

## Foreword

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It was three years ago when I first met him. A classmate and good friend from Barbara Brennan 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 basic healing model Dr. Dietrich Gumbel scientifically described, there surfaced in me the unswerving conviction that this information was calling to be disseminated. Or, perhaps it was the twinkling in his eyes—telling evidence of his contagious enthusiasm for Cosmo-Therapy!

When I left the seminar, I left with the Cosmo color decoder (Fig. 20), a set of essential oils and aquaroms, and immediately began implementing his *Principles of Holistic Therapy with Herbal Essences*. Results came quickly and without mistake. A beautiful 12 year-old girl who came for hands-on healing for a broken wrist chose #13 from the Cosmo color decoder—pale magenta (pink)—definitely unrelated to a fracture. As an obedient novice, I followed protocol anyway. She returned for treatment on the next two days, selecting the same color each time. On the third day, I noticed that the acne which had blemished her sweet face had nearly vanished, and complimented her on how pretty she is. With no changes in her facial cleansing program or diet, I deduced that the only new factor was Dr. Gumbel's Herbal Essence Therapy. The essential oil and aquarom corresponding to the color pale magenta (pink)—orangepeel—is an estrogenic one which balances the pituitary gland. It was the essential oil and aquarom's ecto-hormonal action which addressed the entire being, prioritizing the balance of the feminine-masculine

principles. The physical wrist problem was secondary. I was sufficiently convinced to fully integrate Cosmo-Therapy.

It was not long before a 68 year-old woman who had undergone a double mastectomy two years earlier, and now with a recurrence, came for healing. Lavender dermarom (a massage oil keyed to yellow on the Cosmo color decoder) immediately quieted the incessant itching of the delicate skin charred black from radiation therapy. Initially and in subsequent sessions, she consistently chose the color green-yellow (#7), which in Dr. Gumbel's Cosmo-Therapy corresponds physiologically to the heart, emotionally and spiritually to the issue of loving. At the age of ten, she had lost her mother, and possibly closed her heart then in order not to feel the anguish of her loss. From an energetic perspective, the breast cancer originated in the heart chakra.

In this case, the appropriate essential oil which corresponds to the color green-yellow and to the heart in Cosmo-Therapy, Indian nard, did something astounding. It underwent an alchemical process. As I began to sound the cosmophone and the crystal bowl, the aroma of the essential oil completely changed from a very earthy smell to a heavenly one. This happens to be the only oil which is both masculine and feminine. Indian nard (aka spikenard) oil was "resurrected" to the public for the first time in nearly 2,000 years by Dr. Gumbel. So convinced was he of its complete efficacy, he would have had it as the sole oil in his product line! Historically, it was considered a sacred oil; notably, that used by Mary Magdalen to anoint the lifeless Christ.

The name "cosmotherapy" has been used to refer to the teachings and practices advocated by Christ among the Essenes. (This is not, however, the origin of Dr. Gumbel's name choice.) As in ancient times, living in harmony, and responsibility for self are its innate hallmark. This is the very same foundation of true healing in our time. We create illness, and we create radiant health. Today, we sometimes seek guidance or use herbs or medication to relieve acute symptoms. Here, we are not discussing symptomatic treatment and suppression, although the essential oils,

aquaroms, color light, sound and gemstones used in Cosmo-Therapy can all be used successfully in an allopathic framework to alleviate physical symptoms.

Pain and discomfort are signals from the spirit that something is awry. It is our *responsibility* to repair (to *re pair* or pair again), to bring together two parts of the whole. Let us consider the derivation of the word "despair". In the Hungarian language it means "twoness", as pointed out in *Talking with Angels*, a remarkable transmission from the angelic realms to four Hungarian youths during the latter phase of World War II, and a teaching which most influenced Dr. Gumbel in developing Cosmo-Therapy. Nowhere could we find a more succinct understanding of the emotion. Despair is a state of separation in which one feels alone, without true awareness that he is so very separate from his spirit. His challenge is to first recognize, then reunite the scattered parts of his being. Could this be the most extreme state of the human condition, of our duality as spirit in physical form?

Some come for healing for they call "depression", some with their anti-depressants in tote. In severe cases, synthetic drugs can help to ameliorate the physical and mental symptoms for a while. But only for a while. Depression might be considered as a "twoness" or disharmony, especially in our mental being; it can affect our emotions and our physical bodies, causing overwhelming fatigue. Unaddressed from a spiritual perspective, "depression" could progress to despair, yet it still goes mislabeled as "depression", and so the pharmacological regimen continues. One can utilize prayer to help heal the fissure, but there are no drugs known to man to correct this condition of non-physical origin.

