



As the popularity of Feng Shui, Tarot cards and Vaastu Shastra has grown, newer methods of knowing one's future such as toe reading are now sprouting up to grab a piece of the pie.

Shivani Adalja, a leading wellbeing consultant who uses these methods and new age methods such as toe reading talks to **India Se** about her experiences:

IndiaSe: Tell us a little about your background and what prompted you to become a wellness expert?

Shivani Adalja: I could see Aura colours from a very early age. I would see colours in people's houses and around their bodies. At the age of 19, I took a job in Hong Kong and moved there for 10 years. During my stay there, I learnt about Feng Shui and Tarot cards.

I later quit my job and moved back to India and lived in Rishikesh for over two years. I started doing private aura readings for family and friends and soon I had people lining up at my doorstep. I was able to detect illnesses, energy blockages, and stress levels just by assessing the auras. Hence, I decided to set up my own institute and teach people how to read auras.

IS: How is Feng Shui and aura alignment different from palmistry?

SA: Feng shui is an ancient Chinese practice of studying the

natural currents of the earth and ensuring a proper alignment with them. It's about adjusting your environment to make it work better for you.

Aura alignment is managing and balancing energies of your inner world and finding the inner balance. Both sciences focus on improving quality of life. In a way, both are connected.

Both these are a bit different from palmistry. Every event in your life has been etched in the lines of your palm. Your lines carry your life journey and if you change the course of your journey, then your lines also change.

IS: Tell us a little more about toe reading?

SA: Toe reading is a unique science based on the ancient system of Ayurveda. It is based on the theory of five elements – ether, air, water, fire and earth. Every toe on your feet represents an element. The shape and size of the toe carry the story of your life journey. Your feet always carry your body weight, your emotions, your dreams and your thoughts. The choices we make affect the shape and imprints of our toes and fingers.

IS: Any plans to open branches of the Alignment institute in Singapore?

SA: Currently, there is one branch of The Alignment Institute in Abu Dhabi. I am in the process of opening a branch in Dubai next year. Hopefully in the near future I will have a branch in Singapore and China. □

Shivani Adalja is the founder of The Alignment Institute in Abu Dhabi. She has over 18 years of experience and undertakes private and commercial consultations. You can contact Shivani at + 971 50 68 11 728 or email align@shivaniadalja.com or visit www.shivaniadalja.com. For workshop enquiries contact The Wisdom Tree in Singapore on (65) 62200166 or log onto www.thewisdomtree.com.sg