

The Inner Rainbow

By Ashlee Starratt
Photography by Jessie Palanca

Aura-alignment is a holistic practice dating back centuries in many countries and across many Eastern religions. This month **QH** sat down with practitioner Shivani Adalja of the Alignment Institute during her visit to the Six Senses Spa at the Sharq Village & Spa to find out what we can do about our hue.



We all interpret colours in a different way, but some see more clearly than others. Shivani Adalja is one of those people. Hailing from India Shivani is founder of the Alignment Institute based in Abu Dhabi, making her living helping others discover a path to personal enlightenment through a variety of holistic techniques such as aura-cleansing, feng shui and meditation. Her client list includes celebrities, CEOs and folks who seek her out on word of mouth alone.

"I come from a very middle-class family in Bombay, but I was born with the ability to see colours," she explains. "I had a miserable childhood actually... I couldn't share with anyone. I thought something was wrong with my eyes. I had an adorable family, so I would ask my elder sister, what is this you see over there and she would tell me 'Oh I see this' and I would say 'Oh...that's not what I see'. So I think on my 11th or 12th birthday I talked to my Dad and I said, 'Dad you know I need to get glasses, something is wrong with me.'"



It was only when her father, a lawyer by profession and a psychic by trade, told her that the colours she saw were auras did Shivani become aware of her special gift. After spending a good portion of her early career working in the corporate world in Hong Kong, it wasn't until she was on the cusp of her thirties did Shivani leave the business world to follow her calling.

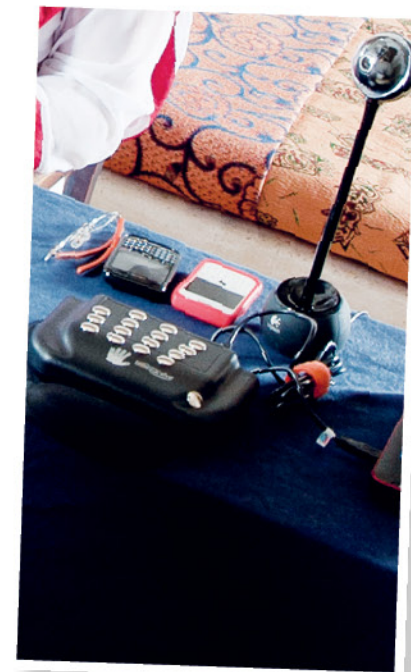
"I could see the colours actually, from a very young age," she explains. "And I quickly realized that bright colours meant happy or good things and dark colours meant something bad." Everyone has an individualized aura; the easiest comparison is to think of it as an emotional barometer or internal weathervane. The colours of a person's aura follow the spectrum of the rainbow and each one aligns with a certain physical energy field, or chakra point, on the body.

The strength of an aura can determine areas of emotional and physical health and we all vibrate at different frequencies depending on our state of mind and well-being. When I sit down with Shivani she instantly picks up a strong facet of yellow in my aura— a colour that's connected to the 'manipura' or solar-plexus chakra located around the stomach, governing metabolism and digestion. She tells me that people who have lots of yellow in their auras tend to be introverted, spiritual yet analytical and will always follow their gut.

Over the course of our hour-long session my mentality changes from that of an open-minded reporter to soon having goosebumps all over my body as I try to maintain my objectivity. Shivani's gift is powerful to say the least and in my case was spot-on. Not only was she able to formulate a shockingly accurate analysis of my personality, emotional framework, goals and work ethic, but she also told me things about my past and present that no one to whom I had not divulged the information would ever have known. It's a lot to swallow having never experienced a reading as powerful as this. She tells me I also have a lot of blue in my aura which corresponds to the 'vishuddha' or throat chakra linked to communication and strong emotional connections. She says mine is split down the middle with one side communicating freely on a professional level but the other side, representing the personal level, needs work.

In addition to using her special gift, Shivani also has a bio-feedback machine to back up her on-sight readings. It almost looks like a small keyboard on which you place your hand as it picks up your aura through energy transmissions through the skin. The readings are complex and technical but she walks us through the meaning of each squiggle on every graph and how it correlates to the state of our mind and body. Clients are also given a full 23-page print-out and CD copy of their personalized session to use as a reference point for spiritual growth.

There are seven chakras in the human body: the root chakra which corresponds to the colour red, the sacral chakra which is orange, solar-plexus which is yellow, heart chakra which is green, throat chakra which is blue, the third-eye chakra which is purple and the crown chakra which is pink. It is said that the Buddha had a perfect, open flow of energy through all seven chakras when he reached enlightenment. Disciples like Shivani show us how to maximize our own flow of energy so we can pursue life to the fullest. Most ailments in the human body are identifiable by the strength of their corresponding aura. Shivani tells me that the aura around my heart chakra is diminished— indicating past emotional trauma and possible future heart disease. It's a wake-up call to say the least.



Shivani helps her clients release blockages of energy through skilled meditation and hypnosis, offering individualized sessions. "I don't see this as work," she says. "This is something that I want to do I'm just happy to meet people and do my best. There's no pressure." She's a strong proponent of yoga as a tool for healing and also specializes in feng shui consultations which have proven popular. These involve visiting a client's home or workspace and assessing the energy of the location in order to better align it, facilitating positive wavelengths in one's personal and professional environments.

I leave my session with Shivani with recommendations for yoga classes to open up some emotional blockages and a kind offer from her to pick up a piece of jade on her next trip to Bali to wear around my neck as a means to stave off potential heart disease. I also leave with a wealth of mixed emotions — incredulousness, excitement, peace and most of all, hope for the future. My inner rainbow's looking brighter than it did an hour ago as I scan the skies for that pot of gold. ●



ABOUT SHIVANI

When: Shivani will return to the Six Senses Spa from the 23-27 of September 2012

Price: QR 1,200 for a 1-hour aura-reading session

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