



Can I really change my body shape within two months?

If you're following a healthy diet plus cardio and resistance training that is specific to your goals, you will definitely see a change within two months. You may not be at your ideal final weight, but you will be well on your way. The key is to make sure your goals are realistic and specific to you. As tempting as it may be, avoid anything that offers 'quick results' – rapid weight loss often means rapid weight gain later. Good things never come too easily in life and often require time, patience, a lot of work, determination and organisation. Remember, once you've achieved your goals it doesn't end there. If you want to have a fit, toned body you should think of it as a lifetime commitment to a lifestyle change.

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SHIVANI ADALJA
EXPERT AURA READER

FINDING A BALANCE

Shivani Adalja, a professional Indian-born aura reader who lives in Abu Dhabi, first recognised her ability to read auras as a child. "For many years I thought I had bad vision because I could see different colours and spots around people," she says. "Then one day I realised I had gift and I could use it to help people...I started doing private aura readings for family and friends and soon I had people lining up at my doorstep. I was able to detect illnesses, energy blockages and stress levels just by reading someone's aura." We sat down with Shivani to find out how a personal aura assessment can help you lose 10 pounds, find your dream man or get that promotion you deserve...

Can you explain what auras and chakras are and how they are linked?

An aura is a luminous field of energy that appears as colours around the body. The colours are the same seven colours of the spectrum, and they emerge from seven hidden energy centres within the body, known as chakras, which are located along the spine. Each energy centre has a specific colour and these colours will cascade around the body, making up your aura.

Your thoughts, problems, dreams and physical ailments are all part of your aura.

What is the purpose of having one's aura read?

An in-depth aura analysis empowers people to take control of their life situations and take action to improve those situations. My reading focuses on physical and emotional wellbeing. I can also suggest simple wellbeing techniques to help clients improve their health.

Can anyone read auras or is it a born gift?

For me it was a born gift. Many people can see auras and some who are not that gifted can learn to see auras.

What kind of personality traits can you pick up when you read someone's aura?

The colours of the aura will help you to define a person. For example, if someone is happy and leading a relatively stress-free life, their aura will be bright and vibrant. However if someone is leading a stressful life and has health problems,

the colours of their aura will not be bright – instead he or she will have patches of grey and black.

Can you determine whether couples are compatible or incompatible straight away?

The auras of people who think alike will have similar colours, while those who are very different will have different colours.

So can you tell if my partner is my soul mate?

You could say so. Similarly coloured people will be attracted to one another without really knowing why. In many cases this kind of attraction leads you to find your partner or soul mate.

Can your aura affect your appearance?

Aura is directly connected to one's appearance. If your aura isn't vibrant, you will look tired. However if your aura is clean and vibrant, it will affect how you feel about yourself and that in turn will motivate you to look good as well.

How can we improve our auras?

Some of the easiest and most popular techniques include having a salt water bath, standing under a waterfall, meditating regularly and reducing your intake of alcohol as well as quitting smoking.

So does our aura change throughout our lives?

Every child is born with a unique aura, and will take energy from his parents as well. However the colours of your aura will keep changing during your life due to the decisions you make. Every time you make a life-changing decision, your aura will change. The core colours of your aura will never change as they make up your personality, but other colours will change depending upon the phase of your life you are in.

OK!

SHIVANI CONDUCTS AURA ALIGNMENT, FENG SHUI ALIGNMENT AND TAROT READING WORKSHOPS IN DUBAI AND ABU DHABI. CALL 02 644 6428 OR VISIT SHIVANIADALJA.COM.

Getting to know your chakras

Shivani explains: "The seven major chakras are located along the spine and each is responsible for a function of a gland and certain body parts. If there is a problem in a certain area of life, the effect is immediately felt on the physical body and the gland corresponding to that chakra starts to malfunction."

Root Chakra

- Located at the base of the spinal cord.
- Red in colour and responsible for our early life and materialistic needs.
- Body parts associated are lower and upper back, shoulders, legs and knees. Any disruption in your professional life or any financial problems will affect this chakra.

Sacral Chakra

- Located four fingers below the naval area.
- Orange in colour and responsible for all sexual desires and dreams.
- The stomach area and overall wellbeing are associated with this chakra.
- For women this chakra is very important as it affects fertility. Any kind of disharmony in this chakra can cause stomach and/or sexual problems.

Naval Chakra

- Located at the naval.
- Yellow in colour and responsible for the knowledge and control aspects of life.
- Will malfunction when one develops unrealistic expectations about the self and others. This chakra affects your kidneys and liver.

Heart Chakra

- Located in the centre of the chest.
- Green in colour and represents, love, compassion and forgiveness.
- When this chakra malfunctions you can develop heart problems, high blood pressure and high cholesterol. Your inability to forgive and forget can affect this chakra.

Throat Chakra

- Located in the centre of the throat area.
- Blue in colour and represents communication with self and others and expressing emotions.
- When it malfunctions one develops throat-related problems like coughs and colds. Salt-water gargles can help you cleanse this chakra.

Third Eye Chakra

- Located on the forehead between the eyebrows.
- Indigo in colour and represents vision, willpower and thought.
- When it malfunctions you can suffer migraines and headaches. This chakra is used a lot in personal and professional life, as we use willpower for many things including losing weight. The best way to rejuvenate the energy in this chakra is to go for a relaxing head massage.

Crown Chakra

- Located on top of your head, above the physical body.
- Violet or white in colour and represents spirituality and religion.
- When this chakra is in disarray you can become manipulative and corrupt. This chakra can be strengthened by prayer, fasting and meditation.

TREAT OF THE WEEK

GOLD FACIAL



What is it?

The luxury facial uses 24-carat pure gold to increase radiance and give your skin a fresh, youthful look. Featuring products that are all naturally derived, including a face mask which contains gold dust, lemon peel extract, turmeric and rose petal extract, the treatment is designed to retain moisture in the skin and increase its elasticity.

What are the highlights?

The therapist had a gentle touch, and the facial is a hearty dose of pampering – my skin felt like it had been given the royal treatment after the one-and-a-half-hour treatment that included a face and neck massage, scrub, steaming and extraction, followed by a face mask and cooling mask. Having experienced somewhat painful extractions in the past, the VLCC version was refreshingly comfortable. My skin felt amazing at the end of the treatment and was smooth and glowing.

Any downsides?

While the treatment itself was amazing, and administered by a therapist who cared about making sure I had a good experience, the centre itself is a little noisy. The thin walls of the treatment room meant that I could hear the comings and goings of staff and customers throughout the facial.

How much is it?

Dhs350.

Where can I try it?

VLCC have centres across the UAE. Call 04 321 8008 or visit vlccinternational.com

★★★★☆

Review by Jenny Haward

INTERVIEW BY CATTIUN CHEADLE. IMAGES SUPPLIED