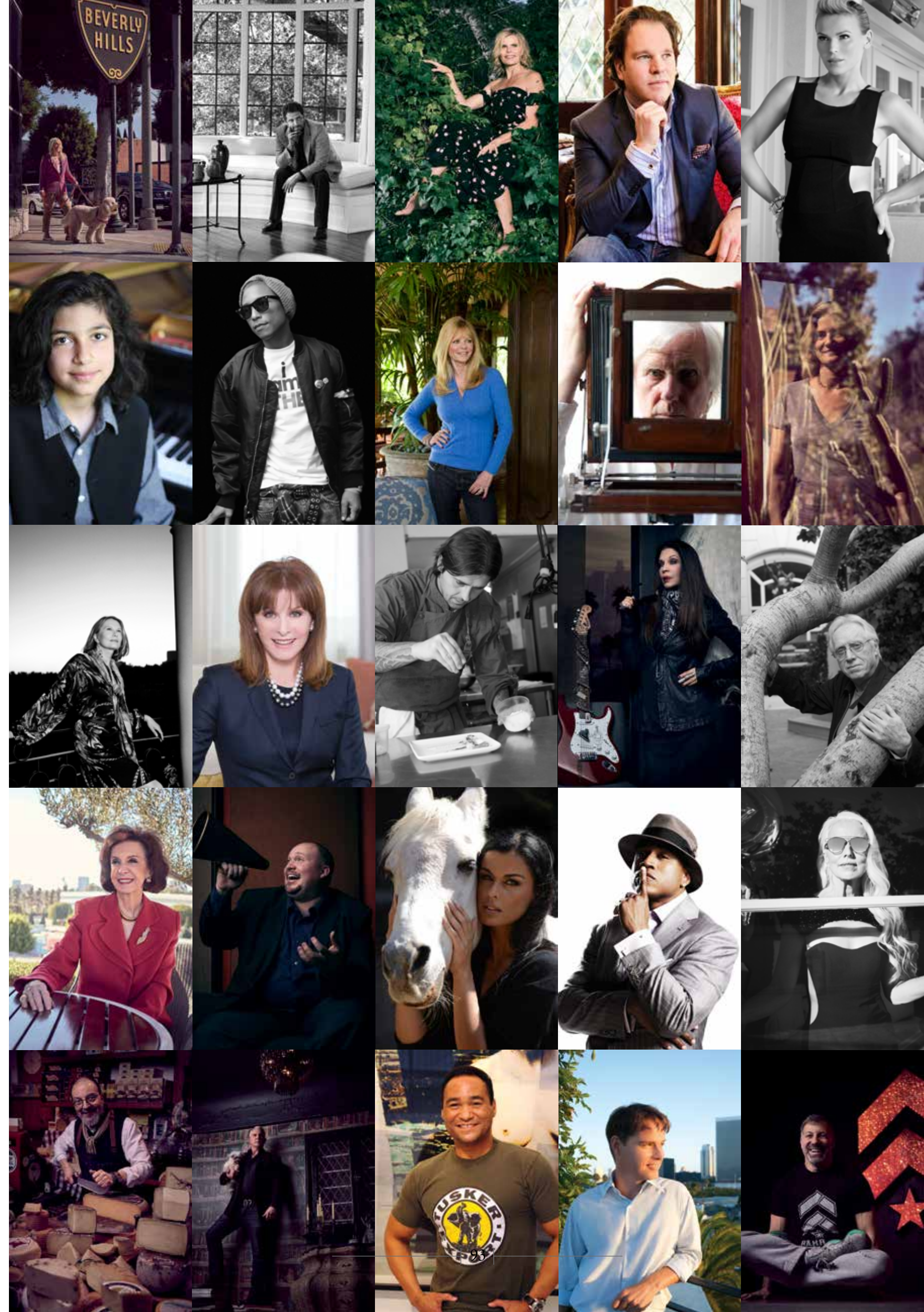


25 ANGELENOS

As The Peninsula Beverly Hills celebrates its 25th Anniversary, it seems fitting to also celebrate the diversity and magnetism of Los Angeles in all its eclectic glory. We meet 25 Angelenos who are leaders in their respective fields and who were either born in the city or who have made it their home...





Born To Heal

TEXT: ANN TSANG

PORTRAIT: DAVID DOBSON

Wendy Both is a Beverly Hills-based Reiki Master/Spirit Communicator and owner of 'Reiki Heals' and for the past two years she has been the recipient of the 'Best of Los Angeles Award for Reiki Practitioner'.

