# Emily McBurnie’s rise as the psychic and wellness guru to billionaires reshapes elite wellbeing



From exorcising ghosts in opulent mansions to offering brain workouts for the world’s elite, Emily McBurnie has carved out an unusual but thriving niche in the burgeoning wellness economy. This Australian-born psychic, yoga teacher, and trauma specialist has emerged as one of the most sought-after advisors among India’s ultra-wealthy, with her influence now stretching across the Middle East, the United States, and the United Kingdom.

In a recent feature in a leading UK publication, McBurnie provided a rare glimpse into the extraordinary lives of her billionaire clients—individuals already accustomed to hiring teams of chefs, stylists, and even “pillow fluffers” or “watch winders.” Beneath this veil of extravagant living, however, lies a more profound yearning: a quest not merely for physical health but for spiritual clarity and longevity that transcends conventional boundaries.

At 50, McBurnie offers a unique blend of spiritual guidance, meditation, and lifestyle consultancy. Her services, often conducted under strict confidentiality, allow little room for the typical glamour associated with the lives of the wealthy. Speaking openly from Dubai, where she was engaged with a member of Middle Eastern royalty, she recounted experiences such as being flown by private jet to cleanse a home believed to be haunted, and working with a Delhi politician’s wife who insisted on using a doily-draped silver tray for her Hermès Birkin bag.

Her clientele is diverse, including pop stars, executives, and even American politicians. Notably, many are now driven less by the allure of luxury and more by an obsession with biohacking—enhancing their bodies and brains through rigorous monitoring of biomarkers, strict diet regimens, and intense regimes aimed at rewinding the biological clock. “It’s about being chronologically 65 but biologically 50,” she explained. “Longevity is the new obsession. It’s sleep, food, your kidney markers, dewy skin, shining hair. Straying from the strict rules is seen as weakness.”

However, behind the glittering façades lies an array of very human challenges. McBurnie, having trained under renowned trauma expert Dr. Gabor Maté—the same physician who famously diagnosed Prince Harry on air—often finds herself navigating intricate family dynamics. Common themes include overbearing in-laws, entitled offspring, and disillusioned partners. “I could write a book on mother-in-laws alone,” she quipped, revealing the depth of personal issues that plague her elite clients.

McBurnie’s journey into the spiritual realm began in the Australian outback when she experienced a near-death incident at the tender age of three. This formative experience reportedly awakened psychic abilities that would later guide her towards the wellness industry. Since relocating to India in 2016 to assist a billionaire's daughter, she has steadily become a discreet yet influential figure within the nation’s burgeoning elite, a sector reportedly home to 284 dollar billionaires—up from 187 the previous year.

Despite her celebrity clientele and extensive travel, McBurnie’s personal lifestyle is notably simple. Residing in Delhi with her Indian partner—a doctor—and their Persian cats, she eschews the trappings of wealth, owning neither a car nor an expensive handbag, and avoiding makeup entirely. “I try to live like a yogi,” she asserts, embodying the principles she promotes to her wealthy clients.

Her approach to alleviating the stress commonly experienced by the affluent is refreshingly straightforward: “Sleep well, get out into nature, take a walk, and drink water.” In a world where wellness is becoming increasingly commodified, McBurnie’s candidness and grounded philosophy remain her greatest assets. “Billionaires never hear the truth,” she stated. “With me, they know they will.”

In an age where superficial solutions often dominate the wellness conversation, McBurnie represents a counter-narrative—one that champions authenticity and holistic well-being, even amidst the excesses of extreme wealth.

## Reference Map:

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## Bibliography

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