

Cats for Change

It's not
about
the kibble

Jasper

with Cheryl Reed, PhD





Have you ever wondered whether your cat knows more than he's letting on? He does. Here's proof. Get the inside scoop on a grassroots movement your cat may have already joined. Written by cats, for cats, this handbook gives you a peek into what cats are thinking. The authors' frank advice and intimate knowledge of the feline psyche unleash the rich, often unacknowledged, creative and spiritual resource that stands begging for tuna in kitchens everywhere.

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**What cats (and a squirrel)
are saying about
*It's Not About the Kibble...***

If you buy only one feline mentoring book this year, this is it!
Tiger, Creative Consultant

Your one-stop survival guide for dealing with the world of humans.
Toots McFee, Tuna Lobbyist

*Get ready—you're about to go on a stalking tour of your rightful place
as mentor.*
Ziggy, Freelance Cat-About-Town

In a world many say is dog-eat-dog, Jasper offers a path to felinity.
Boo, Professional Curtain Climber

*This is not the cutesy cuddly cat thing. It's about the real stuff, both real
cat stuff and real human stuff. Pure love, pure energy, pure light... or
was that purrrrr... pure purrrrr.*
Rosie, Warehouse Mascot

*Detailed how-to experiments take f2h [feline-to human] communication
“live”—you watch; you try.*
Cocoa, Environmental Activist

Jasper is perceptive, laconic and wry - dry in his sense of humor, a cat of action and leadership. Four paws up.

Luna Fortuna, Black Cat News

~Honest reporting, on time, every time~

This tightly focused guide to mentoring gives strategies you can sink your teeth into.

Blizzard, Inspector of Cabinets

Wake up and smell the noses! Anyone can be a power animal.

Petunia Ladoonya, In-Home Companion

It's all about mindset. Change that and everything changes!

Moofie, featured in this year's *Adopt a Stray* calendar

You can do it, too—magical experiences are waiting for you if you know how to open yourself up.

Chauncey Germane, Connoisseur of Fine Edibles

It's not just for cats! With J's advice, my associates and I upped our almond intake over 250% in a few short weeks!

Grk!Grk!bubr-bubr-tudu-eck!eck!, Park Squirrel

Introduction

Greetings from the Urban Jungle

I didn't start out to be a power animal. It was never in my life plan to fight for change in a system that (for most of us) works out well, or to inspire cats to attempt more than casual contact with their human companions. In fact, it took quite a while for me to realize that we could influence human behavior in any way.

If I thought about it at all, I always sort of fancied myself as a Peruvian jaguar, stalking the dreamscapes of shamans and maybe appearing now and then with a couple of startling revelations for the folks back home. But it didn't turn out that way. No, I ended up as a big black tomcat sitting in a middle class driveway, licking my paws and watching the birds dare each other to fly low over my head. (Birds have such a weird sense of humor.)

You'd think that was a comedown, not stalking dreams and wowing shamans. But my interactions with humans were destined to be much more direct. I found, sitting there in that driveway, that People instinctively responded to me, wanted to touch me and connect and communicate.

They smiled when I purred. They invited me into their homes, told me their secrets, asked for my help, curried my favor with gifts and treats. Would they have let a jaguar sleep on their best chair, nibble tuna from their brown bag lunches, snuggle up with their kids? I found that my unassuming outer appearance got me in places my own "ideal self" could never hope to enter.

And I began to see that moments of connection with humans were happening not just sporadically, not just to me, but to all of us, all the time--in driveways and alleys and street corners, in posh condos and wood frame houses and "pet" shelters all over the world. People were

CHERYL REED

turning to cats intuitively to get in touch with their own deep selves. It was as if there were an instinctual feline-human connection, one that went largely unacknowledged on both sides, but that reaffirmed itself with each encounter.

Most People I met were only vaguely aware of what was going on inside their heads and hearts and guts; they seemed to be cut off from their dark inner world. Modern life had “domesticated” them to the point that they couldn’t hear many of the things their inner voices were desperately trying to tell them. Not in tune with dreams, intuitions, hunches, and the rhythms of the natural world, People had *neutered themselves*.

As I interacted with People and the cats who mentored them in different partnerships, homes, and workplaces, I came to see that humans need what cats have. People need someone who is in touch with the dream state, the dark places under the hedge, things that go scabble in the night. They need help to reconnect, to access the deep places where magic lies waiting.

Think about it: each one of us out there snoozing in the driveway, rattling the trash can, or razzing the dog next door does something that no shaman can claim. We spend *upwards of 18 hours a day* in a deep meditative state. In gardens, on windowsills, on rooftops, in that box from Amazon they were going to throw away. On rock piles, on books, on dirty laundry, even on laps, in positions languorous or gymnastic, as invited guests or on the verge of being shooed away. Effortlessly. Consistently. It’s what cats *do*.

I have come to believe, in my long experience as a mentor and coach to both humans and cats, that size doesn’t matter when it comes to being a power animal. Instinct matters. Compassion for the People the Universe puts in your way (literally, in your way). The ability to help them see in the dark. The certain knowledge that you are *the answer to everything*.

As I swapped stories with cats from different breeds, colors, and temperaments, I realized there really was something magical out there in the driveway, dreaming jaguar dreams. And it was me.

I’m Jasper. I’m a power animal. I can change your life.



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