

# ***Regal: An Intimate View of One Magnificent Feline***

## ***Author Interview***

**Q: Linda, what brought you to write a whole book about your cat, Regal's life in *Regal: An Intimate View of One Magnificent Feline*?**

**A:** I had the pleasure of having Regal in my life for 16 ½ years. During that time, we became very close and we were like two peas in a pod—she accompanied me wherever I went. Our relationship grew even deeper as I tenderly cared for her for three years after she was diagnosed with kidney failure. Having done everything I could for her during her life and then during her passing, I naively assumed that I could handle her absence with relative ease. On one hand I was able to because I had done everything I could for her and rested in peace in that knowing. On the other hand, a deep ache in my gut would surface and I would find myself missing her physical presence terribly. This deep pain, of course brought tears, and then it spurred me on to focus and remember Regal's wonderful tales. The first story about how she came into my life, when I did not even want a cat, has always made me smile from day one. She had come intentionally and I did not have a choice about it, period! So to cope, I started writing this wonderful story and found it to be very uplifting. From there I continued writing her other stories that showed her strength and individuality. All this turned into a profound experience of love for me as well as a learning and transformative journey. To share her incredible story seems to be the right thing to do.

**Q: Did you learn anything in particular through writing her story?**

**A:** I had always known that animals had feelings but had not given it much further thought. While writing Regal's story, I became an acute observer. The variety and depth of her feelings took on new meaning. I became vividly aware of her intelligence as I revisited how she took command and handled different situations. I became aware of her specific choices of behavior. And, I became more aware of her variety of emotions and how she expressed them. It was like a light bulb going on in my head. I became more conscious in the awareness of animal feelings and emotions. And then, through animal communication, I learned of her spiritual nature.

**Q: You are also concerned about animal health issues, aren't you?**

**A:** Yes. Because of her health issue, I started learning about the nutritional quality or lack thereof in animal foods, about digestive enzymes that come naturally in living foods, and about the problems associated with declawing. I became vividly aware of her need for healthier and more easily assimilated foods and also began to utilize the benefits of alternative pet care, Reiki to be specific. All of this supported her and has been an eye opening experience for me. I start

sharing about these things in her book and will continue through my blogs and CatAcumen News.

**Q: Besides learning about these things, how else will others benefit from reading *Regal*?**

**A:** Wow, first of all, animal lovers are going to relate to this story and will find it confirming in many ways. Secondly, Regal's stories are wonderful entertainment! In this age of heavy happenings, this book will bring back the wonder of life and be uplifting. Whether you are an older child or an adult, she will make you smile, chuckle, and will touch your heart. By the way, do be prepared to fall in love with her. And, as I mentioned, readers will learn a lot. The story will raise issues worthy of further contemplation and consideration.