



By Noreen Alexander

# Henry *the Healer*

## ***Meet Henry! The most extraordinary cat in the world!***

He started life as a feral kitten on a property, owned by Cathy Conheim and Donna Brooks, in the California mountains. At just four months he disappeared and when they found him his front leg was badly mangled. The vet recommended amputation or euthanasia. For two confirmed dog lovers and owners of Dolly, a large black poodle, it seemed an obvious decision. But they hadn't reckoned on Henry's magic.

Cathy remembers, "It was the look in his eyes and the utter and complete trust this outdoor feral kitty had, being held in the arms of humans who held his fate in their hands. That level of vulnerability and innocent trust made it impossible to put him to sleep, even though that is what our heads had decided to do. Henry, through his eyes and spirit wrapped his paw around our hearts."

When Henry came home after the operation they still hadn't got their heads

around the idea of keeping a cat, any cat, let alone a three-legged one. He needed nursing so Donna who's a doctor (Dr Mom as Henry calls her) did what doctors do. And Henry did what cats do. So when Donna told Cathy "I want that cat" the day before her 71st birthday, a decision was made that would change, not only their lives, but the lives of many who face challenges as great as Henry's.

Cathy emailed a few friends telling them about their change of heart. The replies included a surprising number to Henry himself. Being three-legged he needed Mom Cathy's help to reply and she became official 'Cat Scribe' to an amazingly wise cat.

"I don't know why people look at the space where the paw was. I do all sorts of clever things so they will notice what I can do, not what I can't do. I can do anything I want. I am unique in this world. My Moms love me. It is the time

and energy and love they spend on me that makes me who I am."

As Henry recovered he made friends with 'the black horse' Dolly and the correspondence with his paw pals increased until it circled the world.

"I have answered well over 17,000 letters now" says Cathy "and I have no idea how many people read his letters anymore. The nature of his correspondence changed as people found him and told their stories. He is stuck with a Mom (Cathy) who has been a psychotherapist for 33 years and another Mom (Dr Mom) who has been a physician that long. To be in this family, he was destined to become a healer. People found him who needed help and hope and the relationship with their animals unfolded into profound and, in some situations, transformational therapy. I never planned it that way, it evolved."

Interestingly its not Cathy talking through the emails, Henry has developed his own genuine voice. Cathy explains, “I didn’t have a story to tell, he did. As a child, we always talked for our dog in our home. It was the safest way to communicate, through an animal we all loved. It is a natural means of communication to me, and Henry has the voice of a concrete innocent child. He has no burden to be politically correct, he has no agenda. Much easier to talk in that voice than in the voice of the grown up world who seem to have lost their fluency in the language of the heart.”

Less than a year after Henry arrived he collected his emails into his first book ‘Henry’s World’. It was only available through the publisher and his website but the initial 2000 copies sold out immediately as did the re-print.

Cathy wanted the profits from the book to go towards helping animals, so neither ‘Henry’s World’ nor his second book ‘What’s the Matter with Henry? – The True Tale of a Three-Legged Cat’ are available in book stores.

“I have been blessed to spend my professional life as a cat-alyt and change agent, I have worn many hats, psychotherapist, management consultant, trainer, motivational speaker, radio talk show host, author. What these all have in common is they all attempt to educate and help with the changes people need to make in their lives. I have had the privilege to take that journey with many thousands and be well paid for it. I no longer want or need to do it for money but I will be a healer until the day I die. I think animals are our last great teachers and I want to raise millions of dollars or whatever comes our way, to help them have happy and healthy lives, to continue to be here to help to heal humans, many of whom have lost their way about what life is really about.”

