



Aura of a New Age

By Wahid Shakir

Coincidence or else, almost all of her prognoses happen to be somewhat accurate.

Shivani Adalja, who claims to have “transformed the lives of thousands of individuals in more than 30 countries,” is a visiting practitioner regularly flown in from Abu Dhabi, the UAE, to cater for her “increasing number of clients,” informed Sofia Hedman, Spa Manager at Six Senses Spa.

“She’s been in good demand since we first invited her. Normally, she’s booked for the entire week she is here and most of her clients are repeat ones,” Sofia said.

Shivani - who calls herself a ‘New Age Wellbeing Practitioner’ - is the founder of the Abu Dhabi-based ‘The Alignment Institute,’ which offers a variety of personal, professional, business and entrepreneurial wellbeing and advancement solutions in the form of tailored individual and collective meditation sessions and workshops. She travels as far and wide as the Far East and India, Australia and the Middle East, helping people “align their lives” and helping organisations “improve their business.”

Although her startling revelations about your physical and emotional condition may suggest otherwise, Shivani has no pretence of being a sibyl or sorcerer. Her casual denim jeans and crisp white cotton shirt, iPad, Blackberry, laptop and other modish gadgets effectively dispel the slightest suggestion she is one.

Shivani says her ability to foretell your health condition stems from her ability to “see colours,” which is a “gift from childhood.”



The seven chakras are said to be located between the top of your head and the bottom of your torso. As the centres of energy, they emit the seven colours that form your aura.

“**Y**ou have a bad backache,” declares the ‘Wellness Practitioner’ I’ve just sat with for a chat at the exotic Six Senses Spa in the Sharq Village & Spa. “You have recurrent throat sores, headaches, and some pain too in your knees,” continues the chubby-cheeked young lady, exuding a rare confidence as she prognosticates one thing after another about my wellness.

"As early as I was three, I could see multiple colours where others only saw clear white light. For years I wondered if anything was wrong with my eyes. Finally I spoke with my father who could recognize that I had a gift. He told me I had been gifted with an ability that I could make very positive use of," she narrates.

As an adult and years after pursuing 'other' careers, she says she felt a natural desire to pursue her vocation.

"Finally, I decided to learn more about how I could use my special ability. Doing some research, I learnt there existed disciplines that utilized my ability, following which I spent three years in the Himalayas learning various ways I could positively use my ability."

A rainbow around you

According to Shivani and her discipline, all living beings are surrounded by an "illuminating energy field," which she terms as 'aura.' This energy field or aura displays itself in the seven colours of a rainbow or spectrum. The seven colours of your aura are produced by seven energy centres or "Chakras" located in various parts of your body. Each of the chakras corresponds to a specific area of your life and each emanates one of the seven colours. Each of the seven colours talks about a separate area of your health. The amount and intensity of each colour and the amount and intensity of your overall aura give a great deal of information about your health problems, both present and future. Changes in your aura reflect changes in your health and knowing what is causing the changes helps you to make changes in your life and lifestyle to prevent or delay future health complications.



In the eye of a reader, your aura appears somewhat as this. The dominance of yellow colour means the person has most of their energy in their head, which, depending upon its darkness or brightness, may be interpreted as depression or intelligence.

Shivani points out that happy, cheerful and positive people demonstrate bright and lively colours whereas sick, depressed and disappointed folks show dark and dim colours. But don't worry; she knows ways to cleanse your aura.

"The colours of our aura affect the quality of our life. As bright colours translate into happiness and good health, the key is to cleanse your aura and maintain good colours. By cleansing your aura you can balance your life and energy levels, avoid or delay diseases and emotional problems, and improve your overall performance in life."

Aura Reading is scientific

Shivani calls herself a "new age wellbeing practitioner" whose knowledge and practice are scientifically verifiable. Yet, she claims she has a "gifted ability to see colours from childhood." That's what deepens the frowns on my wrinkled brow. Finding me disapproving and puzzled by the 'scientifically verifiable yet gifted power' dichotomy, she explains:

"The existence of auras has been scientifically proven. Today you have aura metres that show vibrant energy fields around all living things. NASA has been using these aura metres to measure the auras of astronauts. It's a widely published fact."

Shivani is quick to refer to Dr. Valerie Hunt and her research on Bio Energy Fields that led to the development of Dr. Hunt's BioEnergy Fields Monitor. "This little machine over here is one simple such aura metre," she points to a device connected along with a webcam to her laptop. "It's been developed in Germany. Of course I could not afford Dr. Hunt's machine," she wears a broad smile.

She explains that the machine atop her disk - a

biofeedback system - generates images and graphic information on her PC screen of anyone whose fingers are kept over the machine's specified areas. By looking at the information - or reading it - an aura expert can find out about one's physical, mental and emotional health.

Shivani claims she is different from other aura readers because she can see auras even without using a machine whereas other aura readers will have to use such a machine. That explains why she calls herself 'gifted' and yet calls her practice entirely scientific.

It can boost your business

Learning to read an aura is not only beneficial for your and others personal wellbeing; it's just as rewarding for your business. Wondering how?

Shivani explains:

"One of my clients is a massage therapist; she learnt how to read aura in one of my workshops in Bangkok. This lady, now a spa owner, uses her talent to recommend appropriate treatments for her clients based on aura reading skills. This ability set her apart from her competitors and increased bookings."

She says a good portion of her clientele comes from the corporate world. They attend her workshops and learn this skill to help them in a variety of ways. "Managers are using this knowledge to help choose the best staff and place them in their ideal roles. Some are also using this technique to help manage clients and staff better" ●



For information on Shivani Adalja's aura workshops or personal aura reading sessions, visit www.shivaniadalja.com