

FINE-TUNE YOUR AURAS

Feeling tired or depressed lately? Your auras are most certainly in need of some rebalancing. Saadiya Ahmad finds out more about reading auras while she gets her own aligned and purified

An aura is a cascading and colourful, electromagnetic energy field emerging from the surface of your body. It surrounds you and contains information about your past, present and future.

An aura reading shows you the energy levels in various parts of your body. These energy levels may be interpreted as the state of your mental, physical and emotional health.

When your aura layers are misaligned, they cloud your aura causing energy to stagnate. This has a variety of implications on one's body including depression and may even lead to disease. An aura alignment practitioner needs to investigate the energy issues at hand to discover the underlying cause of the aura misalignment.

Suspecting one such misalignment in my own aura, I headed to one of the workshops at The Alignment Institute that specialises in wellbeing workshops, aura and

feng shui alignment, neuro-linguistic programming and tarot card reading.

The 45- to 60-minute session began with Shivani Adalja, founder of the institute, explaining that she would provide me with in-depth knowledge about my life at the moment as visible in my auras.

IMBALANCED AURAS

With regards to auras being imbalanced, Adalja explains, "Signs that our auras need cleansing and balancing include being tired all the time, feeling sleepy during the day, putting on weight or losing weight randomly, frequent headaches, or even a constant pain in the neck and shoulders."

The session began with her calculating my 'kua' number that is derived from a calculation of date of birth using a Chinese formula. The single digit number derived will, in essence, define that person in relation to that number and element according to feng shui.

To understand how *chakras* and subsequently auras are placed around the human body, Adalja uses special illustrated diagrams.

"Within our physical body resides an energy body and within this energy body are seven hidden major energy centres known as *chakras*," she says, and these *chakras* represent different aspects of life emanating different colours.

INFORMATION CARRIERS

"It is these colours that surround our body which are called aura," she says, adding, "Auras carry a lot of information about us — our life, our health, our past, present and future." Since each *chakra* has a specific colour, depending on where you are in life, your aura colours will be bright or dull. "Each individual has a base aura colour and body aura colour," she says, pointing out, "The base colour is the personality of the person and it never changes and defines who

As explained by Susan Shumsky in *Exploring Chakras*, '*chakras* are energy centres along the spine located at major branchings of the human nervous system, beginning at the base of the spinal column and moving upward to the top of the skull.' Each *chakra* is associated with physiological functions.

SAHASRARA — crown *chakra*
Generally considered to be the *chakra* of pure consciousness, it is located at the crown of the head and influences meditation, inner wisdom, the release of karma and mental action.

AJNA — third eye *chakra*
Ajna's key issues involve balancing the higher and lower selves, and trusting inner guidance. *Ajna* deals with clarity on an intuitive level.

VISHUDDHA — throat *chakra*
Vishuddha (also *Vishuddhi*) governs self expression, communication and promotes a sense of security.

ANAHATA — heart *chakra*
Anahata-puri, or *padma-sundara* is related to the thymus, located in the chest. *Anahata* mainly governs the area of complex emotions, compassion, tenderness, unconditional love, equilibrium, rejection and wellbeing.

MANIPURA — solar plexus *chakra*
Key issues governed by *Manipura* are personal power, fear, opinion-formation and transition from simple to complex emotions. *Manipura* also governs digestion.

SVADHISTHANA — sacral *chakra*
Svadhithana governs relationships, violence, addictions, basic emotional needs and pleasure. *Svadhithana* governs reproduction, creativity, joy and enthusiasm.

MULADHARA — base *chakra*
This is related to instinct, security, survival and also to basic human potentiality. Key issues involve sexuality, lust and obsession. It governs the sense of security.

you are, however the body colours that surround the outer parts of your body keep changing depending on your particular life."

Surprisingly, an aura is not one layer but as Mariam Yasin, a certified clinical hypnotherapist at The Third Eye — a mind, body, and energy centre in Dubai — clarifies, "Our aura actually consists of seven levels/layers/auric bodies and each one of the subtle bodies that exist around the physical body has its own unique frequency," she says.

A SPIN ON CHAKRAS

Since they are related and affect one another, a state of imbalance in one of the bodies leads to a state of imbalance in the others. "Our energy bodies are totally dependent on our thought patterns," says Yasin, "Every thought generates an emotion affecting the corresponding *chakras*, which in turn influences the endocrine glands and the brain."

Essentially, when the human

body is in harmony, the thought processes and emotional response system is balanced. This in turn, says Yasin, enables the *chakras* to spin at the appropriate vibration thus ensuring a smooth flow of energy to the physical state.

"On the other hand, if an individual is disturbed by a negative thought process, the disturbance generates a low-energy emotional response, which in turn causes the corresponding *chakra* to malfunction," she explains, and over a period of time, can impede the energy flow to the corresponding gland in the physical body. "This may manifest as disease in the form of symptoms at the physical and emotional level," she says.

Having been naturally intuitive since childhood, Adalja uses her naked eye to examine my auras in great detail, analysing the size, shape, and colour of the *chakra* as the aura colours will provide her with insight with regards to health, financial or emotional problems.

Once she read all seven *chakras*, I placed my palm on the biosensor machine, which would capture the aura from my fingertips and translate it into data, which is then analysed by the aura machine that generates a 23-page report on my aura colours and *chakra* analysis.

Based on the blockages, Adalja assessed that my fifth *chakra*, or the throat *chakra*, appeared to be out of sync. "This *chakra* represents communication with the self and others and expressing emotions," she says, "The colour is blue and when it malfunctions, an individual develops throat related problems such as a cough and cold."

THE SOLUTIONS

She suggested simple solutions such as soaking in salt water baths to help sleep better and regularly mop my apartment using salt water to help strengthen the aura. "Other techniques are smudging your aura with incense and dry herbs to erase negative energy from your aura,

running feathers around the body and even walking in the rain or standing under a waterfall can also cleanse the aura," she says.

Adding to this, Yasin says that pranic healing and reiki are also healing techniques that work on the energy level to address physical ailments. "Meditation, yoga and breathing techniques are all great ways to keep the *chakras* clear and balanced and ideally should be part of a daily routine for optimum results," she advises. **B+**

Shivani Adalja has a master practitioner's degree in feng shui from China. After practising in more than 20 countries, she now conducts workshops. Visit www.shivaniadalja.com for more.

Mariam Yasin is a DNA three-level Theta Healer certified by Vienna Stibal's ThinkUSA and a reiki one practitioner. For more, visit www.thirdeyeonline.com.



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** Clinical study carried out on 36 women during pregnancy and 1 month after pregnancy.
*** Source: IMB - Stretch mark marker in placenta in MAT in culture, Dec. 2007.
*** When proper rules of hygiene are followed before breastfeeding.

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