The funds Henry raised from these two stunning books have changed the lives of many animals and people. Some of their stories are on Henry’s website [www.henrysworld.org](http://www.henrysworld.org), along with tales of his budding love affair with Tink, a two legged Dachshund. Give yourself a gift and pay it a visit. Henry’s wisdom, sense of humour and compassion are contagious. Those who think a talking animal is ridiculous may be surprised and then captured by this very special three-legged cat called Henry. Mom Cathy reckons “Henry crosses all boundaries. This cat is a-political, he has no race or religion, he has no agenda but to love and reach out. In a world literally torn apart with hate and divisiveness I think little Henry is a resting spot for me and others. His is a story of how many people want to, and can, make a difference, if you give them direction. It is a story of how far reaching things can happen when you connect with others who care about doing something.”



*Henry and Mom Cathy*



*Henry on fax patrol*

# An Interview with Henry



Dear Henry,

## 1. How do you feel about the life you lead?

I am one lucky striped cat. I love my family, I am in love with Tink, the two-legged mini Dachshund, it is great to have a girlfriend, and I have thousands of friends worldwide. I was able to get out into the world over ten thousand of my books and they are not even in any bookstore. I get loved a lot and get to go to my mountain home on the weekends and watch all the wildlife. I am kept warm and have food and get to play with interesting things and I love my paw pals. It is a way cool life!

## 2. Those of us who're blessed with all our limbs and faculties often find it hard to understand what it must be like to be without any of them. What's your advice?

Pay attention to what you have, not what is missing. I am a HANDY cat, not a handicapped cat. I can do everything anyone else can, I may do it differently but it gets done. I can climb, jump, run play, so who needs four paws? All of us have what we have and we have to play the paw that is dealt is. If we learn to use everything we have been given, we are and will be purrrfect. Humans seem to focus a lot on what is missing. I don't get it, there is so much that is there, why pay attention to what is missing? My advice is, use what you have to its fullest and forget about the rest.

## 3. South Africa has undergone a peaceful revolution in the past few years. This required enormous changes in people's attitudes and lives and, for some, these changes are hard, do have you any suggestions?



Hate is a learned thing, we can only hate what we don't understand. Humans have all the same feelings, hopes and dreams, they come in different packages, shapes and colors. Mom says that humans have something called 'fake self esteem', something like, 'I feel more powerful if I can be above or over you'. It seems that some people feel their importance by imagining they are better than others. I invite people to see that we breathe the same air, have the same pain when mean or hurtful things are said and done, love our families, need food and shelter. Pay attention to what unites our humanity, not what divides us. Take the risk of meeting someone and talking to them and you will find out we are more alike than different. When people are ill or close to death, they get to see really soon how similar we all are.

## 4. Only a privileged few of our cats and dogs are treated as pets here. There're educational programmes but what more can animal lovers can do to change people's attitudes towards animals, when personal survival is often top of the agenda?

Yikes, I didn't know that. That is just terrible. It is a really scary thing to think there is a whole country that may not understand how essential animals are to the softening of the spirit called humanity. We are essential for human survival. We provide touch and love that humans frequently find difficult to do. We hold no grudges, all people are innocent and kind until proven otherwise. The way attitudes change is through experience and education. Most everything is a matter of exposure.

I have two great Mums but before me they didn't like cats. People need to remember what The Little Prince said in his book, "It is only with the heart that one sees rightly, what is essential is invisible to the eye". We are essence beings, people understand us on a heart level, we bypass logic. That is just what we do.

## 5. You spend your life overcoming challenges. What's next?

Beats me! Mom has plans but all that preparation only teaches you how to prepare. So, Be Present!

## 6. Can cats really talk?!

Well if you've been reading this then I guess the answer's Yes!, as I have been talking to you :)

Take care and thanks for bringing me to such a far away place, way cool!

