

For all creatures of the planet,
especially my two furry friends for their
love and inspiration

Allan Gilmour

A HELPING PAW

Modern day life observed through the
eyes of two cats and an Englishman





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Also by this author

NICE PLACE, SHAME ABOUT THE HUMAN RACE

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The Furry Protagonists





Name: Mr Fred Midnight

Year of Birth: 2010

Place of Birth: Thuringia, Germany

Favourite Pastimes: Observing moving objects, chasing birds, eating and sleeping, collecting food sticks (and devouring them!) ☺

Pet Hates: Mr Midnight has no pet hates – he loves all living beings. He has little capacity for arrogance and ignorance.

Pet Likes: Playing and eating

Most Favourable Moment: Lying on the sofa and being stroked by Daddy.

Personality Traits: Brave, worldly, sociable, spontaneous, crafty, judgemental, clumsy, sometimes impatient.



Name: Sir George Francis Winston

Year of Birth: 2010

Place of Birth: Thuringia, Germany

Favourite Pastimes: Running after leaves, observation and general studies. He absolutely loves going to sleep.

Pet Hates: He is a lover of all living souls, but he is not a fan of impatience, disrespect and narrow-mindedness.

Pet Likes: He simply adores all creatures' great and small ... and Greek yoghurt.

Most Favourable Moment: Lying on the floor of the study watching Daddy attend to his stamp collection.

Personality Traits: Homely, insightful, reflective, contemplative, shy, principled, nervous, sometimes a bit of a traditionalist.

The Key(s) to life –from a pussycat's point of view!



I believe that the key to life is to discover your balance, and I don't mean when trying to see how difficult it is to balance when walking along the garden fence.

There are in fact four keys and a core key. I believe that if one manages to use those keys correctly in life then one will be free of illness and be satisfied, hence being able to enjoy life to its full capacity.



Well, that's what life is supposed to be all about I think. Enjoyment, contentment and satisfaction are great reasons to want to live.

Can you name the four keys and the core key required for a meaningful life Mr Midnight?



Easy peasy pudding and pie!

The first key is to eat "proper" food; not the stuff food companies want you to eat.

The second is to drink enough "proper" fluids.

The third is to move about as much as possible.

And the fourth is to get enough sleep with which to recharge the old batteries.

These four keys surround the main, core key, which happens to be the key called "Love". I'm talking about genuine love and not the love where one just loves one's family and immediate friends. Loving one's immediate surroundings is easy to do.



I must admit, it really is a continual life journey to be able to master the art of true love. I mean, because of a cat's natural instincts, we often kill other small little beings. It's not very nice is it, but I can't seem to help myself. True love means one respects ALL things. Still, at least I'm conscious of the fact and am working on it.



The humans are exactly the same. The poor dears often believe they have genuine love within themselves and then they will go and eat us animals. Thank goodness they don't eat pussycats in our neck of the woods. Still, I suppose understanding what "true love" is all about is a matter of perception.



If one manages to discover one's own balance in life, allowing one's compass to guide oneself, then it will become more difficult to get ill or experience tragic circumstances.



Precisely, one must discover one's balance in life and believe in oneself.

If one of the keys, or compass points, is misaligned then illness will eventually creep into one's life.

I sometimes have a problem with my right eye, if being truthful, perhaps because there are some things I do not want to see in life.



That's probably why many humans do not hear so well. There are things in life which they do not want to hear. The body is a clever "machine" and will help sort out your problems.



The body dictates; your wish is my command and hey presto - if one avoids looking at some areas of one's life the body will help out and as in my case, make my vision become more blurred.



I believe that it is the same with all illnesses. Contrary to popular belief and what Governments and the pharmaceutical industry wish to make us all believe, illness does not just come out of the blue.

If we avoid maintaining our bodies then our bodies will eventually, fall to pieces. The choice is ours.



I think the magic word is called "self-responsibility" Sir Winston.

It's the same with next door neighbour's dog. He can hardly walk but he must keep on the move. Perhaps he should stay put sometimes because there is something waiting for him to discover. His body helps him by gradually "making" him stay put. A shame the outcome has to usually turn out so tragic.



I suppose we are all afraid of looking at the real truth. Indeed, fear is the main motivator for illness. Most illnesses appear because of some deep-rooted fear somewhere or another.

Although I am a cat and therefore, unable to read properly, I can still recommend a small book by Louise Hay which is called "Heal your Body". It may help some of you folks discover the proper key for your own journey.



