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An aura reading session with Shivani Adalja

Monday 5 Apr, 2010

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I've heard of aura reading but what exactly is it?

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.

So what happened?

First of all, wellbeing consultant Shivani Adalja asked me to hold her hands and tell her, through the energy passing through her hands, what I could sense about her. Being slightly embarrassed I was a little afraid to tell her anything so she coaxed me by saying 'What food do I like' which I managed to work out!

And then did she tell you some things about yourself?

She told me I had three dominant colours in my aura - blue, green and yellow. Blue signifies an active mind and intelligence (no, I'm not lying!), yellow indicates wanting to do the right thing and trying to rationalise things and green colours are often dominant on people who are passionate and believe in what they do and how they live life.

What did she say the colours revealed about you?

She said she wasn't surprised I had a lot of blue in my aura as many professionals have a lot of blue on them. She picked up on a glow of violet on my aura which revealed to her that although I'm not religious, I do believe there is 'something there' and am quite spiritual. She said although I don't pray I try to do the right thing by others and live my life in a good way which is always nice to hear!

Did she tell you anything which surprised you?

Yes, she hovered her hands a few centimetres away from my body and moved them up and down. Her hands shook violently when she got to my shoulders and she told me what I already knew, that there was a lot of pain in my shoulders and neck. I wasn't wearing a neck brace or limited with my movements so I was really surprised she'd picked up on the pain which had been so severe it had caused me to cancel a scuba diving trip the week earlier on my birthday.

What did she tell you about it?

She said the pain had come from a very stressful time in my life three years ago, explaining how shoulder pain is often linked to taking on responsibility which isn't necessarily your own. She also said my pain was also associated with a relationship breakdown which happened at the same time. These two things did happen three years ago although the cynics among us could say it's a fair guess to assume a young person has taken on too much responsibility or suffered a relationship breakdown.

So what did she advise you to do about it?

She advised me to take salt baths as salt is a great cleanser and removes negative energies and light candles and incense to relax my mind.

Have you heeded the advice and has it made a difference?

Shivani told me to let go of my old emotional baggage and make room for positive energy, which I have done. Along with the candles, incense and salt baths, I do feel more relaxed but this could just be the placebo effect of wanting to believe something is working.



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