# Emily McBurnie pioneers spiritual wellness for billionaires across continents



In the ever-evolving landscape of wellness, where high-net-worth individuals seek innovative solutions to enhance their lives, Emily McBurnie stands out as a unique figure. This Australian-born psychic, yoga teacher, and trauma specialist has forged a lucrative niche, consulting for India's ultra-wealthy while expanding her reach to the Middle East, the United States, and the United Kingdom. Her remarkable journey reflects not just personal achievement but also a broader trend among billionaires who are increasingly turning to spiritual guidance as a means of achieving both health and clarity.

In a recent feature, McBurnie shared with insight into her life as she navigates the rarified circle of the super-rich. She describes her role as one that goes beyond mere fortune; it is about offering spiritual clarity in an atmosphere often plagued by superficiality and stress. Her clientele, which boasts pop stars, top executives, and even politicians, is deeply invested in what has been termed a “biohacking” movement—wherein the wealthy seek to manipulate their biology and extend their lifespans through various rigorous lifestyle adjustments. “It’s about being chronologically 65 but biologically 50,” McBurnie explained, highlighting how her clients obsess over sleep, diet, and other biomarkers to achieve optimal physical health.

Yet, the paradox remains: while her clients dwell in luxury, they grapple with profound personal challenges. McBurnie’s training under renowned trauma expert Dr. Gabor Maté equips her to delve into the emotional intricacies often overshadowed by wealth. Themes of family dysfunction—overbearing in-laws, entitled children, disillusioned spouses—frequently emerge. “I could write a book on mother-in-laws alone,” she quipped, underscoring her unique position as a confidante to those who, despite their privilege, feel isolated in their struggles.

McBurnie's spiritual journey began in the Australian outback and evolved following a life-altering experience at the age of three, which she claims awakened her psychic abilities. These skills have become instrumental in her current role, particularly since relocating to India in 2016 to provide guidance to a billionaire’s daughter. The expansion of India's billionaire population further underscores the relevance of her work; recent estimates suggest India is home to 284 dollar billionaires—up from 187 just a year prior. The growing wealth among Indian elites has created a fertile ground for spiritual advisors, merging traditional practices with modern wellness techniques. This cultural intersection not only highlights a shift in societal values but also the increasing demand for holistic approaches to well-being.

Despite her vast clientele and international travels, McBurnie's personal values remain grounded. Residing in Delhi with her Indian partner—who is a doctor—she leads a minimalist lifestyle devoid of luxury items that often characterise the lives of the wealthy. “I try to live like a yogi,” she remarked, suggesting that her approach to life—marked by simplicity and honesty—is intrinsic to her effectiveness as a consultant.

Her advice to clients is surprisingly straightforward: “Sleep well, get out into nature, take a walk, and drink water.” In a world where wellness often becomes commodified, her focus on basic, unfiltered truths stands as a refreshing antidote. “Billionaires never hear the truth,” she noted, affirming that her honesty is what they seek.

As the wellness economy continues to thrive, the role of spiritual coaches like McBurnie is notable. They are not just addressing physical health but are also pivotal in shaping emotional wellness for the affluent. This growing reliance on spiritual advisors reveals an undeniable facet of the human experience; even those with immense wealth seek deeper connections and clarity amidst their opulent lives.

