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- Around Town
- Art
- Bars & Clubs
- Body & Mind
- Community
- Film
- Hotels
- Kids
- Nightlife & Music
- Restaurants
- Sport & Outdoor
- Travel
- The Knowledge

# Body & Mind

Body & Mind Home | Features | Spas

## Search

Name

Venue

Good for

Area

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### Venue

- Alternative health (4)
- Beauticians (3)
- Beauty salons (2)
- Gym & health club (2)
- Nail salons (5)
- Nutritionists (1)
- Reflexology (1)
- Spas (12)

### Good for

- Aromatherapy (3)
- Ayurveda (1)
- Dermatologists (2)
- Detox (2)
- Facial (8)
- Feng shui (1)
- Life coaching (5)
- Manicure & pedicure (10)
- Massage (25)
- Meditation & yoga (4)
- Nutritionists (1)
- Therapy & coaching (1)
- Threading (1)
- Waxing (3)

### Area

## Aura reading UAE

*Shivani Adalja can read people's auras. She teaches us how...* [Discuss this article](#)



Picture 1 of 2

When Shivani Adalja says she can read auras, what she means to say is that she can see colours. Someone with health problems might radiate shades of grey; a logical thinker will have a blue orb around their head. Adalja claims that she's even picked up on illnesses before doctors.

'I was three when I became aware that I could see colours,' she says. 'I thought there was something wrong with my eyes, because everywhere I went I could see pink, yellow and red. I had no friends because I worried they would think I was a freak.' After eight years of carrying around this secret, she finally confided in her father. Rather than seeking out an eye specialist, he told her she had a rare gift, and that it was up to her if she wanted to use it or not. As an adult, she spent years studying disciplines that utilised her gift: feng shui, NLP and aura reading.

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- Al Markaziyah (6)
- Al Mushrif (2)
- Al Nahyan (2)
- Al Raha Beach (1)
- Al Rowdah (1)
- Al Safraat (1)
- Bain Al Jesran (1)
- Khalifa City (1)
- Khor Al Bateen (1)
- Madinat Zayed (2)
- Others (11)
- Ras Al Akhdar (7)
- Tourist Club Area (5)
- Yas Island (1)

‘I was in Hong Kong taking classes from leading experts who didn’t speak any English. I’d bring my own translator,’ she says. So why colour? What’s significant about blue or grey? Adalja explains that the colours she sees correspond to the colours of the rainbow, with indigo and blue the strongest colours. Of course, each colour gives off its own personal meaning as well. Green, she tells me, is more an intuitive colour, and people who radiate green tend to act more from the gut. Blue people – as I apparently am – rely more on logic. There are seven energy centres (or chakras) in the body, she explains, and the colours they radiate also denote their spiritual strength.

Now, Adalja not only reads auras for a large and growing client base, but she teaches others how to do it. I had always assumed that psychic powers – should they exist – were the type of thing that couldn’t be taught, but Adalja says this isn’t true.

‘I think everyone’s intuitive,’ she tells me. ‘If you’re in a room with a group of people you don’t know, sometimes you might take an immediate dislike to someone. Everyone has that experience. That’s intuition: it’s your energy interacting with their energy.’

Her workshops, which she hosts all over the world, as well as in Abu Dhabi and Dubai, are made up of small groups (eight-16), and involve eye focusing exercises that train the eye to see aura colours.

‘To start we turn off the lights and get participants to see colours in the dark’, she says. Slowly, the lights go back on and participants are encouraged to read the auras of people they don’t know. Learning the gift of aura reading can help you to achieve any number of goals.

‘For me, when I go into a meeting, I change my proposal depending on the colour the people in the room are giving off,’ she says. Before she leaves, I have her read my aura.

‘You have no problem communicating,’ she says, ‘and you’re a very clear thinker, but...’ she frowns and looks me over. ‘You have a lot of grey around your lower back. Do you have lower back pain?’ Um, actually, I do. ‘That’s connected to family-problems. It could be because you’ve lost someone,’ she notes (true, but in fairness, this was information I had given her earlier). She then bursts into laughter.

‘You have a healthy appetite. You eat a lot. I can see because of the yellow around your stomach.’ Now I hadn’t told her that I was also a food critic, though it’s hardly classified information. I’m almost impressed, I’m just not sure how much she read and how much she already knew. I try reading her aura back, but alas, I can’t see colours. I guess I’ll have to sign up for one of her workshops.

*For a consultation or more information on Shivani Adalja’s aura reading workshops, visit [www.pathwood.com](http://www.pathwood.com), or call 02 644 6428.*

*By Claire Carruthers  
Time Out Abu Dhabi, 29 March 2010*

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