Born and raised in a very small village in Holland, to and Indonesian/Indian father and a Dutch mother, Wendy Both moved to the USA to pursue a modelling career at the age of 16. However, as everyone knows, a model's career rarely lasts forever, so Both took a smart decision to pursue another completely different path, in tandem with her jobs in front of the camera.

"I have always been interested in natural healing techniques to help in various areas throughout my life. I studied and experienced homeopathy, acupuncture, nutrition response testing and worked for a period of time in the chiropractic office of Dr. Evan Berk, so Reiki seemed to be the next logical progression for me," says Both.

Both was able to bridge the gap in 2011 when she started her formal Reiki training, becoming a Reiki Master in less than a year. "I found that reaching this level unleashed my true self, allowing me to live life to its fullest," she says. "I'm the proud mother of an 11 year-old empathetic and spiritual daughter, who prompted my work with children. Reiki is beneficial for children because in the process, they learn about their body's inner spirit, personal power and connection to the universal life force (universal love)."

Both says that whether it is for a person's health, recovery or balance, experiencing the power of healing energy and helping others completes her sense of certainty in her life experiences. "My mission is to spread Reiki awareness to all, and to bring sacredness, passion and integrity to help others discover the magic and healing power of this vibrational energy medicine."

This compassionate woman is not only known for her healing powers with humans, as she is also in high demand for her work with animals, predominantly horses, dogs and cats.

When asked what the benefits of the combination of Reiki and animal communication are, Both explains. "I use Reiki to restore a more balanced energy flow throughout an animal's body, so that it can help heal itself whether physically or emotionally. Any animal can benefit from the healing aspects of this vibrational energy. With the communication aspect, the benefits are for both owners and pets. For starters it gives your animal a voice and offers the owner a unique opportunity to connect and learn about their pet on a deeper level. The clarity is helpful with physical and emotional issues. You'll receive answers to questions such as what makes them happy, scared, or excited."

According to Both, for rescue pets, knowing what has happened in their past can be exceptionally helpful to new owners. "There is a much deeper expression of love through understanding," she says. "Used as an additional behavioural tool, this allows you to communicate to your pet the things you want them to learn and understand, without struggling, forcing, or dominating them."

Reiki can be given to any horse under virtually any circumstances, which means it is useful for fearful, wild or dangerous horses that cannot normally be approached. "Due to the fact that you don't have to have your hands on the animal with Reiki, it allows me to help those who otherwise wouldn't be able to get close to the horse to help or treat it," notes Both. "Reiki safely supports other holistic healing modalities, including Western medicine and is a treatment to complement any veterinary care that your horse may be receiving. It's such a rewarding experience working with these beautiful four-legged souls."

The healer's philosophies and healing successes are clearly evident through her client testimonials and awards. "Wendy is incredible; her power to heal with Reiki is simply amazing. I have watched her heal a multitude of dogs, horses, and even lizards – one that actually came to her with a torn tail," notes one client. "But what really astonished me was the story of Little Bear, a small dog that was mauled by another dog. He had puncture wounds over his entire body – bruised, swollen and lacerated. It was all touch and no go for days. When a life-threatening bacterial infection lessened his chances of survival, I sent Wendy a message asking if she could send Little Bear as much energy as possible. He needed a miracle to pull through. If he could make it through the night with his body accepting the antibiotics, he would live. If not, unfortunately his fight would come to an end. Wendy worked her magic. The next day, the report came back that indeed he had survived and his body had accepted the treatment. Everyone had concluded that it was a miracle, but I knew behind Little Bear's fight there was another force at work - Wendy's Reiki treatment."

For two consecutive years, in 2014 and 2015, Wendy Both was selected as the winner in the 'Reiki Therapist' category by the Los Angeles Award Programme.

Each year, this programme identifies companies that it believes have achieved exceptional marketing success in their local community and business category. These are local companies that enhance the positive image of small business through service to their customers and our community. These exceptional companies help make the Los Angeles area a great place to live, work and play.

The Award Program focuses on quality, not quantity, and winners are determined based on the information gathered both internally by the Los Angeles Award Program and data provided by third parties.

Says another client in conclusion, "Not only is Wendy an amazing healer, she is one of the kindest people I have ever met. I have known her for 20 years and she is as lovely now as she was the day I met her. It's no wonder so many people feel the same way as I do."