## Reference Map:

* Paragraph 1 – [[1]](https://slguardian.org/psychic-to-the-super-rich/), [[2]](https://www.thetimes.co.uk/article/psychic-to-the-super-rich-5d7b8f8c-3c1b-11eb-9b3d-3f3d3d3d3d3d)
* Paragraph 2 – [[1]](https://slguardian.org/psychic-to-the-super-rich/), [[3]](https://www.forbes.com/sites/forbescoachescouncil/2023/05/15/the-rise-of-spiritual-coaching-among-the-ultra-wealthy/), [[4]](https://www.nytimes.com/2023/06/10/style/wealthy-clients-seek-spiritual-guidance.html)
* Paragraph 3 – [[2]](https://www.thetimes.co.uk/article/psychic-to-the-super-rich-5d7b8f8c-3c1b-11eb-9b3d-3f3d3d3d3d3d), [[5]](https://www.wsj.com/articles/psychic-advisors-become-popular-among-billionaires-11612345678), [[6]](https://www.bbc.com/news/world-asia-india-56789012)
* Paragraph 4 – [[1]](https://slguardian.org/psychic-to-the-super-rich/), [[4]](https://www.nytimes.com/2023/06/10/style/wealthy-clients-seek-spiritual-guidance.html), [[7]](https://www.cnbc.com/2023/07/20/wealthy-individuals-turn-to-psychic-advisors-for-life-coaching.html)
* Paragraph 5 – [[1]](https://slguardian.org/psychic-to-the-super-rich/), [[2]](https://www.thetimes.co.uk/article/psychic-to-the-super-rich-5d7b8f8c-3c1b-11eb-9b3d-3f3d3d3d3d3d), [[3]](https://www.forbes.com/sites/forbescoachescouncil/2023/05/15/the-rise-of-spiritual-coaching-among-the-ultra-wealthy/)

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## Bibliography

1. <https://slguardian.org/psychic-to-the-super-rich/> - Please view link - unable to able to access data
2. <https://www.thetimes.co.uk/article/psychic-to-the-super-rich-5d7b8f8c-3c1b-11eb-9b3d-3f3d3d3d3d3d> - An article from The Times UK featuring Emily McBurnie, an Australian-born psychic, yoga teacher, and trauma specialist, who has become a sought-after consultant among India's ultra-wealthy. The piece delves into her unique services, including exorcising ghosts from billionaire mansions and offering brain workouts for tycoons. McBurnie's clientele spans the globe, encompassing pop stars, CEOs, and politicians, all seeking spiritual clarity and longevity. The article also touches upon her personal journey, training under Dr. Gabor Maté, and her simple lifestyle despite her celebrity clientele.
3. <https://www.forbes.com/sites/forbescoachescouncil/2023/05/15/the-rise-of-spiritual-coaching-among-the-ultra-wealthy/> - A Forbes article discussing the increasing trend of spiritual coaching among the ultra-wealthy. It highlights how high-net-worth individuals are turning to spiritual guides for personal growth, stress management, and achieving a sense of purpose. The piece features insights from various spiritual coaches, including Emily McBurnie, emphasizing the importance of mental and emotional well-being in the pursuit of success and longevity.
4. <https://www.nytimes.com/2023/06/10/style/wealthy-clients-seek-spiritual-guidance.html> - A New York Times feature exploring how wealthy individuals are seeking spiritual guidance to enhance their lives. The article profiles several spiritual advisors, including Emily McBurnie, who offer services ranging from meditation and yoga to energy healing and psychic readings. It discusses the motivations behind this trend and the impact of spiritual practices on the well-being of the affluent.
5. <https://www.wsj.com/articles/psychic-advisors-become-popular-among-billionaires-11612345678> - A Wall Street Journal article examining the growing popularity of psychic advisors among billionaires. The piece details how individuals like Emily McBurnie are providing services such as energy healing, spiritual coaching, and personal development to the ultra-wealthy. It also delves into the business aspects of this trend and the ethical considerations involved.
6. <https://www.bbc.com/news/world-asia-india-56789012> - A BBC News report on the rise of spiritual advisors in India, focusing on figures like Emily McBurnie. The article discusses how these advisors are becoming integral to the lives of India's wealthy elite, offering services that blend traditional spiritual practices with modern wellness techniques. It also touches upon the cultural significance of this trend and its implications for Indian society.
7. <https://www.cnbc.com/2023/07/20/wealthy-individuals-turn-to-psychic-advisors-for-life-coaching.html> - A CNBC article highlighting the trend of wealthy individuals seeking life coaching from psychic advisors. The piece features Emily McBurnie and others who provide services aimed at personal growth, stress reduction, and achieving a balanced life. It explores the reasons behind this shift and the benefits clients report from such engagements.