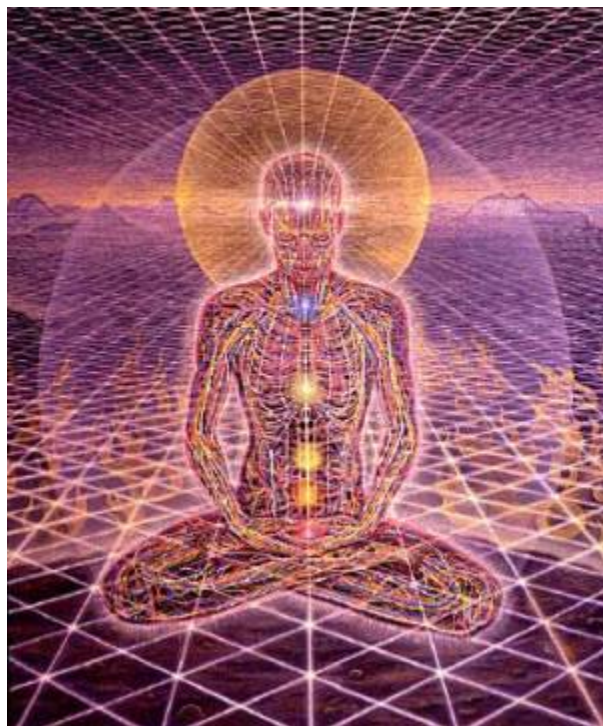


Enhance Your Wellbeing with Color 5/22/11 - Wed Gathering in Rockville

Posted At : May 19, 2011 10:59 PM | Posted By : Michael Smith

Related Categories: Sandbox, Health

This Wednesday [Sandbox gathering](#) we join Anka Banks to learn how to Enhance Your Wellbeing with Color and activate our light bodies with Aura-Soma Color and Angel Therapy. How can we take care of ourselves with color? How can color possibly have a beneficial effect on a health condition? Let's take the example of a stiff neck.



The neck is in the blue area of the body, which is also called the blue chakra, the throat chakra or the center of communication. This is the domain where our throat, vocal cords and mouth are located and from where we communicate with the world. For instance, when we hold onto some words to avoid conflict and we know we should or could have said something, our energy field - in this case the area of the throat chakra - can get jammed, causing tensions which can show up as muscle aches, cramps or a stiff neck on a physical level. (Image from [Elizabeth Feisst website](#))

Actually sometimes we are incapable of letting go in our minds for a long time after the event. We get depressed over our failure to speak out. We let our shoulders hang, add more tension to our already tense body and look quite desolate. We are stuck.

To prevent tensions in the shoulder and neck area we can support ourselves with a blue scarf, a blue gemstone or, more effectively, a blue pomander from the Aura-Soma color care system. The blue allows us to be more confident and feel an inner strength that gives us courage to say or write what needed to be said or written in a more peaceful way, thus reducing the cause for jams and tensions in the neck and shoulders.

Aura-Soma is a color-care system that helps to harmonize and activate the light body. It also stands for our state of being. Color is a way to support our being's needs and brings balance to our bodies and lives.

Everybody can do it. One simply has to pick four color combinations. These selections reflect who we are and what we need.

Anka will help you balance and the building of your light body using self-care with color energies, Aura-Soma, attuning to the higher vibrations of Angels and the ascended Masters.

The ancient Romans had talked about the importance of "a healthy mind in a healthy body". Nowadays there is an ever-growing awareness that mind and body are closely connected and that we can influence our wellbeing with our way of thinking. Depending on our state of mind, we are tense or relaxed, we feel worried or happy or we are upset or thrilled and this has repercussions on our muscles, nerves and more. With color we have the possibility to influence our thoughts and, as a consequence, our wellbeing.

Color can be used just like a language and enable us to identify our needs and interpret our state of mind. Red, for instance, is a resonance of energy and passion, blue of inner peace and authority, yellow of happiness and the intellect. Color can be used as a tool to take care of ourselves, change our state of mind, get more clarity, relax and see the broader picture. Our choice of color combinations describes and addresses our needs. (From our Health Magazine, February 2010)



Anka Hellbach Banks is an Aura-Soma Practitioner and Teacher. Here is what she says about her journey:

"My name is Anka Hellbach Banks and I was born in the year of the rabbit. After finishing high school in Germany, I went to college in France where I studied languages – French, English and German. I worked with both languages and finance in both France and



Germany.

In high school, I became interested in the healing effects of essential oils. I continued my study of essential oils, and learned nutrition as a way of healing. As an adult, I studied Anthroposophy, the philosophy of Austrian Rudolph Steiner, and his movement art, Eurythmy.

After I moved to the U.S. in 1998, and following the birth of my second child, I became aware of my gifts as a healer. I found I had the capacity to put myself into other people's situation and to become aware of their feelings – and, more recently, their pain.

In 2003, I began studying the Aura-Soma color-care system and subsequently became a practitioner. I use color as a tool to support people expand their awareness. I am now an ASIACT [Art and Science International Academy of Color Technologies] certified teacher of the Aura-Soma system. At this point I am particularly interested helping people reach out to angelic energies for support."

You can reach Anka at 240-529-4311 begin_of_the_skype_highlighting 240-529-4311 end_of_the_skype_highlighting Silver Spring, MD AnkaBanks (at) starpower.net or <http://www.beingoflight.net>

The workshop begins after dinner at 8pm. I invite you to join us, though as always what ever choice you make you will be honored in.