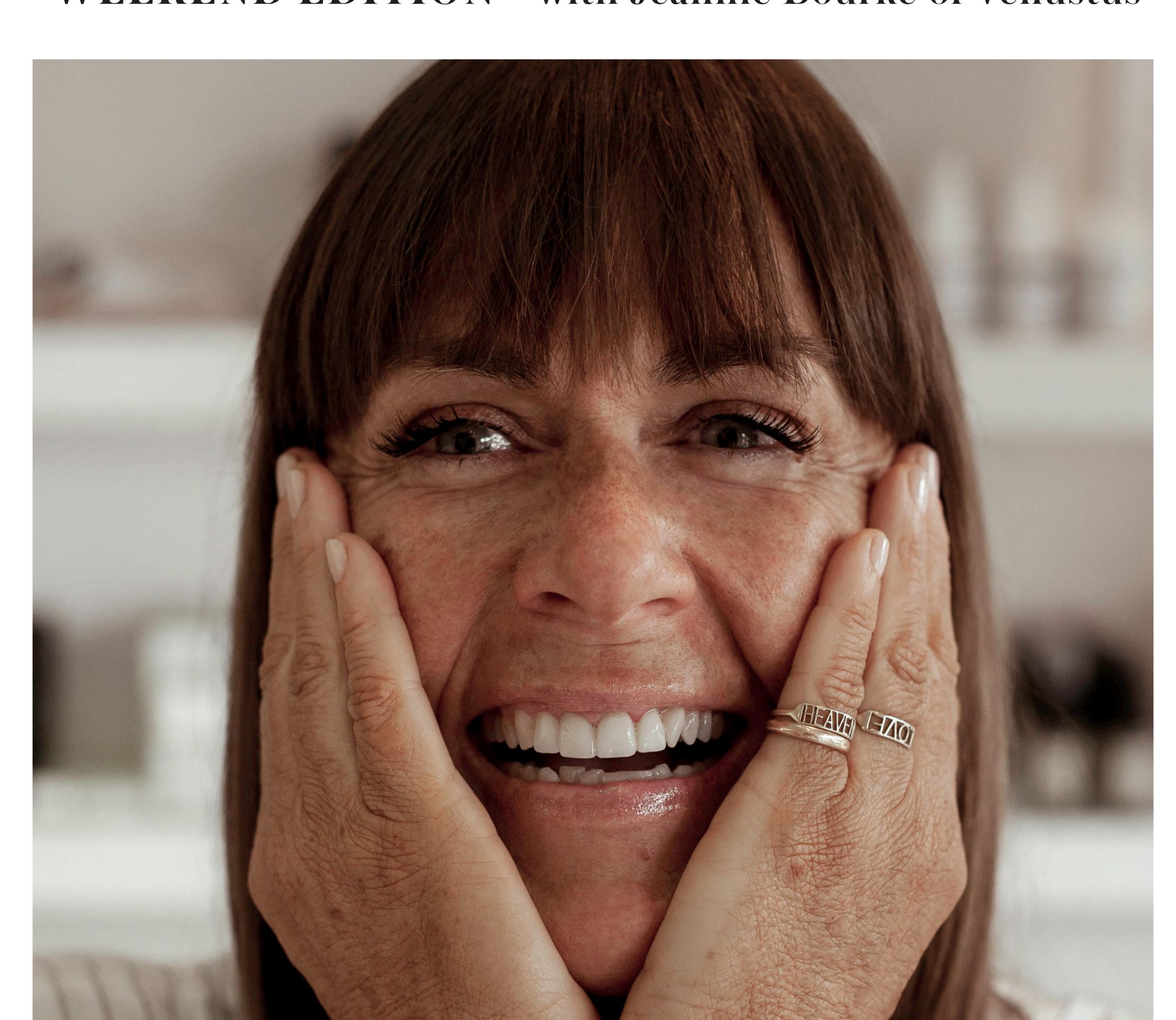


## WEEKEND EDITION - with Jeannie Bourke of Venustus



I love this woman. Jeannie has dedicated her life to healing and nourishing people and she is so authentic and generous and I am so thrilled to be sharing her insights in our latest Weekend Edition. And if you have the opportunity to visit Jeannie and her magnificent team if you're in Sydney at Venustus, it's worth it.

"I feel my best self when I am with my family Gary and Zac. They are the true loves of my life, my whole heart belongs to them. Yet I am very independent and have my very own strong opinions. My tribe also includes my core team at Venustus, Fleur, Haruko, and Kayo, who have all done 'the work' of getting to the core level of self-reflection; and my support girls Robbie, Lucie, Elle and Veda are called in for when I need to bounce around the hard stuff, they are not afraid to tell me exactly how it is, in their own beautiful way, which is the essence of being truly supported and cared for.

I believe I am here (this journey on earth) to live an ethical life and to help as many people as I can, in my own way by sharing everything I known and everything I have found on my journey.

I began seeing healers from the age of 18 and as a result, it has been an incredible life. I have had as many challenges as most people and at



space where people gravitate to for various reasons:- to surrender/want to look ten years younger/to decompress after a huge week/ escape from their children (who they love dearly) and/or they feel the need to connect with me. I live by the core values of loyalty, ethics, love trust and being authentically me.

