experience. The content of these pages ring within my soul. And it's so simple!

When I was diagnosed with stage IV cancer and watched the pieces of my life fall away I gave in to the process. I had no choice. I had to deal with the cancer (and everything else in my life that fell apart), but I did have a choice about my attitude toward the battle--and ultimately isn't that the only thing you have control of--your own reaction? So I experienced some loss: my career, relationship, homes, finances, career, and for a while--my health. I made up my mind I would beat the cancer, but if for some reason I didn't make it--the time I had left would be wonderful. And that is how I won my battle.

Now, two years and seven months later--I have no sign of disease. I'm back in the thick of my life (a different life) and I thank you, David Michie, for reminding me of the importance of love and compassion

and sharing with the world the simplicity of Buddhism and the fact that happiness is right here... as my Grandma would say, "Under your nose."

71 of 74 people found the following review helpful.

This book sneaks up on you, it should really make you think

By Jadecat

I'm a sucker for books about cats or dogs, and the cover of this book is great, so I got it. I pretty much knew nothing about the Dalai Lama or about Buddhism before starting this book. The author writes the story from the vantage point of the cat, commonly known as HHC (His Holiness's Cat). It starts out with the cat/kitten finding her way into the life of the Dalai Lama and she is present while the Dalai Lama has meetings with all types of people. It is interesting because HHC finds herself in some type of quandary herself that parallels the issue the Dalai Lama discusses with his visitors, such as being unhappy or lonely. As the Lama 'enlightens' his visitor about their problem, HHC finds the solution and applies it to her own cat life. Of course, this stretches the imagination of how much a cat can think, but it is done very well and I really found myself enjoying the book and each lesson. Karma is talked about and explained which I found very interesting as I am always hearing that someone will get their karma after they do something wrong.

I think you have to have an open mind to get anything out of this book. I can honestly say I am very interested in learning more about the Dalai Lama and Buddhism after reading this book. Basically I was thinking it would be about meditating and forsaking good things in life, but it really is so much more. Admittedly I was woefully ignorant, but I hope to change that after reading this book. I heartily recommend reading this book, you might find a lot more in it than a cat story.

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