

March 19 2010 | Last updated less than one minute ago

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What your Aura says about you

Nothing is 100 per cent predictable because human beings are unpredictable

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Published: 00:00 March 18, 2010



Nothing is 100 per cent predictable because human beings are unpredictable," says Shivani Adalja. As an acclaimed aura reader, surely she should be able to tell the future with a panacea for all its probable perils?

"It really depends on you," she replies, explaining that she can only be a facilitator.

As clients throng to her for advice, the Abu Dhabi-based holistic consultant is clear that each one of them is intuitive. An aura, explains Shivani, is a field of subtle, luminous radiation surrounding a person or an object that comprises colours from the spectrum forming the subtle energy body. Seven major energy centres or chakras, also understood as wheels of light, are believed to exist within this body, with each colour having its own set of health and other situational connotations.

Emotional cleansing

Giving examples, Shivani talks of how a person suffering from a bad relationship would have a dark muddy-green aura with shades of grey thrown in. Similarly, those with backache, joint pain or knee problems would have grey patches.

Shivani, who suggests meditation, breathing exercises, yoga, salt water baths and other techniques as remedies, says it often boils down to emotional cleansing and being able to stay positive and 'in the moment'.

Regular workshops are also conducted to train people in aura reading and dealing with this. Shivani also consults leading spas which incorporate her cleansing techniques.