

FROM CATMANDU, SOME GOLDEN NUGGETS OF CAT-ZEN MASTERS FOR YOUR DAILY LIFE

Cats are true corporate Zen masters, superb yoga practitioners, healers, and communicators, hunters, bon vivants, and teachers.

- ☞ Life's too short to make it miserable. Enjoy life to its fullest extent
- ☞ Live in the now. Bring yourself into the present moment consciousness
- ☞ You can achieve anything if you set our mind to it
- ☞ Don't get too attached to things
- ☞ Approach life in a calmer and softer way
- ☞ Stay true to yourself
- ☞ Remain open and curious to the good things life brings you
- ☞ Preserve your energy to function at your highest level
- ☞ Fiercely fight for what is valuable to you
- ☞ Think critically and independently
- ☞ It is far more important to be than to have
- ☞ Relax for the sake of your mental, emotional, and physical health
- ☞ Combine your ambitions, goals and dreams with joy, and excitement
- ☞ Tune in to other people's non-verbal communication
- ☞ Get along with others. If in doubt, see Golden Nugget # 1