And even though it is rather trying sometimes, please try and align your compass. You'll feel a better person if you can.

The best sofa in the world

The garden was a great place to be for recreational activities at this time of year and Mr Midnight and Sir Winston had decided to take a break from playing and were both now lying next to one another near the shade of the large tree in the corner of the garden.



It's not a bad life we lead is it Mr Midnight. I'm quite fond of this patch of the garden because it's just so magical here.



It's not magical for me because I don't like those spiky bits sticking in my bum. I much prefer lying on the path next to you.

It's quite interesting that we both have different ideas of where our favourite chill-out zones should be.



Well, this part of the garden is not bad for relaxing but there is another place much more comfortable than here.



And where is that?



In the house with daddy.



You could be right Sir Winston; there are many places one can wind down after a hard day's slog.

I particularly like lying in that old chair in the bay window or if it's cold outside, underneath the wash basin on the heated floor of the bathroom.



I was thinking of something else. I was thinking about a soft, warm human sofa.



But I thought humans were not really into relaxing and taking care of their bodies properly.

You should see some of their sitting positions when watching that box with moving pictures.

It's no wonder humans suffer from back pain half the time.



The human races' addictions to the television set are well known among the animal kingdom but I suspect their back pain doesn't just

come from sloppy sitting positions but also through their unconscious mental beliefs that they are frequently not supported in life - be it from their family, friends, workplace or society in general.



Still, *purrr*haps they should adopt better sitting positions.

If you humans haven't a clue as to how to take care of your body properly you could try observing us cats every now and again. We are not perfect creatures, but we do know how to take care of our bodies. 😊

Now, what were you going on about some kind of human sofa?



I love sitting on top of daddy. Daddy is the best sofa in the world!



Ah, I see what you mean. I must agree, humans are quite good to sit upon.

I especially like to dig my claws in deep when I knead daddy before I settle.



I can't help doing that either, although I do wish I could stop doing it. It must be my instinct calling, and daddy doesn't seem to be too pleased with my actions either.

When daddy lies on *his* sofa I love to stretch my body upon his and feel his warmth and happiness then spread through my body.



I've noticed. Sometimes I can't sleep in the chair next to you because your purring is so very loud.



I just love to feel daddy's appreciation for me. I suppose one could say that it is true love.



I know the feeling Sir Winston. When I lay on him I feel exactly the same.

I must agree, humans make great sofas, especially when we have a sofa like our daddy.

Your own true self



Can you remember anything at all because it seems such a long time ago?



I haven't the foggiest idea of what you're going on about Mr Midnight. I wish you'd ask things with a proper "lead-up" instead of just jumping in with half a question half the time. Could you kindly explain?



You know what I mean. You know, before we came into this world as what English-speaking people call "a cat".

I have no recollections, but I "feel" so much vibrancy and the flow of energy surrounding me is truly amazing. I also instinctively know that the energy comes from a very long way back.



Ah, I see what you mean. You mean the soft, warm flow of energy radiating from somewhere within you which interacts with the energy surrounding us.

I'm not 100% certain but I do know that that golden glow is very ancient and guides me through my present life.

It's wonderful isn't it and it's nice to know that we will never really know for sure in this life.



I can even taste the energy in my fur.

It's something very special which exists in everything in the universe. And to think that we've experienced it so many times before.

Do you think humans are aware of the energy and all the possibilities which surround them, Sir Winston?



I very much doubt it. Humans are "too fixed in their ways". I bet some of them are still open to other possibilities though.

Daddy tells me many stories about his experiences and some of those stories border on the exact same knowledge that us cats and other animals possess.



But the energies are truly fantastic. If one is open to life, one becomes very susceptible to the wonders of life. One has to be careful though. Although one can protect oneself, one has to be

careful that one doesn't "soak-up" too much negative energy generated from other beings.



Too right, Mr Midnight. Many of us so-called "domesticated" animals have to be careful we do not take in too much negative energy from our human masters.

I think that's why humans like us. Domesticated animals help calm humans by taking human negative energies away from them. And then we animals get lumbered with their energy - that is, if one hasn't protected oneself properly.



Daddy has also mentioned something about energy between humans. He said that sometimes after having a conversation with somebody, he occasionally felt so tired. That's the same experience I often have. Some "beings" tire me out with their energy.



That's most probably because the "lower energy" will always be attracted to the "higher frequency" and will thus, unconsciously deplete the higher energies sources.