

# Understanding Aura



**H**ave you met someone for the first time and took a liking to him or her immediately? Perhaps you have taken an immediate dislike to someone for no reason at all? Do you feel people's energy very easily? If so then you have a natural ability to sense the auras.

## What is Aura?

Aura is a vibrant field of energy around our body. This field emanates seven colours of the spectrum. Depending on your life journey and choices that you have made, these colours will be bright or dull. The seven colours of the aura are part of seven major energy centers hidden within our physical body. The energy centers are known as Chakra or wheels of light. These centers represent seven different aspects of life including the mental, emotional, physical, sexual and spiritual.

Everyone can learn to see the aura. I have been one of those blessed individuals who could see the auras from childhood. For many years I thought I had bad vision because I could see different colours and spots around people and things. After struggling for many years I

realized that I had gift and I could use this gift to help people.

After working with thousands of people across 30 countries, I decided to start conducting workshops in aura reading. The main focus of the workshop is on overall wellbeing and stress management. The aura cleansing techniques taught during the workshop helps individuals to focus and perform better in their personal and professional life. At the end of the workshop a whole new world of opportunity and awareness opened up in front of participants.

## Case study

I had a massage therapist who attended the workshop in Bangkok, Thailand. Noi was not only good at her job but she was also in the process of opening her own spa in Bangkok. She was worried about tough competition. She wanted her spa to offer something that no other spa in Thailand offered. She came across my workshop by accident and decided to join, as it sounded interesting. During the workshop she discovered that the knowledge of aura reading could very well be used in her treatments and decided to practice aura reading on a

regular basis after the workshop. Soon she was able sense the aura of clients and was able to recommend appropriate treatments just based on her aura reading skills. This ability single handedly set her apart from her competitors and soon her spa was fully-booked.

## Aura can benefit your business

I have had many success stories over the years. More and more people from the corporate world are attending workshops and are learning to manage their stress through aura cleansing techniques. Many managers are using the knowledge of aura reading in managing their internal and external customers. They have struck the right balance between professional and personal life. They are more focused, motivated and aware as a result of attending my workshop. Many corporate houses are running aura-reading workshop as a suitable alternative for stress management or even team building. Whatever your aim may be, if you are able to use this powerful knowledge to your advantage, your life will change for ever. **B**



## Introducing ...

**Shivani Adalja,**  
Wellbeing Consultant

Shivani is regarded as one of the leading new age wellbeing consultants in the Middle East and the Gulf peninsula. She is the founder of 'The Alignment Institute' and is based in Abu Dhabi. Her focus at The Alignment Institute is to help her clients align their lives, by balancing their inner and outer environments. Inner alignment is achieved through Aura Alignment workshops and private consultations, while outer alignment is achieved by implementing Feng Shui Alignment. Shivani has developed her expertise by acquiring a Masters degree in Sociology and is Business Practitioner of NLP from Australian School of NLP.

In addition to these qualifications, she holds a Masters Practitioners degree in Feng Shui and is a certified Tarot card reader. Drawing on her eighteen years of designing, training and coaching expertise, Shivani offers powerful personal growth workshops and private consultations.

Shivani has transformed the lives of thousands of individuals in more than 30 countries and travels frequently to conduct Aura Alignment workshops in different parts of the world. Shivani contributes regularly to variety of publications and has been interviewed by international press in many countries. She is regularly invited by spas like Chivasom in Thailand and Cleopatra's in Dubai, for private Aura Alignment sessions for their distinguished clientele.

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