

What colour is your aura?

REALIGN YOUR CHAKRAS, REALIGN YOUR LIFE

By Sawsan Kazak

Could your high blood pressure be caused by a misshaped heart chakra? Could that belly fat you have been holding on to be due to a problem with your naval chakra? Could your constant headache be solved by unclogging your third eye? Shivani Adalja, a wellness specialist thinks that some of our physical, emotional and psychological ailments could be due to weak or distorted chakras and confused auras. Adalja runs an alignment institute in Abu Dhabi and helps people and companies around the world realign their chakras and cleanse their auras. Adalja visits Kuwait every few months and works with the Six Senses Spa in the Missoni Hotel in Salmiya.

Technical terms

For those of you novices, here are a few terms you need to know about supernatural energy concepts: Chakras are described as round force or energy centres which exist in the surface of the body of any living being. It is believed that every person has seven chakras (root, sacral, naval, heart, throat, third eye, crown), and that any blockage or distortion in the chakras will cause physical, mental and

psychological problems.

The obstruction in someone's chakras could be caused by past or present situations and it is believed that meditation or cleansing needs to happen if the person is to move forward, unclog the chakra and eventually become more enlightened. Each chakra is represented by a colour. When a person has one chakra more dominant than the other, this will show up in their aura.

The human aura is the energy field that surrounds the physical body. It is thought that the aura is an indication of our 'true nature' at any given time in our lives. For instance, if we have a lot of green in our aura, it means the heart chakra is dominant.

Tailored treatment

"When clients come to see me, we usually decide on one aspect we want to work on and meditate," says Adalja who believes that there is still a misconception when it comes to meditation. "People think it is about sitting still on the floor with your legs crossed and your hands on your knees," says the alignment specialist who insists it is more than that. "During a session, I get people to relax, help them meditate and use a mild form of hypnosis which helps shut down the conscious mind,"

explains Adalja.

Adalja performs meditation sessions, aura readings with the bio-feedback machine, and aura-cleansing sessions. "I use the bio-feedback machine to help clients understand what energy is affected, what is lacking in their lives and what kind of meditation will help them. There are no quick fixes; if it has taken you so many years to get here, it is going to take you at least half of that to get out of it".

"A lot of people come for emotional cleansing," explains Adalja, adding "when people have emotional issues from the past, their bodies will store it and it will eventually pop up. When this happens, people could end up with weight issues, depression, and migraines." With her degrees in NLP (Neuro-Linguistic Programming) and hypnosis, as well as her years of experience, the alignment specialist assesses what a client needs and tailors a program to suite each client. Adalja has noticed more and more men using holistic methods and alignment procedures, saying "in my last visit to Doha I saw a record of men, 15 locals."

Growing up gifted

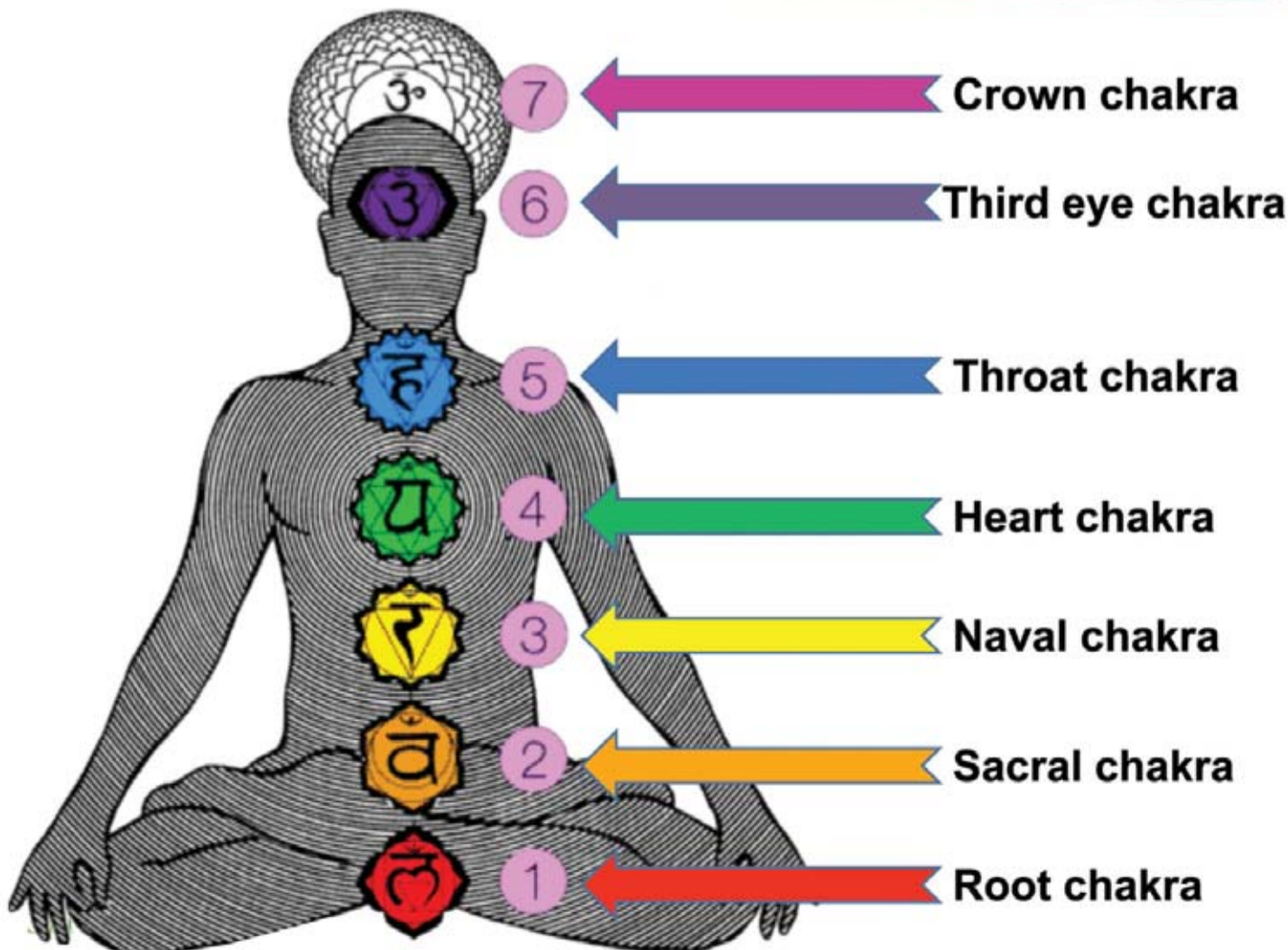
"When I was growing up, I could see people and see patches of colours around them," says Adalja, a wellness specialist. Her earliest memory goes back to when she was three of four, when she remembers asking her sister what she said and realized early on that. The world of the supernatural was not new to Adalja as her father was a lawyer by day, but a psychic by night. "He never charged anyone, but I remember almost every night people, would line up at our door. My father was a brilliant astrologer; one of the best I have ever seen," Adalja explained.

