

# A Kitty's Guide to People Purring~



You humans can learn a lot from us cats...

Synopsis of what this will be: This is a "how to" for meditation, with an emphasis on creating Kundalini energy up the spine...

It covers parasympathetic breathing, and explains how creating a vibration in the throat—such as a Purr or Mmmm or Ommm sound makes a very pleasing sensation that helps to calm you down. Cats purr when they are content. You can "Purr" and feel content too!

Pictures show how other animal species such as large cats and polar bears create a vibration in their throats to calm and soothe themselves. This is their happy behavior.

For parents: Links to You tubes. etc. Studies: Ommm vibrates Inner ear

More more more....