



The Power of Meow

Bernard Gunther

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With *The Power of Meow*, renowned author and spiritual teacher Bernard Gunther celebrates the mystical essence and inherent wisdom of our feline companions. Bernard Gunther offers a series of delightful yet practical "awareness reminders" inspired by his own cat Rumi. *The Power of Meow* playfully pays tribute to Eckhart Tolle's *The Power of Now* and reinforces that bestselling book's central message that staying in the moment is the key to happiness.

As Bernard Gunther knows, cats are natural, powerful spiritual teachers. For centuries these aware beings have been revered, even worshiped, for their intuitive wisdom, magical presence, and purring peacefulness. We, as humans who no longer trust our natural instincts, can learn a great deal from them. As *The Power of Meow* shows, their behavior exemplifies selfawareness, continuous relatedness, and effortless ease.

In this book, pictures, word play, humor, and energy offer the reader a deep experience of insightful feeling, spiritual healing, and a sense of eternal being. *The Power of Meow* celebrates the joyful behavior of the archetypal cat, Rumi, and his simple, practical, playful, universal wisdom.

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