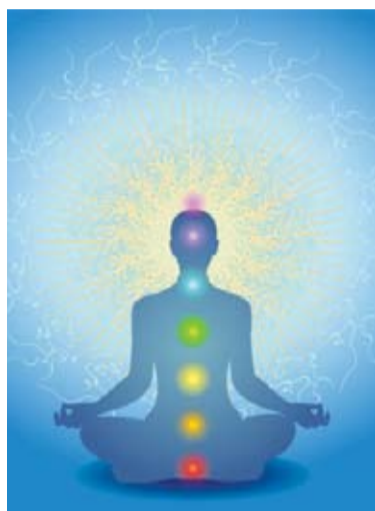
"I had a very miserable childhood. I was painfully shy and suffered from migraines because I could not handle the colours I was seeing all the time. I remember telling my father that I might need glasses, but he knew what I was talking about," recalls Adalja. Her father told her that she had a gift and that she would only learn to use it later in life." At such a young age, she did not take his words seriously.

At the age of 18, Adalja decided she wanted to fly and moved to Hong Kong to become a flight attendant. She quickly moved up the ranks and eventually headed the training department of the airlines. "This was a dream job for most, but I was not happy. My personal life just went downhill," says Adalja. At 28, she began to doubt her life and wondered if this is what she wanted to do for the rest of her life. "I could not see myself writing nasty emails and backstabbing people; that is just not me," says Adalja about working in the corporate world.

Adalja remembers that there was a lot of uncertainty in the country at the time. "The airline was being handed over to the Chinese government; the British were leaving Hong Kong." This culminated in Adalja deciding to quit her job and leave the country.

Adalja finally found herself in Rishikesh, a





village located in the foothills of the Himalayas in northern India. This was the location she credits for allowing her to grow spiritually. Through a series of serendipitous events, Adalja ended up at an ashram and met her spiritual leader. "Ashram is a concept where people live in a community. You do not pay anything, you help around the house and you meditate and are provided spiritual guidance," explains Adalja. The transition from plush Hong Kong lifestyle to an ashram was a drastic one, and she recalls it was hard on her. "The first few months, I would cry every night but I don't think I was crying about where I was, physically. I was crying about where my life was and the lack of clarity. I came out of an abusive marriage, and my father passed away during this period. I felt as though my entire world was falling apart," says Adalja.

Letting go of resistance

It only took one sentence from Adalja's spiritual leader to put her thoughts in perspective. "He said to me 'You need to stop questioning everything in your mind and just embrace it,'" explains Adalja, adding "this made sense to me and allowed me to make the shift in my mind." Adalja started to realize that 'maybe everything fell apart because it was not meant to be together.'

