

# Speech of Colours



Aura reading does lack scientific verifiability, yet its practitioners increasingly believe it can open emotional blocks and improve life

By DN

**W**hen I was told that an aura reader was in town and if I would like to meet her, I looked at my informant with mixed expressions of incredulity and amusement.

Being a cynic who scorns even the weekly zodiac predictions, I didn't consider myself the right person to meet with an 'aura reader.' But as it was a new concept, curiosity got the better of me and off I went to the Six Senses Spa to meet their 'wellness consultant' and aura reader Shivani Adalja.

My visions of a typical spiritual character with flamboyant clothes wearing an overdose of beads and other paraphernalia was broken when I was introduced to a woman dressed sombrely in unassuming grey.



"I see colours all the time and that's why I prefer to dress in plain colours," she said in reply to my unasked question. "You would rarely find me in anything bright or printed."

As soon as I settled down she asked me how my neck and shoulder pain was. I was shocked and wondered if my posture had given it away.

"I can see it in your aura," she simply said. Disbelief may have been evident on my face but my scepticism didn't seem to bother her and she made no effort to immediately convince me.

"My husband was also a non-believer," she laughs. "In my field I meet a lot of people who don't believe in my work. But that is fine. Everyone has their own belief systems and I have no intention of challenging that. But auras are very real and all of us can feel it.

"If you look at medieval paintings, you will find that every figure has some sort of light around it. That is basically aura, which is an energy field that surrounds you. In the olden days, people could easily see it but as time has gone by, we have conditioned our mind to not see.

"But even now, all of us can sort of understand aura and energy. So many times when you meet a person for the first time, you immediately develop an affinity for that person, this is because your aura or energy frequency matches the other person and many a time from the first moment you actively dislike a person; that happens when the auras don't match."

Shivani said auras are manifested in different colours and that she was born with the ability to see these colours – a gift she inherited from her father and grandfather.

"I had a miserable childhood," she admits. "First I used to think I was cursed because I had terrible migraines for several years. I had reading glasses at a very young age

and I used to see colours all the time. I would see different colours around every figure or object. When everyone would see a green tree, it would look yellow to my eyes. But nowadays I have the ability to switch off. I get access to a lot of personal information and I don't feel comfortable with that."

Aura, according to Shivani, is like a sponge. When you meet different people, your aura soaks in their experiences and energies. Over a period of time, your aura becomes so heavy that you have no energy left and you feel extremely tired and drained out.

"If you understand how your aura absorbs energy and how you can avoid that, you can lead a very healthy life."

Shivani was climbing the corporate ladder when after a lot of indecision and confusion she decided to quit her regular job and use her gift to help people. She spent two years in the Himalayan region honing her gift.

Based in Abu Dhabi, she has been conducting workshops and aura reading and cleansing for over 15 years in various parts of the world. She conducts counselling sessions where she blends hypnosis with meditation to influence the subconscious mind to cleanse the aura.

"In my opinion, the mind controls everything, you control your mind and you control everything," she asserts.

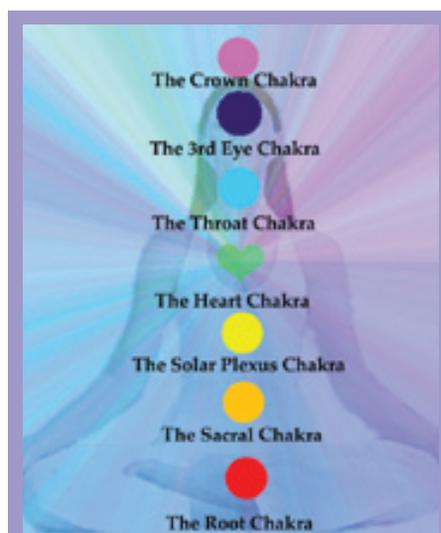
When someone comes to Shivani, she first conducts an aura scanning session with them to find out their problem areas and later prescribes individually designed meditation techniques. She also has a bio-feedback machine that she has designed in collaboration with an American company that can read energy frequencies.

I used the machine to see my own aura colours and found them to be surprisingly similar to the evaluation Shivani had made just by 'reading'

me. The machine generated a 23 page report on my aura with highlights on problem areas which I need to work on to improve my health and mental wellbeing.

Aura cleansing may not be a strict science but its advocates believe that it helps to improve life.

I went to meet Shivani as a complete skeptic; but left with an open mind that was ready to accept new possibilities and concepts.



According to aura readers, aura readings look at your spiritual energy system as represented in the seven layers (or Chakras) of your aura. Along with colours, a reader may see memory pictures, symbolic images, spiritual beings and usually energies belonging to others – like friends and family members. Readings can help you identify and release blocks, and get in touch with your own energy so you can know your own truth and make the highest choices for yourself. Each of the seven layers represents an area of life and a specific colour. Aura readers believe everyone and everything (even each place) has an energy field. It's possible for you to become aware of these vibrations and practices like spiritual healing, learning how to meditate, and developing psychic awareness all support you in becoming conscious of energy.

*Shivani Adalja is conducting an aura workshop on May 19th at the Six Senses Spa in Sharq Village. It will be followed by private aura reading sessions. If interested, you can contact Sofia Hedman at the Six Senses Spa.*

*By Deepti Nair, staff feature writer*