I am truly blessed to have found what I love early in life, because it has allowed me to master my craft over time. Venustus, Paddington is a

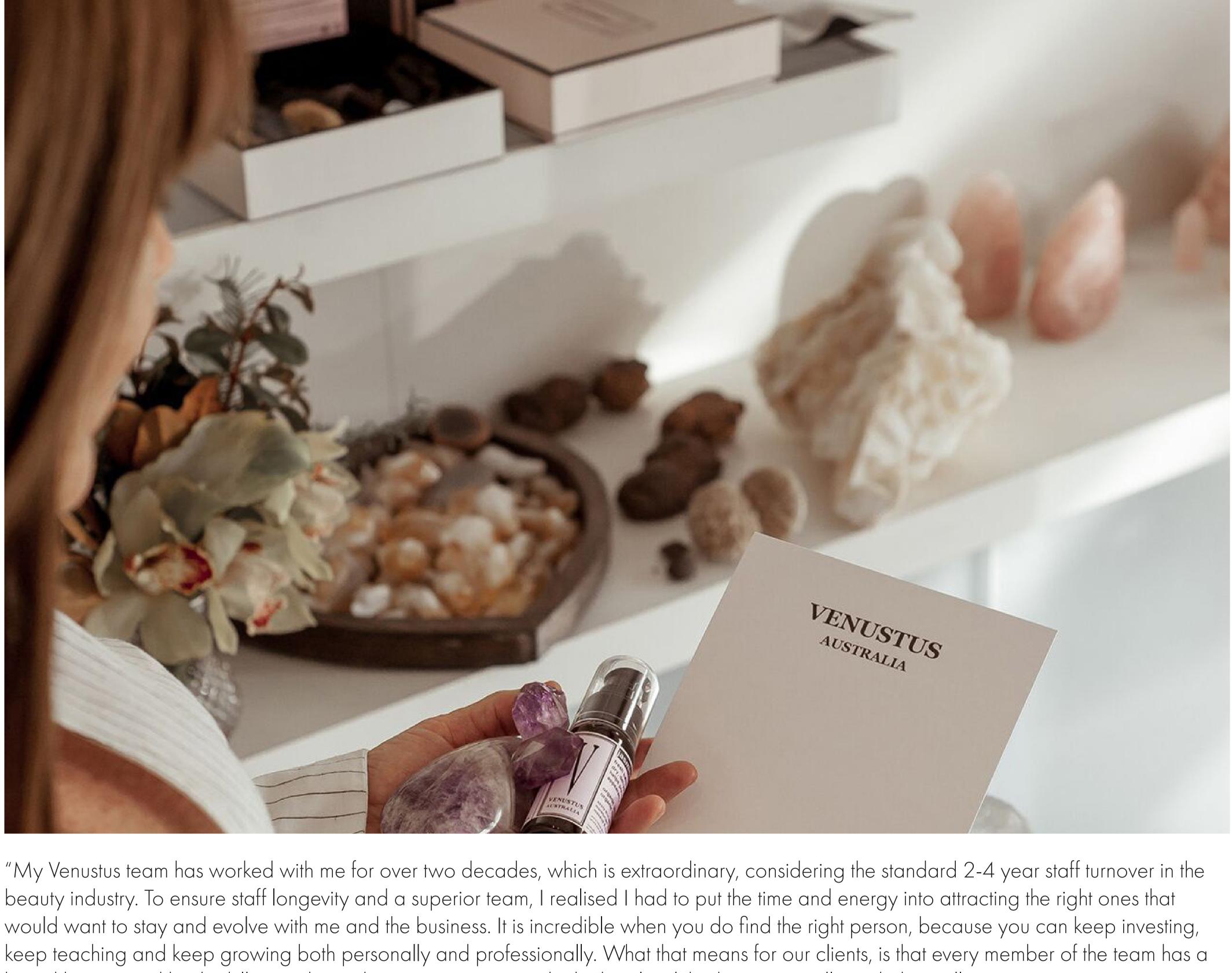
These are some of the quotes I use to help myself, my team, my clients and my friends stay aligned: "Ethics, honour, love and courage"

"Be the truth seeker in your own life, for yourself" "Help good people be extraordinary"

"You need to be, beyond reproach" "Behave as though you already have it"

"Love of self, love of another, communal love and universal love, in that order"

"Hand it over to the universe and wait, just wait"



broad beauty and body skillset and can do every treatment at the highest level, both energetically and physically. I believe it's essential to know what you are great at, and be ok with what you're not. I am great at my work and I truly love it. I design bespoke treatments to aid the ailments we are feeling as an overstressed culture. I then design and make the products required for the treatments. My darling Gary works with me in the production of these Australian owned, made, cruelty-free organic Venustus products. I give consultations to clients before treatments to check in with how they are going in life, I do card and energy readings to better understand how I can help them, that one on one time helps me provide bespoke treatments that really change people and really raise the bar. What I'm not great at is cooking

and keeping my desk and bedroom tidy? Although I do love it when someone tidies these for me.... I love my team all so much and there isn't anything I wouldn't do for them. Together we can and do achieve remarkable things. I never, ever, give up on helping my team achieve – and maintain – a level they never thought was possible. They are then amazed at what incredible work they can do. I see their potential before they can. I truly love my work.

BE grateful for everything you have, for everyone in your life. Not just of what you have and where you are, but for what you bring to this world, right now, right here. BE present. I live by this and I like to share, to give away everything, I have learnt and gathered along the journey.

This is my Morning gratitude prayer. Before I open my eyes, while I am still in bed in the morning, I reach over and hold a crystal, then say either in my mind or out aloud:

I am so grateful I can see

I am so grateful I can hear

lam so grateful for this amazing body with all the bits,

I am so grateful for Gary, I am grateful for Zac

I am so grateful for the puppies, that lick my face, for the rooster & the chickens

I am so grateful for living in this beautiful country, because I did nothing to be born here I am so grateful for being a free woman, for being able to do whatever I want – for being able to choose."