During her stay at the ashram, Adalja learnt how to meditate, to control her aura readings and most importantly, make peace with herself. After three years, Adalja's spiritual leader informed her that it was time to leave and start her real life. Hesitant at first, Adalja eventually packed up and went back to Hong Kong to start over. "I did not want to go back to the corporate world, I wanted to take what I learned during my time at the ashram, and help people," says Adalja.

Adalja's time in the corporate world was not a waste as she was able to combine her knowledge of spirituality and wellness with corporate framework and labels. She began a realignment institute in Thailand and Hong Kong, and offered workshops on stress management, relaxation and well-being. "I offered holistic workshops that were framed in a way that business people could understand them".

The Middle East phase

While working on a project in Abu Dhabi, Adalja met the man who eventually became her husband. "I went back to Thailand and Hong Kong, closed down my institutes and headed to Abu Dhabi to start from scratch, for the third time," says Adalja about her transition to the Middle East. The Middle East and Arab world presented its own set of challenges to Adalja, who found herself rebranding herself once again.

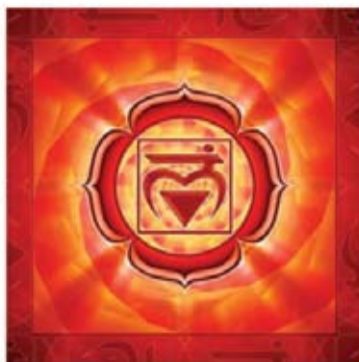
"I am presently writing a book about what I do. Everything is just flowing," says Adalja about her present life, adding "there is no more resistance. I guess that is because I am not on the wrong path anymore."

sawsank@kuwaittimes.net

Colour coded: Aura meanings

First / Root chakra

- Location base of spine
- Deep red
- Foundation & childhood / early life
- Physical & financial security
- Back & shoulder problems
- Four petals



Purple: Indicates spiritual thoughts. Purple is never a strong point in the aura. It appears only as temporary 'clouds' and 'flames,' indicating truly spiritual thoughts.

Blue: Balanced existence, sustaining life, eased nervous system, transmitting forces and energy. People with a blue strong point in their aura are relaxed, balanced and feel ready to live in a cave and survive. They are born survivors.

Turquoise: Indicates dynamic quality of being, highly energized personality, capable of projection and influencing other people. People with a turquoise strong point in their aura can do many things simultaneously and are good organizers.

Green: Restful, modifying energy, natural healing ability. All natural healers should have it. People with a green strong point in their auras are natural healers. The stronger the green aura, the better the healer.

Yellow: Joy, freedom, non-attachment, freeing or releasing vital forces. People who glow yellow are full of inner joy, very generous and not attached to anything. Yellow halo around the head: high spiritual development. A signature of a spiritual teacher. Do not accept spiritual teachings from anyone who does not have such a yellow halo.

Orange: Uplifting and absorbing. Inspiring. A sign of power. Ability and/or desire to control people. When orange becomes a strong point, it usually contributes to a yellow halo, which then becomes gold, indicating not only a spiritual teacher, but a powerful spiritual teacher, someone capable of demonstrating his/her unique abilities. An orange thought is a thought about exercising power or a desire to control people.

Red: Materialistic thoughts, thoughts about the physical body. A predominant red aura indicates a materialistically oriented person.

Pink: Love (in a spiritual sense). To obtain a clean pink, you need to mix the purple (the highest frequency we perceive) with red (the lowest frequency). Pink aura indicates that the person achieved a perfect balance between spiritual awareness and the material existence. - (www.thiaouba.com)

Second / Sacral chakra

- Location four fingers below the naval
- Orange
- Sex, emotions, desires & identity
- Path in life & driving force
- Sexual organs and stomach related problems
- Six petals



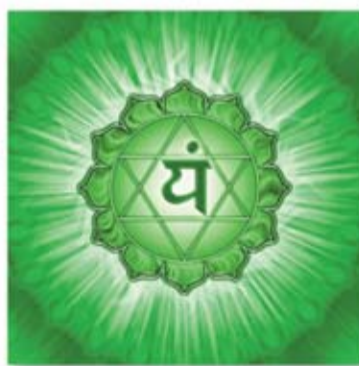
Third / Naval chakra

- Location at naval area
- Yellow
- Knowledge, control, connection with self & power
- Digestion /stomach problems
- Ten petals



Fourth / Heart chakra

- Location centre of chest
- Green
- Center of compassion, forgiveness & love
- Heart problems and blood pressure
- Twelve petals



Sixth / Third eye chakra

- Location forehead between the eyes
- Indigo
- Vision of life, intuition and will power
- Migraines & headaches
- Two huge petals



Fifth / Throat chakra

- Location throat area
- Blue
- Communication, expression & knowledge
- Thyroid, asthma and sinus
- Sixteen petals



Seventh / Crown chakra

- Location on top of the head
- Violet / gold / white
- Spirituality and religion
- Corruption & negative thinking
- Thousand petals