Henry jm

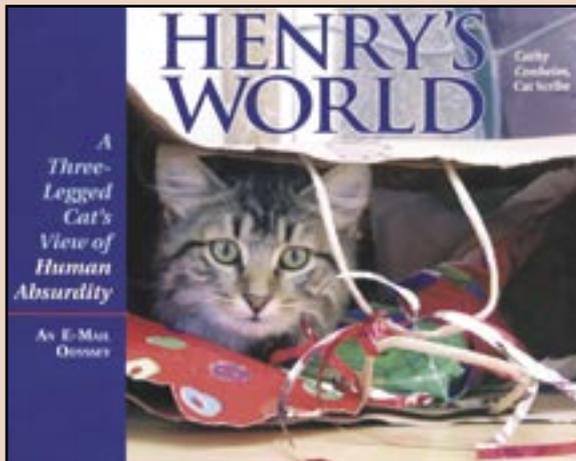
# Help Henry

## Raise \$1 Million for Animal Welfare!

**Give yourself, your family, your friends a fabulous treat and benefit your favourite animal charity!**

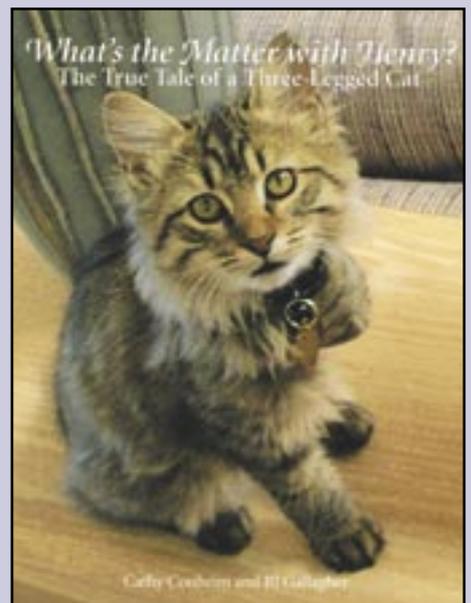
Henry and Cathy have agreed that all profits from the sale of Henry's books in South Africa will be donated to the two registered animal charities with the most reader votes.  
Limited number of books available!

**Buy one (or both!) of Henry's books and raise funds for your favourite cat charity.**



### Henry's World

A selection of Henry's emails from the early months of his recovery. Join Henry as he discovers cyberspace and makes paw pals around the world. Over 250 stunning photographs and an easy to read format. Unusual! Gorgeous! Entertaining! A story with a message of hope, perseverance and, above all, love!



### What's the Matter with Henry? - The True Tale of a Three Legged Cat

Winner of: U.S. Cat Writers' Association 'Best Gift Book 2006' and ASPCA Humane Issues Award 2006

- Poetry for the soul for kids from 8 – 80
- Includes 'Kibble for Thought' for those "who would like to explore life's lessons." *"It is not what happens to us that makes us who we are, it is how we respond to those events and what we choose to do about our feelings. We all choose our responses."*
- Homework for Humans - thoughts designed to provoke more thoughts (and actions!). *"Sometimes Henry wants to hide. Are there times when you want to hide, and why?"*

### ORDER FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

I would like to order:

"Henry's World"  R 180.00 (incl. postage)

"What's the Matter with Henry?"  R 120.00 (incl. postage)

"Both"  R 300.00 (incl. postage)

Your chosen animal charity \_\_\_\_\_

Registered charity no: \_\_\_\_\_ Tel: \_\_\_\_\_  
(eg SPCA Randburg NPO001296)

Debit my credit card:  Visa  Mastercard Signature: \_\_\_\_\_

Card No. \_\_\_\_\_ Expiry Date: \_\_\_\_\_

#### Payment Options:

If paying by credit card please fax this completed form to 011 704 3962.

OR Post us this form with a cheque made out to All About Cats to All About Cats, PO Box 650484, Benmore, 2010 OR pay by credit card over the phone. Call Dorinda on 011 462 3213.

OR deposit into the ALL ABOUT CATS savings account at any Standard Bank. Account No: 424871645. Branch code: 012005. Branch: Benmore Gardens, and fax your deposit slip together with this form to 011 704 3962.