

# Cat Psalms: Prayers My Cats Have Taught Me



## Cat Psalms: Prayers My Cats Have Taught Me

by Herbert F. Brokering

★★★★☆ 4.7 out of 5

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Cats are often seen as mysterious and aloof creatures, but they can also be great teachers. In this article, I share some of the lessons I've learned from my cats, and how they've helped me to grow spiritually.

## 1. Be present

Cats are masters of the present moment. They don't dwell on the past or worry about the future; they simply focus on the here and now. This is a lesson that we can all learn from. When we're present, we're more likely to be mindful of our thoughts and actions. We're also more likely to be grateful for the present moment and to appreciate the beauty of the world around us.



## **2. Be independent**

Cats are very independent creatures. They don't need us to feed them, bathe them, or walk them. They're perfectly content to entertain themselves and to spend time alone. This is a lesson that we can all learn from. When we're independent, we're less likely to rely on others and we're more likely to be self-sufficient.



### **3. Be playful**

Cats love to play. They're always up for a game of chase, a wrestling match, or a good old-fashioned game of hide-and-seek. This is a lesson that we can all learn from. When we're playful, we're more likely to be happy and healthy. We're also more likely to connect with others and to build relationships.



#### **4. Be loving**

Cats are very loving creatures. They show their affection in many ways, from purring and cuddling to rubbing their heads against us. This is a lesson that we can all learn from. When we're loving, we're more likely to be happy and fulfilled. We're also more likely to be kind and compassionate to others.



## **5. Be grateful**

Cats are very grateful creatures. They're always happy to receive a meal, a treat, or a good scratching. This is a lesson that we can all learn from.

When we're grateful, we're more likely to be happy and content. We're also more likely to appreciate the good things in our lives.



Cats are amazing creatures. They can teach us so much about life and about ourselves. If we're open to learning from them, they can help us to grow spiritually and to become better people.

Thank you for reading!



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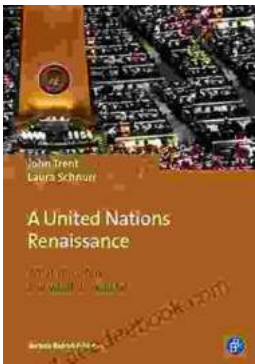
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