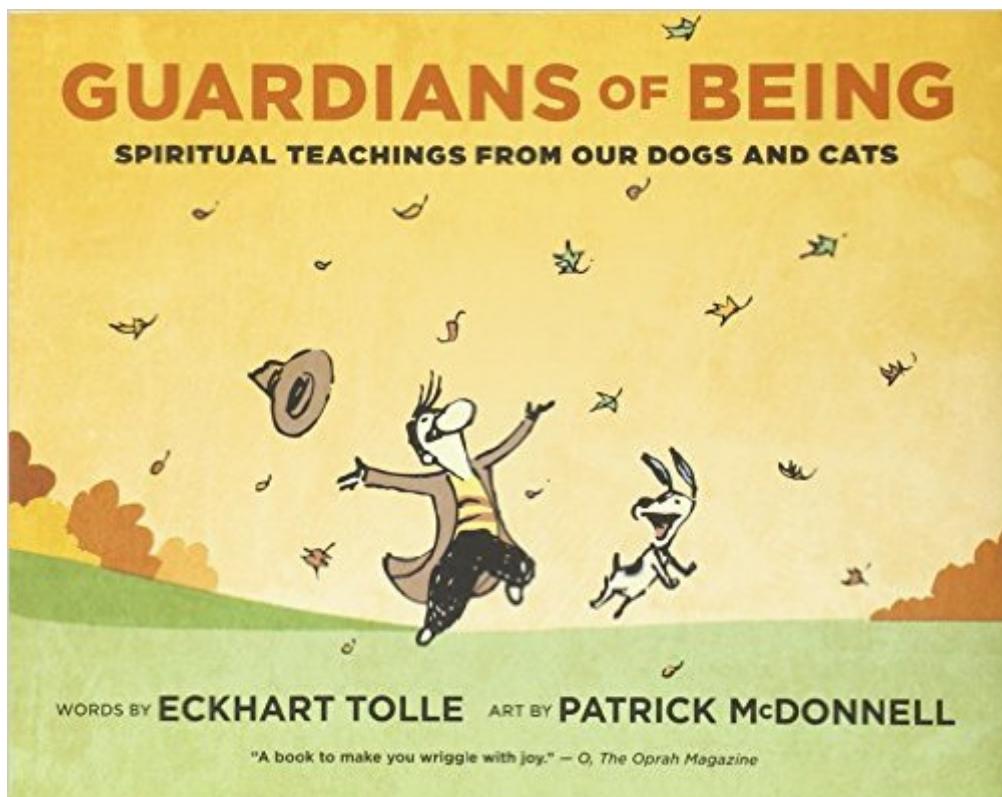


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# Guardians Of Being: Spiritual Teachings From Our Dogs And Cats



## **Synopsis**

This wonderfully unique collaboration brings together two masters of their fields, joining original words by spiritual teacher Eckhart Tolle with delightful illustrations by Patrick McDonnell, the creator of the acclaimed comic strip MUTTS. Every heartwarming page provokes thought, insight, and smiling reverence for all beings and each moment. More than a collection of witty and charming drawings, the marriage of Patrick McDonnell's art and Eckhart Tolle's words conveys a profound love of nature, of animals, of humans, of all life-forms. *Guardians of Being* celebrates and reminds us of not only the oneness of all life but also the wonder and joy to be found in the present moment, amid the beauty we sometimes forget to notice all around us.

## **Book Information**

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## **Customer Reviews**

"Dogs emanate a goodness that people respond to. One of the joys of walking your dog is that often people come up to you and immediately their hearts open. They are not interested in you, of course. They want to pat your dog." - Eckhart Tolle, from the book *Guardians of Being*In a delightful collaboration between spiritual teacher Eckhart Tolle and Mutts comic strip creator Patrick McDonnell, the book *Guardians of Being* combines the Now-centric words of Tolle with the whimsical drawings of McDonnell, illustrating the oneness of all life, the joy found in simplicity, and the profound truths conveyed by our furry friends.Frankly, I dare anyone to read this book and not have at least one belly laugh at best or several wide grins at worst (as if that's really a "worst"!). I read *Guardians of Being* yesterday, and I can honestly say that joy and stillness overflowed from

within. My 10-year-old son wanted to know what I was chuckling about, so after I was done reading the book, he read it! (And he actually erupted into laughter several times.) Here are but a few gems from *Guardians of Being* (although the meaning is magnified by McDonnel's adorable comic strips):\* "When you pet a dog or listen to a cat purring, thinking may subside for a moment and a space of stillness arises within you, a doorway into Being."\* "I have lived with many Zen masters, all of them cats."\* "You just watch the tail...with some dogs you just look at them--just a little look is enough--and their tail goes... 'Life is good! Life is good!' And they are not telling themselves a story of why life is good. It's a direct realization."\* "Give yourself completely to the act of listening.

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