

CAPHA EVENTS & RESOURCES

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Healing Through the Senses:

Dr. Gumbel's Cosmo-Therapy

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It was two years ago when I first met him. A classmate and good friend from Barbara Bremen School of Healing asked me to accompany her to an "aromatherapy" class. A German expert would teach *Herbal Essence Therapy*, a systematic approach to balancing the endocrine system. After three days of absorbing the healing model he scientifically described, there surfaced in me the unserving conviction that this information was calling to be disseminated.

Dr. Dietrich Gumbel first began his investigations in 1979 through research and development of plant-based skin care products. His conclusions about the embryological origins of the skin layers led him to discover the intricate connection with the vital organs. In his seminal work, *Principles of Holistic Therapy with Herbal Essences* (Haug, 1984), the biologist set forth a revolutionary concept of the relationship between man and plant. Simply stated, man's head corresponds to the plant's flower; the upper body to the leaf region; and the lower body to the root. Essential oils derived from those plant parts resonate to the organs contained in the corresponding area of the human body. Thirteen essential oils and Aquaroms (floral waters) form the cornerstone of *Herbal Essence Therapy*, born to address physical imbalances in those areas. Effective in its own right, this key to aromatherapy provides only a partial

solution for physical ailments. The "man of science" pursued an incessant search for more complete answers to holistic healing.



Dr. Dietrich Gumbel at home in Alsace, France

For all his scientific talent, the biologist's creative gifts flooded his everyday life. His six books of poetry and numerous paintings, which date from the 1970's and 1980's, illustrate his philosophical nature. Perhaps it is the acute sense of color gleaned from his post-graduate days as an artist, or his sense of rhythm fine-tuned from poetic composition and musical interest that contributes to an incredibly comprehensive yet amazingly simple paradigm. Dr. Gumbel has engineered a method of utilizing the sensory organs as vehicles for restoring physical, emo-

tional, mental and spiritual harmony.

One begins the twenty-minute Cosmo-Therapy session by spontaneously choosing one color from a circle of 13 specific hues. The one which visually "pops out" vibrationally corresponds to an aroma (one of the 13 essential oils mentioned earlier), which stimulates the sense of smell. If the person likes the aroma, the therapist sprinkles a few drops of an unscented white tissue and adds 12 drops of the corresponding Aquarom to 8 oz. of pure water, thereby stimulating the sense of taste. Prior to the session, the person drinks one half of the liquid, reserving the remainder for the end of the session to carry the frequencies internally through the organs.

Next, the individual reclines comfortably on a massage table while the therapist positions over the head area a high-intensity light equipped with 13 special color filters. The one color selected shines over the person's face for the entire twenty minutes, strengthening what is strong in a person; a very brief exposure to the complementary color also "strengthens" an area of weakness. For example, someone with a heart condition might choose the color light purple (a strong pink color). Its complementary color, green, corresponds to the heart in a myriad of complementary and alternative medicine modalities. So the brief exposure to green is actually a clue to what that person is healing—very likely an issue with "loving," centering in the heart chakra. In this way, then, Cosmo-Therapy complies with the true holistic principle: "Don't fight illness. Strengthen health." While the colored light is harmonizing through the sense of sight, the therapist generates audible sound on a

crystal bowl and a large chime in the tone which correlates to the color and aroma selected. Holding in the left hand the one gemstone corresponding to the other elements stimulates the sense of touch.

This synchronized stimulation of all five sensory organs activates what Dr. Gumbel has identified as modern man's sixth and seventh sensory organs: namely, the pituitary gland and the heart. Restoring balance to these ultimately aids metabolism and heart function. Of equal significance is a heightened sense of self-awareness—which, in itself, contributes to long-term well-being. The original German version (entitled *Hellen durch die Sinne: die Cosmo-Therapie* (Haug, 1998)) of this body of teaching has been clearly translated into English as *Healing through the Senses: Cosmo-Therapy*, and very shortly will be at press. Dr. Gumbel will present an overview of his technique in Chicago in June at the Light and Sound Conference co-sponsored by the Chicago Medical Society.

While the therapy is simple in its practice, make no mistake; Dr. Gumbel's Cosmo-Therapy is a complex model. Therapists are required to study two basic levels—six days total—with optional advanced training in his Cosmo-Therapy Center in Gunsbach (Alsace), France. His residence and teaching center is the former family home of Dr. Albert Schweitzer.

Watch for a segment on Cosmo-Therapy to air some time in August on Adelphia/Radnor Cable Channel 21 in the fifth of a series on Holistic Healing produced and hosted by Dr. Randi Shayne.

To learn about a Cosmo-Therapy Training with Dr. Gumbel June 19-21 in Bryn Mawr, PA, call 610-275-3371.