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Have Your Say

Good Aura

Shivani Adalja is a wellbeing consultant and the founder of The Alignment Institute. She has transformed the life of thousands of people in more than 30 countries and regularly holds Aura Alignment workshops and Personal Growth workshops here in the UAE.

"Life is full of colours and so is our imagination. Therefore it should come as no surprise that even the energy that surrounds all living beings, is full of colour. aura is the illuminating energy field that surrounds all living beings."

"The colours of the aura emerge from subtle energy body that houses seven major chakras. Chakras are wheels of light and correspond to seven areas of our lives. Each wheel emanates a different colour from the spectrum and these colours form our aura. ?Colors and intensity of the aura, especially around and above the head have very special meanings. The colours can be bright or dull depending on the journey of your life."

"Happy and positive people will have bright and lively colours around them. While people who are ill or sad, will have dark and muddy colours around them. The key is to always be aware of our thoughts and actions at all times, as it affects our aura and eventually our health."

"You are probably wondering how aura can aid you in business? One of my clients is a massage therapist; she attended one of my workshops in Bangkok and learnt how to read aura. 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 part from her competitors and increased bookings."

"More and more people from the corporate world are attending workshops and learning this skill. Managers are using the knowledge of aura reading 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."

"The colours of our aura affect the quality of the life we lead. As bright colours translate into happiness and good health, key is to cleanse your aura and maintain good colours."

For more information on Shivani and her workshops you can contact +971 (0)50 6811 728 or log on to www.shivaniadalja.com