

# What's your Aura?



**Summer holidays are a time to sit back, rejuvenate and recharge batteries. Mental well being is also an important aspect along with physical fitness. Viki Shah meets Shivani Adalja, well-known Aura reader, NLP practitioner and well being expert to find out more about Auras and their influence on the spiritual energy system.**

**S**hivani Adalja reads auras; what she means is that she can see colours. Someone with health problems might radiate shades of grey; an intelligent person or a logical thinker will have a blue aura. 'I was very young when I became aware that I could see colours,' she says. 'I could see pink, yellow and red; I would see black in a room and say: 'someone has died here'. It took her years to realise that she had a rare gift.

What is aura? According to Shivani, every living being has an aura that reflects its inner colour and energy. "Your aura is like your life map," says Shivani, "it carries important information about your past, your current life situation and your health. It's all about reading the energies within and surrounding a person's body with the aim of reducing stress and helping them remove emotional baggage from the past. There are seven colours in the aura spectrum – each colour corresponds to a mood or emotion. When your aura is maintained and cleansed you are able to lead a more balanced, healthy life."

Shivani not only reads auras for a large and growing client base, but she teaches others how to do it. 'I believe everyone's intuitive,' she says. 'If you're in a room with a group of people you don't know, sometimes you might take an immediate dislike to someone. Everyone has that experience. That's intuition: it's your energy interacting with their energy.' Her workshops, which she hosts all over the world, as well as in Abu Dhabi and Dubai, involve focusing exercises that train the eye to see aura colours. "Just about anyone can attend this workshop and learn the techniques necessary to attune their eyes to the aura and to awaken the intuitive powers we all possess," says Shivani. "Self-awareness is a big part of the workshop; after all, we can't fix a problem if we don't know what needs to be fixed."

Adalja explains that the colours she sees correspond to the colours of the rainbow with each colour giving off its own personal meaning as well. Green is an intuitive colour and Blue people rely more on logic. There are seven energy centres (or chakras) in the body, she explains, and the colours they radiate

denote their spiritual strength. Learning the gift of aura reading can help you to achieve any number of goals. How can you do it? The Alignment Institute is currently being set up in Dubai where Shivani will be running workshops on a regular basis. For a consultation or more information on Shivani Adalja's aura reading workshops, visit [www.pathwood.com](http://www.pathwood.com), or call 02 644 6428.

Shivani's main aim is to help her clients lead a happy, harmonious and well balanced life. Her unique team building workshops have benefited the corporate world and helped many organisations to refresh their work culture. She follows the Flying Star school of Feng Shui and uses this knowledge while constructing new structures or improving energies in existing structures. She regularly undertakes projects in Dubai, Abu Dhabi, Thailand, Hong Kong, United Kingdom, Belgium, Los Angeles, New York, India and Singapore. Shivani is also a renowned tarot card reader and conducts workshops on tarot card reading. •••