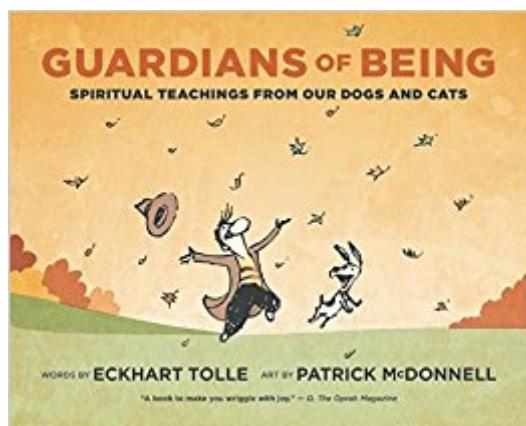


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# Guardians Of Being: Spiritual Teachings From Our Dogs And Cats



## 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

An inspired collaboration between spiritual teacher Eckhart Tolle and comic strip artist Patrick McDonnell...A book to make you wriggle with joy. *O, The Oprah Magazine*; A lovely meditation on the power and grace animals bring to our lives. The Bark; The gentle humor and profound insight found in this book; thoughts such as 'Allow your dog to take you for a walk every day. It's good for the body and it's good for the soul'; make it the perfect gift for animal lovers of all ages. *Inspired Retailer*; Eckhart Tolle and Patrick McDonnell fans will rejoice over *Guardians of Being*, the combined effort of these bestselling authors. This beautiful, thought-provoking, and enlightening book pairs Tolle's 'Power of Now' mindfulness with McDonnell's beloved MUTTS

characters, showing how we can find 'true happiness in simple, seemingly unremarkable things' by simply being present, a state that our dogs naturally occupy. The skillful use of the MUTTS animals to illustrate Tolle's theme renders his philosophy into easily grasped concepts. This thoroughly charming book deserves a place on your coffee table. While you're at it, why not pick up a copy for your best friend, too? "This is a book likely to speak to dog lovers, cat lovers, art lovers, spiritual seekers, those who like to read, those who don't like to read, and pretty much anyone interested in the art of life." The Christian Science Monitor Praise for Eckhart Tolle: "He is a prophet for our time." O, The Oprah Magazine Praise for MUTTS: "One of the best comic strips of all time." Charles Schulz, Peanuts creator

Eckhart Tolle, a number one New York Times best-selling author, speaks and teaches extensively throughout the world. He lives in Vancouver. Patrick McDonnell, the creator of MUTTS, has more than 20 books in print. He lives in New Jersey.

Do you have a low tolerance for Eckhart Tolle, but still think he probably has some good ideas? Do you love animals, specifically pets, more specifically dogs and cats? Do you love simple, eloquent artwork reminiscent of your favorite newspaper comic strips? Then this is the book for you. Wonderful.

Eckhart Tolle wrote the enlightening books (which I also highly recommend); "The Power of Now" and "A New Earth." These books had such a profound effect on me that I went searching for a way to share this insight with my 9 year old son. How do I teach my children this most important information that they could ever learn? "Guardians of Being" takes an abstract concept and brings it to life in this adorably animated book. Tolle's teachings are simplified to perfection through excerpts such as "Just watching an animal closely, can take you out of your mind and bring you into the present moment, which is where the animal lives all the time - surrendered to life." And, "The vital function that pets fulfill in this world hasn't been fully recognized. They keep millions of people sane." And one of my favorites; "I have lived with many Zen masters, all of them cats." In this book there is a brilliant tool for teaching meditation to children (actually, I use it myself sometimes): "Close your eyes and say to yourself: "I wonder what my next thought is going to be." Then become as alert as a cat watching a mouse hole. You may find that, as long as you are absolutely alert, the next thought does not arise...." The final pages of this book brought me to tears. I won't spoil the

surprise. My son and I continue to read and talk about this book together. In my son's words; "It's spiritual and funny at the same time. I really like it." "Guardians of Being" is one of the most enjoyed and most valuable books on my children's bookcase. Two more that I highly recommend are "Zen Shorts" and "The Three Questions, Based on a story by Leo Tolstoy," both by Jon J Muth.

Another excellent book from Eckhart Tolle. This book can be enjoyed by anyone, young or old. Guaranteed to make you smile.

Love this little book. It makes me smile and opens my heart when I'm needing to come back to what's real and sweet. I am an animal lover and appreciate the gifts they have to offer.

This book is awesome. Really touches your heart. And, great humor within the cartoons--both in regards to human nature as well as the simplicity of our dog and cat friends. They have so much to teach us if we just slow down and pay attention.

Nice little book!

This book reminds us of who we really are. It gets to the essence of life itself. I loved this, and I will reread it anytime I have lost my way and need reminding of what is important.

Delightful drawings to match the insightful teachings. Reminders of what the world can be like.

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