The focus of Dr. Gumbel's Cosmo-Therapy is always to bring wholeness to the entire being through harmonic resonance, and always respects our intuitive choice, determined spontaneously. Implicit in this approach is our self-responsibility in creating health.

Be not misled by the simplicity of this therapy. It is effortless, accurate and powerful in heightening our sense of self-awareness – the key to long-term wellbeing.

In Europe, cosmo-therapists working with children with special needs bear witness to remarkable progress in some with the most hopeless prognoses by mainstream medical standards. In about two thousand cases I have had the privilege of facilitating, I stand in awe of the accelerated pace of healing. Alone or as a prelude to energy work, massage and all modalities of body work, cranio-sacral, psychotherapy, stress reduction, and even to comfort the dying, Cosmo-Therapy calls upon our God-given healing potential, and gives us a greater sense of presence and self-awareness. It is the only therapeutic modality which stimulates all of the sensory organs, and even identifies two more: the pituitary gland and the heart. These last two are of paramount importance.

In a brief session, some can access deeply submerged emotions, process them, and come to an immediate realization of the life lesson that had long eluded them. Or, one could hear a silent voice offering wisdom or guidance on a current issue. For some, the gemstone used to catalyze the sense of touch seems to disappear completely, or "melt" or vibrate in their hand. An unexplained aroma, also at times detectable by the therapist, might waft through the room. One of two women who each saw a "city" made of gemstones rising from the heart wept as she previewed the "New Jerusalem".

Some people see faces, sometimes recognizable, sometimes not; others see angelic beings; many see colors, not only that which the Cosmo color lamp is shining above them, but a fairly full spectrum of colors and their complementary ones. It is common for clients to see unifying white light flooding their visual fields. Children especially delight in reporting their colorful experiences of the Cosmo treatment! And for some either graced or accomplished with clairvoyance, they might even see in the "third eye", or in physical three-dimensional reality itself, the fine adjustments as they occur; others might see the formative power of sound in the sacred geometric shapes of creation rising from the

cosmophone and crystal bowl, then moving and hovering above. As both recipient and facilitator, I, too, have experienced these physical and metaphysical phenomena.

These are just some of the sensory and extra-sensory experiences elicited by this simple yet *sensational* healing modality. I invite you to explore in all of their splendor these divine building blocks of the new world – of Heaven on Earth.

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Note: "Man" appears in capital letters throughout this text to express our reunification with God—bio-cosmic Man as an embodiment of Heaven and Earth.

## Words of Introduction

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“What is the meaning of life?” is the most profound question Man can ask.

The importance of Man is perceived when viewed in the light of the holistic function of his sensory organs; i.e., the physical and spiritual functions. Man deems something "sensible" when experiencing it through his own five physical senses of touch, taste, smell, hearing, and sight, yet we cannot exclude the spiritual senses: consciousness and sense of being. Life "makes sense" to Man through and because of his sensory experiences.

It is worth exploring why the word "sensible" is not understood and used in its original meaning. This word has become "senseless" for us because we no longer relate it to our sensory experience—knowledge gained through the sensory organs. In this book, we are concerned with a new sense, a new meaning of the sensory organs which is vital to our healing. Healing occurs from becoming whole in body, mind and spirit. Whole comes from 'holy', and 'holistic' implies healing of the whole person in a holy manner. The process of becoming whole cures us, makes us healthy, fulfilled, and happy. Wholeness cannot come from the outside in the form of medicine, treatments, education or initiations, but rather through our attitude toward our personal sensory experiences, our awareness and everyday personal experience. All else is conditioned by reading or environment, and is a manipulation of Man, who either does not yet trust his own experiences and judgment, or is not allowed by "authorities" to be responsible for his own ideas and thinking. Man can only cope with the tasks and problems of the present and future world when he is able to release himself from his immature, childish

conditioning and advance toward the mature, responsible thinking of an adult.

The sensory organs are vital to us as organs of consciousness which connect our inner spiritual world with the outer physical world. A wholeness results, a reality based on natural science and spiritual laws. Natural science and spirituality complement each other, and their union gives rise to a new holistic science, to a "sensible science" in which the statements and conclusions illuminate the whole truth; i.e. they serve Man in his entirety, in his wholeness: Man as a union of body, mind and spirit.

Man experiences all the realms of vibration through his sensory organs. He can unite these experiences in his heart and, in so doing, become whole. Only then can he understand the true meaning of creation and comprehend the meaning of life to be as unity: heaven and earth, spirit and body—from cosmos to bios — to Bio-Cosmic Man.

Dr. Dietrich Gumbel  
Günsbach, France  
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